

Year 1-6 Key stages 1-2

Active Lives

Children and Young People survey

Understanding pupils' levels of participation and attitudes to sport and physical activity to help them move more.



Simple steps

1

Select classes

Contact parents

2

3

The survey

Click to
learn more

Your rewards

4



For further information please contact your [Active Partnership](#), or read [our latest report](#)



1

Select classes

1. Your Active Partnership will tell you which year groups have been selected – it'll either be two or three.
2. List each selected year group's classes in alphabetical order based on teacher surname (or class name).
3. Select the **last** class in the list for each selected year group. These classes will complete the survey. **One class per year group.**
4. Your Active Partnership will send you the URL links to access the survey – one per class.

** Classes should be mixed ability and when applicable they should also be mixed gender. If all classes are mixed year groups, both year groups can complete (excluding Reception). For further information and help, please contact your Active Partnership.*

[Information](#)





2

Contact parents

1. Contact parents or guardians of pupils in the selected classes to let them know their child's class has been chosen.
2. If a year 1 and/or year 2 class has been selected contact parents and ask them to take part in the survey.*
3. Letter templates and a parent guide for schools are available below.

** Because of the information collected, parents are asked to complete a separate survey on what activities their children do. One parent/guardian per selected child should take part.*

[Template: Yr 1-2](#)

[Template: Yr 3-6](#)

[Parent guide for schools](#)

[Information](#)





3

The survey

1. Test that the URLs work – do not Google the URL.
2. Set a time for pupils to complete the survey at school.
3. Share the information sheets with pupils beforehand.
4. Make sure pupils have the correct URL. You can use lower or upper case. Alternatively the class can access the survey with the QR code supplied.
5. Carry out the survey with the selected classes on tablets or computers.
6. Complete the teacher survey – one teacher per school.
7. Make sure that if a year 1 and/or year 2 class has been selected that parents have been sent their URLs to take part.



Data is collected and processed by Ipsos.

[Information sheet](#)

[Information](#)





4

Your rewards

1

School Report

You will receive:

A report on your school's data*



Ipsos will email you next term with your report

** Provided at least 25 responses are completed. Response numbers will affect the level of detail in the report.*

[Report examples A10 Primary school, A11 all through school](#)

2

Equipment Incentive

You will receive:

10 credits (worth ~£100) to spend on equipment[^]

Plus, 1 extra credit (worth ~£10) for every parent response received (selected year 1 and /or year 2 classes only)

ESPO will email you after the end of term to claim your incentive

[^] Provided at least 25 responses are completed. Exceptions apply for schools with fewer than 50 sampled pupils.

[Explore the rewards,](#)

[Information](#)

3

Healthy Schools Rating Scheme

You will receive:

A rating certificate for your school to display.** Issued only as part of the school report

Ratings are calculated based on the teacher response

This is a Department for Education scheme – [further information](#)

*** Provided that the score calculated from the teacher response is enough to award a rating.*

Information 1 of 3



The Active Lives Children and Young People survey is run by Sport England and was developed with the Department for Education, the Department of Health and Social Care and the Department for Digital, Culture, Media and Sport. The study provides Sport England, Government and other partners with a broad and deep understanding of participation in and attitudes towards, sport and physical activity, shaping future policy and investment.

1. Please complete the surveys **by the date set** by your Active Partnership.
2. The survey takes **20 mins to complete**. Pupils need to complete in one sitting. Teachers can complete their survey in more than one sitting if needed.
3. An **audio option** is provided for Year 1 and 2 pupils.
4. You can **view the questions asked prior** to taking part.
 - [Year 1-2 questionnaire summary](#)
 - [Year 3-6 questionnaire summary](#)
 - [Parents of Year 1-2 questionnaire summary](#)
 - [Teacher questionnaire summary](#)
5. The survey contains some **questions on demographics and wellbeing as well as about the pupil's family**. These questions are asked because socioeconomic status can affect children's engagement in sport and physical activity.
6. Ethnicity and disability are special category data. Children can opt to not answer these questions.
7. **More classes/pupils can take part** over those selected. Please contact your Active Partnership in this instance as different URLs will need to be provided.
8. If you have technical issues accessing the survey **ensure that the URLs have been whitelisted and are not blocked** by school policies. If this does not resolve the issue, please take a screenshot of the issue and contact your Active Partnership.
9.  The data is **collected and processed by Ipsos** on behalf of Sport England.
10. The survey **meets GDPR and data privacy guidelines** and is being conducted in line with the MRS Code of Conduct. Individual pupils and teachers will not be identifiable from the data collected.
 - [Privacy policy](#)

