

# NSW PSC 10 WEEK CHALLENGE



**10 week  
Challenge**

Student Name \_\_\_\_\_  
 Year \_\_\_\_\_  
 Team Name \_\_\_\_\_

More active,  
more often



## active kids learn better

physical activity at school is a win-win for students and teachers



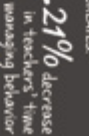
GRADES:



STANDARDIZED TEST SCORES:

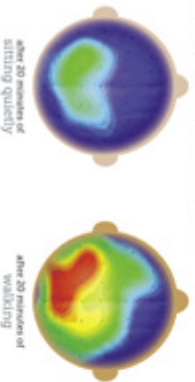


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



MORE RESULTS:

after 20 minutes of physical activity:  
students tested better  
in reading, spelling & math  
and were more likely to read  
above their grade level

after being in a physically active  
afternoon program for 9 months:  
memory tasks improved 16%



Learn more about why active kids learn better and how schools can help at [activelivingresearch.org/activeducationhelp/](http://activelivingresearch.org/activeducationhelp/)

