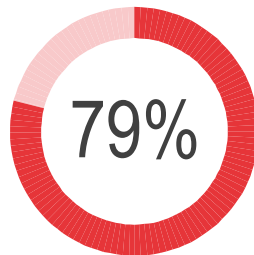
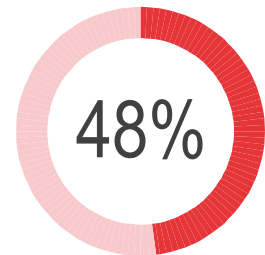


ST CHRISTOPHER'S SCHOOL 2015 Results Summary

HOOKED ON SPORT
WEDI GWIRIONI AR
CHWARAEON



ST CHRISTOPHER'S SCHOOL



WALES



82%

of pupils enjoy PE lessons a lot



63%

of pupils enjoy sport in after-school or lunchtime clubs a lot



92%

of pupils feel confident trying new activities



68%

of pupils feel their ideas about PE and school sport are **always** listened to



81%

of pupils think that PE lessons and sport help you to have a healthy lifestyle a lot

The Sport Wales School Sport Survey took place during the summer term of 2015. This report presents the results for ST CHRISTOPHER'S SCHOOL, providing evidence on pupils' well-being in relation to physical education (PE), extracurricular sport and community activity, focusing on the four well-being outcomes indicated in Estyn's Inspection Framework for Schools in Wales:

- **Attitudes to keeping healthy and safe**
- **Participation and enjoyment in learning**
- **Community involvement and decision-making**
- **Social and life skills**

In 2015, a total of 116,000 pupils and over 1,000 schools in Wales took part in the School Sport Survey. 122 pupils from ST CHRISTOPHER'S SCHOOL took part in the survey, giving them the chance to have their voices heard on sport, health and wellbeing.

Your report will provide you with evidence to see how many of your pupils take part frequently in sport and physical activity. You'll be able to **compare your results** with the results for schools across Wales that have pupils in Years 3 and above.

The percentage of pupils who are '**hooked on sport**' and take part frequently in sport and physical activity (three or more times a week) is a key indicator across Wales. We will present information about activity levels in your school and in Wales. We'll outline which sports are the most popular with pupils - both in school time and in the community, and look at the other types of activities that are having an influence on their spare time.

We know that pupil voice is important - if pupils feel they are **listened to** and can help to shape delivery then they are more likely to **take part regularly** which contributes to them leading **healthy active lifestyles**.

Finally, feedback from your pupils will give you an idea of any **actions** you want to take based on the evidence that has been collected. The types of sports and activities pupils want to do more of are highlighted, along with their perceptions about sport – and the kinds of barriers and motivations which can have an influence on their participation levels.

Thank you for taking part in the survey. We hope you will find the evidence in this report useful for inspection, planning, and as a tool to aid discussion about sport, activity and health and well-being with pupils and staff.

Yours sincerely,

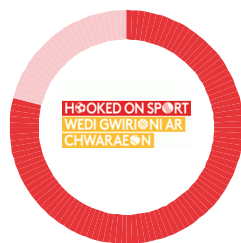


Sarah Powell
CEO | Prif Weithredwr

Section 1: Attitudes to keeping healthy and safe

Sports participation and regular physical activity have a positive impact on health and well-being. The prominence of health and wellbeing as one of the six Areas of Learning and Experience recommended in Professor Donaldson's review of the curriculum in Wales, along with the aspirations of the Well-being of Future Generations (Wales) Bill, highlight the need to ensure that the education process produces **healthy and confident** individuals. The importance of physical activity in achieving this goal is recognised.

Key Findings for ST CHRISTOPHER'S SCHOOL



79%

of pupils are 'Hooked on Sport'



81%

of pupils think that PE lessons and sport help you to have a healthy lifestyle a lot

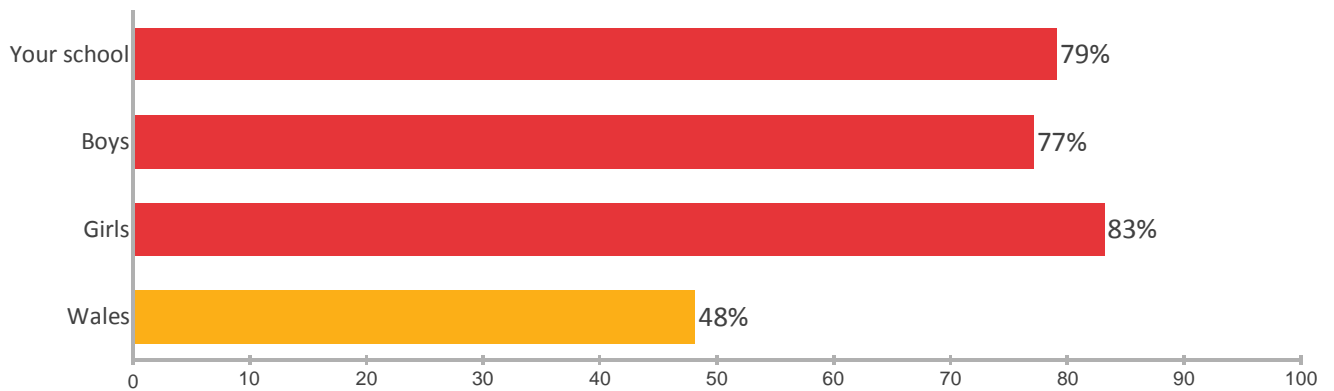
Hooked on sport



Since 2011, the School Sport Survey has captured a detailed picture of frequency of participation, allowing us to explore the number of occasions per week pupils take part in organised sport and physical activity outside of the curriculum*. The Vision for Sport in Wales refers to this as being 'hooked on sport'. In ST CHRISTOPHER'S SCHOOL, 79% of pupils are hooked on sport compared with 48% for Wales.

* Pupils are counted as being 'hooked on sport' if they take part in school-based extracurricular sport, or sport with a club not at school on three or more occasions per week. This gives us a measure of their participation in structured activities.

