

ACTIVE LIVES: CHILDREN AND YOUNG PEOPLE SURVEY

ACADEMIC YEAR 2018/2019

OAKTREE SCHOOL,
ANYTOWN

Issued July 2019

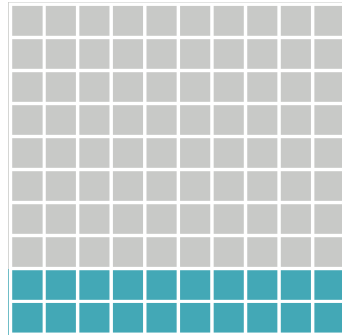
TEMPLATE:
DUMMY DATA

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ACTIVITY LEVELS

(Moderate to vigorous intensity)

20%
ACTIVE
EVERY DAY



60+
MINUTES
ON
7 DAYS

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
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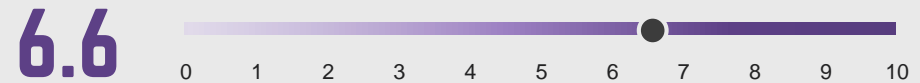
Years 1-2 only

86% like or love playing sport	94% like or love being active	66% find sport easy
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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*)



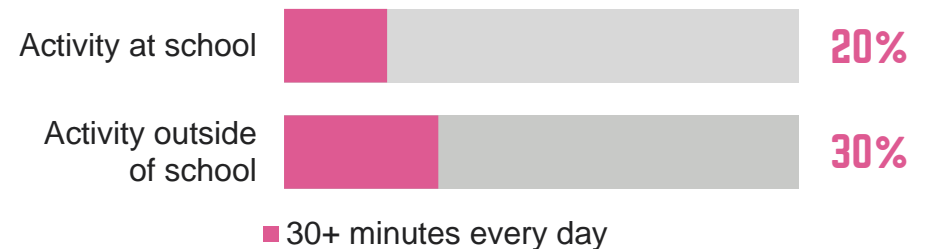
How do you feel today? (*years 1-2 only*)



LOCATION OF ACTIVITY

(30+ minutes moderate to vigorous activity every day)

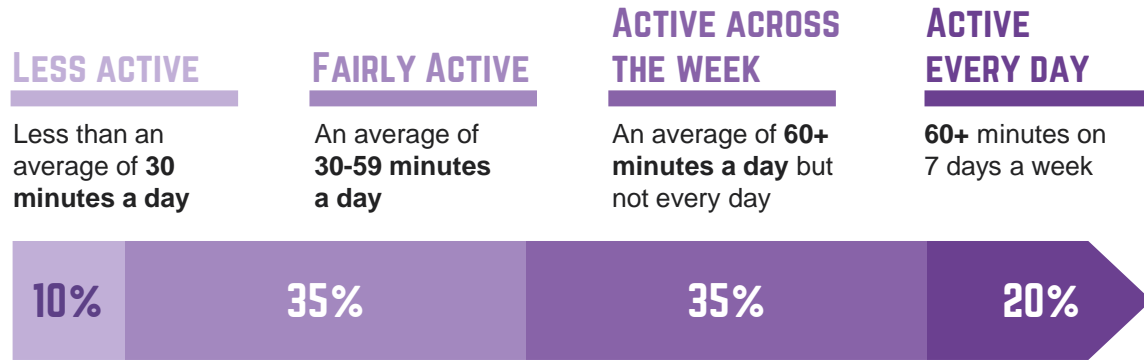
Government guidelines set out that pupils should get 30 minutes of their daily physical activity through the school day and 30 minutes outside of school.



LEVELS OF ACTIVITY

TEMPLATE:
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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.



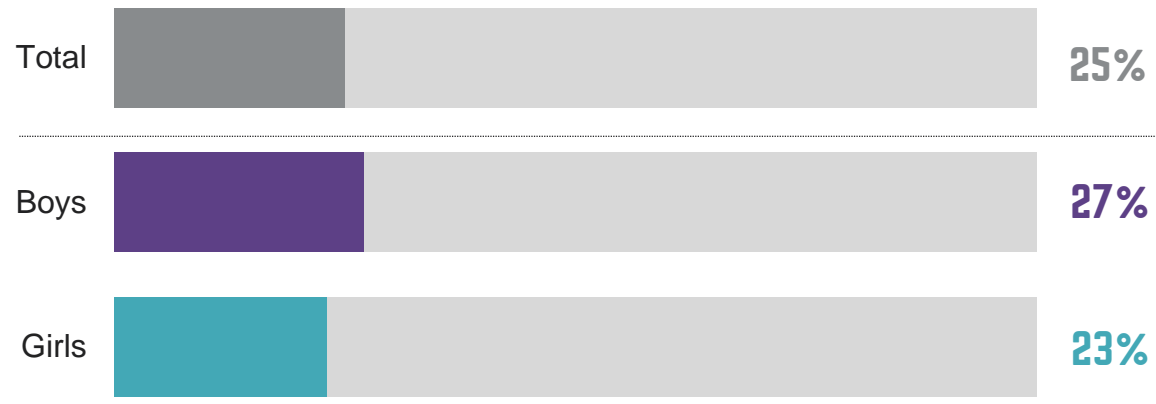
34%
are doing vigorous activity at least 3 days a week.

