

Otterham C.P.School



KS2 Pupils Activity Questionnaire Responses – November 2017

39 pupils 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.	2 (5%)	14 (36%)	23 (59%)
2	I walk, scoot, cycle or "park & stride back from school.	1 (2.5%)	15 (38.5%)	23 (59%)
3	During break times, I like to move around rather than sitting down.	25 (64%)	14 (36%)	0
4	During break times, I play sports like Football, Netball etc.	13 (33%)	22 (57%)	4 (10%)
5	During break times, I play active games like tag and chase.	17(43.5%)	19 (47%)	3 (7.5%)
6	During break times, I play physical games organized by play leaders.	2 (5%)	16 (41%)	21 (54%)
7	I spend time taking part in physical activity after school.	23 (59%)	12 (31%)	4 (10%)
8	<u>Can you name some of the reasons it is important to take part in physical activity?</u> <i>To stay fit and healthy. For Enjoyment. To know that there are other things to do in life. Learning to get fit, healthy. It keeps you healthy, It helps to build muscle. To get fit, To be healthy, To get moving. To keep moving. To keep healthy, To stay slim, To keep your heart healthy. To keep fit. To get fit. It keeps you fit. To get fit and to be healthy, To make friends. Because it can stop you getting ill. In case you get "fat". To play lots of P.E. games. It can help your future. To have exercise. Good health. It makes me feel better, It makes me feel happy. It's amazing. To stay in shape. To stay strong and happy. You can play more and run a lot. You can come first. It gets your body going.</i>			
		Agree	Not Sure	Disagree
9	I enjoy doing physical activity.	33 (85%)	6 (15%)	0
10	I know lots of ways I can take part in physical activity.	28 (72%)	9 (23%)	2 (5%)
11	I prefer to be outside moving around, rather than inside sitting still, possibly gaming and watching TV.	27 (69%)	12 (31%)	0
12	I do not mind if I am not always the best at physical activity, it is the taking part that matters.	34 (87.5%)	4 (10%)	1 (2.5%)
13	It is important to take part in physical activity.	37 (95%)	1 (2.5%)	1 (2.5%)
14	<u>What does Physical activity mean to you?</u> <i>I think physical activity is about enjoyment, about giving yourself a hobby to enjoy. Helping people. A time to use energy and enjoy yourself. Health, Strength, Fit, Sweaty, Sporty. To be active. Getting Health, fit and active. Fun. Playing games and having fun. Moving. It makes me feel happy and proud. Hard work. It means I can be flexible.</i>			
15	<u>Are there any other comments you would like to make about your views on physical activity?</u> <i>There is one thing about P.E. I don't like and that is the competitiveness. I sometimes feel compared to others and that people can favour others; like someone can judge me because I'm good at P.E. and others are not. It's fun. If you don't take part you will not achieve. It is so good for you. I enjoy doing physical activity. I do lots of physical activity at home. I love being physically active. I like physical activity. It means to have fun and be healthy. Having fun and getting out. I can keep myself fit and play lots of P.E. games. I find it fun because you get a variety of activity. Everyone does some exercise. It keeps us strong, healthy and energetic. I wish I could do more. I want to do more sport.....</i>			

Key findings for Key Stage 2 Pupils:

1. Few children (7.5%) come to or go from school using a method of physical activity. Some walk from the short distance from the local village hall (park & stride). 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 our children prefer to move around at break and lunch times.
3. 59% of our children take part in some form of physical activity every day after school.
4. 54% of our children never access organized activities by our playground leaders.
5. 85% of our children agree that they enjoy doing physical activity, **0%** disagreed, whilst 15% were unsure.
6. 95% of our children think it is important to do physical activity (37 from 39, with 1 not sure and 1 who does not think it is important).
7. It is encouraging to note from the children's comments that they the importance of physical activity is to help them stay healthy and fit thereby demonstrating that they generally understand the values of physical activity for them.

Actions:

1. In order to get more children walking regularly, as so few walks 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 at break times.
4. More playground equipment will be made available for organized play and activity.