

School Sport Survey

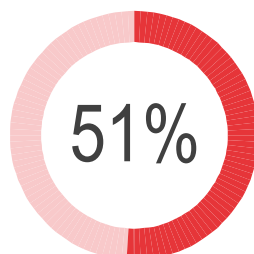
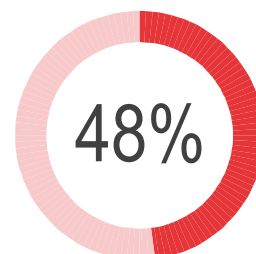
Arolwg ar Chwaraeon Ysgol

*Sample High School
Cardiff*



Sample High School Results Summary

HOOKED ON SPORT
WEDI GWIRIONNI AR
CHWARAEON

*Sample High School*

WALES



57%

of pupils enjoy PE lessons **a lot**

35%

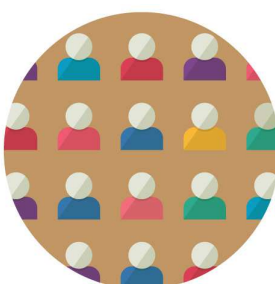
of pupils enjoy sport in after-school or lunchtime clubs **a lot**

71%

of pupils feel confident trying new activities



13%

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

54%

of pupils are **always** comfortable taking part in PE lessons and school sport

49%

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. This report presents the results for Sample High 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***

A total of 116,000 pupils and over 1,000 schools in Wales took part in the School Sport Survey. 332 pupils from Sample High 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 secondary schools across Wales and schools with a similar free school meal profile to your school.


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, and **track the progress made since 2013**. 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 Sample High School



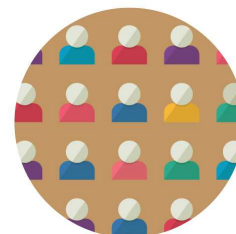
51%

of pupils are 'Hooked on Sport'



49%

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



54%

of pupils are **always** comfortable taking part in PE lessons and school sport

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 Sample High School, 51% 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

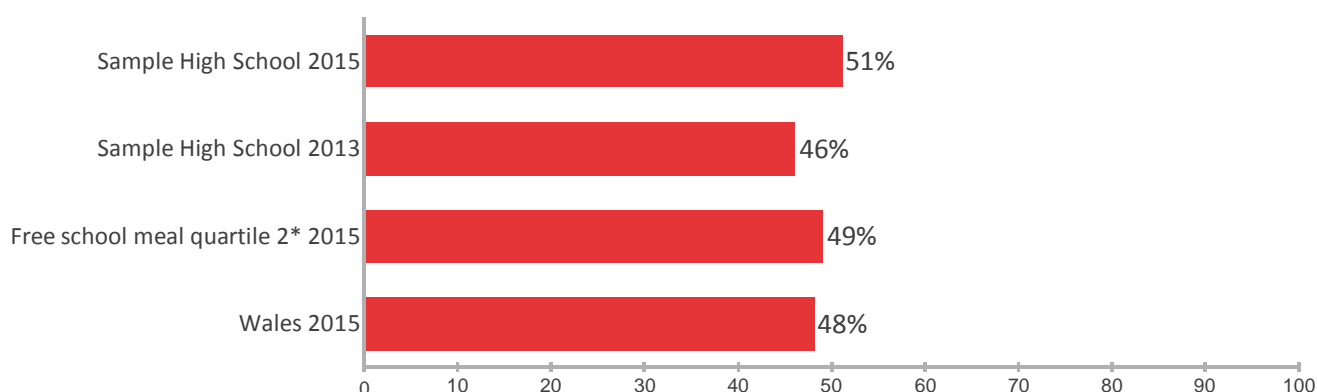
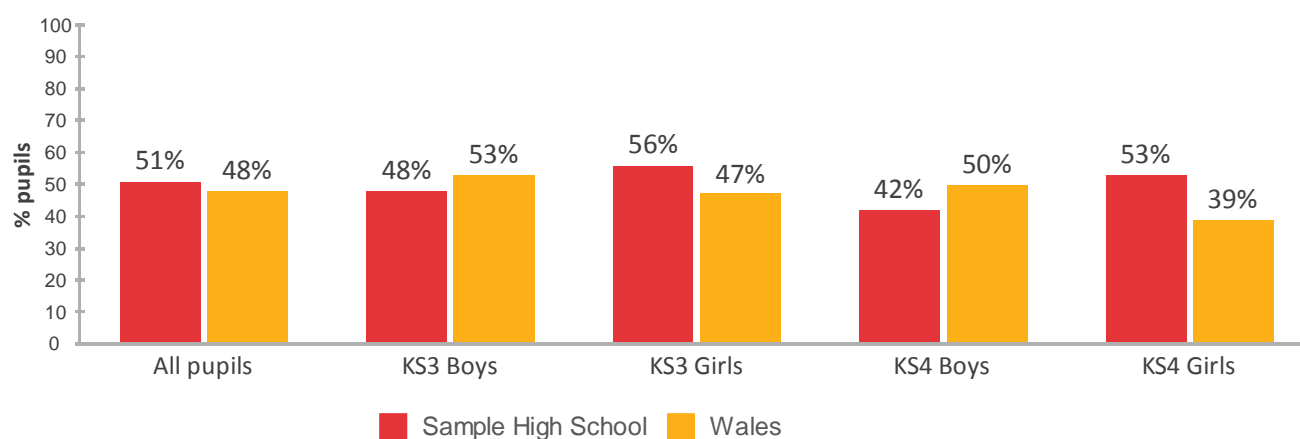


Figure 2: Percentage of pupils who are hooked on sport by key stage and gender



Base: All pupils of Sample High School in school years 7 - 11 (n=332)

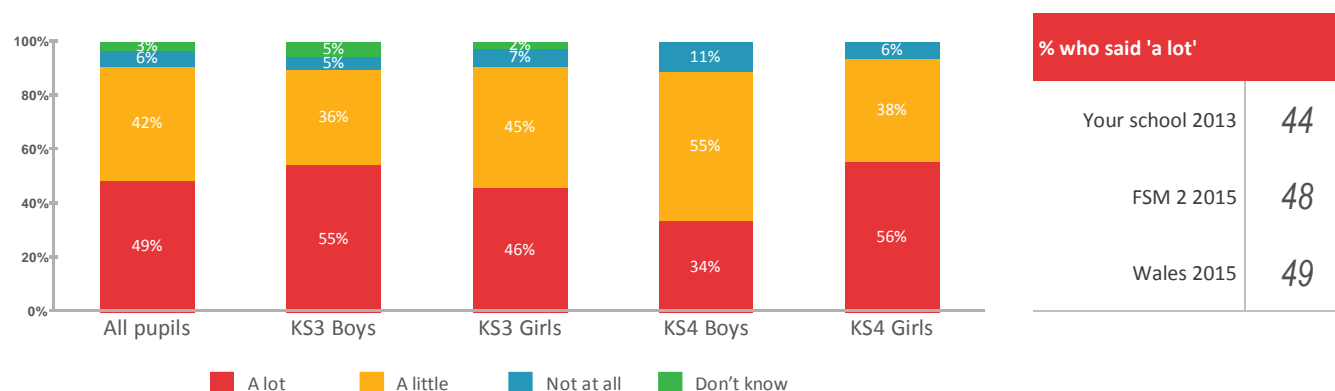
Across Wales, we see a general pattern of girls taking part less frequently than boys. We also see lower participation rates among older pupils. Understanding the needs of different pupils can help us to take action to address these gaps.