HAVE YOU CONSIDERED?

How could you get more students doing activity in school time throughout the 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)



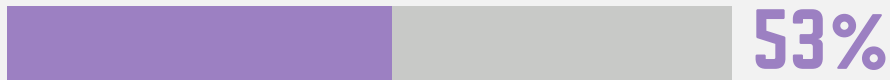
School name, sample size, year groups included, survey name should be mentioned on every slide as individual slides may be detached from overall presentation by some schools or used by people who have not read note pages. Warnings about data interpretation also to be included.

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



Outside school



ACTIVITY LEVELS AT AND OUTSIDE OF SCHOOL FOR BOYS AND GIRLS

(30 minutes of moderate to vigorous activity every day)

At school



Outside school



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%

TEMPLATE:
DUMMY DATA

HAVE YOU CONSIDERED?

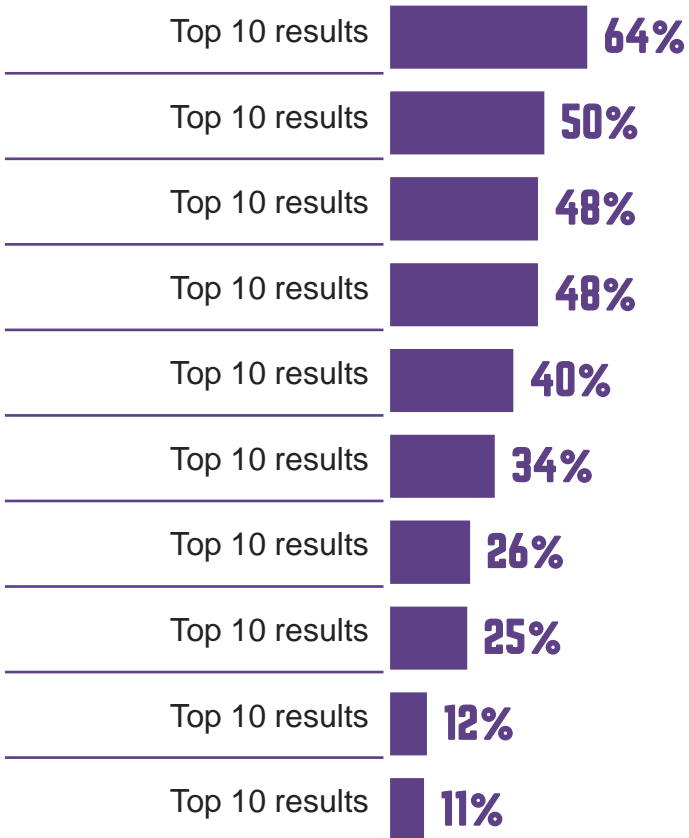
What can you do to influence an increase in PE time?

ACTIVITY BREAKDOWN

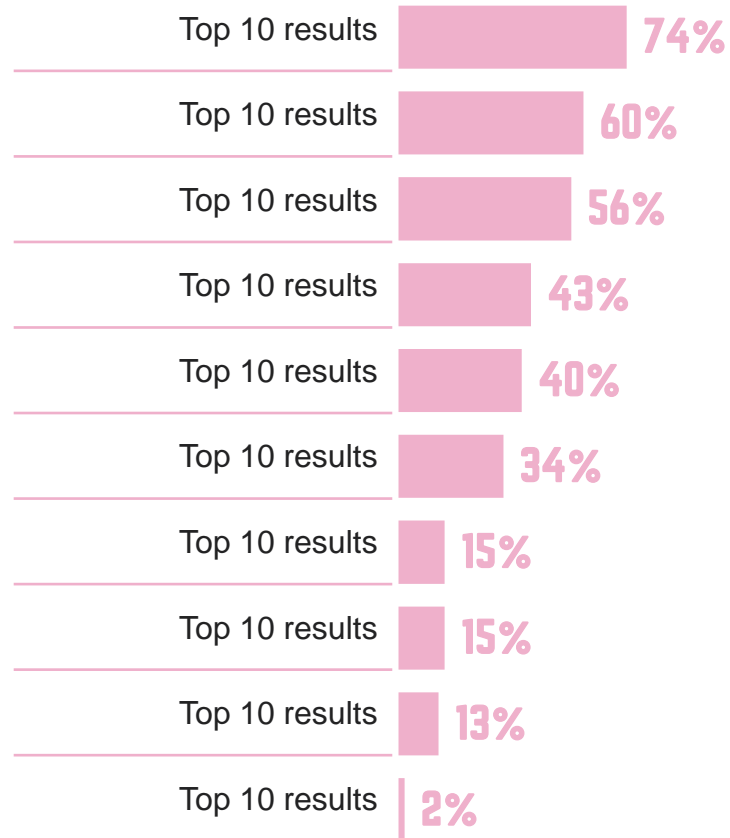
The tables below show the percentage of those who report taking part in each activity in the previous week at moderate to vigorous intensity. Only the top 10 activities are included.

