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Integrating Physical Activity in the Elementary Classroom: High Five or Low Five on Academic Achievement

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Poster Presentation ES

**INTEGRATING PHYSICAL ACTIVITY IN THE ELEMENTARY CLASSROOM:
HIGH FIVE OR LOW FIVE ON ACADEMIC ACHIEVEMENT**

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Today many schools' budgets are being cut, resulting in physical education programs being dropped. Given the need to meet state standards, schools are replacing physical education with more class work. There have been multiple studies done on Physical Activity and Physical Education and their correlation to academic achievement. Many studies state that there is a positive correlation between physical activity and academic achievement. The purpose of this review is to explore if there is a positive correlation between physical activity and movement and academic achievement in elementary classrooms. Review of the research found that there is no evidence that physical activity has a negative correlation with academic achievement. The conclusion examines other factors that should be examined and suggests that physical activity in the classroom actually raises academic achievement.