

How to read the report

Results at a glance

Participation at and outside school

Activity breakdown

Wellbeing

Healthy Schools Rating Scheme

Notes

Active Lives Children and Young People survey

Academic year 2025 to 2026
AUTUMN TERM

Example primary
Issued: September 15, 2026



This report summarises your school's results from the latest Active Lives Children and Young People Survey. A few key things to keep in mind as you review the report:

Sample Size: This report is based on a sample of your pupils. The number of respondents to the survey at your school is 2000. If the sample size is small, interpret the results with caution. Small sample sizes may not accurately represent your entire school population, and apparent differences between groups may not be real differences. The number of respondents to the survey at your school is also displayed on the final page of the report.

If your report includes **only** year 1-2 pupil data: The wellbeing and attitudes to sport as well as activity levels has been provided by pupils.

If your report includes both year 1-2 pupil **and** parent data: Charts based on data collected from year 1 to 2 pupils is labelled as such in this report. Otherwise, the data collected from parents of years 1-2s is used.

2000 responses were collected from 2 classes:

Year group	No. of responses
1	500
1 (parent)	500
2	500
2 (parent)	500

Adjusted national data: Alongside your school results, we have provided national figures based on the 2024 to 2025 academic year. To make these comparisons more meaningful, we have adjusted the national figures to match your school's specific mix of year groups, genders, as well the term your school took part in the survey. This is important because survey responses often vary between different year groups and between boys and girls. While

this tailored approach provides a fairer comparison than a simple national average, there may still be other differences between your school and the national figures that we cannot account for. Please use the national figures as a helpful guide rather than an exact benchmark.

Reading the charts: If the adjusted national data figure is covering your schools percentage, please hover your cursor over the bar to reveal your schools data. If you click on ♦ National in the legend you can remove this data from the charts.

Wellbeing

76% of pupils reported being happy, **17%** reported being neither happy nor sad, and **7%** reported being sad on the day they were surveyed.

Your school 76% / 17% / 7%

National 82% / 15% / 3%

Years 1 to 2

Attitudes to Activity

52% of pupils love playing sport.

Your school 52%

National 63%

Years 1 to 2

66% of pupils love being active.

Your school 66%

National 62%

Years 1 to 2

Government guidelines set out that pupils should do an average of 30 minutes of physical activity during the school day and a further 30 minutes outside school.