TEMPLATE:
DUMMY DATA

AT SCHOOL



OUTSIDE SCHOOL



HAVE YOU CONSIDERED?

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

ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY

TEMPLATE:
DUMMY DATA

**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

UNDERSTANDING

70%

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

PHYSICAL COMPETENCE

60%

find sport easy

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?

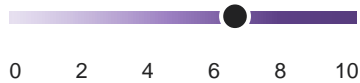
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FEELINGS OF HAPPINESS



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

6.6



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)



RESILIENCE: Overall and for boys and girls

(years 3-6 only)

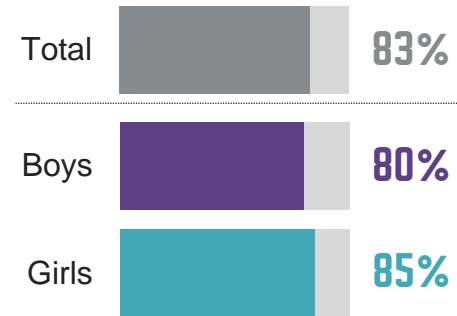
Pupils were asked how much they agree with the statement:



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



TRUST: Overall and for boys and girls

(years 3-6 only)

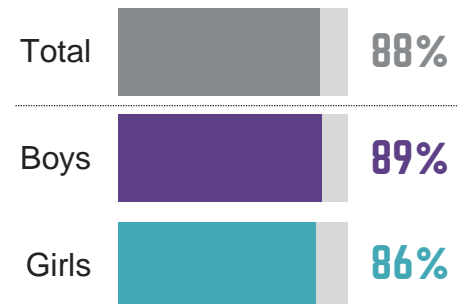
Pupils were asked:



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



HAVE YOU CONSIDERED?

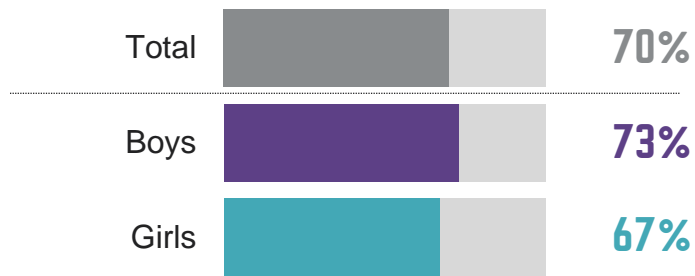
How could PE & Sport help increase the overall wellbeing of your students?

TEMPLATE:
DUMMY DATA

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

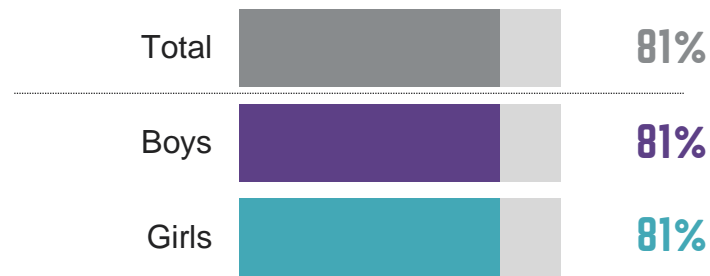
SWIMMING ABILITY

% of pupils who can swim 25m unaided



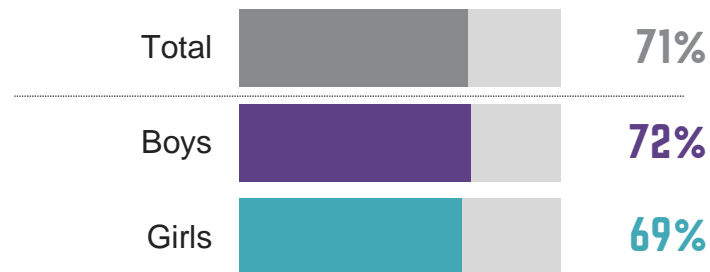
CONFIDENCE AND CAPABILITY

% of pupils who can tread water



% 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.



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

HAVE YOU CONSIDERED?

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

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

Healthy eating is a curriculum priority ✓

Provide extra-curricular cooking clubs ✓

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

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 ✓

Oversight from nominated school governor ✓

Complies to food standards throughout the day

Banned unhealthy items from packed lunches ✓

The school indicated that they provide some of the options presented

TEMPLATE:
DUMMY DATA

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.

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