Benefits of Physical Activity on Learning

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Physical Activity: Benefits and Guidelines for Young Children

The Benefits of Taking Kindergarten Outdoors

This video from Edutopia's *Making Learning Joyful* series highlights a kindergarten program in which children explore and learn outdoors. The nature-based program increases well-being, motivation, and academic achievement, and provides flexibility with student mobility and volume that an indoor classroom would not accommodate, allowing more children to access learning. **https://www.youtube.com/watch?v=bWWQ3zbKwL8**

Healthy Young Children: Chapter 5 Physical Activities

This chapter emphasizes the importance of physical activities and outlines the recommended amount and types of physical activity for children across different age groups. It also highlights important considerations for educators when selecting activities to meet these guidelines. Additionally, the chapter introduces examples of both unstructured and structured physical activities that are developmentally appropriate for each age group. **https://www.naeyc.org/sites/default/files/globally-shared/downloads/PDFs/resources/pubs/healthy-young-children-sixth-edition-chap-5.pdf**

Centers for Disease Control and Prevention

This webpage gives a quick outline of the recommended amount of daily physical activity for young children, with additional links to suggest activities, motivation, and guidance encouraging children to be physically active. The chart version breaks down recommendations by age group in a single page format, making it a useful resource for posting or distributing at family-centered events. **Physical Activity Recommendations** (**chart version**)

ADHD and Exercise

This article explores the importance of enjoyable and motivating exercise for young children, and especially for those managing ADHD symptoms. The article emphasizes that while exercise is not a replacement for medication, a minimum of thirty minutes of moderate physical activity can help brain functioning, increase focus, and lower anxiety, stress, and obesity levels. It also notes that the specific type of activity does not matter, as long as it raises the heart rate for at least 30 minutes. **ADHD and exercise**

Why Recess is Non-Negotiable for ADHD Kids

The article summarizes the findings from a research study conducted by Devon Frye. While all children who participated in physical activity demonstrated benefits such as increased focus and more positive moods, those with ADHD experienced a significant boost in these areas. The article also highlights the importance of recess, emphasizing that it provides a consistent opportunity for physical activity, which can help students self-regulate during quieter and more sedentary parts of the school day. **Why recess is non-negotiable for ADHD kids**

A Moving Child Is a Learning Child

Infants and toddlers learn as they move around their environment. Some children need a little extra encouragement to develop key motor skills. This tip sheet offers ideas to encourage more movement in daily activities and routines. **A Moving Child Is a Learning Child | Illinois Early Intervention Clearinghouse**

Practical Strategies and Resources to Support Physical Activities Across Settings

Rocking and Rolling: Learning to Move

This article explores how infants and toddlers develop motor skills by actively exploring their environment. It encourages educators and caregivers to intentionally consider how their learning spaces can support movement for all young children. The article also offers practical action steps to help foster motor skill development in young children. **https://www.naeyc.org/resources/pubs/yc/nov2016/learning-to-move**

Supporting Early Language, Physical Activity, and STEM Learning through Outdoor Time
This blog post discusses how outdoor environments can serve as engaging contexts for supporting early language development, physical activity, and STEM learning. It emphasizes the importance of intentional interactions during outdoor time to foster vocabulary growth, executive function, and scientific thinking. At the end of the post, the authors include a helpful table outlining specific strategies that teachers and caregivers can use to intentionally connect physical activity, language, and STEM learning in integrated ways.
https://stemie.fpg.unc.edu/blog/supporting-early-language-physical-activity-and-stem-learning-through-outdoor-time/

Incorporating Motor Play in the Preschool Classroom
This webpage features a video that illustrates how integrating movement into preschool classrooms can enhance children's learning across various domains. In addition, the site offers a printable tip sheet with practical ideas for incorporating movement into different academic areas, helping educators embed active play throughout the daily routine. **https://www.easternct.edu/center-for-early-childhood-education/physical-and-outdoor-play/incorporating-motor-play-in-the-preschool-classroom.html**

Embedding Motor Activities into Inclusive Preschools
This article shares ideas for creating inclusive physical activities using Universal Design for Learning (UDL) principles. It includes vignettes to help teachers understand how to put UDL into practice when designing physical activities. The authors also provide specific strategies for integrating physical activity across various learning areas including literacy and STEM. **https://files.eric.ed.gov/fulltext/EJ1234760.pdf**

Increasing Physical Activity at Home for Families with Children with ASD
The tips in this article can support families to increase physical activities at home for children with autism. Parents can learn from this article that physical activity is essential for the healthy development of children with autism spectrum disorder (ASD), especially in building motor skills, improving behavior, and enhancing social, emotional, and academic growth. The article also emphasizes that physical activities, even in short daily intervals, can offer numerous benefits. Using tips, families can incorporate fun and meaningful movement through simple games like tag or scavenger hunts, adapt indoor spaces for active play, or take advantage of online movement videos.
https://daddcec.com/sites/default/files/2024-04/ddexpress_spring_2024_final.pdf

15 Ways to Keep Children with Autism Physically Active in Summer
This resource offers a diverse range of practical, autism-friendly ideas, such as indoor obstacle courses, scavenger hunts, trampoline play, and interactive games like "Simon Says" or "Red Light, Green Light," which can be tailored to each child's interests and developmental level. It emphasizes the importance of preparation, personalization, and parental involvement in keeping children engaged and making activities more meaningful.
https://www.hopebridge.com/blog/physical-activity-for-kids-with-autism/

Let's Get Moving: Using Children's Literature to Support Physical Activity and Readiness Skills
Storybook time is a common routine in early childhood classrooms. This practitioner-focused article explores how educators can use storybooks to create more active motor play opportunities for young children. It offers strategies for generating movement activities inspired by storybooks and encourages collaboration among teachers, families, and the community. It also includes criteria to help educators select appropriate storybooks that can be effectively used and expanded upon for motor learning. **https://files.eric.ed.gov/fulltext/ED582061.pdf**

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