ACTIVE LIVES: CHILDREN AND YOUNG PEOPLE SURVEY

ACADEMIC YEAR 2018/2019

Oaktree School, Anytown

Issued July 2019

SPORT ENGLAND

SPORT ENGLAND

ACTIVITY LEVELS
(Moderate to vigorous intensity)

20%
ACTIVE EVERY DAY

60+ MINUTES ON 7 DAYS

WELLBEING
Mean scores from answers given on a scale of 0-10 where 0 is low and 10 is high levels of agreement with statements asking about...

Happiness yesterday *(years 3-6 only)*

6.6

| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

How do you feel today? *(years 1-2 only)*

☹ 10%   😐 24%   ☺ 66%

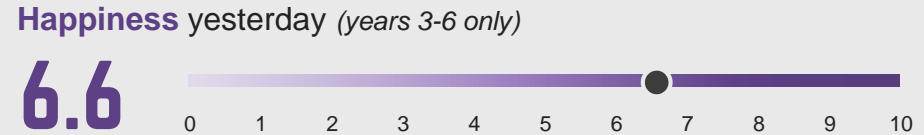## ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY

Years 3-6 only

82% agree that they enjoy taking part in sports and exercise

96% agree that they understand why exercise and sport are good for them

59% agree that they find exercise and sport easy

Years 1-2 only

86% like or love playing sport

94% like or love being active

66% find sport easy

LOCATION OF ACTIVITY
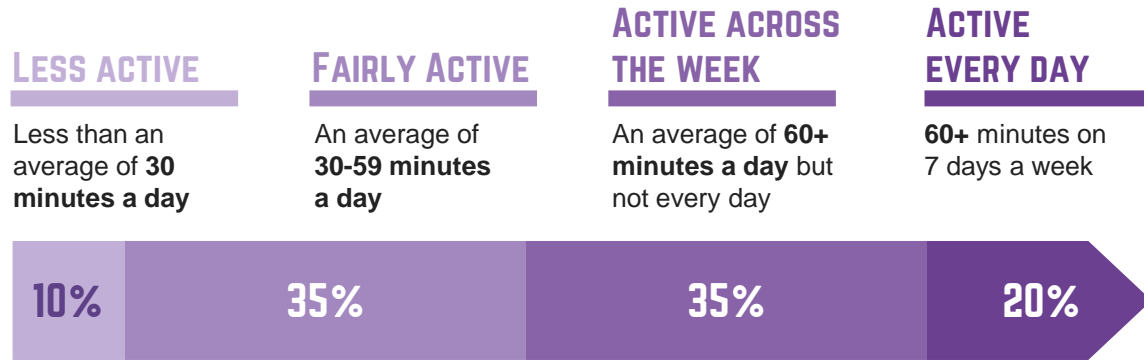(30+ minutes moderate to vigorous activity every day)

Government guidelines set out that pupils should get 30 minutes of their daily physical activity through the school day and 30 minutes outside of school.

Activity at school — **20%**

Activity outside of school — **30%**

■ 30+ minutes every day
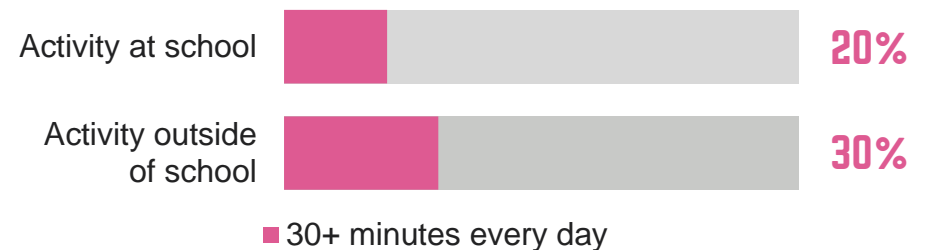
LEVELS OF ACTIVITY

SPORT ENGLAND

In [name of school], **[25%]** do **60 minutes** of moderate to vigorous activity **7 days a week,** meeting the Chief Medical Officer's guidelines for levels of physical activity amongst children and young people**.**

LESS ACTIVE	FAIRLY ACTIVE	ACTIVE ACROSS THE WEEK	ACTIVE EVERY DAY
Less than an average of **30** minutes a day	An average of **30-59 minutes a day**	An average of **60+ minutes a day** but not every day	**60+** minutes on 7 days a week
10%	35%	35%	20%

34%
are doing vigorous activity at least 3 days a week.