* The percentage of pupils who are eligible for Free School Meals (FSM) is used as a proxy measure of socioeconomic status. Schools in Free School Quartile 1 (FSM 1) have low levels of pupils eligible for FSM – and are considered the least deprived. Schools in FSM 4 have high levels of pupils eligible for free meals and are most deprived. **Throughout this report, your school is compared with other schools across Wales who are in the same quartile as yours.**

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

Pupils are asked how much they think PE lessons and sport helps them to have a healthy lifestyle. 49% of pupils said that PE lessons and school sport contributed **a lot** towards a healthy lifestyle.

Figure 3: How much do PE lessons and sport help you to have a healthy lifestyle?



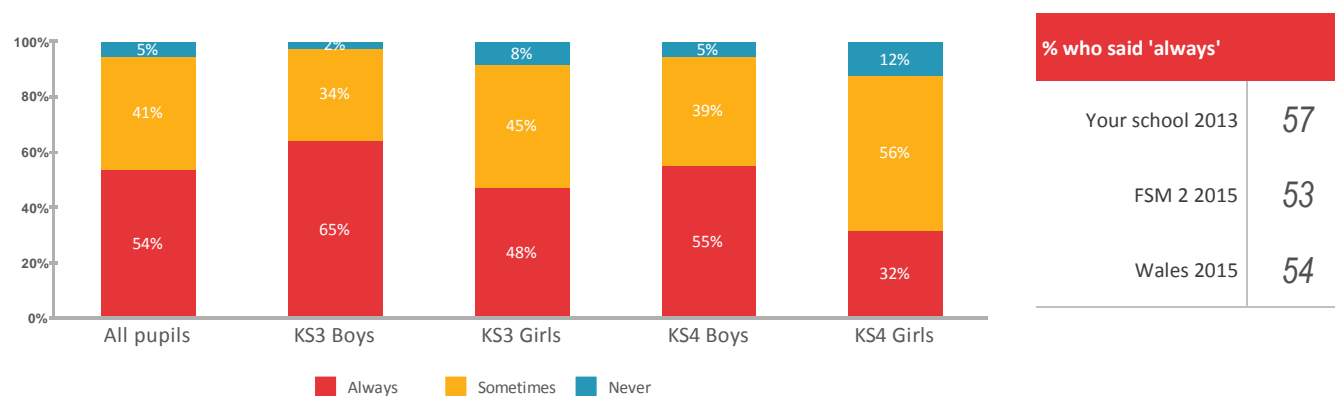
Base: All pupils of Sample High School in school years 7 - 11 (n=332)

51% of Sample High School pupils said that they do sport because it makes them feel healthy. 49% of boys and 52% of girls said this was **always** true for them.

Do pupils feel comfortable taking part in PE lessons and school sport?

The previous surveys show that there is an increased likelihood of pupils being hooked on sport and active if they **always** feel comfortable doing PE and school sport. This survey shows that 54% of pupils in Sample High School say they **always** feel comfortable in PE lessons and school sport.

Figure 4: How often do you feel comfortable in PE lessons and school sport?



Base: All pupils of Sample High School in school years 7 - 11 (n=332)

Informal recreation

Informal opportunities to take part in sport and physical activity have a part to play in contributing to pupils leading a healthy and active lifestyle. Pupils are asked about whether they take part in sport and physical activity other than in organised sessions delivered by schools and community providers. In Sample High School, 92% of pupils (93% of girls and 92% of boys) took part in informal activity – at home, with friends in a park, or visiting a leisure centre for example.

Active travel

Active travel options also play their part in contributing to healthy and active lifestyles. 32% of pupils at Sample High School either walked, cycled or scooted to school, as shown in Figure 5 below. Others travelled by car or bus:

Figure 5: How do pupils travel to school?

Break % Respondents	Your School	Wales
Walk	30%	35%
By car	45%	23%
By taxi	2%	2%
By bus	19%	37%
Cycle	2%	1%
Scooter or skate	0%	1%
Other	2%	2%

Base: All pupils of Sample High School in school years 7 - 11 (n=332)

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.

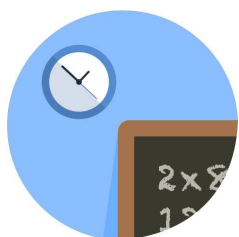
The **participation and enjoyment in learning** section provides further information.

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 Sample High School



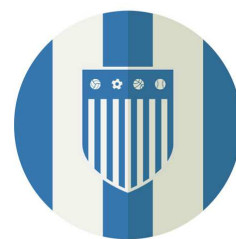
100

minutes of curricular PE provided
per week



57%

of pupils enjoy PE lessons **a lot**



35%

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, Sample High School offer 100 minutes per week to pupils in Years 7 to 9, and 100 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, Sample High School provides 100 minutes of curricular PE per week compared with 98 in secondary schools across Wales.

In 2013, Sample High School provided 100 minutes of curricular PE per week to pupils.

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. Sample High School provides 21 different curricular based activities compared with an average of 21 for Wales.

Sample High School provides 17 different extracurricular activities compared with an average of 16 for Wales.

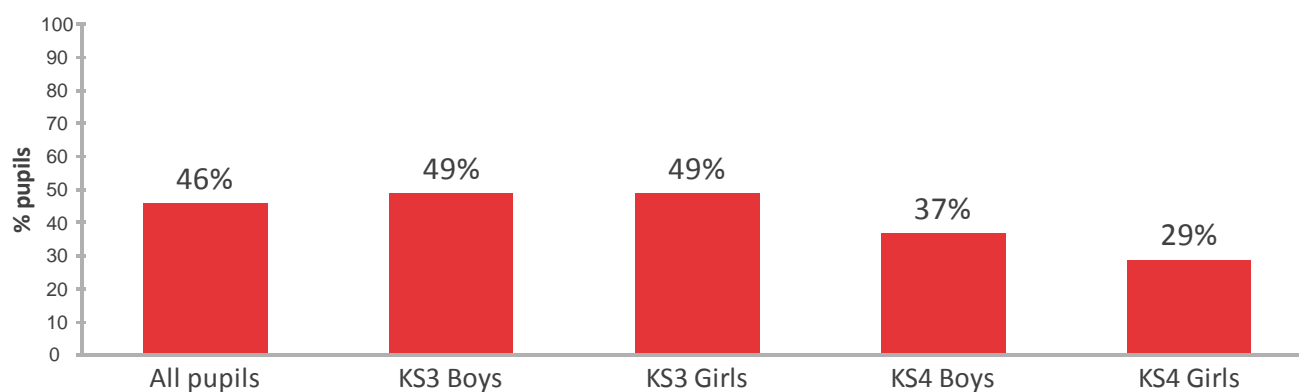
* <http://gov.wales/topics/cultureandsport/sportandactiver recreation/climbing/?lang=en>
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Taking part in extracurricular activity

46% of Sample High School pupils participated frequently (participating at least once a week on average in extracurricular sport in the school year), compared with a national participation rate of 43%.

Figure 6 shows the breakdown of extracurricular participation.











