

Active Lives Children and Young People Survey

Academic year 2021–22
AUTUMN TERM

Poole Grammar School

Version 1:

Issued March 2022



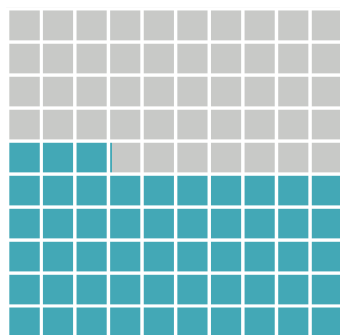
Results at a glance...

Activity levels

(Moderate to vigorous intensity)

53%

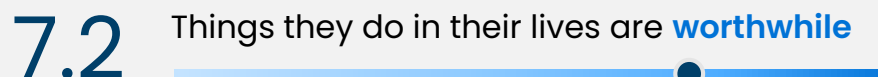
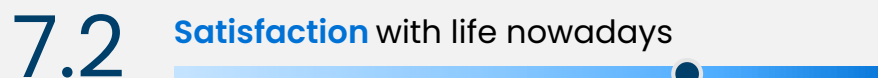
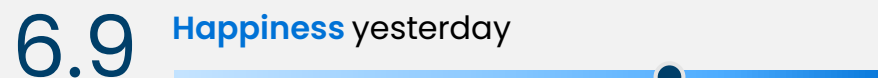
Active



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...



0 1 2 3 4 5 6 7 8 9 10

Attitudes towards sport and physical activity

64%

agreed strongly that they enjoyed taking part in exercise and sports

74%

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

24%

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



■ Average of 30+ minutes a day across the week

Levels of activity

At Poole Grammar School, **53%** 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 2020-21 for each measure are shown in brackets.

Less active

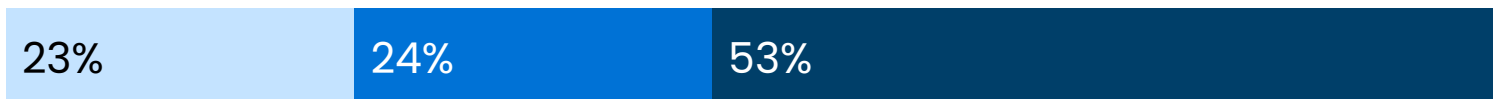
Less than an average of **30 minutes a day** across the week

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 2020-21

(34%)

(23%)

(44%)

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?

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

Boys and girls

(% active)

There is no data available for this metric

Participation at and outside school

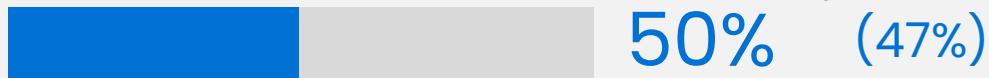
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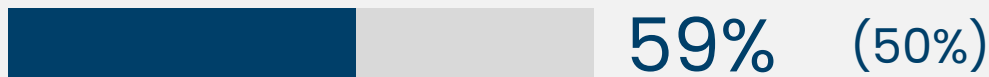
% of pupils doing an average of 30+ minutes a day of moderate to vigorous activity across the week

During school hours

National data from 2020-21



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

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

40%

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?

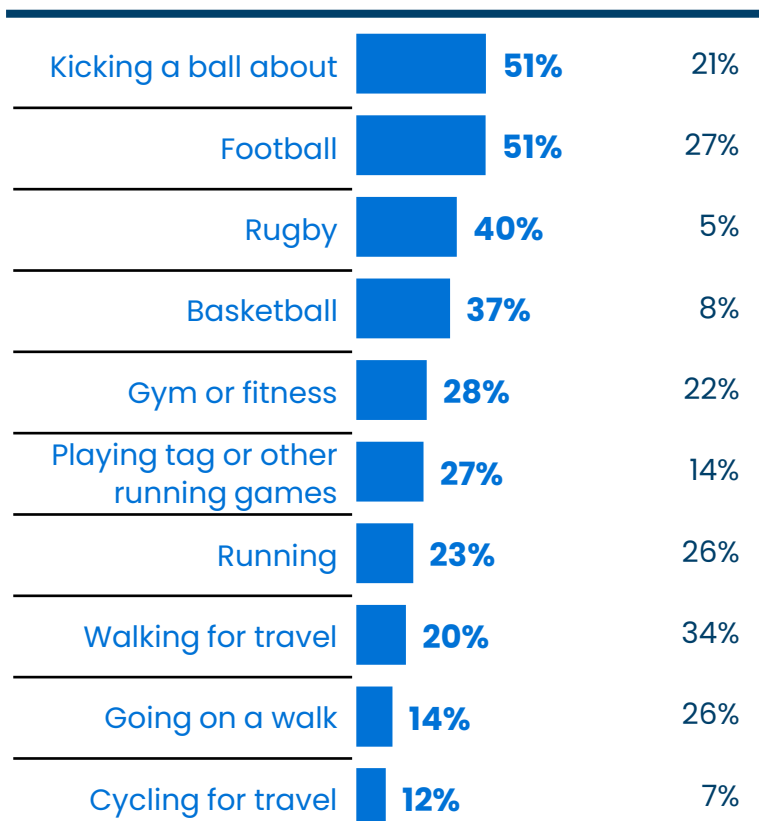
Activity breakdown

The 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 2020-21 for these activities are also shown.

