[](https://www.google.co.uk/imgres?imgurl=http://365psd.com/images/premium/thumbs/229/illustration-of-boy-thinking-with-question-marks-vector-1052274.jpg&imgrefurl=http://365psd.com/vector/thinking-boy-58174&docid=Llf4_NyWVO5f0M&tbnid=BOO7QI1unMevCM:&w=135&h=135&safe=active&bih=907&biw=1280&ved=0ahUKEwiAs7Ko5uPMAhVoD8AKHdxLDDY4yAEQMwhHKEQwRA&iact=mrc&uact=8)

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

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjvzrHD99nOAhWDVBQKHdrsBREQjRwIBw&url=http://prekandksharing.blogspot.com/2014_11_01_archive.html&bvm=bv.129759880,d.d24&psig=AFQjCNHlR4n3Wo44V9t9UPTN5IXiGC2f3A&ust=1472124032421506).

**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

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwicj5uy6dnOAhWL1hQKHXc9Bs0QjRwIBw&url=http://www.activemindsglobal.com/the-heart-care-solution-how-to-minimize-your-risk-of-heart-attacks/&psig=AFQjCNEBeBy2xnJPEeNyGfjVOY5MvXK1Lg&ust=1472119482711019)

**They are proven to…**

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

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

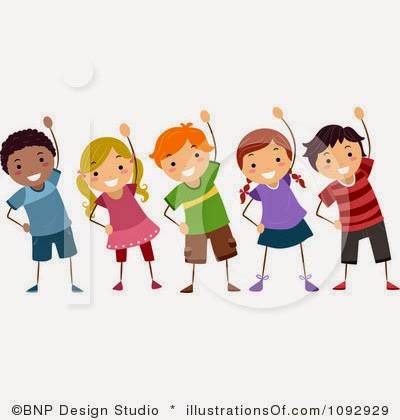
**Improve emotional wellbeing, having a positive impact on self-esteem, anxiety, depression and mood. 3**

**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

[](http://www.google.co.uk/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiI0t6v8dnOAhUBaRQKHYosDq8QjRwIBw&url=http://mrsracestechnology.blogspot.com/&bvm=bv.129759880,d.d24&psig=AFQjCNG9ZG5txiydfIgj44C6p7NZT_OV6g&ust=1472122380316818)

**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.