

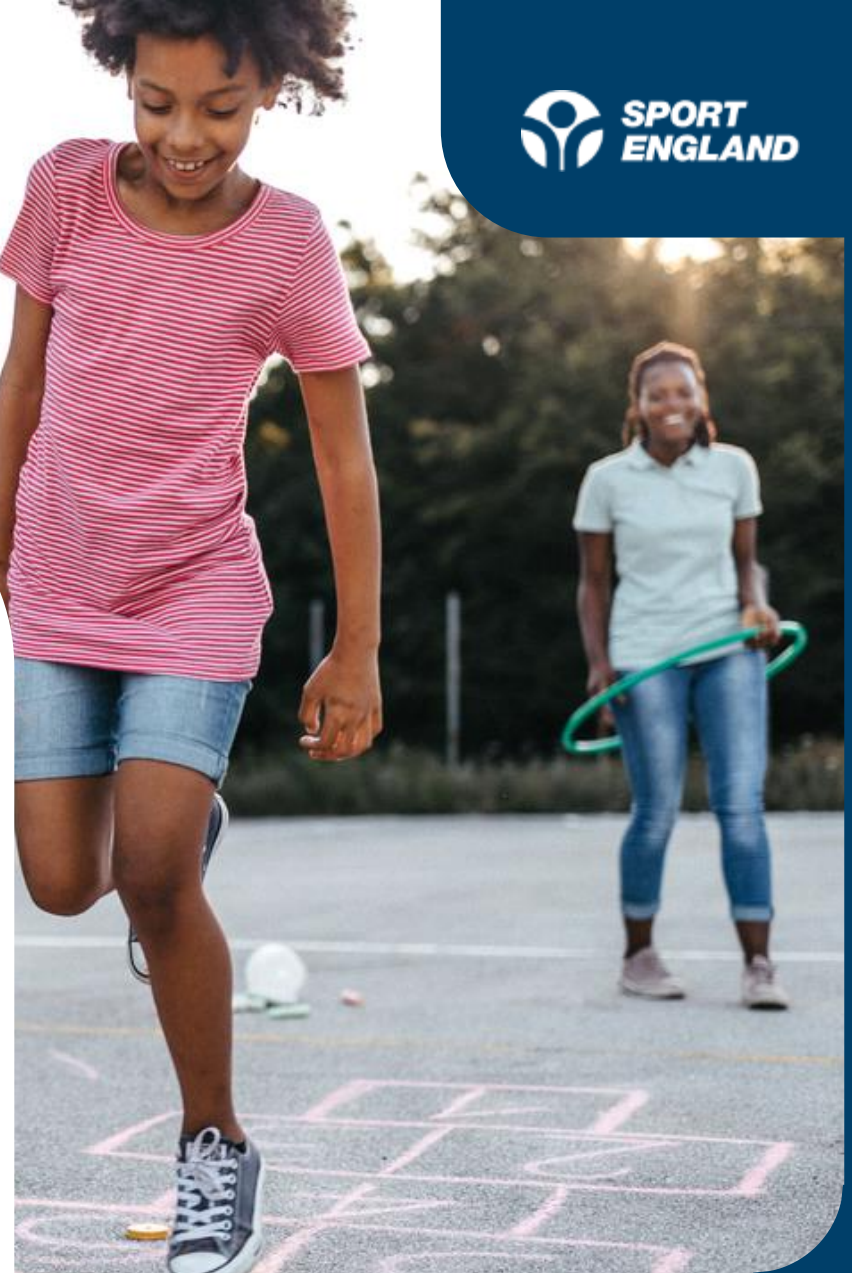
Active Lives Children and Young People Survey

Academic year 2024 to 2025
SPRING TERM

St Michael's CofE Middle School, Colehill

Version 1:

Issued June 2025



How to read the report

This report summarises your school's results from the latest Active Lives Children and Young People Survey. A few key things to keep in mind as you review the report:

Sample Size: This report is based on a sample of your pupils. The number of respondents to the survey at your school is displayed in the footer of each page and on the final page of the report. If the sample size is small, interpret the results with caution. Small sample sizes may not accurately represent your entire school population, and apparent differences between groups may not be real differences.

National data: Alongside your school results we have provided national figures based on the 2023 to 2024 academic year. These are shown in brackets throughout the report e.g. (47%). Compare your school's results to the national data with caution. The national figures represent all age groups, while your school's data may represent only selected year groups, therefore it is not possible to make reliable comparisons between your results and the national level data. National data is provided as an indication of the national picture.

Results at a glance...

