

Supporting the Health of YOUNG PEOPLE in the Exeter School Sport Partnership

A summary report of the Fit to Succeed online activity survey 2006

These results are the compilation of data collected from a sample of primary pupils aged 6 to 11 and secondary pupils aged 11 to 16 in the Exeter School Sport Partnership during 2006. The survey is mapped against the Every Child Matters outcomes, and can be used by Schools to provide robust data to support self evaluation. This work was commissioned by the Partnership as a way of collecting information about young people's lifestyles and the impact of Partnership interventions.

School Sport Co-ordinators (SSCOs) were briefed on how to collect the most reliable data

before pupils in Years 3 to 6 in the primary schools and Years 7 to 10 in the secondary schools anonymously completed the questionnaire. A total of 3496 pupils took part in 5 secondary and 20 primary schools.

Questionnaires were completed online and schools were able to see their results immediately and compare data with the wider sample. At the end of each questionnaire, each pupil was given some feedback about how 'healthy' some of their answers were and were then invited to visit the Dept. Of Health Young people's website appropriate for his or her age.

Follow up surveys

The long term ambition of the project is to demonstrate a correlation between physical activity patterns, healthy behaviours and pupil achievement. All Partnership Schools will be offered the opportunity to repeat the survey in 2007.

Links

Links between health behaviours and activity have been investigated. Interesting findings have been outlined on pages 6 and 7.

3496 young people were involved in the survey

School Year	3/4	5/6	7/8	9/10	Total
Boys	325	510	771	162	1768
Girls	314	455	754	205	1728
Total	639	965	1525	367	3496

Every Child Matters

Be Healthy

Stay Safe

Enjoy & Achieve

Make a Positive
Contribution

Achieve Economic
Well-Being



Schools
Health
Education
Unit

For more details please contact
The Schools Health Education Unit
Tel. 01392 667272
www.sheu.org.uk

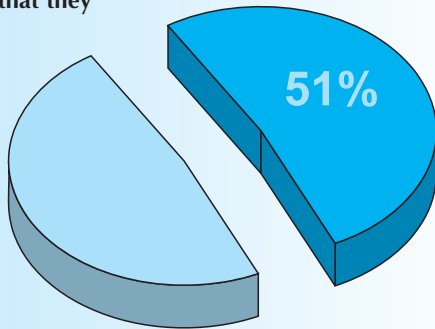


Primary Results ages 7-11

BE HEALTHY

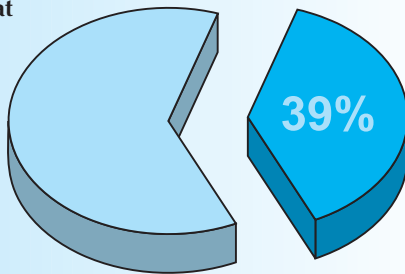
PHYSICALLY HEALTHY

- 51% of pupils said that they exercised at least 3 times last week and had to breathe harder and faster.

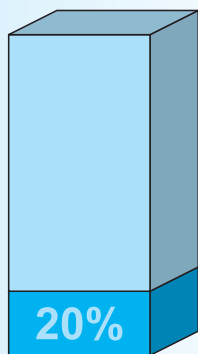
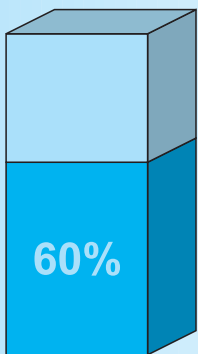


- 59% of pupils said that being physically active is important.
- 38% of pupils said they thought that they were very unfit.
- 16% of pupils said that they had trouble breathing (not just feeling out of breath) 'quite' or 'very often' when they exercised.

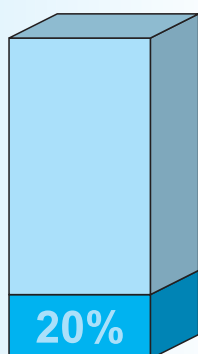
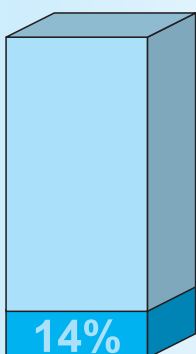
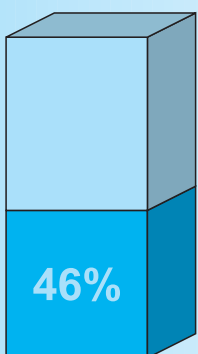
- 39% of pupils attend at least one extra curricular club each week.