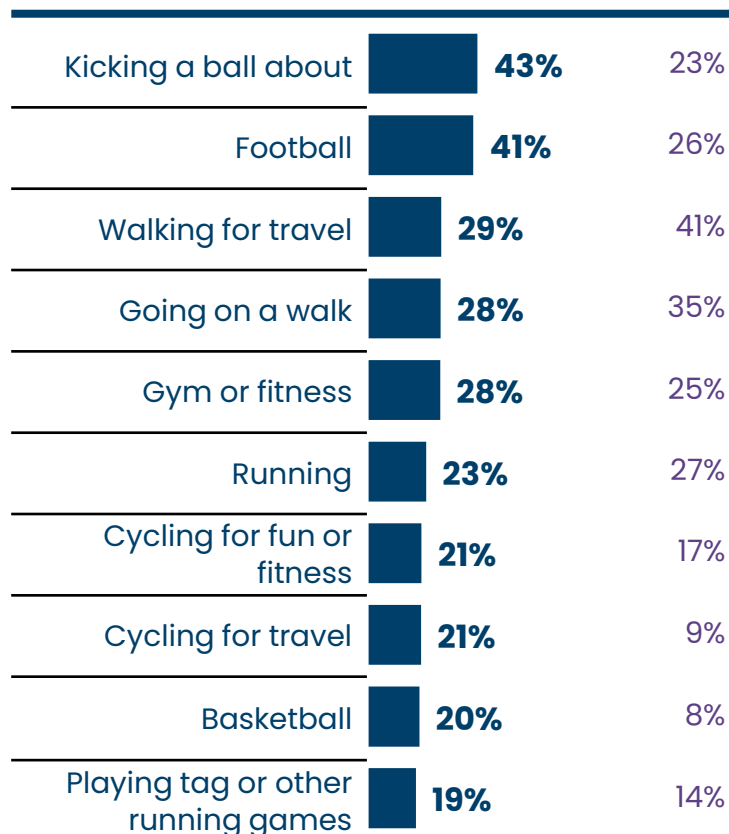
During school hours

National data
from 2020-21



Outside school hours

National data
from 2020-21



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 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 2020-21 for each measure are shown in brackets.

Knowledge
46%
(34%)

agreed strongly that they know how to get involved and improve their skills in lots of different exercise and sports

Confidence
44%
(29%)

agreed strongly that they feel confident when exercising and playing sports

Competence
24%
(17%)

agreed strongly that they find exercise and sports easy

Understanding
74%
(64%)

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

Enjoyment
64%
(43%)

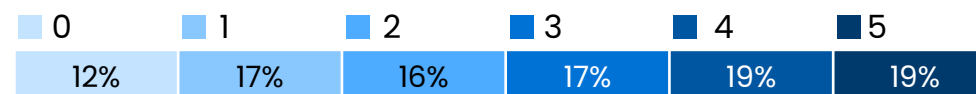
agreed strongly that they enjoy taking part in exercise and sports

Have you considered?

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

Number of positive attitudes

Number of attitudes shown above for which pupil selected strongly agree



Three indicators of wellbeing

Mean scores from answers given on a scale of 0–10, where 0 is low and 10 is high. National figures from 2020–21 for each measure are shown in brackets.

Feelings of Happiness



How happy did you feel yesterday?"

6.9



(6.3)

Life satisfaction



How satisfied are you with your life nowadays?"

7.2



(6.4)

Worthwhile



Do you feel that the things you do in your life are worthwhile?"

7.2



(6.6)

Have you considered?

Do your pupils understand the benefits and importance of physical activity and how it can improve their mental wellbeing and happiness?

Boys and girls

There is no data available for this metric

Individual and Community Development

National figures from 2020–21 for each measure are shown in brackets.

Individual Development

Pupils were asked how much they agree with the statement:

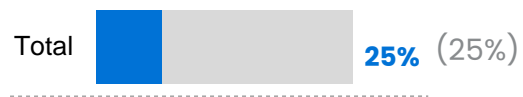


“If I find something difficult, I keep trying until I can do it”

Those who agreed strongly have **positive levels of individual development**

Positive Individual Development

National data from 2020–21



Have you considered?

