

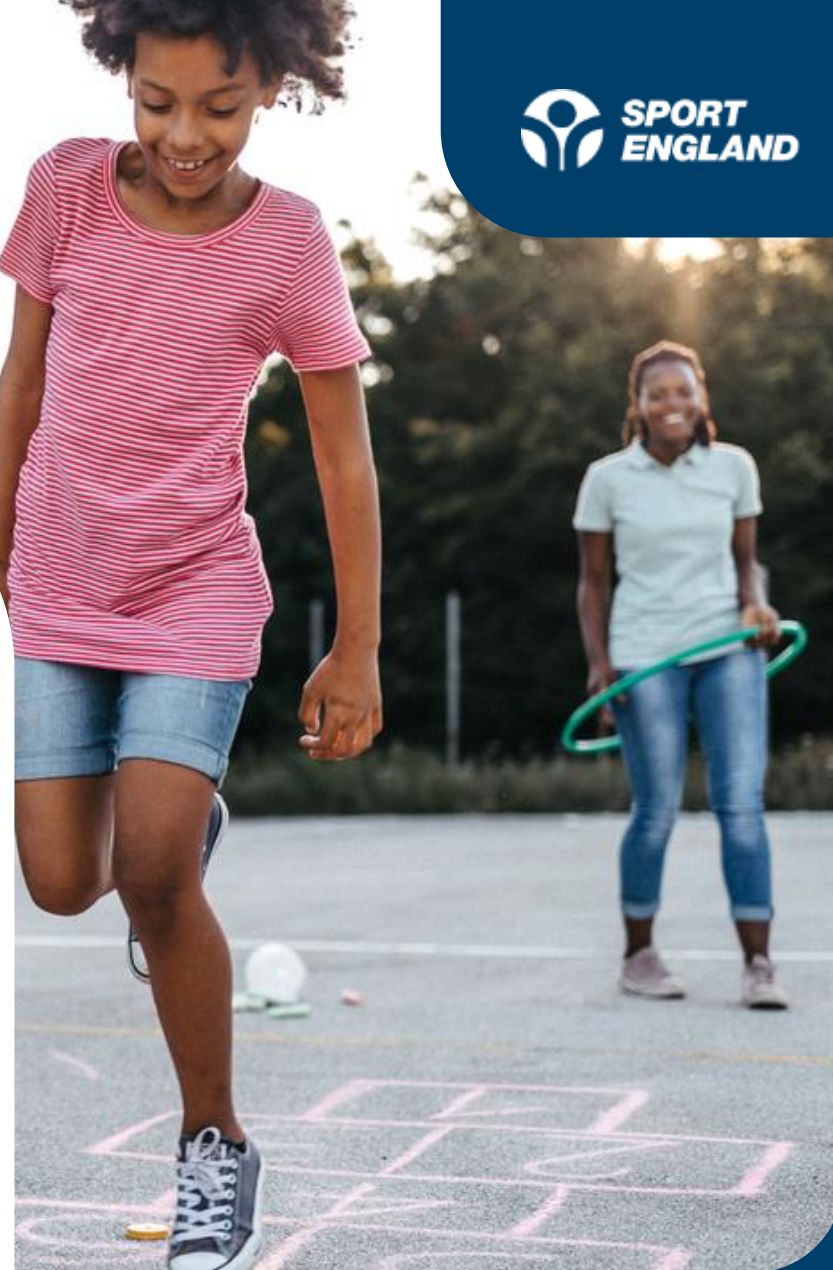
Active Lives Children and Young People Survey

Academic year 2022 to 2023
SUMMER TERM

South Hill Primary School

Version 1:

Issued September 2023



Results at a glance...

Activity levels

(Moderate to vigorous intensity)

61%

Active



average of
60+ minutes
a day across
the week

Attitudes towards sport and physical activity

Years 1 – 2 only

71%

love playing
sport

73%

love being
active

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

find sport easy

Wellbeing

How do you feel today?

Years 1 – 2 only



3%



25%



72%

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.



Levels of activity

At South Hill Primary School, **61%** 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 2021 to 2022 for each measure are shown in brackets.

Less active

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

14%

25%

Fairly Active

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

61%

Active

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

National data from 2021 to 2022

(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 2021 to 2022 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 2021 to 2022



Outside school hours



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).

68% (58%)

Have you considered?