Figure 6: Participation in any extracurricular sport (%) by Key Stage and gender



Base: All pupils of Sample High School in school years 7 - 11 (n=332)

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

Figure 7: Popular extracurricular activities in Sample High School

Boys	%	Girls	%
	46%		38%
Football		Netball	
	40%		33%
Rugby		Athletics	
	32%		29%
Athletics		Gymnastics	
	28%		27%
Tennis		Running or jogging	
	25%		24%
Basketball		Tennis	

Base: All pupils of Sample High School in school years 7 - 11 (n=332)

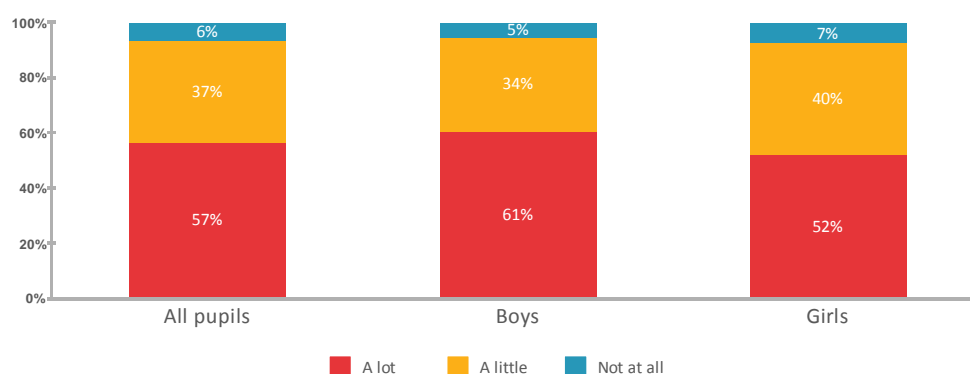
Enjoyment

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**. Today, 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 Sample High School, 90% of pupils enjoy PE (54% say they enjoy it **a lot**), and 75% enjoy extracurricular sport (39% say they enjoy it **a lot**).

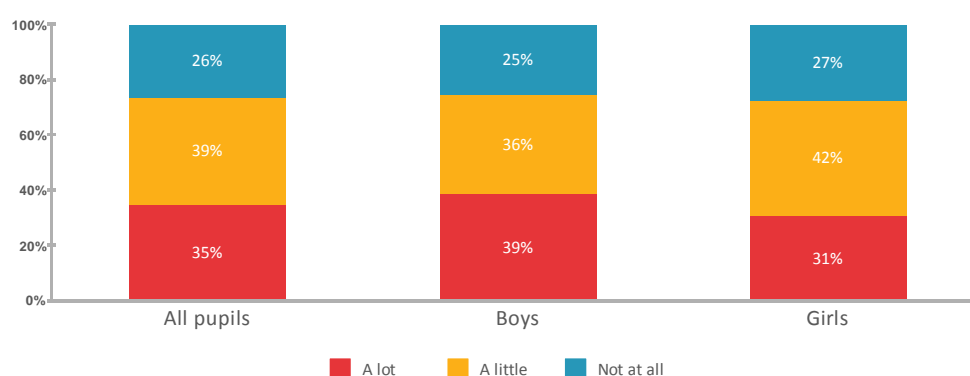
Figure 8: Enjoyment of PE, by gender



% who said 'a lot'	
Your school 2013	58
FSM 2 2015	53
Wales 2015	54

Base: All pupils of Sample High School in school years 7 - 11 (n=332)

Figure 9: Enjoyment of extracurricular sport, by gender



% who said 'a lot'	
Your school 2013	43
FSM 2 2015	40
Wales 2015	39

Base: All pupils of Sample High School in school years 7 - 11 (n=332)

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 Sample High School



66%

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



13%

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

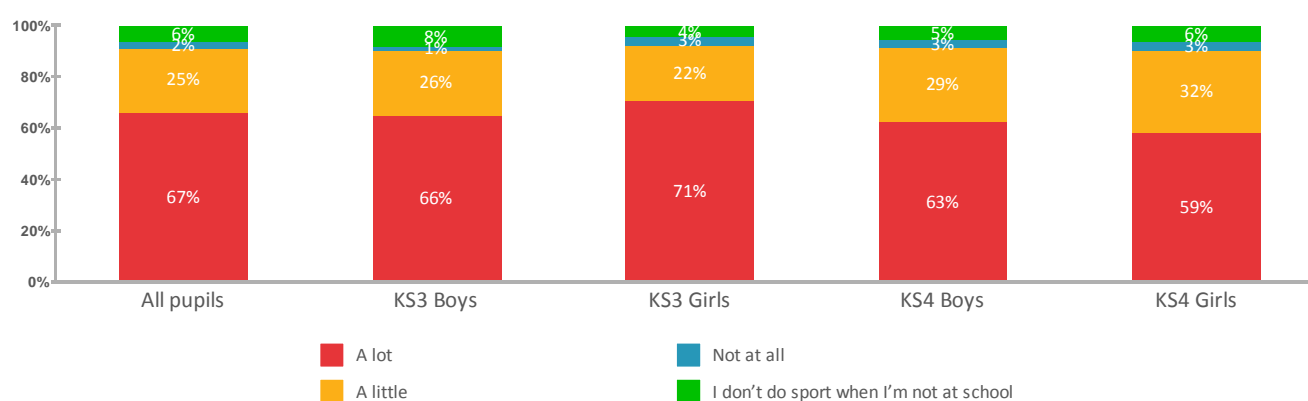


67%

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

67% of Pupils in Sample High School told us that they enjoy doing sport **a lot** when they are not at school.











Figure 10: Enjoyment of sport outside of school, by gender



Base: All pupils of Sample High School in school years 7 - 11 (n=332)

Popular community club activities that pupils in Sample High School take part in are shown in the table below:

Figure 11: Popular community club activities

Boys	%	Girls	%
	42%		37%
Football		Dance	
	29%		36%
Rugby		Running or jogging	
	25%		32%
Swimming		Swimming	
	23%		27%
Tennis		Fitness classes	
	23%		24%
Athletics		Netball	

Base: All pupils of Sample High School in school years 7 - 11 (n=332)

A full breakdown of activities is shown in Appendix B.

The measures above show the percentages of pupils who take part in club activities. In addition, 48% of pupils say they are a **member** of a sports club (50% of boys and 45% of girls).

Use of leisure centres and other community settings for sport or exercise

Figure 12 shows the percentage of pupils in Sample High School who say that they have used the following places to do sport or exercise.

Figure 12: Use of community settings for sport or exercise

Break % Respondents	All pupils	KS3 Boys	KS3 Girls	KS4 Boys	KS4 Girls
Leisure centre	64%	66%	64%	61%	68%
Park	61%	70%	63%	37%	53%
Swimming pool	60%	58%	65%	47%	62%
Beach/Sea	57%	57%	62%	45%	47%
Streets near my home or school	50%	46%	55%	45%	47%
Playing field - not at school	45%	52%	41%	53%	32%
Outdoor activities centres	42%	48%	39%	39%	38%
A gym or fitness centre	34%	20%	36%	47%	62%
Playing field - at school	30%	38%	21%	32%	32%
Playground - not at school	30%	34%	30%	18%	21%
Tenpin bowling alley	18%	20%	20%	11%	15%
Skatepark	17%	32%	10%	3%	3%
Community Centre	15%	13%	17%	8%	21%
Ice rink	14%	5%	23%	11%	12%
None of these	8%	6%	9%	5%	9%

Base: All pupils of Sample High School in school years 7 - 11 (n=332)

Of those pupils who visited a leisure centre, 48% of pupils in Sample High School (46% of males and 50% of females) went once a week or more often. This compares with 36% of secondary pupils across Wales (34% of males and 37% of females).

Pupil Voice and Decision Making

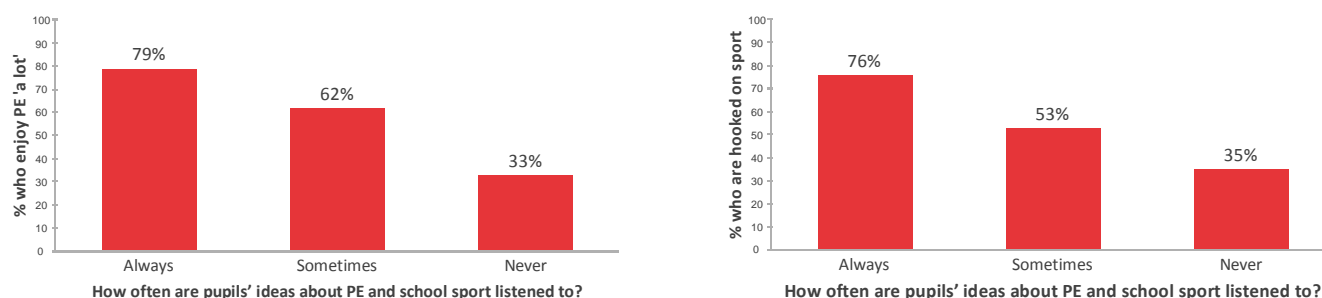
Listening to pupils and shaping provision to meet their different needs can help to increase their enjoyment, confidence and ensure they feel comfortable taking part in sport and physical activity.

