

Approaches to physical activity in the primary years

The following research articles provide an insight into the links between physical activity and health and wellbeing.

- [A meta-analysis of the relationship between learners's physical activity and mental health](#)
This study looks at the overall effect of physical activity on children's mental health, and considers whether physical activity more important for children who are classified as obese or overweight.
- [Classroom-based physical activity, cognition, and academic achievement](#)
This study examines the effect of classroom based physical activity on the academic success of students.
- [Effect of physical education and activity level on academic achievement in children](#)
This study explores the link between physical activity and academic achievement.
- [Physical activity and obesity mediate the association between childhood motor function and adolescents' academic achievement](#)
This study examines the links between obesity and sedentary lifestyles.
- [Physical activity interventions and children's mental function: An introduction and overview](#)
This article examines the purpose and design of physical activity interventions during the school day.