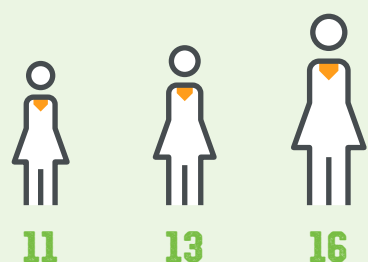


# HOW PE CAN HELP STUDENTS TO ACHIEVE IN ALL THEIR EXAMS



The amount of moderate to vigorous physical activity pupils engaged with at age 11 had an effect on academic performance across English, maths and science at age 11, 13 and final GCSE exam results.



So, children who carried out regular exercise, not only did better academically at 11 but also at 13 and in their exams at 16.



The percentage of time girls spent in moderate to vigorous physical activity at age 11 predicted increased science scores at 11 and 16 years.



Increase in academic performance for every extra 17 minutes that boys exercised, and for every 12 minutes that girls exercised.



**10-20%  
HIGHER GCSEs**

Pupils engaging in self-development activities (including sport, physical activity) achieved 10-20% higher GCSEs.



Physical activity improves brain function.



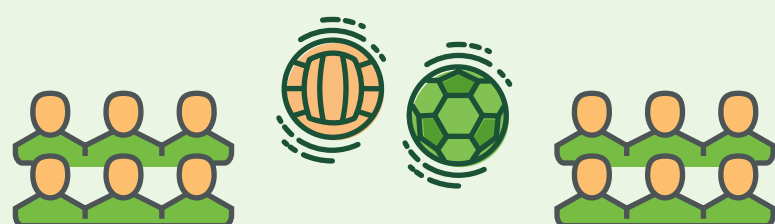
Unpredictable games that require problem solving may also boost executive functioning, i.e. the skills that help the brain to organise and act on information.



**70%**

**YOUTH SPORT TRUST NATIONAL  
PE, SCHOOL SPORT AND  
PHYSICAL ACTIVITY SURVEY**

2014 Youth Sport Trust National PE, School Sport and Physical Activity Survey found that 70% of schools feel sport makes a positive contribution to behaviour and truancy.



Higher attaining schools at Ofsted inspections have greater levels of participation in physical activity and sports programmes than lower performing schools.



Ofsted reported close correlation between the grade that schools 'were awarded for overall effectiveness in their last section 5 inspection and their grade for PSHE education'.