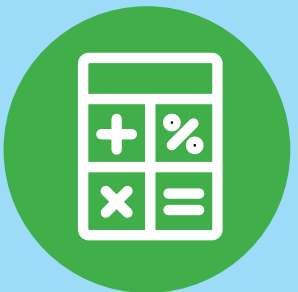


# 8 reasons why children benefit from **Physically Active Learning (PAL)**



Boosts physical activity and reduces sedentary time



Facilitates learning and understanding



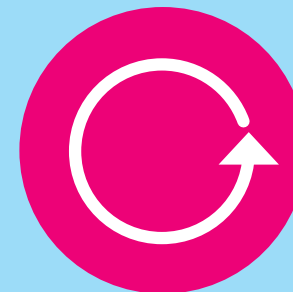
Increases concentration and time on task in other lessons



Increases confidence and reduces anxiety



Improves resilience



A more inclusive approach



Allows for collaboration and team work



Fun, exciting and enjoyable