Activity levels

(Moderate to vigorous intensity)

60%

Active



average of
60+ minutes
a day across
the week

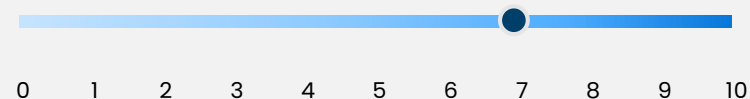
Wellbeing

Years 5 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...

6.9

Happiness yesterday



Attitudes towards sport and physical activity

Years 5 to 6 only

52%

agreed strongly that they enjoyed taking part in exercise and sports

68%

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

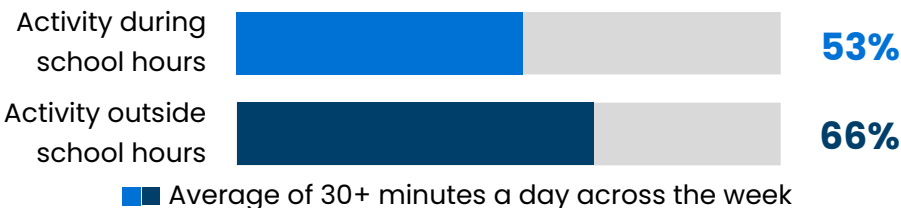
28%

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.



Levels of activity

At St Michael's CofE Middle School, Colehill, **60%** 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 2023 to 2024 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 to 59 minutes a day** across the week

Active

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



National figures from 2023 to 2024.

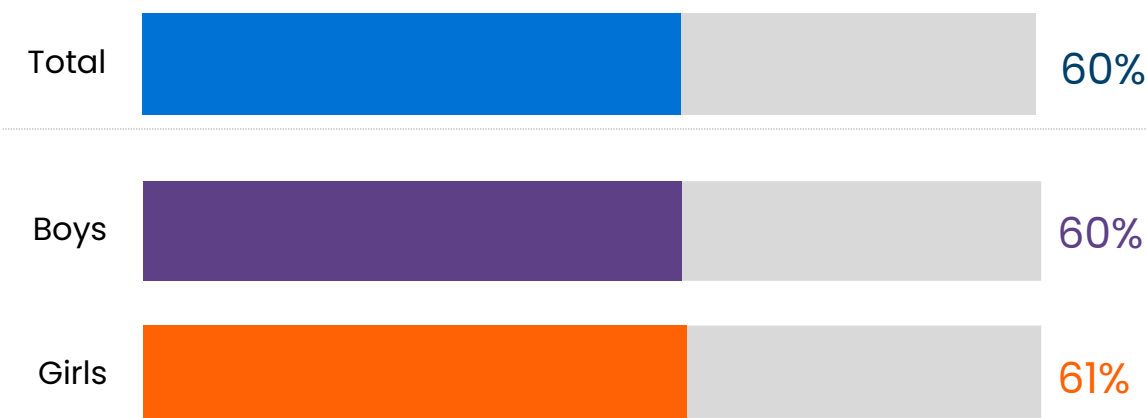
(30%)

(23%)

(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)

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

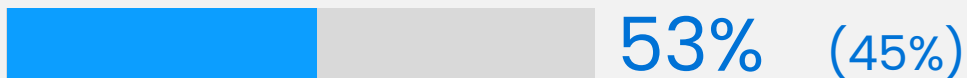
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National figures from 2023 to 2024 for each measure are shown in brackets.

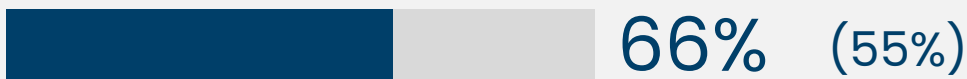
% of pupils doing an average of 30+ minutes a day of moderate to vigorous activity across the week

National data from 2023 to 2024

During school hours



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)

During school hours



Outside school hours



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).

38% (59%)

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?