% that are active at [name of school] (doing 60+ minutes of moderate to vigorous activity 7 days a week)

BOYS AND GIRLS
(% active every day)
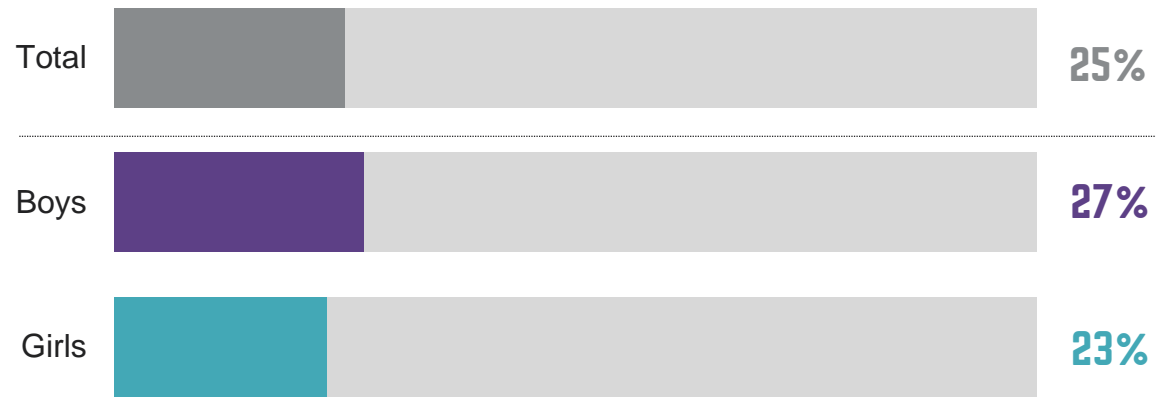
| Total	25%
Boys	27%
Girls	23%

School name, sample size, year groups included, survey name should be mentioned on every slide as individual slides may be detached from overall presentation by some schools or used by people who have not read note pages. Warnings about data interpretation also to be included.

PARTICIPATION AT AND OUTSIDE OF SCHOOL

Government guidelines set out that pupils should get 30 minutes of their daily physical activity through the school day and 30 minutes outside of school.

% OF PUPILS DOING 30 MINUTES OF MODERATE TO VIGOROUS ACTIVITY EVERY DAY
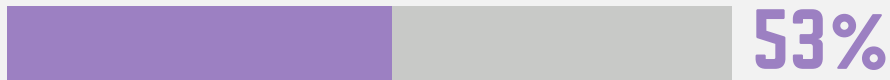
At school
53%

Outside school
65%

ACTIVITY LEVELS AT AND OUTSIDE OF SCHOOL FOR BOYS AND GIRLS
(30 minutes of moderate to vigorous activity every day)

At school
Boys 56%
Girls 50%

Outside school
Boys 70%
Girls 65%

HOW MUCH TIME IS SPENT DOING PE EACH WEEK?

90-150
minutes
at [NAME OF SCHOOL]

PUPILS DOING BOTH 30 MINUTES AT SCHOOL AND 30 MINUTES OUTSIDE SCHOOL EVERY DAY

15%

HAVE YOU CONSIDERED?

What can you do to influence an increase in PE time?

