

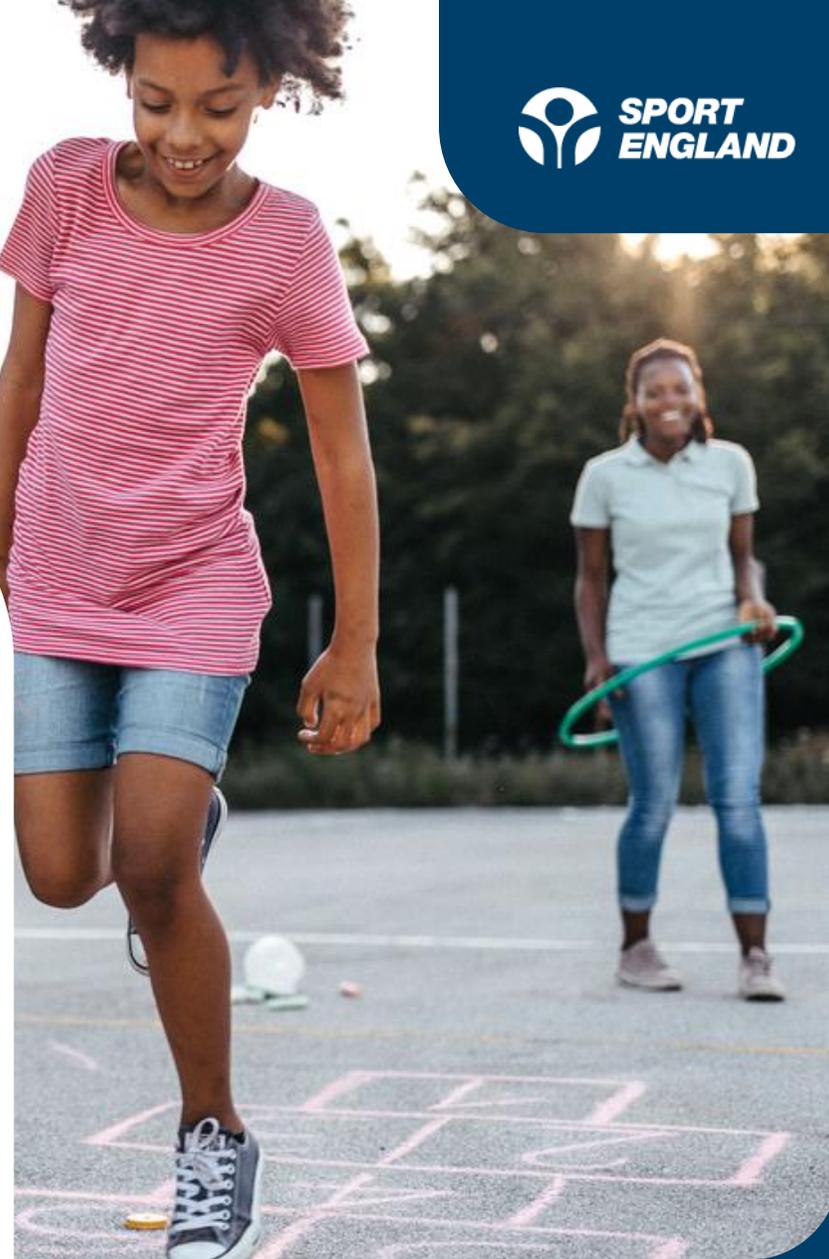
Active Lives Children and Young People Survey

Academic year 2023–24

Results from Merton All

Version 1:

Issued April 2025



How to read the report

This report summarises Merton results from the Active Lives Children and Young People Survey 2023–24. A few key things to keep in mind as you review the report:

Sample Size: This report is based on a sample of your pupils. The number of respondents from Merton is displayed in the footer of each page and on the final page of the report. Variations in sample composition should be considered when interpreting and contrasting the data between Merton as a whole, Merton East and Merton West. Please exercise caution when making direct comparisons.

National data: Alongside the results from Merton, we have provided national figures based on the 2023 to 2024 academic year. These are shown in brackets throughout the report e.g. (47%). Compare the results from Merton to the national data with caution because the profile of pupils in this area may be different from the national profile. National data is provided as an indication of the national picture.

Weighting: The national data and the data for Merton have been weighted.

