

# ACTIVE LIVES CHILDREN AND YOUNG PEOPLE SURVEY

## ACADEMIC YEAR 2018/2019

**BRAUNTON ACADEMY**

Version 1:

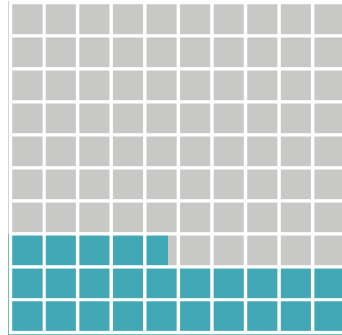
Issued November 2019

# RESULTS AT A GLANCE ...

## ACTIVITY LEVELS

(Moderate to vigorous intensity)

**25%**  
**ACTIVE**  
**EVERY DAY**



**60+  
MINUTES  
ON  
7 DAYS**

## ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY

**92%**

agree that they  
enjoyed taking  
part in exercise  
and sports

**98%**

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

**68%**

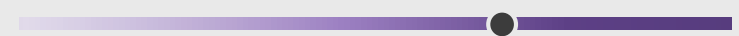
agree that they find  
exercise and  
sports easy

## 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 ...

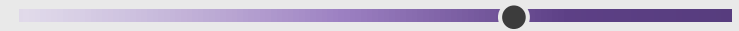
**6.8**

**Happiness** yesterday



**6.9**

**Satisfaction** with life nowadays



**7.1**

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 during the school day and 30 minutes outside school.

Activity at school



**35%**

Activity outside  
of school

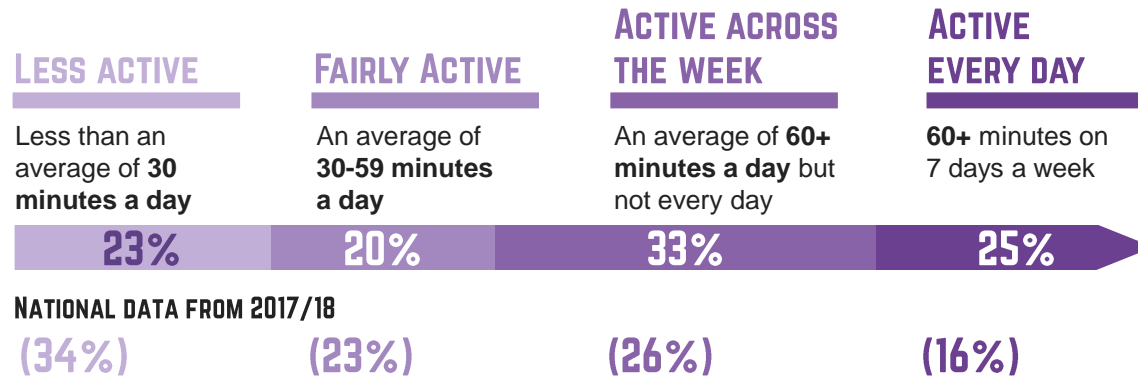


**27%**

■ 30+ minutes every day

# LEVELS OF ACTIVITY

At Branton Academy, **25%** 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. National figures from 2017/18 for each measure are shown in brackets.



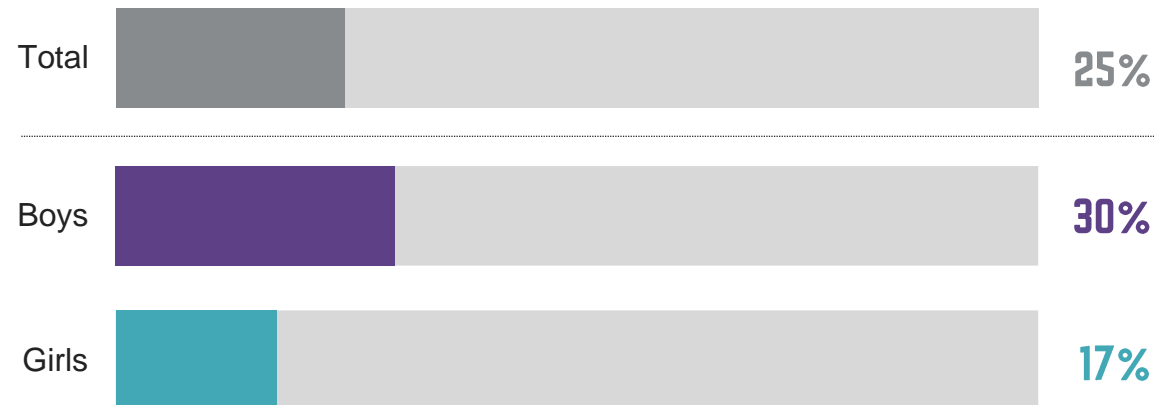
## HAVE YOU CONSIDERED?

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

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

### BOYS AND GIRLS

(% active every day)



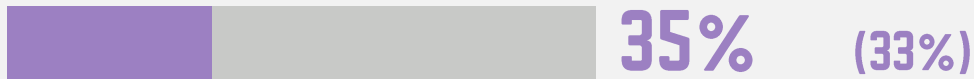
# PARTICIPATION AT AND OUTSIDE SCHOOL

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 2017/18 for each measure are shown in brackets.