**How much time is spent doing PE each week
per pupil at your school?**

120

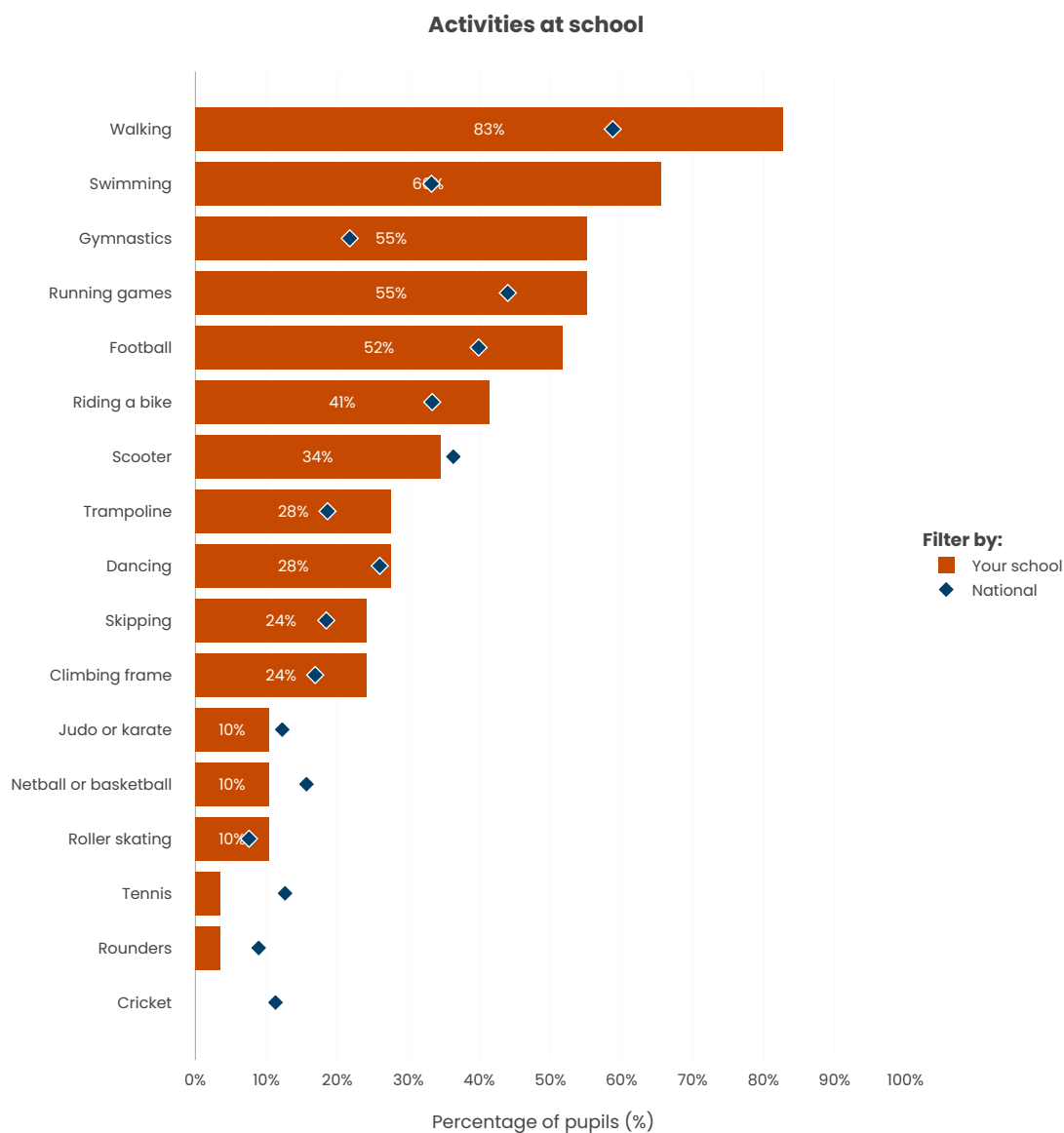
minutes per pupil at your school

Have you considered?

- What would help your pupils be more active outside of school? Are there local partners or facilities who may have an appropriate offer for your pupils and could link with your school? How could you use your relationships with families to introduce or signpost to activities within the community?
- Are there other opportunities for the school to encourage more pupils to travel by foot, bike, or scooter to school?

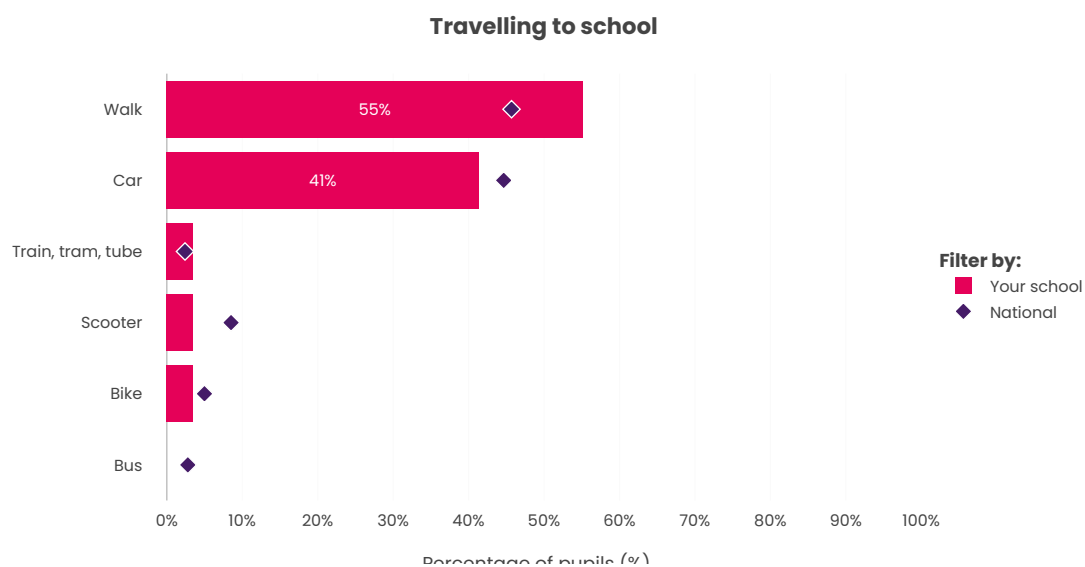
Sports and Activities reported by years 1-2 pupils

The chart below shows the pupils who report taking part in each activity in the previous week – this is based on the answers provided by the children in years 1-2 (and not by the parents who may have also filled in a survey about their child).