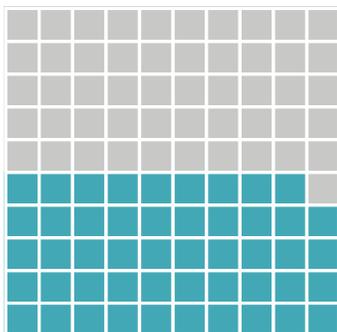
Results at a glance...

Activity levels

(Moderate to vigorous intensity)

49%

Active



average of
60+ minutes
a day across
the week

Wellbeing

Mean scores from answers given on a scale of 0-10 where 0 is low and 10 is high levels of agreement with statements asking about...

Happiness yesterday (years 3-11 only)



How do you feel today? (years 1-2 only)



Attitudes towards sport and physical activity

Years 3-11 only

Attitudes towards sport and physical activity

54%

agreed strongly that they enjoyed taking part in exercise and sports

68%

agreed strongly that they understand why exercise and sports are good for them

26%

agreed strongly that they find exercise and sports easy

Years 1-2 only

70%

love playing sport

68%

love being active

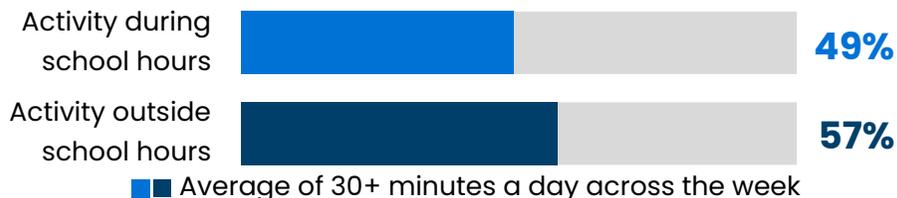
78%

find sport easy

Location of activity

(Average of 30+ minutes a day moderate to vigorous activity across the week)

Government guidelines set out that pupils should get 30 minutes of their daily physical activity during the school day and 30 minutes outside school.



Levels of activity

In Merton, **49%** of pupils do an average of **60+ minutes** a day of moderate to vigorous activity across the week, meeting the Chief Medical Officer's guidelines for levels of physical activity amongst children and young people. National figures from 2023 to 2024 for each measure are shown in brackets.

Less active

Less than an average of **30 minutes a day** across the week

Fairly Active

An average of **30-59 minutes a day** across the week

Active

An average of **60+ minutes a day** across the week



National data from 2023 to 2024

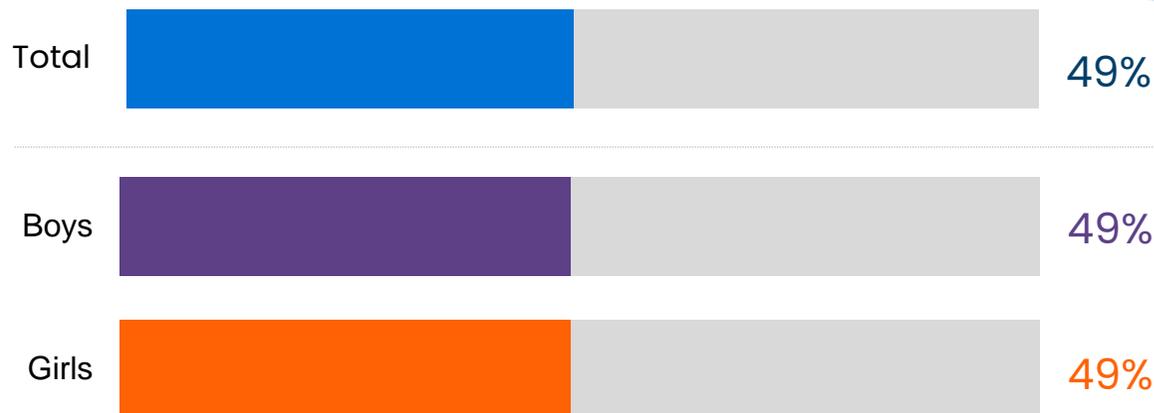
(30%)

(23%)

(48%)

Boys and girls

(% active)



% that are active at your school (an average of 60+ minutes a day of moderate to vigorous activity across the week)

Have you considered?