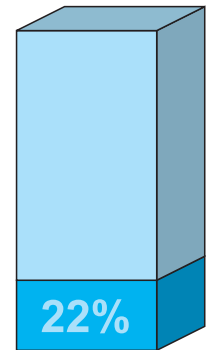
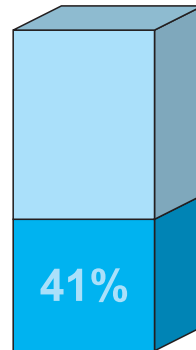
- 39% of girls danced at least once a week.
- 39% of pupils said they went swimming once a week or more.
- 60% of boys and 20% of girls said that they played football once a week or more.



- 46% of pupils said that they belonged to a sports club outside school. 14% said that their mum belonged to a sports club, 20% said their dad did.



- 42% of pupils said they never or hardly ever participate in competitive sport. 21% (mainly boys) said they did every week.
- 29% of pupils said that they don't like competitive sport, 48% said they did and 19% weren't sure.
- After school the day before the survey, 41% of the boys and 22% of the girls played sport or spent time doing some other physical activity.



- What activities would you like to do more of?

Year 4	Boys	Girls
Swimming	32%	46%
Football	28%	38%
Golf	25%	35%
Basketball	23%	33%
Rugby	21%	29%

- What activities would you like to do more of?

Year 5	Boys	Girls
Football	27%	44%
Swimming	27%	36%
Cricket	21%	33%
American football	21%	31%
Golf	20%	31%

- 75% of pupils who answered the question, said that they would like to do these activities as an after school activity.
- 29% said that they would like to do them at school at the end of the day. 48% said they would like to do these activities straight after school, 39% said a bit later (4:30-6pm).
- When asked if there was anything stopping them from going to a school club, the top answers included 'do too many other activities', 'don't want to' and 'none of my friends participate'.

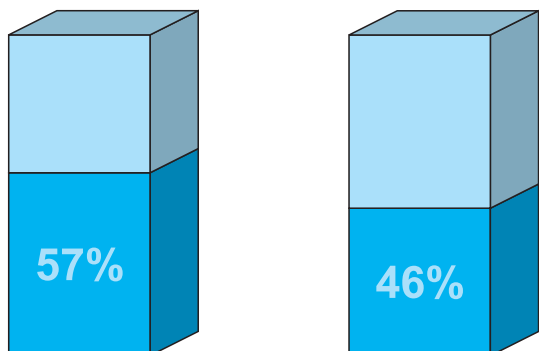
MENTALLY & EMOTIONALLY HEALTHY

- 45% of the pupils said that they are 'very good' at playing with other people in a team.
- 75% said they are 'very good' at making friends.
- 46% of pupils said that they worry 'quite a lot' or 'a lot' about school-work/homework.

HEALTHY LIFESTYLES

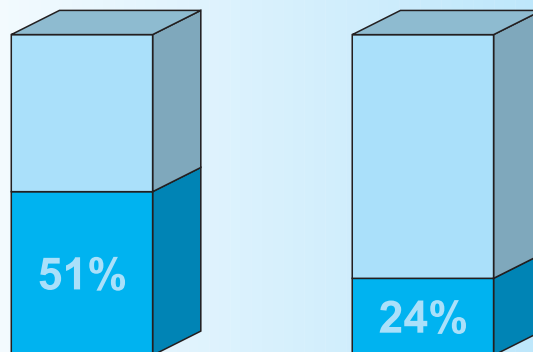
- 4% of pupils said that they had nothing to eat or drink for breakfast on the day of the survey.
- 54% of pupils had cereal for breakfast.

- 6% of pupils said they didn't have a drink at all at school the day before, 52% said they had water, 28% said squash, 3% said they had a fizzy drink.
- 37% of pupils said that they very often or always think of their health when choosing what to eat.
- 57% of pupils said that they eat fruit 'on most days', 46% said vegetables 'on most days'.



- 23% of pupils said that they usually eat 5 or more portions of fruit and vegetables on a school day.
- 33% of pupils have crisps and 27% chocolate bars on most days.
- 62% of pupils had a packed lunch at school the day before.
- 39% of pupils went to bed before 7pm the night before, 23% went to bed after 9pm.

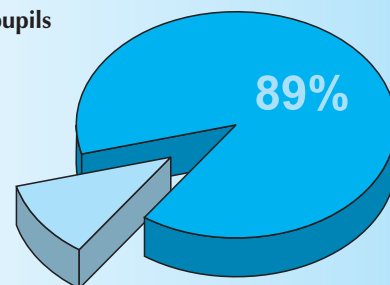
- 51% of the boys and 24% of the girls in Year 5 spent time playing computer games the night before.