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

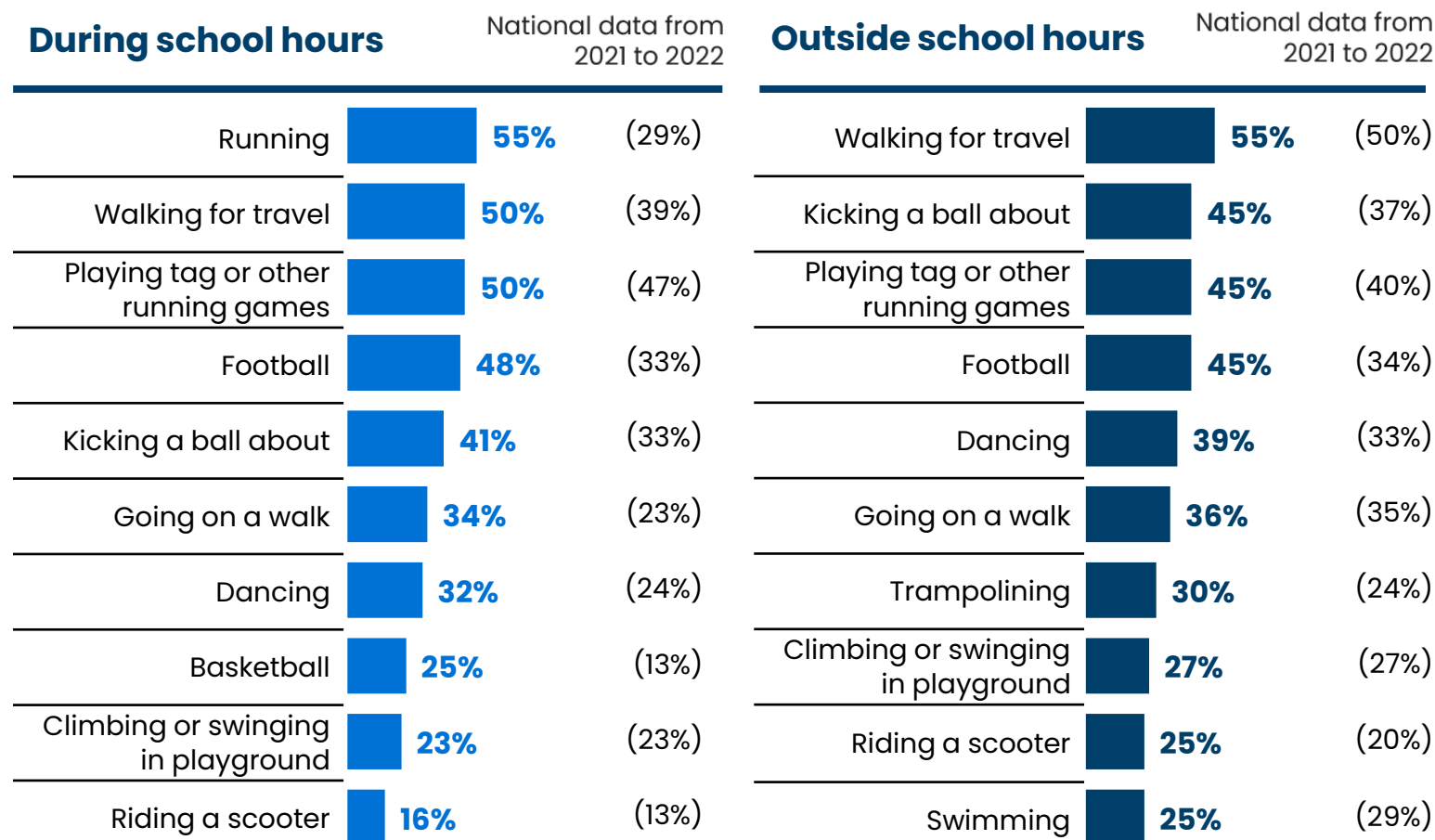
How can you
encourage more
pupils to be active
outside of school?

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 2021 to 2022 for these activities are also shown in brackets.



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 2021 to 2022 for each measure are shown in brackets.

Years 3 to 6 only

Confidence

There is no data available for this metric

Competence

There is no data available for this metric

Have you considered?

What can be done to increase the number of pupils enjoying PE and sport?

Years 1 to 2 only

71%
(58%)

love playing sport

73%
(63%)

love being active

There is no data available for this metric

find sport easy

Understanding

There is no data available for this metric

Enjoyment

There is no data available for this metric

National figures from 2021 to 2022 for each measure are shown in brackets.

