

# ACTIVE LIVES CHILDREN AND YOUNG PEOPLE SURVEY

## ACADEMIC YEAR 2018/2019

**MELDRETH PRIMARY  
SCHOOL**

Version 1:

Issued November 2019

## ACTIVITY LEVELS

(Moderate to vigorous intensity)

**22%**  
**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

**100%**

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

**74%**

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

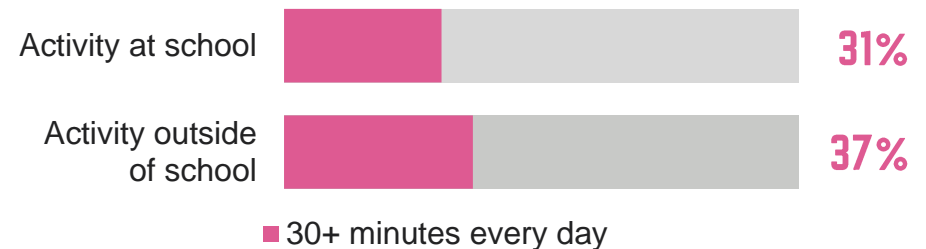
**8.0**



## LOCATION OF ACTIVITY

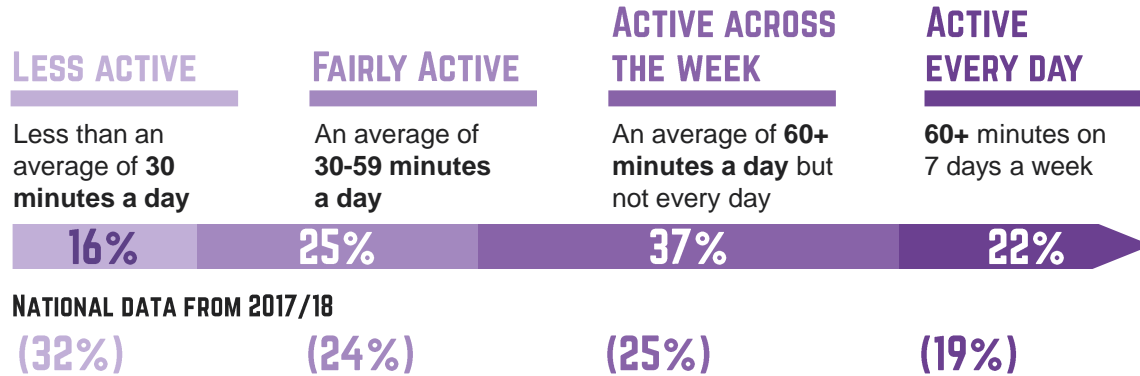
(30+ minutes moderate to vigorous activity every day)

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



# LEVELS OF ACTIVITY

At Meldreth Primary School, **22%** 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.



**85%**  
are doing vigorous activity at least 3 days a week.  
**(74%)**

**HAVE YOU CONSIDERED?**

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

## BOYS AND GIRLS

(% active every day)

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

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

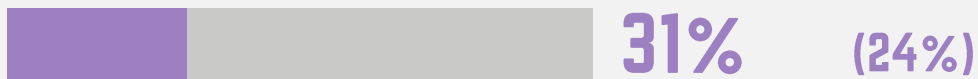
Active Lives Children and Young People Survey. Results from Meldreth Primary School. Sample of 72 from Year 1, Year 3, Year 5 and 8 parents of year 1-2 pupils. Any differences between groups may be down to the small sample sizes and may not be real differences.

# 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.

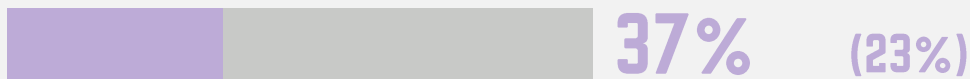
## % OF PUPILS DOING 30 MINUTES OF MODERATE TO VIGOROUS ACTIVITY EVERY DAY

At school



NATIONAL DATA FROM 2017/18

Outside school



## ACTIVITY LEVELS AT AND OUTSIDE 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

20%

## 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

Swimming	<b>63%</b>	20%
Playing tag or other running games	<b>55%</b>	50%
Kicking a ball about	<b>49%</b>	30%
Football	<b>45%</b>	32%
Running	<b>45%</b>	26%
Climbing or swinging in playground	<b>37%</b>	18%
Walking for travel	<b>33%</b>	31%
Going on a walk	<b>31%</b>	19%
Cycling for fun or fitness	<b>29%</b>	12%
Dancing	<b>29%</b>	23%

## OUTSIDE SCHOOL

NATIONAL DATA  
FROM 2017/18

Swimming	<b>53%</b>	33%
Playing tag or other running games	<b>51%</b>	41%
Football	<b>49%</b>	33%
Kicking a ball about	<b>47%</b>	33%
Trampolining	<b>45%</b>	24%
Walking for travel	<b>41%</b>	42%
Dancing	<b>41%</b>	31%
Running	<b>41%</b>	25%
Climbing or swinging in playground	<b>39%</b>	22%
Cycling for fun or fitness	<b>33%</b>	21%

## 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?

## YEARS 3-6 ONLY

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

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

### CONFIDENCE

**95%**  
(93%)

feel confident when exercising and playing sports

### PHYSICAL COMPETENCE

**74%**  
(74%)

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

**100%**  
(96%)

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

### MOTIVATION

**98%**  
(96%)

enjoy taking part in exercise and sports

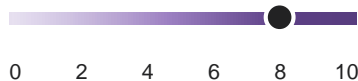
National figures from 2017/18 for each measure are shown in brackets.