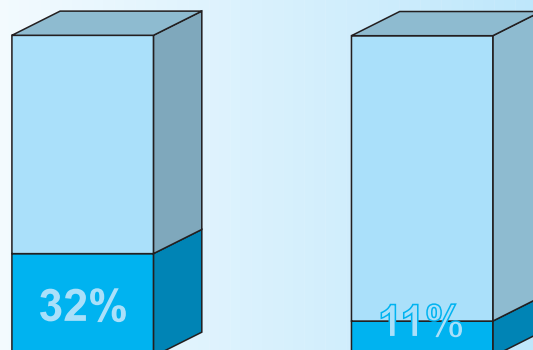
- 18% spent time making telephone calls or text messaging.

ENJOY & ACHIEVE

- 89% of primary aged pupils said that they thought it was important to go to school regularly.



- 62% of pupils said that they enjoyed 'most' or 'all' of their lessons. 16% said they enjoyed 'less than half' or 'hardly any' of their lessons.
- 79% of pupils said that 'on the whole I like my teachers'.
- 71% of pupils said that they enjoy school.
- 78% of pupils said that they want to do well at school.
- 35% of pupils spent time after school yesterday reading a book. 32% spent time doing homework.
- 75% said that school was the first step on the way to their career.
- 32% of boys and 11% of girls said that they got into trouble with their teachers two or more times each week



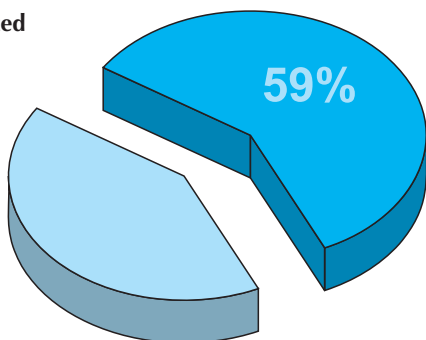
MAKE A POSITIVE CONTRIBUTION

- 54% said that they were 'very good' at organising other people.
- 69% of pupils said that they were very good at taking turns.

STAY SAFE

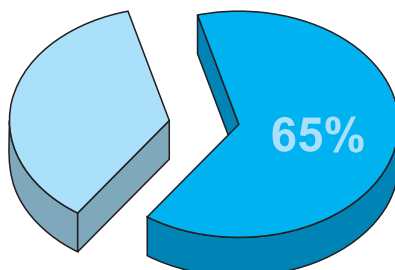
- 6% of pupils have tried smoking. 15% say that they 'may' or 'will' smoke when they are older.

- 59% of pupils reported that they felt afraid to go to school because of bullying, at least sometimes.



- 45% of pupils said that they had been bullied at or near school in the last 12 months.

- 65% of pupils have used the Internet at home in the last month.



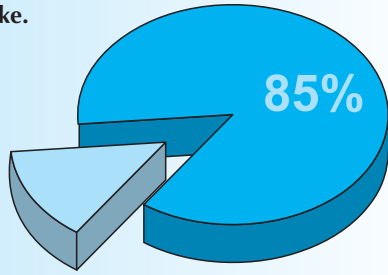
- At playtime, 50% of the boys and 40% of the girls play ball games 'sometimes' or 'often'.
- 27% spend time at an active sports type club at breaktimes. 19% spend time at a sedentary club, e.g. computer club.
- 34% of pupils watched satellite/cable TV, the night before, 26% spent time watching terrestrial TV, videos or DVDs the night before the survey.

Secondary results

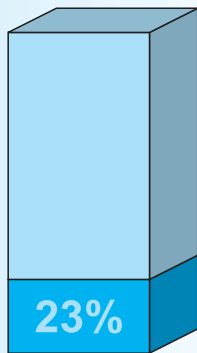
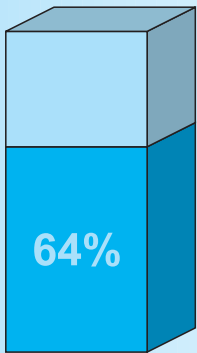
BE HEALTHY

PHYSICALLY HEALTHY

- 85% of pupils have a bike. 20% wear their cycle helmet 'whenever possible'.

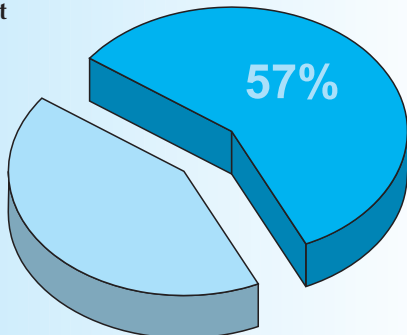


- 51% of pupils ride their bike at least weekly.
- 46% of girls dance once a week or more.
- 44% of pupils they went swimming once a week or more.
- 29% play tennis at least weekly.
- 64% of boys and 23% of girls said that they played football once a week or more.



- 65% of boys and 54% of girls said that they thought they were 'fit' or 'very fit'.
- 51% of pupils said that they exercised hard at least 3 times last week.
- After school the day before the survey, 50% of the pupils played sport or spent more than an hour doing some other physical activity.
- 87% of year 7 pupils and 91% of Year 8 pupils said that they believed that being physically active is important.

