**Purposeful Movement: The Integration of Physical Activity into a Mathematics Unit**

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**Abstract**

**Classroom physical activity (PA) has been linked to a multitude of health and academic benefits. However, due to barriers such as lack of time and resources many teachers are not implementing classroom PA to the degree they would like to. One innovative solution is to integrate classroom PA into academic concepts. Based on self-determination theory, this pilot study evaluated the effectiveness of a teacher-developed purposeful movement teaching strategy on PA, on-task behavior and academic achievement. Two third grade classrooms participated in this pilot study, one acting as the comparison and the other working with the school PE teacher to develop the active lessons. The evaluation consisted of accelerometers, direct observation, academic assessments and a write and draw activity to assess student perceptions. Significant improvements were found in steps achieved during math and on-task behavior. Findings reveal utilizing PA driven lessons is an effective teaching strategy.**

Key Words: Purposeful movement, Classroom physical activity, On-task behavior, Accelerometers