

Highlights from the Active Lives Survey 2019/2020

Last term children in Years 2, 4 and 6 were invited to take part in the Active Lives survey. Year 2 parents were also asked to participate.

We have now received our Active Lives survey report and are pleased to share some of the highlights with you. The survey was completed while many of the children were learning from home due to Covid-19. Many of our percentages are in line with the national average for last year or above. The figures in brackets refer to National figures from 2018/19.

68 % of our children are active for 60+ minutes a day across a week. (national average 48%)

68% of pupils do an average of 30+ minutes a day of moderate to vigorous activity inside school hours (national average 38%)

68% of pupils do an average of 30+ minutes a day of moderate to vigorous activity outside school hours (national average 60%)

73% of our year 4 and 6 children agreed strongly that they understand why exercise and sport are good for them (national average 72%)

67% of our year 2 children love being active (national average 63%)

71% of our year 2 children find sport easy

70 % of year 4 and 6 children can swim 25m unaided (national average 55%)

79% of year 4 and 6 children can tread water (national average 72%)

82% of year 4 and 6 children can self-rescue (national average 67%)

Healthy Eating - national figures from 2018/19 in brackets

The Government encourages all schools to promote healthy eating and provide tasty and nutritious food and drink. The following are in place at Broadwater;

- Professional development for teachers on food (nationally 25%)
- Healthy eating is a curriculum priority (nationally 74%)
- Contractual or annual assurance from caterer or local authority (nationally 56%)
- Training for catering staff (nationally 47%)
- Complies to food standards throughout the day (nationally 38%)

We also were very pleased to receive a Silver Healthy School rating. This rating came from looking at the key criteria;

- a) Food education, including in the curriculum and teacher training
- b) Compliance with the food standards
- c) The amount of time children spend on PE each week
- d) Participation in active travel schemes