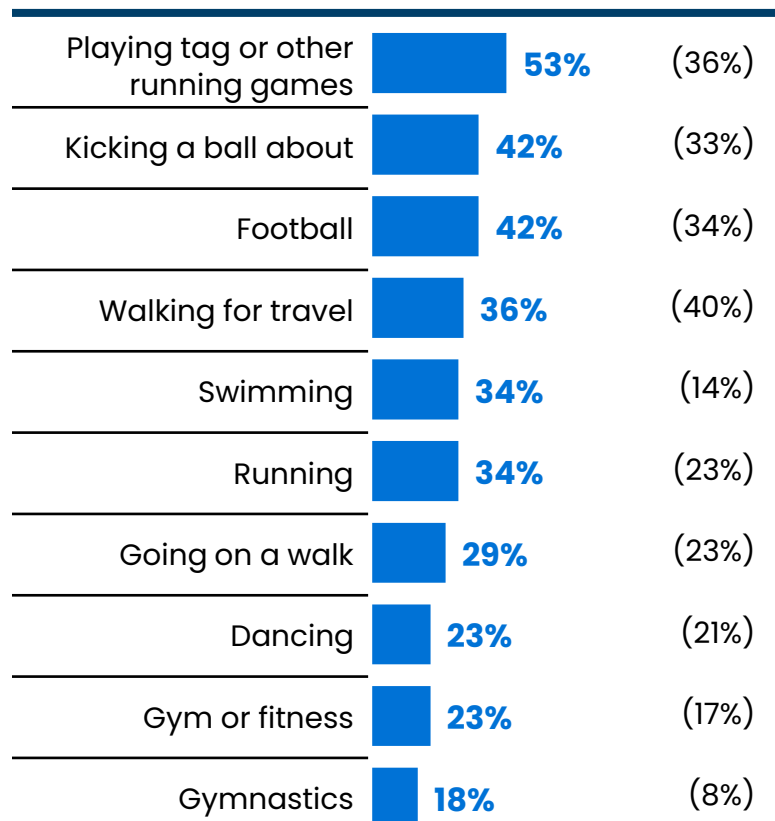
Activity breakdown

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 2023 to 2024 for these activities are also shown in brackets.

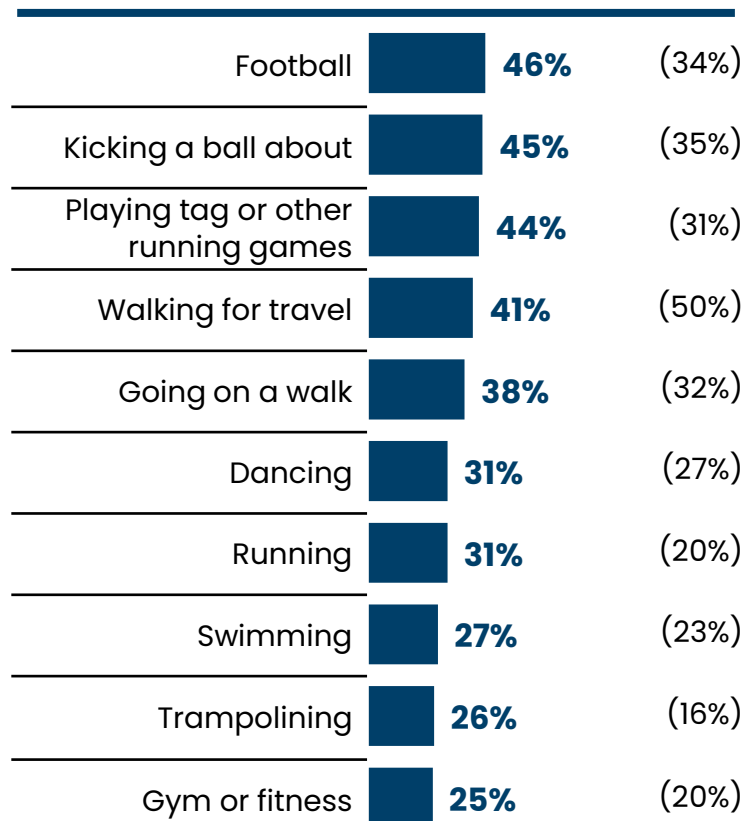
During school hours

National data
from 2023 to 2024



Outside school hours

National data
from 2023 to 2024



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 2023 to 2024 for each measure are shown in brackets.

Years 5 to 6 only

Confidence

43%

(37%)

agreed strongly that they feel confident when exercising and playing sports

Competence

28%

(23%)

agreed strongly that they find exercise and sports easy

Understanding

68%

(63%)

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

Enjoyment

52%

(49%)

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?

Years 1 to 2 only

There is no data available for this metric

Number of positive attitudes

Percentage strongly agreeing to 3 or more attitude statements



Wellbeing, Individual and Community Development

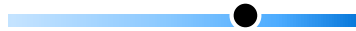
National figures from 2023 to 2024 for each measure are shown in brackets.

Feelings of happiness



How happy did you feel yesterday?"
(years 5 to 6 only)

6.9



0 2 4 6 8 10

(6.8)

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 5 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 5 to 6 only)

Pupils were asked:

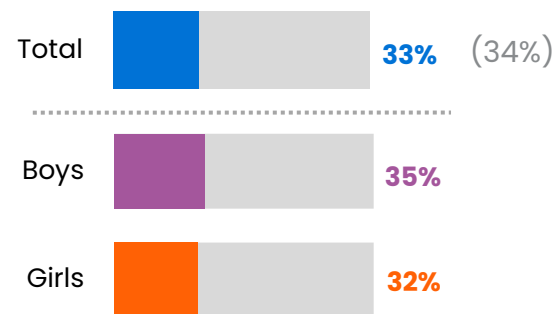


"How much do you feel you can trust people who are a similar age to you?"