Feelings of Happiness



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

There is no data available for this metric



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



3%
(4%)



25%
(14%)



72%
(83%)

Have you considered?

What could be done to help pupils understand the benefits and importance of physical activity and how it can improve their mental wellbeing and happiness?

Comparison Data

You last completed the survey in Summer Term 2022. The comparison page(s) show how your current results compare with your previous results on some key measures.

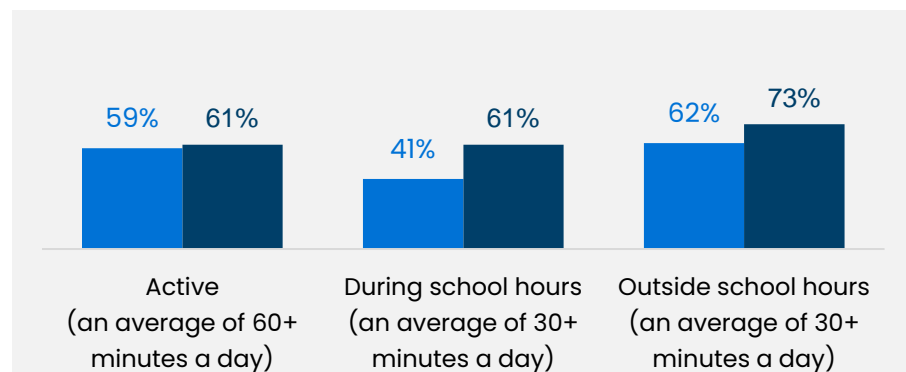
Key points to note when reviewing this data:

- 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 6 completed the survey, this time classes from Year 2, Year 6 completed the survey. Where year groups differ you may need to **allow for differences by age** in comparing the results.
- Sample of 27 pupils and 7 parents of year 1-2 pupils in Summer Term 2022.

Activity levels

■ Summer Term 2022 ■ Summer Term 2023

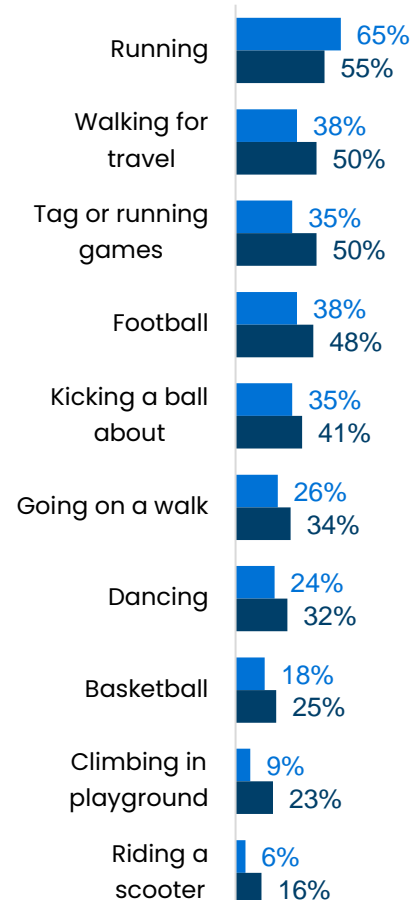
(Moderate to vigorous intensity)