11. It is **important that teachers:**
 - Fully inform pupils and verbally communicate key information
 - Allow pupils to take part on a different day if they are absent on the day
 - Try to ensure that the Survey is completed under exam conditions
 - Take into account that some pupils may need additional support to take part
12. Whilst DfE guidance advises on the use of device monitoring software on PCs, laptops, or tablets, it should only be used at a high level to see if a pupil is on the survey website. It should not be used to view pupil's responses. To collect reliable, self-reported data it is important to be able to reassure pupils that their answers are not visible to anyone else
13. It is **important that pupils know** that:
 - They can choose not to take part in the Survey. If they do not want to take part give them a suitable alternative activity
 - They can answer 'Prefer not to say' for special category data, e.g. ethnicity and disability
14. **Teacher email addresses** are only collated by your Active Partnership for the purpose of emailing your school report and allowing ESPO to contact you regarding your incentive.
 - [Teacher email address privacy policy](#)
 - [ESPO email address privacy letter](#)
15. **ESPO will contact you by email** regarding your incentive after the end of the term in which you completed. Please ensure you have supplied your Active Partnership with an email address. ESPO can be contacted at sportengland@espo.org.
16. The **Healthy Schools Rating Scheme (HSRS)** is a **voluntary scheme** run by the Department for Education that uses the responses in the teacher survey to assign schools a rating. [Click for details.](#)
17. Pupils with additional needs should be given the opportunity to take part in the survey, either with their mainstream class (if sampled) or separately where they can be given any additional support they may need. If necessary, please consult your SENCO about how pupils with additional needs, and especially from any unit or SRP, can be fully included in the survey. Your AP should also be able to provide guidance.

18. **Safeguarding and disclosure:**

Individual level data are **not** reported back to schools except where information is provided in open text boxes in the survey which indicates **a risk of harm to a pupil**. Examples which would be raised include a pupil indicating suicidal thoughts or severe bullying related to characteristics such as disability or ethnicity.

No name can be provided but information about the year group and other pupil characteristics may be provided so that the school can offer appropriate support.

19. **Support**

At the end of the questionnaire pupils are provided with information about the NHS website and Childline and are encouraged to seek support from a parent, other family member or someone else they trust if are worried about anything in the survey, or anything else in their life

20. **Year 3-4 additional guidance**

The next pages carry further information to help those administering the survey for year 3-4 pupils, as they may require extra support with completion.

There are 2 versions of this additional guidance. This is because of some changes to the survey design which have been introduced this year, which mean there are 2 slightly different versions of the questionnaire. Your Active Partnership will tell you which version you are using.

For those using the version 10 questionnaire, the year 3-4 guidance starts on the next page.

For those using the version 9 questionnaire, the guidance can be found from page 20 of this guide,

GUIDANCE FOR THOSE ADMINISTERING THE SURVEY TO CHILDREN IN YEARS 3 AND 4

Split sample: version 10 (75% of schools)

Administering the survey to younger children

The survey has been designed for all ages and content is tailored to be age appropriate but children in years 3-4 and those with additional needs may need some support filling in the survey. This guidance provides suggestions for how teachers can support their class at certain questions. To view the whole survey ahead of the class taking part use this practice link: ipsos.uk/Y3-6Practice



Audio option

- We have introduced more images and audio to aid comprehension.
- Year 3-4 pupils who would benefit from audio should be given headphones to use while completing the survey.
- Pupils will see this question which asks whether they are wearing headphones. If they are and they select yes, they will have the audio option throughout the survey. If they say no there will be no audio to avoid disruption to the class.
- If they have headphones for all other questions an audio symbol will allow them to play the question and/or answers as they choose.



