

# Otterham C.P.School



## KS1 Pupils Activity Questionnaire Responses – November 2017

KS1 (23) completed the questionnaire which was an investigation of their healthy lifestyles and understanding of physical activity. This chart shows the results and many of the comments given.

		Every Day	Sometimes	Never
1	I walk, scoot, cycle or "park & stride to school.	4 (17%)	6 (26%)	13 (57%)
2	I walk, scoot, cycle or "park & stride back from school.	3 (13%)	8 (35%)	12 (52%)
3	During break times, I like to move around rather than sitting down.	14 (61%)	9 (39%)	0
4	At home, I prefer to be outside moving around rather than inside sitting still.	8 (35%)	11 (48%)	4 (17%)
		Agree	Not Sure	Disagree
5	I enjoy moving around doing physical activity	19 (83%)	3 (13%)	1 (4%)
6	I do not mind if I am not always the best at physical activity, it is the taking part that matters.	17 (74%)	4 (17%)	2 (9%)
7	<b>Why is it important to take part in physical activity?</b> <b>It's Fun. When you run your heart beats faster. You sweat when you hot. Keeps you fit. It's fun and exciting. Good for team work. Pumps blood to keep you fit. I enjoy running. It makes me happy. To tidy up your body. My muscles get better. To get more energy. To get exercise. To get stronger muscles. To make me happy. So you don't get fat. You get better at it.</b>			

### Key Findings:

1. Few children come to or go from school using a method of physical activity, but this is significantly higher than those in Key Stage 2. Some are walking from the local village hall (park & stride) with their parents. This is understandable as the road is narrow, busy and dangerous with no pavement or footpath. Many of our children live a long way from the school necessitating crossing very busy thoroughfares, such as the A39. It is not easy or safe to cycle or walk to school.
2. 100% of these children prefer to be active at break times.
3. 83% of these children prefer to be active than sitting around at home.
4. 83% agree that they enjoy moving around doing physical activity.
5. 9% like to be winners and it is not just about taking part.
6. The pupil's comments show a real understanding of how physical activity can benefit them. They have identified: health, fitness, strength, enjoyment and a knowledge that your heart beats faster as a result of activity.

### Actions:

1. In order to get more children walking regularly, as so few walk to school, we will instigate the provision of a school "Walking Plan" based on each child having a pedometer whilst at school.
2. In conjunction with Arena, we will build a bank of Monthly Physical Challenges which can be done during break and lunch times under supervision of the playground leaders and School Sports Council.
3. The school field will be used more frequently (weather permitting) to provide greater games opportunities.
4. More playground equipment will be made available for organized play and activity.

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