

# Active Lives Children and Young People Survey

Academic year 2023 to 2024  
SUMMER TERM

**Example Secondary School**

**Version 1:**

**Issued September 2024**





# Results at a glance...

## Activity levels

(Moderate to vigorous intensity)

71%

Active



average of  
60+ minutes  
a day across  
the week

## Attitudes towards sport and physical activity

Years 7 to 11 only

59%

agreed strongly  
that they enjoyed  
taking part in  
exercise and sports

58%

agreed strongly  
that they  
understand why  
exercise and sports  
are good for them

21%

agreed strongly that  
they find exercise and  
sports easy

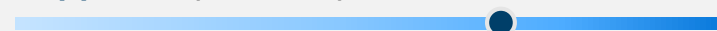
## Wellbeing

Years 7 to 11 only

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

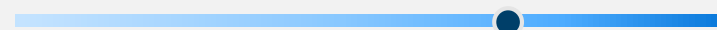
6.8

Happiness yesterday



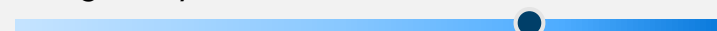
6.9

Satisfaction with life nowadays



7.2

Things they do in their lives are worthwhile



## Location of activity

(Average of 30+ minutes a day moderate to vigorous activity across the week)

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





# Levels of activity

At Example Secondary School, **71%** of pupils do an average of **60+ minutes** a day of moderate to vigorous activity across the week, meeting the Chief Medical Officer's guidelines for levels of physical activity amongst children and young people.

National figures from 2022 to 2023 for each measure are shown in brackets.

## Less active

Less than an average of **30 minutes a day** across the week

17%

## Fairly Active

An average of **30 to 59 minutes a day** across the week

12%

71%

## Active

An average of **60+ minutes a day** across the week

National data from 2022 to 2023

(30%)

(21%)

(49%)

## Boys and girls

(% active)

Total



71%

Boys



68%

Girls



72%

## Have you considered?

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

Are there any particular groups of pupils who need more support to be active?

% that are active at your school (an average of 60+ minutes a day of moderate to vigorous activity across the week)



# Participation at and outside school



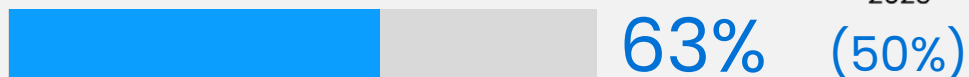
Government guidelines set out that pupils should get 30 minutes of their daily physical activity during the school day and 30 minutes outside school.

National figures from 2022 to 2023 for each measure are shown in brackets.

## % of pupils doing an average of 30+ minutes a day of moderate to vigorous activity across the week

National data  
from 2022 to  
2023

During school hours



Outside school hours



## Activity levels at and outside school for boys and girls

(Average of 30+ minutes a day of moderate to vigorous activity across the week)

During school hours



Outside school hours



How much time is  
spent doing PE  
each week?

**110**  
minutes

per pupil at your school

## Active travel to school

Pupils who got to school  
by active means  
(by foot, bike or  
scooter).

**63%** (59%)

## Have you considered?

How can you  
demonstrate the  
positive impact of  
activity levels on  
whole school  
improvement such  
as attainment and  
behaviour?

How can you  
encourage more  
pupils to be active  
outside of school?

