

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.

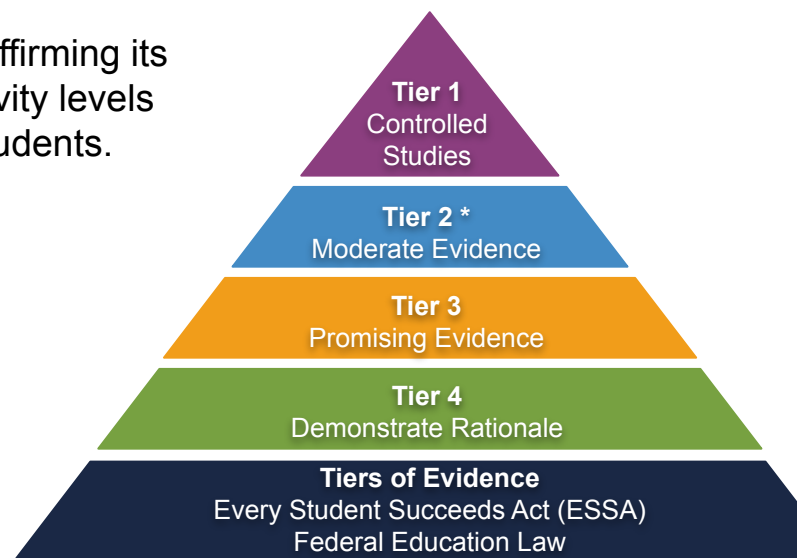
TIER 2 Evidence

Playworks increases activity levels for students who benefit most from added opportunities:

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



Physical Activity



Additional Indicators:

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

"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-Bourdme et. al (2016)

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

The Role of Movement in Student Success

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.

Physical activity contributes to students' sense of belonging and confidence.

Regular movement helps students build confidence, improve focus, and develop life skills like cooperation and persistence—while also supporting long-term health and well-being.

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.