Figure 1: Percentage of pupils hooked on sport

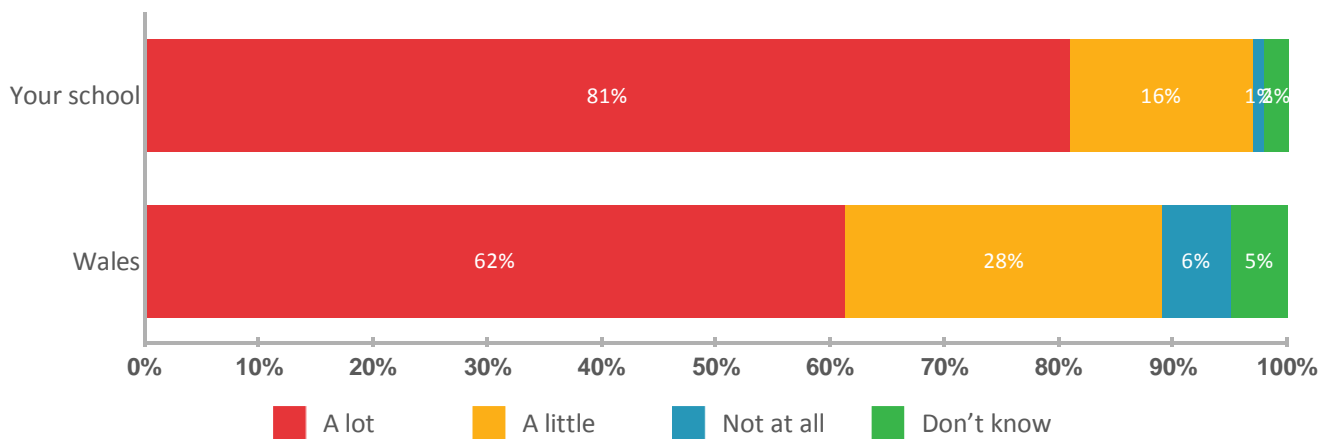


Across Wales, we see a general pattern of girls taking part less frequently than boys. We also see lower participation rates among older pupils. Understanding the needs of different pupils can help us to take action to address these gaps.

How much do you think PE lessons and sport help you keep healthy?

Pupils are asked how much they think PE lessons and sport helps them keep healthy. 81% of pupils said that PE lessons and school sport contributed **a lot** towards a healthy lifestyle.

Figure 2: How much do PE lessons and sport help you keep healthy?



Base: All pupils of ST CHRISTOPHER'S SCHOOL in school years 3 - 11 (n=122)

Active travel

Active travel options also play their part in contributing to healthy and active lifestyles. 4% of pupils at ST CHRISTOPHER'S SCHOOL either walked, cycled or scooted to school, as shown in Figure 3 below. Others travelled by car or bus:

Figure 3: How do pupils travel to school?

| Break % Respondents | Your school | Wales |
|-------------------------|-------------|-------|
| Walk | 4% | 36% |
| By car | 11% | 35% |
| By taxi | 30% | 1% |
| By bus | 53% | 22% |
| Cycle | - | 2% |
| Scooter or skate | - | 2% |
| Other | 1% | 1% |

Base: All pupils of ST CHRISTOPHER'S SCHOOL in school years 3 - 11 (n=122)

Pupils who are comfortable taking part and enjoy being active are more likely to be frequent participants and as a result, more likely to enjoy the health and wellbeing benefits of physical activity.

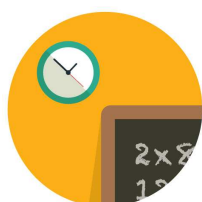
The **participation and enjoyment in learning** section provides further information.

Section 2: Participation and enjoyment in learning

We need to equip young people with the skills and capabilities to become physically competent, within environments where they enjoy these experiences, providing the opportunities for them to gain the confidence and motivation to increase their levels of participation.

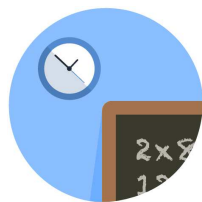
This section covers school provision, school-organised extracurricular participation in sport and discusses pupils' enjoyment of PE and school sports clubs.

Key Findings for ST CHRISTOPHER'S SCHOOL



90

minutes of curricular PE provided to pupils in years 3-6 per week



96

minutes of curricular PE provided to pupils in years 7-11 per week



82%

of pupils enjoy PE lessons a lot



63%

of pupils enjoy sport in after-school or lunchtime clubs a lot

The Welsh Government set out in Climbing Higher* a target for all primary and secondary schools to provide a minimum of 2 hours of curricular based sport and physical activity per week.

On average, ST CHRISTOPHER'S SCHOOL offer 90 minutes per week to pupils in Years 3 and 4, and 90 minutes per week to pupils in Years 5 and 6. This compares with a national average of 101 minutes in Years 3 and 4, and 101 minutes in Years 5 and 6.

On average, ST CHRISTOPHER'S SCHOOL offer 90 minutes per week to pupils in Years 7 to 9, and 105 minutes per week to pupils in Years 10 and 11. This compares with a national average of 111 minutes in Years 7 to 9, and 77 minutes in Years 10 and 11.

Overall, ST CHRISTOPHER'S SCHOOL provides 90 minutes of curricular PE per week to pupils in Years 3 to 6 compared with 101 in primary schools across Wales.

Overall, ST CHRISTOPHER'S SCHOOL provides 96 minutes of curricular PE per week to pupils in Years 7 to 11 compared with 98 in secondary schools across Wales.

* <http://gov.wales/topics/cultureandsport/sportandactiver recreation/climbing/?lang=en>
<http://gov.wales/topics/cultureandsport/sportandactiver recreation/climbing/?skip=1&lang=cy>

Providing a variety of activities can help engage with all pupils, and give them the opportunities to develop a range of different skills and competencies. ST CHRISTOPHER'S SCHOOL provides 43 different curricular based activities compared with an average of 23 for Wales.

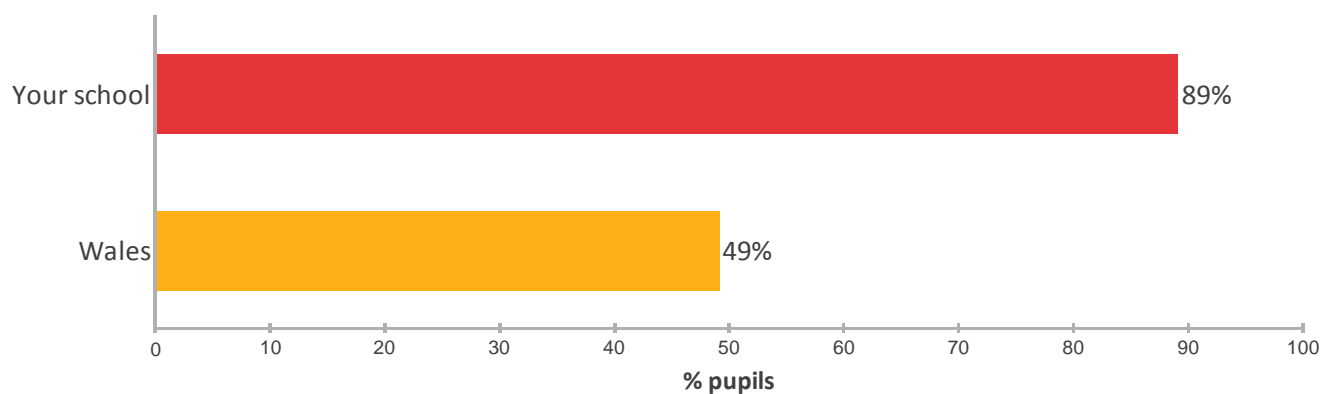
ST CHRISTOPHER'S SCHOOL provides 20 different extracurricular activities compared with an average of 12 for Wales.

