

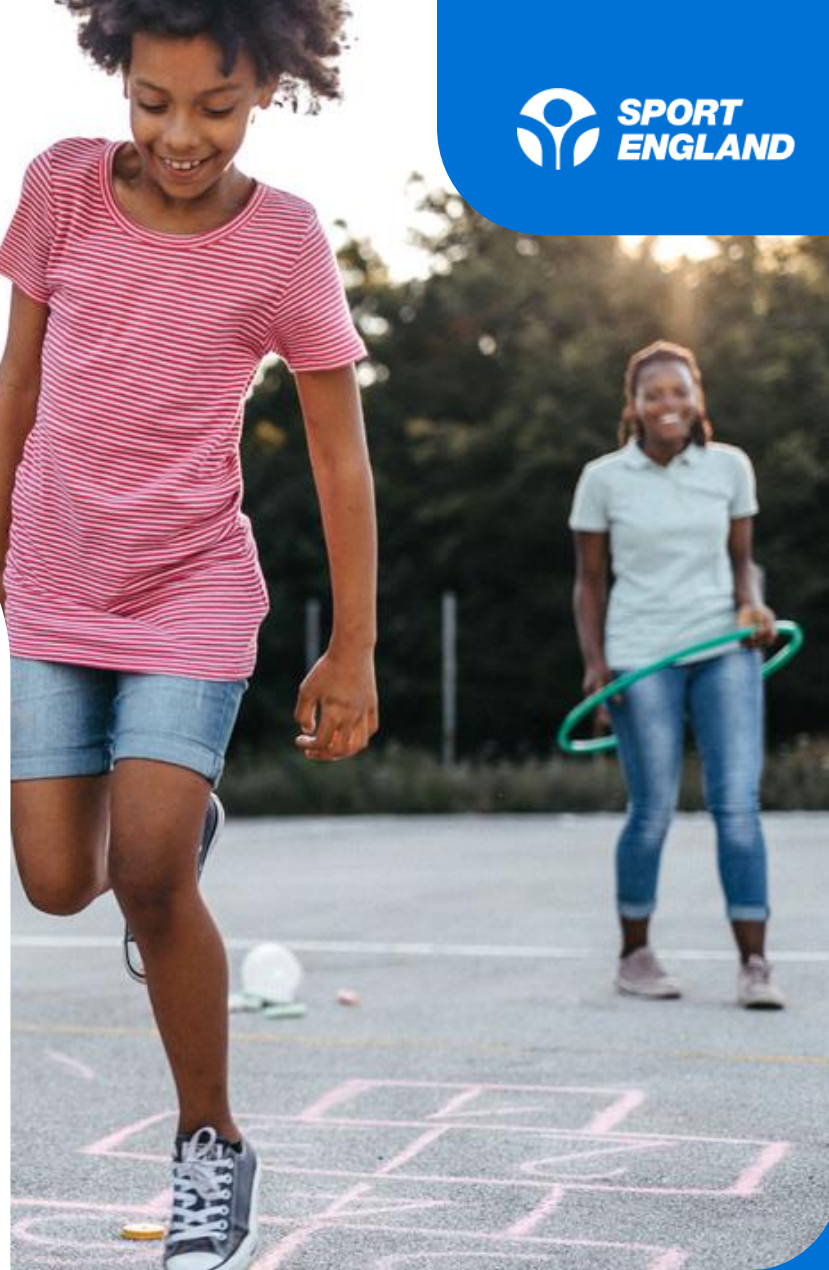
# Active Lives Children and Young People Survey

Academic year 2020/21  
SUMMER TERM

**Catshill Middle School**

**Version 1:**

**Issued September 2021**



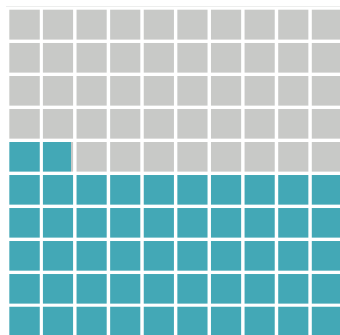
# Results at a glance...

