



Making the Case for Community Use Why do it? – The Evidence

Reports

Findings based on six 'high' quality studies conducted in the United Kingdom and North America with study populations within the range of 4 – 16 years old concluded that:

- Young people's participation in organised sports activities, when compared to non- participation, improves their numeracy skills.
- Young people's participation in extra-curricular activities linked to organised sport, when compared to non-participation, improves a range of learning outcomes for underachieving students.

The size of the impacts identified could be interpreted as follows:

- 8% increase in numeracy scores, compared to non-participants
- 29% increase in numeracy skills of underachieving young people compared to non-participants
- 12% - 16% increase in transferable skills of underachieving young people compared to non-participants

This review was carried out by Systematic Review (EPPI) Centre at the University of London. www.sportengland.org/research/benefits-of-sport/

The DCMS Culture and Sport Evidence Programme – Links between sport and learning outcomes on Page 3 of this summary www.sportengland.org/media/102475/culture-and-sport-evidence-programmesummary-web-2-.pdf

Sport and Health – a range of evidence that taking part in sport improves health and wellbeing, with associated economic benefits
www.sportengland.org/research/benefits-of-sport/health-benefits-of-sport/

British Journal of Sports Medicine – Evidence from this large-scale population study confirms the long-term positive impact of moderate-to-vigorous physical activity on academic attainment in adolescence.
<http://bjsm.bmj.com/content/early/2013/10/04/bjsports-2013-092334.full>

'Beyond 2012 - outstanding physical education for all' Ofsted Report, including the impact of community use and after school activities on attainment:
www.ofsted.gov.uk/resources/beyond-2012-oustanding-physical-education-for-all

Extended Services in practice - A summary of evaluation evidence for head teachers: The Impact on the school including attainment and school performance Page 15-17

www.gov.uk/government/uploads/system/uploads/attachment_data/file/182456/DFE-RR155.pdf

YouTube clip

Billy Downie of Streetly Academy, Birmingham discusses with the Youth Sports Trust a correlation between achievement and engaging in extra-curricular sports clubs at his school using student data from 2012 :

<https://www.youtube.com/watch?v=oLOEvBsLbZE> (0mins – 7:30mins of the film)

Tools

UK Active - Enter your postcode and find data relating to levels of physical inactivity in your local area. This provides a useful snapshot and evidence base for providing community use www.ukactive.com/turningthetide/

UK Physical Activity Guidelines (Factsheets by age range with government guidelines, examples and benefits of physical active) www.gov.uk/government/publications/uk-physical-activity-guidelines