

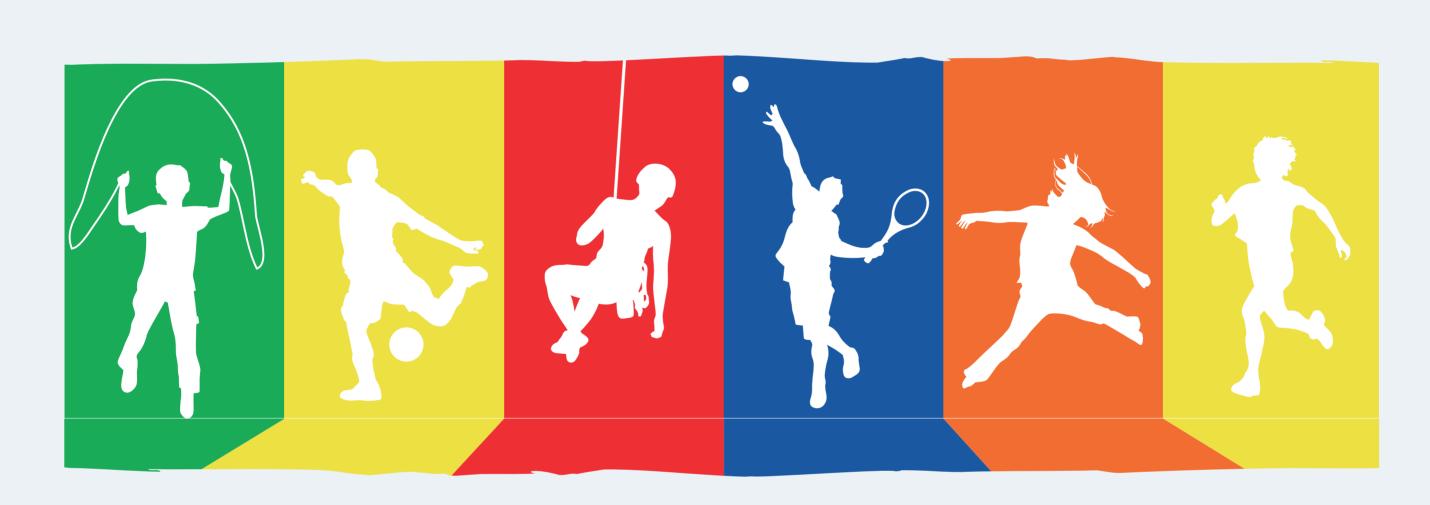
PROJECT AIM

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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