Have you got headphones to use now?



☐ Yes

☐ No

Back

Next

Administering the survey to younger children: practice questions



We received feedback from schools that some younger pupils are unfamiliar with surveys.

We have introduced two practice questions which pupils can use to understand the format of the survey.

They are unrelated to the topic of the survey but are just to get them started.

You may want to provide additional information to pupils to explain what a survey is and how the answers are used

What is your favourite colour? 

- ☐ Red 
- ☐ Blue 
- ☐ Green 
- ☐ Yellow 
- ☐ Orange 
- ☐ Pink 
- ☐ Purple 
- ☐ Another colour 
- ☐ Don't know 
- ☐ Prefer not to say 

Back

Next

What animals do you have as a pet? 

- ☐ Dog 
- ☐ Cat 
- ☐ Fish 
- ☐ Rabbit 
- ☐ Hamster 
- ☐ Guinea pig 
- ☐ Bird 
- ☐ Lizard 
- ☐ Turtle 
- ☐ Another animal 
- ☐ None of these 
- ☐ Don't know 
- ☐ Prefer not to say 

Asking about activities over the last week



Question: Which of these have you done anywhere in the last seven days, since last [day of the week]?

Which of these have you done **anywhere in the last 7 days** since last Tuesday?

Travel 

☐  **Walking** to get to places like school, friends' houses or the park 

☒  **Riding a scooter** to get to places like school, friends' houses or the park 

☐  **Cycling** to get to places like school, friends' houses or the park 

☒  **Skateboarding, rollerskating or rollerblading** to get to places like school, friends' houses or the park 

☐ **None of these** 

- This question is split into several different screens with activities grouped by type:
 - Travel
 - Play
 - Ball sports
 - Other sports
 - Open boxes for activities which are not listed (4 boxes)
- Images have been added to aid understanding
- You may choose to read out the sports and activities to the class to make it easier for them
- The split and order of the lists has been carefully designed based on testing with pupils
- Within each broad category, more common activities have been listed first e.g. walking before cycling, football before rugby. Kicking a ball about is listed under play as pupils see this as different from football which is under ball sports
- If you know which activities the class has done in the last week in school you can guide them to give those answers
- Please make sure the children scroll to the bottom of each screen so they can see the full list of activities

Which of these have you done **anywhere in the last 7 days** since last Tuesday? Include:

- At school (PE or other lessons, break time, lunch time)
- At home or in the garden
- At clubs
- At parks, playgrounds or somewhere else

Play 



Going on a walk (includes walking a dog or hiking) 



Cycling/riding a bike for fun or fitness (includes BMX or mountain biking) 



Riding a scooter for fun 



Skateboarding, rollerskating or rollerblading for fun 



Having a kick about (including keepy uppies) 

Which of these have you done **anywhere in the last 7 days** since last Tuesday? Include:

- At school (PE or other lessons, break time, lunch time)
- At home or in the garden
- At clubs
- Somewhere else

Ball sports 



Football 



Netball 



Hockey 



Cricket 



Rugby (including tag rugby) 

Which of these have you done **anywhere in the last 7 days** since last Tuesday? Include:

- At school (PE or other lessons, break time, lunch time)
- At home or in the garden
- At clubs
- Somewhere else

Running and fitness 



Fitness activities like star jumps, sit-ups, yoga, or exercise videos at home or school 



Going on a run or jog, including cross-country 



The daily mile, active mile, or other regular run done with your class at school 

Which of these have you done **anywhere in the last 7 days** since last Tuesday? Include:

