

# Back to school and physical activity- A one minute guide

"A new resource for schools across Yorkshire and the Humber to improve the health outcomes of children and young people through reducing sedentary behaviour and increasing physical activity"

## Cognition and learning

- High levels of sedentary behaviour (sitting and or not moving) has been linked to poorer academic outcomes [1]
- Limiting screen time and meeting daily physical activity recommendations (60min/day) is associated with 2.75x greater odds of high academic performance [2]
- Physically active children consistently outperform inactive and unfit peers [3]



## Behaviour and social development

- High levels of sedentary time is associated with poor behaviour and poor pro-social behaviour [4] (The opposite of anti-social behaviour)
- Increasing levels of physical activity can improve the personal and social development of children [5]



## Physical activity

## The golden thread

## Sleep

- Poor sleep can lead to anxiety, stress and reduced coping mechanisms [6]
- High amounts of sedentary time are associated with reduced sleep duration [4]
- Physical activity can improve sleep quality immediately [7]



## Mental health

- A 60 minute daily increase in sedentary behaviour at age 12 has been shown to lead to higher depression scores at age 18 [8]
- High TV usage in excess of 2 hours a day has been associated with reduced emotional wellbeing [9]
- Regular physical activity has a positive impact on anxiety, depression and self-esteem in children [10]



## References:

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