



# **The Association Between School-Based Physical Activity, Including Physical Education, and Academic Performance**

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When children and adolescents participate in the recommended level of physical activity—at least 60 minutes daily—multiple health benefits accrue. Most youth, however, do not engage in recommended levels of physical activity. Schools provide a unique venue for youth to meet the activity recommendations, as they serve nearly 56 million youth. At the same time, schools face increasing challenges in allocating time for physical education and physical activity during the school day.

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