

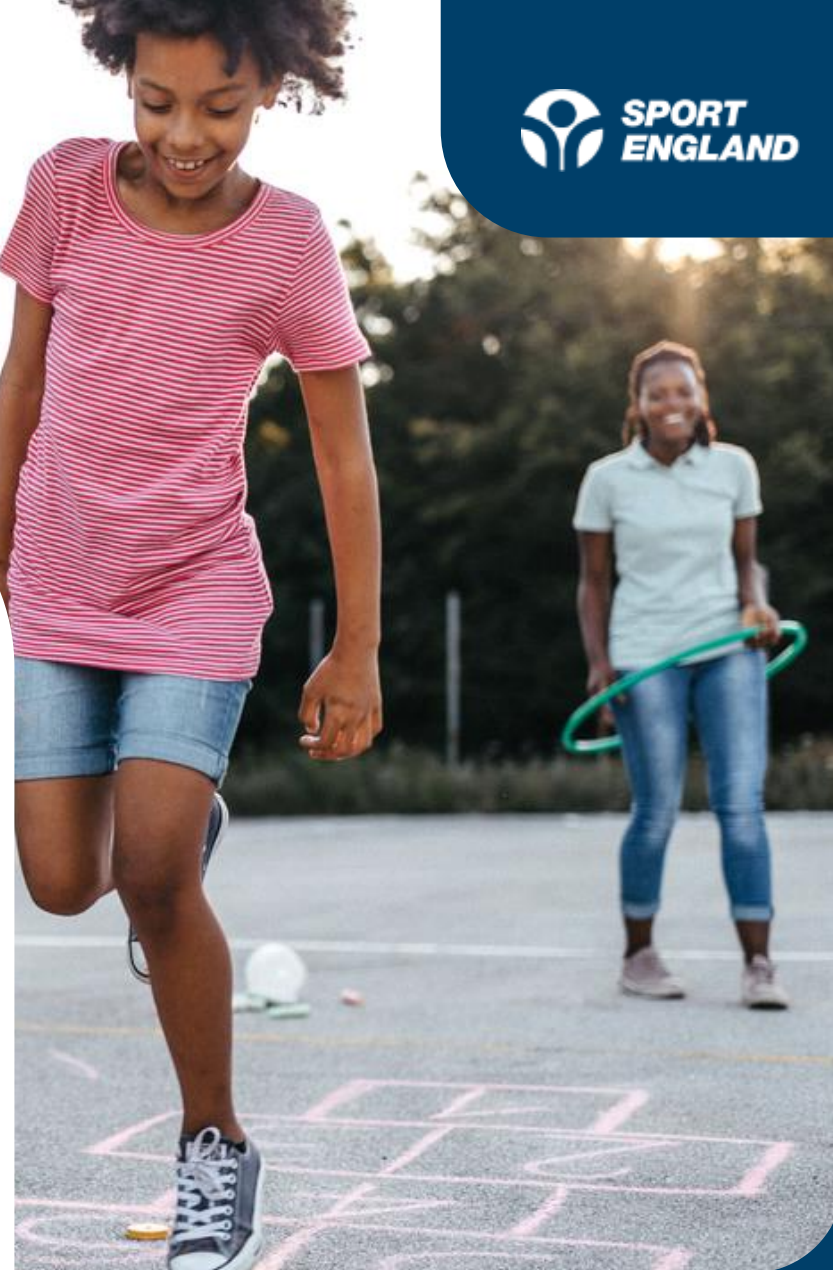
Active Lives Children and Young People Survey

Academic year 2023 to 2024
AUTUMN TERM

Countess Gytha Primary School

Version 1:

Issued March 2024



Results at a glance...

Activity levels

(Moderate to vigorous intensity)

30%

Active



average of
60+ minutes
a day across
the week

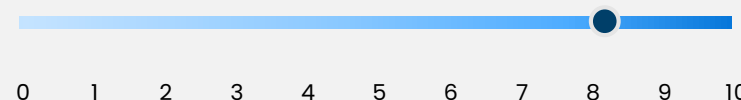
Wellbeing

Years 3 to 6 only

Mean scores from answers given on a scale of 0 to 10 where 0 is low and 10 is high levels of agreement with statements asking about...