## Activity levels

(Moderate to vigorous intensity)

# 52%

## Active



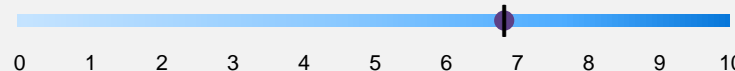
average of 60+ minutes a day across the week

## 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 ...

### Happiness yesterday

# 6.8



## Attitudes towards sport and physical activity

# 43%

agreed strongly that they enjoyed taking part in exercise and sports

# 62%

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

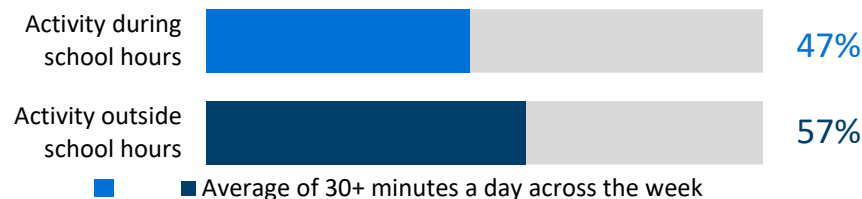
# 18%

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. During summer term 2021 activity during school hours was measured even if children were not attending school.



# Levels of activity

At Catshill Middle School, **52%** 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 2019/20 for each measure are shown in brackets.

## Less active

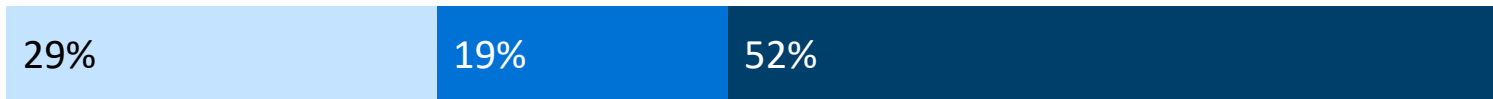
Less than an average of **30 minutes a day** across the week

## Fairly Active

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

## Active

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



National data from 2019/20

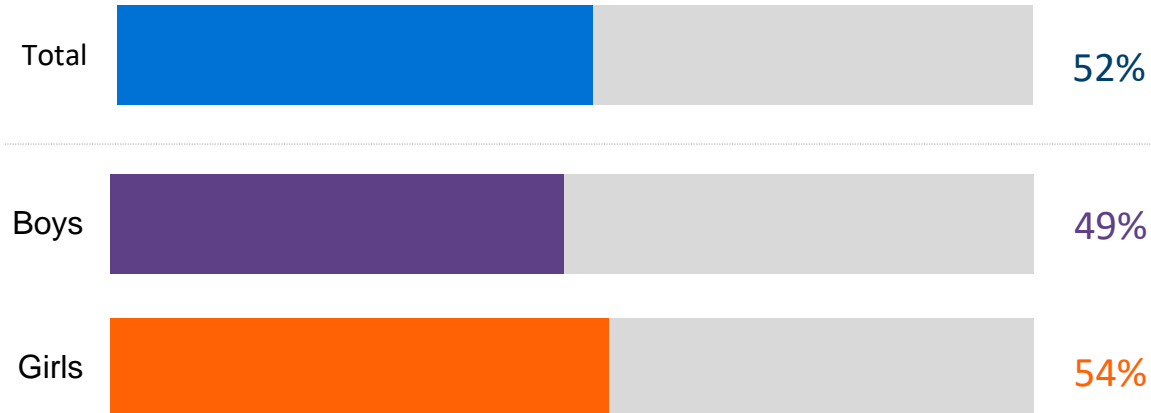
(31%)

(24%)

(45%)

## 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)

Have you considered?

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

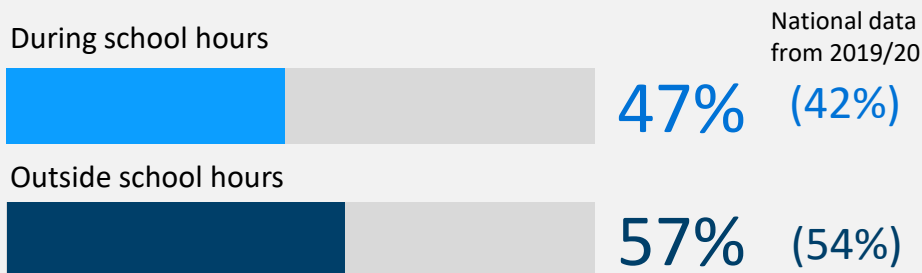
Are there any particular groups of pupils who need more support to be active?

# 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. During summer term 2021 activity during school hours was measured even if children were not attending school.