Taking part in sport at school

89% of ST CHRISTOPHER'S SCHOOL pupils participated frequently (participating at least once a week on average in school sport in the 2014/15 school year), compared with a national participation rate of 49%.

Figure 4 shows the breakdown of participation in school sport.











Figure 4: Participation in any school sport (%)



Base: All pupils of ST CHRISTOPHER'S SCHOOL in school years 3 - 11 (n=122)

The school-based sports that pupils are **most likely** to take part in are shown below. A full list is shown in the Appendices.

Figure 5: Popular school-based activities in ST CHRISTOPHER'S SCHOOL

| Boys | % | Girls | % |
|---|-----|--|-----|
|  | 95% |  | 95% |
| Football | | Netball | |
|  | 93% |  | 93% |
| Cricket | | Football | |
|  | 91% |  | 93% |
| Hockey | | Tennis | |
|  | 91% |  | 90% |
| Table tennis | | Hockey | |
|  | 90% |  | 88% |
| Badminton | | Badminton | |

Base: All pupils of ST CHRISTOPHER'S SCHOOL in school years 3 - 11 (n=122)

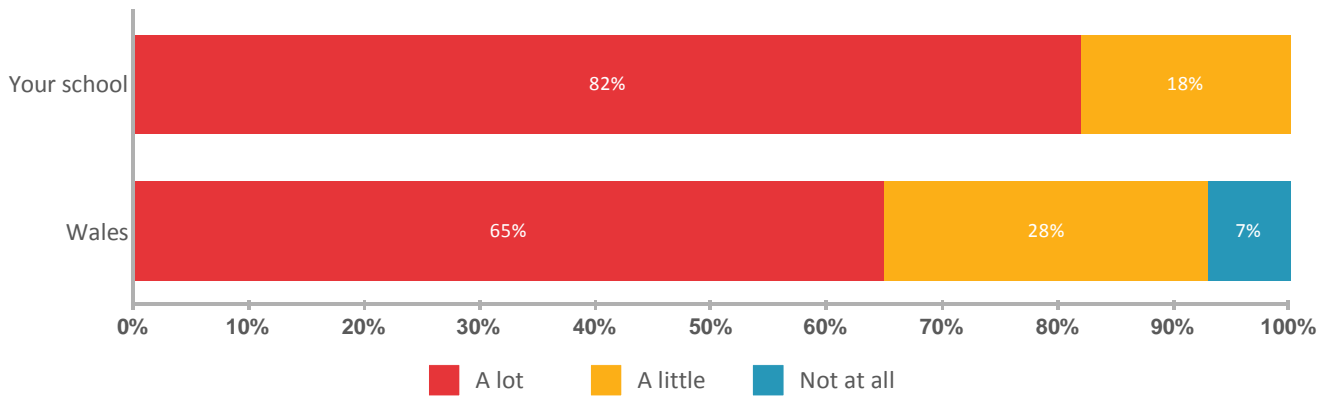
Enjoyment

In 2013, the School Sport Survey demonstrated that pupils were almost twice as likely to be hooked on sport and regularly active if they enjoyed school sport **a lot**. In 2015, we are able to track this progress.

Pupils are asked whether they enjoy their PE lessons and whether they enjoy taking part in sport in after-school or lunchtime clubs (our measure of extracurricular sport).

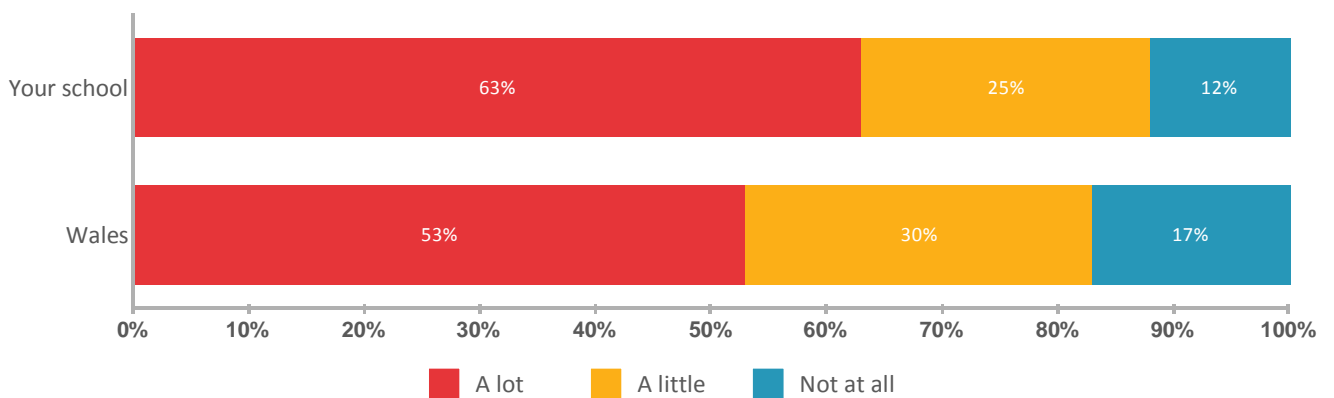
In ST CHRISTOPHER'S SCHOOL, 100% of pupils enjoy PE (82% say they enjoy it **a lot**), and 88% enjoy extracurricular sport (63% say they enjoy it **a lot**).

Figure 6: Enjoyment of PE



Base: All pupils of ST CHRISTOPHER'S SCHOOL in school years 3 - 11 (n=122)

Figure 7: Enjoyment of extracurricular sport



Base: All pupils of ST CHRISTOPHER'S SCHOOL in school years 3 - 11 (n=122)

Enjoyment and good experiences of sport in school can lead to participation outside of school and help build a habit of a healthy and active lifestyle.

Section 3: Community involvement and decision-making

Evidence from the School Sport Survey can help us evaluate the extent to which pupils are involved in the community and feel they are participating in decision-making processes. We can look at pupils' involvement in community club sport and whether pupils of different ages and gender enjoy sport outside of school and are making use of community settings to do sport or exercise.