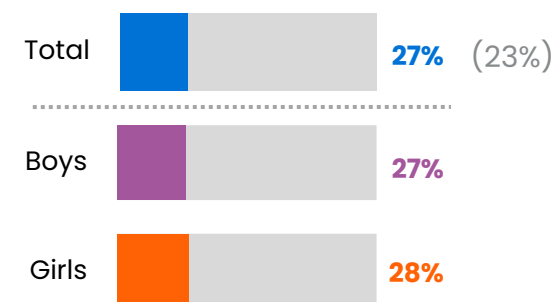
Those who answer trust them a lot have **positive levels of social trust.**

Positive Individual Development

National data from 2023 to 2024



Positive Social Trust



Have you considered?

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

Swimming proficiency

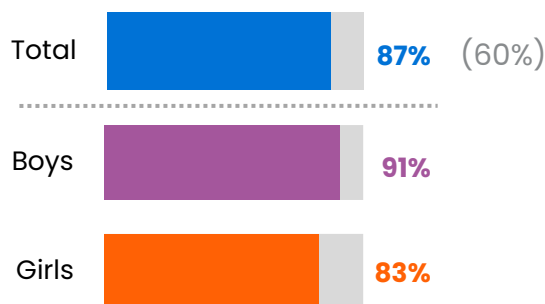
National figures from 2023 to 2024 for each measure are shown in brackets.

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

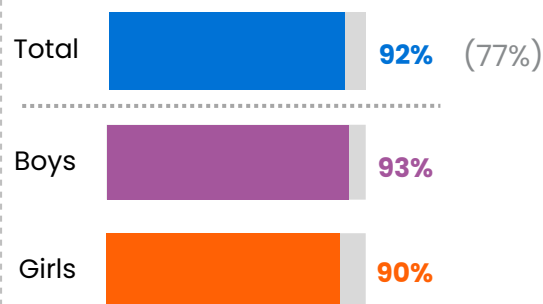
National data from 2023 to 2024



Confidence and capability

% of pupils who can tread water

National data from 2023 to 2024



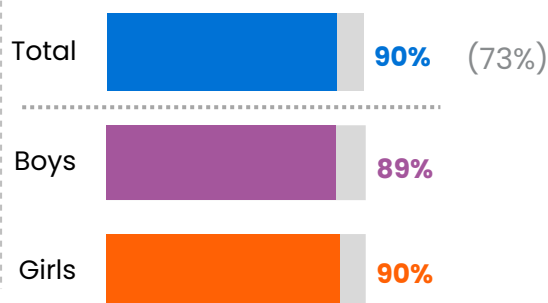
In 2024 to 2025, the following year group(s) had swimming lessons provided by your school (or have them planned for later this year):

Year 5, Year 6.

Each pupil had 20 to 29 sessions each year

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



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?

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 2023 to 2024 are shown in brackets.

Providing food education for all pupils

Your school provides some of the options presented

Pupils encouraged to support catering staff (9%)

School grows food for on-site school meals (15%)

Professional development for teachers on food (30%)

✓ Healthy eating is a curriculum priority (78%)

Provide extra-curricular cooking clubs (23%)

Complying with School Food Standards

Your school provides some of the options presented

✓ At least annual assurance from caterers/ local authority (69%)

Part of an award or accreditation scheme (29%)

Training for catering staff (62%)

Oversight from nominated school governor (10%)

Complies with food standards throughout the day (50%)

Banned unhealthy items from packed lunches (27%)

PE time

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

120 (105)
minutes

per pupil at your school

Active Travel Schemes

School monitors how pupils travel to school (68%)

School promotes active travel to school (79%)

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.

If you would like to access a healthy schools rating for your school please [download it here](#)

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/>

St Michael's CofE Middle School, Colehill

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

Survey timings

Fieldwork for the survey took place between 2nd January and 4th April 2025.

Sample

340 pupils from 5 classes completed the survey:

71 Pupils from Year 5,

86 Pupils from Year 6,

90 Pupils from Year 7,

92 Pupils from Year 8,

1 Pupils from Year 9,

National Data within this report

On some pages, national level data from the 2023 to 2024 academic year is shown for reference. For your school, these are national figures from Year 1-11 (base: 122,480). Go to www.sportengland.org/activeliveschildren24 to see the full National Report for 2023 to 2024

National report

The eighth national report by Sport England will be published in December 2025 and will be accessible via the Sport England website. That report will include data from the 2024 to 2025 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), 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

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.