- At school (PE or other lessons, break time, lunch time)
- At home or in the garden
- At clubs
- Somewhere else

Other sports 



Swimming 



Water sports (canoeing, kayaking, sailing, rowing, surfing) 



Dancing (including dance classes, at school or at home) 

Recording other sports



You said you have done these activities in the last 7 days:

- **Walking** to get to places like school, friends' houses or the park
- **Riding a scooter** to get to places like school, friends' houses or the park
- Going on a walk (includes walking a dog or hiking)
- Riding a scooter for fun
- Skateboarding, rollerskating or rollerblading for fun
- Skipping or hopscotch
- Netball
- The daily mile, active mile, or other regular run done with your class at school
- Swimming

Have you done any **other different** sports or exercise in the last 7 days, since last Tuesday?



☒ No - I have ticked all the sports or exercise I have done since last Tuesday 

☐ Yes - I have done other sports or exercise. Please type in what they are below: 

☐

☐

☐

☐

- This question lists the activities they have already mentioned
- Then it gives them the opportunity to enter 4 activities which were NOT on the lists
- Pupils should NOT enter activities they have already told us about.
- If they have not done any other activities they can tick no

Activities done at school for each day of the last week



Choose the activities you did each **day at school** in PE or other lessons, **during breaktimes** or **lunch times**



▼ On **Tuesday (yesterday)** at school I did... 

- ☐ Walking to get to other places (excludes walking around school but includes school trips / walking to offsite games fields or buildings etc.)
- ☐ Going on a walk
(includes walking a dog or hiking)
- ☐ Riding a scooter for fun
- ☐ Skipping or hopscotch
- ☐ Swimming
- ☐ Netball
- ☐ Daily mile, active mile, or other regular run at school
- ☐ Did not do those activities in school lessons, breaktimes, lunchtimes

► On **Monday (2 days ago)** at school I did... 
Riding a scooter for fun, Skipping or hopscotch

- This question asks about the activities they have done in the last 7 days during normal school hours
- We have a new concertina format
- The days of the week are presented from most recent (yesterday) through to 7 days ago (excluding weekend days)
- Again, you can guide your class with their answers if you know what they have done in school in the last week
- If they did not do the activity in school they can select 'Did not do these activities in school lessons, breaktimes, lunchtimes'
- If they did activities – select the ones they did and then click the next day of the week to see the list for that day

Activities done outside school for each day of the last week

Choose the activities you did each day **before or after school**, including in school clubs, at **weekends** or in the **holidays**...



▼ On Tuesday (yesterday) outside of school I did... 

- ☐ Walking to school 
- ☐ Walking home from school 
- ☐ Walking to get to somewhere (not to or from school) 
- ☐ Going on a walk
(includes walking a dog or hiking) 
- ☐ Riding a scooter for fun 
- ☐ Riding a scooter to get somewhere 
- ☐ Skipping or hopscotch 
- ☐ Swimming 
- ☐ Netball 
- ☐ Did not do any of these activities before or after school

- This question asks about the activities they have done in the last 7 days outside school
- We have a new concertina format
- The days of the week are presented from most recent (yesterday) through to 7 days ago (excluding weekend days)
- If they did not do the activity outside school they can select 'Did not do any of these activities before or after school'
- If they did activities – select the ones they did and then click the next day of the week to see the list for that day

Question: How long did you play [name of activity] for?

How long did you **play netball** for, on Tuesday, yesterday, **before or after school**?



☐ Less than 10 minutes  

☐ About 15 minutes  

☐ About 30 minutes  

☐ About 45 minutes  

☐ One hour  

☐ More than an hour   

☐ Don't know 

Children are only asked this for activities done outside school

If children find it hard to understand how long the time frames are it may be helpful to compare them with something they are familiar with. For example, 15 minutes may be the same length as morning break or 45 minutes may be the same length as lunch break

The clock images have been added to help children understand the time. If a child is not used to a clock face they can ignore the clocks and read the words

Back

Next

Ability to swim 25 metres

Can you swim a **length** of a swimming pool (**25 metres**) without stopping?



