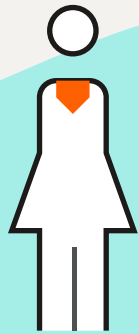


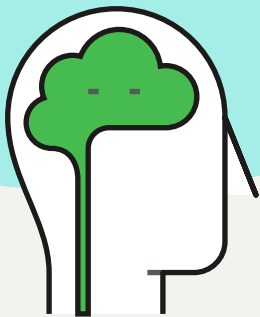
HOW PE CAN HELP STUDENTS TO ACHIEVE IN ALL THEIR EXAMS



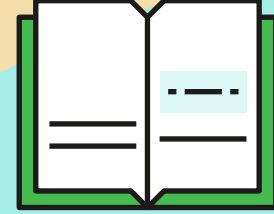
Regular moderate to vigorous activity from a young age has been proven to improve academic performance in maths and English (as well as science for girls)*.



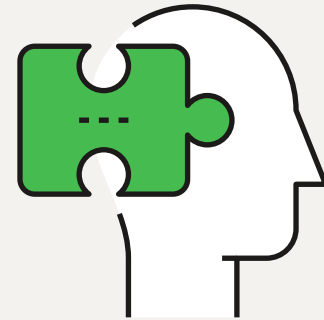
Regular physical activity helps you to concentrate, boosts health and wellbeing, and gives you the energy you need to smash those exams.



Sports teach you discipline, which is vital for helping make sure you do what you need to get those grades.



Studies show physically active children achieve higher levels of academic achievement, improved brain function and better cognitive performance*.



Playing sports that require problem-solving boosts your ability to organise and act on information.



60 MINUTES

The benefits of exercise last about an hour – so regular activity breaks during revision can keep your energy levels and brain function up.

*Youth Sport Trust (2022) The Link Between Physical Activity and Attainment in Children and Young People