

**ACTIVE LIVES:  
CHILDREN AND  
YOUNG PEOPLE  
SURVEY**

**ACADEMIC YEAR  
2018/2019**

**OAKTREE SCHOOL,  
ANYTOWN**

Issued July 2019

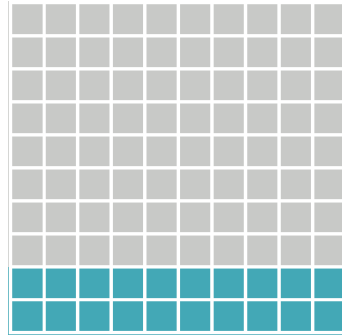
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## ACTIVITY LEVELS

(Moderate to vigorous intensity)

**20%**  
**ACTIVE**  
**EVERY DAY**



**60+**  
**MINUTES**  
**ON**  
**7 DAYS**

## ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY

**85%**

agreed that they enjoyed taking part in sports and exercise

**95%**

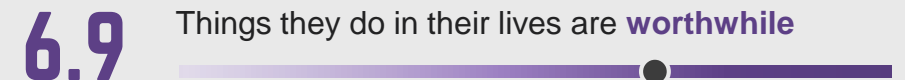
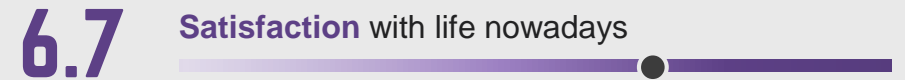
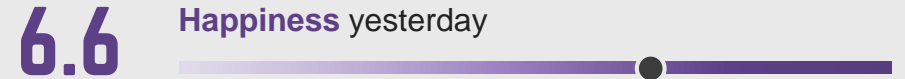
felt that they understand why exercise and sport were good for them

**60%**

find exercise and sport easy

## 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 ...

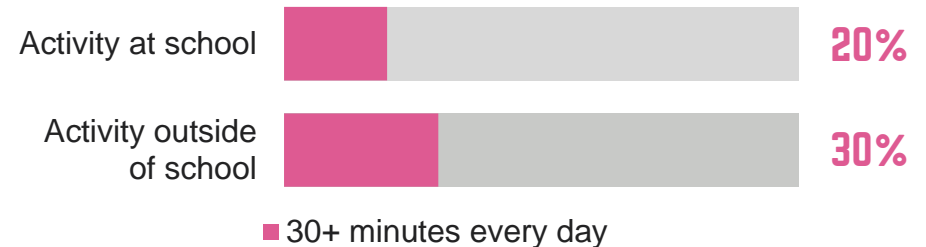


0 1 2 3 4 5 6 7 8 9 10

## 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

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

Less than an average of **30 minutes a day**

10%

## FAIRLY ACTIVE

An average of **30-59 minutes a day**

35%

## ACTIVE ACROSS THE WEEK

An average of **60+ minutes a day** but not every day

35%

## ACTIVE EVERY DAY

**60+ minutes** on 7 days a week

20%

# 34%

are doing vigorous activity at least 3 days a week.

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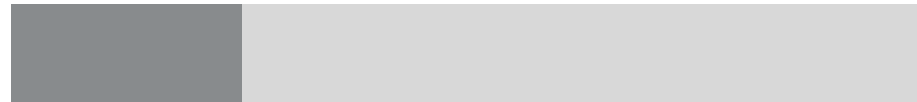
## HAVE YOU CONSIDERED?

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

## BOYS AND GIRLS

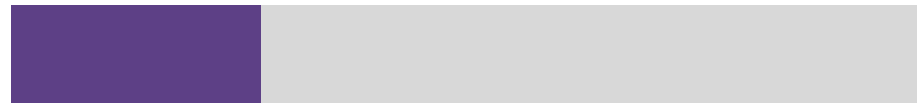
(% active every day)

Total



25%

Boys



27%

Girls



23%

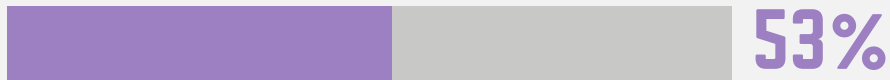
% that are active at [name of school] (doing 60+ minutes of moderate to vigorous activity 7 days a week)

# 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%**

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## HAVE YOU CONSIDERED?

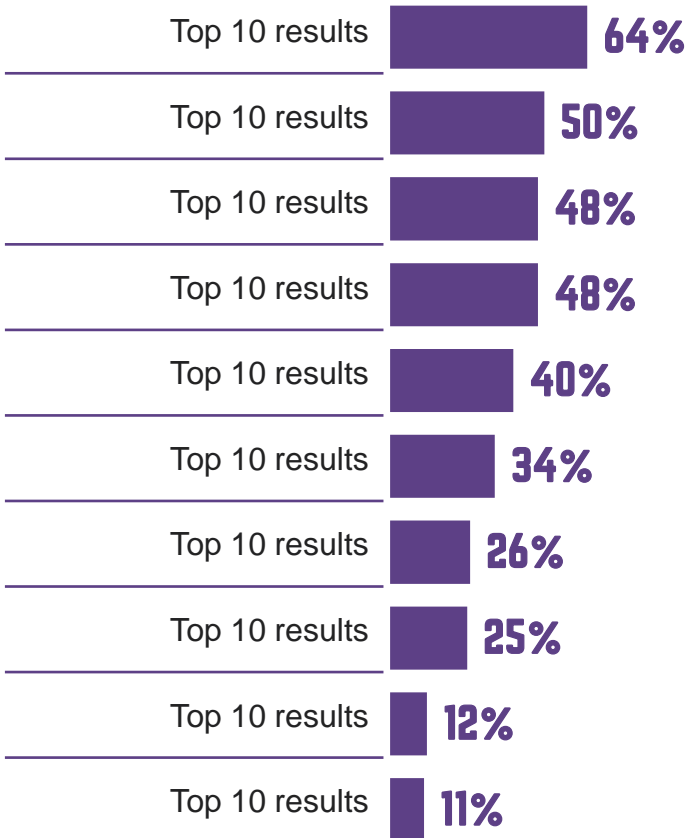
What can you do to influence an increase in PE time?

