

# GREEN SCHOOLYARDS CAN INCREASE PHYSICAL ACTIVITY

## THE ISSUE



Less than 3 in 10 high school students get 60 minutes of physical activity every day.<sup>1</sup>

REGULAR PHYSICAL ACTIVITY ENHANCES WELL-BEING & ATTENTIVENESS IN THE CLASSROOM.

Green schoolyards can promote physical activity by offering a variety of active play options that engage children of varying fitness levels, ages and genders.

# 85%

OF EDUCATORS AND PARENTS

said green schoolyards support a wider range of play activities than other types of schoolyards.<sup>2</sup>

## MORE OPTIONS, MORE ACTIVITY

PROMOTE

trees logs  
shrubs rocks

running jumping climbing lifting<sup>2</sup>

Variety in landscaping increases variety in active play.<sup>2</sup>

## MEETING DIVERSE & CHANGING NEEDS

GREEN SCHOOLYARDS COMPLEMENT CONVENTIONAL PLAYGROUNDS WITH OPPORTUNITIES FOR

### LIGHT & MODERATE PHYSICAL ACTIVITY

that are more appealing to some children.<sup>3,4</sup>

GREEN SCHOOLYARDS CAN CONTRIBUTE TO

### GIRLS' PHYSICAL FITNESS

Physical activity decreases as children grow, especially for girls. Green schoolyards sustain activity as children age and preferences change.<sup>5,6,7</sup>

## SUPPORTING RESEARCH

<sup>1</sup>[www.cdc.gov/physicalactivity/data/facts.htm](http://www.cdc.gov/physicalactivity/data/facts.htm) <sup>2</sup>Dymnt & Bell (2008). Grounds for movement: Green school grounds as sites for promoting physical activity. *Health Educ Res*, 23(6), 952-962. <sup>3</sup>Barton et al. (2015). The effect of playground- and nature-based playtime interventions on physical activity and self-esteem in UK school children. *In J Environ Health Res*, 25(2), 196-206. <sup>4</sup>Dymnt et al. (2009). The relationship between school ground design and intensity of physical activity. *Child Geogr*, 7(3), 261-276. <sup>5</sup>Brink et al. (2010). Influence of schoolyard renovations on children's physical activity: The Learning Landscapes Program. *Am J Public Health*, 100(9), 1672-1678. <sup>6</sup>Mårtensson et al. (2014). The role of greenery for physical activity play at school grounds. *Urban For Urban Gree*, 13(1), 103-113. <sup>7</sup>Pagels et al. (2014). A repeated measurement study investigating the impact of school outdoor environment upon physical activity across ages and seasons in Swedish second, fifth and eighth graders. *BMC Public Health*, 14(1), 803.