

FIT TO SUCCEED

Headline Results

Example Sports College

[note: Example Sports College data appears first followed by the comparative wider set in the brackets]

◆ BE HEALTHY

PHYSICAL HEALTH

	Qu sc ref
• 92% (92%) of boys and 88% (88%) of girls said that they believe that being physically active is important	24
• 81% (79%) of students enjoy physical activities “quite a lot” or “a lot”	50
• 92% (87%) of students own a bike.	16
• 5% (12%) of students cycle to school	18
• 48% (44%) of students ride their bike at least weekly	42
• 51% (50%) of girls dance once a week or more	42
• 62% (65%) of boys and 49% (50%) of girls said that they thought they were fit or very fit	22
• 51% (50%) of students said that they exercised hard at least 3 times a week	23
• After school, the day before the survey, 46% (45%) of students spent more than an hour playing sport or doing some other form of physical activity	19
• 53% (57%) of students attend an extra curricular club	43
• 77% (78%) of students would like to start doing additional activities as part of an extra curricular club	45
• When asked if there was anything that stopped them from going to a school club, the top answers were 49% (47%) “too much school work” and 50% (46%) “none of my friends participate”.	47
• 63% (66%) of students said they like competitive sport	52
• 70% (68%) of students said that their physical activity lessons at school were “quite” or “very useful”.	15
• 80% (83%) of students would like to see a trampoline at school	26
• 79% (82%) of students would like to see a Multi Gym at school	26

MENTAL & EMOTIONAL HEALTH

• 33% (32%) of students said that they worry “quite a lot” or “a lot” about exams and tests	33
• 58% (50%) of Year 9 girls worry “quite a lot” or “a lot” about the way that they look	33
• 72% (73%) of students said that on the whole they were satisfied with themselves	54
• 73% (74%) of students said that they thought they were just as important as other people	54

HEALTHY LIFESTYLES

Qu sc ref

- 84% (82%) of students believe that if they take care of themselves they will stay healthy 2
 - 10% (10%) of students said that they had nothing to eat or drink for breakfast on the day of the survey 7
 - 9% (12%) of students drank 2 litres or more of water yesterday 9
 - 40% (42%) of students drank water at school compared to 4% (7%) of students who drank fizzy drinks 10
 - 19% (21%) of students said that they considered their health very often or always when choosing what to eat 8
 - 54% (52%) of students said that they have fresh fruit to eat “on a school day” 11
 - 16% (17%) of students usually eat 5 or more portions of fruit and veg per day 12
 - 59% (59%) of students said that they found their school lessons on healthy eating “quite” or “very useful” 15
 - 69% (70%) of students have never smoked a cigarette 14
- ◆ **ENJOY & ACHIEVE**
- 81% (83%) of students said that they thought it was important to go to school regularly 38
 - 36% (43%) of Y9 students say that they expect to take several GCSE’s and get mostly A-Cs 41
 - 53% (57%) of students attend an extra curricular club 43
 - 54% (58%) of students said that “on the whole I like my teachers” 57
 - 88% (89%) of students said that they want to do well at school 57
 - 80% (80%) of students said that school was the first step on the way to their career 57
 - 61% (66%) of students want to get training for a skilled job when they leave in Year 11 58
 - 38% (37%) don’t know whether they want to continue in full time education at the end of Year 11 58
- ◆ **STAY SAFE**
- 76% (76%) of students said that they never feel afraid to go to school because of bullying 35
 - 23% (19%) wear their cycle helmet “whenever possible” 17
- ◆ **MAKE A POSITIVE CONTRIBUTION**
- 32% (35%) of students said that they are “very good” at learning new skills 56
 - 66% (70%) of students feel positive about themselves 54
 - 84% (87%) of students said that they are either “quite good” or “very good” at listening to other people’s point of view 56