



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 OFFER INCLUDES:

- > Sporting Age baseline assessment of fundamental movement skills is conducted twice a year to demonstrate progress
- > Stage appropriate lesson plans for class teachers
- > Impact reports for class teachers and senior leaders
- > Home school communication to further improve physical literacy
- > Sporting Age training for online platform
- > Over 95% of deliverers are more confident in promoting physical literacy

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



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