- 57% of pupils said that they attend an extra curricular club



- 78% of pupils said they would like to start doing additional activities as part of an extra curricular club.

- What activities would you like to do more of?

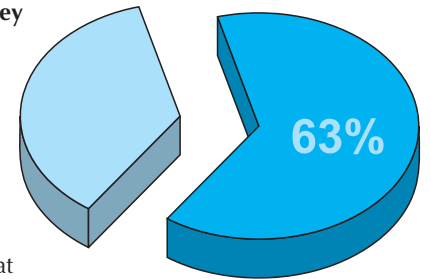
Year 7	Boys	Girls
Football	45%	Swimming 68%
Swimming	42%	Ice Skating 57%
5-a-side football	41%	Dancing 56%
Tennis	40%	Horse riding 42%
Cricket	39%	Tennis 40%

- What activities would you like to do more of?

Year 8	Boys	Girls
Swimming	47%	Swimming 62%
Basketball	45%	Ice skating 53%
Football	42%	Dancing 51%
Tennis	41%	Tennis 45%
Cricket	39%	Horse riding 41%

- When asked where they would like to do the activity, 57% said at school at the end of the day. 49% said at a sports club or centre.
- 58% said they would like to do the activity straight after school, 27% said a bit later (4:30-6pm), 15% said in the evening.
- When asked if there was anything that stopped them going to a school club, the top answers were there are no activities that I like, none of my friends participate and too much schoolwork.
- 89% of pupils would like to see a swimming pool at their school. 75% would like a climbing wall, 88% a trampoline and 82% a multi gym.

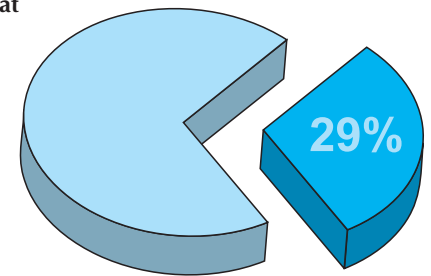
- 63% of pupils said they like competitive sport.



- 32% of pupils said that they take part in competitive sport every week.
- 68% of pupils said that their physical activity lessons at school were 'quite' or 'very useful'.

MENTALLY & EMOTIONALLY HEALTHY

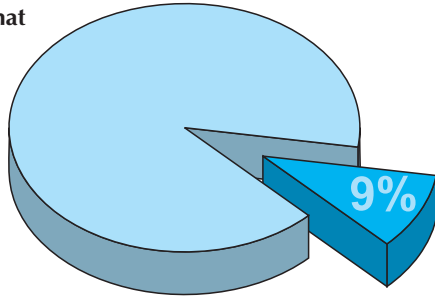
- 29% of pupils said that they worry 'quite a lot' or 'a lot' about exams and tests.



- 48% of the Year 8 girls worry 'quite a lot' or 'a lot' about the way they look.
- For most problems, pupils say that they would go to their parents first for help.
- 31% of pupils (more boys than girls) said that they felt 'at ease' when meeting people of their own age for the first time.
- 70% of pupils said that on the whole they were satisfied with themselves.
- 72% said that they thought they were just as important as other people.
- 45% said that they did feel useless at times.
- 18% said that they thought they were a failure and 24% said that they felt that they do not have much to feel proud of.
- 58% of pupils said they were satisfied with their lives 'quite a lot' or 'a lot'.

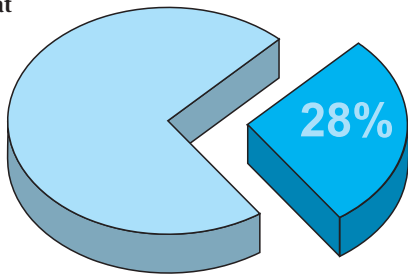
HEALTHY LIFESTYLES

- 9% of pupils said that they had nothing to eat or drink for breakfast on the day of the survey.

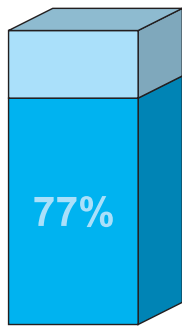
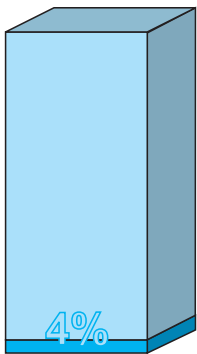


- 50% of pupils had cereal for breakfast.
- 23% of pupils said that they 'very often' or 'always' considered their health when choosing what to eat.
- 6% didn't have a drink at all at school the day before, 42% had water, 31% had squash and 9% had fizzy drinks.

