

Playworks has garnered Tier 1 evidence affirming its significant positive impact on physical activity levels and reduction in sedentary behavior for students.

TIER 1 Evidence

Controlled studies

Students are engaged in more vigorous physical activity

Accelerometer data showed that children in Playworks schools spent significantly more time in vigorous physical activity at recess* (14% versus 10% of recess time, which is a 43% difference)ⁱⁱⁱ.



Playworks decreases Sedentary Behavior at Recess:

Students were 10% less likely to be observed sitting, talking, or some other sedentary behavior¹.

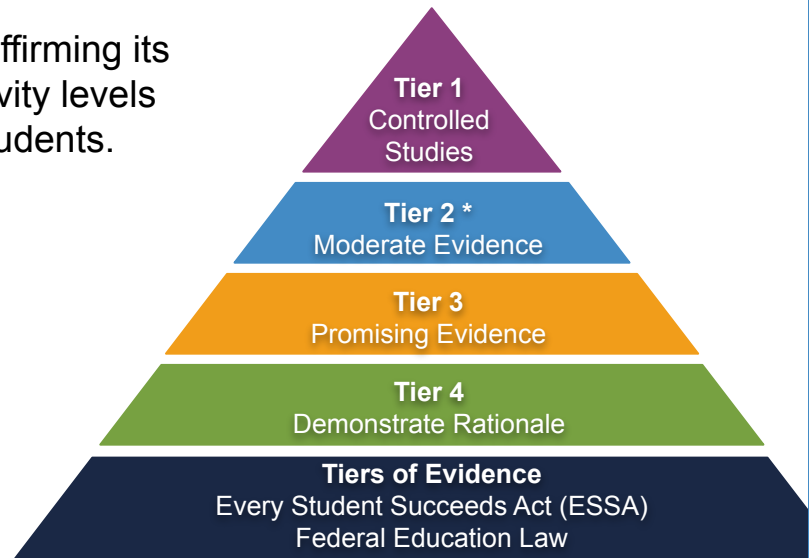
TIER 2 Evidence

Playworks increases physical activity levels for girls and students of color:



Largest effect sizes for physical activity increases were seen in girls², black, and hispanic students³.



Physical Activity



Additional Indicators:

-  Student ownership of Recess Activities
-  Adults engaging in play with students during recess
-  Variety of games observed at recess
-  Students engaged in healthy play
-  Students familiarity with playground games

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“Playworks helps students by increasing their physical activity and playtime. Students who have a hard time finding things to do and groups to join feel included.”
 - Elementary School Teacher

¹Mathematica Stanford University 2013.

²Bleeker et. al (2015)

³James-Bourdmeay et. al (2016)

*Tier 2 studies meet all criteria except threshold of 350 participants in more than 1 school district.

Why Physical Activity Matters

Physical activity is a key indicator of children's future success.

Playwork creates opportunities for every student in a school to have access to regular physical activity throughout the school day, encompassing not only recess but also play-based learning in the classroom and after-school programs. This commitment to physical activity sets the stage for students' overall well-being and future success.

Positive self-thought and feelings of inclusion stem from physical activity.

Consistent engagement in physical activity not only enhances feelings of inclusion and problem-solving skills but also contributes to various other positive outcomes in the long run, such as improved mental well-being, overall health, and the development of important life skills like teamwork and resilience.

Students are more sedentary than ever:

77%

Do not meet **physical activity** guidelines of 60 minutes per day¹

67%

Exceed **screen time** guidelines of <2 hours/day¹

63%

Average percentage of a school day spent **sitting**²



Health benefits of Physical Activity in Children:



Academic Performance - Improves attention, memory, and impulse control.



Brain Health - Decreases risk of depression and anxiety



Long Term Health - Reduces risk of several long term chronic diseases including obesity and type 2 diabetes.



¹Friel, C. P., Duran, A. T., Shechter, A., & Diaz, K. M. (2020). U.S. Children Meeting Physical Activity, Screen Time, and Sleep Guidelines. American journal of preventive medicine, 59(4), 513–521.

²Adkins, Meghan. (2011). An examination of changes in sedentary time with the integration of technology for children participating in a monitoring fitness program.