ACTIVE LIVES: CHILDREN AND YOUNG PEOPLE SURVEY

ACADEMIC YEAR 2017/2018

Oaktree School, Anytown

Issued July 2018

TEMPLATE: DUMMY DATA

SPORT ENGLAND

RESULTS AT A GLANCE ...

ACTIVITY LEVELS

(Moderate to vigorous intensity)

20%
ACTIVE EVERY DAY

60+ MINUTES ON 7 DAYS

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**

0 1 2 3 4 5 6 7 8 9 10
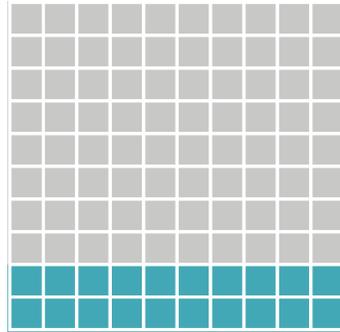
ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY

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
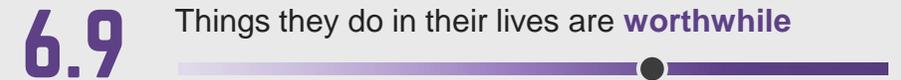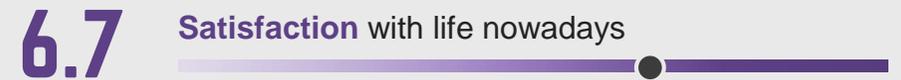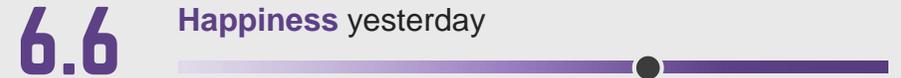
LOCATION OF ACTIVITY

(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

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.

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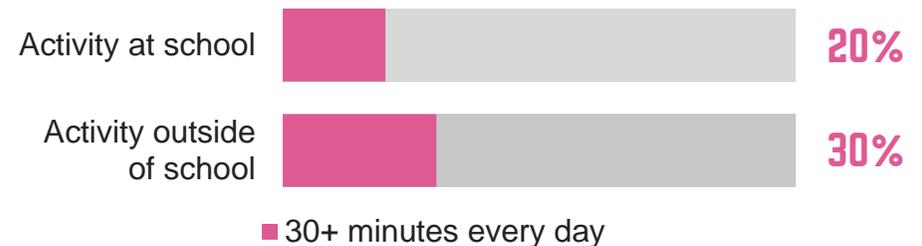
LEVELS OF ACTIVITY

SPORT ENGLAND

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**

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

10%	35%	35%	20%
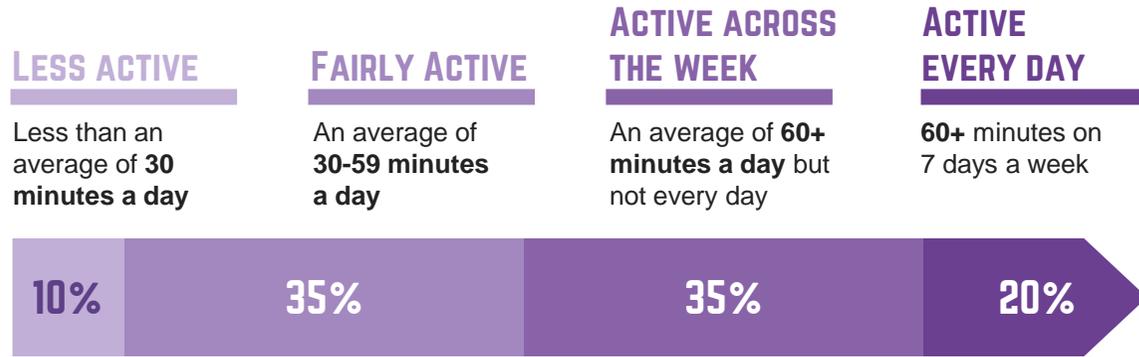
34%

are doing vigorous activity at least 3 days a week.

HAVE YOU CONSIDERED?