- 28% of pupils said that they had at least 5 portions of fruit and vegetables to eat the day before.

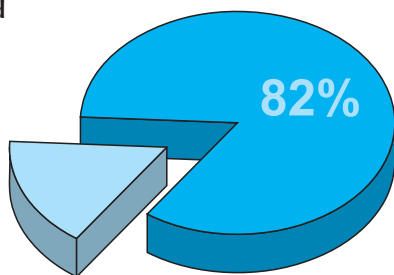


- 55% of pupils say that they have fresh fruit to eat 'on most days'.
- 30% have crisps and 26% have sweets and chocolate 'on most days'.
- 38% say that they have wholemeal bread 'on most days'.
- 65% of pupils said that they found their school lessons on healthy eating 'quite' or 'very useful'.
- 4% of pupils smoke 'occasionally' or 'regularly'. 77% of pupils have never smoked at all.



ENJOY & ACHIEVE

- 82% of secondary aged pupils said that they thought it was important to go to school regularly.

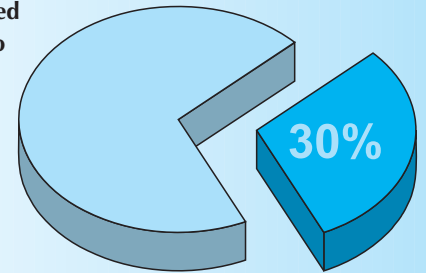


- 38% of pupils said that they enjoyed 'most' or 'all' of their lessons. 32% said they enjoyed 'less than half' or 'hardly any' of their lessons.
- 59% of pupils said that 'on the whole I like my teachers'.
- 52% of pupils said that they enjoy school.

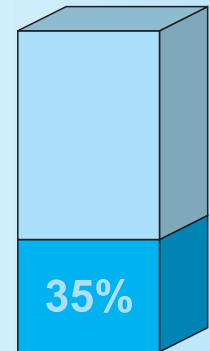
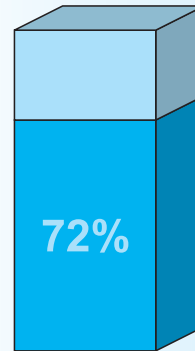
- 86% of pupils said that they want to do well at school.
- 32% of boys and 17% of girls said that they got into trouble with their teachers two or more times each week.
- 79% said that school was the first step on the way to their career.

STAY SAFE

- 30% of pupils reported that they felt afraid to go to school because of bullying, at least sometimes.



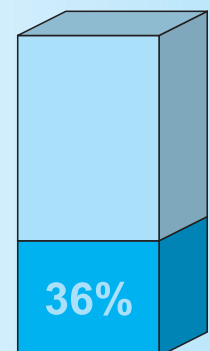
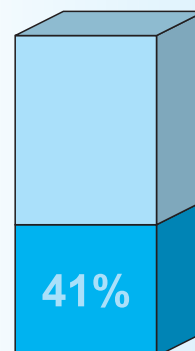
- 3% of pupils said they felt afraid to go to school because of bullying 'very often'.
- 3% of pupils thought that other pupils might fear going to school because of them.
- 72% of the boys and 35% of the girls play ball games 'sometimes' or 'often' at breaktime



- 94% of pupils spend time chatting at breaktimes.
- 67% spend time playing running or chasing type games.
- 38% of pupils spent more than an hour playing computer games the night before. 37% spent more than an hour using the Internet.

MAKE A POSITIVE CONTRIBUTION

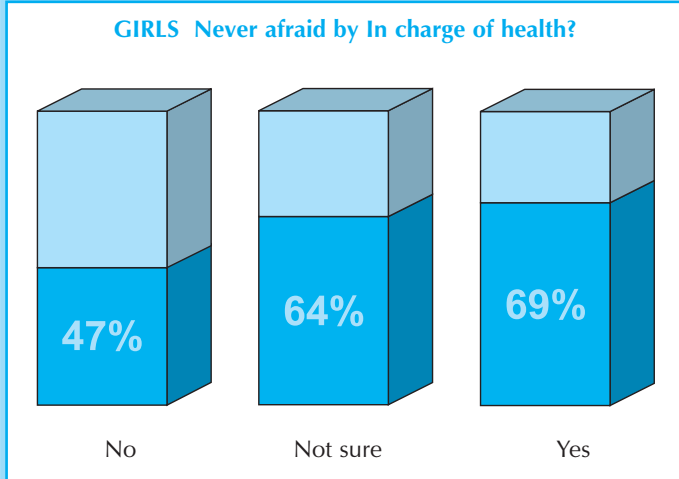
- 34% said they are 'very good' at learning new skills.
- 27% said that they were 'very good' at organising other people.
- 37% of the boys and 35% of the girls said that they were 'very good' at following rules.
- 41% of boys and 36% of girls said that they were 'very good' at taking turns.