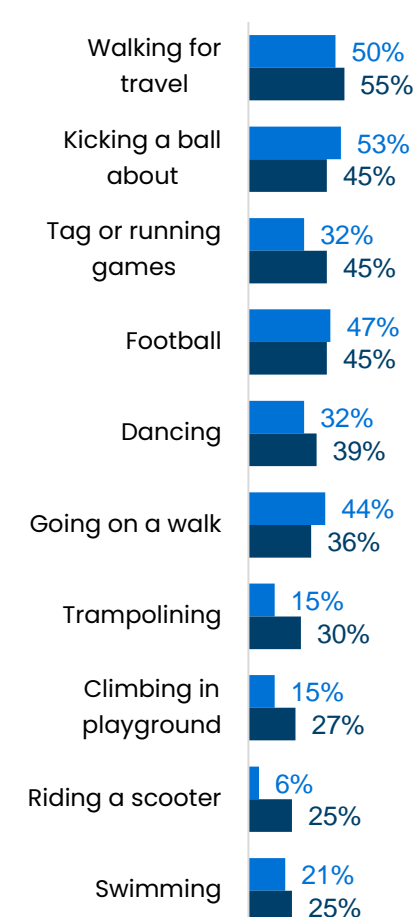
Activity Breakdown

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

During school hours



Outside school hours

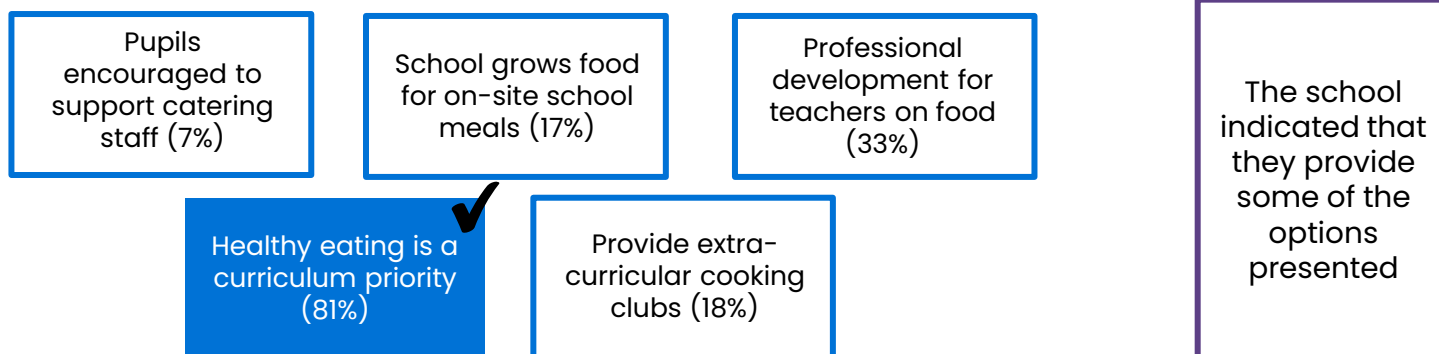


Healthy eating

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. National figures from 2021 to 2022 are shown in brackets.

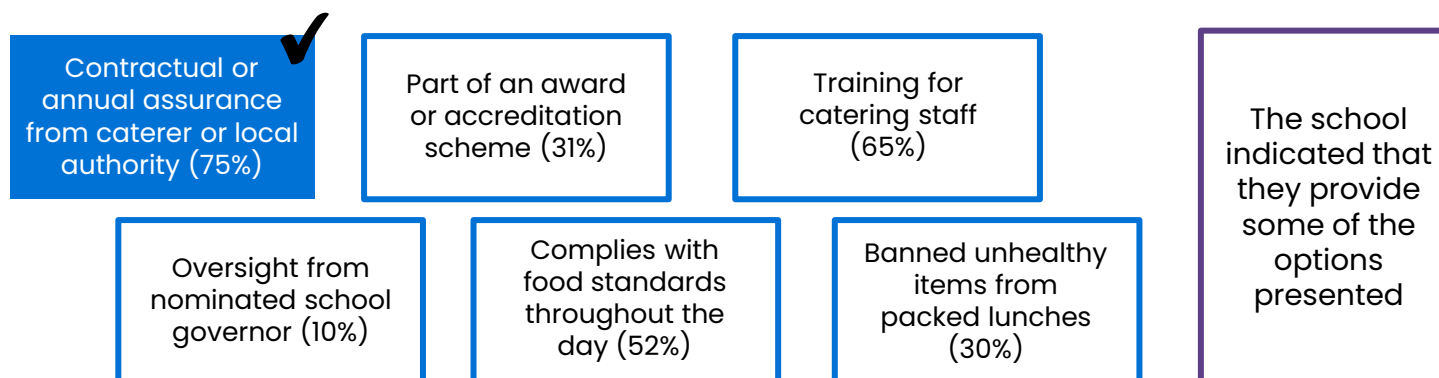
Providing food education for all pupils

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.

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/>

South Hill Primary School

<https://www.sportinherts.org.uk/contact-us/>

Survey timings

Fieldwork for the survey took place between 17th April and 28th July 2023.

Sample

62 pupils from 2 classes completed the survey:

33 Pupils from Year 2,

29 Pupils from Year 6,

15 parents completed the survey.

National report

The sixth national report by Sport England will be published in December 2023 and will be accessible via the Sport England website. That report will include data from the 2022 to 2023 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.

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 2021 to 2022 academic year is shown for reference. For your school, these are national figures from Year 1-6 (base: 42,287). Go to www.sportengland.org/activeliveschildren22 to see the full National Report for 2021 to 2022.

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 to 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.