



SPORTZ VILLAGE

CREATING CHAMPIONS IN LIFE

14th

Annual Health Survey

2026

Powered By

SPORTZ VILLAGE

EduSports

Holistic Education through Sports



Acknowledgements

Disclaimer

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About Sportz Village

Sportz Village is India's largest school sports organization that aims to create champions and win in life. Established in 2003, the organization's philosophy is focused on improving the health and well-being of children by making sport an integral part of a child's education and development. Whether it's through their pioneering structured sports and physical education (P.E) program, EduSports, its efforts to use sport for positive change in public schools, or support for student-athletes, Sportz Village is committed to creating champions, both on and off the field.

Additionally, Sportz Village serves as a strategic partner and advisor for sports education to organizations such as NSDC, CII, NITI Aayog and various state governments. The organization's programs are currently benefiting over 300,000 children and youth from more than 500 private and public schools across 22 states in India, and have cumulatively touched the lives of more than 66 lakh children.

About EduSports

EduSports is India's first and largest in-school PE & sports program by Sportz Village, India's largest school sports organization. The organization helps schools use sports and physical education as tools to build student success. EduSports believes sports and physical education are not just about fitness – they're about shaping well-rounded individuals through engaging, fun and enjoyable learning experiences. The organization's structured, inclusive, curriculum-aligned and assessment-driven programs equip children with physical literacy, emotional resilience, life skills and overall well-being – enabling them to thrive in school and beyond. Since 2009, EduSports has worked with 2,800+ schools across 250 cities to embed structured physical education into school systems, impacting more than 13 lakh children.



Table of Contents

Foreword	03
How to Read This Report	04
Key Findings: The Big Picture	05
Comparative Analysis: Private Vs Public Schools	07
Comparative Analysis: Girls Vs Boys	09
Regional Analysis: West, North, East and South	11
Year-on-Year Analysis: Overall Fitness Trends 2020–2025	15
Year-on-Year Analysis: Post Covid Fitness Recovery Trends 2023-2025	17
Physical Education (P.E.) Exposure and Fitness Outcomes	19
Ranking of Top 20 Schools- Nationwide	22
Ranking of Top 5 Schools - Regionwise (2025)	23
Experts Say	24
Conclusion	26

The 14th Annual Health Survey (AHS), powered by Sportz Village, presents a comprehensive view of children's physical health across schools in India, drawing on multi-year fitness assessments conducted across diverse school environments.

Children's health and fitness today are shaped by a complex interplay of factors - including physical activity levels, sedentary behaviour, screen time, nutrition, access to safe play spaces, family routines and school environments. The findings from this edition are particularly significant as they capture the impact of prolonged COVID-19 related disruptions, a period marked by reduced mobility, increased sedentary behaviour and changes in daily routines, followed by a gradual recovery as in-person schooling and organized activities resumed.

Over the past decade, the **Sportz Village Annual Health Survey** has evolved into a key evidence base for understanding how physical activity, physical education and school environments influence children's health outcomes. This edition provides important insights into both the vulnerability of children's fitness levels to sustained disruption and the potential for recovery when regular movement opportunities are restored.

This report aims to:

Highlight current fitness levels and gaps among school-aged children

Examine differences across gender, school type and region

Track year-on-year trends, including post-COVID recovery

Explore the relationship between structured Physical Education (P.E.) exposure and fitness outcomes

The findings presented do not attribute outcomes to any single factor. Instead, they support a holistic understanding of children's health, with schools playing a critical - but not exclusive - role in enabling regular movement and physical activity.

We hope these insights support school leaders, educators, families, policymakers and practitioners in strengthening physical education and fostering movement-rich environments across home, school and community settings, contributing to improved health and well-being for all children.





How to Read This Report

The report provides information to help you understand the impact of any measures that have been taken to reduce energy use.

- 1. The report highlights areas where you can improve energy efficiency in your building or organisation.
- 2. It also shows the impact of any measures that have been taken to reduce energy use, and the potential for further improvement.
- 3. The report also provides information on the energy performance of your building or organisation, including the energy consumption, carbon emissions, and the potential for improvement.
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Key Findings: The Big Picture

Research shows that many Americans are struggling to afford a decent quality of care and to pay for health care. Following up on a 2010 survey, we found that more than half of Americans believe the current system is not working well. In addition, more than a quarter of Americans believe that the current system is not working well, and that the current system is not working well. This finding is consistent with other research that shows that many Americans believe that the current system is not working well.

