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PRESS RELEASE

Increasing time for PE and physical activity in the school day does not impact on educational attainment

This was one of the points highlighted on Thursday by Dr Gavin Sandercock PhD, Director of Centre for Sports & Exercise Science, University of Essex, and Director of Testing at Fitmedia.

His presentation looked in detail at how PE and physical activity could be better measured and evaluated in schools. He cited the paper from the US Center for Disease Control and Prevention, which looked at the association between school based physical activity (including physical education) and academic performance.

11 out of 14 studies found one or more positive associations between physical education and indicators of cognitive skills and attitudes and academic behaviour. Overall, increased time in physical education appears to have a positive or neutral relationship with academic achievement.

Dr Sandercock was speaking at the "Healthy Lifestyles for Children" conference. The conference looked specifically at the areas of children's health, and was organised by Fitmedia and OPAL. It included experts from the fields of fitness, play and nutrition. It was held in Greenwich, London on Thursday 4 February.

Other speakers included:

- **Dr David Whitebread** PhD MEd BA PGCE, The PEDAL Institute, Faculty of Education, University of Cambridge
- **Michael Follett**, International Director, OPAL Outdoor Play and Learning CIC
- **Michelle Robinson**, Olympic, World, European and Commonwealth Triple Jumper, and Fitmedia Ambassador

- **Tim Baker MBA BEd (Hons) NPQH**, Headteacher, Charlton Manor Primary School

The conference was hosted by Charlton Manor Primary School, a leader in the field of healthy lifestyles, holding a Gold Award from Healthy Schools London, a Food For Life Partnership Award and an International Schools Award, whose work in food nutrition has drawn praise from, among others, Raymond Blanc and Levi Roots.

Contact Information

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NOTES FOR EDITORS:

1. **Fitmedia** is a specialist fitness company which provides fitness assessment, analysis and services for schools, clubs and sports organisations, to enable children and their coaches to test, monitor and improve their overall fitness. Its unique technology allows it to assess a child's fitness levels and health based on where they should be for their age and sex. (for more information, see www.fitmediafitness.co.uk)
2. **Charlton Manor Primary School**, a leader in the field of healthy lifestyles, holding a Gold Award from Healthy Schools London, a Food For Life Partnership Award and an International Schools Award, whose work in food nutrition has drawn praise from, among others, Raymond Blanc and Levi Roots.
3. The conference took place on 4th February 2016 at Charlton Manor Primary School in North Greenwich, London.

(See overleaf for images of the event)



Dr Gavin Sandercock speaking at the event



A Fitmedia trainer helps children assess their cardiorespiratory fitness through shuttle runs



Michelle Robinson being interviewed by pupils for Charlton Manor Primary School's magazine