8.2

Happiness yesterday



Attitudes towards sport and physical activity

Years 3 to 6 only

45%

agreed strongly that they enjoyed taking part in exercise and sports

71%

agreed strongly that they understand why exercise and sports are good for them

10%

agreed strongly that they find exercise and sports easy

Location of activity

(Average of 30+ minutes a day moderate to vigorous activity across the week)

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



■ Average of 30+ minutes a day across the week

Levels of activity



At Countess Gytha Primary School, **30%** of pupils do an average of **60+ minutes** a day of moderate to vigorous activity across the week, meeting the Chief Medical Officer’s guidelines for levels of physical activity amongst children and young people. National figures from 2022 to 2023 for each measure are shown in brackets.

Less active

Less than an average of **30 minutes a day** across the week

37%

Fairly Active

An average of **30 to 59 minutes a day** across the week

33%

Active

An average of **60+ minutes a day** across the week

30%

National data from 2022 to 2023

(30%)

(24%)

(46%)

Boys and girls
(% active)

% that are active at your school (an average of 60+ minutes a day of moderate to vigorous activity across the week)

There is no data available for this metric

Have you considered?

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

Are there any particular groups of pupils who need more support to be active?

Participation at and outside school



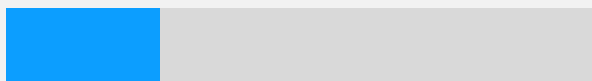
Government guidelines set out that pupils should get 30 minutes of their daily physical activity during the school day and 30 minutes outside school.

National figures from 2022 to 2023 for each measure are shown in brackets.

% of pupils doing an average of 30+ minutes a day of moderate to vigorous activity across the week

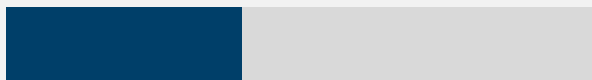
During school hours

National data
from 2022 to 2023



26% (39%)

Outside school hours



40% (56%)

Activity levels at and outside school for boys and girls

(Average of 30+ minutes a day of moderate to vigorous activity across the week)

**There is no data
available for this metric**

How much time is
spent doing PE
each week?

120
minutes

per pupil at your school

Active travel to school

Pupils who got to school
by active means
(by foot, bike or
scooter).

23% (58%)

Have you considered?

How can you
demonstrate the
positive impact of
activity levels on
whole school
improvement such
as attainment and
behaviour?

How can you
encourage more
pupils to be active
outside of school?

How can you
encourage more
pupils to travel by
foot, bike or scooter
to school?

Activity breakdown

The charts 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 2022 to 2023 for these activities are also shown in brackets.

During school hours		National data from 2022 to 2023	
Playing tag or other running games		49%	(48%)
Dancing		47%	(25%)
Gymnastics		33%	(13%)
Kicking a ball about		32%	(35%)
Football		32%	(35%)
Running		32%	(30%)
Walking for travel		28%	(39%)
Going on a walk		26%	(22%)
Climbing or swinging in playground		25%	(21%)
Swimming		25%	(20%)
Outside school hours		National data from 2022 to 2023	
Dancing		58%	(33%)
Going on a walk		44%	(35%)
Kicking a ball about		42%	(39%)
Playing tag or other running games		42%	(40%)
Walking for travel		37%	(50%)
Swimming		35%	(32%)
Gymnastics		33%	(15%)
Running		33%	(22%)
Trampolining		28%	(23%)
Football		28%	(37%)

Have you considered?

How do you involve your pupils in choosing the sport and physical activities on offer?

Do you ask which activities they want to do more or less of?

Is the range of activities sufficient to cater for as many pupils as possible?

Attitudes towards sport and physical activity



Pupils were asked about their attitudes to sport and physical activity

National figures from 2022 to 2023 for each measure are shown in brackets.

Years 3 to 6 only

Confidence

41%

(43%)

agreed strongly that they feel confident when exercising and playing sports

Competence

10%

(26%)

agreed strongly that they find exercise and sports easy

Have you considered?