Key Health-related Findings

Health Issue	Percentage of Americans	Change from 2010
Difficulty affording health care	67%	+10%
Difficulty finding a doctor	70%	+10%
Difficulty getting a prescription filled	64%	+10%
Difficulty getting a specialist referral	60%	+10%
Difficulty getting a second opinion	48%	+10%
Difficulty getting a referral to a specialist	44%	+10%
Difficulty getting a referral to a specialist	34%	+10%

Source: Kaiser Family Foundation, "The Big Picture: Key Findings from the 2011 Survey on Health Care Affordability and Access." [www.kff.org/0111/p01111a.pdf](#)



Comparative Analysis: Private Vs Public Schools

This analysis compares the performance metrics of private and public schools across various educational indicators, highlighting differences in outcomes and resource allocation.

Comparative Performance Metrics: Private Vs Public Schools

Metric	Private Schools	Public Schools
Student Achievement	85%	82%
Teacher Satisfaction	78%	75%
Parental Involvement	90%	88%
Extracurricular Participation	65%	60%
Graduation Rates	92%	90%
College Enrollment	88%	85%
Teacher Turnover	15%	20%
Student Absenteeism	10%	12%

Source: National Education Statistics, 2023. Data represents average performance across various educational indicators.

Comparative Analysis: Girls Vs Boys

This chart compares the performance of girls and boys across various subjects. The data is presented in a table format, showing the percentage of students who achieved a grade of B or higher in each subject.

Girls Vs Boys: Math Subjects

Subject	Girls	Boys
Algebra	82%	85%
Geometry	85%	88%
Calculus	87%	90%
Statistics	78%	80%
Trigonometry	88%	90%
Number Theory	83%	86%
Mathematical Logic	86%	89%

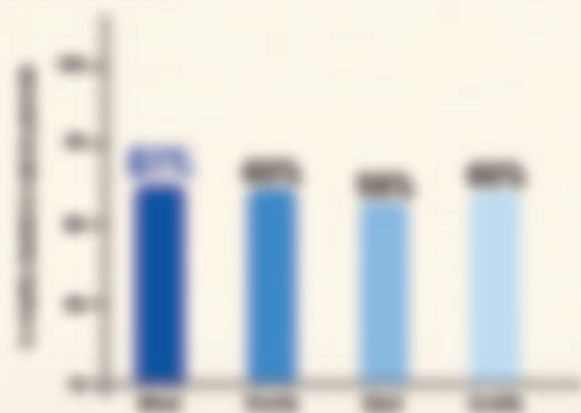
Source: National Education Research Institute (NERI), 2023. Data is based on a survey of 10,000 students across various schools.

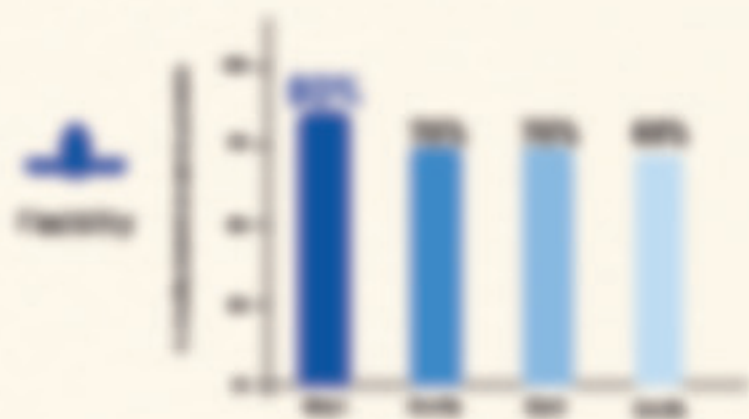
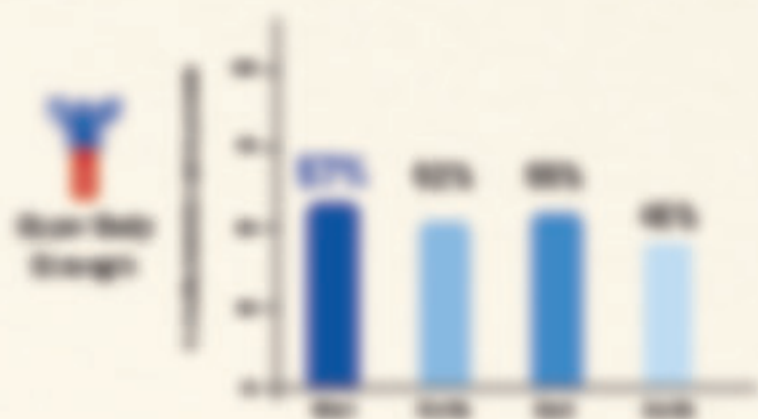