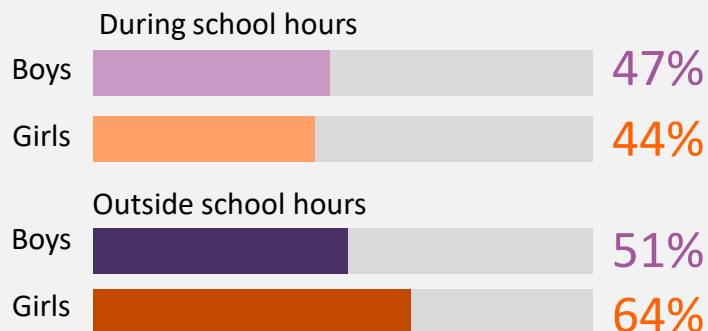
National figures from 2019/20 for each measure are shown in brackets.

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



## Activity levels at and outside school for boys and girls

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



How much time is spent doing PE each week?

**120**  
minutes

per pupil at your school

Pupils doing an average of 30+ minutes a day both during and outside school hours

**38%**

## Have you considered?

How can you demonstrate the positive impact of activity levels on pupils' attainment and achievement as a way to increase PE time?

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

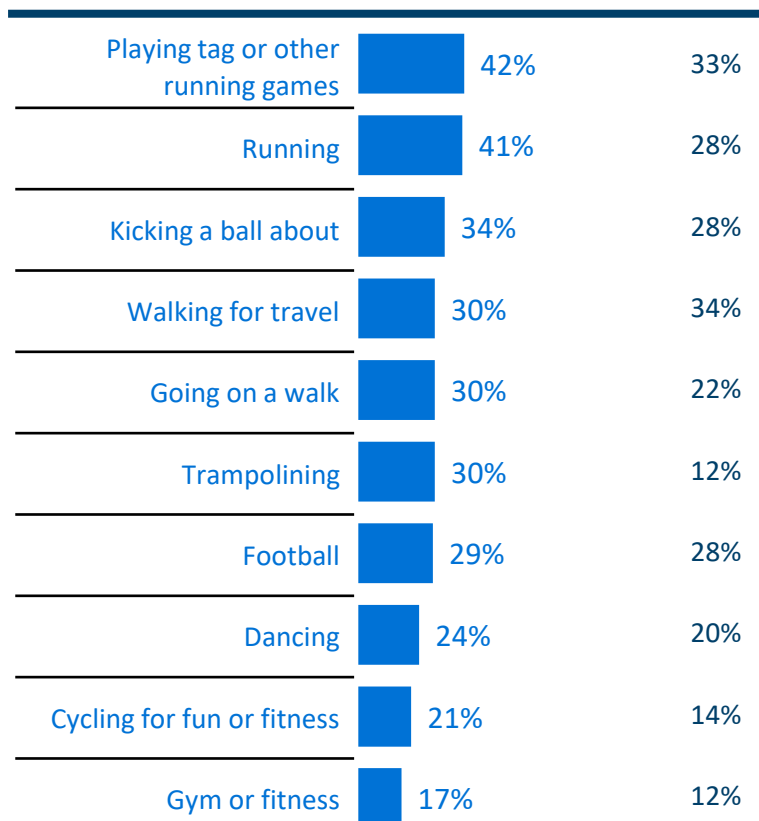
# Activity breakdown

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 2019/20 for these activities are also shown.