Travelling to school reported by year 1-2 pupils

The chart below shows the year 1-2 pupils who travelled to school by each mode of transport. This is based on the answers provided by the children in years 1-2 (and not by the parents who may have also filled in a survey about their child).

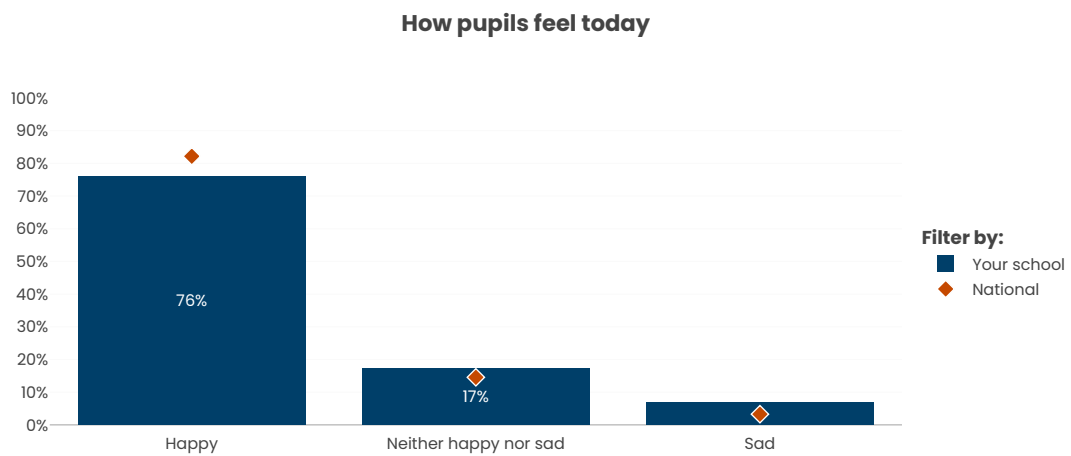


Have you considered?

- How does listening to the voice of the pupils influence not only which activities you offer, but also the way in which they are delivered, to meet different children's needs?

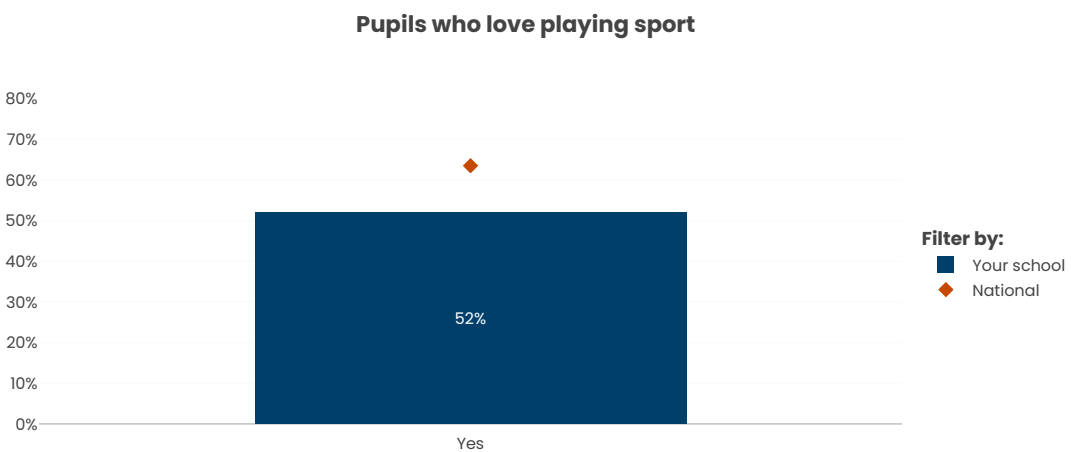
Feelings of happiness

Pupils were asked: "How do you feel today?" (years 1 to 2 only)

