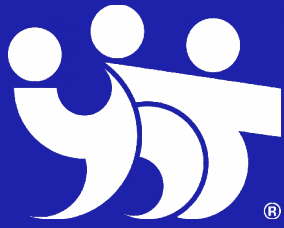


June 2024



**YOUTH
SPORT
TRUST**

Key facts about...

the role of breakfast clubs and before/after school sport and physical activity



For more facts, please visit [here](#) to access the Youth Sport Trust's Knowledge Bank.

Schools that run a breakfast club see improvements in both behaviour and attainment across the class (meaning these improve not just for children attending the breakfast club) ([Education Endowment Foundation, 2022](#)).

Children taking part in extra-curricular organised sports and physical activities at the ages of 5, 7 and 11 are almost one and a half times more likely to reach a higher-than-expected level in their Key Stage 2 maths test ([Chanfreau et al., 2016](#)).

Children who participate in extra-curricular organised sports and physical activities during primary school have better social, emotional and behavioural skills at age 11 than those who do not participate during primary school ([Chanfreau et al., 2016](#)).

There is a positive association between attending sports clubs in secondary school and being in employment or education at age 21 and 22 years (after controlling for a range of factors) ([Education Policy Institute, 2024](#)).

Children who consume breakfast of a better nutritional quality and who are more physically active are found to have better literacy and numeracy scores, respectively ([O'Dea and Mugridge, 2012](#)).

Post-pandemic, there has been a shift from community-based to school-based active clubs. This is largely driven by the cost-of-living crisis and consequences of the COVID-19 pandemic ([Walker et al., 2023](#)).

Among children from economically disadvantaged backgrounds, after school clubs are the only organised activity found to be positively linked to both higher Key Stage 2 attainment and prosocial skills ([Chanfreau et al., 2016](#)).

Quality and frequency of breakfast intake is better in adolescents who are more physically active ([Guevara et al., 2020](#)).

Teachers report pupils who attend after school or breakfast clubs feel a greater sense of belonging to school ([Callanan et al., 2016](#)).

Participating in sport in school is associated with higher levels of wellbeing, including social identity and belonging ([Denovan and Dagnall, 2023](#)).

Boys, adolescents from single-parent households, and those with more time before school starts are more likely to report before-school physical activity compared to their counterparts ([Woodforde et al., 2024](#)).

Evidence shows extra-curricular activities give young people the confidence to interact socially with others, extend their social networks and provide them with new skills and abilities ([Social Mobility Commission, 2019](#)).