

ACTIVE LIVES: CHILDREN AND YOUNG PEOPLE SURVEY

ACADEMIC YEAR 2017/2018

ELVEDEN COFE
PRIMARY ACADEMY

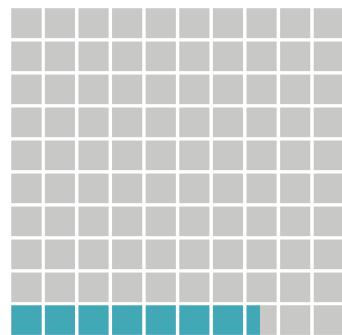
Issued July 2018

RESULTS AT A GLANCE ...

ACTIVITY LEVELS

(Moderate to vigorous intensity)

7%
ACTIVE
EVERY DAY



60+
MINUTES
ON
7 DAYS

ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY

100%

agree that they
enjoyed taking
part in exercise
and sports

97%

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

82%

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

8.3

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



11%

Activity outside
of school



15%

■ 30+ minutes every day

LEVELS OF ACTIVITY

At Elveden CofE Primary Academy, **7%** 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

37%

26%

30%

7%

43%

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)

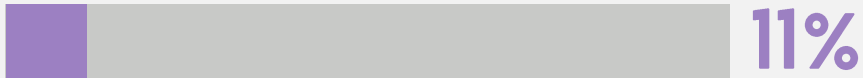
THERE IS NO DATA AVAILABLE FOR THIS METRIC

PARTICIPATION AT AND OUTSIDE OF SCHOOL

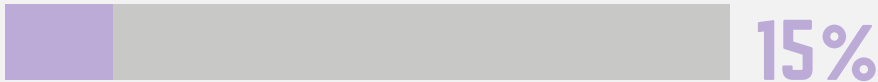
Government guidelines set out that pupils should get 30 minutes of their daily physical activity through the school day and 30 minutes outside of school.

% 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?

120

minutes

per pupil at your school

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

6%

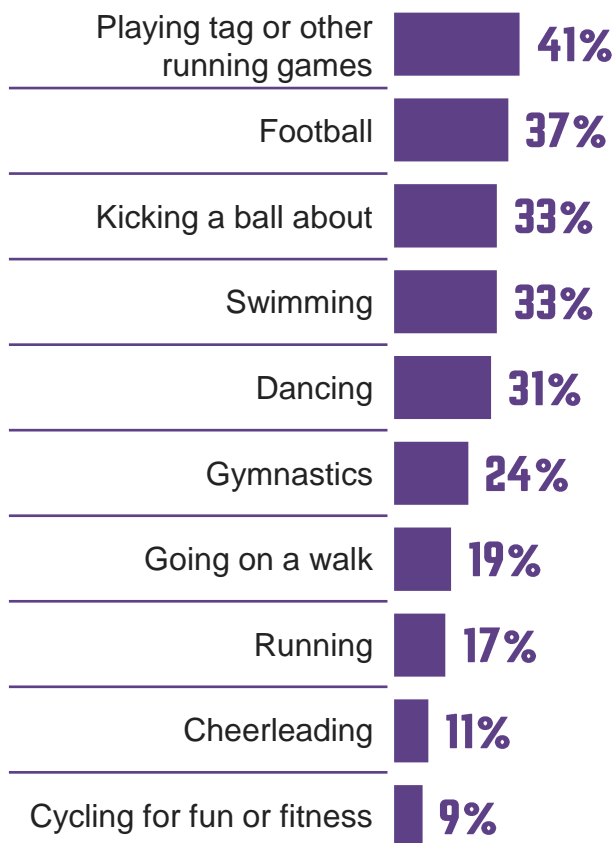
HAVE YOU CONSIDERED?

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

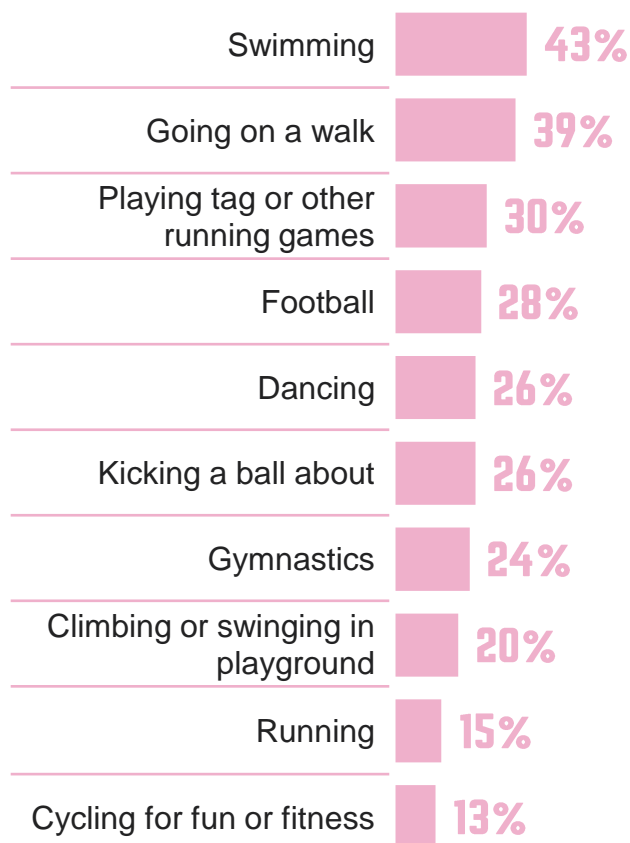
ACTIVITY BREAKDOWN

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?

ATTITUDES TOWARDS SPORT AND PHYSICAL ACTIVITY



YEARS 3-6 ONLY

PUPILS WERE ASKED
ABOUT THEIR ATTITUDES
TO SPORT AND PHYSICAL
ACTIVITY

CONFIDENCE

95%

feel confident when
exercising and
playing sports

PHYSICAL COMPETENCE

82%

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

97%

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

MOTIVATION

100%

enjoy taking part in exercise
and sports

FEELINGS OF HAPPINESS



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

8.3



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  97%

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

Total



69%

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

CONFIDENCE AND CAPABILITY

% of pupils who can tread water

Total



76%

% 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.

Total



59%

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/>

ELVEDEN COFE PRIMARY ACADEMY

SURVEY TIMINGS

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

SAMPLE

52 pupils from **6** classes completed the survey:

1 Pupils from **Year 1**

12 Pupils from **Year 2**

14 Pupils from **Year 3**

11 Pupils from **Year 4**

9 Pupils from **Year 5**

5 Pupils from **Year 6**

15 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.suffolksport.com/contact-us