How could you get more pupils doing activity in school time throughout the week?

Are there any particular groups of pupils who need more support to be active?

Participation at and outside school

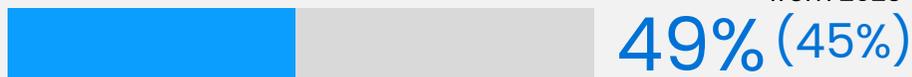
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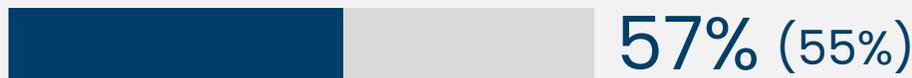
% of pupils doing an average of 30+ minutes a day of moderate to vigorous activity across the week

During school hours

National data
from 2023 to 2024



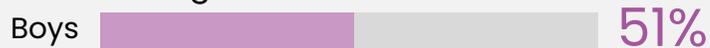
Outside school hours



Activity levels at and outside school for boys and girls

(Average of 30+ minutes a day of moderate to vigorous activity across the week)

During school hours



Outside school hours



Active travel to school

Pupils who got to school by active means (by foot, bike or scooter).

78% (59%)

Have you considered?

How can you demonstrate the positive impact of activity levels on whole school improvement such as attainment and behaviour?

How can you encourage more pupils to be active outside of school?

How can you encourage more pupils to travel by foot, bike or scooter to school?

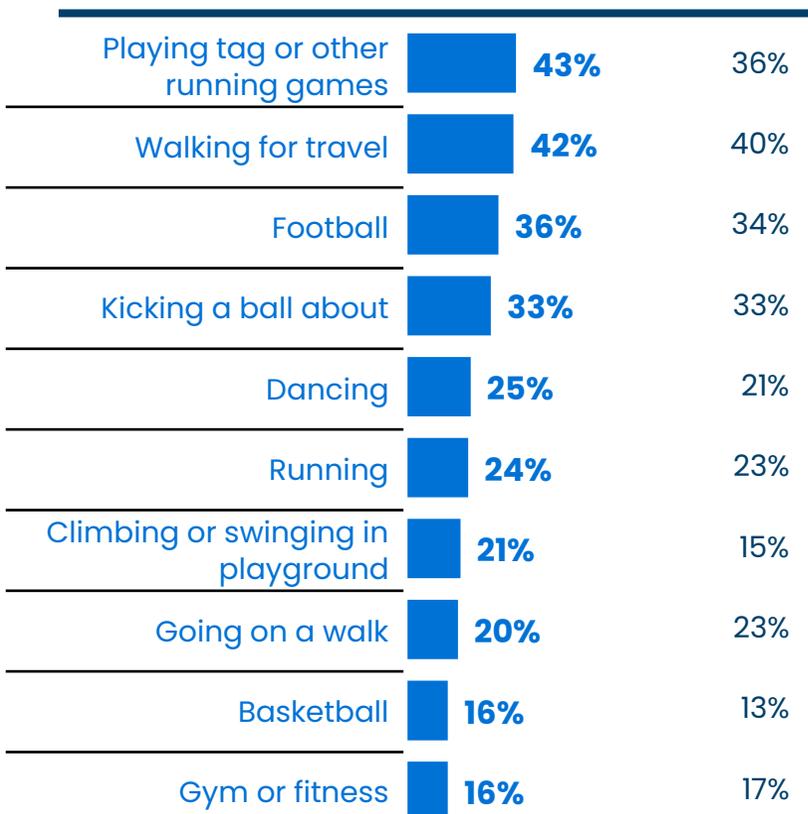
Activity breakdown

The charts below show the percentage of those who report taking part in each activity in the previous week at moderate to vigorous intensity. Only the top 10 activities are included.

National figures from 2023 to 2024 for these activities are also shown in brackets.