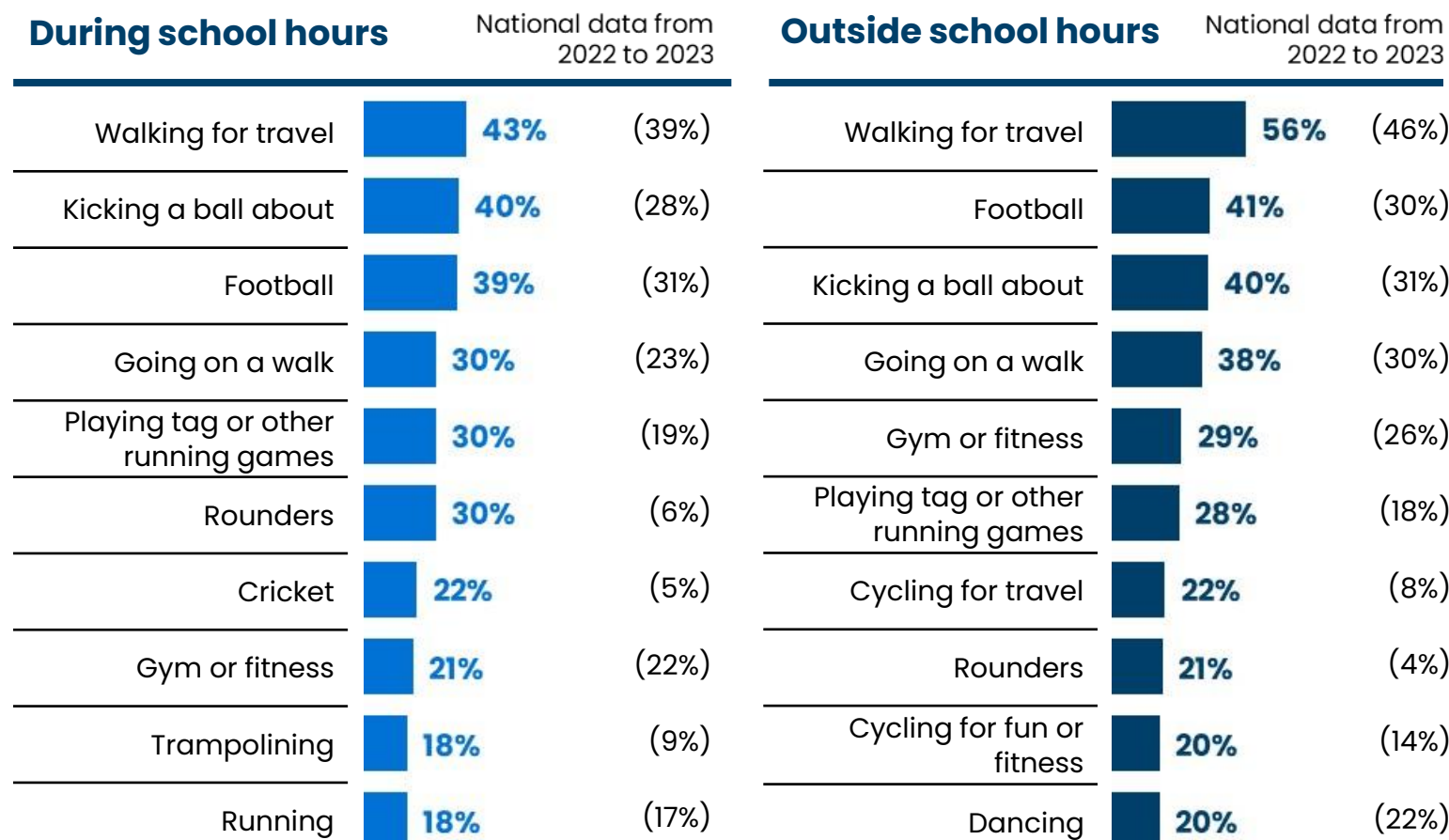
How can you  
encourage more  
pupils to travel by  
foot, bike or scooter  
to school?



# Activity breakdown

The charts 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.

National figures from 2022 to 2023 for these activities are also shown in brackets.



## Have you considered?

How do you involve your pupils in choosing the sport and physical activities on offer?

Do you ask which activities they want to do more or less of?

Is the range of activities sufficient to cater for as many pupils as possible?



# Attitudes towards sport and physical activity



**Pupils were asked about their attitudes to sport and physical activity**

National figures from 2022 to 2023 for each measure are shown in brackets.

**Knowledge**  
**48%**  
(35%)

agreed strongly that they know how to get involved and improve their skills in lots of different exercise and sports

**Confidence**  
**39%**  
(30%)

agreed strongly that they feel confident when exercising and playing sports

**Competence**  
**21%**  
(18%)

agreed strongly that they find exercise and sports easy

**Understanding**  
**58%**  
(63%)

agreed strongly that they feel that they understand why exercise and sports are good for them

**Enjoyment**  
**59%**  
(44%)

agreed strongly that they enjoy taking part in exercise and sports

**Have you considered?**

What can be done to help improve confidence of pupils when taking part in PE, sport and physical activity?

## Number of positive attitudes

Percentage strongly agreeing to 3 or more attitude statements





# Three indicators of wellbeing

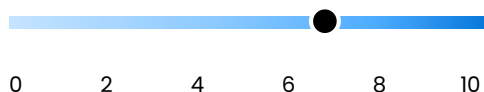
Mean scores from answers given on a scale of 0 to 10, where 0 is low and 10 is high. National figures from 2022 to 2023 for each measure are shown in brackets.

