

Why inclusive PE makes a happy school



Students told us that being active...



Helps them build resilience

69%

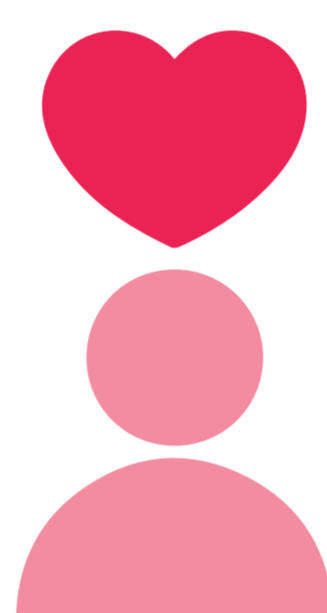
Helps them make healthier life choices

62%



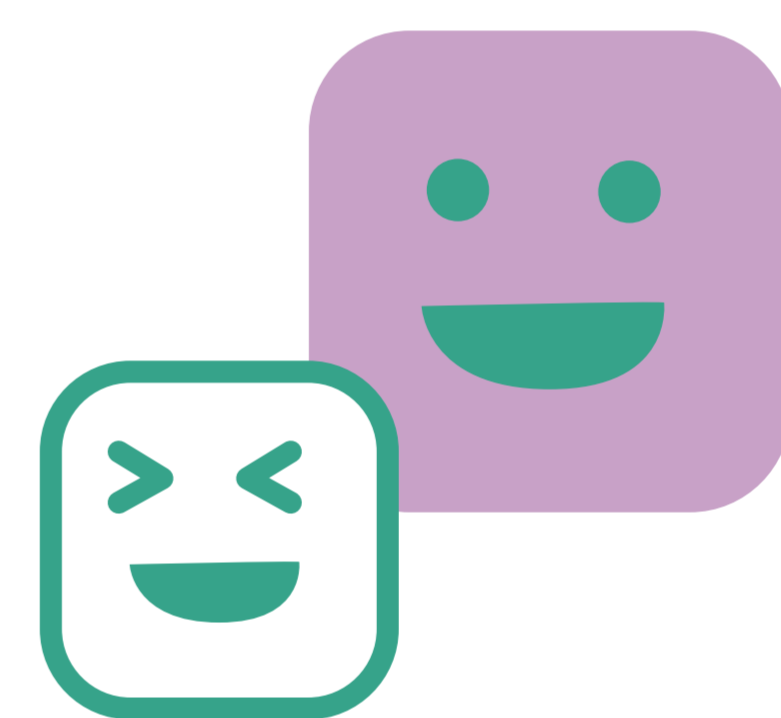
Improves their mental wellbeing

59%



Improves their mood.

71%



Our research shows that those who are more physically active are happier.

More active students report an average happiness score of **7/10**

The less active students report an average happiness score of **5/10**

*Based on a study by Sheffield Hallam University of 358 schools delivering projects

Get your school behind PE