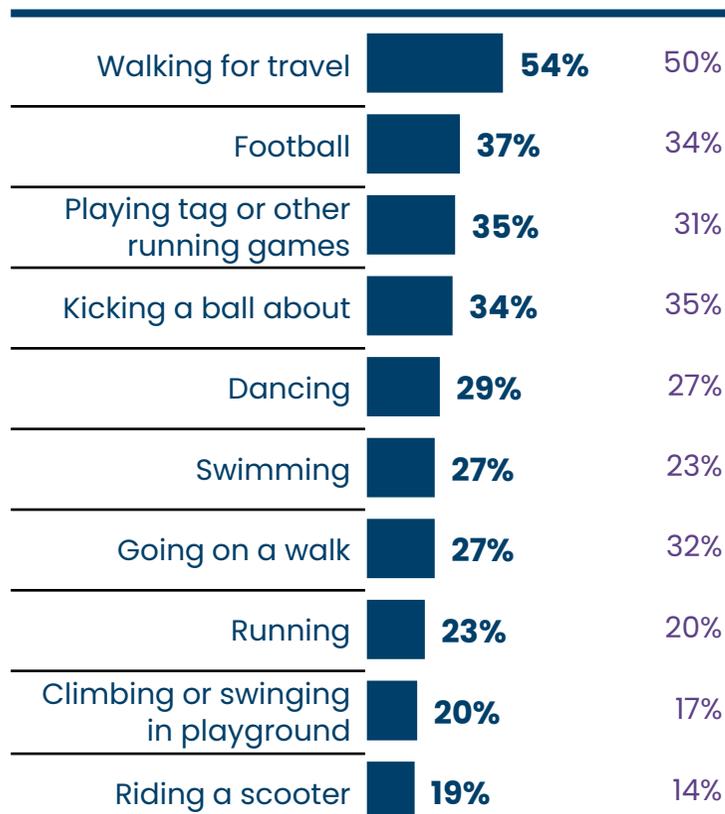
During school hours

National data
from 2023 to 2024



Outside school hours

National data
from 2023 to 2024



Have you considered?

How do you involve your pupils in choosing the sport and physical activities on offer?

Do you ask which activities they want to do more or less of?

Is the range of activities sufficient to cater for as many pupils as possible?

Activity breakdown

The tables below show the percentage of those who report taking part in each activity in the previous week and the percentage of those who used each method of getting to school. These are activities self-reported by pupils in year 1-2. National figures from 2023-24 for these activities are also shown.

Sports and Activities (year 1 to year 2 only)

National data
from 2023 to 2024

Walking	63%	68%
Football	54%	45%
Running games	49%	53%
Swimming	41%	45%
Riding a bike	41%	40%
Scooter	40%	45%
Climbing frame	33%	32%
Tennis	32%	19%
Dancing	26%	34%
Gymnastics	21%	28%
Trampoline	21%	31%
Skipping	20%	30%
Netball or basketball	14%	18%
Judo or karate	12%	9%
Cricket	9%	12%
Roller skating	9%	13%

Getting to school (year 1 to year 2 only)

National data
from 2023-24

Car	41%	48%
Walk	37%	43%
Scooter	14%	10%
Bike	10%	6%
Bus	9%	4%
Train, Tram, Tube	4%	2%

Have you considered?

Have you discussed how pupils travel to school?

Wellbeing and attitudes to physical activity

National figures from 2023-24 for each measure are shown in brackets.

Pupils were asked about feelings of happiness

"How do you feel today?"
(years 1-2 only)

 **81%**
(80%)

 **15%**
(16%)

 **4%**
(4%)

Pupils were asked about their attitudes to sport and physical activity
(years 1-2 only)

70%
(60%)

love playing sport

68%
(63%)

love being active

78%
(80%)

find sport easy

59%
(65%)

love swimming

Have you considered?

What can be done to increase the number of pupils enjoying PE and sport?

Attitudes towards sport and physical activity



Pupils were asked about their attitudes to sport and physical activity

National figures from 2023 to 2024 for each measure are shown in brackets.

Years 7-11 only

Knowledge
46%
(36%)

agreed strongly that they know how to get involved and improve their skills in lots of different exercise and sports

Years 3-11 only for four attitudes below

Confidence
43%
(37%)

agreed strongly that they feel confident when exercising and playing sports

Competence
26%
(23%)

agreed strongly that they find exercise and sports easy

Understanding
68%
(63%)

agreed strongly that they feel that they understand why exercise and sports are good for them

Enjoyment
54%
(49%)

agreed strongly that they enjoy taking part in exercise and sports

Have you considered?

What can be done to help improve confidence of pupils when taking part in PE, sport and physical activity?