Key Findings for ST CHRISTOPHER'S SCHOOL



83%

of pupils participate in sport at least once a week in community sport



68%

of pupils feel their ideas about PE and school sport are **always** listened to

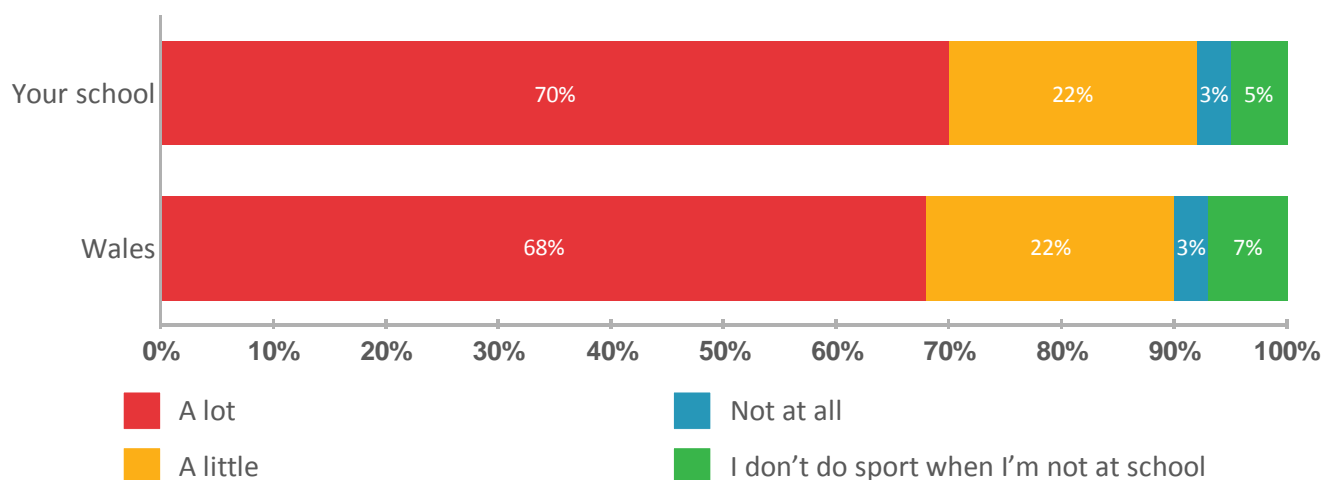


70%

of pupils enjoy sport **a lot** when they are not at school

70% of Pupils in ST CHRISTOPHER'S SCHOOL told us that they enjoy doing sport **a lot** when they are not at school.











Figure 8: Enjoyment of sport outside of school



Base: All pupils of ST CHRISTOPHER'S SCHOOL in school years 3 - 11 (n=122)

Popular community sports activities that pupils in ST CHRISTOPHER'S SCHOOL take part in are shown in the table below:

Figure 9: Popular community club activities

| Boys | % | Girls | % |
|---|-----|--|-----|
|  | 58% |  | 78% |
| Cycling | | Cycling | |
|  | 53% |  | 59% |
| Mountain biking | | Mountain biking | |
|  | 44% |  | 46% |
| Climbing | | Horse riding | |
|  | 38% |  | 46% |
| Canoeing or kayaking | | Trampolining | |
|  | 31% |  | 44% |
| Water polo | | Swimming | |

Base: All pupils of ST CHRISTOPHER'S SCHOOL in school years 3 - 11 (n=122)

A full breakdown of activities is shown in Appendix B.

Pupil Voice and Decision Making

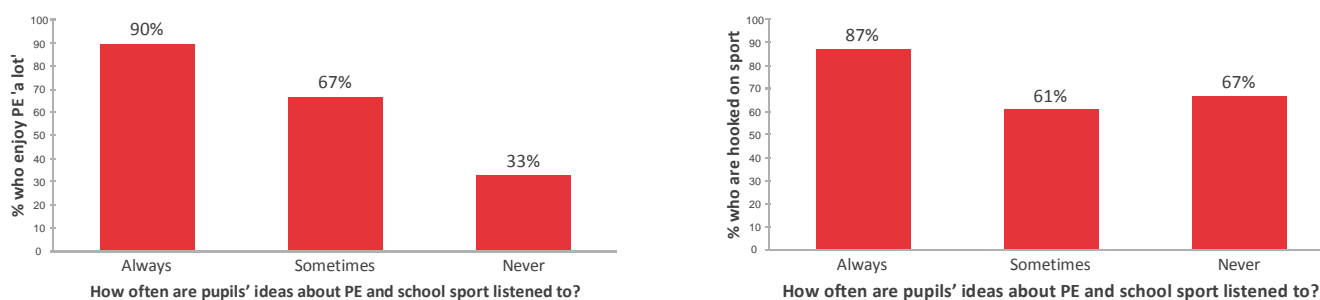
Listening to pupils and shaping provision to meet their different needs can help to increase their enjoyment, confidence and ensure they feel comfortable taking part in sport and physical activity.

Across Wales, pupils who **always** feel listened to are more likely to be **hooked on sport** and enjoy PE and sport at school.

In ST CHRISTOPHER'S SCHOOL, 68% of pupils said their ideas were listened to 'always'. In Wales, 31% of pupils said their ideas were listened to **always**.

The figure below shows us how listening to pupils can have an impact on the extent to which they a) enjoy PE and b) are hooked on sport.

Figure 10: How often are pupils ideas listened to, broken by enjoyment of PE and 'hooked on sport'



Base: All pupils of ST CHRISTOPHER'S SCHOOL in school years 3 - 11 (n=122)

School councils and school sports councils can provide an opportunity for pupils to be involved in decision making processes. ST CHRISTOPHER'S SCHOOL has both a school council and a school sports council.

ST CHRISTOPHER'S SCHOOL open up their sports facilities to community use. Facilities are opened on the basis of open access or pay to play, and informal agreements with clubs and other organisations.

ST CHRISTOPHER'S SCHOOL have fostered links with community clubs in the following sports:

- Boxing
- Cricket
- Disability sports clubs
- Football
- Golf
- Hockey
- Martial arts
- Multi-skills
- Netball
- Swimming
- Tennis or Short Tennis
- Water polo

Sport Wales encourages schools to make links with the community as a means of providing exit routes for pupils to take part when they are not at school and to provide opportunities for pupils to further develop skills and get involved in community sport and competition.

Section 4: Social and Life Skills and Action planning

In this section, we examine the extent to which ST CHRISTOPHER'S SCHOOL pupils are:

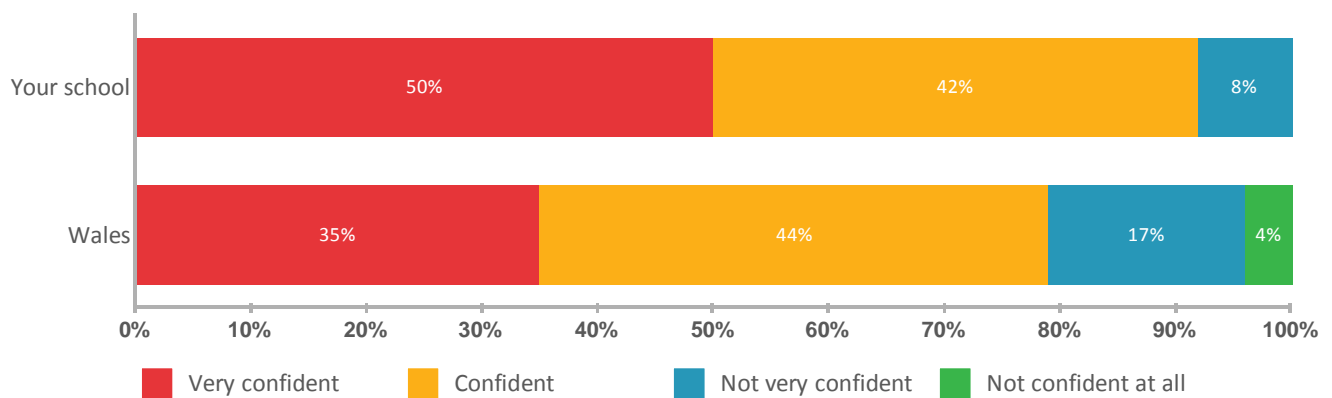
- confident participants
- whether they have represented their school in competitive sport
- whether they take part in sport with their friends and family, and
- whether they prioritise sport and being active, or choose other activities in their leisure time.