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

In Sample High School, 13% of pupils (16% of boys and 10% of girls) said their ideas were listened to 'always'.
In Wales, 22% of pupils (27% of boys and 18% of girls) 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 13: How often are pupils ideas listened to, broken by enjoyment of PE and 'hooked on sport'



Base: All pupils of Sample High School in school years 7 - 11 (n=332)

School councils and school sports councils can provide an opportunity for pupils to be involved in decision making processes. Sample High School has both a school council and a school sports council.

Sample High School have fostered links with community clubs in the following sports:

- | | | |
|----------------|--------------------------|----------------------|
| - Athletics | - Badminton | - Climbing |
| - Cricket | - Dance | - Fitness activities |
| - Football | - Golf | - Gymnastics |
| - Hockey | - Martial arts | - Netball |
| - Orienteering | - Rugby | - Running or jogging |
| - Swimming | - Tennis or Short Tennis | |

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

In this section, we examine the extent to which Sample High 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.

Key Findings for Sample High School



71%

of pupils feel confident trying new activities



46%

of pupils have represented their school in a sports match or competition



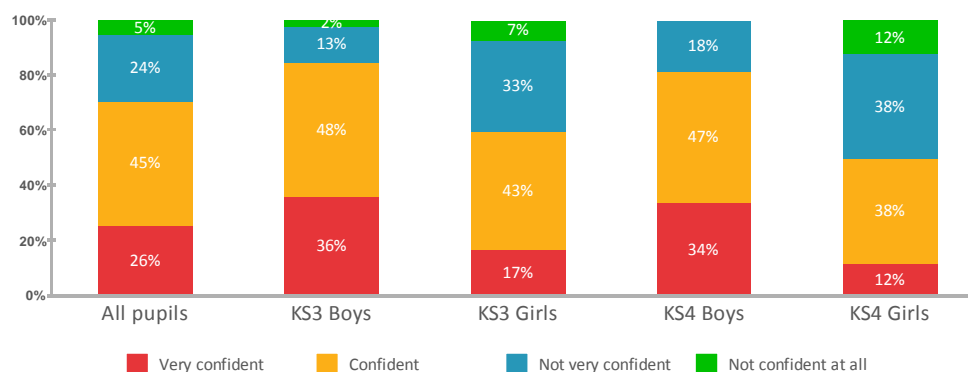
28%

of pupils selected 'play sport' as one of their top 3 priorities in leisure time

Confidence to try new activities

Overall, 71% of pupils at Sample High School are **very confident or confident** to try new activities. By gender, 84% of boys are **very confident or confident**, compared with 58% of girls.

Figure 14: How confident are pupils in trying new activities?



% who said 'very confident or 'confident'

Your school 2013 69

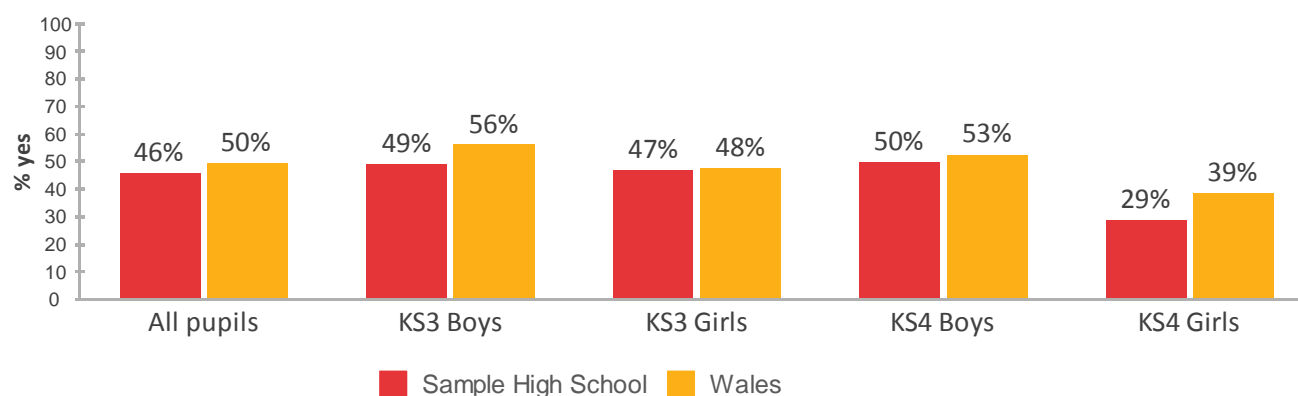
FSM 2 2015 72

Wales 2015 73

Base: All pupils of Sample High School in school years 7 - 11 (n=332)

If pupils have developed skills and confidence then they are able to enjoy sport as a recreational or competitive opportunity. A proxy measure of a pupil's ability level is whether they have represented their school in a sports match or competition against another school. This can help to demonstrate levels of sporting success at the school. It gives a measure of the proportion of pupils who have had access to competitive sport and a chance to further develop their skills and ability levels.

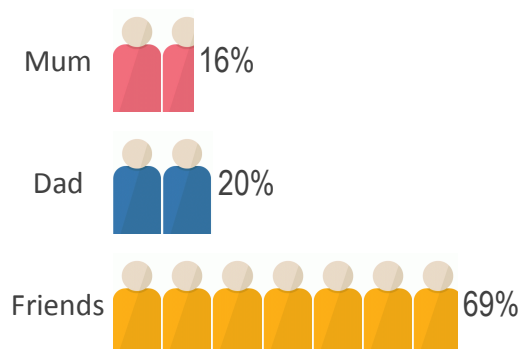
Figure 15: Have you represented your school in a sports match or competition against another school?



Base: All pupils of Sample High School in school years 7 - 11 (n=332)

Family and peer involvement

Figure 16: Who do pupils in Sample High School take part in sport with?



There is an increased chance of a pupil being 'hooked on sport' if their parents or friends are also involved in sport. A positive influence from friends and family can help create an environment where an active lifestyle is the norm, and many pupils say that having their friends with them would encourage them to do more sport. Across Wales, pupils are most likely to take part with their friends (67%), followed by their brother or sister (31%) their dad (20%) and their mum (14%).

Figure 16 shows who pupils take part with most often.

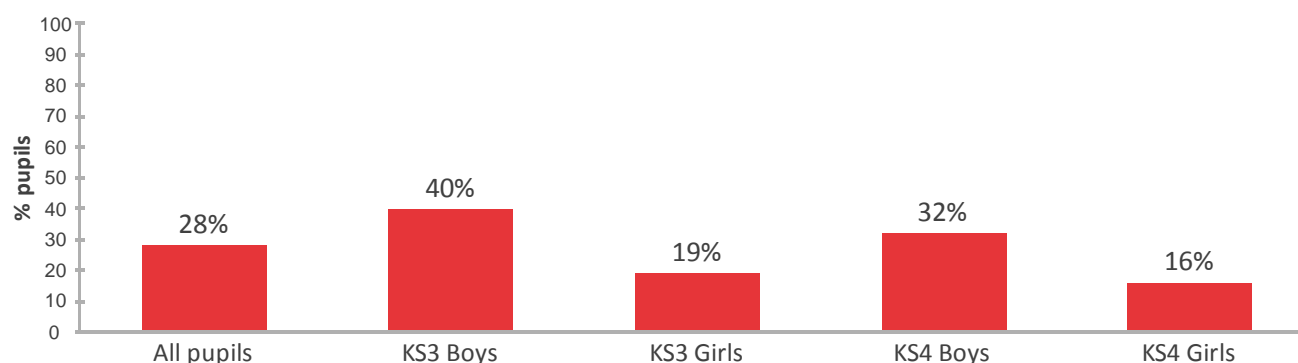
Sport and activity as part of leisure time – How high a priority is participation in sport for young people?