Links and Connections

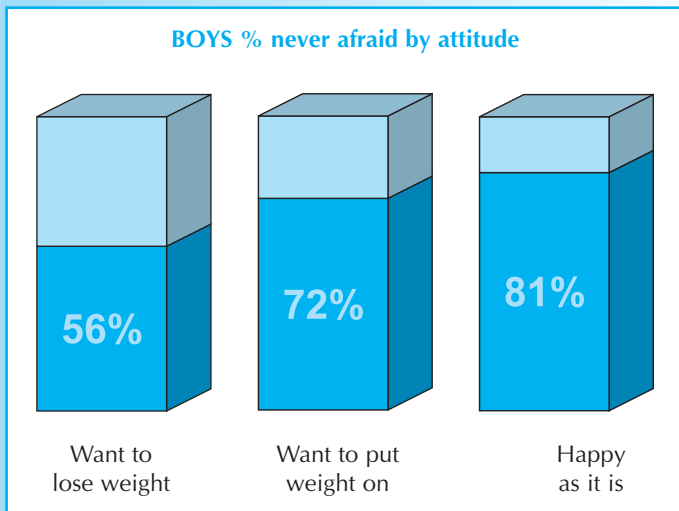
SECONDARY aged pupils: correlations for the question 'Are you ever afraid to go to school because of bullying?'

- Pupils who say that they are in charge of their health are also more likely to say they are never afraid to go to school because of bullying.



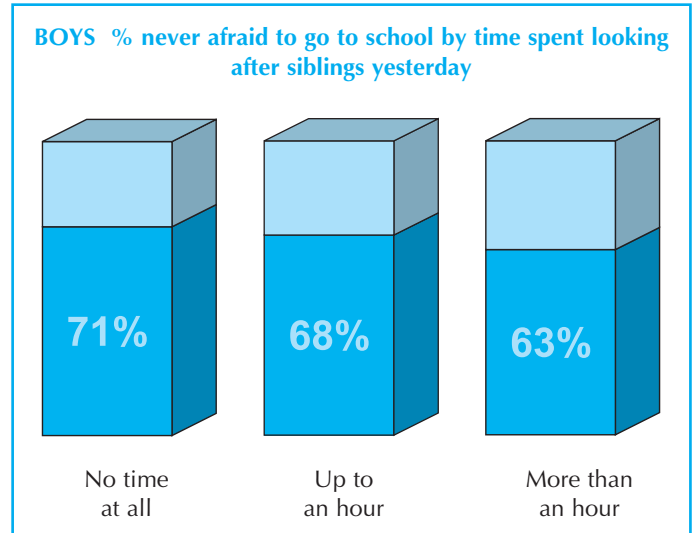
68% of girls who said **Yes**, they were in charge of their health also said that they were **never afraid** to go to school because of bullying. Only 47% of the girls who said **No** they weren't in charge of their health said they were never afraid.

- For boys there is a correlation between **never afraid** to go to school because of bullying and satisfaction with their weight.



- There are plenty of associations between the self esteem items and fear of bullying, including 'I think I am no good at all', 'I don't have much to be proud of' and 'I do feel useless at times'.
- There are also correlations with bullying and with feeling negative towards school; 'school gets in the way of my life' and 'I feel that I am wasting my time at school'.
- There is an association for boys who wear cycle helmets and a fear of bullying.
- Pupils who have cereal for breakfast are less likely to fear bullying; While those having a crisp type snack are more likely to say they are 'afraid to go to school because of bullying'.

- There is a correlation among boys and girls where fear of bullying is related to the time they spent looking after younger siblings after school the day before. The more time they spent on this activity, the less likely they were to say they were never afraid.

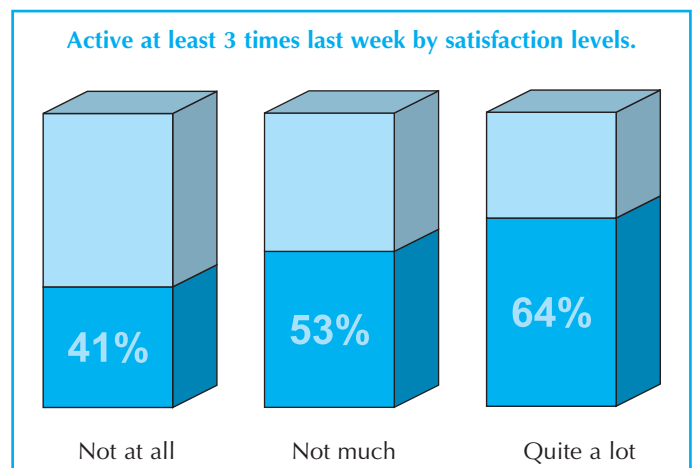


Secondary aged pupils: correlations for the question 'Is it important to go to school regularly?'

