



4 IN 5 YOUNG PEOPLE
are not active enough for
maintaining good health

92%

of 15-16 year olds suffer
exam related stress

25%

of 11-15 year olds report
not getting enough sleep



52% OF 11-15 YEARS OLDS
report eating 5 portions of
fruit and veg a day



10% OF 11-16 YEARS
olds have a mental health
disorder

33%

of year 6 pupils are
overweight or obese

MENTAL HEALTH

Referrals to specialist mental
health services increased by
64% between 2012 - 2015

BULLYING

1 in 4 15 years olds have
suffered from bullying

SELF-HARMING

20% of 15 year olds are
self-harming

BODY CONFIDENCE

13% of 11-16 year olds have
poor body confidence

DIABETES

29,000 children under the age
of 14 with diabetes with 4%
being type 2

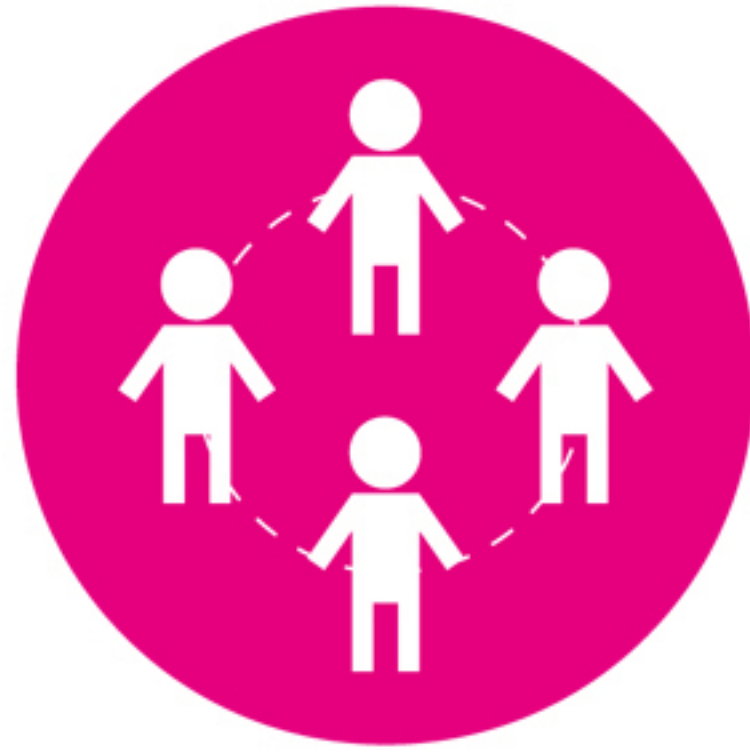
SOURCES

Health survey for England 2012
Association for young peoples health

What about YOUth Survey (2014)
National Child Measurement Programme

REGULAR PHYSICAL ACTIVITY HAS MANY HEALTH BENEFITS FOR CHILDREN

AT LEAST 60 MINUTES A DAY....



