

Indian children need more playtime in school

6th Annual Health and Fitness Survey by EduSports, reveals worrying fitness levels in schools

- Study covered 1,48,054 students in the age group of 7 – 17 years
- Study spans 245 schools in 87 cities and 26 states
- 2 in 5 kids don't have a healthy BMI
- 1 in 5 kids don't have the adequate endurance capability
- 1 in 4 kids don't have the desired flexibility
- More Physical Education periods (3 or more) and structured physical activity needed in schools

Bengaluru, November 24, 2015: Global recommendations on physical activity for children aged 5-17 years calls for at least 60 minutes of moderate to vigorous intensity physical activity every day. Unfortunately, in India, in spite of widespread awareness on the importance of sports and physical activity, fitness levels among school children in this age group continue to be less than optimal.



The **6th Annual Health and Fitness Survey**, conducted by **EduSports, India's largest school sports and physical education company**, reveals that across geographies, city types and gender, children are displaying alarming physical fitness standards. This year's (June 2014 – Feb 2015) study covered **1,48,054 students in the age group of 7 – 17 years from 245 schools in 87 cities and 26 states**. The fitness parameters that were measured included **sprint capacity, endurance, flexibility, lower and upper body strength, abdominal strength and Body Mass Index (BMI)**.

The key findings of the survey are:

- 2 in 5 kids don't have a healthy BMI
- 1 in 2 kids lack the adequate lower body strength
- 2 in 5 kids don't possess the adequate upper body strength
- 1 in 5 kids don't have the adequate endurance capability
- 3 in 10 kids don't have the desired sprint capacity
- 1 in 4 kids don't have the desired flexibility

Between boys and girls; **64% girls were found to have healthier BMI scores compared to 58% boys**. However, within the other parameters of abdominal strength, sprint capacity and upper and lower body strength, the scores did not vary a lot between boys and girls, but in the case of lower body strength, boys outscored girls.

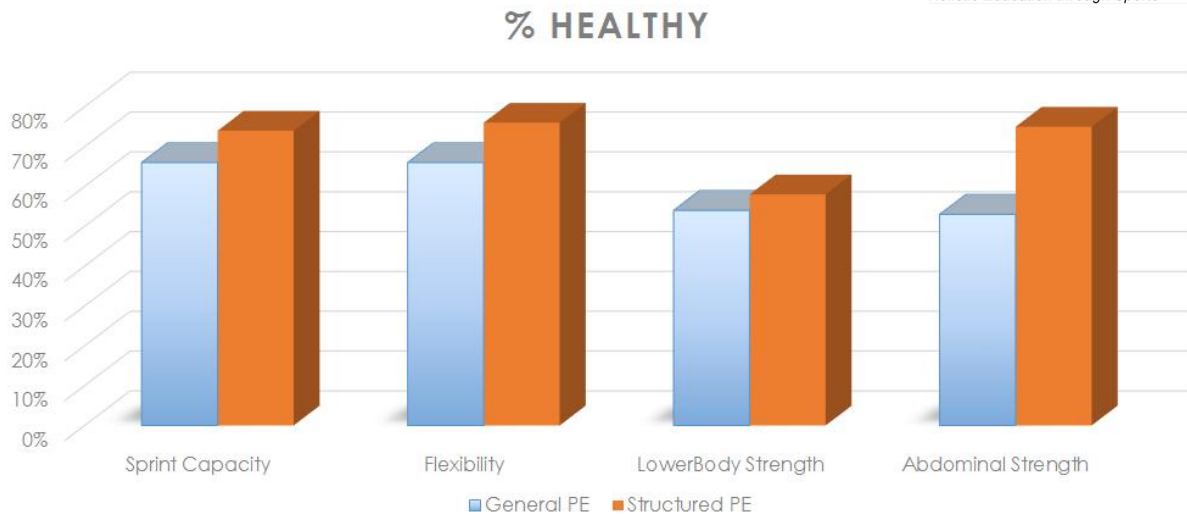
Geographically, children in all five regions were found equally unfit in terms of their BMI scores.

Body Mass Index (BMI)		
	Healthy	Unhealthy
Central	61%	39%
East	59%	41%
North	59%	41%
South	61%	39%
West	61%	39%

