

The mental and physical benefits of students participating  
in sports, activities and clubs outside school



# What is the role of a sports club?

- Sports clubs have a multifaceted role, serving as community hubs, promoting physical activity, fostering social connections, and contributing to personal development. They provide opportunities for recreation, entertainment, and the development of valuable skills.

These roles also include:

- Community Building
- Recreation and Entertainment
- Physical Activity and Health
- Personal Development
- Social Inclusion



# Why have I chosen this topic?

- Only a small number of our pupils at Foxwood attend sports clubs outside of the academy.
- Sports clubs played a vital role in my childhood. I wanted to research if sports clubs could also be as positive and beneficial for pupils physical and mental health and wellbeing.
- There is not a great depth of research for this topic.
- This research project has also helped me to identify the number of inclusive sports clubs in the local area.



# Inclusive sports clubs in Nottingham

- Inclusive Sports Group
- Nottingham Swim School
- Splash Session
- Disability Swimming Pre Club Link
- Multi Sports
- Football





Studies into the mental and physical benefits of students participating in sports, activities and clubs outside school

- Research has established positive relationships between increased participation in Organised Extracurricular Social Activities and positive psychological, behavioural, social and academic outcomes (Hynes & Block, 2022). For example, Fredricks and Eccles (2005) found that those adolescents who participated in Organised Extracurricular Social Activities self-reported higher academic performance and greater psychological well-being. Similarly, Organised Extracurricular Social Activities participation has been found to have positive peer outcomes for school-aged children, including increased connectedness, well-being, social and emotional adjustment, and decreased loneliness (Oberle et al. 2019). Therefore, participation in Organised Extracurricular Social Activities appears to present a broad range of transferrable benefits for daily life.

## Studies into the mental and physical benefits of students participating in sports, activities and clubs outside school

- Similar to their neurotypical peers, children with developmental diagnoses can derive wide-ranging benefits from Organised Extracurricular Social Activities participation. Research indicates that physical activity participation for children with developmental diagnoses may provide health-related benefits, for example, increased cardiovascular fitness and gross motor functioning (García-Hermoso et al. 2021). Further, participation in Organised Extracurricular Social Activities, such as dance has been found to offer a broad range of benefits, including cognitive, psychological and social outcomes, for children and adolescents with disabilities (May et al. 2021). For autistic children, continuous participation in physical activities has also been shown to reduce restricted, stereotyped, and repetitive behaviours (Rosenthal-Malek & Mitchell, 1997). Bohnert et al. (2019) found that greater breadth of organised activity participation was associated with improved socio-emotional adjustment for autistic adolescents.



# How I conducted my own research

- I identified a sample of six pupils (14-19 & KS3) to participate in my research project – all pupils attended sports clubs outside of school.
- I carefully planned a multiple-choice questionnaire for pupils to answer – quantitative data research project.
- Questionnaires lasted between 5-10 minutes



# The questionnaire

1) Do you think going to your out of school sports club has helped you make new friends?

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

2) Do you think going to your out of school sports club makes you feel happier throughout the week?

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

3) Do you think going to your out of school sports club has made you feel more confident in talking to people?

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

4) Do you think going to your out of school sports club has improved your self-esteem?

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

5) Do you think going to your sports club helps to keep focused and calm throughout the week?

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

# The questionnaire

6) Do you feel part of a team when you go to your sports club?

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

7) Do you think going to your out of school sports club has improved your fitness?

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

8) Do you like the routine of attending a weekly out of school sports club?

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

9) Do you think going to your out of school sports club has developed your sporting skills?

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

10) Would you recommend other pupils from Foxwood to attend the out of school sports clubs that you go to?

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

# Results



Do you think going to your out of school sports club has helped you make new friends?



5/6 pupils strongly agreed with this (83.33%)



1/6 pupils agreed with this (16.67%)

# Results



Do you think going to your out of school sports club makes you feel happier throughout the week?



3/6 pupils strongly agreed with this (50%)



3/6 pupils agreed with this (50%)

# Results



Do you think going to your out of school sports club has made you feel more confident in talking to people?



2/6 pupils strongly agreed with this (33.33%)



3/6 pupils agreed with this (50%)



1/6 neither agreed or disagreed with this (16.67%)

# Results



Do you think going to your out of school sports club has improved your self-esteem?



5/6 pupils strongly agreed with this (83.33%)



1/6 pupils agreed. (16.67%)

# Results



Do you think going to your sports club helps to keep focused and calm throughout the week?



2/6 pupils strongly agreed with this (33.33%)



4/6 pupils agreed with this. (66.67%)

# Results



Do you feel part of a team when you go to your sports club?



5/6 pupils strongly agreed with this (83.33%)



1/6 pupils agreed. (16.67%)

# Results



Do you think going to your out of school sports club has improved your fitness?



5/6 pupils strongly agreed with this (83.33%)



1/6 pupils agreed with this. (16.67%)

# Results



Do you like the routine of attending a weekly out of school sports club?



3/6 pupils strongly agreed with this (50%)



3/6 pupils agreed with this (50%)

# Results



Do you think going to your out of school sports club has developed your sporting skills?



5/6 pupils strongly agreed with this (83.33%)



1/6 pupils agreed. (16.67%)

# Results



Would you recommend other pupils from Foxwood to attend the out of school sports clubs that you go to?



4/6 pupils strongly agreed with this (66.67%)



2/6 pupils agreed with this. (33.33%)

# Summary



Throughout the questionnaire (Questions 1, 2, 4, 5, 6, 7, 8, 9, 10) it is very evident that the pupils either strongly agreed or agreed with the questions presented to them which is very similar to findings in previous studies – This shows that attending their after-school sports clubs does help them to socialise with others and potentially make new friends (feel part of a team), help improve a sense of happiness and increased confidence, help maintain a calmness and improve overall fitness and sporting skills



There was only one other response which was that one pupil neither agreed or disagreed with question number 3 – Do you think going to your out of school sports club has made you feel more confident in talking to people?



No pupil in this study disagreed or strongly disagreed that attending their extra-curricular sports clubs was not beneficial for their social/mental health - with all pupils either strongly agreeing or agreeing that they would recommend their peers to try the extra-curricular sports clubs that they are currently attending.

# Going forwards



Going forwards I personally want to work on helping more pupils to attend extra-curricular sports clubs outside of school.



During questionnaire one pupil mentioned to me that they really enjoyed going to their sports clubs as they stated that “it is really fun and not about winning”.



Sports clubs in general could also become more inclusive if clubs are more focused towards participation and enjoyment than winning.

# Reference list

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