

# ACTIVE LIVES: CHILDREN AND YOUNG PEOPLE SURVEY

## ACADEMIC YEAR 2017/2018

CHARLESTOWN  
PRIMARY SCHOOL

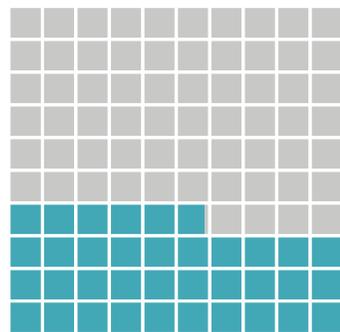
Issued July 2018

## ACTIVITY LEVELS

(Moderate to vigorous intensity)

# 36%

## 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

# 94%

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 statement asking about ...

Happiness yesterday

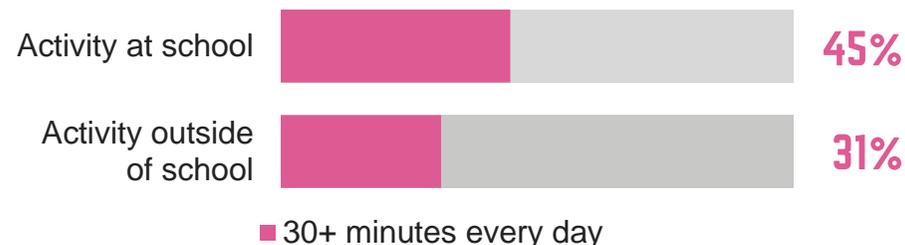
# 7.5



## 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

At Charlestown Primary School, **36%** 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.

## 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



# 72%

are doing vigorous activity at least 3 days a week.

## 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)

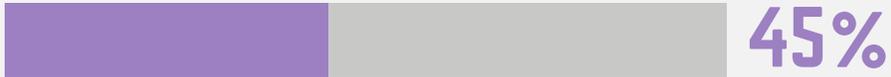
**THERE IS NO DATA AVAILABLE FOR THIS METRIC**

# 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)

THERE IS NO DATA AVAILABLE FOR THIS METRIC

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

140

minutes

per pupil at your school

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

21%

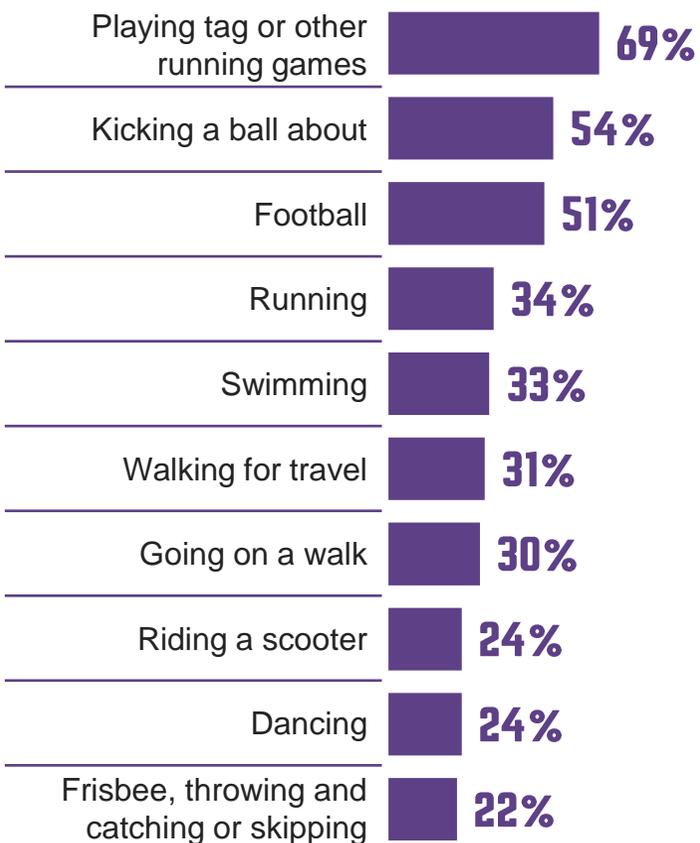
## HAVE YOU CONSIDERED?

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

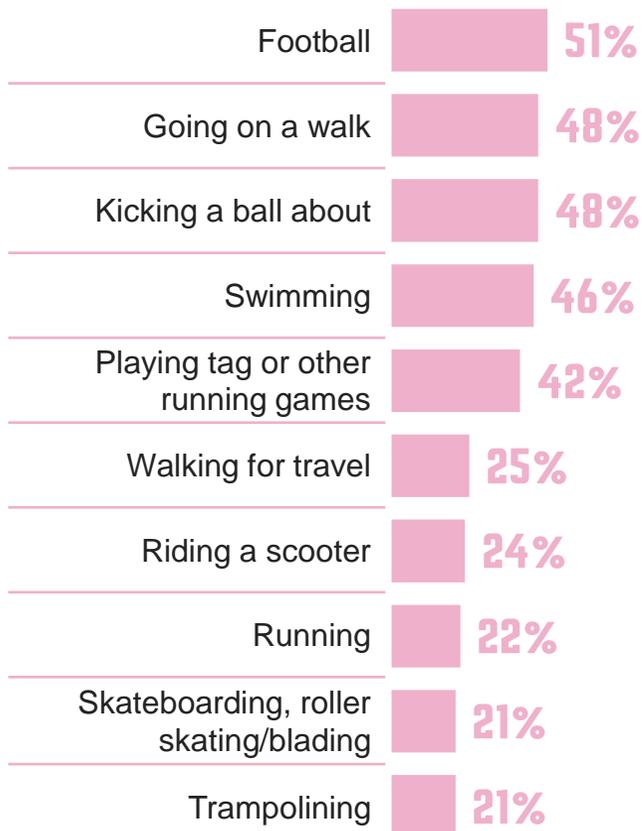
# ACTIVITY BREAKDOWN

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.

## AT SCHOOL



## OUTSIDE SCHOOL



## HAVE YOU CONSIDERED?

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

## YEARS 3-6 ONLY

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

### CONFIDENCE

**86%**

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?**

## YEARS 1-2 ONLY

**THERE IS NO DATA  
AVAILABLE**

### UNDERSTANDING

**94%**

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

### MOTIVATION

**92%**

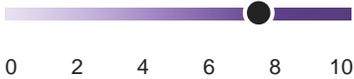
enjoy taking part in exercise  
and sports

## FEELINGS OF HAPPINESS



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

7.5



Mean 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)*

**THERE IS NO DATA AVAILABLE FOR THIS METRIC**

## 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

Total 94%

## 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

Total 83%

## HAVE YOU CONSIDERED?

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

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



% 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.



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

Year 3, Year 4, Year 5, Year 6.

Each pupil had **10-19** sessions each year

## HAVE YOU CONSIDERED?

What could the school do to support pupils to meet the National Curriculum swimming requirements?

# 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/>

## CHARLESTOWN PRIMARY SCHOOL

### SURVEY TIMINGS

Fieldwork for the survey took place between 2nd January and 6th April 2018.

### SAMPLE

70 pupils from 3 classes completed the survey:

12 Pupils from Year 2

27 Pupils from Year 4

31 Pupils from Year 6

9 parents completed the survey.

### 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 or parents 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.

### ATTITUDES AND WELLBEING

For year 1-2 pupils the data on wellbeing and attitudes to sport has been provided by pupils, whilst the data on activity levels has 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.

[www.cornwallsportspartnership.co.uk/contact-us/csp-office](http://www.cornwallsportspartnership.co.uk/contact-us/csp-office)