

BENEFITS OF TENNIS FOR SEN STUDENTS

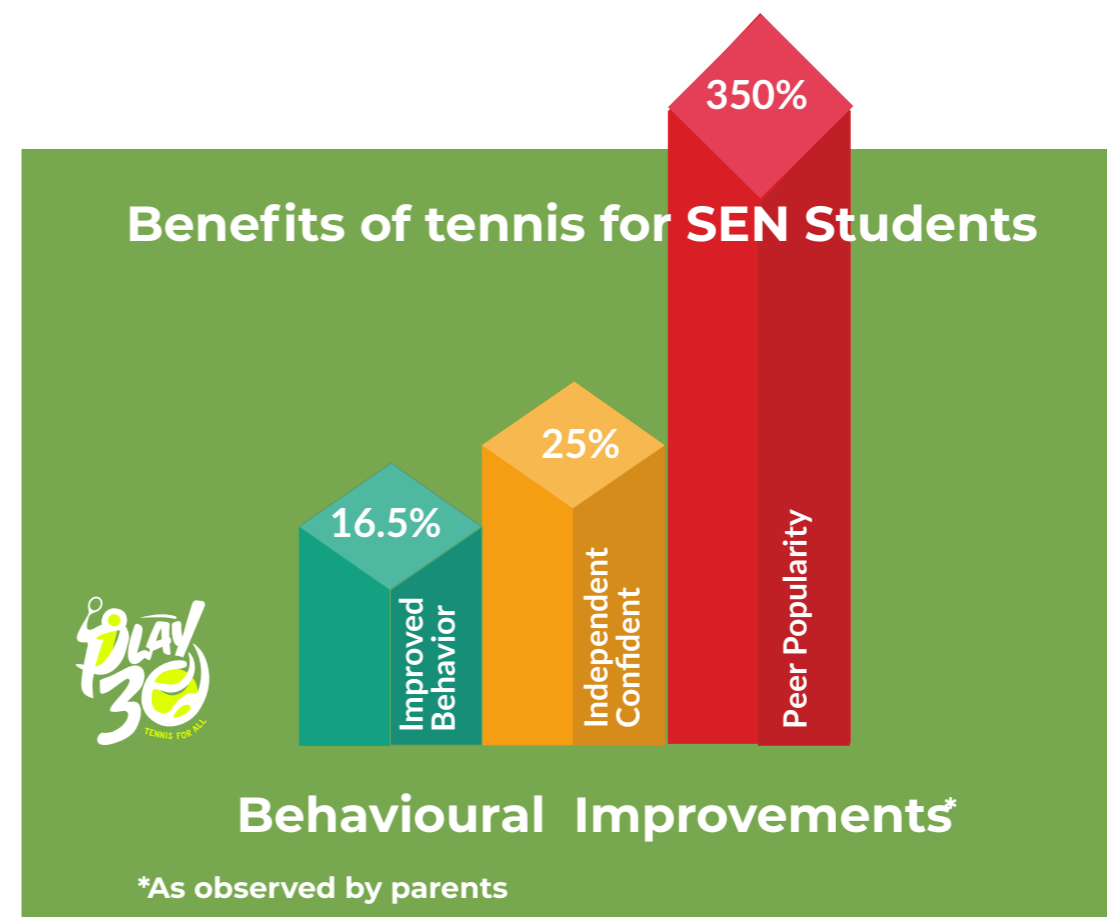
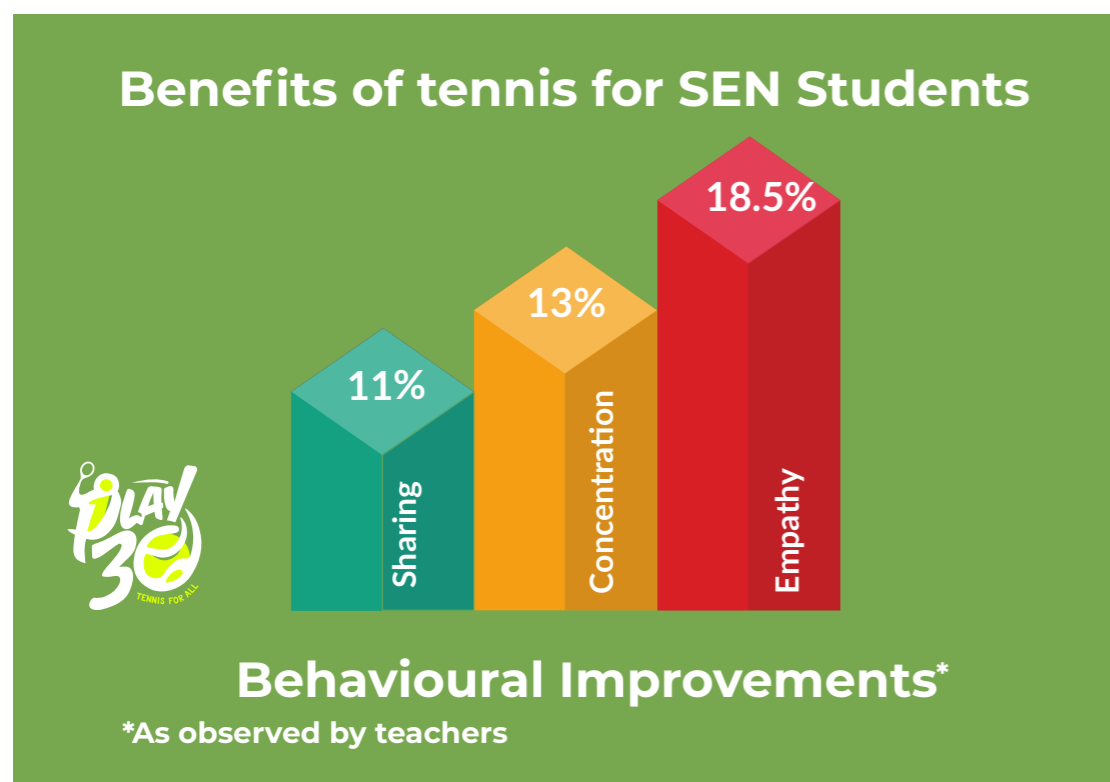
A SURVEY CONDUCTED FOR BRIGHT IDEAS FOR TENNIS
BY DR. REECE PATEL (CANTAB) AND DR. KHALIL SAADEH (CANTAB)



2022

The study collected data in 5 areas: prosocial behaviours, emotional symptoms, conduct problems, hyperactivity and inattention, and peer relationship problems.

- Using tennis as an intervention, player wellbeing either remained the same or improved in ALL of these areas
- As well as leading to overall improvements in all 5 of these areas, the students ENJOYED the intervention too (over 90%)
- Teachers saw significant improvements in their students empathy with others (+18.5%), their ability to concentrate on other tasks (+13%), and found that they were able to share more readily with other children (+11%)
- Parents felt that their children were better liked by other children (+350%), were better behaved (+16.5%), and were more independent/confident (+25%)
- Due to the format of the survey, the likelihood of these results being down to chance are close to zero
- Therefore, the significant improvements that all of the students showed are almost certainly attributed to the intervention of the weekly tennis sessions



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Giving Gregor the opportunity to learn a new skill is fantastic for his development in many ways.
“...would get excited each week on the day of having tennis

M has really come out of her comfort zone and although initially she didn't want to join in, she has done more gradually each week

The freedom to be able to play against, and with, other students that he may not have otherwise socially interacted with. This has helped Mason grow his confidence not only in tennis but also in general