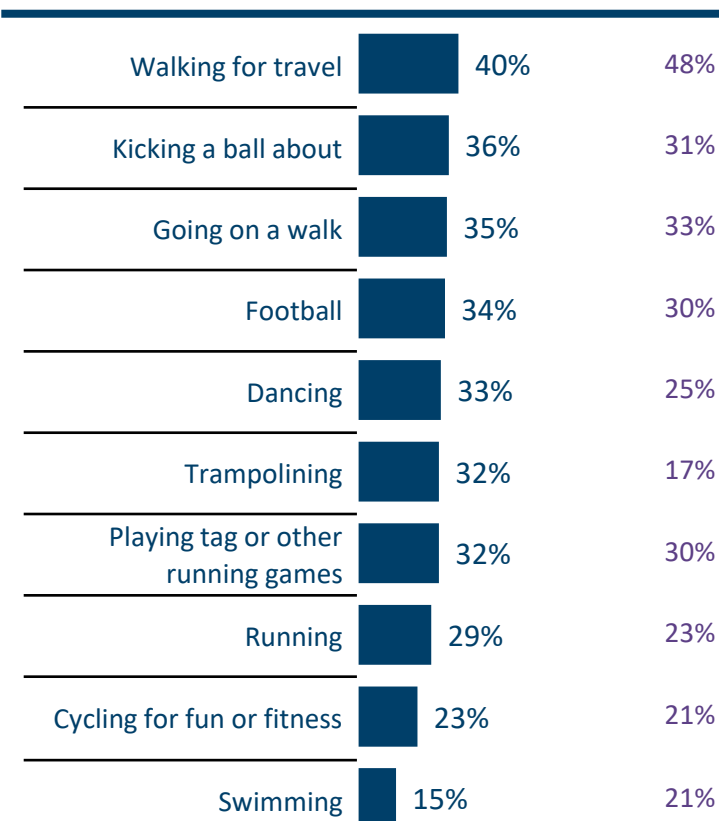
## During school hours

National data from 2019/20



## Outside school hours

National data from 2019/20



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 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 2019/20 for each measure are shown in brackets.

Years 5-7 only

Confidence

**40%**

(39%)

agreed strongly that they feel confident when exercising and playing sports

Competence

**18%**

(22%)

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 1-2 only

There is no data available

Understanding

**62%**

(68%)

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

Enjoyment

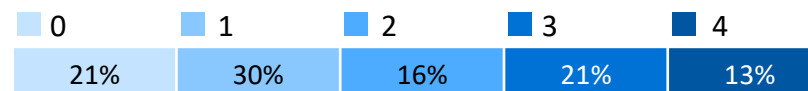
**43%**

(51%)

agreed strongly that they enjoy taking part in exercise and sports

Number of positive attitudes

Number of attitudes shown above for which pupil selected strongly agree



# Wellbeing, Resilience and Trust

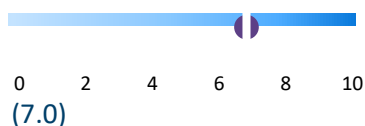
National figures from 2019/20 for each measure are shown in brackets.

## Feelings of happiness



How happy did you feel yesterday?  
(years 5-7 only)

6.8



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)

There is no data available for this metric

## Resilience (years 5-7 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 resilience**

## Trust (years 5-7 only)

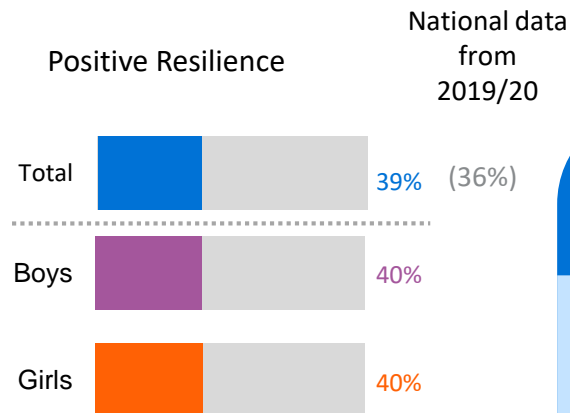
Pupils were asked:



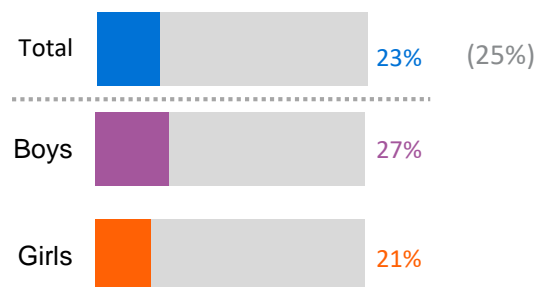
How much do you feel you can trust people who are a similar age to you?"

Those who answer trust them a lot have **positive levels of social trust**

### Positive Resilience



### Positive Social Trust



Have you considered?

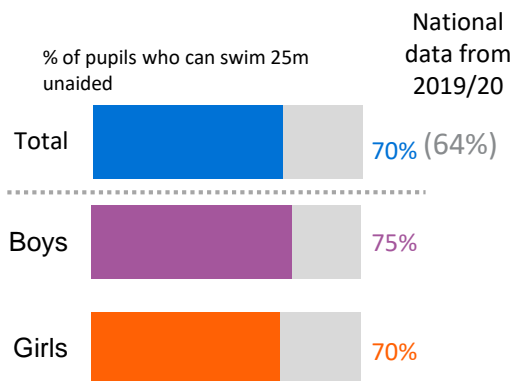
How could PE, sport and physical activity help you to improve your pupils' social trust?

