

# Health is Academic!

In addition to all of the physical benefits of physical activity, other benefits include:

- \* Increased concentration
- \* Improved attendance in school
- \* Improved behavior
- \* Higher standardized test scores

“Hey, Marcus, did you know that physically active children learn better?”

“Yep! That’s why I’m so active. I need all the help I can get!”



## Ways to Increase Physical Activity Throughout the Day

- \* Walk or ride your bike to school.
- \* Be active during recess.
- \* Play after school for at least 30 minutes before doing your homework.
- \* Take a 1-minute activity break every 15 minutes or so to help you stay focused.

### Pizza Muffins

RECIPE



**Ingredients:**  
 Whole wheat english muffins  
 Pizza or marinara sauce  
 Low-fat mozzarella cheese  
 Tomato slices  
 Zucchini slices  
 Any other toppings

**Directions:**  
 Pre-heat oven to 425° F.  
 Place pre-sliced English muffins face up on a cookie sheet.  
 Spread a layer of the pizza sauce on each half of the muffin.  
 Top with cheese and vegetable toppings.  
**BAKE** about 7 to 10 minutes or until cheese is melted and bubbles slightly.

# MOVE TO LEARN

Here are some ways to review skills while doing physical activity. This is called “anchoring.” Choose an “Activity” and practice one of the “Academics” while doing it.

**An example** is to jump rope while spelling your words for the week. Each jump is a different letter.

ACTIVITY	ACADEMICS
<ul style="list-style-type: none"> <li>• Catching and throwing</li> <li>• Jumping rope</li> <li>• Dribbling a ball</li> <li>• Jumping jacks</li> <li>• Hoop spinning</li> </ul>	<ul style="list-style-type: none"> <li>• Counting (by 1s, 2s, 5s, or 10s)</li> <li>• Reciting the alphabet</li> <li>• Adding and subtracting</li> <li>• Naming fruits and vegetables</li> <li>• Spelling</li> </ul>



## READ ALL ABOUT IT!

Happy Feet, Healthy Food: Your Child’s First Journal of Exercise and Healthy Eating

by Carol Goodrow

365 Activities for Fitness, Food, and Fun for the Whole Family

by Julia Sweet

SPARK™  
K-2

# TAKE THE ROAD TO A HEALTHY LIFE!

Move along the road to find activities you can do. After completing an activity, color the sign next to it. If you do it again, put a star next to the sign. How many colored signs and stars can you earn this month?