## FEELINGS OF HAPPINESS



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

8.0



(7.8)

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)*



0%  
(4%)



7%  
(13%)



94%  
(83%)

## RESILIENCE

(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 95%

NATIONAL DATA FROM 2017/18

(94%)

## TRUST

(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 85%

(83%)

## HAVE YOU CONSIDERED?

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

# SWIMMING PROFICIENCY

All pupils should be able to do these things by the time they leave primary school.

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

## SWIMMING ABILITY

% of pupils who can swim 25m unaided

NATIONAL  
DATA FROM  
2017/18



## CONFIDENCE AND CAPABILITY

% of pupils who can tread water

NATIONAL  
DATA FROM  
2017/18



% 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 2018/19, the following year group had swimming lessons provided by your school:

Year 1, Year 2, Year 3, Year 4, Year 5, Year 6.

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

## HAVE YOU CONSIDERED?

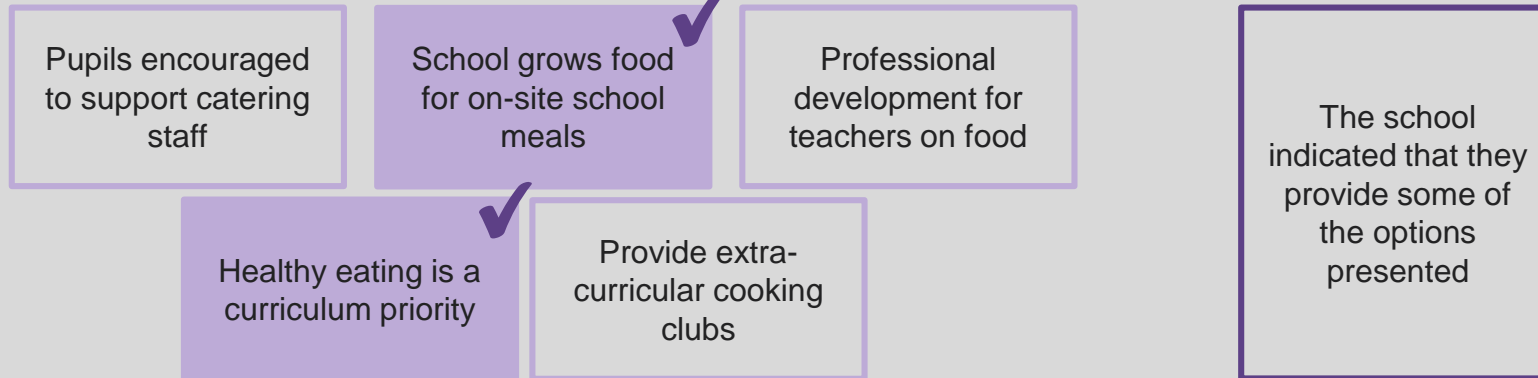
What could the school do to support pupils to meet the National Curriculum swimming requirements?



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.

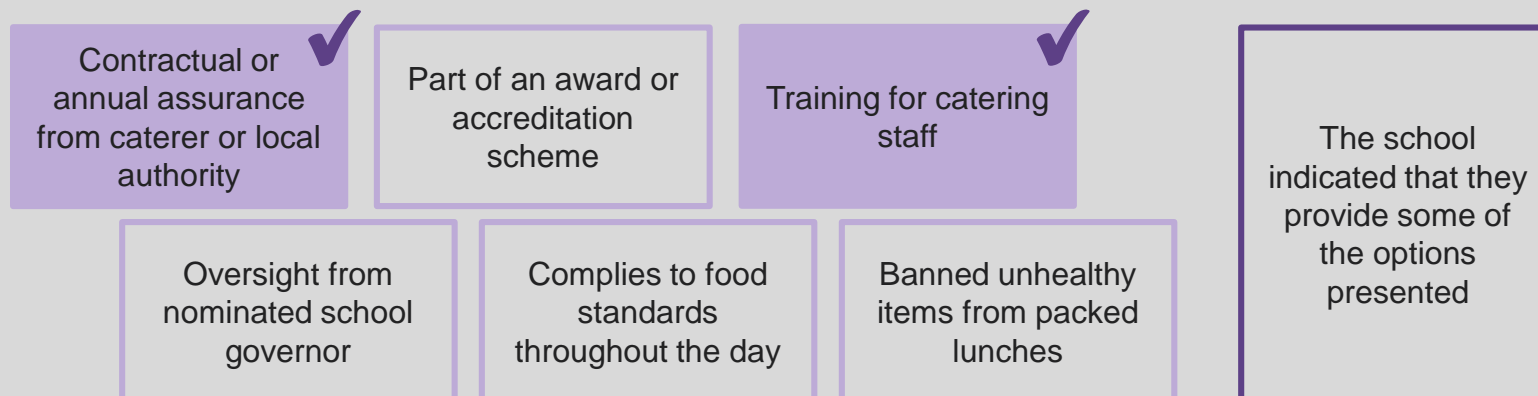
## PROVIDING FOOD EDUCATION FOR ALL PUPILS

Teachers were asked which of the following they have in place



## COMPLYING WITH SCHOOL FOOD STANDARDS

Teachers were asked which of the following they have in place



## 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/>

## Meldreth Primary School

[www.livingsport.co.uk/contact/](http://www.livingsport.co.uk/contact/)

### SURVEY TIMINGS

Fieldwork for the survey took place between 15th April to 29th July 2019.

### SAMPLE

72 pupils from 3 classes completed the survey:

31 Pupils from **Year 1,**

21 Pupils from **Year 3,**

20 Pupils from **Year 5,**

8 parents completed the survey.

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

### FURTHER INFORMATION

If you would like any further information about the results or survey, please contact your Active Partnership.

### 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 1-6 (base: 56,648). 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.

### 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.