

ACTIVE LIVES CHILDREN AND YOUNG PEOPLE SURVEY

ACADEMIC YEAR 2017/2018

BRAUNTON ACADEMY

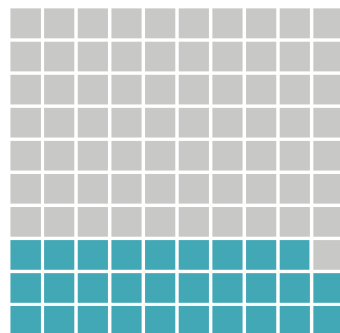
Version 2:

Issued November 2018

ACTIVITY LEVELS

(Moderate to vigorous intensity)

29%
ACTIVE
EVERY DAY



60+
MINUTES
ON
7 DAYS

ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY

98%

agree that they
enjoyed taking
part in exercise
and sports

99%

agree that they
understand why
exercise and
sports are good
for them

80%

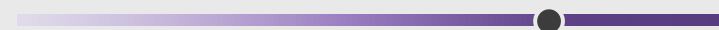
agree that they find
exercise and
sports easy

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 ...

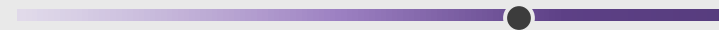
7.5

Happiness yesterday



7.0

Satisfaction with life nowadays



7.3

Things they do in their lives are **worthwhile**



0 1 2 3 4 5 6 7 8 9 10

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



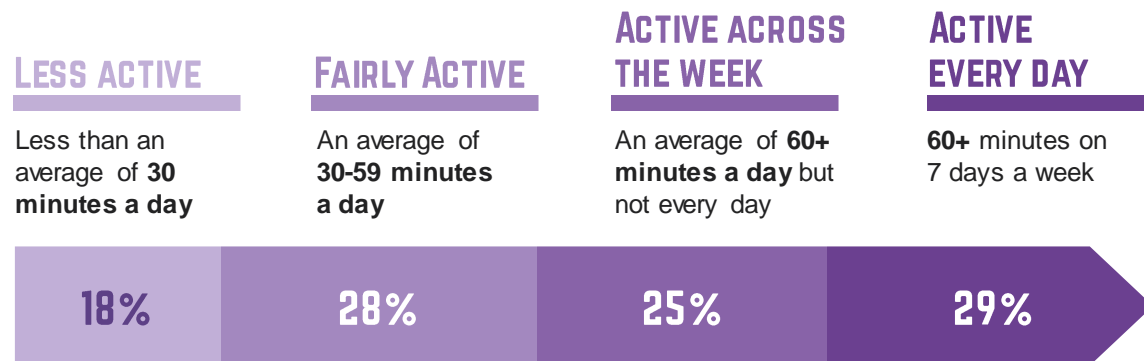
Activity outside
of school



■ 30+ minutes every day

LEVELS OF ACTIVITY

At Braunton Academy, **29%** of pupils 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.

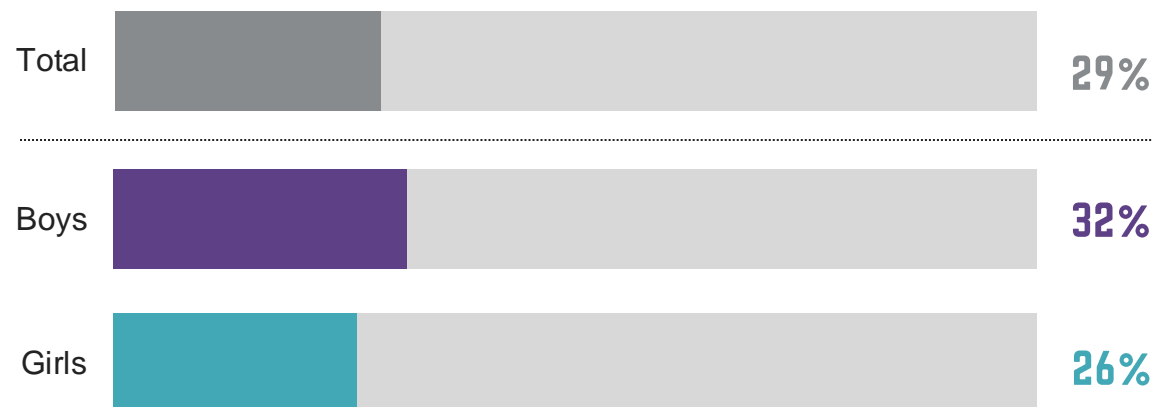


HAVE YOU CONSIDERED?

