

Making Maths a HIIT at School: A Whole School Approach

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Declining levels of physical fitness in children are linked to an increased risk of developing poor physical and mental health. Similarly, the declining levels of engagement, interest and achievement in mathematics in young people is concerning. Making Maths a HIIT at School is an eight-week physically active mathematics intervention. A two-arm controlled trial was used to test the feasibility of the program for use in the whole school (across K-6). Analysis using linear mixed models revealed significant intervention effects for student engagement. Teacher feedback was very supportive and highlighted the potential of integrating high intensity activity in mathematics.