**BUILDS CONFIDENCE
AND SOCIAL SKILLS**



**IMPROVES HEALTH
AND FITNESS**



**MAKES YOU
FEEL GOOD**



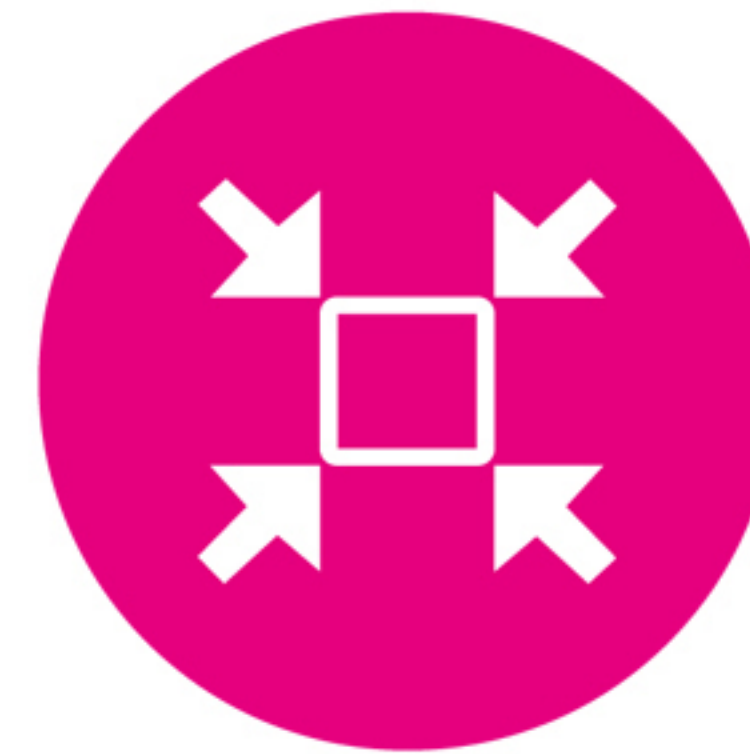
IMPROVES SLEEP



IMPROVES MOOD



**MAINTAINS
HEALTHY WEIGHT**



**DEVELOPS
CO-ORDINATION**



**REDUCES THE RISK OF
DEVELOPING HEALTH
CONDITIONS IN ADULTHOOD**

SOURCES

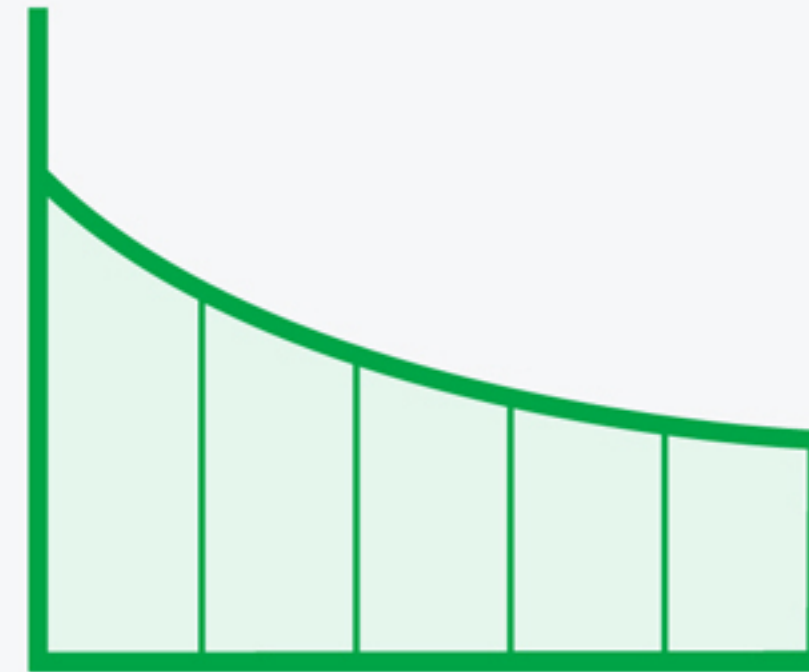
Start Active, Stay Active report 2011

CHILDREN ARE NOT ACTIVE ENOUGH



CHILDREN ARE NOT ACTIVE ENOUGH

as only 19% achieve recommended levels



ACTIVITY LEVELS DECLINE

as children age, especially in girls where by ages 13-15 only 8% are active enough



Disabled people are half as likely as non-disabled people to be active



Sitting time is increasing and risking children's health



21%

16%

Girls are less active than boys, with only 16% achieving activity guidelines



Active play declines with age

CHILDREN WALKING TO SCHOOL has declined since 1995



Children from low income families are more likely to be inactive

SOURCES

UK Physical Activity Report Card 2016
Everybody active, every day 2014
National Travel Survey, England 2015

ACTIVE PUPILS PERFORM BETTER

ACADEMIC
RESULTS
IMPROVE



HAPPIER, MORE
MOTIVATED AND
CONFIDENT PUPILS



BRAIN FUNCTION IMPROVES

Brain functioning improves leading to better concentration and learning



SCHOOL ENGAGEMENT IMPROVES

Stronger school engagement with improved attendance and behaviour



PUPIL ENGAGEMENT IMPROVES

Short bursts of activity in classrooms improve pupils engagement for up to one hour after



SOURCES

Start Active, Stay Active, 2017

Nike Active Schools, 2015

The link between pupil health and wellbeing and attainment

THE LONG-TERM IMPACT OF ACTIVE SCHOOLS



IMMEDIATE IMPACT

- Brains work better
- Happier
- Higher grades
- Stronger school connections

AT SCHOOL

- Better retention
- Higher graduation rates
- More likely to attend college

AT HOME

- Better sleep
- Less depression
- Better behaviour

LONGER-TERM IMPACT

IN THE COMMUNITY

- Less crime
- More civic engagement
- More volunteerism

IN THE WORKPLACE

- More productivity
- Less absenteeism
- Greater earning power

INTERGENERATIONAL IMPACT

- Active parents raise active children
- Lower healthcare costs

SOURCES

Nike Active Schools, 2015

Physical activity for children and young people (5 – 18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
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MAKES
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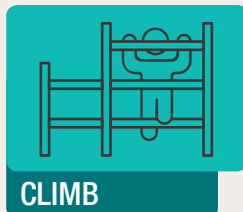
Be physically active

Spread activity
throughout
the day

All activities
should make you
breathe faster
& feel warmer



Include muscle
and bone
strengthening
activities
**3 TIMES
PER
WEEK**



Sit less



Move more

Find ways to help all children and young people accumulate
at least 60 minutes of physical activity everyday