Pupils who feel that their ideas about sport and PE are listened to are more likely to be active and more likely to enjoy PE and sport at school. The 2015 survey demonstrates the extent to which pupils feel they have had an opportunity to be involved in the decision-making process and feel they are valued and listened to when it comes to their ideas on PE and school sport. Their enjoyment of sport in school can have a lasting impact on their involvement in community sport and the likelihood of them developing the skills to stay active throughout their lives.

Confidence to try new activities

Overall, 92% of pupils at ST CHRISTOPHER'S SCHOOL are **very confident or confident** to try new activities.

Figure 11: How confident are pupils in trying new activities?

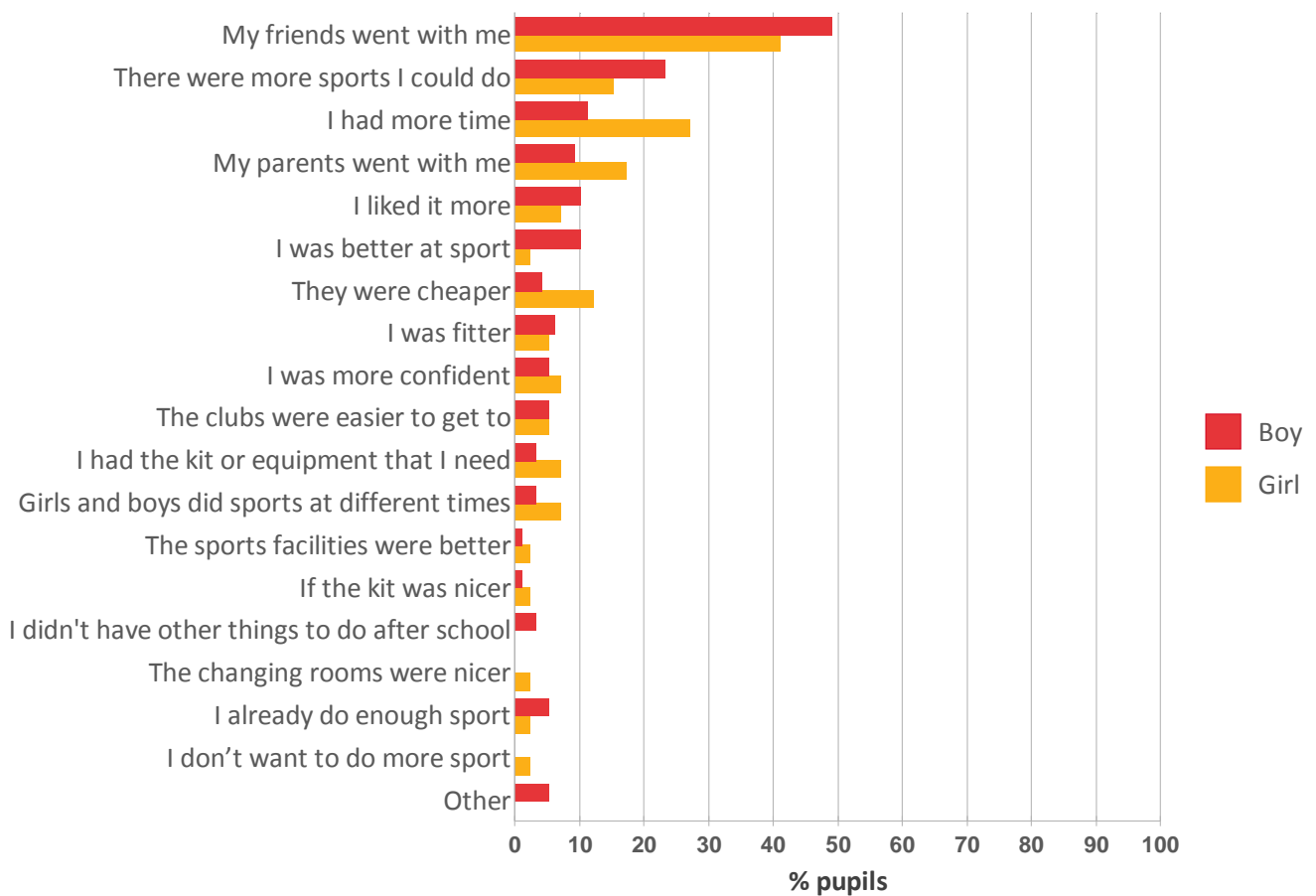


Base: All pupils of ST CHRISTOPHER'S SCHOOL in school years 3 - 11 (n=122)

This final section presents feedback from pupils that will inform the development of any **actions** you want to take based on the evidence that has been collected. This includes highlighting which types of activities pupils have shown an interest in doing more of, plus some of their perceptions about sport and being healthy and active.

Given that we know there are inequalities in participation across Wales and the UK, with certain groups not taking part and accessing opportunities, we ask pupils what would encourage them to do more sport.

Figure 12: What would encourage ST CHRISTOPHER'S SCHOOL pupils to do more sport?



Base: All pupils of ST CHRISTOPHER'S SCHOOL in school years 3 - 11 (n=122)

Different pupils experience different barriers and motivations for taking part. These findings from your school can be used to start discussions among pupils and staff. Barriers and motivations for doing sport and being active could be debated in lessons, or with young ambassadors/young leaders, and shared with the school council or school sports council if one is in place. Giving pupils the chance to expand on the feedback they gave via the survey and find solutions to the issues they raised is likely to help increase levels of sports participation, enjoyment and well-being.

Conclusion

Compared with the results for Wales, evidence from the School Sport Survey shows that ST CHRISTOPHER'S SCHOOL has:

1: Attitudes to keeping healthy and safe

- a higher than average number of pupils who are **hooked on sport** and take part in sport and physical activity three or more times a week outside of lesson time.

2: Participation and enjoyment in learning

- a higher than average number of pupils who **enjoy PE** 'a lot'.
- a higher than average number of pupils who **enjoy sport in after-school and lunchtime clubs** 'a lot'.

3: Community involvement and decision making

- a higher than average number of pupils who feel that **pupils' ideas about PE and sport are 'always' listened to**.

