



Active Lives Survey Results Summary Report

Introduction

Archbishop Cranmer C of E Academy participated in the Active Lives Children and Young People Survey for the Spring Term of the academic year 2022-2023. This report provides a summary of the key findings from the survey.

Comparison Data

- Compared to the Spring Term 2018 survey, the academy has shown significant improvement in activity levels both during school hours (20% to 45%) and outside school hours (46% to 73%).
- Specific activities like dancing and football have seen notable increases in participation.

Levels of Activity

- 61% of pupils at the academy engage in an average of 60+ minutes of moderate to vigorous physical activity per day across the week, meeting the Chief Medical Officer's guidelines for children and young people.
- This surpasses national figures from 2021-2022, where the national average for active children was 46%.

Participation at and Outside School

- During school hours, 45% of pupils achieve an average of 30+ minutes of moderate to vigorous activity per day, compared to the national average of 41%.
- Outside school hours, 73% of pupils achieve the same level of activity, significantly exceeding the national average of 55%.
- 55% of pupils actively travel to school by foot, bike, or scooter, while the national average is 58%.

Activity Breakdown

- During school hours, popular activities include playing tag or running games (79%), dancing (45%), and kicking a ball (45%).
- Outside school hours, activities such as football (55%), dancing (52%), and kicking a ball (52%) are highly favoured.

Healthy Eating

- Archbishop Cranmer places emphasis on promoting healthy eating, with 81% considering it a curriculum priority.
- 75% ensure compliance with school food standards through contractual or annual assurance from caterers or local authorities.
- 33% of teachers receive professional development on food-related matters.
- As a result of our efforts, school has recently been awarded the Silver Healthy Schools award.

Conclusion

Archbishop Cranmer C of E Academy has made commendable progress in promoting physical activity and healthy eating among its students. The results indicate a strong commitment to the well-being of pupils, surpassing national averages in various categories. Continued efforts to engage students in physical activities and maintain a focus on healthy eating are essential for ongoing success.

For a more comprehensive analysis and detailed findings, the complete report is available on the School Website.