

# ACTIVE LIVES CHILDREN AND YOUNG PEOPLE SURVEY

## ACADEMIC YEAR 2019/2020

**BRAUNTON ACADEMY**

Version 1:

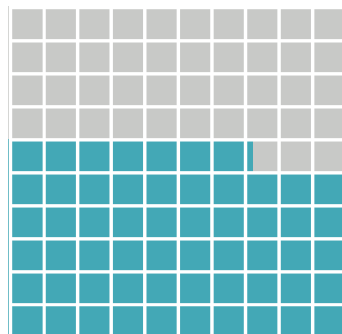
Issued July 2020

# RESULTS AT A GLANCE ...

## ACTIVITY LEVELS

(Moderate to vigorous intensity)

**57%**  
**ACTIVE**



**AVERAGE OF  
60+  
MINUTES A  
DAY ACROSS  
THE WEEK**

## ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY

**52%**

agreed strongly  
that they enjoyed  
taking  
part in exercise  
and sports

**73%**

agreed strongly  
that they  
understand why  
exercise and  
sports are good  
for them

**18%**

agreed strongly  
that they find  
exercise and  
sports 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 ...

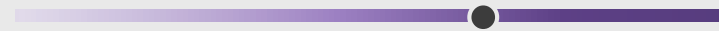
**6.4**

**Happiness** yesterday



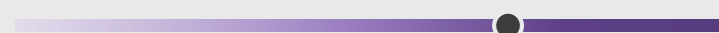
**6.6**

**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

## LOCATION OF ACTIVITY

(Average of 30+ minutes a day moderate to vigorous activity across the week)

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

Activity at school



**53%**

Activity outside  
of school



**64%**

■ Average of 30+ minutes a day across the week

# LEVELS OF ACTIVITY

At Braunton Academy, **57%** of pupils do an average of **60+ minutes** a day of moderate to vigorous activity across the week, meeting the Chief Medical Officer's guidelines for levels of physical activity amongst children and young people. National figures from 2018/19 for each measure are shown in brackets.

## LESS ACTIVE

Less than an average of **30 minutes a day** across the week

## FAIRLY ACTIVE

An average of **30-59 minutes a day** across the week

## ACTIVE

An average of **60+ minutes a day** across the week

**24%**

**19%**

**57%**

NATIONAL DATA FROM 2018/19

**(31%)**

**(23%)**

**(45%)**

## BOYS AND GIRLS

(% active)

Total



**57%**

Boys



**61%**

Girls



**55%**

% that are active at your school (an average of 60+ minutes a day of moderate to vigorous activity across the week)

## HAVE YOU CONSIDERED?

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

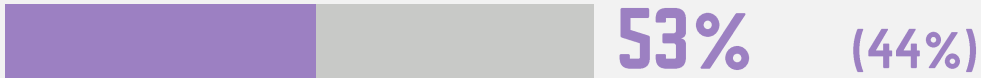
# PARTICIPATION AT AND OUTSIDE SCHOOL

Government guidelines set out that pupils should get 30 minutes of their daily physical activity during the school day and 30 minutes outside school. National figures from 2018/19 for each measure are shown in brackets.

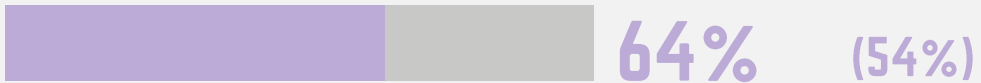
## % OF PUPILS DOING AN AVERAGE OF 30+ MINUTES A DAY OF MODERATE TO VIGOROUS ACTIVITY ACROSS THE WEEK

NATIONAL DATA  
FROM 2018/19

At school



Outside school



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

(Average of 30+ minutes a day of moderate to vigorous activity across the week)

At school



Outside school



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

**100**  
minutes

per pupil at your school

## PUPILS DOING AN AVERAGE OF 30+ MINUTES A DAY BOTH AT SCHOOL AND OUTSIDE SCHOOL

**46%**

## 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. National figures from 2018/19 for these activities are also shown.











## AT SCHOOL

NATIONAL DATA  
FROM 2018/19

Football	 <b>35%</b>	<b>31%</b>
Walking for travel	 <b>33%</b>	<b>27%</b>
Kicking a ball about	 <b>29%</b>	<b>26%</b>
Playing tag or other running games	 <b>27%</b>	<b>19%</b>
Running	 <b>27%</b>	<b>24%</b>
Going on a walk	 <b>24%</b>	<b>19%</b>
Gym or fitness	 <b>18%</b>	<b>19%</b>
Cycling for fun or fitness	 <b>16%</b>	<b>12%</b>
Basketball	 <b>15%</b>	<b>13%</b>
Rugby	 <b>14%</b>	<b>9%</b>

## OUTSIDE SCHOOL

NATIONAL DATA  
FROM 2018/19

Walking for travel	 <b>43%</b>	<b>34%</b>
Going on a walk	 <b>35%</b>	<b>26%</b>
Football	 <b>35%</b>	<b>32%</b>
Kicking a ball about	 <b>33%</b>	<b>29%</b>
Playing tag or other running games	 <b>31%</b>	<b>20%</b>
Running	 <b>28%</b>	<b>26%</b>
Cycling for fun or fitness	 <b>26%</b>	<b>17%</b>
Gym or fitness	 <b>22%</b>	<b>22%</b>
Swimming	 <b>21%</b>	<b>12%</b>
Cycling for travel	 <b>18%</b>	<b>10%</b>

## HAVE YOU CONSIDERED?

**How do you involve your pupils in choosing the activities on offer?**

**Do you ask which activities they want to do more of?**

# ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY



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

National figures from 2018/19 for each measure are shown in brackets.

