



Innovate Create Educate

Response to "[Economic value of physical activity in schools revealed](#)"

As Headteacher of [Gorsefield Rural Studies and Outdoor Activity Centre](#), I am delighted to see the recent analysis by the [Youth Sport Trust](#), which highlights the profound economic and personal benefits of physical activity in schools. The findings highlight the critical importance of ensuring that all children have access to free physical activities as part of their daily school routine.

The data presented in this analysis is compelling. It quantifies the significant uplift in life satisfaction and happiness that physical activity brings to young people, translating into an impressive economic value of at least £4.5bn annually. These figures not only validate the efforts of educators and policymakers who prioritise physical education but also provide a clear financial incentive to continue and expand these initiatives.

At Gorsefield, we have long advocated for the integration of physical activity into the educational experience. Our residential and day visits are specifically designed to promote physical health, mental well-being, and educational development through engaging outdoor activities. The report's findings align perfectly with our mission, demonstrating that even half an hour of physical activity per day can significantly enhance a child's happiness and life satisfaction.

To further support the outcomes highlighted in this report, I encourage schools to consider the following actions:

1. **Enhance Physical Education Programmes:** Increase the availability and diversity of physical activities within the school curriculum to ensure all students can find a sport or activity they enjoy.
2. **Promote Active Lifestyles:** Encourage students to engage in physical activities outside school hours through clubs, community events, and family-oriented activities.
3. **Invest in Staff Training:** Provide teachers with the necessary training to deliver high-quality physical education and understand the mental and physical benefits it brings.
4. **Collaborate with Specialist Centres:** Partner with organisations like Gorsefield to offer students unique opportunities to engage in outdoor and physical activities that they might not experience in a traditional school setting.

By taking these steps, schools can not only improve the immediate well-being of their students but also contribute to their long-term happiness and life satisfaction, as evidenced by the economic valuations provided in this analysis.

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At Gorsefield Rural Studies and Outdoor Activity Centre, we are ready to support schools in this endeavour. Our programmes are designed to complement the school curriculum and provide students with the opportunity to develop physically, mentally, and socially in a supportive and enriching environment. We are also creating a training offer to support school staff in the delivery of PE and outdoor education. I invite all schools to book residential and day visits with us to experience first-hand the benefits of physical activity in nature.

Together, we can make a significant impact on the well-being and future success of our young people.

Please contact me at Pjackson@Gorsefield.org for more information, to arrange a visit and to explore our visits or training offer.

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