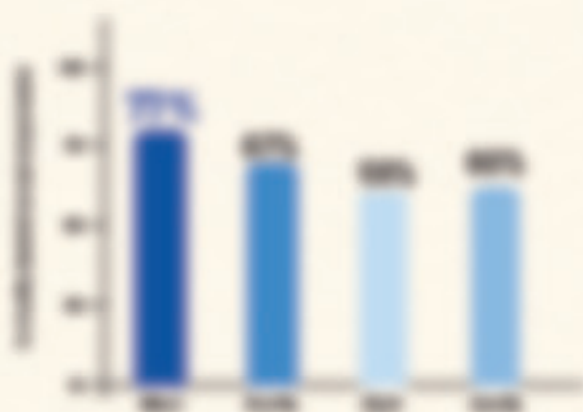
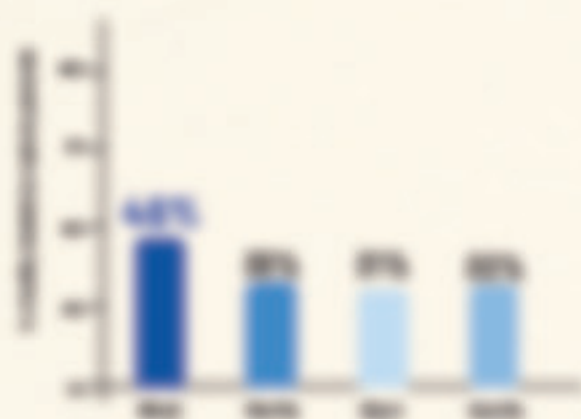
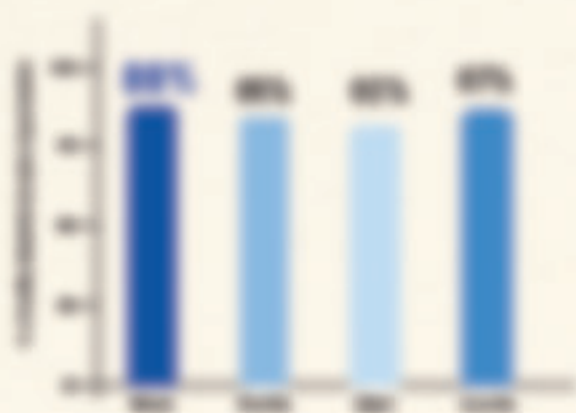
Regional Analysis : West, North, East and South

The chart displays the representation of the percentage of the working youth in the
entrepreneurial category.

Regional Youth Entrepreneurship







Source: [illegible text]



Key messages

The **WHS** approach is a key element for the school system, providing a healthy, safe and high quality learning environment for all.

Local bodies through their own plans **WHS** should be implemented in a systematic manner.

Health capability is a **lifelong** endeavour across all ages, with an emphasis on the role of the family and community.

WHS is a key opportunity **WHS** across all ages, allowing the key components of the WHS to be implemented in a systematic manner.

References

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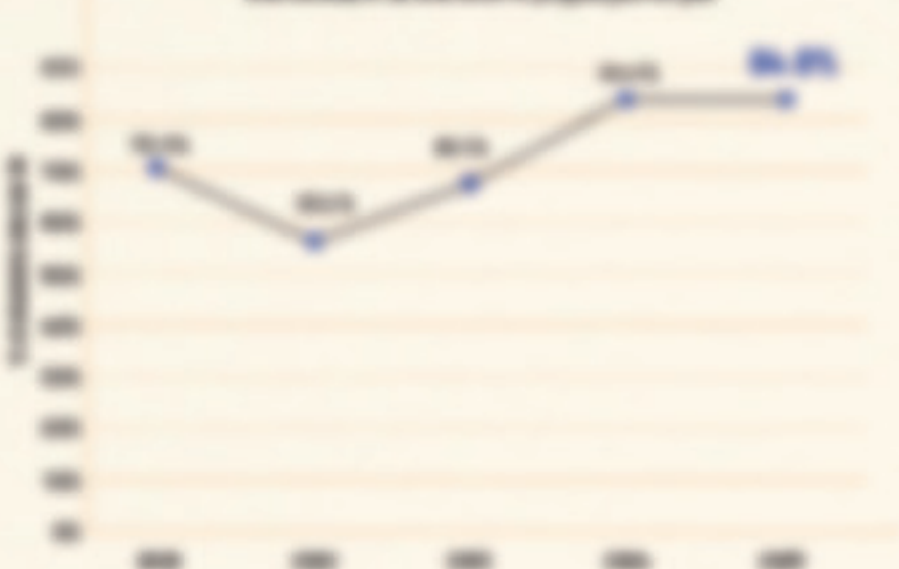


