

# PRIMARY SCHOOL SPORT

Research conducted by the NHS concluded that children require at least 1 hour of physical activity per day to maintain a basic level of health

## THE PROBLEM

The number of children meeting this recommended amount of physical activity drops by 40% as they move through primary school



Children spend more than 7.5 hours per day in front of a screen



1 in 5 children start primary school overweight or obese, rising to more than a third by the time they leave



2 out of 3 children are classified as inactive

## BENEFITS OF PHYSICAL EXERCISE FOR SCHOOLS



Children perform better academically



Children have better attendance



Children's behaviour improves



# BENEFITS OF PHYSICAL EXERCISE FOR CHILDREN

- ☆ Reduces stress, anxiety and depression
- ☆ Physically active students recall nearly twice the amount of information than students with poor physical fitness
- ☆ Physically fit children have higher grades compared to those with lower levels of fitness having lower grades
- ☆ Being active made the majority of 5 to 11 year olds feel happier (79%)



## THE RISING STARS SOLUTION



- ☆ Provide the best in class breakfast, lunch and after school sports clubs so children can be active and enjoy sport
- ☆ Provide specialist PE Curriculum teaching so all children can gain a basic foundation for movement and sport
- ☆ Teach children through the principles of sport
  - Learning from failure
  - Respect for officials
  - Emotional control
  - Leadership
  - Teamwork

## SCHOOLS WE CURRENTLY WORK WITH



## WHAT THEY SAY ABOUT US

Rising Stars is our most popular after school sports club at UCS Pre-Prep and the increase in physical activity and stamina has had a most positive effect on the children. They really look forward to each session and gain an immense amount from the specialist coaching on offer.

**Zoe Dunn**, UCS Pre-Prep Head Mistress



4.96 Average  
Rated "Excellent"

 **REVIEWS**

## CONTACT DETAILS

info@risingstarsactivities.com  
0208 150 6655  
www.risingstarsactivities.com



@risingstarsactivities

## SOURCES

NHS UK  
Public Library of Science  
Journal of pediatrics  
President's council in fitness,  
sports & nutrition  
Let's Move