

# Why kids shouldn't sit still in class

By Donna de la Cruz, New York Times

Sit still. It's the mantra of every classroom.

But that is changing as evidence builds that taking brief activity breaks during the day helps children learn and be more attentive in class, and a growing number of programs designed to promote movement are being adopted in schools.

"We need to recognize that children are movement-based," said Brian Gatens, the superintendent of schools in Emerson, N.J. "In schools, we sometimes are pushing against human nature in asking them to sit still and be quiet all the time."had daily physical education, did better in school.

**Read the whole story**