



Improving the **PHYSICAL LITERACY** of young people

THE CHALLENGE:

When children start primary school, 20% of them are either overweight or obese. This figure rises alarmingly to 35% by the time they are aged 11. Physical inactivity and the lack of confidence and physical competence are a significant part of the challenge.

THE OPPORTUNITY:

To develop children who are confident and competent in fundamental movement skills. Making them ready to embark on a healthy, active secondary school education and lifelong participation in physical activity.

THE SOLUTION:

For young people to be increasingly 'physical literate' by the time they leave primary school.

Physical literacy is the key to the health and wellbeing of a young person!

SPORTING AGE WORKS!

OVER 7000
RECORDED
ASSESSMENTS

89%
of pupils improved
fundamental
movement skills

FOR ONLY 18%
BUDGET SPEND

SCIENTIFIC EVIDENCE

THE SPORTING AGE PROMISE:

- > We **will** improve Physical Literacy in your school.
- > Children **will** become more confident and competent movers
- > Stage appropriate, high quality lesson plans **will** be provided
- > We **will** provide you with scientific evidence of progress
- > Teachers **will** become more confident in promoting physical literacy
- > Target groups **will** be identified and pathways provided

* *When delivered in accordance with Sporting Age Ltd guidelines* *

CONTACT US TO LEARN MORE AND BOOK AN IN
DEPTH DEMONSTRATION OF THE SPORTING AGE TOOL
TO INCREASE PHYSICAL LITERACY IN YOUR SCHOOL!



Shaun Fox
Managing Director

T: 07983 949618
E: shaun@sportingage.co.uk

www.sportingage.co.uk