

Why are Physical Activity, PE & Sport important?



They are proven to...

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



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

HALF of all children and young people in LEEDS do less than 1 hour of physical activity a day

Improve attendance, retention, school connectedness and satisfaction. 5



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



60% of secondary girls do less than 1 hour a day of physical activity

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

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

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



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



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

59% of Asian girls are inactive

Help maintain a healthy body weight, reducing obesity. 1



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



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



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 4 British Heart Foundation, 2012. Introduction to Physical Activity in the Early Years: London: British Heart Foundation.
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 6 Wild A. Citizenship Education: Physical education... the forgotten subject? The British Journal of Teaching Physical Education 2002;33:23-24.