## Feelings of Happiness



How happy did you feel yesterday?

6.8



(6.3)

Boys 7.0

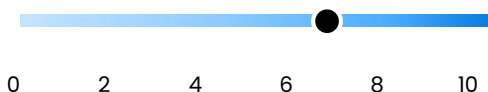
Girls 6.6

## Life satisfaction



How satisfied are you with your life nowadays?

6.9



(6.4)

Boys 7.4

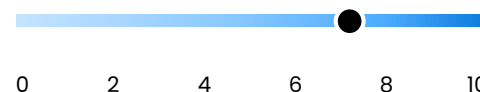
Girls 6.3

## Worthwhile



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

7.2



(6.6)

Boys 7.4

Girls 7.0

## Have you considered?

What could be done to help pupils understand the benefits and importance of physical activity and how it can improve their mental wellbeing and happiness?



# Individual and Community Development



National figures from 2022 to 2023 for each measure are shown in brackets.

## Individual Development

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 agreed strongly have **positive levels of individual development.**

### Positive Individual Development

National data from 2022 to 2023

Total



21% (23%)

### Have you considered?

How could PE, sport and physical activity help you to improve your pupils' social trust?

## Trust

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 have **positive levels of social trust.**

### Positive Social Trust

Total



21% (21%)



# Comparison Data

You last completed the survey in Autumn Term 2021. The comparison page(s) show how your current results compare with your previous results on some key measures.

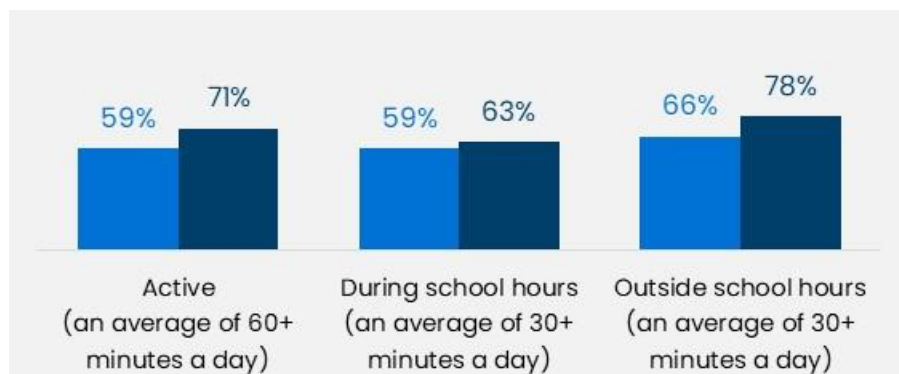
## Key points to note when reviewing this data:

- The term your school completed the survey may be different, so you need to **allow for seasonality** in comparing the results. Activity levels are generally highest in the summer term and lowest in the autumn term
- Previously classes from Year 8, Year 10, Year 11 completed the survey, this time classes from Year 7, Year 8, Year 9, Year 10 completed the survey. Where year groups differ you may need to **allow for differences by age** in comparing the results.
- Sample of 100 pupils in Autumn Term 2021.

## Activity levels

■ Autumn Term 2021 ■ Summer Term 2024

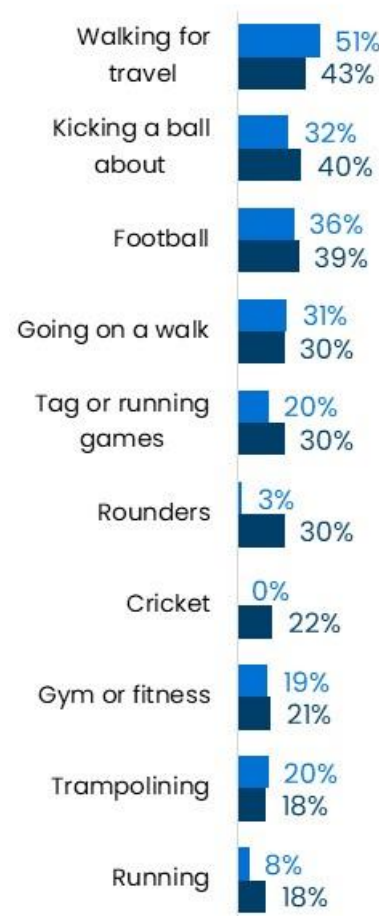
(Moderate to vigorous intensity)



