

ACTIVE LIVES CHILDREN AND YOUNG PEOPLE SURVEY

ACADEMIC YEAR
2019/2020

LADYMOUNT CATHOLIC
PRIMARY SCHOOL

Version 1:

Issued April 2020

LEVELS OF ACTIVITY

At Ladymount Catholic Primary School, **34%** 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 2018/19 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 2018/19

(27%)

(25%)

(48%)

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?

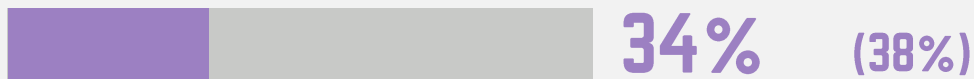
PARTICIPATION AT AND OUTSIDE SCHOOL

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 2018/19 for each measure are shown in brackets.

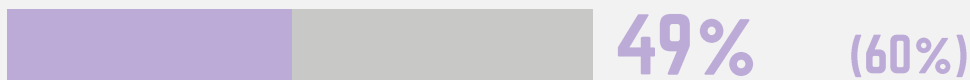
% OF PUPILS DOING AN AVERAGE OF 30+ MINUTES A DAY OF MODERATE TO VIGOROUS ACTIVITY ACROSS THE WEEK

NATIONAL DATA FROM 2018/19

At school



Outside school



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 AT SCHOOL AND OUTSIDE SCHOOL

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 2018/19 for these activities are also shown.

AT SCHOOL

NATIONAL DATA
FROM 2018/19

Playing tag or other running games	60%	51%
Dancing	46%	23%
Kicking a ball about	37%	33%
Football	37%	33%
Running	37%	31%
Climbing or swinging in playground	34%	22%
Walking for travel	31%	27%
Gymnastics	14%	13%
Riding a scooter	9%	13%
Trampolining	9%	14%

OUTSIDE SCHOOL

NATIONAL DATA
FROM 2018/19

Walking for travel	54%	43%
Playing tag or other running games	51%	44%
Dancing	49%	32%
Going on a walk	46%	32%
Kicking a ball about	43%	39%
Swimming	37%	36%
Climbing or swinging in playground	34%	28%
Football	34%	37%
Running	34%	29%
Gymnastics	29%	17%

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?

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 2018/19 in brackets)

Pupils encouraged to support catering staff (7%)

School grows food for on-site school meals (16%)

Professional development for teachers on food (25%) ✓

Healthy eating is a curriculum priority (74%) ✓

Provide extra-curricular cooking clubs (21%)

The school indicated that they provide some of the options presented

COMPLYING WITH SCHOOL FOOD STANDARDS

Teachers were asked which of the following they have in place (National figures from 2018/19 in brackets)

Contractual or annual assurance from caterer or local authority (56%) ✓

Part of an award or accreditation scheme (25%) ✓

Training for catering staff (47%) ✓

Oversight from nominated school governor (7%) ✓

Complies to food standards throughout the day (38%) ✓

Banned unhealthy items from packed lunches (19%) ✓

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/>

LADMOUNT CATHOLIC PRIMARY SCHOOL

www.merseysidesport.com/

SURVEY TIMINGS

Fieldwork for the survey took place between 2nd September to 23rd December 2019.

SAMPLE

44 pupils from 3 classes completed the survey:
21 Pupils from Year 1,
12 Pupils from Year 3,
11 Pupils from Year 5,

12 parents completed the survey.

NATIONAL REPORT

The third national report by Sport England will be published in December 2020 and will be accessible via the Sport England website. That report will include data from the 2019/2020 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 2018/19 academic year is shown for reference. In your school these are national figures from Year 1-6 (base: 54,481). Go to <https://www.sportengland.org/media/14325/active-lives-children-survey-academic-year-18-19.pdf> to see the full National Report for 2018/19.

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.