# Swimming proficiency

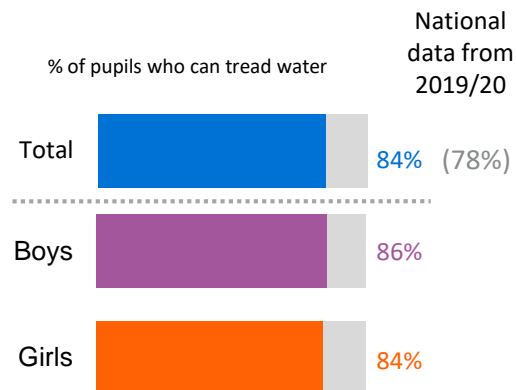
National figures from 2019/20 for each measure are shown in brackets.

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

## Swimming ability



## Confidence and capability



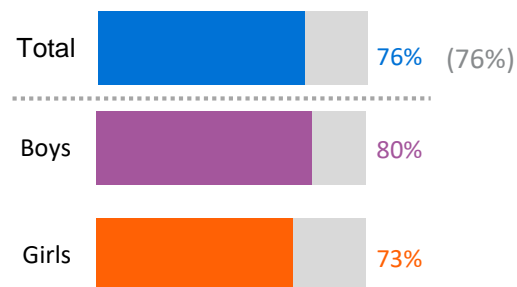
In 2020/21, the following year group(s) had swimming lessons provided by your school (or had planned this):

no information on years.

Each pupil had **unknown number of** sessions each year

## % of pupils who can self-rescue (years 5-7 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.



## Have you considered?

What could the 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?



# Comparison Data

You last completed the survey in Spring Term 2019. The comparison page(s) show how your current results compare with your previous results on some key measures.

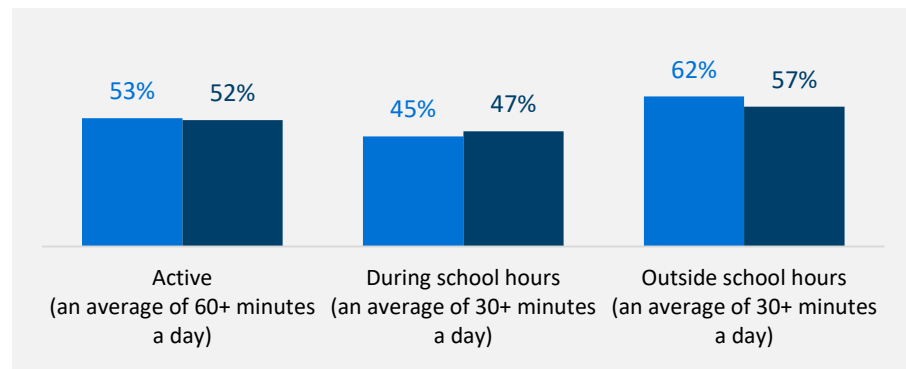
## Key points to note when reviewing this data:

- The term your school completed the survey may be different, so you need to **allow for seasonality** in comparing the results. Activity levels are generally highest in the summer term and lowest in the autumn term
- Previously classes from Year 5, Year 6, Year 7 completed the survey, this time classes from Year 5, Year 6, Year 7 completed the survey. Where year groups differ you may need to **allow for differences by age** in comparing the results.
- Sample of 209 pupils in Spring Term 2019.

## Activity levels

(Moderate to vigorous intensity)

