ACTIVE LIVES: CHILDREN AND YOUNG PEOPLE SURVEY

ACADEMIC YEAR 2018/2019

OAKTREE SCHOOL, ANYTOWN

Issued July 2019
RESULTS AT A GLANCE...

**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...

- **6.6** Happiness yesterday
- **6.7** Satisfaction with life nowadays
- **6.9** Things they do in their lives are worthwhile

**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.

- **Activity at school**: 20%
- **Activity outside of school**: 30%

- **30+ minutes every day**
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.

**Boys and Girls**

(% active every day)

- **Total**: 25%
- **Boys**: 27%
- **Girls**: 23%

**Have you considered?**

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

**Levels of Activity**

- **Less Active**: Less than an average of 30 minutes a day
- **Fairly Active**: An average of 30-59 minutes a day
- **Active Across the Week**: An average of 60+ minutes a day but not every day
- **Active Every Day**: 60+ minutes on 7 days a week

34% are doing vigorous activity at least 3 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

<table>
<thead>
<tr>
<th></th>
<th>At school</th>
<th>Outside school</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>53%</td>
<td>65%</td>
</tr>
</tbody>
</table>

### ACTIVITY LEVELS AT AND OUTSIDE OF SCHOOL FOR BOYS AND GIRLS

(30 minutes of moderate to vigorous activity every day)

<table>
<thead>
<tr>
<th></th>
<th>At school</th>
<th>Outside school</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>56%</td>
<td>70%</td>
</tr>
<tr>
<td>Girls</td>
<td>50%</td>
<td>65%</td>
</tr>
</tbody>
</table>

### HOW MUCH TIME IS SPENT DOING PE EACH WEEK?

<table>
<thead>
<tr>
<th></th>
<th>90-150 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>at [NAME OF SCHOOL]</td>
</tr>
</tbody>
</table>

### PUPILS DOING BOTH 30 MINUTES AT SCHOOL AND 30 MINUTES OUTSIDE SCHOOL EVERY DAY

<table>
<thead>
<tr>
<th></th>
<th>15%</th>
</tr>
</thead>
</table>

**HAVE YOU CONSIDERED?**

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

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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.
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.

### AT SCHOOL

<table>
<thead>
<tr>
<th>Top 10 results</th>
<th>64%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Top 10 results</td>
<td>50%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>48%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>48%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>40%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>34%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>26%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>25%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>12%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>11%</td>
</tr>
</tbody>
</table>

### OUTSIDE SCHOOL

<table>
<thead>
<tr>
<th>Top 10 results</th>
<th>74%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Top 10 results</td>
<td>60%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>56%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>43%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>40%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>34%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>15%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>15%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>13%</td>
</tr>
<tr>
<td>Top 10 results</td>
<td>2%</td>
</tr>
</tbody>
</table>

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# Attitudes Towards Sport and Physical Activity

## Pupils Were Asked About Their Attitudes to Sport and Physical Activity

<table>
<thead>
<tr>
<th>Confidence</th>
<th>Physical Competence</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>80%</strong></td>
<td><strong>60%</strong></td>
</tr>
<tr>
<td>feel confident when exercising and playing sports</td>
<td>find sport easy</td>
</tr>
</tbody>
</table>

## 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

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THREE INDICATORS OF WELLBEING

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

<table>
<thead>
<tr>
<th></th>
<th>Feelings of Happiness</th>
<th>Life Satisfaction</th>
<th>Worthwhile</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>How happy did you feel yesterday?</strong></td>
<td>6.6</td>
<td>6.7</td>
<td>6.9</td>
</tr>
<tr>
<td><strong>How satisfied are you with your life nowadays?</strong></td>
<td>6.5 (Girls) 6.9 (Boys)</td>
<td>6.6 (Girls) 7.0 (Boys)</td>
<td>6.7 (Girls) 7.2 (Boys)</td>
</tr>
<tr>
<td><strong>Do you feel that the things you do in your life are worthwhile?</strong></td>
<td>6.6</td>
<td>6.7</td>
<td>6.9</td>
</tr>
</tbody>
</table>

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RESILIENCE AND TRUST

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

TRUST

Overall and for boys and girls at 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 SELF EFFICACY

Total: 83%

Boys: 80%

Girls: 85%

POSITIVE PERCEIVED SOCIAL TRUST

Total: 88%

Boys: 89%

Girls: 86%

HAVE YOU CONSIDERED?

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

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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 extracurricular 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.

If you would like to access a healthy schools rating for your school please download it here.

**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)