



IT'S ALL ABOUT THE

# Impact Data

Improving children's physical literacy and wellbeing  
Aiming to make them happier, healthier and more confident  
2022-2023

## TWICE

as many children had **above average** levels of fitness after participating in a Rackets Cubed programme



## 90%

of children left feeling **happier** after participating in a Rackets Cubed programme



**57%**

improved their lower body strength



**53%**

improved their overall fitness



**38%**

improved speed and agility



*“One of our girls maths age was 5.5 years, and it is now 9.5 years. I just think the regular weekly session has really helped her. **Her confidence has blossomed**“*

*Teacher, Manchester*



**33%** more children found it easier to **concentrate** in school!

**1045** children supported *nationwide* across **13 UK cities**



## DID YOU KNOW?

We carried out impact assessments on 20% of our programmes. Using two fitness tests and a well being questionnaire, we measured children's physical health and mental well-being