4: Social and Life skills

- 92% pupils are keen to try new things and therefore demonstrate higher levels of confidence to try new activities compared with pupils across Wales

There are many reasons why pupils may not currently be hooked on sport, and factors such as age, gender and socioeconomic circumstances can play their part.

We know from the evidence of the last School Sport Survey that to become hooked on sport a child must have the right physical skills to take part in sport (the ability), along with the confidence and motivation to want to take part and try new activities (created by enjoyable experiences). They will also benefit from having lots of opportunities to take part in many different sports and activities and to practice their skills (developing ability, confidence and enjoyment).

Sport Wales encourages schools to make use of their report as a source of robust evidence for making continuous improvements in PE and sport, helping children to become physically literate and improving levels of wellbeing.

Sport Wales is developing a toolkit of resources that schools and partners can use to help with this process.

For examples of schools that have used School Sport Survey findings to improve PE and sport and develop healthy, confident and active pupils, please go to our website:

www.schoolsportsurvey.org.uk

To find out more about physical literacy and the resources that are available please go to:

<http://physicalliteracy.sportwales.org.uk/cy/>
<http://physicalliteracy.sportwales.org.uk/en/>

Appendix A: My Local School Information

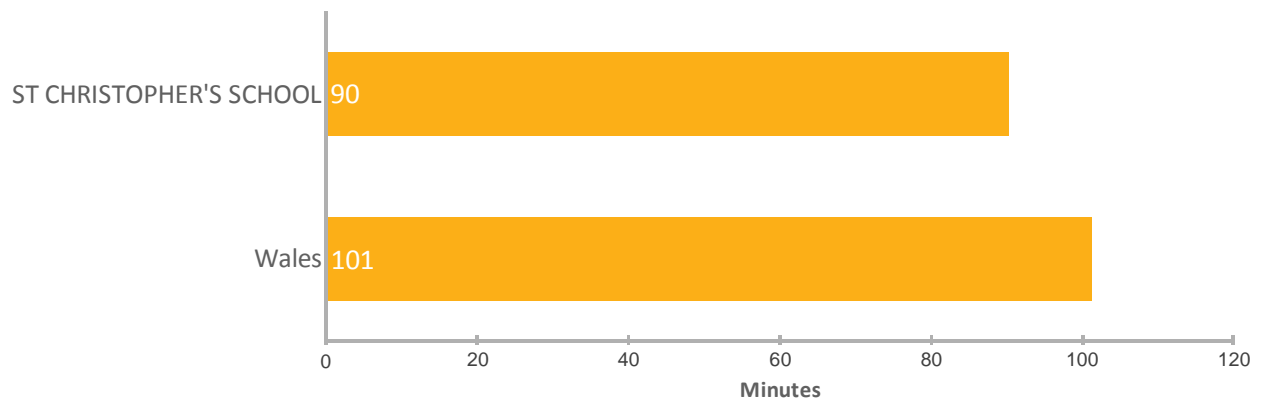
This information was collected by ST CHRISTOPHER'S SCHOOL through Sport Wales' *School Sport Survey 2015*. Key indicators from the School Sport Survey are presented on Welsh Government's My Local School website:

<http://mylocalschool.wales.gov.uk/>

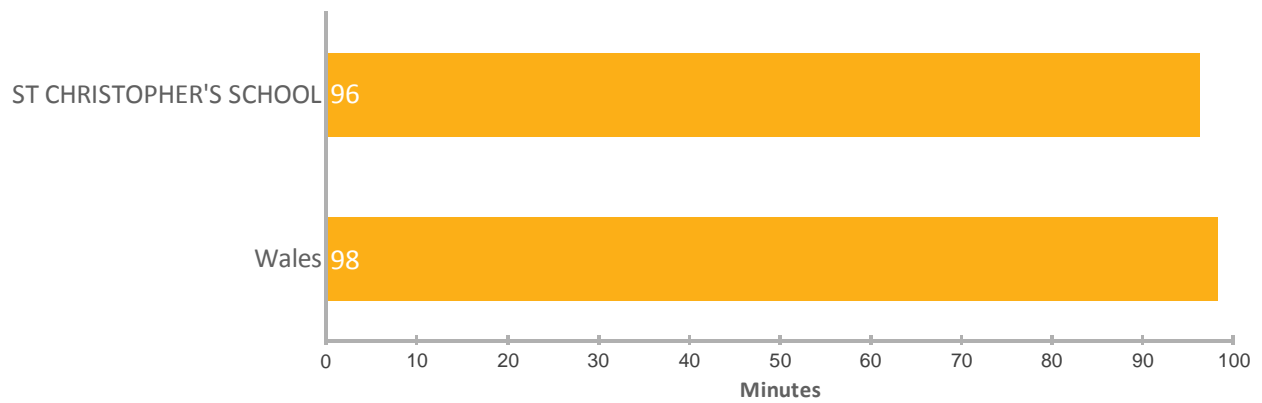
<http://mylocalschool.wales.gov.uk/index.html?iaith=cym>

| Indicator | 2015 score |
|--|------------|
| % of pupils in the school who are 'hooked on sport' | 79% |
| % of pupils in the school who enjoy doing sport in after-school or lunchtime clubs 'a lot' | 63% |
| % of pupils in the school who are confident in trying new activities without worrying | 92% |
| % of pupils in the school who enjoy PE lessons 'a lot' | 82% |
| % of pupils in the school who think PE lessons and school sport help you to have a healthy lifestyle 'a lot' | 81% |
| % of pupils in the school who feel that pupils' ideas about PE and school sport are listened to 'always' | 68% |
| Average number of minutes per week allocated for primary (Years 3 to 6) curricular PE | 90 |
| Average number of minutes per week allocated for secondary (Years 7 to 11) curricular PE | 96 |

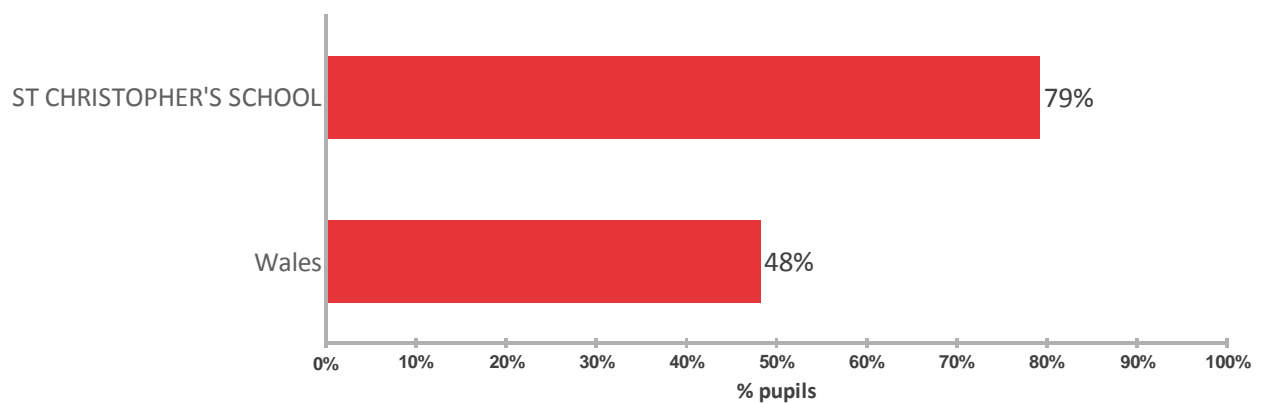
Average number of minutes per week allocated for primary (Years 3 to 6) curricular PE