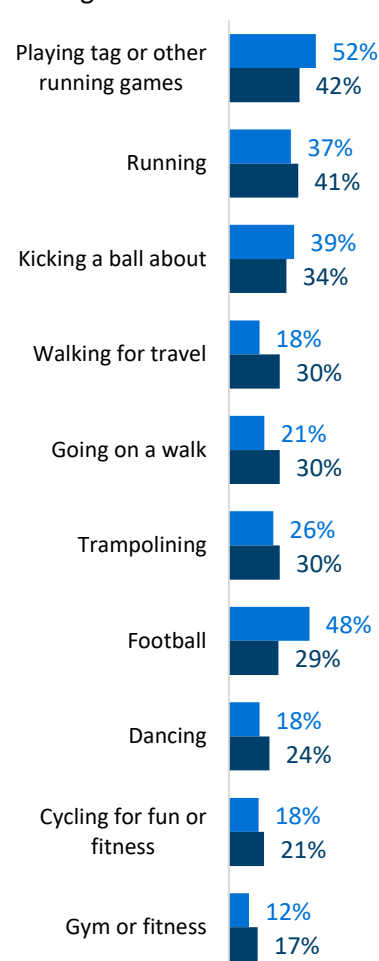
■ Spring Term 2019 ■ Summer Term 2021



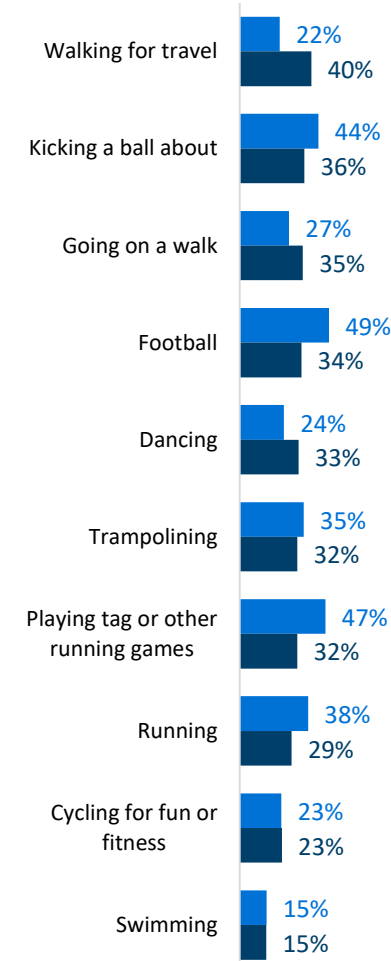
## Activity Breakdown

(Done in the last week, moderate to vigorous intensity)

During school hours



Outside school hours

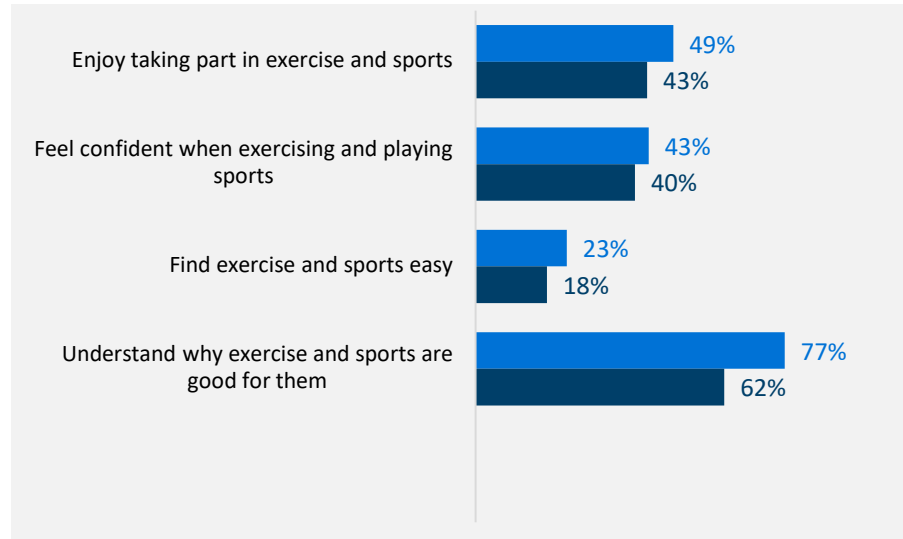


# Comparison Data

■ Spring Term 2019 ■ Summer Term 2021

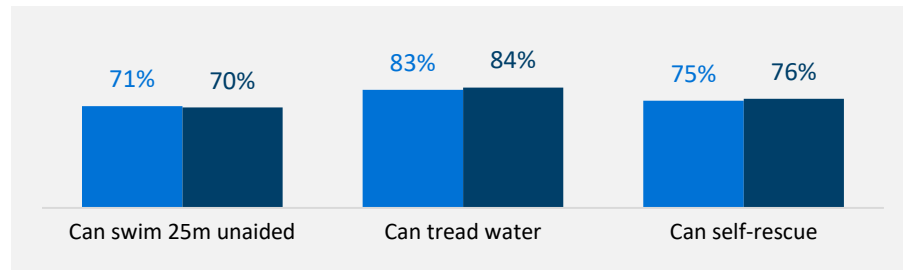
## Attitudes towards sport and physical activity

(Agreed strongly that they...)



