Being more active raised understanding of the benefits to their health.

Wider impacts of delivering sport and physical activity to families.¹ ²

- Increasing activity levels helped 53% of adults and 39% of young people feel happier, and 46% of adults less anxious.
- 85% of adults felt that they had more knowledge about how and where to be active as a family, helping them to include activity in their lives.
- Increased quality time together improved family relationships. Enjoying physical activities together brought them closer, helped them concentrate on one another, support each other and be open and honest.
- Families accessed support, advice and guidance with life challenges.
- Parents and carers developed confidence, life and employability skills and were more likely to volunteer.
- Children’s knowledge, concentration, confidence and interpersonal skills improved.
- Families’ confidence engaging in their neighbourhood increased, isolation feelings decreased, friendships and support networks were formed.
- Motor skills and coordination were enhanced, especially in disabled children and young people.

¹ We understand that “Family” can have diverse meanings. We use the term parents and carers but recognise that this can include any significant adults in a child’s life.

² Based on an evaluation of the impact of Sport England’s Families Fund undertaken by Substance and completed in August 2022. The focus of this investment was less affluent families.