- There are some obvious correlations of this question with enjoyment of school and enjoyment of lessons.
- Those that want to do well at school also are more likely to say that it is important to go to school regularly. They are also more likely to say they are good at following rules.
- Pupils who are more likely to be satisfied with their lives and do not get into trouble at school are more likely to say it is important to go to school.
- There is a correlation between the amount of sleep pupils got last night and how important they thought it was to go to school. They were also more likely to say they enjoyed physical activity and they wanted to take up more activities.
- Pupils who have cereal for breakfast are less likely to fear bullying; those having a crisp type snack are more likely to say they are 'afraid to go to school because of bullying'.

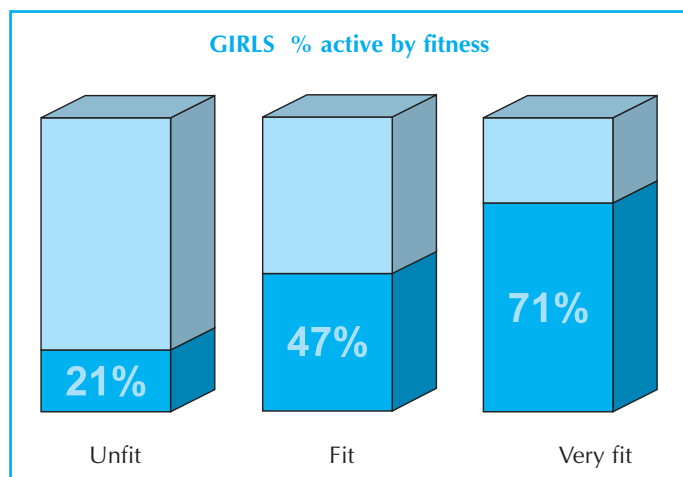
Secondary aged pupils: correlations for the question 'how satisfied are you with your life?'

- There are plenty of associations between the self esteem items and satisfaction with life, which you would expect.
- There are also correlations with perceived fitness and an enjoyment of physical activity.
- The more active pupils were in the previous week, the more likely they were to say they were satisfied with their lives.



Secondary aged pupils: correlations for the question 'How many times last week did you exercise and have to breathe harder and faster?'

- ❑ Pupils who said **3 times or more** were more likely to say they regularly had fruit and vegetables, and were less likely to say that they had taken medication, e.g. for coughs and colds etc that week.
- ❑ There were positive associations with higher levels of activity and higher self esteem.
- ❑ Boys were more likely to say that after Year 11 they wanted to saty on in full time education.
- ❑ There were also the obvious connections with active playtimes and sports and activities in their own time.
- ❑ Active pupils were also more likely to rate their personal fitness more highly. The following is for girls who were **active last week 3 times or more**



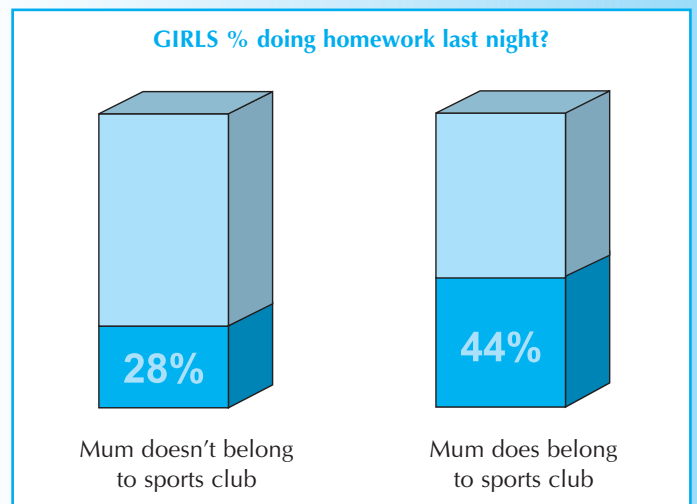
Secondary aged pupils: correlations for the question 'Does your mum/dad/carer belong to a sports club?'

- ❑ Parents who belong to sports clubs are more likely to have children who regularly have portions of fruit and vegetables. They are more likely to have children who think about their health when choosing what to eat.
- ❑ The children are also more likely to take part in vigorous sports and are less likely to spend time after school watching TV.
- ❑ There is a negative association with smoking and a positive association with rating their personal fitness.

PRIMARY aged pupils correlations for the question 'Does your mum/dad/carer belong to a sports club?'

