

NATIVITY ACADEMY AT ST. BONIFACE

Physical Activity & Achievement

Schools play a crucial role in influencing physical activity behaviors. Sound curriculum policies and facilities create an environment encouraging students and staff to engage in a variety of physical activity opportunities. Evidence supports a correlation between SAT scores and the physical well-being of students.

Intense physical activity programs have positive effects on academic achievement, including increased concentration; improved mathematics, reading, and writing test scores; and reduced disruptive behavior.

-Curricular Physical Activity and Academic Performance, *Pediatric Exercise Science*

School Physical Activity Environment Assessment			
Program/Activity	5th Grade	6th & 7th Grade	8th Grade
Provide Daily Recess	YES	NO	NO
Provide physical education at least twice a week	YES	YES	YES
Provide at least 225 minutes of physical education per week	100%	100%	PARTIAL
Assess students' level of fitness at least once per year	YES	YES	YES
Provide extracurricular sports or other physical activities during the school year	YES	YES	YES
Provide classroom physical activity integrated into school day	PARTIAL	PARTIAL	PARTIAL

Each grade level at Nativity Academy is required to take PE throughout the school year. The 5th through 7th grade classes have PE daily, while the 8th grade rotates from PE to Health throughout the year. Along with PE, students are provided the opportunity to participate in sports or other activity classes during our EEP (Extended Enrichment Program), and the 5th grade also has a daily 10-minute recess before lunch. Students are given a physical fitness assessment twice each year, once in the first month of school and once during the last month of school. With our current "House System" on several occasions students are able to participate in classroom physical activities integrated into the school day.