

# Summer Homework - A Level PE

*With decreasing levels of physical activity within schoolchildren fitness experts have said, "British pupils are entering a state of digital dependence which would shorten lives, with sedentary lifestyles becoming the norm long before children reached adolescence"*

[www.telegraph.co.uk/news/2017/03/14/children-become-less-active-age-just-seven-major-study-finds/](http://www.telegraph.co.uk/news/2017/03/14/children-become-less-active-age-just-seven-major-study-finds/)



Explain reasons why school children have reduced levels of physical activity (aim to cover <b>at least 4</b> reasons)	Suggest four strategies to increase activity levels in school children (Suggest means that you need to justify how they would work)

Design a Poster to promote an after school club for year 6 pupils aimed at increasing participation in physical activity