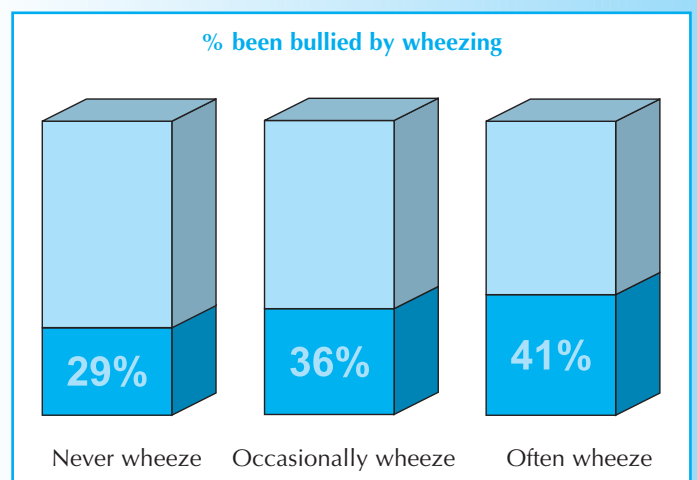
- ❑ As with the secondary results, parents who belong to sports clubs are more likely to have children who regularly have portions of fruit and vegetables.
- ❑ Pupils are more likely to take part in vigorous sports and take part in a range of extra curricular clubs and activities.
- ❑ When asked if there was anything that stopped them from taking part in other school clubs, a high proportion said 'do too many other activities'.

- ❑ Girls whose mum belonged to a sports club were more likely to have done homework the night before



Primary aged pupils correlations for the question 'Have you been bullied at or near school in the last 12 months?'

- ❑ Pupils who say that they get into trouble at school are also more likely to say that they have been bullied in the last 12 months.
- ❑ Pupils whose parents belong to a sports club are more likely to say that they have been bullied in the past 12 months.
- ❑ Pupils who say that they wheeze when they run are more likely to have been bullied.



- ❑ There is an association with bullying and more worrying in general, particularly about the way they look, family problems and problems with friends.

Primary aged pupils: correlations for the question 'Do you think physical activity is important?'

- ❑ Healthy attitudes towards food are associated with this question.
- ❑ For boys there is a correlation with actual activity patterns for the previous week. There is also an association with the question 'do you like competitive sport?'

The Way Forward – over to you

A key feature of the Exeter School Sport Partnership is the close relationship with the Schools Health Education Unit. From its conception, the Partnership has had a strong involvement and commitment to the Fit to Succeed project. The Fit to Succeed survey emerged from the Health Related Behaviour Questionnaire managed by the Schools Health Education Unit. The project began as a partnership between the Exeter Learning Communities, Exeter City Council, Devon Curriculum Services, the PCT and the Schools Health Education Unit to promote physical activity and achievement in schools.

Since St Luke's achieved dual specialist status in Science & Sport and emerged as the hubsite for the Exeter School Sport Partnership in September 2005, a driving philosophy of both the Specialism and School Sport Partnership has been the aspiration of equipping of every student with the knowledge, skills and understanding of being

"Fit to Succeed". We are committed to raising the profile and importance of Daily Physical Activity and healthy lifestyles; and demonstrating the impact that this can have upon achievement and academic success.

The first survey at St Luke's was completed in June 2005. The baseline data from the first survey provided has enabled the College to identify and confirm priorities within its Specialist status and School Sport Partnership work. From January 2006 we commissioned the survey across all Partnership schools. The second, and subsequent surveys allow us to monitor behaviour changes over time, compare our students with local and national trends, and provides us with a valuable tool to evaluate the impact of intervention strategies. Most recently we have mapped the survey against the Every Child Matters outcomes to enable us to provide evidence to support self evaluation. The impact of the Fit to Succeed data was highlighted during a recent Ofsted

inspection at St Luke's:

"The personal development and well-being of students is good with outstanding features. The College makes excellent use of data such as that from the "Fit to Succeed" survey. The outcomes of the survey have been carefully analysed and have had a positive impact on teaching and the ways in which students are supported and guided." *Ofsted 2006*

Thank you to all the Headteachers, staff and young people for their time and contributions to this survey. The Survey has been an integral piece of work in providing information that will assist schools and the local partnerships in the planning of services for further development of the FtS programme as it supports delivery of the Every Child Matters agenda. It will also act as a resource to help schools inform appropriate curriculum development and provide data to support aspects of the self-evaluation form.

Our thanks go to the staff and pupils of the schools that took part in the survey:

Primary schools:

Alphington, Bowhill, Clyst Heath, Countess Weir, Exwick, Ide, Ladysmith, Montgomery, Newtown, Pinhoe C of E, Redhills, Southbrook, St David's, St Leonards, St Thomas,

St Michael's C of E, St Nicholas RC, St Sidwell's CE, Stoke Hill, The Topsham School, Whipton Barton, Willowbrook and Wynstream

Secondary schools:

Isca, St James, St Lukes, St Peters and West Exe

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