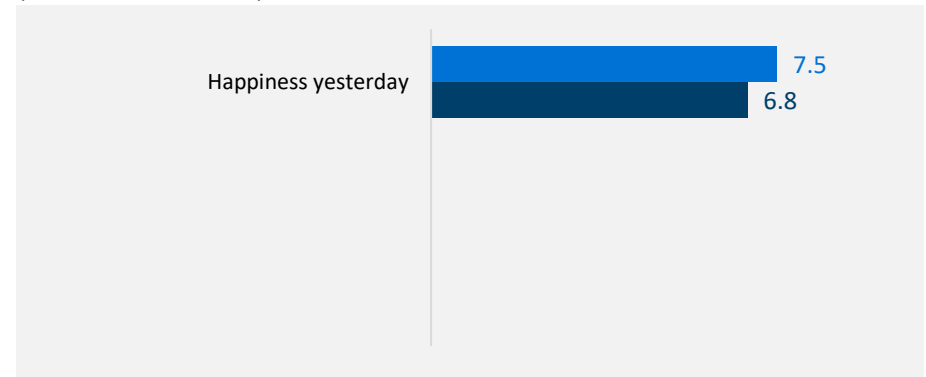
## Swimming Capability and Confidence

(Proportion that said yes)



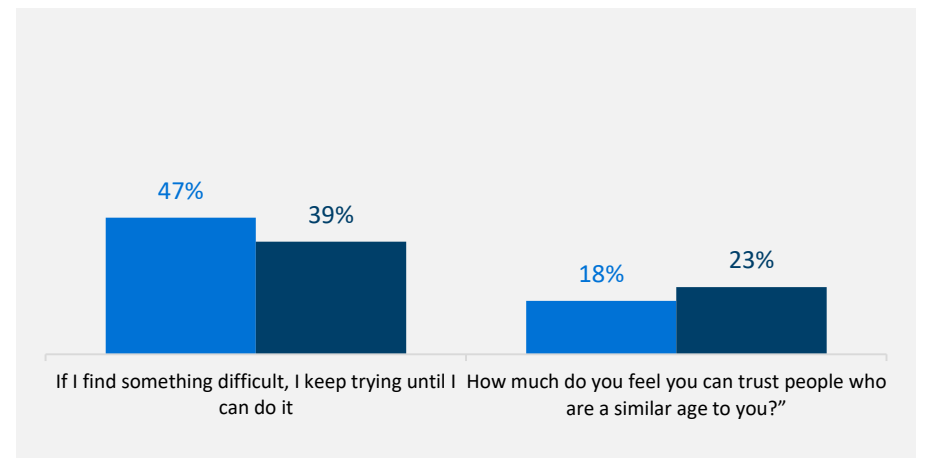
## Wellbeing

(Mean score out of 10)



## Individual and Community Development

(Proportion that strongly agreed / said a lot)



# 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  
(National figures from 2019/20 in brackets)

Pupils encouraged to support catering staff (10%)

School grows food for on-site school meals (18%)

Professional development for teachers on food (27%)

Healthy eating is a curriculum priority (79%)

Provide extra-curricular cooking clubs (30%)

The school indicated that they provide the majority of the options presented

## Complying with School Food Standards

Teachers were asked which of the following they have in place  
(National figures from 2019/20 in brackets)

Contractual or annual assurance from caterer or local authority (61%)

Part of an award or accreditation scheme (27%)

Training for catering staff (55%)

Oversight from nominated school governor (10%)

Complies to food standards throughout the day (43%)

Banned unhealthy items from packed lunches (22%)

The school indicated that they provide all 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/>

Catshill Middle School

<https://www.activehw.co.uk/contact-us>

## Survey timings

Fieldwork for the survey took place between 12th April and 23rd July 2021.

The questions were adapted to make them appropriate if children were not attending school because of COVID-19.

Pupils and teachers were asked about the current situation.

## Sample

**129** pupils from **3** classes completed the survey:

**66** Pupils from **Year 5,**

**40** Pupils from **Year 6,**

**23** Pupils from **Year 7,**

## National report

The fourth national report by Sport England will be published in December 2021 and will be accessible via the Sport England website. That report will include data from the 2020/21 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 25 pupils or parents 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 2019/20 academic year is shown for reference. For your school these are national figures from Year 1-11 (base: 89,303). Go to

<http://www.sportengland.org/activeliveschildren20> to see the full National Report for 2019/20.

## 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.