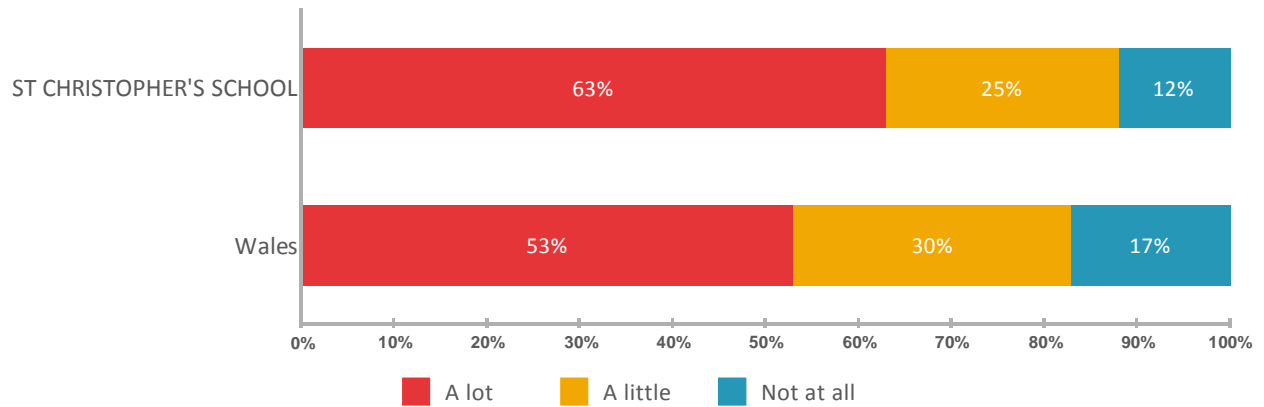
Average number of minutes per week allocated for secondary (Years 7 to 11) curricular PE



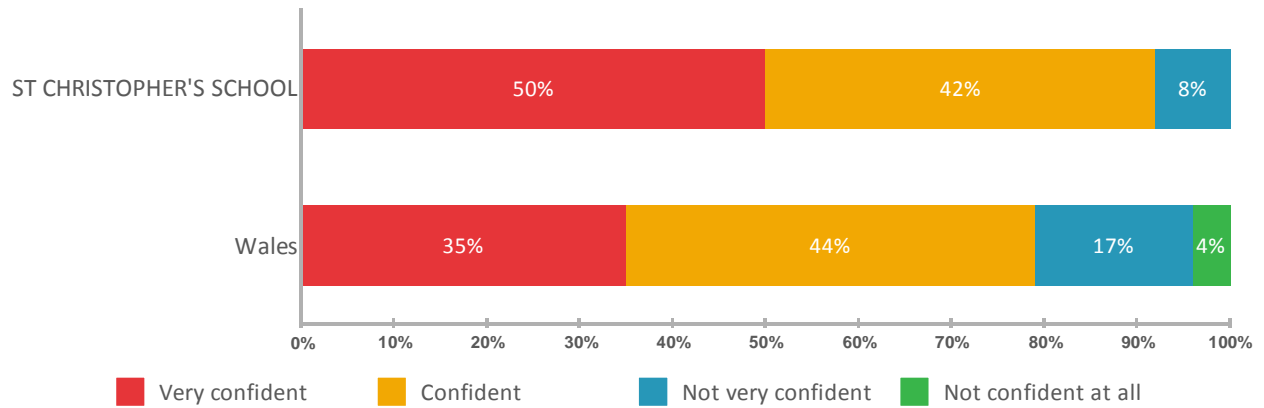
Percentage of pupils who are Hooked on Sport



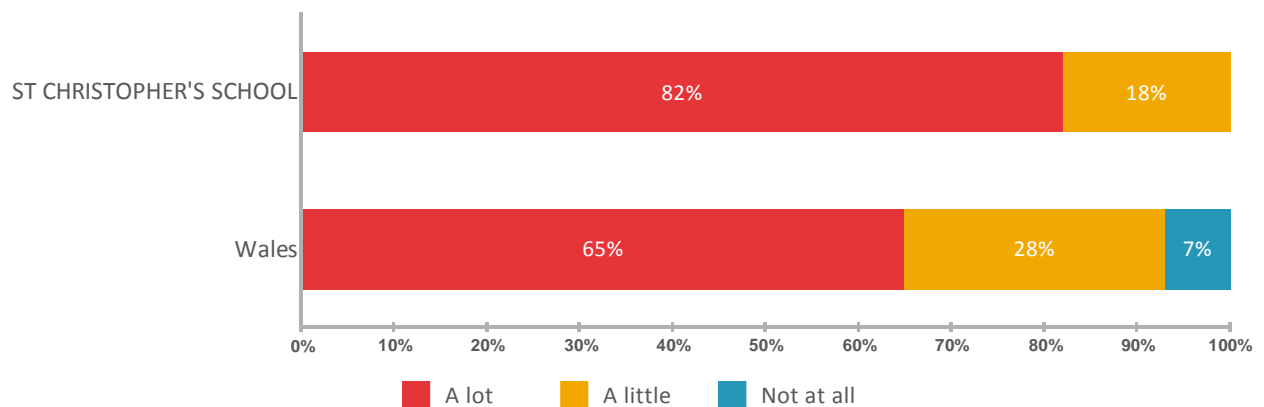
How much do you enjoy doing sport at after-school or lunchtime clubs?



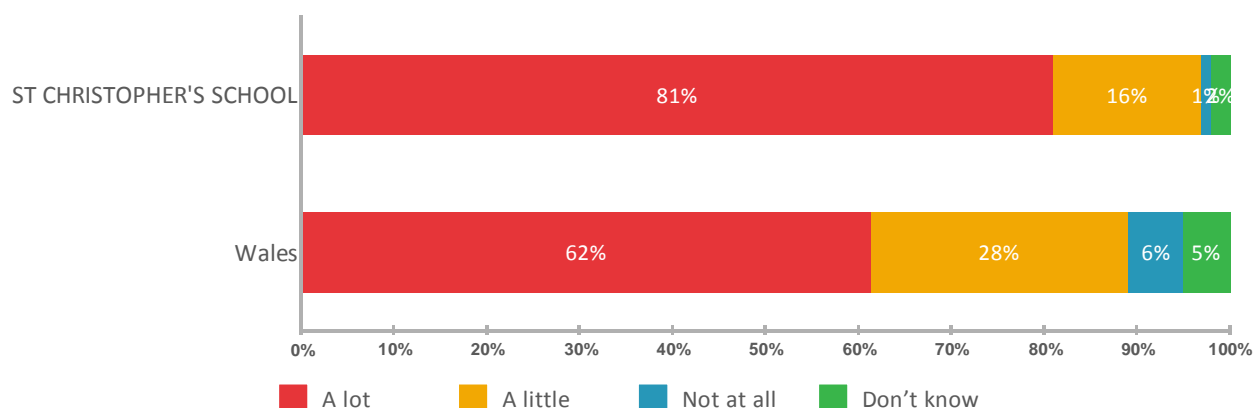
How confident are you in trying new activities without worrying?