Overall, 54% of Sample High School pupils stated that they feel it is **always** important for them to take part in sport regularly.

57% of pupils in Sample High School answered **always** to the statement 'I feel good about myself when I take part in sport' and 28% also chose to do sport in their leisure time.

Pupils are asked about how they spend their leisure time and using this data we can see where sport fits or doesn't fit in relation to other activities they prefer to do or need to do. Figure 17 shows the percentage who choose to prioritise participation in sport and figure 18 shows how this fits in the top ten activities for pupils by key stage and gender.

Figure 17: Leisure-time priorities: the percentage of Sample High School pupils who choose to prioritise participation in sport



Base: All pupils of Sample High School in school years 7 - 11 (n=332)

38% of boys and 18% of girls at Sample High School selected 'play sport' as one of their top 3 priorities in leisure time.

Figure 18: The top ten prioritised leisure-time activities, by gender and key stage

BOYS	Key Stage 3	Key Stage 4	GIRLS	Key Stage 3	Key Stage 4
<i>Play computer games / Wii / PlayStation / Xbox</i>	43%	47%	<i>Listen to music</i>	36%	38%
<i>Play sport</i>	40%	32%	<i>Go for walks</i>	21%	50%
<i>Go on the computer / use the Internet</i>	16%	29%	<i>Homework</i>	25%	31%
<i>Go out with friends</i>	20%	8%	<i>Go on the computer / use the Internet</i>	24%	22%
<i>Homework</i>	16%	16%	<i>Go out with friends</i>	21%	16%
<i>Go for walks</i>	14%	18%	<i>Play sport</i>	19%	16%
<i>Listen to music</i>	13%	18%	<i>Dancing</i>	19%	9%
<i>Spend time with friends</i>	16%	11%	<i>Spend time with family</i>	17%	19%
<i>Spend time with family</i>	16%	5%	<i>Spend time with friends</i>	17%	16%
<i>Watch TV</i>	8%	18%	<i>Watch TV</i>	11%	22%

Base: All pupils of Sample High School in school years 7 - 11 (n=332)

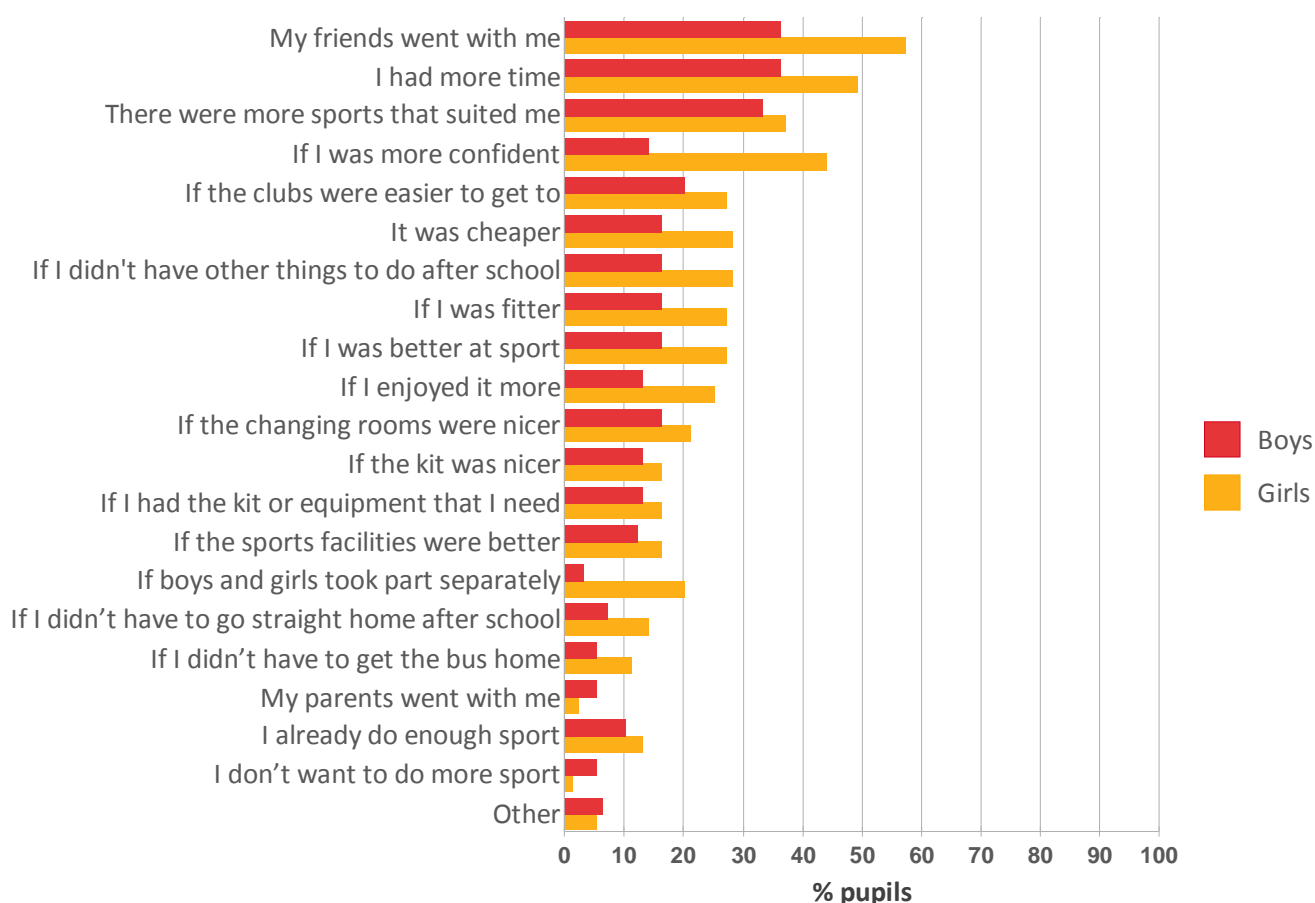
Pupils who feel that their ideas about sport and PE are listened to are more likely to be active and more likely to enjoy PE and sport at school. The survey demonstrates the extent to which pupils feel they have had an opportunity to be involved in the decision-making process and feel they are valued 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.

Section 5: Action planning

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 19: What would encourage Sample High School pupils to do more sport?













Base: All pupils of Sample High School in school years 7 - 11 (n=332)

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.

What types of sport and physical activity do pupils want to do?

We asked pupils about the types of activities they would prefer to do more of. Figure 20 below shows the results for Sample High School.

Figure 20: Latent demand – which sports do pupils from Sample High School want to do more of?

Boys	%	Girls	%
	48%		56%
Tennis		Swimming	
	47%		52%
Football		Tennis	
	42%		51%
Rugby		Netball	
	40%		49%
Swimming		Trampolining	
	38%		48%
Basketball		Gymnastics	

Base: All pupils of Sample High School in school years 7 - 11 (n=332)

A full breakdown of activities is shown in Appendix C.

Conclusion

Compared with the results for Wales, evidence from the School Sport Survey shows that Sample High School has:

1: Attitudes to keeping healthy and safe

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

3: Community involvement and decision making

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

4: Social and Life skills

- a lower than average number of pupils who feel **confident trying new activities**.