### CONFIDENCE

**34%**

**(32%)**

agreed strongly that they feel confident when exercising and playing sports

### COMPETENCE

**18%**

**(19%)**

agreed strongly that they find exercise and sports easy

## HAVE YOU CONSIDERED?

**What can be done to help improve confidence of pupils when exercising?**

### KNOWLEDGE

**40%**

**(38%)**

agreed strongly that they know how to get involved and improve their skills in lots of different exercise and sports

### UNDERSTANDING

**73%**

**(66%)**

agreed strongly that they feel that they understand why exercise and sports are good for them

### ENJOYMENT

**52%**

**(46%)**

agreed strongly that they enjoy taking part in exercise and sports

# THREE INDICATORS OF WELLBEING

Mean scores from answers given on a scale of 0-10, where 0 is low and 10 is high. National figures from 2018/19 for each measure are shown in brackets.

## FEELINGS OF HAPPINESS



*How happy did you feel yesterday?"*

6.4



(6.4)

Boys	6.8
Girls	6.4

## LIFE SATISFACTION



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

6.6



(6.5)

Boys	7.1
Girls	6.6

## WORTHWHILE



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

6.9



(6.6)

Boys	7.2
Girls	7.0

## HAVE YOU CONSIDERED?

How could PE and sport help increase the overall wellbeing of your pupils?

National figures from 2018/19 for each measure are shown in brackets.

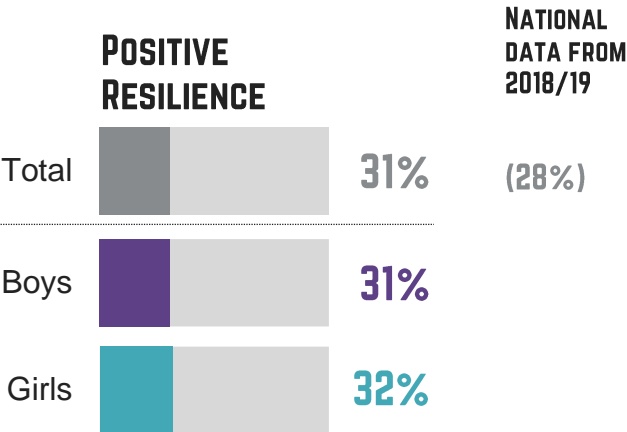
## RESILIENCE

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 agreed strongly have **positive levels of resilience**



## HAVE YOU CONSIDERED?

How could PE and sport help you to improve your pupils' social trust?

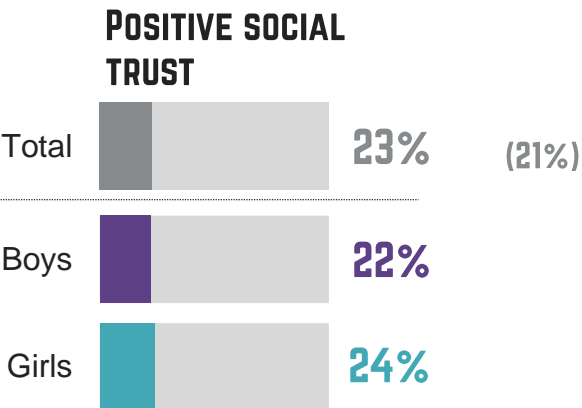
## TRUST

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 have **positive levels of social trust**





# HEALTHY EATING

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 (National figures from 2018/19 in brackets)

Pupils encouraged to support catering staff (6%)

School grows food for on-site school meals (7%) ✓

Professional development for teachers on food (12%)

Healthy eating is a curriculum priority (77%) ✓

Provide extra-curricular cooking clubs (30%) ✓

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 (National figures from 2018/19 in brackets)

Contractual or annual assurance from caterer or local authority (49%) ✓

Part of an award or accreditation scheme (22%)

Training for catering staff (45%) ✓

Oversight from nominated school governor (11%)

Complies to food standards throughout the day (36%) ✓

Banned unhealthy items from packed lunches (18%) ✓

The school indicated that they provide the majority of the options presented

## 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. <https://www.sportengland.org/>

## BRAUNTON ACADEMY

[www.activedevon.org/contact-us/](http://www.activedevon.org/contact-us/)

### SURVEY TIMINGS

Fieldwork for the survey took place between 6th January to 20th March 2020.

### SAMPLE

**584** pupils from 5 classes completed the survey:

- 153** Pupils from **Year 7**,
- 162** Pupils from **Year 8**,
- 136** Pupils from **Year 9**,
- 132** Pupils from **Year 10**,
- 1** Pupils from **Year 11**,

### NATIONAL REPORT

The third national report by Sport England will be published in December 2020 and will be accessible via the Sport England website. That report will include data from the 2019/2020 academic year.

### 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 25 pupils answering the question overall or for the breakdown presented (e.g. boys and girls).

### NATIONAL DATA WITHIN THIS REPORT

On some pages national level data from the 2018/19 academic year is shown for reference. For your school these are national figures from Year 7-11 (base: 59,247). Go to <https://www.sportengland.org/media/14325/active-lives-children-survey-academic-year-18-19.pdf> to see the full National Report for 2018/19.

### 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.