Number of positive attitudes Years 3-11 only
Percentage strongly agreeing to 3 or more attitude statements



Three indicators of wellbeing

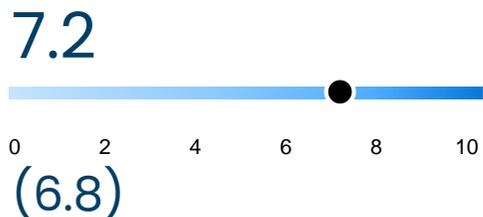
Mean scores from answers given on a scale of 0–10, where 0 is low and 10 is high. National figures from 2023 to 2024 for each measure are shown in brackets.

Years 3–11 only

Feelings of Happiness



How happy did you feel yesterday?"



Boys 7.3

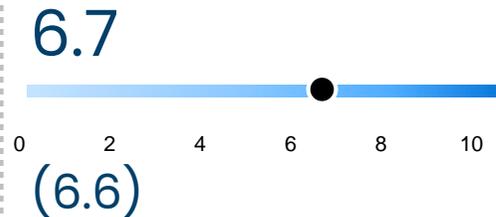
Girls 7.1

Years 7–11 only

Life satisfaction



How satisfied are you with your life nowadays?"



Boys 6.7

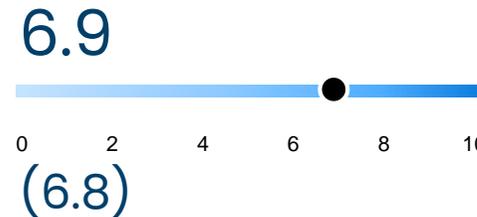
Girls 6.9

Years 7–11 only

Worthwhile



Do you feel that the things you do in your life are worthwhile?"



Boys 6.8

Girls 7.2

Have you considered?

What could be done to help pupils understand the benefits and importance of physical activity and how it can improve their mental wellbeing and happiness?

Active Lives Children and Young People Survey. Results from Merton All. Sample of 2,521 from Year 1, Year 2, Year 3, Year 4, Year 5, Year 6, Year 7, Year 8, Year 9, Year 10, Year 11 and 269 parents year 1 to 2 pupils across 38 schools. Data are weighted using annual survey weights. Any differences between the findings for this area and the national data for 2023-24 may be down to the balance of year groups responding within Merton All and may not be real differences.

Wellbeing, Individual and Community Development

National figures from 2023 to 2024 for each measure are shown in brackets.

Individual Development

Years 3-11 only

Pupils were asked how much they agree with the statement:

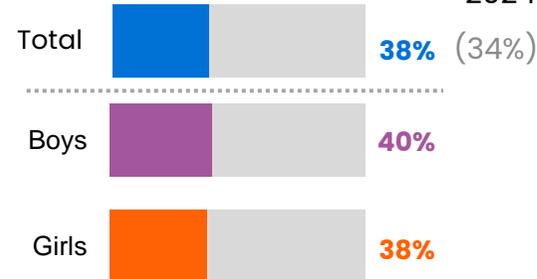


"If I find something difficult, I keep trying until I can do it"

Those who agreed strongly have **positive levels of individual development**

Positive Individual Development

National data from 2023 to 2024



Have you considered?

How could PE, sport and physical activity help you to improve your pupils' social trust?

Trust

Years 3-11 only

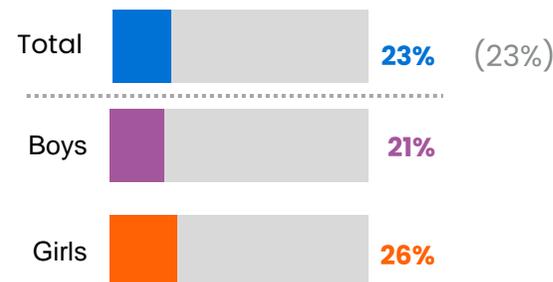
Pupils were asked:



"How much do you feel you can trust people who are a similar age to you?"