Kids who undergo a structured sports program are fitter



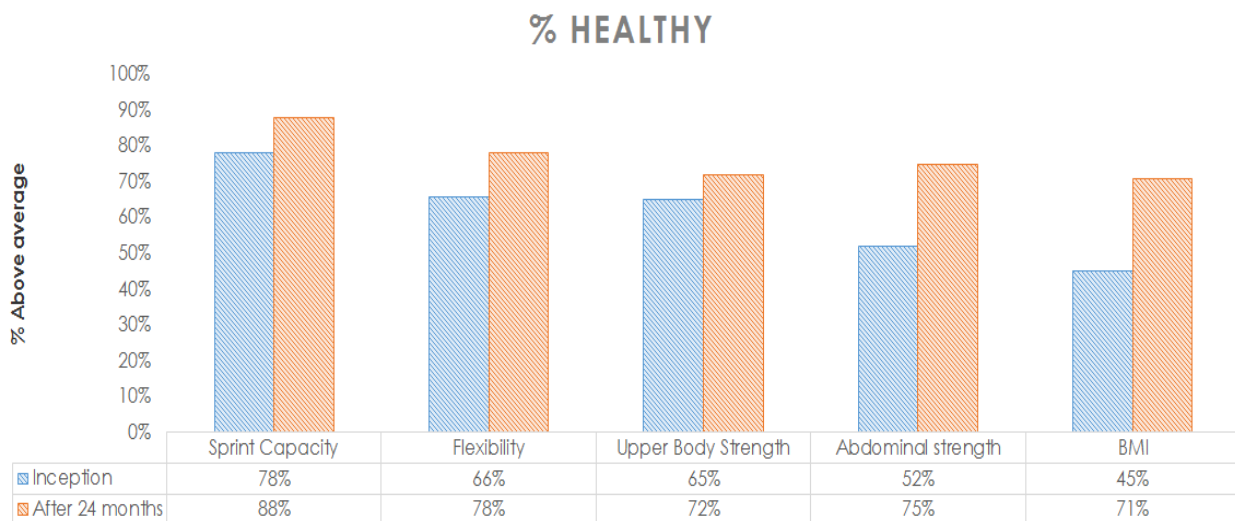
To compare the effects of running a structured and age appropriate sports/ PE program in a school vs schools that lacked a structured sports program or ran a general sports program, EduSports studied 23,889 kids from 80 schools who had gone through a structured and age appropriate sports program over 24 months. The results were compared with schools running a general sports program (27,281 kids from 85 schools). It was seen that schools which followed structured play showed a significant improvement across fitness parameters compared to schools which ran a general sports program.



Kids in schools running a structured sports program fared better on fitness parameters of sprint capacity (74% vs 66% in schools which ran a general sports program), lower body strength (58% vs 54%), flexibility (76% vs 66%) and abdominal strength (75% vs 53%).

Schools running a structured sports program show sustained fitness levels

The survey also mapped fitness data from **55,210 children from 78 schools in 34 cities** at the time of inception of a structured sports program and compared it with the results after 24 months of going through a structured sports program to see if the progress made by a structured sports intervention was sustainable.



The results show sustained fitness levels over 2 years with 88% of children showing a healthy sprint capacity after 24 months compared to 78% at the time of inception, 78% vs 66% in flexibility, 72% vs 65% in upper body strength, a whopping 75% in abdominal strength compared to 52% and an impressive 71% of children having healthy BMI compared to 45% at the time of inception.

3+ PE periods produce fitter kids



Lack of playtime is an ever increasing concern among school going children. To test the impact of increased playtime on fitness levels, EduSports surveyed 1,10,076 children from 245 schools across 87 cities. Some of the schools offered 3 and more PE periods while some offered 2 periods a week. It was found that schools which gave more than 3 PE periods produced fitter kids who fared better on fitness parameters of sprint capacity (70% vs 67% in schools which gave only 2 PE periods), endurance (87% vs. 78%), lower body strength (50% vs 47%) and upper body strength (74% vs 65%).

According to **Mr. Saumil Majmudar, CEO & Co-founder, EduSports**, “This landmark survey, which is in its 6th year, is an eye opener for parents and schools who must come together to challenge the increasing levels of inactivity and sedentary lifestyles among school going children. We believe that schools are the best sources of intervention to implement a structured sports program that will help in improving the fitness standards in children. Our research shows that schools which implement a structured, age-appropriate sports program show a substantial improvement in health and fitness levels of children compared to schools which have been running a non-inclusive sports program. **Research also shows that children who are active have greater attention spans and perform better academically, making it a win-win situation for all.**”

About EduSports:

Winner of several Industry awards {GESS Awards Dubai – for Best Product to Improve Health & Fitness in the – Mar 2014; CII Emerging Entrepreneur Award – Mar 2014; FICCI Best Startup in Sports – India Sports Awards Feb 2014}, EduSports is India’s first and largest Physical Education & School Sports enterprise. EduSports has also been featured on Satyamev Jayate season 3 as a pioneering organization for promoting sports and physical education in schools.

EduSports partners with schools across the country to help them develop healthier and fitter children via the medium of sports/physical activity. EduSports designs and administers a sports curriculum for K-12 schools. The EduSports school sports program has been designed by a distinguished panel of advisors comprising of leading sports psychologists, educationists, and sports professionals with vast experience of working with K-12 schools. Currently, EduSports is working with more than 400 schools and covers more than 350,000 children in more than 100 cities all over India. More information about EduSports can be had at www.edusports.in.