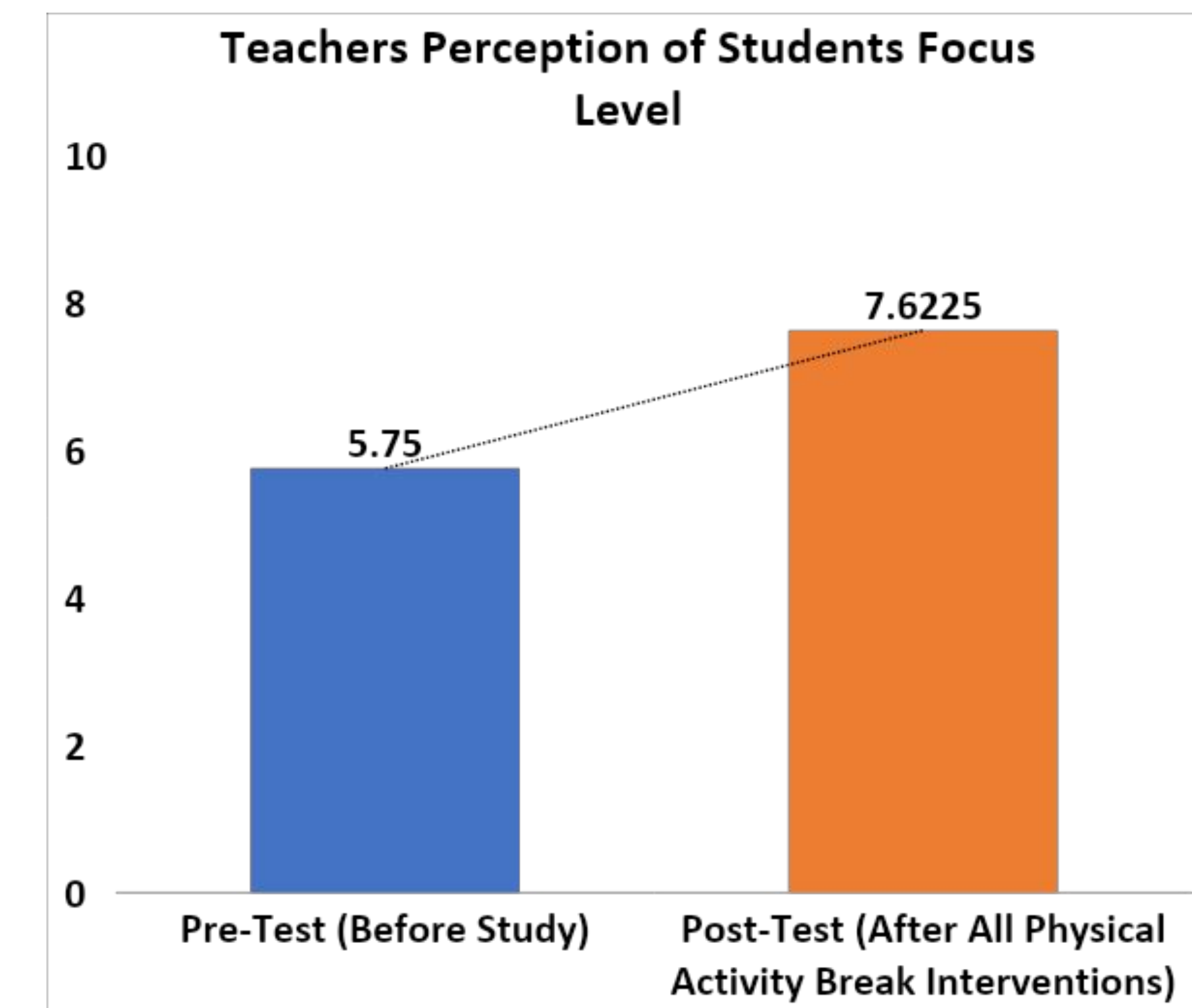
