

Research on DPA



WHAT IS DPA?

School boards must ensure that all elementary school students have a minimum of 20 minutes of moderate to vigorous physical activity each school day during instructional time.

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DPA FIDELITY and BARRIERS

Research suggests only 50% of teachers are implementing DPA as of 2015.

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WHAT ARE THE BENEFITS OF CLASSROOM PHYSICAL ACTIVITY?

- Improves student concentration and ability to stay on-task
- Reduces disruptive behaviour
- Improves motivation and engagement
- Improves academic performance (higher grades and test scores)
- Increases amount of daily physical activity

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WHAT ARE THE BENEFITS OF PHYSICAL ACTIVITY FOR CHILDREN AND YOUTH?

- Improves thinking and cognition
- Facilitates weight management
- Reduces risk of: cardiovascular disease, type 2 diabetes and some cancers
- Strengthens bones and muscles
- Increases your chances of living longer
- Helps manage chronic health conditions

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Articles

Academic achievement and physical activity: A meta-analysis

<https://publications.aap.org/pediatrics/article/140/6/e20171498/38200/Academic-Achievement-and-Physical-Activity-A-Meta>

Classroom-based physical activity, cognition, and academic achievement

<https://www.sciencedirect.com/science/article/abs/pii/S0091743511000491>

Evaluation of Daily Physical Activity (DPA) policy implementation in Ontario: Surveys of elementary school administrators and teachers

<https://link.springer.com/article/10.1186/s12889-016-3423-0>

Development and implementation of the Daily Physical Activity policy in Ontario, Canada: A retrospective analysis

<https://ojs.acadiau.ca/index.php/phenex/article/view/1548>

‘It’s not as easy as just saying 20 minutes a day’: Exploring teacher and principal experiences implementing a provincial physical activity policy

<https://www.hrpub.org/download/20150201/UJPH4-17603435.pdf>