

# ACTIVE LIVES: CHILDREN AND YOUNG PEOPLE SURVEY

## ACADEMIC YEAR 2017/2018

OAKTREE SCHOOL,  
ANYTOWN

Issued July 2018

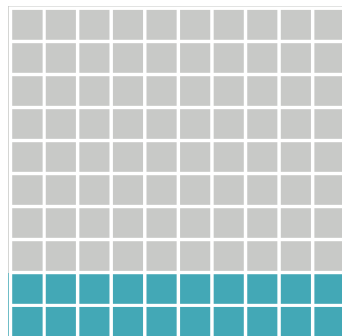
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DUMMY DATA

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## ACTIVITY LEVELS

(Moderate to vigorous intensity)

**20%**  
**ACTIVE**  
**EVERY DAY**



**60+**  
**MINUTES**  
**ON**  
**7 DAYS**

## ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY

*Years 3-6 only*

<b>82%</b> agree that they enjoy taking part in sports and exercise	<b>96%</b> agree that they understand why exercise and sport are good for them	<b>59%</b> agree that they find exercise and sport easy
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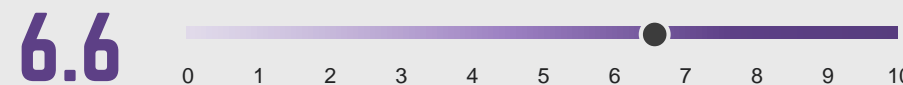
*Years 1-2 only*

<b>86%</b> like or love playing sport	<b>94%</b> like or love being active	<b>66%</b> find sport easy
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## 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...

**Happiness** yesterday *(years 3-6 only)*



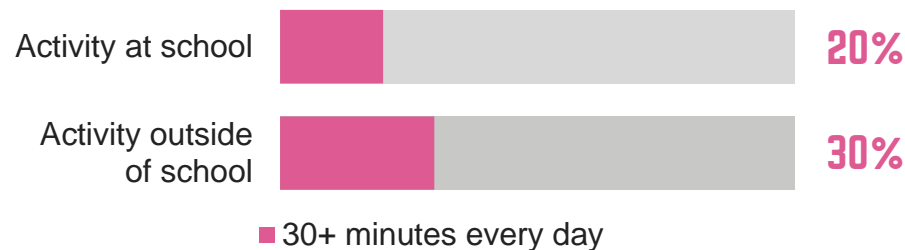
**How do you feel today?** *(years 1-2 only)*



## LOCATION OF ACTIVITY

(30+ minutes moderate to vigorous activity every day)

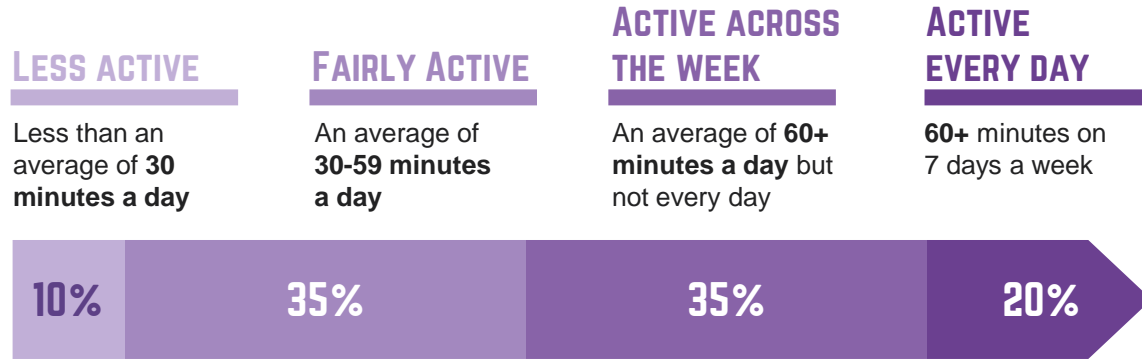
Government guidelines set out that pupils should get 30 minutes of their daily physical activity through the school day and 30 minutes outside of school.



# LEVELS OF ACTIVITY

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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.



**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)



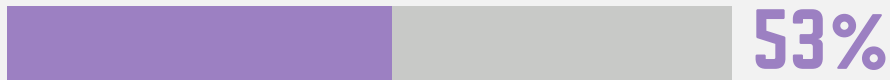
School name, sample size, year groups included, survey name should be mentioned on every slide as individual slides may be detached from overall presentation by some schools or used by people who have not read note pages. Warnings about data interpretation also to be included.

