**PE, Mental Health and Active Lifestyle Pupil Survey November 2021**

As part of our commitment to strengthening our children’s understanding of being active, and to improve their understanding of mental health and wellbeing, we surveyed children from nursery to year 6.

The children’s answers, along with staff and parent suggestions were used to form a mental health statement for use by our school community. For us, having **a positive mental health is being able to cope with, and respond positively to challenges**.

Survey conducted by Mrs Gouge, PE Coordinator, with class teachers present.

**Nursery**

**When you are active, what do you do and how do you feel?**

Some of the answers were:

Smiling Happy Running Kicking the ball really high Throwing in the air

**What sports do you participate in outside of nursery?**

|  |  |  |
| --- | --- | --- |
| **Sport** | **Girls** | **Boys** |
| Swimming | 4 | 1 |

**What does being healthy mean to you?**

Some of the answers were:

Chocolate, crisps and sweets are too salty

Fruits, lettuce, carrot and apples are healthy

**It is evident that nursery children at St Neot feel very positive about being active. They understand what foods and are healthy and unhealthy.**

**Dewey Class (Foundation/Y1)**

**How do you think PE and sport helps your mind and body?**

Some of the answers were:

Warming up means you are ready to go Keeps us healthy Our hearts beat faster Stronger

Makes you feel happy Keeps you fit Gives you energy Helps your muscles

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

|  |  |  |
| --- | --- | --- |
| **Sport** | **Girls** | **Boys** |
| Swimming | 5 | 2 |
| Horse-riding | 2 | 1 |
| Ballet | 4 | 1 |

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| --- | --- | --- | --- |
| **Question** | **Yes** | **No** | **Not sure** |
| **Do you enjoy PE lessons?** | **76%** | **24%** | **0** |
| **Do you feel safe during PE?** | **76%** | **24%** | **0** |
| **Do you feel confident during PE?** | **41%** | **59%** | **0** |
| **Do you practise skills in PE to get better?** | **88%** | **12%** | **0** |
| **Does your teacher help you to get better in PE?** | **88%** | **12%** | **0** |
| **Do you know why it’s important to warm up in PE?** | **100%** | **0** | **0** |

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**What is your proudest sporting achievement?**

10 children said being able to use the monkey bars

3 children mentioned swimming

**What does being healthy mean to you?**

Some of the answers were:

Playing Eating Dancing Swinging Exercising Riding my horse Animals

**It is evident that Foundation /Y1 children at St Neot know the importance of warming up in PE, with 100% agreeing and they were able to explain this to me. I have identified that there needs to be an emphasis on feeling confident in PE lessons and ensuring that this language is used and the feeling demonstrated in future lessons.**

**Loveny Class (Y1/Y2)**

**How do you think PE and sport helps your mind and body?**

Some of the answers were:

Blood goes around your body faster Makes you happy Keeps you fit

Body produces more oxygen You get sweaty and thirsty

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

|  |  |  |
| --- | --- | --- |
| **Sport** | **Girls** | **Boys** |
| Swimming | 7 | 11 |
| Horse-riding | 7 | 5 |
| Dance | 4 | 2 |
| Hockey |  | 1 |
| Football | 1 | 3 |
| Gymnastics | 4 | 3 |
| Rugby |  | 3 |
| Tennis |  | 1 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Question** | **Yes** | **No** | **Not sure** |
| **Do you enjoy PE lessons?** | **92%** | **0%** | **8%** |
| **Do you feel safe during PE?** | **77%** | **8%** | **15%** |
| **Do you feel confident during PE?** | **77%** | **0** | **23%** |
| **Do you practise skills in PE to get better?** | **81%** | **15%** | **4%** |
| **Does your teacher help you to get better in PE?** | **100%** | **0** | **0** |
| **Do you know why it’s important to warm up in PE?** | **85%** | **4%** | **11%** |

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**What is your proudest sporting achievement?**

Some of the answers were:

Winning player of the day at community sports Swimming in the deep end

Participating in school sports day Saving a goal Going down a big slide

Doing a handstand or cartwheel Putting my head under water at the pool

**What does being healthy mean to you?**

Some of the answers were:

Eating lots of fruit and vegetables Having good health Drinking plenty of water

**The table paints a positive image of PE throughout Y1/Y2 with a high amount of yes statements about enjoying the lessons and being supported by their teacher. It is evident that we make the importance of warm ups and cool downs clear and that community clubs are well signposted by the school.**

