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5 should be "physically active throughout the day" and adolescents between ages 6

2021). This is problematic for students' health and is unfortunate because school is the ideal place

all these factors, my study examines elementary students'

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on students' opinions about this topic. Listening to student perceptions and providing students

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Wijnsma et al (2015) highlight that "physically active academic lessons do not come at the expense of academic lesson time" (p. 370) and that school administrators

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week "Morning

Blast" intervention program for elementary students; Xu et al (2017) concluded that



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interview, two students did answer "agree" on  
activity makes them feel "energized and ready to learn," "more focused"  
," get the wiggles out of [their] body so [they are] ready to learn," helps them  
," become more awake in class" and "  
social skill."





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"I like PA breaks more now because we can go outside and take our masks off."

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