

The link between School Sport & Physical Activity and Academic Achievement

"Promoting physical and mental health in schools creates a virtuous circle reinforcing children's attainment and achievement that in turn improves their wellbeing, enabling children to thrive and achieve their full potential."

Chief Medical Officer of England report

School Sport & Physical Activity

Increased cognition

Improved behaviour & attention

Increased confidence

Increased resilience/ mental toughness

Improved wellbeing (physical, social, mental)

Improved anxiety management

Improved meta-cognition

Better learning outcomes

Academic Achievement



Key points from the PHE 2014 Evidence Report:

1. Pupils with better health & well-being are likely to achieve better academically
2. Effective social and emotional competencies are associated with greater health & well being, and better achievement
3. The culture, ethos and environment of a school influences the health & well being of pupils and their readiness to learn
4. A positive association exists between academic attainment and physical activity levels.

PHE Report

Ofsted inspection framework-achievement 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 schools.

PHE Report

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 self-development 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

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



wesport

INSPIRING ACTIVE LIVES