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

Trust

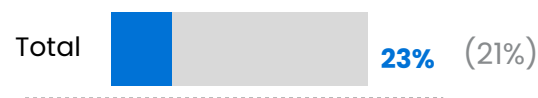
Pupils were asked:



“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 Social Trust

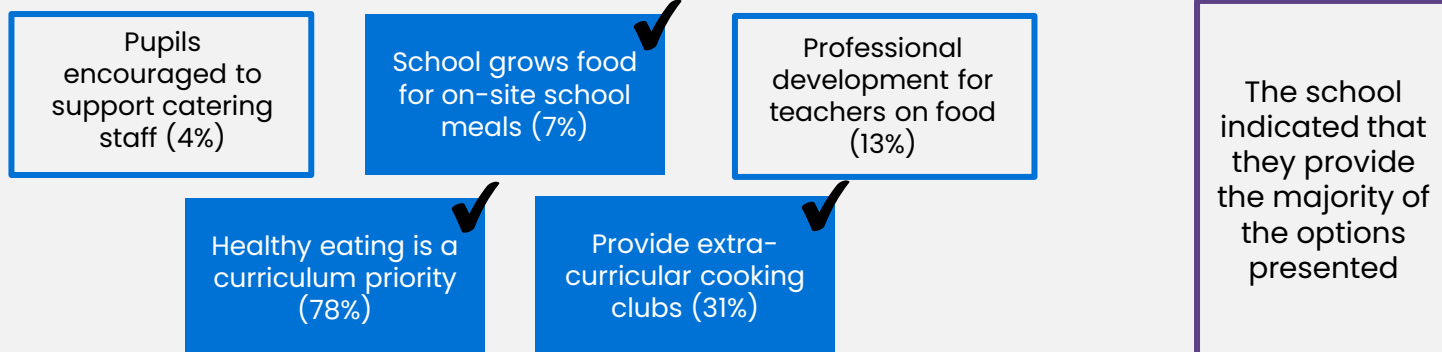


The Government encourages all schools to promote healthy eating and provide tasty and nutritious food and drink. The school food standards require schools to provide healthy options by restricting foods high in fat, salt and sugar.

Providing food education for all pupils

Teachers were asked which of the following they have in place

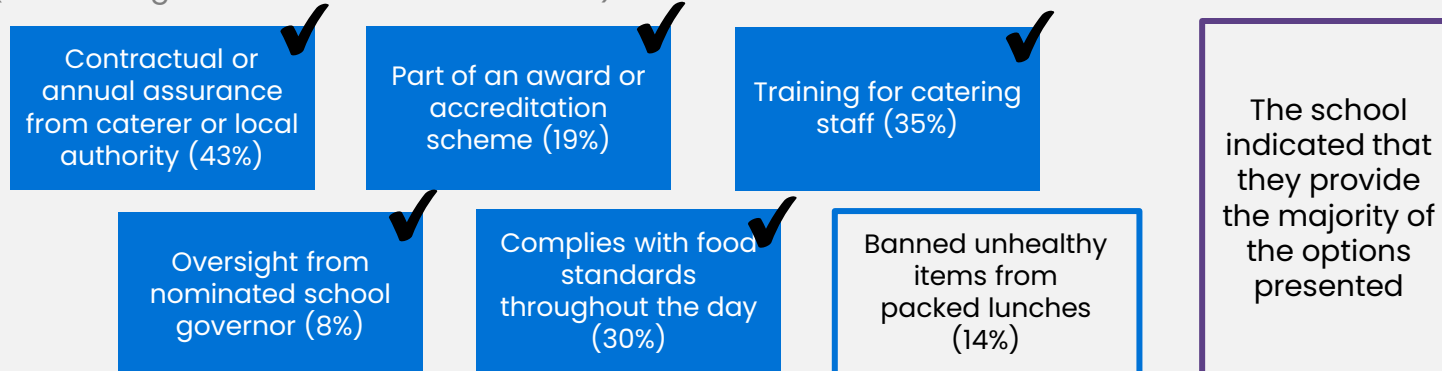
(National figures from 2020-21 in brackets)



Complies with School Food Standards

Teachers were asked which of the following they have in place

(National figures from 2020-21 in brackets)



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 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/>

Poole Grammar School

<https://www.activedorset.org/contact-us>

Survey timings

Fieldwork for the survey took place between 1st September and 23rd December 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

488 pupils from 5 classes completed the survey:

- 156 Pupils from Year 7,
- 73 Pupils from Year 8,
- 106 Pupils from Year 9,
- 79 Pupils from Year 10,
- 74 Pupils from Year 11,

National report

The fifth national report by Sport England will be published in December 2022 and will be accessible via the Sport England website. That report will include data from the 2021-22 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 2020-21 academic year is shown for reference. For your school, these are national figures from Year 7-11 (base: 51,008). Go to www.sportengland.org/activeliveschildren21 to see the full National Report for 2020-21.

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.