



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% |

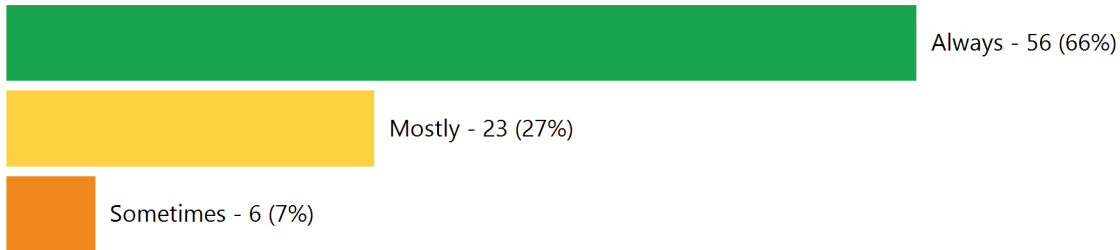
Q3.

I enjoy my PE lessons.



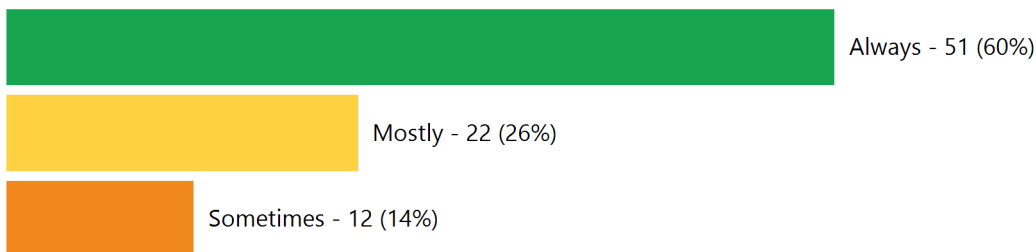
Survey Results by Question

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.



Q4.

I understand what I am learning in my PE lessons.



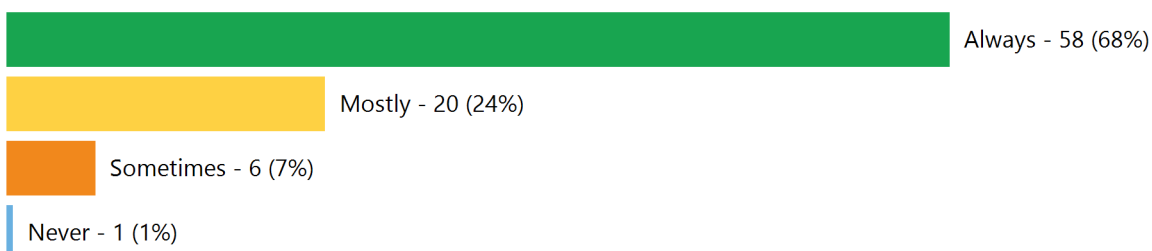
Q5.

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



Q6.

I feel safe in my PE lessons.





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.

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 are body get warm and ready for are PE lesson. like Doing excersises or running before we get into are 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 get's you ready and so you don't hurt your muscels

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 welbeing 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 freindships

mental health is your confidence and ability to do something wellbieng is how you feel

mental health and welbeing is learning how to be healthy and look after your self.

Q10.

PE, active break and lunch times and sports after-school clubs help 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)



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.

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



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.

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 triathlon on my 10th birthday and coming 2nd on the podium

playing 3-4 football tournaments against other schools