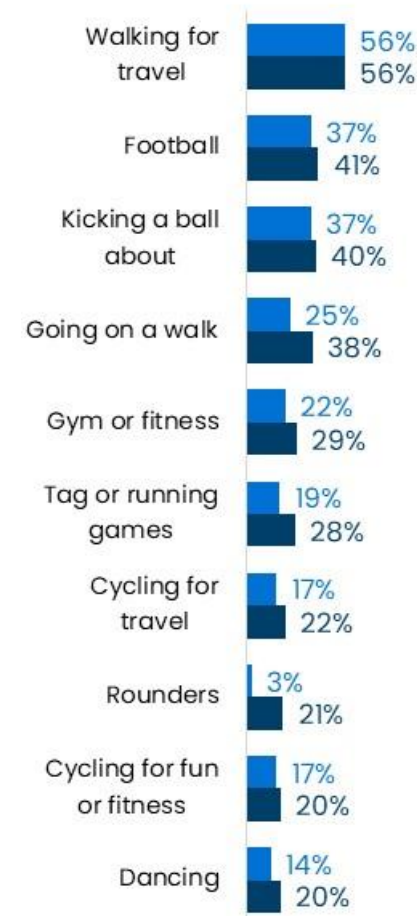
## Activity Breakdown

(Done in the last week, moderate to vigorous intensity)

### During school hours



### Outside school hours





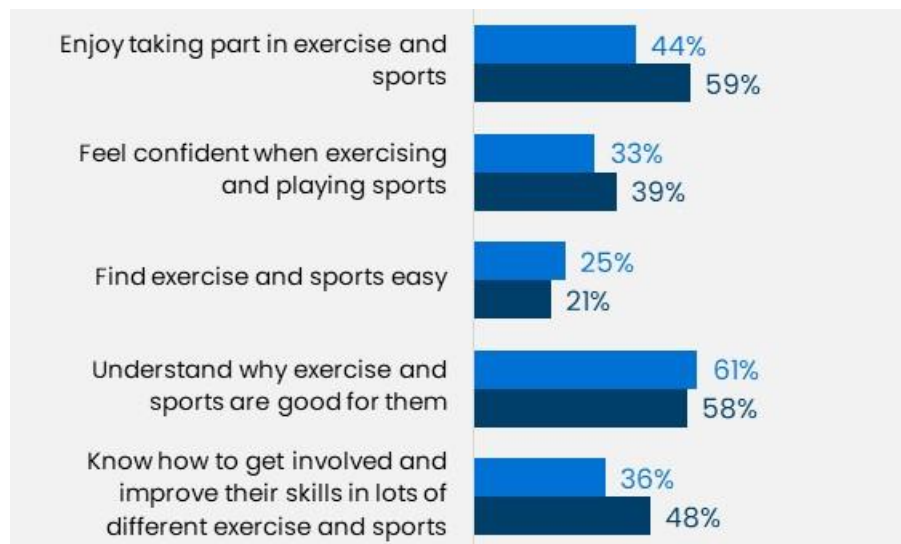
# Comparison Data

■ Autumn Term 2021

■ Summer Term 2024

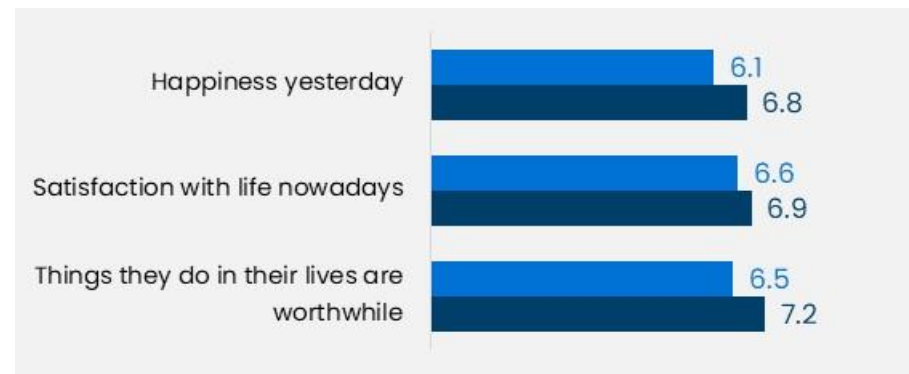
## Attitudes towards sport and physical activity

(Agreed strongly that they...)