# 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



Outside school



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

(30 minutes of moderate to vigorous activity every day)

At school



Outside school



## 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%**

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## HAVE YOU CONSIDERED?

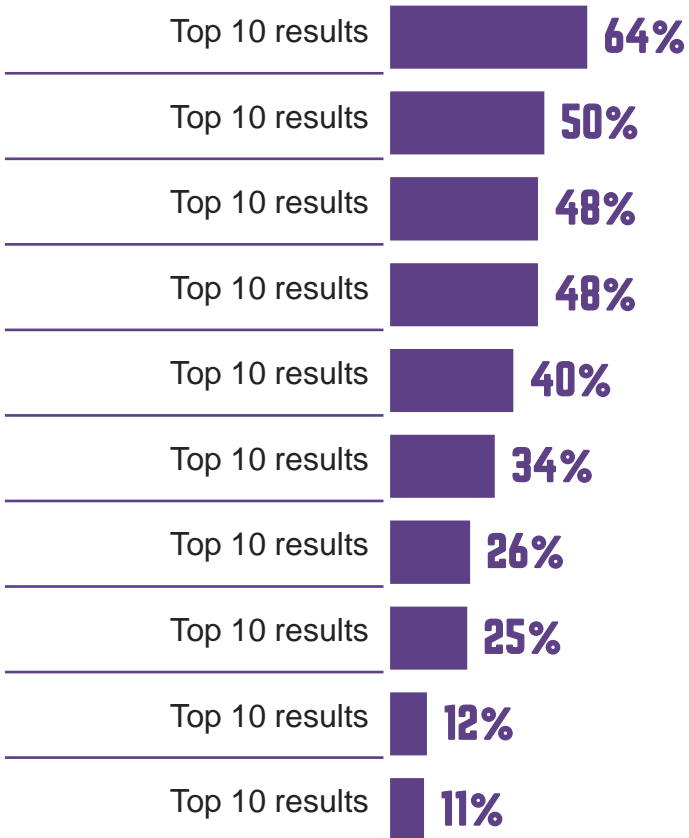
What can you do to influence an increase in PE time?

# ACTIVITY BREAKDOWN

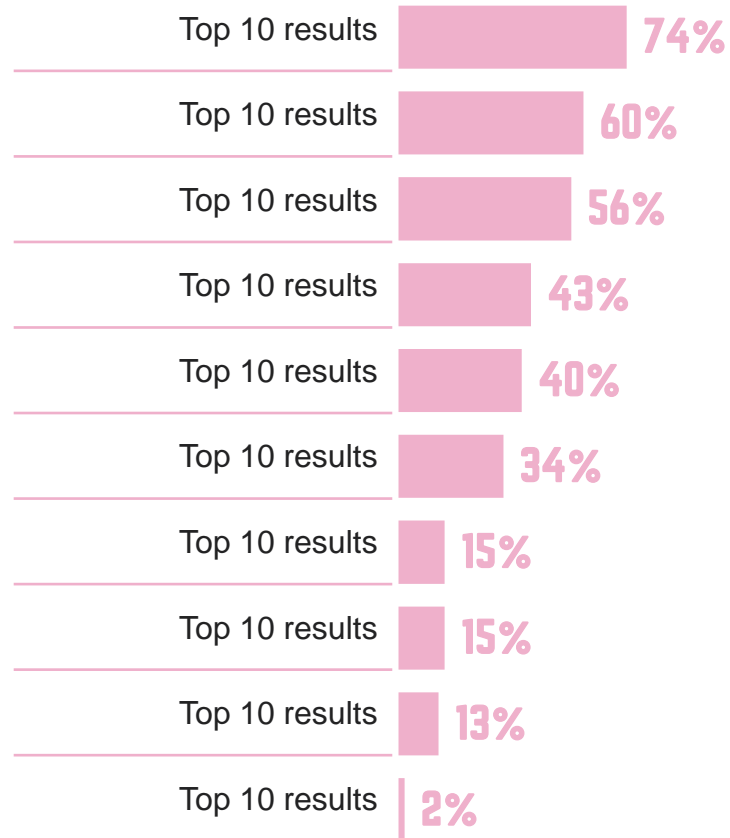
The tables below show the percentage of those who report taking part in each activity in the previous week at moderate to vigorous intensity. Only the top 10 activities are included.