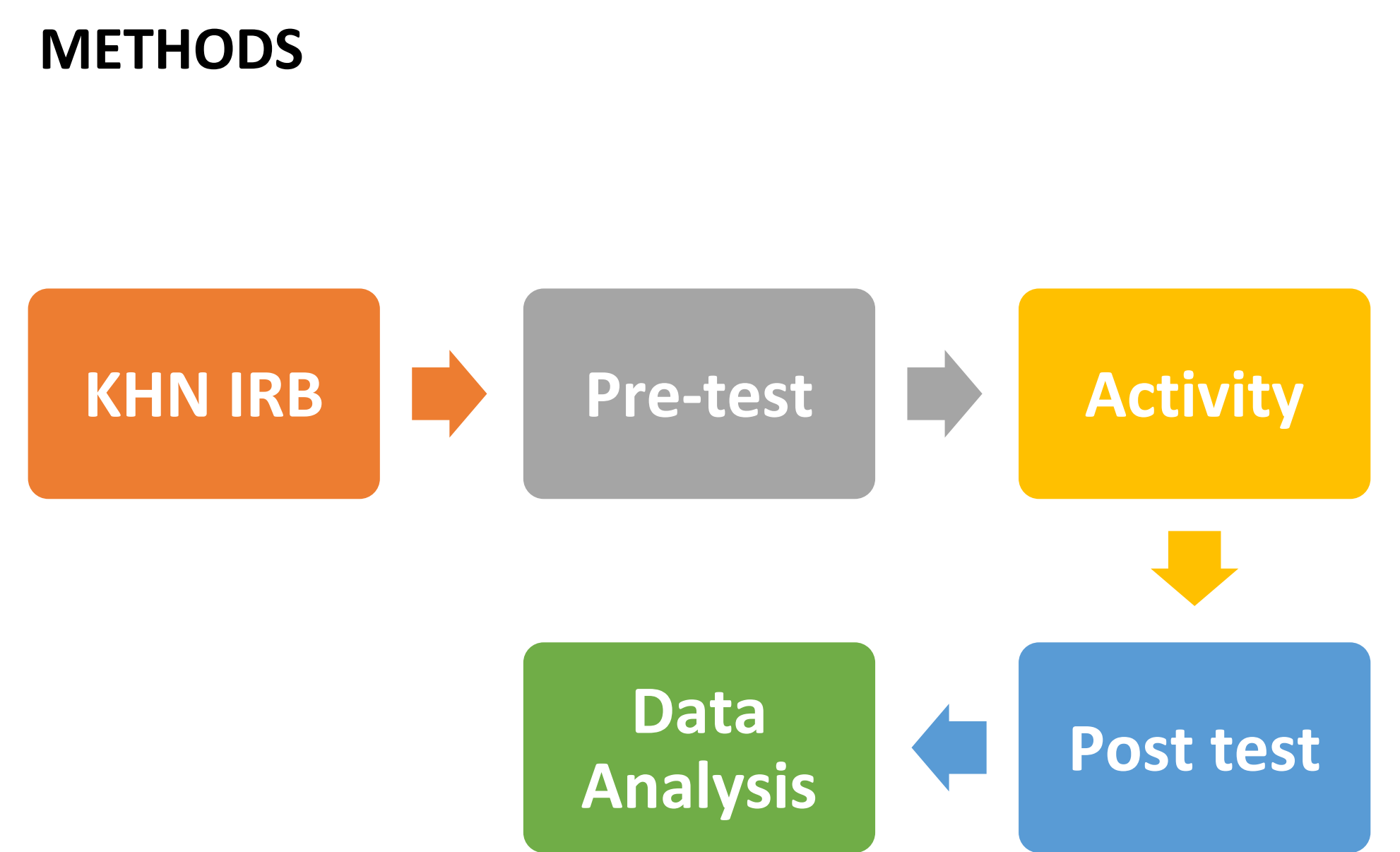