- An image has been introduced to help with understanding
- You may want to name a local swimming pool the children are familiar with which is 25 metres in length to help them understand what 25 metres means
- If a pupil does not know they can select don't know



- ☐ Yes 
- ☐ No 
- ☐ Don't know 

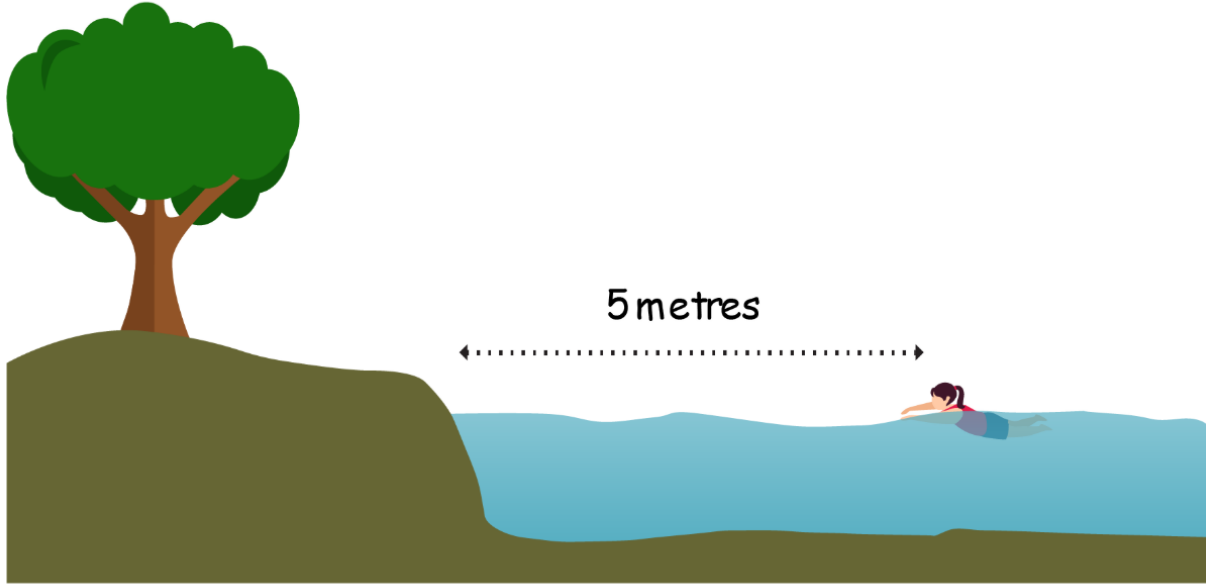
Ability to self-rescue from water

Imagine that you fall into a large lake. The lake is deep and you can't touch the bottom. You have all your clothes on, and you are about five metres away from the land. Could you **get back to the land without someone helping you?**



☐ Yes 

☐ No 



- The main point of this question is about children being able to rescue themselves and reach the land if they fall in
- You may want to demonstrate in the classroom what 5 metres looks like

GUIDANCE FOR THOSE ADMINISTERING THE SURVEY TO CHILDREN IN YEARS 3 AND 4

Split sample: version 9 (25% of schools)

Administering the survey to younger children

The survey has been designed for all ages and content is tailored to be age appropriate but children in years 3-4 and those with additional needs may need some support filling in the survey. This guidance provides suggestions for how teachers can support their class at certain questions. To view the whole survey ahead of the class taking part use this practice link: ipsos.uk/Y3-6Practice



Question: Which of these have you done in the last seven days, since last [day of the week]?

Which of these have you done in the last seven days, since last Thursday?