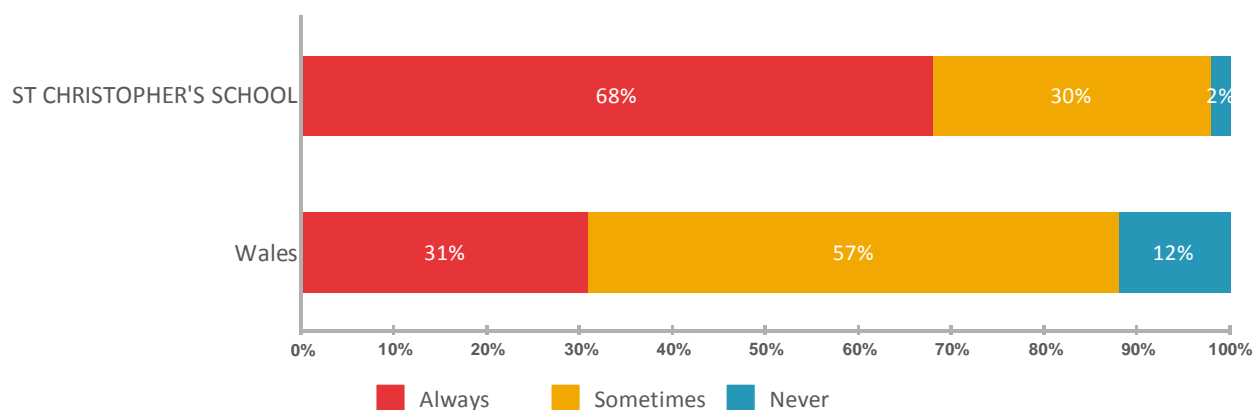
How much do you enjoy PE lessons?



How much do you think PE lessons and sport help you to have a healthy lifestyle?



How often do you feel that pupils' ideas about PE and school sport are listened to?



The content of the School Sport Survey has been informed by the following resources and documentation:

- Estyn (2010) *Guidance for the Inspection of Primary Schools from September 2010*. Estyn: Cardiff.
- Estyn (2010) *Guidance for the Inspection of Secondary Schools from September 2010*. Estyn: Cardiff.
- Qualifications and Curriculum Authority (2005) *Do you have high quality PE and sport in your school? A guide to self-evaluating and improving the quality of PE and school sport*. QCA: Annesely.
- Sport Wales (2010) *Guidance Notes for Completing PESS Self-evaluation*. Sport Wales: Cardiff.
- WAG (2006) *Physical Activity in School Assessment School: a tool for monitoring and evaluating a whole school approach to physical activity*. WAG: Cardiff.

Sport Wales has run surveys of primary and secondary school pupils, in school years 3 to 11, for over 17 years. All schools which collect a sufficient number of survey responses from their pupils receive unweighted results from the survey. For the 2015 Survey, ST CHRISTOPHER'S SCHOOL surveyed 122 pupils.

In this report, statistics for ST CHRISTOPHER'S SCHOOL are presented alongside the following:

- Wales – representative of all pupils in Years 3 to 11 in mainstream schools in Wales

Further information on the School Sport Survey can be found on the School Sport Survey website:

www.schoolsportsurvey.org.uk

Appendix B

The following table shows the percentage of ST CHRISTOPHER'S SCHOOL pupils participating in sport at school.

| <i>Analysis % Respondents</i> | Sport at school | <i>Analysis % Respondents</i> | Sport at school |
|---------------------------------------|------------------------|-----------------------------------|------------------------|
| Athletics | 80% | Squash | 57% |
| Badminton | 89% | Street sports | 33% |
| Basketball | 82% | Surfing | 4% |
| Boccia | 60% | Swimming | 62% |
| Bowls | 42% | Table tennis | 90% |
| Canoeing or kayaking | 11% | Tennis or short tennis | 91% |
| Climbing | 20% | Trampolining | 42% |
| Cricket | 89% | Triathlon | 41% |
| Cycling | 23% | Volleyball | 84% |
| Dance | 54% | Water polo | 34% |
| Dodgeball | 77% | Wheelchair basketball | 6% |
| Fitness classes | 70% | Wheelchair rugby | 6% |
| Football | 94% | | |
| Golf | 77% | | |
| Gymnastics | 61% | | |
| Hockey | 91% | | |
| Horse riding | 26% | | |
| Martial arts | 67% | | |
| Mountain biking | 20% | | |
| Netball | 76% | | |
| Other sports | 66% | | |
| Rounders, baseball or softball | 81% | | |
| Rowing | 7% | | |
| Rugby | 82% | | |
| Running or jogging | 81% | | |
| Sailing | 7% | | |
| Sitting volleyball | 35% | | |

Appendix C

The following table shows the percentage of ST CHRISTOPHER'S SCHOOL pupils participating in sport outside of school.

| <i>Analysis % Respondents</i> | Sport outside of school | <i>Analysis % Respondents</i> | Sport outside of school |
|---|------------------------------------|-----------------------------------|------------------------------------|
| Athletics | 6% | Sitting volleyball | 13% |
| Badminton | 4% | Squash | 23% |
| Basketball | 7% | Street sports | 27% |
| Boccia | 14% | Surfing | 24% |
| Bowls | 28% | Swimming | 32% |
| Canoeing or kayaking | 36% | Table tennis | 6% |
| Climbing | 43% | Tennis or short tennis | 4% |
| Cricket | 3% | Trampolining | 34% |
| Cycling | 65% | Triathlon | 20% |
| Dance | 16% | Volleyball | 4% |
| Dodgeball | 13% | Water polo | 34% |
| Fitness classes | 12% | Wheelchair basketball | 14% |
| Football | 7% | Wheelchair rugby | 14% |
| Golf | 11% | | |
| Gymnastics | 13% | | |
| Hockey | 3% | | |
| Horse riding | 31% | | |
| Martial arts | 11% | | |
| Mountain biking | 55% | | |
| Netball | 6% | | |
| Other sports | 22% | | |
| Rounders, baseball or softball | 11% | | |
| Rowing | 29% | | |
| Rugby | 5% | | |
| Running or jogging | 14% | | |
| Sailing | 23% | | |