Physical activity breaks are an all-inclusive tool that can be used by intermediate-level school teachers when they feel their students are demonstrating signs of decreased focus, increased agitation, or anxiety.

**Occupation-based Model or Theory**  
Person-Environment-Occupation-Performance



- BACKGROUND**
- ❖ Researchers found that elementary level students' on-task behavior was improved after completing any type of classroom-based physical activity (Watson, Timperio, Brown, Best, & Hesketh, 2017; Mahar, 2011).
  - ❖ The **purpose** of this research project was to study the effects of physical activity breaks on focus and on-task behavior in **intermediate-level** school students.



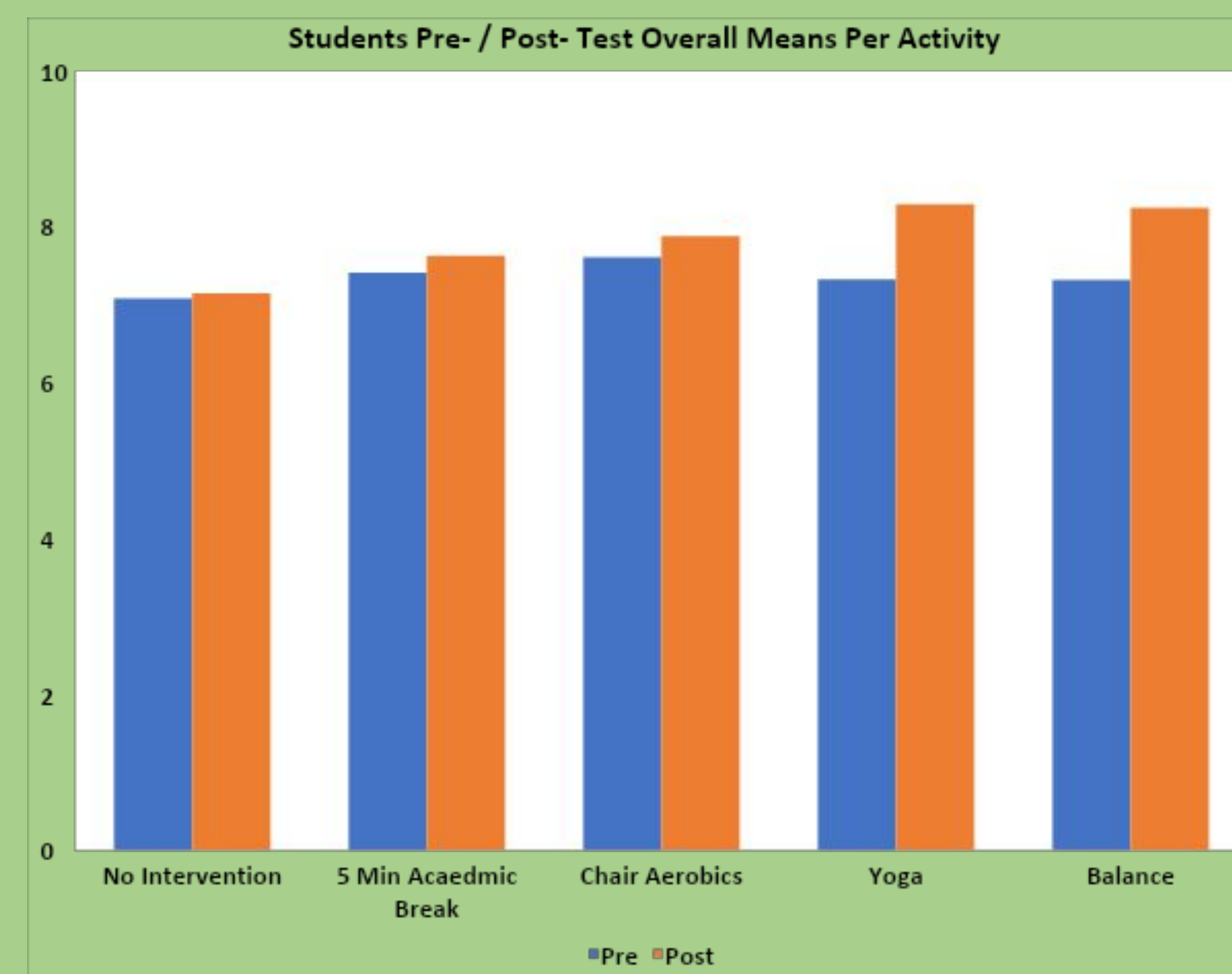
**RESULTS**

Activity	N	Sig.
Baseline Vs Academic Break	45	0.552
Baseline Vs Chair Aerobics	44	0.477
Baseline Vs Yoga	44	0.051
Baseline Vs Balance	42	0.012

- CONCLUSION**
- ❖ Balance was the only physical activity break that proved to be significant ( $p < .05$ ) for improving intermediate level students' perceived on-task behavior
  - ❖ While not statistically significant, chair aerobics and yoga both had a greater average increase in on-task behavior pre-test to post-test compared to no intervention

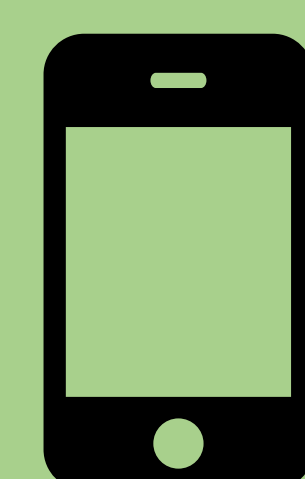
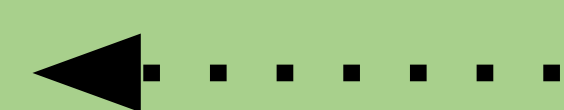
- LIMITATIONS**
- ❖ Single group design with no control group
  - ❖ Subjective measure of focus vs. standardized measure

- AREAS FOR FUTURE RESEARCH**
- ❖ The lasting effects of physical activity breaks on focus
  - ❖ Benefits of physical activity breaks before lunch vs after



Pre- Post-Test Difference Descriptive Statistics Per Type of Activity

Type of Activity	Mean	N	Std. Deviation	Minimum	Maximum	Range
Baseline	0.063	48	1.743	-4.00	5.00	9.00
Academic Break	0.222	54	1.968	-5.00	5.00	10.00
Chair Aerobics	0.275	51	1.877	-5.00	5.00	10.00
Yoga	0.962	52	1.920	-3.00	7.00	10.00
Balance	0.920	50	1.700	-2.00	6.00	8.00
Total	0.490	255	1.872	-5.00	7.00	12.00



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