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