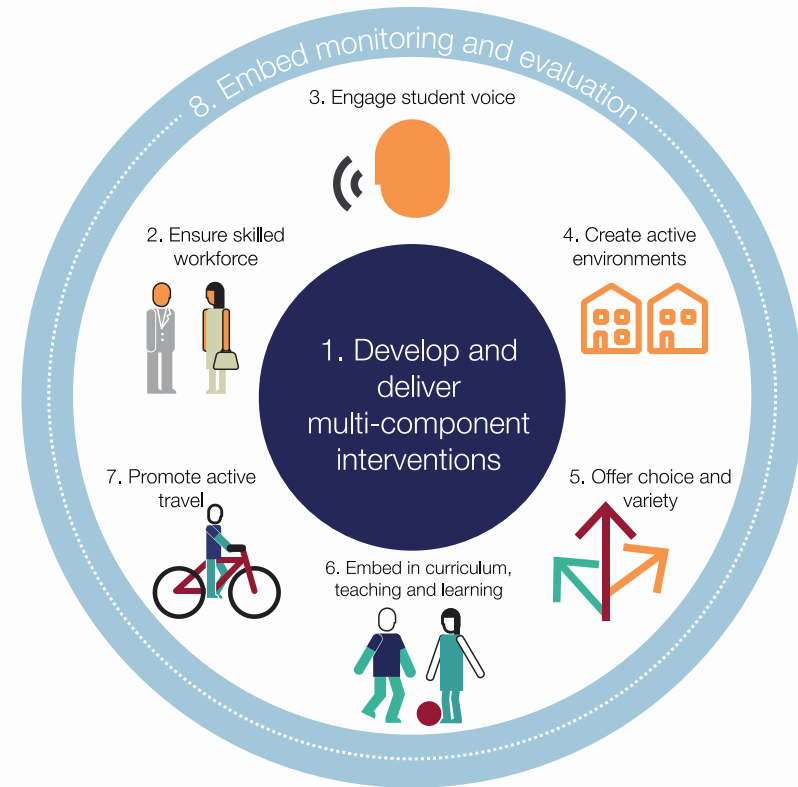


Section 1 – Introduction

Context – Experience is Key

We know that pupils' experiences of physical education, school sport and physical activity have a significant impact on their mind-set and behaviours, both now and in the future. There is good evidence that one's (in)activity tracks into adulthood, thus it is crucial to support children and young people to be given the opportunity to make active choices built into their everyday lives at school.

The diagram below highlights various opportunities to support a child to be active throughout the school day.



Creating enjoyable and sustainable mechanisms that your school can support pupils to be active everyday is crucial to develop children who are ready for life. The diagram above is from Public Health England's 2019 report on best practice to increase children's physical activity at school. It demonstrates eight key methods of how to engage more pupils in more physical activity, more often.