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).

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

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

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

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

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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).

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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).

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