What can be done to help improve confidence of pupils when taking part in PE, sport and physical activity?

Years 1 to 2 only

There is no data available for this metric

Understanding

71%

(67%)

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

Enjoyment

45%

(53%)

agreed strongly that they enjoy taking part in exercise and sports

Number of positive attitudes

Percentage strongly agreeing to 3 or more attitude statements



Wellbeing, Individual and Community Development



National figures from 2022 to 2023 for each measure are shown in brackets.

Feelings of happiness



How happy did you feel yesterday?

(years 3 to 6 only)

8.2



0 2 4 6 8 10

(7.4)

Mean scores from answers given on a scale of 0 to 10, where 0 is low and 10 is high



How do you feel today? (years 1 to 2 only)

There is no data available for this metric

Individual Development (years 3 to 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 agreed strongly have **positive levels of individual development.**

Trust (years 3 to 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 have **positive levels of social trust.**

Positive Individual Development

National data from 2022 to 2023

Total



57% (47%)

Positive Social Trust

Total



56% (28%)

Have you considered?

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

Swimming proficiency

National figures from 2022 to 2023 for each measure are shown in brackets.

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

National data from 2022 to 2023



Confidence and capability

% of pupils who can tread water

National data from 2022 to 2023



Have you considered?

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

Are there any groups of pupils who need more support to meet the National Curriculum swimming requirements?

In 2023 to 2024, the following year group(s) had swimming lessons provided by your school (or have them planned for later in the year):

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

Each pupil had **fewer than 10** sessions each year

% of pupils who can self-rescue

(years 3 to 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.



Healthy Schools Rating Scheme



The Department for Education's 'Healthy Schools Rating Scheme' is designed to recognise and encourage schools' contributions to supporting pupils' health and wellbeing. Your schools rating is assessed against your survey responses on food education, school food standards compliance, the amount of time children spend on PE each week, and participation in active travel schemes.

National figures from 2022 to 2023 are shown in brackets.

Providing food education for all pupils

Your school provides some of the options presented

- Pupils encouraged to support catering staff (7%)
- School grows food for on-site school meals (19%)
- Professional development for teachers on food (32%)
- ✓ Healthy eating is a curriculum priority (79%)
- Provide extra-curricular cooking clubs (20%)

Complying with School Food Standards

Your school provides the majority of the options presented

- ✓ At least annual assurance from caterers/ local authority (76%)
- ✓ Part of an award or accreditation scheme (34%)
- ✓ Training for catering staff (64%)
- Oversight from nominated school governor (13%)
- ✓ Complies with food standards throughout the day (50%)
- Banned unhealthy items from packed lunches (28%)

PE time

What is the **least** amount of time spent doing PE each week?

120 (110)
minutes

per pupil at your school

Active Travel Schemes

School monitors how pupils travel to school (69%)

- ✓ School promotes active travel to school (84%)

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.

Each term, a number of schools are randomly selected to take part in the survey, with the aim of getting just over 90,000 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/>

Countess Gytha Primary School

<https://www.sasp.co.uk/contact>

Survey timings

Fieldwork for the survey took place between 4th September and 22nd December 2023.

Sample

66 pupils from 4 classes completed the survey:

21 Pupils from Year 1,

15 Pupils from Year 3,

12 Pupils from Year 5,

18 Pupils from Year 6,

12 parents completed the survey.

National Data within this report

On some pages, national level data from the 2022 to 2023 academic year is shown for reference. For your school, these are national figures from Year 1-6 (base: 44,772). Go to www.sportengland.org/activeliveschildren23 to see the full National Report for 2022 to 2023

National report

The seventh national report by Sport England will be published in December 2024 and will be accessible via the Sport England website. That report will include data from the 2023 to 2024 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 (boys and girls), or no data available.

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.

Years 3 to 6 pupils are asked about four attitudes and years 7 to 11 are asked about five. For years 7 to 11, agreement with Knowledge and/or Understanding is counted as one agreement. This means the 'number of positive attitudes' is out of four.

Further information

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