



Physical Education

Perseverance

Improves concentration

Intellectual development

The idea that healthy children learn better is empirically supported and well accepted (Basch, 2010)

Reaching a life goal

Boosts self-esteem and resilience

Intelligence and skill can only function at the peak of their capacity when the body is healthy and strong.
— John F. Kennedy —

Respecting officials and opponents

Respect

Breaking racial barriers

Respecting rules



Non-academic

Leadership

Sportsmanship

Honesty

Physical activity is key to getting children ready to learn. It supports the healthy development of brain function and cognition, social and emotional behaviour, speech and physical development. Sport also has the power to build skills and character traits – Youth Sports Trust

Responsibility

Experience professional sport

Enjoyment

Creativity

Friendship

Teamwork

Problem solving

Access and opportunities for all, no matter of background, ability

Multi-national and multi-lingual knowledge

Mental health

Motor skills

Physical health

Healthy diet

Health + Fitness

Improved academic attainment

When physical activity is provided for children during the school day, they are more attentive and teachers have fewer behavior problems (Pellegrini, Huberty, & Jones, 1995; Strong, et al., 2005).

"I've always found that exercise is the one thing that gets me well again, with depression, it's invaluable. It makes me feel great, just healthy and active. I don't feel as tired or lethargic when I exercise and it makes me happy and content in myself." Mind Website

Competitiveness

Self-challenge

Self-discipline

Problem solving

Cooperation

Ask not what your team-mates can do for you. Ask what you can do for your team-mates.
Earvin 'Magic' Johnson (1959-) US basketball player