



## Play your part in School Sport Week

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It's National School Sport Week and schools all over the country are being urged to promote the life-changing benefits of sport and play.

The Youth Sport Trust initiative was created to engage the 82.5% of young people who currently do not engage in moderate exercise for the recommended amount of 1 hour a day by Sport England.

Table tennis is a sport that can offer schools a low-impact, high-engagement activity. The sport can be played anywhere: sports halls, classrooms or even outdoors! It's perfect for all-inclusive and SEND schools as the rules and equipment can be easily modified.

If your school is interested in delivering table tennis as part of the National School Sport Week and beyond, [click here to visit our Schools page](#) to find out more about our resources and packages.

To read more about the Youth Sport Trust National School Sport Week, [click here](#).

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