

School name	LA District/ward	SGO Area	Postcode	No of pupils	Ofsted rating	Eligibility for school meals
East Bergholt CEVC Primary School	Babergh	Ipswich	CO7 6SW	204	Good	28%

Pupils

14 Y5 & 6 girls were surveyed. The girls were selected by teaching staff as those that were less active or confident exercising compared to their peers.

Activity Data

Most popular activities:

- **Going for a Walk and Trampolining** (64%)
- **Games and Rounders** (57%)
- **Walking/Cycling to School and Play IT and other running games** (50%)

Least popular activities:

- **Scouting, hockey, cheerleading, sports day activities, judo, karate, boxing, ice skating and water sports** (0%)

What does being physically active mean?

blood keeps pumping around your body
fit and healthy
being healthy doing
physically happy mental
fun fit feel time lifts my mood
running around like
stronger active sports
heart rate up feel great health playing outside others activities
exercise other physical body
running feel better and healthier
feel good about myself
not yawning doing daily exercise
breathe faster

Pupil Attitudinal Data

When taking part in exercise and sport, pupils reported:

- 77% pupil **ENJOYMENT** score
- 85% pupil **CONFIDENCE** score
- 38% pupil **EASINESS** score
- 100% pupil **IMPORTANCE** score

Active Travel

50%

Of pupils use active travel to get to school (either by cycling or walking).

Most frequent journey time = less than 10 minutes

Barriers

- **Weather**
- **Health Issues**
- **Tired & out of breath quickly**
- **Electronic devices**
- **Confidence**
- **Previous poor experiences**
- **Time – divided between two households**

Wellbeing Score

When asked "On a scale of 1-10, how happy did you feel yesterday?", pupils reported, an average score of

8.3/10

62% reported "Yes" when asked is this is how they normally feel.

Activity Guidelines

77%

Of pupils knew that it is recommended that they are active for 60 minutes a day to stay healthy