



## Survey Results by Question

This report shows the different responses for every question in your survey. For individual responses and text-based answers, select the **Run Tabulated Report** option after selecting this survey from the survey results option in the main drop down menu.

Completed Responses

84 (R)

Eligible Respondents

91 (ER)

Response Rate %

92 (RR)

**Title:** PE, SCHOOL SPORT AND MENTAL HEALTH

Showing results based on the date range:

**From:** 19/10/2023    **To:** 03/11/2023

### Question

### Responses - Count (%)

**Q1.**

**PE is important to me and helps me to lead a healthy, active lifestyle.**



**Q2.**

**My favourite PE lesson is...**

Value	Count	Percent (%)
Athletics	6	7%
Basketball	1	1%
Football	20	24%
Hockey	3	4%
Multi-skills	1	1%
Dodgeball	17	20%
Cricket	2	2%
Outdoor Adventurous Activities	2	2%
Dance	2	2%
Gymnastics	25	29%
Swimming	3	4%
Touch Rugby	2	2%
Tennis	1	1%

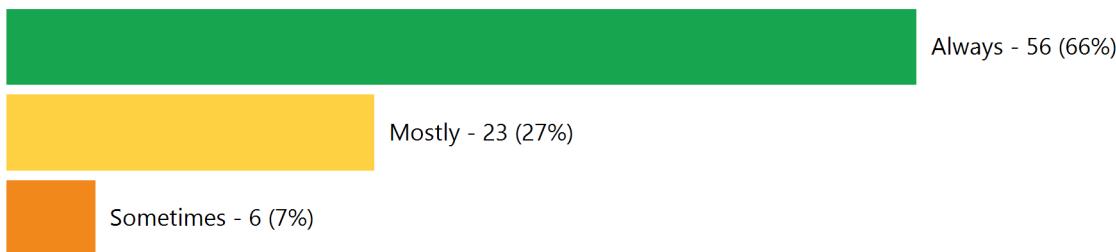
**Q3.**

**I enjoy my PE lessons.**



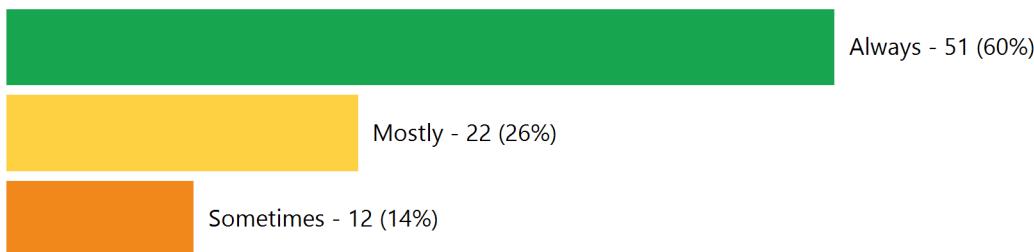
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**Q4.**

**I understand what I am learning in my PE lessons.**



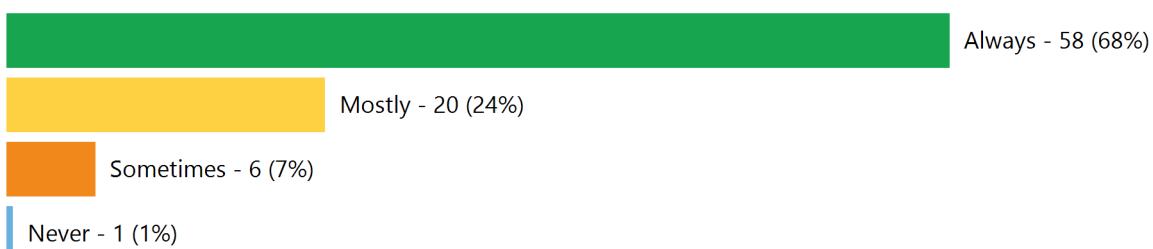
**Q5.**

**My teacher helps me to make progress in my PE lessons.**



**Q6.**

**I feel safe in my PE lessons.**





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**Q7.**

**I feel confident in my PE lessons.**



**Q8.**

**Why do we have to warm up in our PE lessons?**

**(Top six detailed answers only. ALL responses can be accessed by selecting "Run Tabulated Report" option after selecting this survey from the Survey Results option in the main menu)**

We have to warm up because it helps our body get warm and ready for our PE lesson. like Doing exercises or running before we get into our main PE.

We warm up in our PE lessons because it keeps our bodies safe. If we don't warm up our muscles can get torn from suddenly springing them into action

We do a warm up because if we go right into a football match(for example) we could break a bone or pull a muscle

We have to warm up in PE lessons to warm up our muscles and bones so that there is a lower chance for injuries.

We have a warm-up because we won't strain our muscles if we do some laid-back exercises before hand.

We have to warm up because it's important so it gets you ready and so you don't hurt your muscles

**Q9.**

**I understand what mental health and wellbeing is. This is what mental health and wellbeing means to me...**

**(Top six detailed answers only. ALL responses can be accessed by selecting "Run Tabulated Report" option after selecting this survey from the Survey Results option in the main menu)**

Mental health is vital because it helps us stay happy and grow intelligence and we are able to be calm and collected when things do not go our way

It means if you are feeling bad or uncomfortable you can do some belly breathing and know how to calm yourselves down

Mental health and wellbeing means to me that your body and feelings are positive, active and ready for the day ahead

Mental health and wellbeing means our emotions and how we feel and if we are happy and our friendships

Mental health is your confidence and ability to do something well-being is how you feel

Mental health and wellbeing is learning how to be healthy and look after yourself.

**Q10.**

**PE, active break and lunch times and sports after-school clubs help my mental health because...**

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Exercise will exert you to become your full potential in sports and you won't become lazy and a bad sport.

I not only makes me fit it also releases Adrenalin which is a hormone which makes you happy

I get to spend time with friends, learn new skills and become fit and healthy.

I love PE and it really makes me happy with my sporting achievements.

They help my mental health because they get me fit and get me active.

it keeps me active and healthy as you are moving around a lot

### Q11.

**The sport after-school clubs that I would like to do are...**

**You may select up to 3 options.**

Value	Count	Percent (%)
Football	54	64%
Hockey	17	20%
Dodgeball	51	61%
Dance	25	30%
Cricket	23	27%
Gymnastics	42	50%
Cross country	20	24%
Touch rugby	10	12%
Other suggestions	14	17%

### Q12.

**Which after-school sports club/s do you attend this term?**

Value	Count	Percent (%)
Football KS1	18	21%
Hockey	11	13%
Football KS2	35	42%
None	29	35%
Cross country races	15	18%

### Q13.

**What is your proudest sporting achievement?**

**For example:**

- swimming 25m
- scoring a goal
- doing a cartwheel
- winning on sports day

**(Top six detailed answers only. ALL responses can be accessed by selecting "Run Tabulated Report" option after selecting this survey from the Survey Results option in the main menu)**

getting in silver group in swimming and scoring lots of goals in yesterdays football tournament



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My proudest sporting achievement is winning almost all the races that I was in on sports day.

My proudest moment was in football when I got award for being players player of the year.

Doing a swimathon and raising 100 pounds with my brother for cancer

doing a triathlone on my 10th birthday and coming 2nd on the podium

playing 3-4 football tournaments against other schools