# ACTIVITY BREAKDOWN

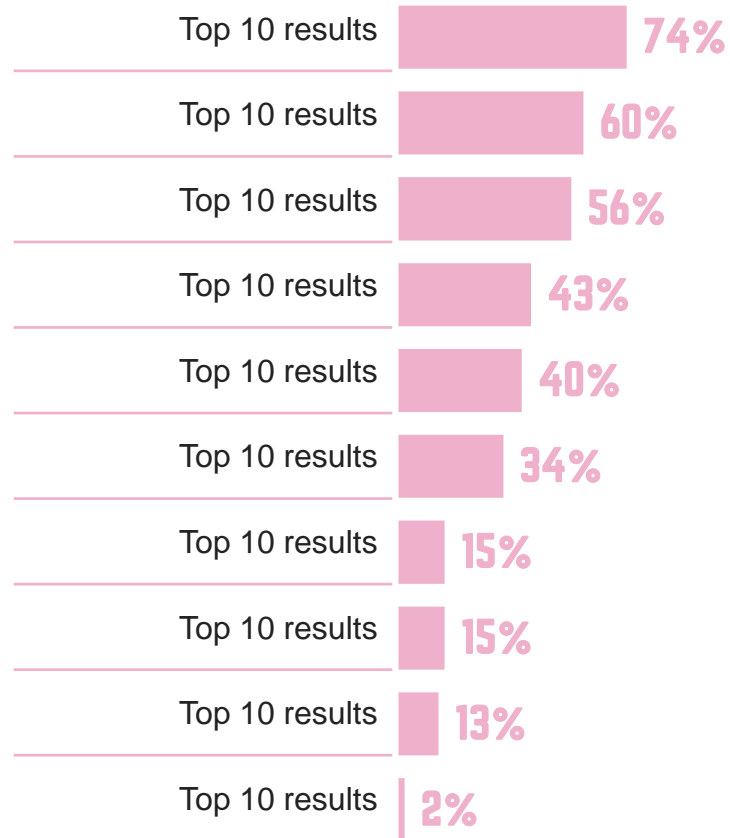
The tables below show the percentage of those who report taking part in each activity in the previous week at moderate to vigorous intensity. Only the top 10 activities are included.

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## AT SCHOOL



## OUTSIDE SCHOOL



## HAVE YOU CONSIDERED?

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

# ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY

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**PUPILS WERE ASKED  
ABOUT THEIR ATTITUDES  
TO SPORT AND PHYSICAL  
ACTIVITY**

## CONFIDENCE

**80%**

feel confident when  
exercising and  
playing sports

## PHYSICAL COMPETENCE

**60%**

find sport easy

## HAVE YOU CONSIDERED?

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

## KNOWLEDGE

**70%**

know how to get involved  
and improve their skills in  
lots of different sports  
and exercise

## UNDERSTANDING

**90%**

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

## MOTIVATION

**80%**

agree that they enjoy taking  
part in sports and exercise

# THREE INDICATORS OF WELLBEING

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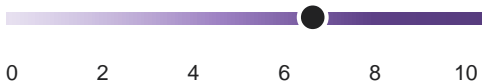
Means scores from answers given on a scale of 0-10, where 0 is low and 10 is high

## FEELINGS OF HAPPINESS



*How happy did you feel yesterday?"*

6.6



Girls	6.5
Boys	6.9

## LIFE SATISFACTION



*How satisfied are you with your life nowadays?"*

6.7



Girls	6.6
Boys	7.0

## WORTHWHILE



*Do you feel that the things you do in your life are worthwhile?"*

6.9



Girls	6.7
Boys	7.2

## HAVE YOU CONSIDERED?

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

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## RESILIENCE

Overall and for boys and girls at  
NAME OF SCHOOL

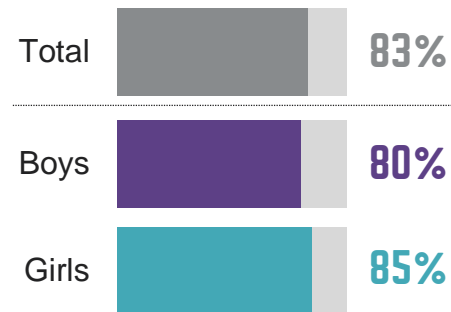
Pupils were asked how much they agree with the statement;



*"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



## HAVE YOU CONSIDERED?

How could PE & Sport help you to improve your students' individual development?

## TRUST

Overall and for boys and girls  
NAME OF SCHOOL

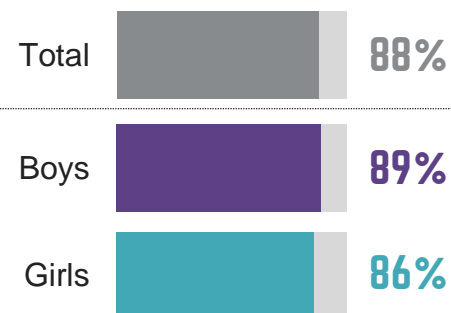
Pupils were asked



*"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





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

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## 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 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.

## FURTHER INFORMATION

If you would like any further information about the results or survey, please contact your Active Partnership. [\(Web Link to Active Partnership\)](#)

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