



Active 60 Survey Report

West Heath Primary School, B38 8HU

Overview of Responses

- The survey was completed in the 2021/2022 Winter period
- There were 183 responses, consisting of 75 boys and 105 girls, 1 identified as 'other', and 2 preferred not to say
- There was 1 teacher response
- Pupil age range was between 7 and 11

Activity Levels and Attitudes towards Sport and Exercise

In the past week, on how many days have you done a total of 60 minutes or more of physical activity?

	Frequency	Percentage
0-1 (Less Active)	18	10%
2-3 (Fairly Active)	62	34%
4-5 (Active)	55	30%
6-7 (Very Active)	48	26%

- In total, 56% of pupils stated that they were physically active on at least 4 days in the past week
- The teacher suggested that pupils did 60 minutes of physical activity (enough to change breathing rate) in school 2 days per week, and did 30-59 minutes of exercise on 5 days
- The pupils indicated that they did 60 minutes of physical activity on 4 days per week
- The majority of pupils had 2 active days at school per week

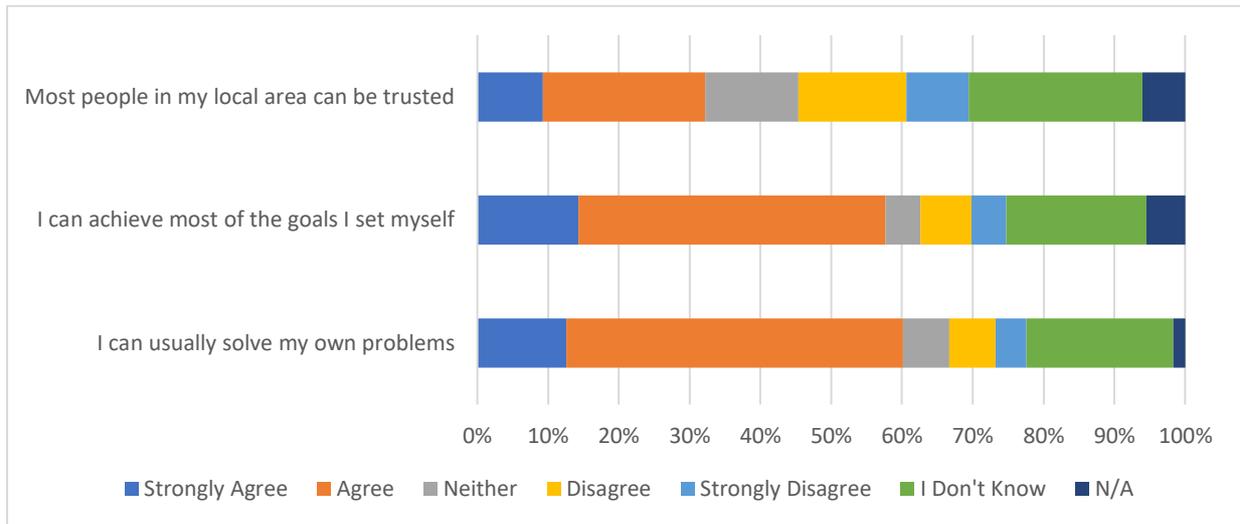
- 82% of pupils 'Agree' or 'Strongly Agree' that they like being active
- 82% of pupils 'Agree' or 'Strongly Agree' that they understand why being active is good for them

Mental Wellbeing and Individual Development



- 46% of pupils rated themselves as Extremely Happy (8 or above)
- 74% of pupils said this was how they normally feel

Social and Community Development



- Pupil resilience is strong, as 60% either 'Agree' or 'Strongly Agree' that they can solve their own problems, whilst 57% of pupils either 'Agree' or 'Strongly Agree' that they can achieve the goals they set themselves
- Community ties are relatively weak, as 32% of pupils 'Agree' or 'Strongly Agree' that most people in their local area can be trusted, whilst 49% said they either 'Disagree', 'Strongly Disagree' or 'Don't Know' if people in their local area can be trusted

Being active makes pupils feel...

