

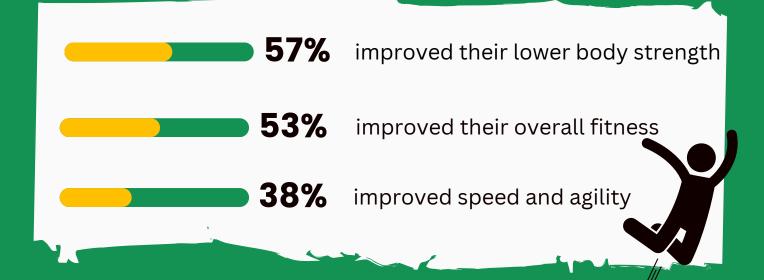
IT'S ALL ABOUT THE

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





"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



Rackets Cubed impact Assessment | 2022-2023