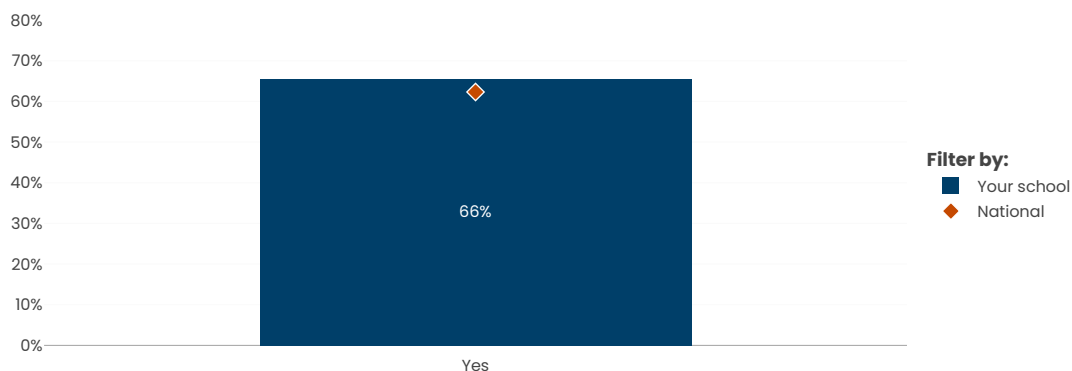


Attitudes towards sport and physical activity

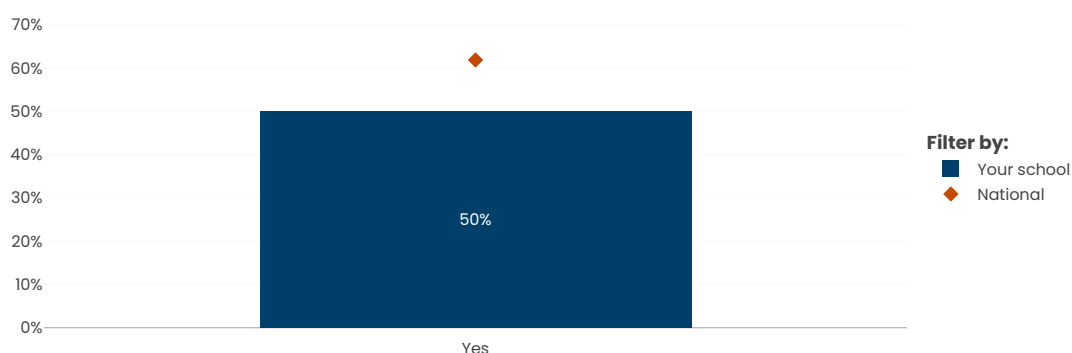
Pupils were asked about their attitudes to sport and physical activity: (years 1 to 2 only)



Pupils who love being active



Pupils who love swimming



Have you considered?

- What can be done to increase the number of pupils enjoying PE and sport?
- How could PE, sport and physical activity be used to help improve your pupils' social trust and their sense of belonging?
- What more could be done to support pupils to understand and recognise the individual benefits and importance of physical activity, including the impact it can have on their mental wellbeing and happiness?

The Department for Education's 'Healthy Schools Rating Scheme' is designed to recognise and encourage schools' contributions to supporting pupils' health and wellbeing. Your school's 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.

Have you considered?

- [Checking the government's guidance on School Food Standards?](https://www.gov.uk/government/publications/standards-for-school-food-in-england)



If you would like to access a healthy schools rating for your school, please

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Providing food education for all pupils

Your school provides **some** of the options presented

X	14% - Pupils encouraged to support catering staff
X	16% - School grows food for on-site school meals
X	48% - Professional development for teachers on food
✓	78% - Healthy eating is a curriculum priority
✓	23% - Provide extra-curricular cooking clubs

Complying with School Food Standards

Your school provides **some** of the options presented

✓	84% - At least annual assurance from caterers / local authority
X	29% - Part of an award or accreditation scheme
X	71% - Training for catering staff
X	12% - Oversight from nominated school governor
✓	61% - Complies with food standards throughout the day
✓	48% - Banned unhealthy items from packed lunches

Active Travel Schemes

Your school provides **all** of the options presented

✓	84% - School monitors how pupils travel to school
✓	93% - School promotes active travel to school

- 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.
- [Visit Sport England's website \(https://www.sportengland.org/\)](https://www.sportengland.org/).

Survey timings

Fieldwork for the survey took place between 1st September and 19th December during the academic year 2025 to 2026.

National Data within this report

Alongside your school results, we have provided adjusted national figures . If you want to see the simple national averages go to the [Sport England website \(https://www.sportengland.org/\)](https://www.sportengland.org/), where they are included in the full National Report for 2024 to 2025.

National report

The latest national report by Sport England will be published in December 2026 and will be accessible via the [Sport England website \(https://www.sportengland.org/\)](https://www.sportengland.org/). That report will include data from the 2025 to 2026 academic year.

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.