



What is Fit to Study?

The 'Fit to Study' project aims to test the impact of a teacher training intervention designed to try to optimise the content of PE for brain and cognitive function during secondary school (Year 8) PE lessons in 2017/18.

What will be happening in school?

To collect baseline data, a researcher from Oxford Brookes University will be coming to visit current Year 7 PE lessons to monitor physical activity; they have also asked your Head of PE to conduct a fitness assessment with these pupils, and The pupils have been asked to complete an online cognitive challenge at home and a health questionnaire during school time.

Where can I get more information?

Talk to your Head of PE or visit the 'Fit to Study' website (www.fit-to-study.org) which has all the information you will need.

If you have any further questions don't hesitate to contact us via email (fittostudy@brookes.ac.uk).



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Funded by the Education and Neuroscience
Programme. Grant Ref. 2681