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 provides further details on key indicators from the survey, so you can see how your school compares with Wales and other schools that are in the same Free School Meal Quartile as yours.

Appendix A: My Local School Information

This information was collected by Sample High School through Sport Wales' School Sport Survey.

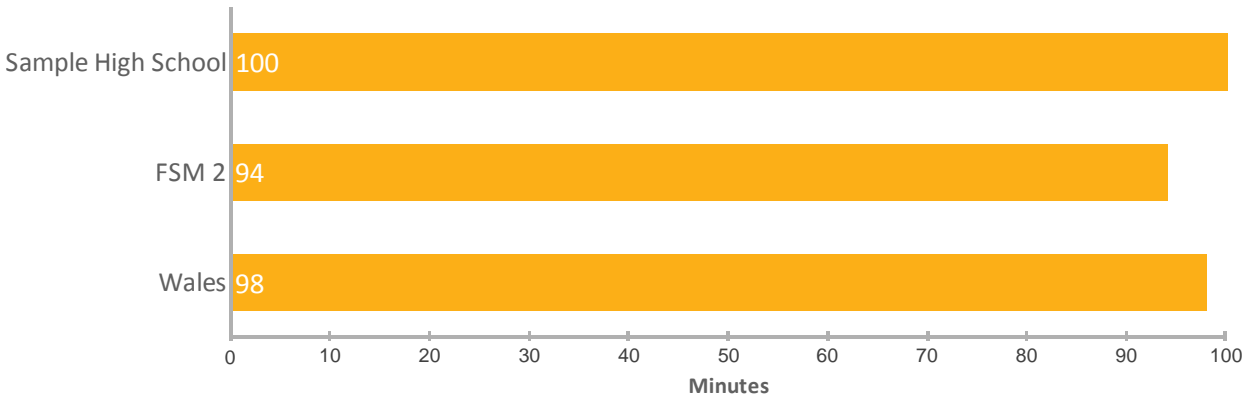
Key indicators from the School Sport Survey are presented on Welsh Government's My Local School website:

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

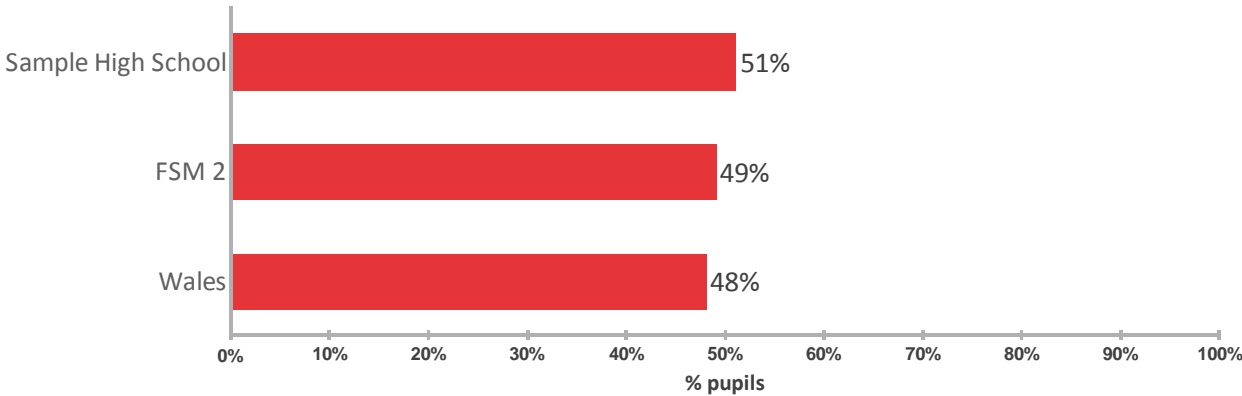
<http://mylocalschool.wales.gov.uk/index.html?iaith=cym>

Indicator	2013 score	2015 score
% of pupils in the school who are 'hooked on sport'	46%	51%
% of pupils in the school who enjoy doing sport in after-school or lunchtime clubs 'a lot'	43%	35%
% of pupils in the school who 'always' feel comfortable taking part in PE lessons and school sport	57%	54%
% of pupils in the school who are confident in trying new activities without worrying	69%	71%
% of pupils in the school who enjoy PE lessons 'a lot'	58%	57%
% of pupils in the school who think PE lessons and school sport help you to have a healthy lifestyle 'a lot'	44%	49%
% of pupils in the school who feel that pupils' ideas about PE and school sport are listened to 'always'	16%	13%
Average number of minutes per week allocated for curricular PE	100	100

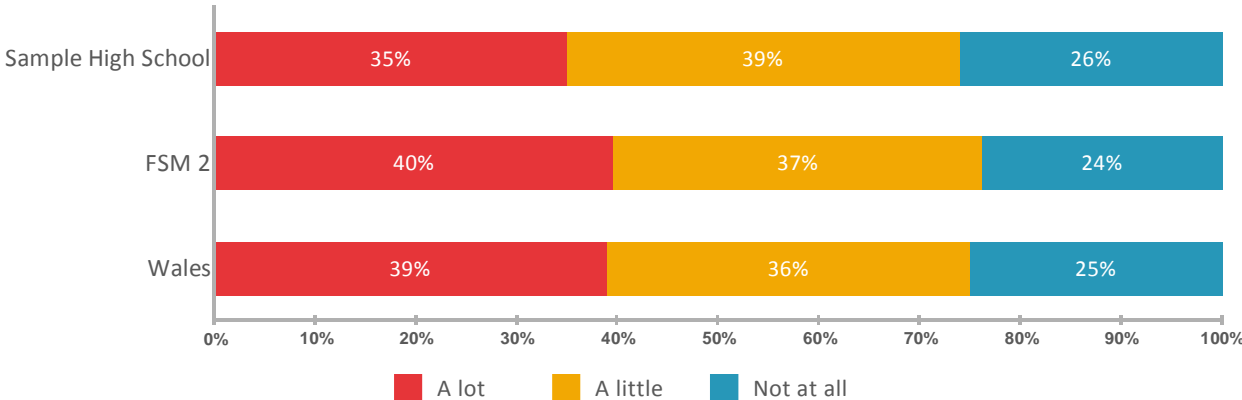
Minutes of curricular PE provided per week



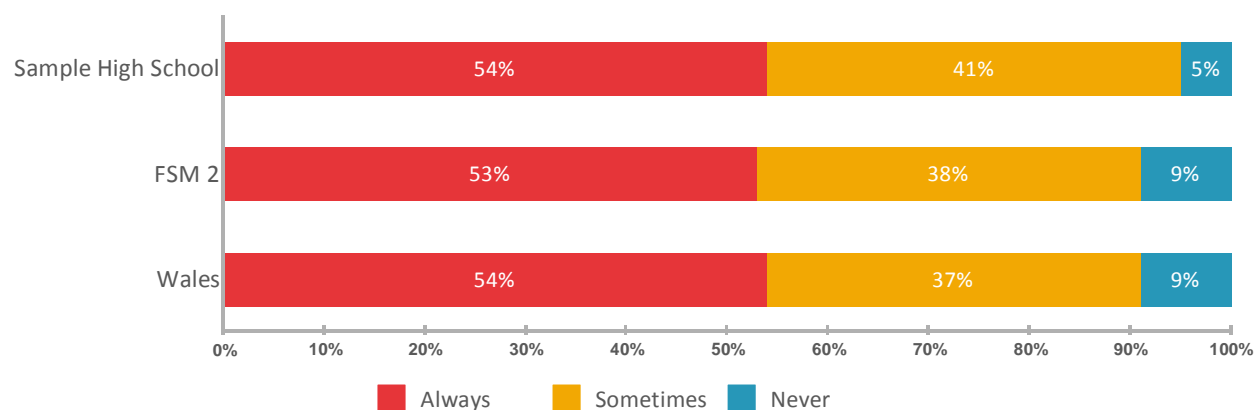
Percentage of pupils who are Hooked on Sport