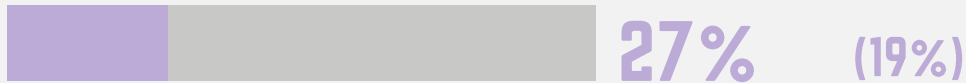
## % OF PUPILS DOING 30 MINUTES OF MODERATE TO VIGOROUS ACTIVITY EVERY DAY

NATIONAL DATA  
FROM 2017/18

At school



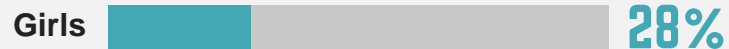
Outside school



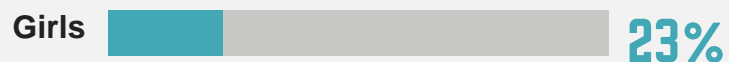
## ACTIVITY LEVELS AT AND OUTSIDE SCHOOL FOR BOYS AND GIRLS

(30 minutes of moderate to vigorous activity every day)

At school



Outside school



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

**100**

minutes

per pupil at your school

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

**17%**

## 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 2017/18 for these activities are also shown.











## AT SCHOOL

NATIONAL DATA  
FROM 2017/18

Running	 <b>37%</b>	<b>23%</b>
Field athletics	 <b>29%</b>	<b>7%</b>
Kicking a ball about	 <b>29%</b>	<b>23%</b>
Football	 <b>23%</b>	<b>30%</b>
Playing tag or other running games	 <b>22%</b>	<b>17%</b>
Cycling for fun or fitness	 <b>21%</b>	<b>12%</b>
Walking for travel	 <b>18%</b>	<b>22%</b>
Trampolining	 <b>17%</b>	<b>12%</b>
Going on a walk	 <b>16%</b>	<b>17%</b>
Rounders	 <b>16%</b>	<b>7%</b>

## OUTSIDE SCHOOL

NATIONAL DATA  
FROM 2017/18

Running	 <b>37%</b>	<b>24%</b>
Kicking a ball about	 <b>36%</b>	<b>24%</b>
Cycling for fun or fitness	 <b>35%</b>	<b>16%</b>
Trampolining	 <b>32%</b>	<b>16%</b>
Football	 <b>32%</b>	<b>30%</b>
Playing tag or other running games	 <b>29%</b>	<b>17%</b>
Going on a walk	 <b>26%</b>	<b>21%</b>
Walking for travel	 <b>26%</b>	<b>26%</b>
Gym or fitness	 <b>22%</b>	<b>21%</b>
Swimming	 <b>21%</b>	<b>12%</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 2017/18 for each measure are shown in brackets.

### CONFIDENCE

**79%**

**(81%)**

feel confident when exercising and playing sports

### PHYSICAL COMPETENCE

**68%**

**(71%)**

find exercise and sports easy

## HAVE YOU CONSIDERED?

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

### KNOWLEDGE

**93%**

**(91%)**

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

### UNDERSTANDING

**98%**

**(98%)**

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

### MOTIVATION

**92%**

**(90%)**

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 2017/18 for each measure are shown in brackets.

## FEELINGS OF HAPPINESS



*How happy did you feel yesterday?"*

**6.8**



**(6.5)**

Boys	<b>7.0</b>
Girls	<b>6.8</b>

## LIFE SATISFACTION



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

**6.9**



**(6.6)**

Boys	<b>7.2</b>
Girls	<b>6.8</b>

## WORTHWHILE



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

**7.1**



**(6.7)**

Boys	<b>7.3</b>
Girls	<b>7.1</b>

## HAVE YOU CONSIDERED?

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

# RESILIENCE AND TRUST

National figures from 2017/18 for each measure are shown in brackets.

## RESILIENCE

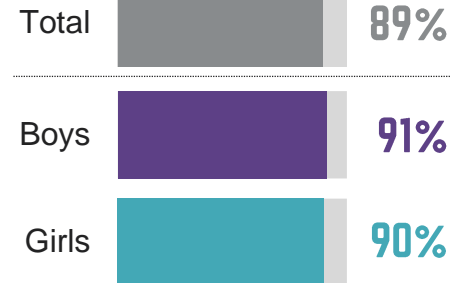
Pupils were asked how much they agree with the statement:



***If I find something difficult, I keep trying until I can do it"***

Those who agree or strongly agree have **positive self efficacy**

### POSITIVE PERCEIVED SELF EFFICACY



NATIONAL  
DATA FROM  
2017/18

(86%)

## 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, or trust them a bit have **positive levels of social trust**

### POSITIVE PERCEIVED SOCIAL TRUST



(77%)



# 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

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 extra-curricular cooking clubs

The school indicated that they provide some 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 none 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 15th April to 29th July 2019.

### SAMPLE

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

- 151** Pupils from **Year 7,**
- 132** Pupils from **Year 8,**
- 137** Pupils from **Year 9,**
- 98** Pupils from **Year 10,**

### NATIONAL REPORT

The second 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.

### 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).

### NATIONAL DATA WITHIN THIS REPORT

On some pages national level data from the 2017/18 academic year is shown for reference. In your school these are national figures from Year 7-11 (base: 52,855). Go to <https://www.sportengland.org/media/13698/active-lives-children-survey-academic-year-17-18.pdf> to see the full National Report for 2017/18.

### 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.