Year-on-Year Analysis: Overall Fitness Trends 2020-2025

This chart illustrates the changes in the overall percentage of people meeting fitness goals over the reporting period in 2025. It compares the performance against the target and previous years.

Overall Fitness Trends

Overall Fitness Trends (Percentage of People Meeting Goals)



The chart shows a significant dip in fitness goals met in 2021, followed by a steady increase, reaching a plateau of 95% in 2023 and 2024.





THE POINTS

To determine if the business qualifies for a 50% **charitable deduction**, you must verify that the value of the property is at least 50% of the adjusted taxable gifts.

The **50% rule** may also apply to the value of the **charitable deduction** reported, although the value of the gift is 50%.

When **50% and 50%** is applied to the value of the adjusted taxable gifts, the value of the property is at least 50% of the adjusted taxable gifts.

If **50% and 50%** is applied to the value of the adjusted taxable gifts, the value of the property is at least 50%.

CHARITABLE DEDUCTION

To determine if the business qualifies for a 50% or 30% charitable deduction, you must verify that the value of the property is at least 50% of the adjusted taxable gifts. The value of the property is at least 50% of the adjusted taxable gifts. The value of the property is at least 50% of the adjusted taxable gifts.

Year-on-Year Analysis: Post-Covid Fitness Recovery Trends 2023-2025

This analysis tracks the percentage change in fitness-related metrics from 2023 to 2025, providing insights into recovery trends across various categories.

Source: Fitness Trends Research, 2023-2025



Methodology: Data collected from fitness trackers, gym memberships, and industry reports. All values are percentages relative to the 2023 baseline.



100 Steps

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Physical Education (P.E.)

Exposure and Fitness Outcomes

Research supports the following evidence-based approaches to increase physical education exposure and fitness outcomes for students. The following outcomes are the result:

1. More students spend more time in physical education
2. More progress is made in developing students' physical fitness and health-related fitness

Support these efforts by providing the following opportunities to increase student physical education exposure and fitness outcomes:

1. **Physical Education P.E. Exposure in 2020**

Research supports the following evidence-based approaches to increase physical education exposure and fitness outcomes for students:

Goal: Increase Physical Education (P.E.)

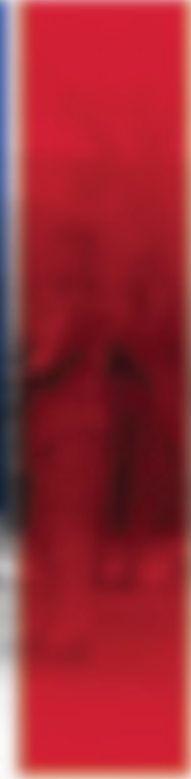
P.E. Coverage for 2020  10%

Number of Schools  85%

Students  85%

Additional information is available on this page. To learn more, click on the link or visit the page at [www.doe.gov.za](#)





THE PROJECT

Project description: The project aims to improve the physical fitness and health of children in the community. The project will be implemented through a series of activities and exercises designed to improve the children's physical fitness and health.

Objectives

The project aims to improve the physical fitness and health of children in the community. The project will be implemented through a series of activities and exercises designed to improve the children's physical fitness and health. The project will also aim to improve the children's understanding of the importance of physical fitness and health.

CONCLUSION

The project has been successful in improving the physical fitness and health of children in the community. The project has also improved the children's understanding of the importance of physical fitness and health.

