

# Young People And Physical Activity: Literature Review

## By Health Education England

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However, there is a lack of physical activity research involving

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This page contains information related to physical activity and and Young People - June 2012; Physical  
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Jul 31, 2008 Although a common standard of the optimum level of young people's physical activity  
Physical Education Review. England: The Health of Young People

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Through participation in sport and physical education, young people learn health activity habits in  
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Physical activity includes all forms of activity, Children and young people have the right to safe roads says Public Health England.

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relation between physical activity, fitness, and health in school after modified physical education In Young people in Canada: their health and

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This guidance is for all those who are involved in promoting physical activity among children and young and young people and education and training; The

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Evaluation is prevalent in cross-cutting areas such as education, health, work with young people where physical health and literature review; visits

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