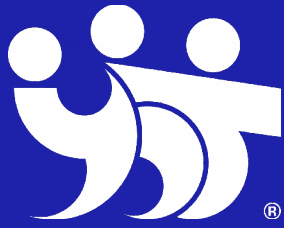


March 2023



**YOUTH  
SPORT  
TRUST**

# Key facts about...

## school-related benefits of physical activity



For more facts, please visit [here](#) to access the Youth Sport Trust's Knowledge Bank.

Participation in sport and physical activity promotes key employability and life skills in young people such as: teamwork, resilience, self-discipline, accountability, social cooperation skills, and perceived self-efficacy (Coalter, Theeboom and Truyens, 2020).

Click [here](#) for the full report.

There is increasing demand from the UK labour market for 'soft skills' such as teamwork and communication, demonstrating the need for young people to develop these skills ahead of employability age (Department of Education and Institute for Policy Research, University of Bath, 2019).

Click [here](#) for the full report.

Making lessons more physically active increases children's attention and engagement in other lessons and improves their overall academic achievement (Norris et al., 2020).

Click [here](#) for the full report.

Physical activity bouts during the school day can improve classroom behaviour (Daly-Smith et al., 2018).

Click [here](#) for the full report.

Participation in school sport positively influences students' school belongingness (Jones et al., 2020).

Click [here](#) for the full report.

Physical activity benefits children's cognitive function, brain structure and brain function (Donnelly et al., 2016).

Click [here](#) for the full report.

Physical activity at school positively influences children's school engagement (Owen et al., 2016).

Click [here](#) for the full report.

Daily physical activity improves attention and concentration (Harris et al., 2018).

Click [here](#) for the full report.

Physical activity improves the self-perception, confidence and social interactions young people have which may lead to improvements in depressive symptoms (Recchia et al., 2023).

Click [here](#) for the full report.

Extra-curricular activities have been shown to increase young people's confidence to interact with others (Department of Education and Institute for Policy Research, University of Bath, 2019).

Click [here](#) for the full report.