

1/3 of children and young people do less than 2 hours a week of Physical Activity outside of school

.

**Promote positive social behaviours including leadership, morality, social integration and responsibility.** 6

**Reduce risk of cardiovascular disease by 20 to 35 percent including coronary heart disease, stroke and improved cholesterol profiles.** 2



**They are proven to…**

**Why are Physical Activity, PE & Sport important?**

**Physical Activity at school is a win-win for students & teachers**

**Improve emotional wellbeing, having a positive impact on self-esteem, anxiety, depression and mood. 3**

**59% of Asian girls are inactive**

**60% of secondary girls do less than I hour a day of physical activity**

**Inactive children are more likely to develop mental health problems and need support**

40% of primary school children do less than 1 hour a day of physical activity



**Help maintain a healthy body weight, reducing obesity. 1**



**Improve communication, language, problem solving and social interaction in the under 5’s. 4**



**1/3 of children & young people are overweight or obese.**

**Improve in class cognitive functions that can impact attainment including concentration, memory and perception. 5**



**Improve attendance, retention, school connectedness and satisfaction. 5**



**1** ukactive, 2014. Turning the tide of inactivity: London: ukactive.
**2** British Heart Foundation, 2014. Physical Activity for children and young people: Loughborough: British Heart Foundation.
**3** Trudeau F & Shepard RJ. Relationships of Physical Activity to Brain Health and Academic Performance of School children. American Journal of Lifestyle Medicine 2010; 4:138.
**4** British Heart Foundation, 2012. Introduction to Physical Activity in the Early Years: London: British Heart Foundation.
**5** Stead, R. and Neville, M(2010). TheImpact of Physical Education and Sport on Education Outcomes: A Review of Literature. Loughborough: Institute of Youth Sport.
**6** Wild A. Citizenship Education: Physical education… the forgotten subject? The British Journal of Teaching Physical Education 2002;33:23-24.