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

BOYS AND GIRLS

(% active every day)



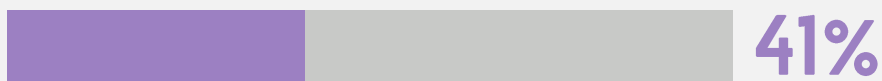
% that are active at your school (doing 60+ minutes of moderate to vigorous activity 7 days a week)

PARTICIPATION AT AND OUTSIDE OF SCHOOL

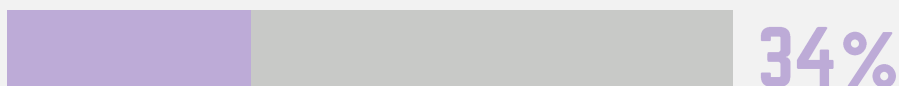
Government guidelines set out that pupils should get 30 minutes of their daily physical activity through the school day and 30 minutes outside of school.

% OF PUPILS DOING 30 MINUTES OF MODERATE TO VIGOROUS ACTIVITY EVERY DAY

At school



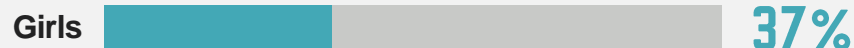
Outside school



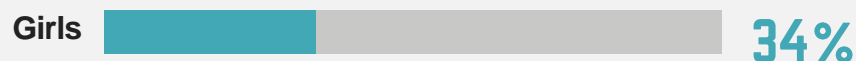
ACTIVITY LEVELS AT AND OUTSIDE OF SCHOOL FOR BOYS AND GIRLS

(30 minutes of moderate to vigorous activity every day)

At school



Outside school



HOW MUCH TIME IS SPENT DOING PE EACH WEEK?

NO INFORMATION ON

minutes

per pupil at your school

HAVE YOU CONSIDERED?