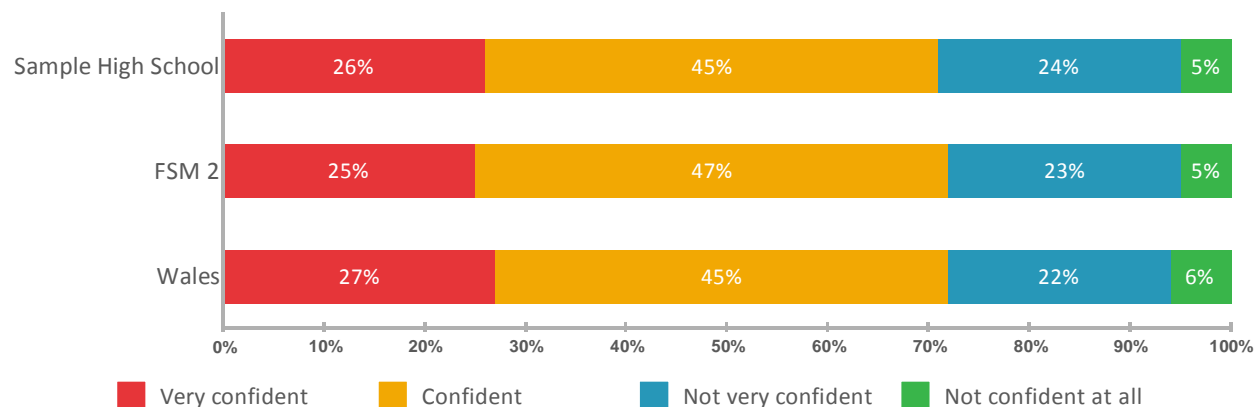
How much do you enjoy doing sport at after-school or lunchtime clubs?



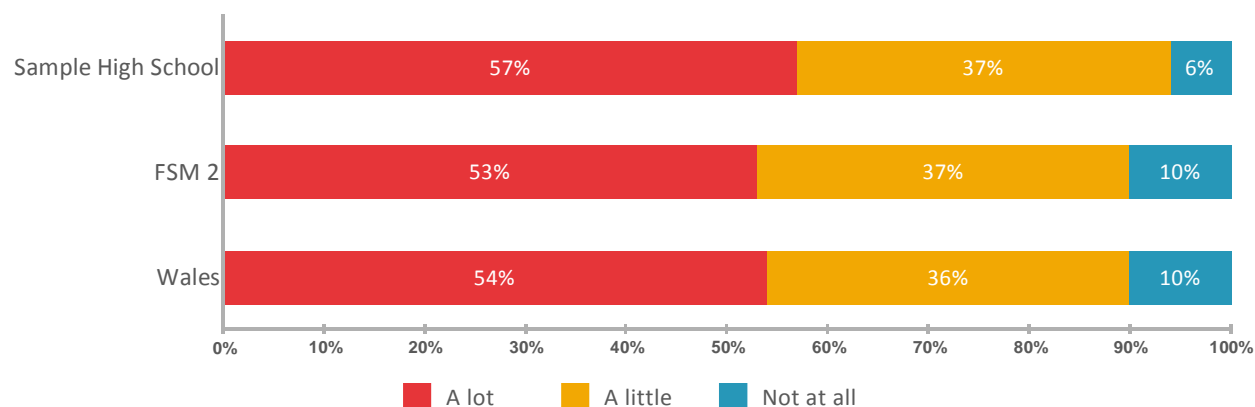
How often do you feel comfortable taking part in PE lessons and school sport?



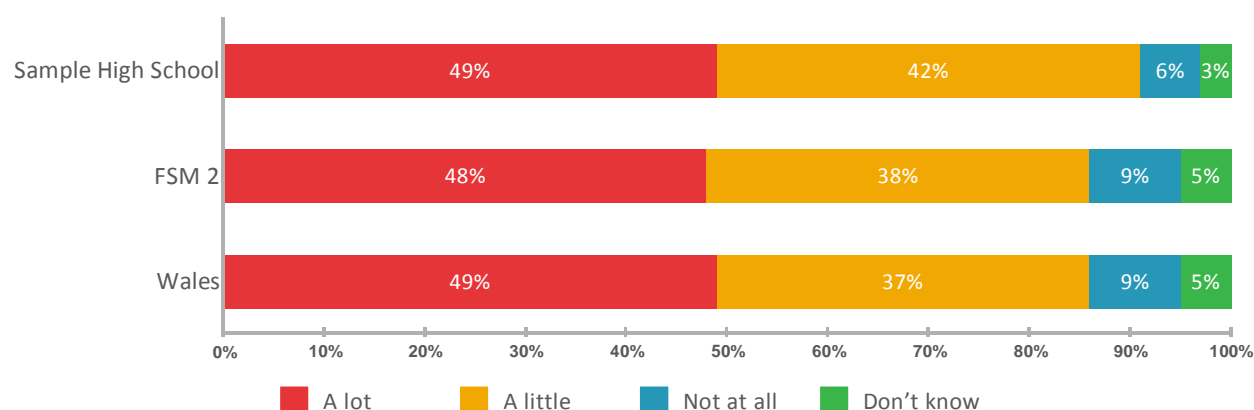
How confident are you in trying new activities without worrying?



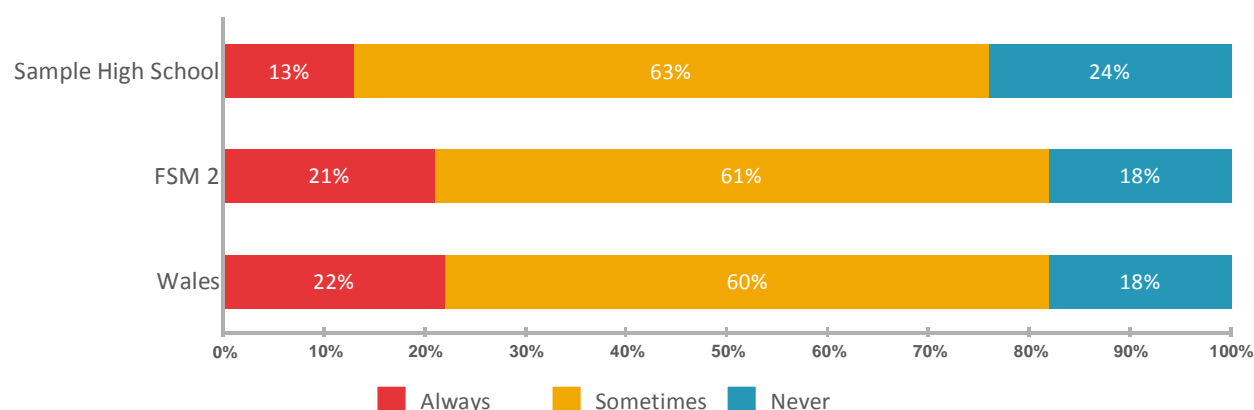
How much do you enjoy PE lessons?



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 Survey, Sample High School surveyed 332 pupils.

In this report, statistics for Sample High School are presented alongside the following:

- Wales – representative of all secondary pupils/schools in Wales;
- Free School Meal quartile – representative of all secondary schools in Wales, with a similar percentage of pupils who qualify for free school meals to Sample High School.

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 pupils participating in extracurricular sport in Wales and in your school.

