

# Wider impacts of delivering sport and physical activity to families.<sup>1,2</sup>



Increasing activity levels helped **53%** of adults and **39%** of young people feel happier, and **46%** of adults less anxious.



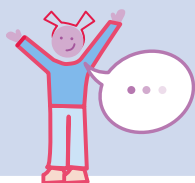
**85%** of adults felt that they had more knowledge about how and where to be active as a family, helping them to include activity in their lives.



Being more active raised understanding of the benefits to their health.

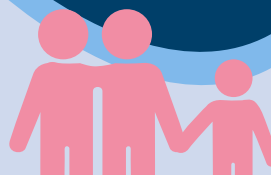


Families' confidence engaging in their neighbourhood increased, isolation feelings decreased, friendships and support networks were formed.

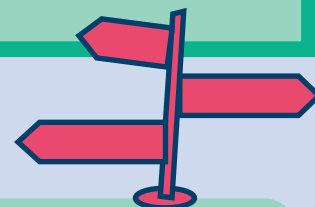


Children's knowledge, concentration, confidence and interpersonal skills improved.

Motor skills and coordination were enhanced, especially in disabled children and young people.



Increased quality time together improved family relationships. Enjoying physical activities together brought them closer, helped them concentrate on one another, support each other and be open and honest.



Families accessed support, advice and guidance with life challenges.



Parents and carers developed confidence, life and employability skills and were more likely to volunteer.

1. We understand that, "Family" can have diverse meanings. We use the term parents and carers but recognise that this can include any significant adults in a child's life.
2. Based on an evaluation of the impact of Sport England's Families Fund undertaken by Substance and completed in August 2022. The focus of this investment was less affluent families.