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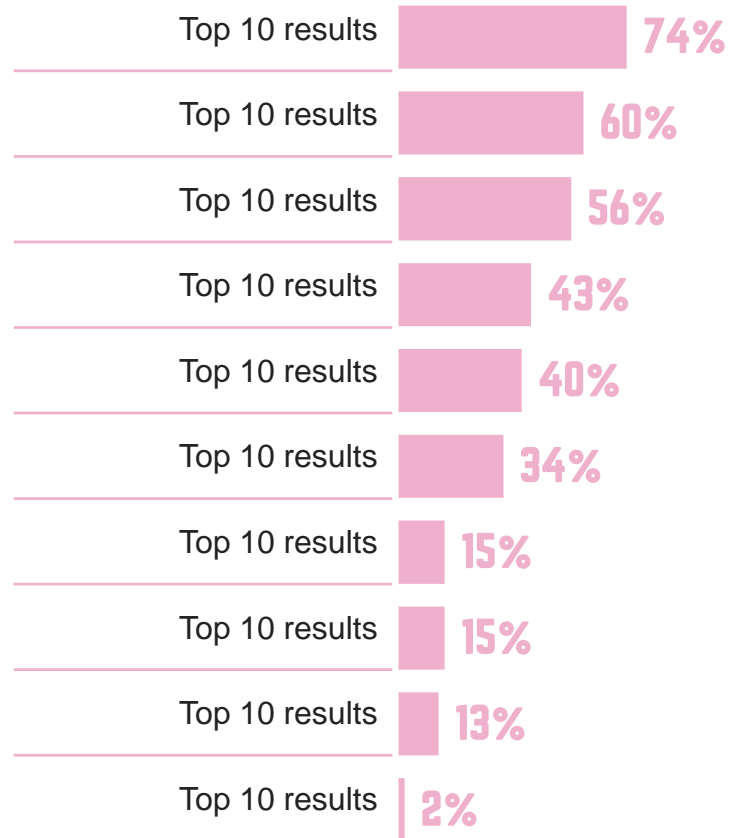
ACTIVITY BREAKDOWN

The tables below show the percentage of those who report taking part in each activity in the previous week at moderate to vigorous intensity. Only the top 10 activities are included.

At school

Top 10 results	64%
Top 10 results	50%
Top 10 results	48%
Top 10 results	48%
Top 10 results	40%
Top 10 results	34%
Top 10 results	26%
Top 10 results	25%
Top 10 results	12%
Top 10 results	11%

Outside school

Top 10 results	74%
Top 10 results	60%
Top 10 results	56%
Top 10 results	43%
Top 10 results	40%
Top 10 results	34%
Top 10 results	15%
Top 10 results	15%
Top 10 results	13%
Top 10 results	2%
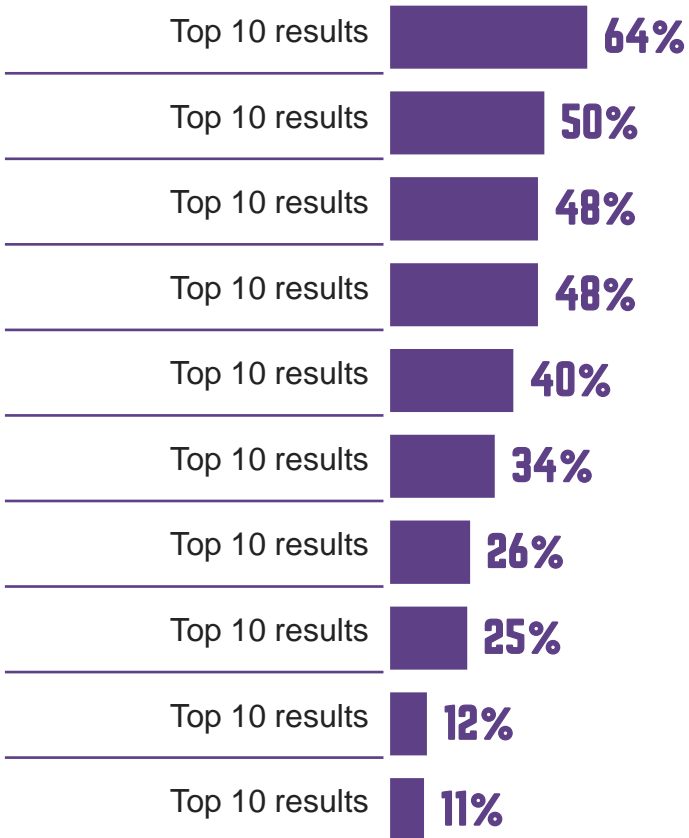
HAVE YOU CONSIDERED?

Have pupils expressed which activities they want to do more of?