<i>Break % Respondents</i>	Wales	Your school	Male pupils at your school	Female pupils at your school
<i>Adventurous activities</i>	8%	7%	6%	8%
<i>Athletics</i>	22%	33%	32%	33%
<i>Badminton</i>	14%	18%	20%	15%
<i>Basketball</i>	15%	17%	25%	10%
<i>Boccia</i>	0%	0%	-	1%
<i>Bowls</i>	1%	-	-	-
<i>Boxing</i>	3%	2%	2%	2%
<i>Canoeing or kayaking</i>	2%	2%	4%	1%
<i>Cheerleading</i>	3%	2%	1%	4%
<i>Cricket</i>	11%	9%	18%	1%
<i>Cycling</i>	4%	3%	2%	4%
<i>Dance</i>	8%	5%	1%	10%
<i>Dodgeball</i>	14%	14%	13%	14%
<i>Fitness classes</i>	13%	9%	5%	13%
<i>Football</i>	33%	27%	46%	8%
<i>Golf</i>	2%	1%	1%	1%
<i>Gymnastics</i>	10%	17%	6%	29%
<i>Hockey</i>	10%	18%	13%	23%
<i>Horse riding</i>	1%	2%	-	3%
<i>Life saving</i>	2%	1%	1%	2%
<i>Martial arts</i>	2%	4%	5%	3%
<i>Netball</i>	17%	19%	1%	38%
<i>Rounders, baseball or softball</i>	17%	16%	8%	24%
<i>Rowing</i>	1%	1%	1%	1%
<i>Rugby</i>	23%	21%	40%	2%
<i>Running or jogging</i>	20%	24%	21%	27%

<i>Break % Respondents</i>	Wales	Your school	Male pupils at your school	Female pupils at your school
<i>Sailing</i>	1%	2%	4%	1%
<i>Sitting volleyball</i>	1%	1%	-	1%
<i>Squash</i>	2%	1%	1%	2%
<i>Street sports</i>	2%	1%	1%	-
<i>Surfing</i>	1%	0%	-	1%
<i>Swimming</i>	10%	9%	8%	10%
<i>Table tennis</i>	11%	6%	8%	3%
<i>Tennis</i>	14%	26%	28%	24%
<i>Trampolining</i>	5%	14%	11%	17%
<i>Triathlon</i>	1%	2%	3%	2%
<i>Volleyball</i>	2%	2%	1%	2%
<i>Water polo</i>	2%	1%	-	1%
<i>Wheelchairbasketball</i>	1%	-	-	-
<i>Wheelchairrugby</i>	0%	-	-	-
<i>Other sports</i>	14%	16%	16%	16%
<i>Multi-skills</i>	-	-	-	-

Appendix C

The following table shows the percentage of pupils participating in sport at clubs outside of school, for Wales and for your school.

<i>Break % Respondents</i>	Wales	Your school	Male pupils at your school	Female pupils at your school
<i>Adventurous activities</i>	12%	19%	19%	19%
<i>Athletics</i>	13%	23%	23%	22%
<i>Badminton</i>	8%	13%	13%	14%
<i>Basketball</i>	8%	9%	13%	5%
<i>Boccia</i>	0%	1%	1%	1%
<i>Bowls</i>	2%	1%	2%	-
<i>Boxing</i>	8%	8%	11%	5%
<i>Canoeing or kayaking</i>	5%	7%	6%	7%
<i>Cheerleading</i>	3%	1%	-	2%
<i>Cricket</i>	8%	8%	14%	2%
<i>Cycling</i>	9%	12%	13%	11%
<i>Dance</i>	13%	19%	1%	37%
<i>Dodgeball</i>	9%	10%	13%	8%
<i>Fitness classes</i>	17%	18%	9%	27%
<i>Football</i>	31%	26%	42%	11%
<i>Golf</i>	5%	5%	7%	2%
<i>Gymnastics</i>	8%	13%	6%	20%
<i>Hockey</i>	6%	11%	7%	14%
<i>Horse riding</i>	6%	8%	1%	14%
<i>Life saving</i>	5%	7%	5%	8%
<i>Martial arts</i>	8%	11%	11%	11%
<i>Netball</i>	10%	12%	1%	24%
<i>Rounders, baseball or softball</i>	8%	13%	11%	14%
<i>Rowing</i>	2%	3%	3%	3%
<i>Rugby</i>	19%	17%	29%	6%
<i>Running or jogging</i>	22%	28%	21%	36%

<i>Break % Respondents</i>	Wales	Your school	Male pupils at your school	Female pupils at your school
<i>Sailing</i>	2%	7%	7%	6%
<i>Sitting volleyball</i>	1%	1%	-	2%
<i>Squash</i>	3%	6%	6%	7%
<i>Street sports</i>	5%	5%	7%	2%
<i>Surfing</i>	4%	4%	5%	4%
<i>Swimming</i>	24%	29%	25%	32%
<i>Table tennis</i>	9%	10%	14%	6%
<i>Tennis</i>	12%	21%	23%	19%
<i>Trampolining</i>	7%	12%	11%	13%
<i>Triathlon</i>	2%	5%	5%	5%
<i>Volleyball</i>	2%	2%	2%	2%
<i>Water polo</i>	3%	5%	5%	4%
<i>Wheelchairbasketball</i>	1%	1%	1%	-
<i>Wheelchairrugby</i>	0%	-	-	-
<i>Other sports</i>	16%	19%	16%	22%
<i>Multi-skills</i>	-	-	-	-

Appendix D

The following table shows the percentage of pupils that would like to do more sport, in Wales and in your school.

Break % Respondents	Wales	Your school	Male pupils at your school	Female pupils at your school
Adventurous activities	22%	27%	25%	29%
Athletics	25%	38%	34%	41%
Badminton	22%	23%	25%	22%
Basketball	29%	34%	38%	30%
Boccia	3%	4%	4%	4%
Bowls (not ten-pin bowling)	5%	7%	8%	5%
Boxing	21%	23%	25%	22%
Canoeing/Kayaking	15%	25%	27%	22%
Cheerleading	15%	20%	5%	36%
Cricket	18%	19%	31%	7%
Cycling	30%	36%	34%	37%
Dance	20%	25%	5%	46%
Dodgeball	34%	30%	34%	25%
Fitness classes (e.g. aerobics, yoga, circuits)	24%	29%	14%	43%
Football	37%	34%	47%	21%
Golf	14%	15%	22%	8%
Gymnastics	21%	32%	16%	48%
Hockey	18%	31%	23%	39%
Horse Riding	19%	25%	7%	43%
Life saving	14%	23%	16%	30%
Martial Arts (e.g. Judo, Karate)	17%	23%	25%	20%
Netball	22%	27%	4%	51%
Other sports	12%	21%	22%	20%
Rounders/Baseball/Softball	29%	38%	31%	45%
Rugby	28%	27%	42%	13%
Running or jogging	31%	40%	37%	43%

<i>Break % Respondents</i>	Wales	Your school	Male pupils at your school	Female pupils at your school
<i>Sailing</i>	10%	19%	19%	19%
<i>Sitting volleyball</i>	4%	7%	4%	9%
<i>Squash</i>	11%	17%	22%	12%
<i>Street sports (e.g. skateboarding)</i>	15%	22%	22%	23%
<i>Surfing</i>	21%	28%	25%	30%
<i>Swimming</i>	37%	48%	40%	56%
<i>Table tennis</i>	22%	27%	34%	21%
<i>Tennis</i>	36%	50%	48%	52%
<i>Trampolining</i>	29%	40%	31%	49%
<i>Triathlon</i>	9%	17%	16%	17%
<i>Volleyball</i>	15%	17%	11%	22%
<i>Water polo</i>	13%	17%	15%	19%
<i>Wheelchair basketball</i>	6%	7%	5%	8%
<i>Wheelchair rugby</i>	5%	6%	7%	6%
<i>I don't want to do more sport</i>	6%	4%	4%	4%
<i>Multi-skills</i>	-	-	-	-
<i>Rowing</i>	-	-	-	-