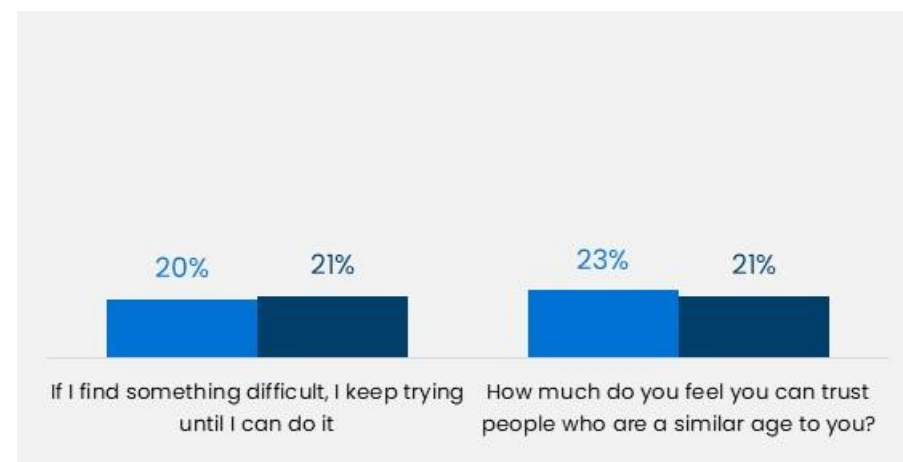
## Wellbeing

(Mean score out of 10)



## Individual and Community Development

(Proportion that strongly agreed / said a lot)





# Healthy Schools Rating Scheme



The Department for Education's 'Healthy Schools Rating Scheme' is designed to recognise and encourage schools' contributions to supporting pupils' health and wellbeing. Your schools rating is assessed against your survey responses on food education, school food standards compliance, the amount of time children spend on PE each week, and participation in active travel schemes.

National figures from 2022 to 2023 are shown in brackets.

## Providing food education for all pupils

Your school provides some of the options presented

- ✓ Pupils encouraged to support catering staff (7%)  
School grows food for on-site school meals (19%)
- ✓ Professional development for teachers on food (32%)
- ✓ Healthy eating is a curriculum priority (79%)  
Provide extra-curricular cooking clubs (20%)

## Complying with School Food Standards

Your school provides some of the options presented

- ✓ At least annual assurance from caterers / local authority (76%)  
Part of an award or accreditation scheme (34%)
- ✓ Training for catering staff (64%)  
Oversight from nominated school governor (13%)
- ✓ Complies with food standards throughout the day (50%)  
Banned unhealthy items from packed lunches (28%)

## PE time

What is the **least** amount of time spent doing PE each week?

**110** (110)  
**minutes**  
per pupil at your school

## Active Travel Schemes

- ✓ School monitors how pupils travel to school (69%)
- ✓ School promotes active travel to school (84%)

## 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](#)



# Notes

The Active Lives Children and Young People Survey is an online survey carried out by Ipsos.

Each term, a number of schools are randomly selected to take part in the survey, with the aim of getting just over 90,000 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.

<https://www.sportengland.org/>

Example Secondary School

<https://www.ExampleActivePartnership.co.uk/contact-us>

## Survey timings

Fieldwork for the survey took place between 15th April and 26th July 2024.

## Sample

80 pupils from 4 classes completed the survey:

30 Pupils from Year 7,

10 Pupils from Year 8,

30 Pupils from Year 9,

10 Pupils from Year 10,

## National report

The seventh national report by Sport England will be published in December 2024 and will be accessible via the Sport England website. That report will include data from the 2022 to 2023 academic year.

## 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 or for the breakdown presented (e.g. boys and girls), or no data available.

## National Data within this report

On some pages, national level data from the 2022 to 2023 academic year is shown for reference. For your school, these are national figures from Year 7 to 11 (base: 77,575). Go to [www.sportengland.org/ActiveLivesChildren23](https://www.sportengland.org/ActiveLivesChildren23) to see the full National Report for 2022 to 2023.

## Limitations of the data

Due to the small numbers of pupils from your school that have participated in the survey, it is not possible to make reliable comparisons between your school results and the national level data. National data is therefore only provided as an indication of the national picture.

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

## Measures of activity

**Moderate activity** is defined as activity which makes pupils breathe 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.