

20 reasons why every school should have an outdoor gym



Increases pupils confidence



Raises the profile of PE and sport across the school



Builds capacity and capability within the school



Sustainable



Gender neutral



Engages pupils to join in regular physical activity



Adds variety to the PE offering



Involves and encourages the least active children



Improves fitness levels



Helps reduce obesity



Develops balance and flexibility



Improves hand-eye coordination and motor skills



Develops technique and control



Can be competitive or non-competitive



Great for team building – encourages communication and collaboration



Supports SEND pupils



Encourage more active breaktimes



Offers both moderate and vigorous exercise options



Encourages self-evaluation and self-improvement



Supports target of 60+ mins of exercise per day