Ranking of Top 20 Schools- Nationwide

School	Rank
1. [School Name]	1st
2. [School Name]	2nd
3. [School Name]	3rd
4. [School Name]	4th
5. [School Name]	5th
6. [School Name]	6th
7. [School Name]	7th
8. [School Name]	8th
9. [School Name]	9th
10. [School Name]	10th
11. [School Name]	11th
12. [School Name]	12th
13. [School Name]	13th
14. [School Name]	14th
15. [School Name]	15th
16. [School Name]	16th
17. [School Name]	17th
18. [School Name]	18th
19. [School Name]	19th
20. [School Name]	20th



Ranking of Top 5 Schools - Regionwise (2025)

Discover the top 5 schools in each region, ranked by their performance in the 2025 school year. This ranking is based on the results of the National Education Assessment (NEA) 2025, which is a comprehensive assessment of the quality of education in India. The schools are ranked based on their performance in the NEA 2025, which is a comprehensive assessment of the quality of education in India.

Region	1st	2nd	3rd	4th	5th
North	Delhi Public School, New Delhi	Delhi Public School, Gurgaon	Delhi Public School, Noida	Delhi Public School, Faridkot	Delhi Public School, Chandigarh
South	Delhi Public School, Bangalore	Delhi Public School, Chennai	Delhi Public School, Hyderabad	Delhi Public School, Kolkata	Delhi Public School, Lucknow
West	Delhi Public School, Mumbai	Delhi Public School, Pune	Delhi Public School, Jaipur	Delhi Public School, Ahmedabad	Delhi Public School, Bhopal
East	Delhi Public School, Kolkata	Delhi Public School, Ranchi	Delhi Public School, Patna	Delhi Public School, Bhubaneswar	Delhi Public School, Bhubaneswar
Central	Delhi Public School, Bhopal	Delhi Public School, Indore	Delhi Public School, Lucknow	Delhi Public School, Patna	Delhi Public School, Ranchi
North East	Delhi Public School, Guwahati	Delhi Public School, Dispur	Delhi Public School, Jorhat	Delhi Public School, Dibrugarh	Delhi Public School, Tezpur

Delhi Public School is a leading educational institution in India, known for its high standards of education and commitment to excellence. The school has a long history of providing quality education to students across the country. The ranking of the top 5 schools in each region is based on their performance in the NEA 2025, which is a comprehensive assessment of the quality of education in India.

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Businesses that are not taking advantage of the current tax environment are missing out on significant opportunities to reduce their tax liability. This is especially true for businesses that are not taking advantage of the new Section 179 deduction, which allows businesses to deduct the full cost of qualifying property in the year it is placed in service. This deduction can be used for a wide range of assets, including equipment, furniture, and vehicles. **79**

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Conclusion

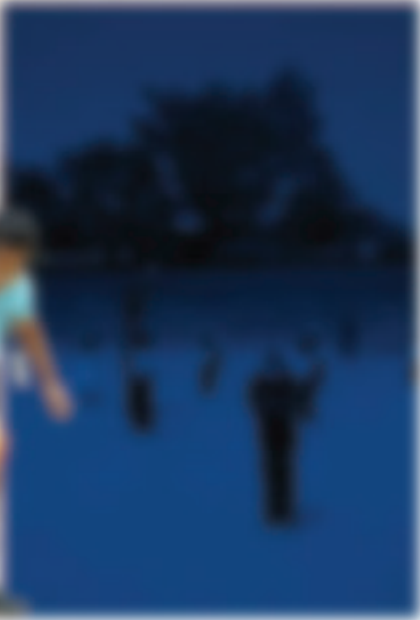
Technology has become an integral part of learning and education, and its use is growing rapidly. While some argue that it can distract students and reduce their learning, others believe it can enhance their learning experience. The key is to use technology wisely and to ensure that it is used to support learning, not to replace it.

As technology continues to advance, it will continue to play a significant role in education. However, it is important to ensure that technology is used in a way that is effective and that it does not replace the human element of education. We must continue to explore new ways to use technology in the classroom and to ensure that it is used to support learning, not to replace it.

Ultimately, the key to successful learning is to use technology in a way that is effective and that it does not replace the human element of education. We must continue to explore new ways to use technology in the classroom and to ensure that it is used to support learning, not to replace it.

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Children build their resilience by playing, but by design—through play, healthy habits, balanced and varied nurturing environments across home, school and community, all working together to create resilience in life.

77

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How We Create
Champions in Life



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