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

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

BOYS AND GIRLS
(% active every day)
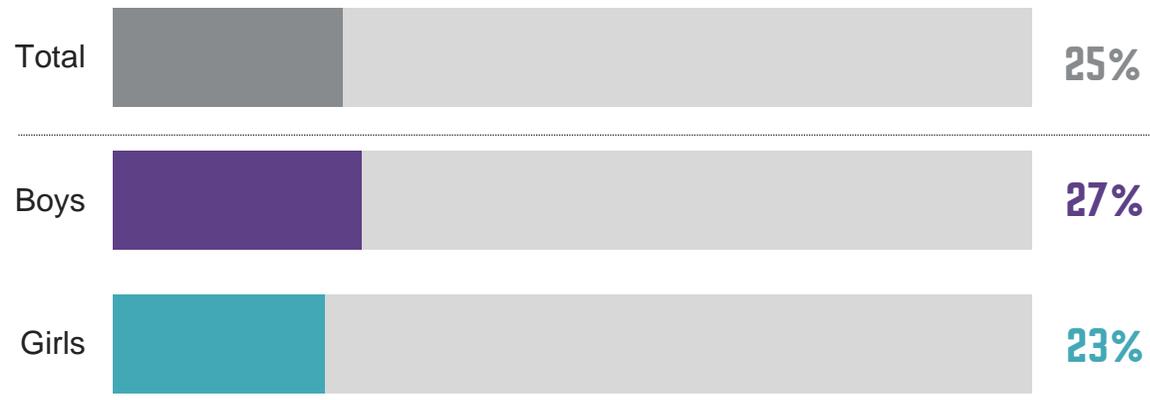
Total	**25%**
Boys	**27%**
Girls	**23%**

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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
53%
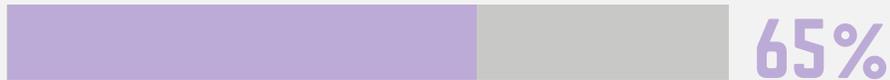
Outside school
65%

ACTIVITY LEVELS AT AND OUTSIDE OF SCHOOL FOR BOYS AND GIRLS

(30 minutes of moderate to vigorous activity every day)

At school
Boys 56%
Girls 50%

Outside school
Boys 70%
Girls 65%
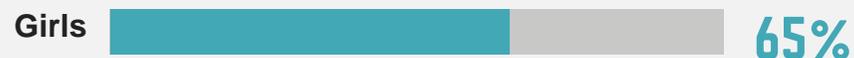
HOW MUCH TIME IS SPENT DOING PE EACH WEEK?

90-150
minutes
at [NAME OF SCHOOL]

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

15%

HAVE YOU CONSIDERED?

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

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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

Activity	Percentage
Top 10 results	64%
Top 10 results	50%
Top 10 results	48%
Top 10 results	48%
Top 10 results	40%
Top 10 results	34%
Top 10 results	26%
Top 10 results	25%
Top 10 results	12%
Top 10 results	11%