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## AT SCHOOL



## OUTSIDE SCHOOL



## HAVE YOU CONSIDERED?

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

# ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY

TEMPLATE:  
DUMMY DATA

**PUPILS WERE ASKED  
ABOUT THEIR ATTITUDES  
TO SPORT AND PHYSICAL  
ACTIVITY**

## YEARS 1-2 ONLY

**86%** like or love  
playing sport

**94%** like or love  
being active

**66%** find sport easy

## YEARS 3-6 ONLY

### CONFIDENCE

**80%**

feel confident when  
exercising and  
playing sports

### UNDERSTANDING

**70%**

feel that they understand  
why exercise and sport is  
good for them

### PHYSICAL COMPETENCE

**60%**

find sport easy

### 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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## FEELINGS OF HAPPINESS



*How happy did you feel yesterday? (years 3-6 only)*

6.6



0 2 4 6 8 10

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



*How do you feel today? (years 1-2 only)*



10%



24%



66%

## RESILIENCE: Overall and for boys and girls

(years 3-6 only)

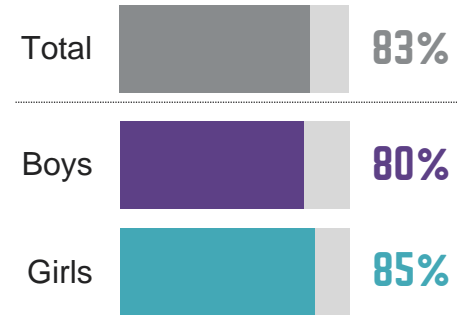
Pupils were asked how much they agree with the statement:



*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



## TRUST: Overall and for boys and girls

(years 3-6 only)

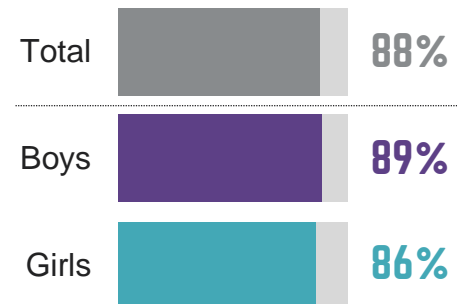
Pupils were asked:



*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



## HAVE YOU CONSIDERED?

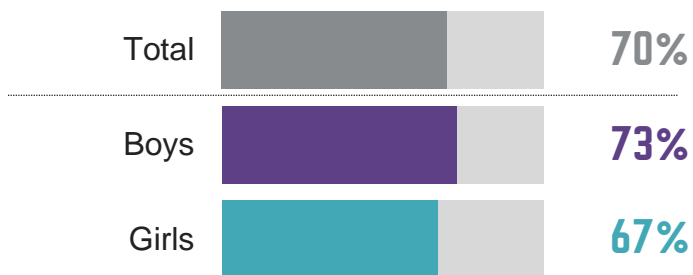
How could PE & Sport help increase the overall wellbeing of your students?

TEMPLATE:  
DUMMY DATA

All pupils should be able to do these things by the time they leave primary school

## SWIMMING ABILITY

% of pupils who can swim 25m unaided



## CONFIDENCE AND CAPABILITY

% of pupils who can tread water

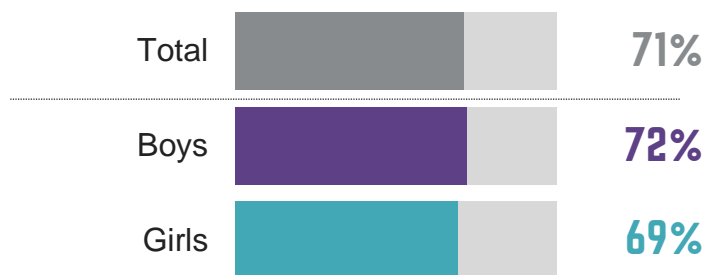


In 2017/18, the following year group had swimming lessons provided by your school:  
[Year X, Year X, Year X, Year X, Year X]

Each pupil has **[fewer than 10]** sessions each year

% of pupils who can self-rescue (*years 3-6 only*)

Pupils were asked if they fell into a deep lake with all their clothes on, if they could swim 5m to land and get out without any help.



## HAVE YOU CONSIDERED?

What could the school do, beyond curriculum swimming, to support pupils that underachieve in swimming?

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.



# 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 or parents 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.

## ATTITUDES AND WELLBEING

The data on wellbeing and attitudes to sport has been provided by pupils, whilst the data on activity levels have been collected from the parent survey.

## FURTHER INFORMATION

If you would like any further information about the results or survey, please contact your County Sports Partnership. **(Insert link to CSPs)**

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