



# 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.

Respondents	90 (R)
Eligible Respondents	96 (ER)
Response Rate %	94 (RR)

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

Showing results based on the date range:

**From:** 08/12/2022 **To:** 16/12/2022

Question	Responses - Count (%)
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## Q1.

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



## Q2.

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

Value	Count	Percent (%)
Athletics	3	3%
Basketball	2	2%
Cricket	2	2%
Dance	2	2%
Football	27	30%
Gymnastics	19	21%
Hockey	6	7%
Netball	1	1%
Outdoor Adventurous Activities	3	3%
Rounders	2	2%
Rugby	6	7%
Swimming	12	13%
Tennis	4	4%
Yoga	1	1%

## Q3.

**I enjoy my PE lessons.**



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Yes - 83 (92%)

No - 2 (2%)

Not sure - 5 (6%)

### Q4.

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

Yes - 76 (84%)

No - 3 (3%)

Not sure - 11 (12%)

### Q5.

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

Yes - 83 (92%)

No - 4 (4%)

Not sure - 3 (3%)

### Q6.

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

Yes - 80 (89%)

No - 1 (1%)

Not sure - 9 (10%)



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**Q7.**

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



**Q8.**

**Why do you have to warm up in your 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)**

you have to warm up in PE because it helps your body get use to your PE lesson and if you don't then your body can start to ache.

it is important to warm up because it tells your brain you are going to be active ,if you dont warm up you could break a bone.

it helps us understand what were doing and to warm us up for the actual games. it helps us to get better at the games

You have warm ups in your P.E lessons because it gets your body warm before the PE lesson and they are also fun.

To get your body warmed up and to get your muscles working. If you don't warm up you could possibly ;ull a muscle.

It help's me be allot calmer and happier.It help's me at the farm and all.It also helps me happier.

**Q9.**

**I understand what mental health means.**

**This is what mental health 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 where you can express your feelings and do fun activities about the subject that you are doing like collages or posters.

it means to me that it is your own mental health and it will encourage you to look after yourself

I think mental health means to me that you feel confident in yourself and feel you can do this.

Mental health means that you are confident in nearly everything and don't usually give up

I understand what mental health means.It means that i am healthy physycly and mentally.

meantal health means lots to me and pe helps with my mental health as well



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## Q10.

**PE and being active at break and lunch times and after-school clubs helps my mental health because...**

**(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)**

- PE and break helps me run around with my friends and be active because i'm not usally active and i only do choir and that helps my vocal chords warm up
- because you feel fitter healthier and when you participate boosts everything up and you feel better in yourself
- you can do something and get outside instead of bieng stuck in doors watching telly
- i meet new people and have lots of fun and thats why mental health helps my clubs
- Being with my friends make me happy and exercise helps to boost your happiness.
- They are fun , you get to make new friends and it makes your body fitter.

## Q11.

**The after-school clubs I have done so far this year are...**

Value	Count	Percent (%)
Football KS1	24	26%
Football KS2	27	30%
Cross country	9	10%
Rugby	9	10%
None	37	41%

## Q12.

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

You may select 2 options.

Value	Count	Percent (%)
Football KS1	22	24%
Football KS2	18	20%
Cross country	9	10%
Rugby	13	14%
Athletics	21	23%
Badminton	6	7%
Basketball	5	6%
Cricket	9	10%
Dance	13	14%
Gymnastics	27	30%
Hockey	10	11%



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Multi-skills	5	6%
Netball	8	9%
Outdoor Adventurous Activities	12	13%
Rounders	12	13%
Tennis	14	16%
Yoga	11	12%
Healthy Cooking	11	12%

### Q13.

**What sports and activities do you participate in outside of school?**

**For example, do you do swimming lessons or are you part of a club like Caradon Hockey Club?**

**(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)**

I play rugby for Liskeard Looe and I make loads of new friends.I train every Friday night and a match on Sunday.

i am part of moondance and i do musical theatre and acro. also i do singing and stagecoach.

I participate in rugby for liskeard rugby club and i feel proud to represent them.

I do tennis lessons on Monday and sometimes Tennis match play on Tuesday.

i dont do any lessons out of school. i do football as a after school club

i do foot ball with my sister and sometimes basket ball with my cousin

### Q14.

**What is your proudest sporting achievement?**

**For example:**

**-swimming 25m**

**-doing a cartwheel**

**-scoring a goal**

**-winning a prize at 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)**

my sporting achievement is winning a reward at sports day and being able to do a forward roll off of a appartus.

Probably when ive been given a trophie for the most improved player of the year and i was amazed

My proudest sporting achievement was swimming the length of the middle pool in liskeard.

it is when i scored a hatrick and got man of the match for dobwalls team

My proudest sporting achievement was when I scored a goal in football.

My proudest sport achievment is getting a winners trophey in our cup