

FIT TO STUDY

PROJECT AIM

To develop a programme of study for Physical Education (PE) lessons that aims to optimise the content of PE for thinking and learning.



- To rigorously test the impact of this programme on fitness, wellbeing, cognitive function and academic attainment in Year 8 pupils, using a randomised controlled study in 100 state-funded secondary schools, over a period of one academic year (September 2017 - July 2018).



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