Those who answer trust them a lot have **positive levels of social trust**

Positive Social Trust

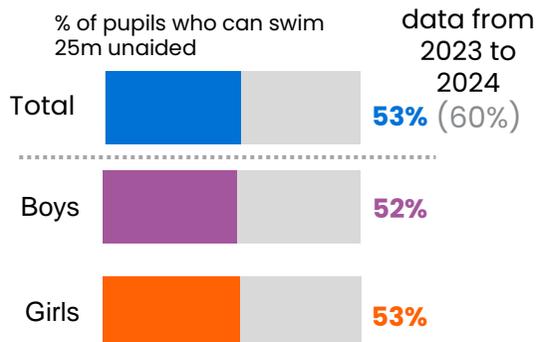


Swimming proficiency

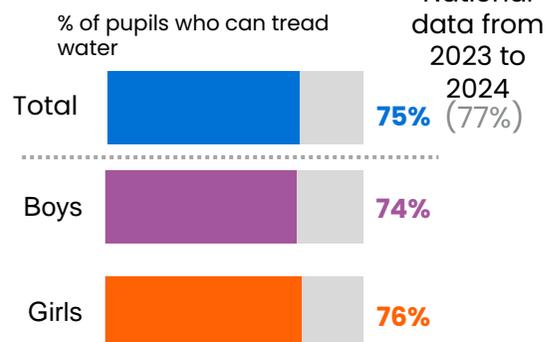
National figures from 2023 to 2024 for each measure are shown in brackets.

All pupils should be able to do these things by the time they leave primary school.

Swimming ability

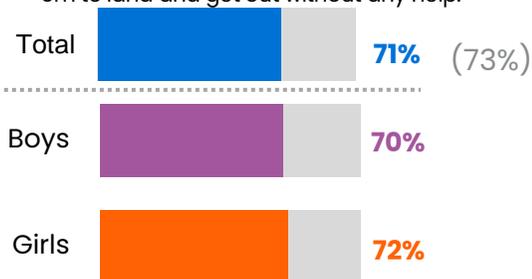


Confidence and capability



% of pupils who can self-rescue (years 3-6 only)

Pupils were asked if they fell into a deep lake with all their clothes on, if they could swim 5m to land and get out without any help.



Have you considered?

What could schools in Merton do to support pupils to meet the National Curriculum swimming requirements?

Are there any groups of pupils who need more support to meet the National Curriculum swimming requirements?

Notes

The Active Lives Children and Young People Survey is an online survey carried out by Ipsos.

Each term, a number of schools are randomly selected to take part in the survey, with the aim of getting just over 90,000 children and young people in Years 1 to 11 to complete it each academic year.

The survey runs on an annual basis. More information on the survey can be found on the Sport England website.

Merton All

<http://www.londonsport.org/about-us/contact-us/>

Survey timings

Fieldwork for the survey took place between 4th September and 26th July 2024

Sample

2,521 pupils from 38 schools completed the survey:

337 Pupils from	Year 1
328 Pupils from	Year 2
362 Pupils from	Year 3
408 Pupils from	Year 4
441 Pupils from	Year 5
381 Pupils from	Year 6
88 Pupils from	Year 7
27 Pupils from	Year 8
26 Pupils from	Year 9
56 Pupils from	Year 10
67 Pupils from	Year 11

269 parents completed the survey.

National Data within this report

On some pages, national level data from the 2023 to 2024 academic year is shown for reference. For your report, these are national figures from Year 1-11 (base: 122,480). Go to www.sportengland.org/activeliveschildren24 to see the full National Report for 2023-24.

National report

The seventh national report by Sport England was published in December 2024 and is accessible via the Sport England website. That report includes data from the 2023-24 academic year.

Limitations of the data

Due to the differing profile of pupils that have participated in the survey in Merton compared to the national data, it is not possible to make reliable comparisons between your results and the national level data. National data is therefore only provided as an indication of the national picture.

Measures of activity

Moderate activity is defined as activity which makes pupils breathe faster.

Vigorous activity is defined as activity which makes pupils hot or tired.

Attitudes and wellbeing

For year 1-2 pupils the data on wellbeing and attitudes to sport has been provided by pupils, whilst the data on activity levels has been collected from the parent survey.

Years 3 to 6 pupils are asked about four attitudes and years 7 to 11 are asked about five. For years 7 to 11, agreement with Knowledge and/or Understanding is counted as one agreement. This means the 'number of positive attitudes' is out of four.

Further information

If you would like any further information about the results or survey, please contact your Active Partnership.