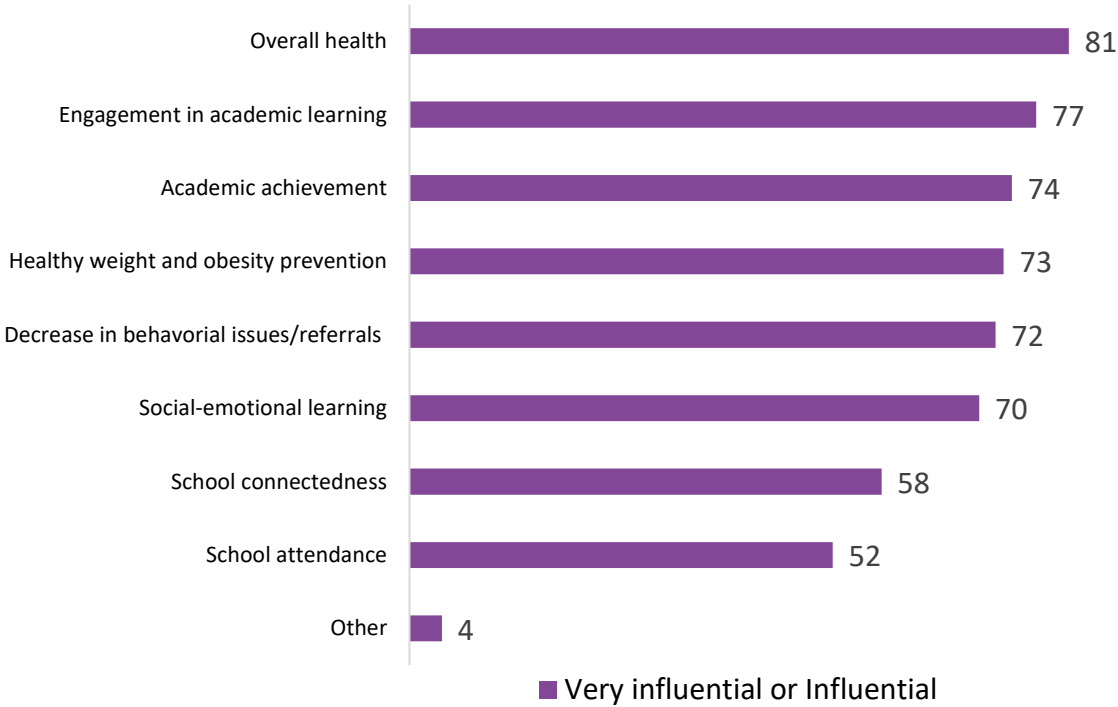


Principals' Perceptions of Active Schools

- **93%** of principals believe that children and adolescents who are physically active are better learners
- **90%** of principals believe the research that shows that physical activity can help children and adolescents be better learners; only 9% said they were not aware of it
- **45%** of principals said they were aware of what an active school is before being given the definition in the survey
- **53%** of principals reported that it is extremely or very important for their school to be an active school
- **47%** of principals said the school they manage is an active school
 - › 51% ES, 38% MS, 38% HS
- **83%** of principals believe the schools should have the same responsibility for students' physical learning, academic learning, and social and emotional learning
 - › Half of principals (**50%**) believe that their school equally addresses physical learning, academic learning, and social and emotional learning
- **47%** of principals said their school / child's school is an active school because it offers most of the opportunities listed in the survey definition
- **94%** of principals said it is important to them that their school/child's school is an active school.
 - › **54%** of principals said it is extremely or very important to them that their school/child's school is an active school

Importance of each aspect of an active school	Ext + Very Imp	Ext + Very Imp + Imp
Physical education	91%	99%
Recess	70%	84%
Ability to walk/bike safely to/from school	57%	80%
After school PA programs/opps	57%	90%
Physical activity in the classroom	62%	93%
Seeing school staff participate in staff health/wellness activities as role modeling	53%	91%
Time in the school schedule on some or all days of the week for <u>MS</u> and <u>HS</u> students to participate in their choice of PA such as fitness, sport, dance, yoga, or similar	46%	83%
Before school PA programs/opps	34%	75%
Alternatives to traditional classroom seating	48%	79%

Student outcomes that influence principals to provide PE/PA



Active Schools. (2019). The movement disparity: Parent and principal perspectives on physical activity in schools. Chicago, IL: Action for Healthy Kids.