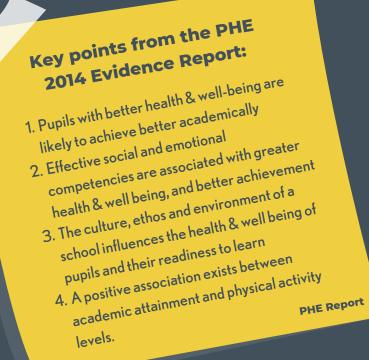


Active Lives Children & Young People Survey 2018-19



Ofsted inspection frameworkachievement of pupils:

 An 11% boost in results in standardised achievement tests been linked to school programmes that directly improve students social & emotional learning.

Higher attaining schools have greater levels

of participation in physical activity & sports programmes than lower performing PHE Report

schools.

Positive health behaviour and attainment

- Children and young people who are aerobically fit have higher academic scores.
- Physical activity has been linked to improved classroom behaviour across the whole school. Notable among the benefits are improved pro-social behaviour and peer relationships, with resulting reductions in disruptive classroom behaviour.

PHE Report

A UK study identified that the amount of moderate to vigorous physical activity pupils engaged with at age 11 had an effect on academic performance.

It also found pupils engaging in selfdevelopment activities (including sport and physical activity) achieved 10-20% higher GCSE's.

PHE Report

From the young people who participated in YST programmes in 2018/19:

- 94% reported developing life skills
- (communication, leadership & teamwork) • 89% reported improved wellbeing (confidence, empathy & resilience)
- 77% of teachers reported improved outcomes in school (attainment, attendance & behaviour)

YST Report

Public Health England, The link between pupil health and wellbeing and attainment 2014 Youth Sport Trust Impact Report 2019 Sport England Active Lives Children & Young People Survey 2018-19

The Active Lives Children & Young people report 2019 found that there is a positive association between levels of engagement in sport and physical activity and levels of mental wellbeing

Active Lives Survey