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

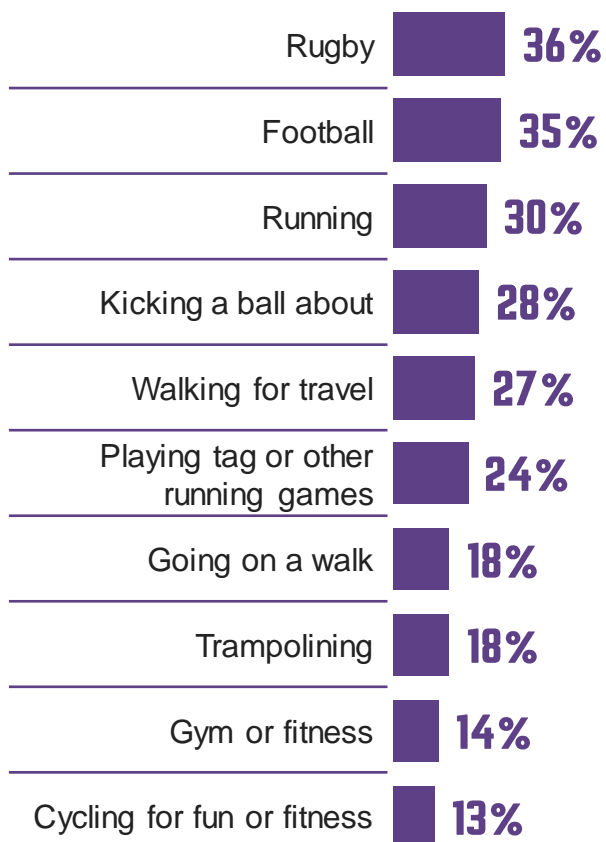
PUPILS DOING BOTH 30 MINUTES AT SCHOOL AND 30 MINUTES OUTSIDE SCHOOL EVERY DAY

22%

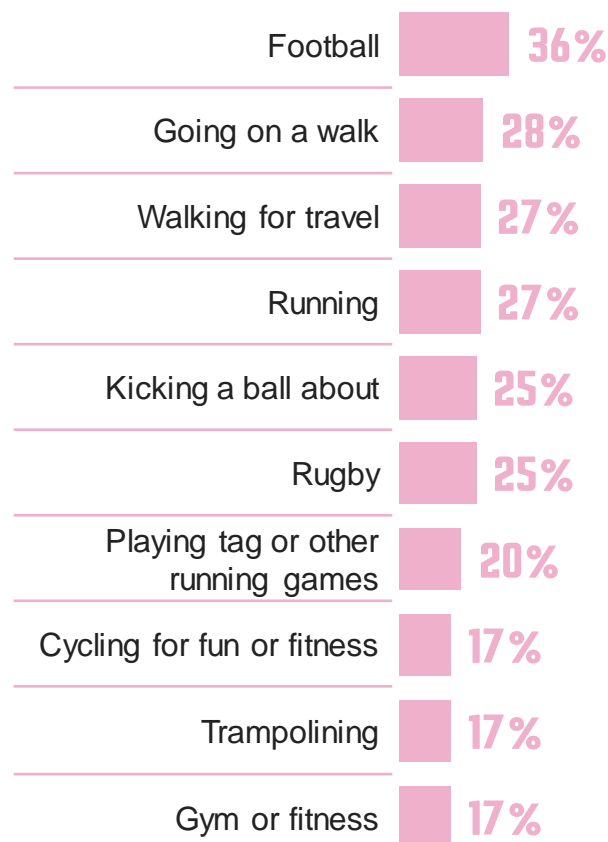
ACTIVITY BREAKDOWN

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



OUTSIDE SCHOOL



HAVE YOU CONSIDERED?

Have pupils expressed 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**

CONFIDENCE

89%

feel confident when
exercising and
playing sports

PHYSICAL COMPETENCE

80%

find exercise and sports
easy

HAVE YOU CONSIDERED?

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

KNOWLEDGE

95%

know how to get involved
and improve their skills in
lots of different exercise and
sports

UNDERSTANDING

99%

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

MOTIVATION

98%

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

FEELINGS OF HAPPINESS



*How happy did you
feel yesterday?"*

7.5



Boys **8.2**

Girls **6.8**

LIFE SATISFACTION



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

7.0



Boys **7.5**

Girls **6.6**

WORTHWHILE



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

7.3



Boys **8.0**

Girls **6.7**

HAVE YOU CONSIDERED?

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

RESILIENCE

Overall and for boys and girls at your school

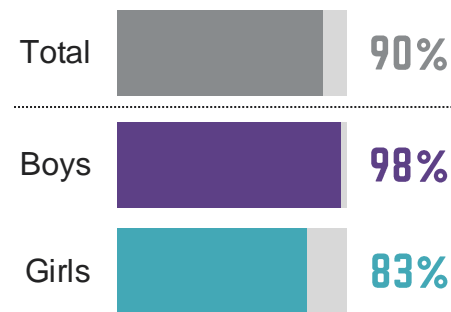
Pupils were asked how much they agree with the statement:



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



HAVE YOU CONSIDERED?

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

TRUST

Overall and for boys and girls at your school

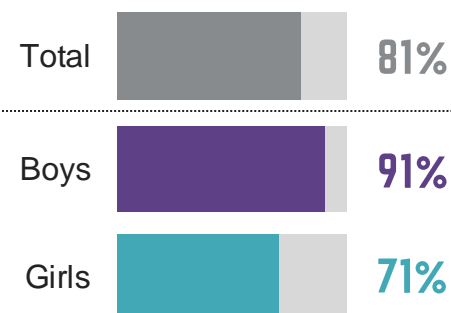
Pupils were asked:



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



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

SURVEY TIMINGS

Fieldwork for the survey took place between 4th September and 21st December 2017.

SAMPLE

83 pupils from **4** classes completed the survey:

27 Pupils from **Year 7**

1 Pupils from **Year 9**

34 Pupils from **Year 10**

21 Pupils from **Year 11**

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.

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 or for the breakdown presented (e.g. boys and girls).

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.

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 County Sports Partnership.

www.activedevon.org/contact-us/