- ✓ Please choose all the exercise, sport and fitness activities you did including online or TV led activities e.g. online PE
- ✓ Include things like running around, dancing, walking and cycling, as well as sports.
- ✓ Include things you did at school (including in PE lessons), at home, at clubs, or somewhere else

Please choose everything you did

Make sure you scroll down the screen so you see all of the activities

- ☐ Walking to get to school or other places such as friends' houses or a park
- ☐ Going on a walk (includes walking a dog or hiking)
- ☐ Riding a scooter for fun or to get to places like school, friends' houses or a park
- ☐ Cycling to get to school or other places such as friends' houses or a park
- ☐ Cycling/riding a bike for fun or fitness (includes BMX or mountain biking)
- ☐ Dancing (including online or TV led e.g. TikTok dances, ballet, tap, street etc)
- ☐ Kicking a ball about
- ☐ Skateboarding, roller skating/blading
- ☐ Trampolining (including in a garden, at a trampoline centre, or as part of a club)
- ☐ Frisbee, throwing and catching (including piggy in the middle) or skipping
- ☐ Playing it, tag, chase, sardines or other running game
- ☐ Climbing or swinging in the playground, garden or park
- ☐ Swimming
- ☐ Gym or fitness (fitness/online class e.g., push-ups, sit-ups, yoga, etc., or using exercise machines e.g. rowing machine, exercise bike, running machine)
- ☒ Football
- ☐ Netball
- ☐ Hockey
- ☐ Cricket
- ☐ Rugby (including tag rugby)



- This question contains a long list but reassure children that this is the only question with a long list
- The order of the list has been carefully designed; common physical activities which are not traditional sports are at the top of the list – this is to make the list/survey feel inclusive of all children
- Within each broad category, more common activities have been listed first e.g. walking before cycling, football before rugby
- The 'kicking a ball about' code is included because children do not think this is the same as football
- You may choose to read out the sports and activities to the class to make it easier for them
- If you know which activities the class has done in the last week in school you can guide them to give those answers
- Please make sure the children scroll to the bottom of the screen so they can see the full list of activities
- There are 4 boxes at the bottom of the list which the children can type into if the activity they did isn't listed

Question: Please tell us on which days you did each of these activities while you were at schools, during normal school hours?



Please tell us on which days you did each of these activities while you were at school, during normal school hours.

- ✓ Include activities in PE lessons and break times
- ✗ Do not include activities at before and after school clubs, even if these took place at school
- If you did not do one of the activities at school, during normal school hours, in the last seven days, just leave the row blank.
- We will ask you about what you did outside school at the next question.

	This week at school			Last week at school	
	Wednesday (yesterday)	Tuesday (2 days ago)	Monday (3 days ago)	Friday (6 days ago)	Thursday (7 days ago)
Going on a walk (includes walking a dog or hiking)	☐	☐	☐	☐	☐
Riding a scooter	☐	☐	☐	☐	☐
Football	☐	☐	☐	☐	☐
	Wednesday (yesterday)	Tuesday (2 days ago)	Monday (3 days ago)	Friday (6 days ago)	Thursday (7 days ago)
	This week at school			Last week at school	

Back Next

- This question asks about the activities they have done in the last 7 days during normal school hours
- The days of the week are presented from most recent (yesterday) through to 7 days ago (excluding weekend days)
- Again, you can guide your class with their answers if you know what they have done in school in the last week
- If they did not do the activity in school they can leave the row blank – the next question is about outside school activities

Question: Please tell us on which days you did these activities outside school hours?



Now please tell us on which days you did these activities outside school hours.

✓ Include activities you did:

- Before you got to school and after you left school
- At the weekend
- On holiday days
- At before and after school clubs, even if these took place at school

- If you did not do one of the activities outside school hours in the last seven days, just leave the row blank.