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ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY

PUPILS WERE ASKED ABOUT THEIR ATTITUDES TO SPORT AND PHYSICAL ACTIVITY

YEARS 1-2 ONLY

86% like or love playing sport

94% like or love being active

66% find sport easy

YEARS 3-6 ONLY

CONFIDENCE
80%
feel confident when exercising and playing sports

PHYSICAL COMPETENCE
60%
find sport easy

UNDERSTANDING
70%
feel that they understand why exercise and sport is good for them

MOTIVATION
80%
agree that they enjoy taking part in sports and exercise

HAVE YOU CONSIDERED?

**What can be done to help increase pupil's understanding of why sport and exercise is good for them?**

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WELLBEING, RESILIENCE AND TRUST

TEMPLATE: DUMMY DATA

FEELINGS OF HAPPINESS

" *How happy did you feel yesterday?* (years 3-6 only)

6.6

0   2   4   6   8   10
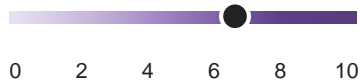
Means scores from answers given on a scale of 0-10, where 0 is low and 10 is high

" **How do you feel today?** (years 1-2 only)

☹ 10%   😐 24%   ☺ 66%

RESILIENCE: Overall and for boys and girls
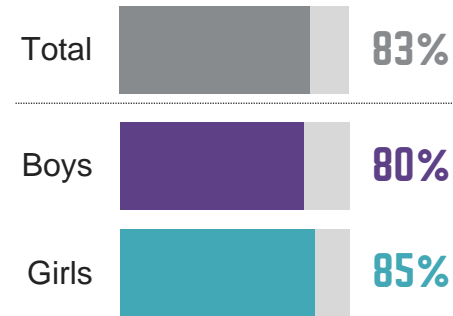
(years 3-6 only)

Pupils were asked how much they agree with the statement:

" ***If I find something difficult, I keep trying until I can do it"***

Those who agree or strongly agree have positive self efficacy

POSITIVE PERCEIVED SELF EFFICACY

Total — 83%
Boys — 80%
Girls — 85%

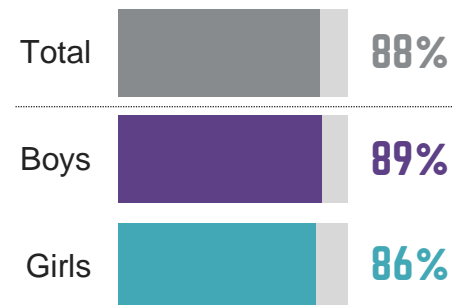## TRUST: Overall and for boys and girls

(years 3-6 only)

Pupils were asked:

" ***How much do you feel you can trust people who are a similar age to you?"***

Those who answer trust them a lot, or trust them a bit have positive levels of social trust

POSITIVE PERCEIVED SOCIAL TRUST

Total — 88%
Boys — 89%
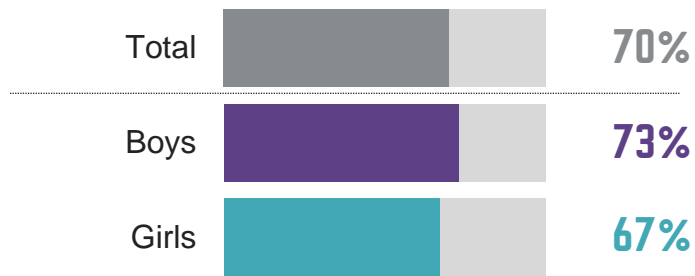Girls — 86%

HAVE YOU CONSIDERED?

How could PE & Sport help increase the overall wellbeing of your students?

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SWIMMING PROFICIENCY

All pupils should be able to do these things by the time they leave primary school

Swimming ability

% of pupils who can swim 25m unaided

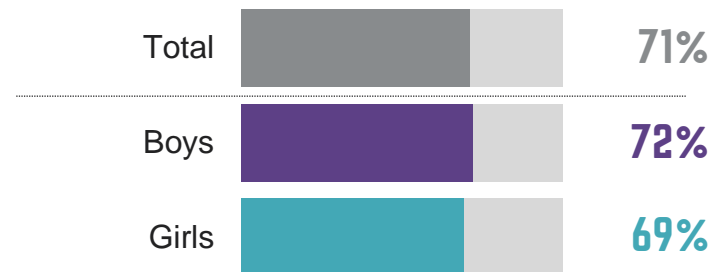|	
Total	70%
Boys	73%
Girls	67%

In 2017/18, the following year group had swimming lessons provided by your school:

[Year X, Year X, Year X, Year X, Year X]

Each pupil has **[fewer than 10]** sessions each year

Confidence and capability

% of pupils who can tread water

Total	81%
Boys	81%
Girls	81%
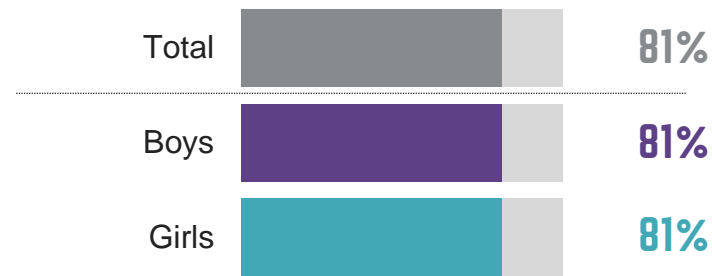
% of pupils who can self-rescue *(years 3-6 only)*

Pupils were asked if they fell into a deep lake with all their clothes on, if they could swim 5m to land and get out without any help.

Total	71%
Boys	72%
Girls	69%

HAVE YOU CONSIDERED?

What could the school do, beyond curriculum swimming, to support pupils that underachieve in swimming?

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HEALTHY EATING

The Government encourages all schools to promote healthy eating and provide tasty and nutritious food and drink. The school food standards require schools to provide healthy options by restricting foods high in fat, salt and sugar.

PROVIDING FOOD EDUCATION FOR ALL PUPILS
Teachers were asked which of the following they have in place

✔ Pupils encouraged to support catering staff

✔ School grows food for on-site school meals

✔ Professional development for teachers on food

The school indicated that they provide the majority of the options presented

✔ Healthy eating is a curriculum priority

✔ Provide extra-curricular cooking clubs

COMPLYING WITH SCHOOL FOOD STANDARDS
Teachers were asked which of the following they have in place

Contractual or annual assurance from caterer or local authority

✔ Part of an award or accreditation scheme

✔ Training for catering staff

The school indicated that they provide some of the options presented

✔ Oversight from nominated school governor

Complies to food standards throughout the day

✔ Banned unhealthy items from packed lunches

HAVE YOU CONSIDERED?

Checking the government's guidance on School Food Standards?

Using Public Health England's school resources to encourage pupils to build healthier habits for life.

If you would like to access a healthy schools rating for your school please download it here **DOWNLOAD** →

NOTES

The Active Lives Children and Young People Survey is an online survey carried out by Ipsos MORI. Each term, a number of schools are randomly selected to take part in the survey, with the aim of getting 100,000 children and young people in Years 1 to 11 to complete it each academic year. The survey runs on an annual basis. More information on the survey can be found on the Sport England website.

Survey timings

Fieldwork for the survey took place between 2nd January to 14th April 2019.

Sample

xxx pupils from **xxx** classes completed the survey:

- **Xxx** pupils from **Year x**
- **Xxx** pupils from **Year y**
- **Xxx** pupils from **Year z**

National report

The national report by Sport England will be published in December 2019 and will be accessible via the Sport England website. That report will include data from the 2018/2019 academic year.

Limitations of the data

Due to the small numbers of pupils from [NAME OF SCHOOL] that have participated in the survey, it is not possible to make reliable comparisons between your school results and the national level data.

Any differences between groups may be down to the small sample sizes and may not be real differences.

No data available for this metric

You may see this message in place of a chart or statistic. This is shown when there were fewer than 30 pupils or parents answering the question overall for the breakdown presented (e.g. boys and girls).

Measures of activity

Moderate activity is defined as activity which makes pupils breath faster.
Vigorous activity is defined as activity which makes pupils hot or tired.

Attitudes and wellbeing

The data on wellbeing and attitudes to sport has been provided by pupils, whilst the data on activity levels have been collected from the parent survey.

Further information

If you would like any further information about the results or survey, please contact your Active Partnership. **(Web link to Active Partnership)**

TEMPLATE: DUMMY DATA