**Treverbyn Class (Y3/Y4)**

**How do you think PE and sport helps your mind and body?**

Some of the answers were:

Keeps you fit Makes you happy It’s fun Raises your spirits Helps you be more clever

You feel energetic It’s good to get fresh air in PE Keeps you healthy

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

|  |  |  |
| --- | --- | --- |
| **Sport** | **Girls** | **Boys** |
| Swimming | 9 | 3 |
| Horse-riding | 3 | 2 |
| Dance | 2 |  |
| Hockey | 1 | 1 |
| Football |  | 2 |
| Gymnastics | 1 | 1 |
| Rugby |  | 3 |
| Basketball |  | 1 |
| Tennis | 2 | 1 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Question** | **Yes** | **No** | **Not sure** |
| **Do you enjoy PE lessons?** | **100%** | **0** | **0** |
| **Do you feel safe during PE?** | **100%** | **0** | **0** |
| **Do you feel confident during PE?** | **96%** | **4%** | **0** |
| **Do you practise skills in PE to get better?** | **100%** | **0** | **0** |
| **Does your teacher help you to get better in PE?** | **96%** | **0** | **4%** |
| **Do you know why it’s important to warm up in PE?** | **100%** | **0** | **0** |

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**What is your proudest sporting achievement?**

Some of the answers were:

Winning swimming medals Winning a trophy and medals for football

Playing on the winning team at a football tournament Coming 2nd on the leader board at tennis

Receiving a rosette in horse-riding Providing an assist in football

Achieving lots of basketball bounces

**What does being mental health mean to you?**

Some of the answers were:

How well you are Being outside Keeping fit Your basic health

**It is again great to see so many positive outlooks on PE lessons. It comes as no surprise that swimming, gymnastics and football have scored the highest as those are the lessons which have been taught most recently.**

**Fowey Class (Y5/Y6)**

**How do you think PE and sport helps your mind and body?**

Some of the answers were:

Helps your brain to focus Takes your mind off worries so you are less stressed

Wakes your brain up Keeps you fit You become better at skills It makes you think more

I enjoy the challenges You can achieve more You have more motivation

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

|  |  |  |
| --- | --- | --- |
| **Sport** | **Girls** | **Boys** |
| Swimming |  | 2 |
| Horse-riding | 7 | 1 |
| Dance | 1 |  |
| Hockey | 1 |  |
| Football |  | 2 |
| Gymnastics | 1 |  |
| Rugby |  | 1 |
| Badminton |  | 1 |
| Athletics | 1 |  |
| Netball | 1 |  |
| Tennis |  | 1 |

|  |  |  |  |
| --- | --- | --- | --- |
| **Question** | **Yes** | **No** | **Not sure** |
| **Do you enjoy PE lessons?** | **96%** | **4%** | **0** |
| **Do you feel safe during PE?** | **100%** | **0** | **0** |
| **Do you feel confident during PE?** | **83%** | **0** | **17%** |
| **Do you practise skills in PE to get better?** | **79%** | **0** | **21%** |
| **Does your teacher help you to get better in PE?** | **100%** | **0** | **0** |
| **Do you know why it’s important to warm up in PE?** | **91%** | **0** | **9%** |

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**What is your proudest sporting achievement?**

Some of the answers were:

Being able to do a bridge in gymnastics Swimming 25m Playing with U12 Girls netball

Winning a football match Winning trophies and medals in hockey Running 100m

Winning medals in tennis Scoring 3 goals in football Winning a trophy in rugby

**What does being mental health mean to you?**

Some of the answers were:

Doing sport Keeping healthy State of mind Healthy eating Emotions

**It comes as no surprise that swimming and football have scored the highest in favourite PE lessons as those are the lessons which have been taught most recently in this class. It is again great to see so many positive outlooks on PE lessons, but some children still don’t feel confident. This Y5/Y6 class were able to provide some more information than the younger children about mental health being related to how you are feeling and your state of mind.**

**It is evident from this survey that our children were unable to articulate what mental health was. This is something that we are addressing in regular assemblies, PSHE lessons, displays around the school and discussing in all staff meetings. It will be interesting to see what impact this will have and how they are able to explain what mental health means to them later in the year.**