	This week outside usual school hours			Last week outside usual school hours			
	Wednesday (yesterday)	Tuesday (2 days ago)	Monday (3 days ago)	Sunday (4 days ago)	Saturday (5 days ago)	Friday (6 days ago)	Thursday (7 days ago)
Going on a walk (includes walking a dog or hiking)	☐	☐	☐	☐	☐	☐	☐
Riding a scooter	☐	☐	☐	☐	☐	☐	☐
Football	☐	☒	☐	☐	☐	☐	☐
	Wednesday (yesterday)	Tuesday (2 days ago)	Monday (3 days ago)	Sunday (4 days ago)	Saturday (5 days ago)	Friday (6 days ago)	Thursday (7 days ago)
	This week outside usual school hours			Last week outside usual school hours			

Back

Next

- This question asks about the activities they have done in the last 7 days before and after school hours, at the weekend and on holiday days
- You may need to prompt the class to think through what they were doing in the last week e.g. if they were on holiday the week before
- The days of the week are presented from most recent (yesterday) through to 7 days ago
- If they did not do the activity outside of school hours they can leave the row blank

Question: How long did you play [name of activity] for?



You told us that on Tuesday, yesterday, you played football outside normal school hours.

How long did you play football for?

- ☐ Less than 10 minutes 
- ☐ About 15 minutes 
- ☐ About 30 minutes 
- ☐ About 45 minutes 
- ☐ One hour 
- ☐ More than an hour 
- ☐ Don't know

- Children are only asked this for activities done outside school
- If children find it hard to understand how long the time frames are it may be helpful to compare them with something they are familiar with. For example, 15 minutes may be the same length as morning break or 45 minutes may be the same length as lunch break
- The clock images have been added to help children understand the time. If a child is not used to a clock face they can ignore the clocks and read the words

Question: Can you swim a length of a swimming pool (25 metres) without stopping?



Can you swim a length of a swimming pool (25 metres) without stopping?

☐ Yes

☐ No

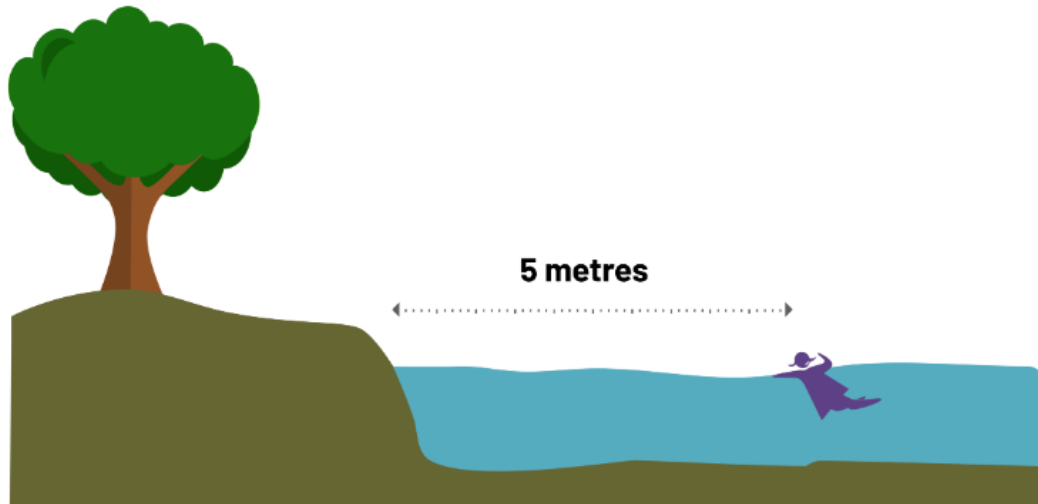
- You may want to name a local swimming pool the children are familiar with which is 25 metres in length to help them understand what 25 metres means

Question: Imagine that you fall into a large lake. The lake is deep and you can't touch the bottom. You have all your clothes on, and you are about five metres away from the land. Could you get back to the land without someone helping you?

Imagine that you fall into a large lake. The lake is deep and you can't touch the bottom. You have all your clothes on, and you are about five metres away from the land. Could you get back to the land without someone helping you?

☐ Yes

☐ No



- The main point of this question is about children being able to rescue themselves and reach the land if they fall in
- You may want to demonstrate in the classroom what 5 metres looks like