Outside school

Activity	Percentage
Top 10 results	74%
Top 10 results	60%
Top 10 results	56%
Top 10 results	43%
Top 10 results	40%
Top 10 results	34%
Top 10 results	15%
Top 10 results	15%
Top 10 results	13%
Top 10 results	2%
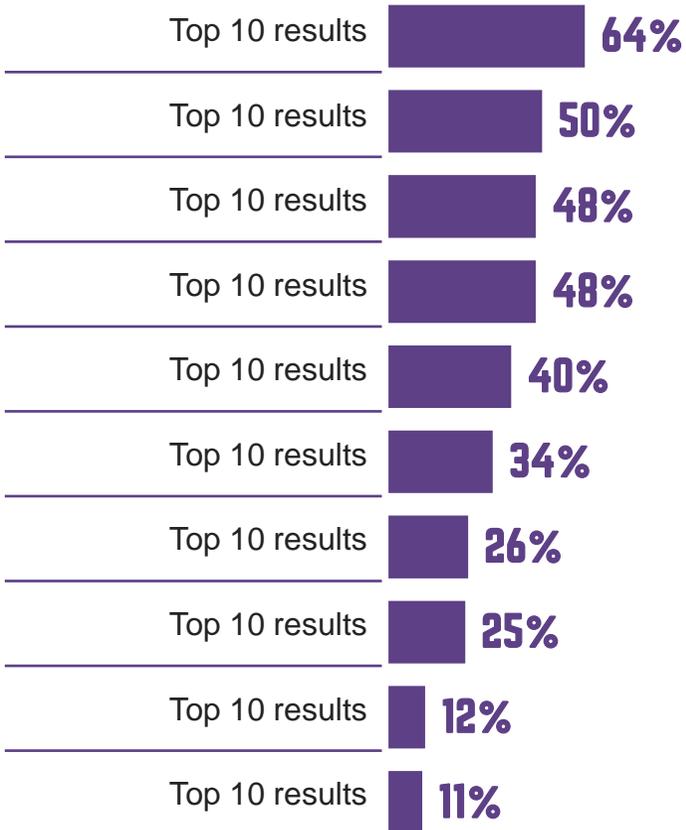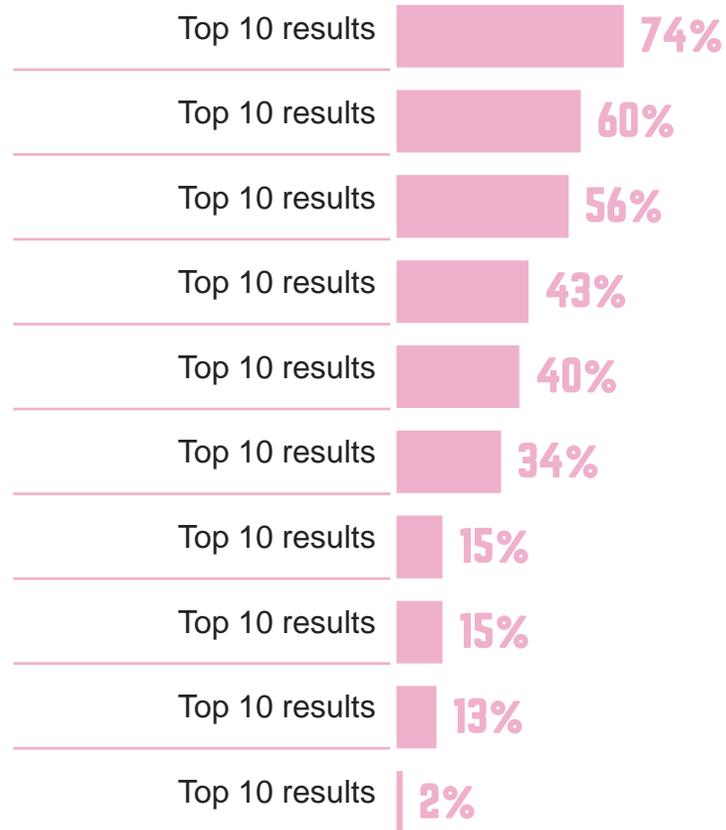
HAVE YOU CONSIDERED?

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

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ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY

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

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

HAVE YOU CONSIDERED?

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

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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

0	2	4	6	8	10

Girls	6.5
Boys	6.9

LIFE SATISFACTION

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

6.7

0	2	4	6	8	10
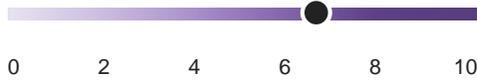
Girls	6.6
Boys	7.0

WORTHWHILE

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

6.9

0	2	4	6	8	10

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 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

Positive perceived self efficacy

Total — 83%

Boys — 80%

Girls — 85%

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

Total — 88%

Boys — 89%

Girls — 86%
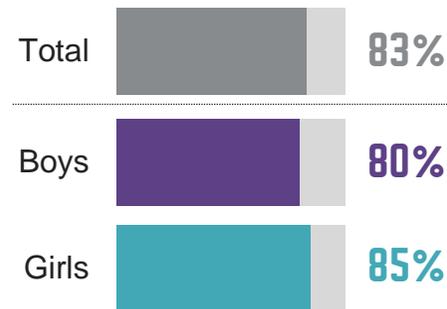
HAVE YOU CONSIDERED?

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

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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 4th September 2017 and 21st December 2018.

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 on 6th December 2018 and will be accessible via the Sport England website. That report will include data from the 2017/2018 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 County Sports Partnership. **(Insert link to CSPs)**

TEMPLATE: DUMMY DATA