

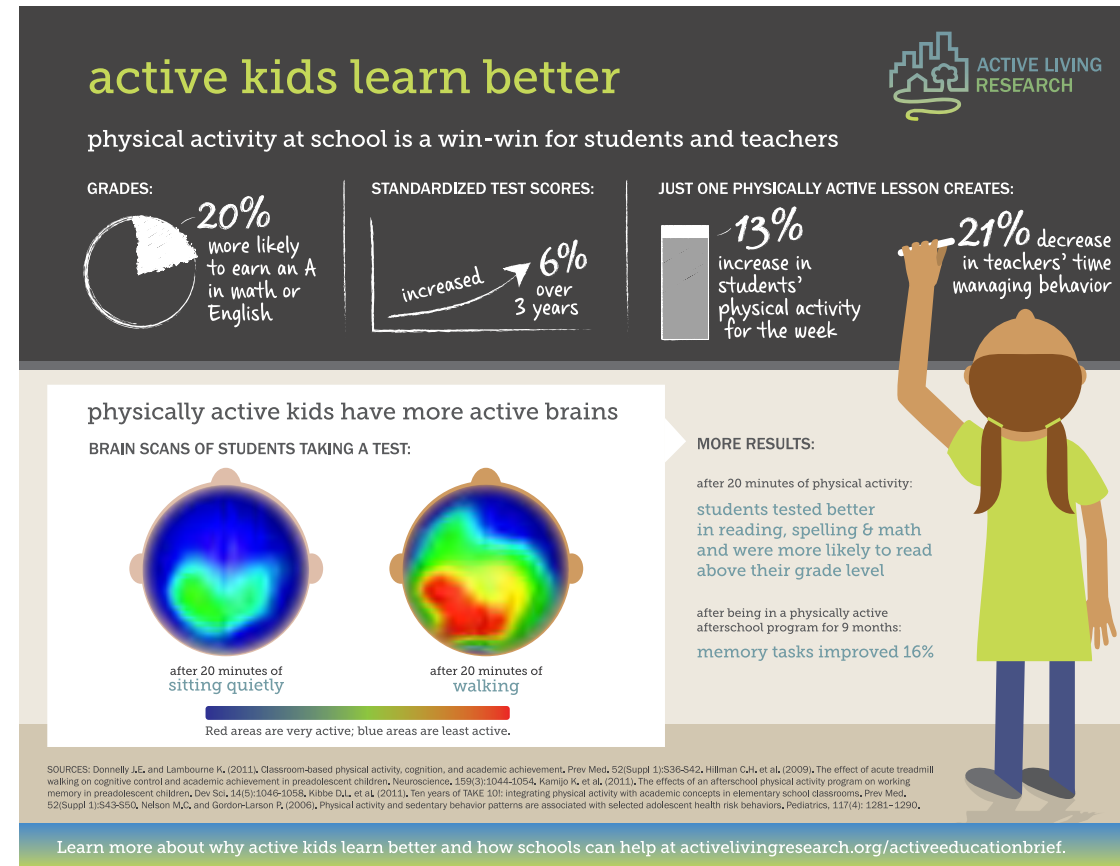
Section 1 – Introduction

Context – Physical Activity Impact

There is a strong evidence base (*Chalkley et al, 2015*) which tells us that active children and young people are more likely to have better educational outcomes including;

- improved academic achievement.
- improved cognitive functioning.
- improved attention & concentration.
- suffering less from anxiety & stress.
- improved confidence.
- improved social interactions / peer acceptance.
- improved resilience.
- improved sleep.
- improved physical fitness.
- improved motor development.
- improved classroom behaviour.

Yet, only around 20% of our children and young people meet daily physical activity recommendations (Sport England, 2018). This toolkit highlights various ways schools and staff can support our children and young people to meet daily physical activity guidelines so that they can all experience the positive benefits of being more active, improving their academic and social outcomes for life.



Source: Active Living Research, UC San Diego:
<http://activelivingresearch.org/activeeducationinfographic>