

Tips for completing the Active Lives Survey

Pupil surveys:

- A minimum of 30 surveys per key stage is required to receive the school report
- There is no limit to the number of surveys that can be completed
- Clarify what being active means to pupils before they complete the survey. Being active means any activity that has involved moving, heart rate raising, getting out of breath. Before they start the survey, ask your pupils how and when they have been active today
- Allow 20 minutes for pupils to complete the survey

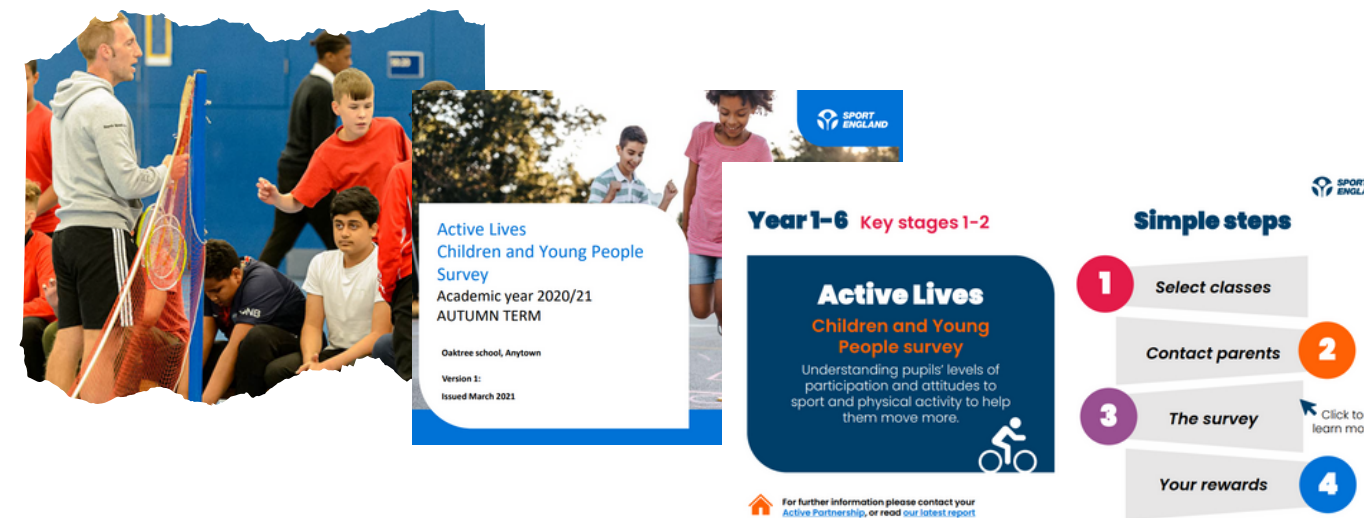


What is the Active Lives Survey?

The Sport England Active Lives Children and Young People survey provides a world-leading approach to gathering data on how children engage with sport and physical activity. It provides schools with a bespoke report detailing key data to help understand children's attitudes and behaviours around sport and activity.

In addition, it provides schools with the opportunity to gain their Healthy Schools Rating Award.

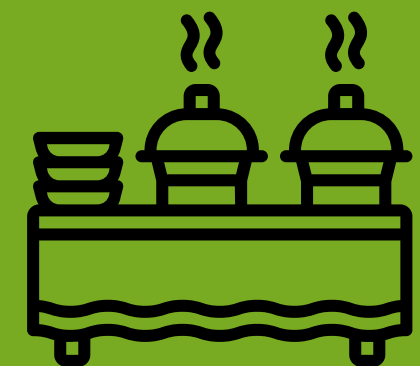
Where do I start?



Schools are supplied with three different online surveys - pupil, teacher and parent. Schedule time to undertake the pupil surveys to ensure you have sufficient time to complete enough surveys to receive your school report. Further information and guidance can be found on the [Sport England website](https://www.sportengland.org/active-lives).

Teacher survey:

- Only one teacher is required to completed the survey, but consider completing the survey collaboratively in a staff meeting
- Teacher survey contributes to the Healthy Schools Rating Award
- Covers 4 areas:
 - Food education
 - School food standards
 - Physical Education
 - Active Travel
- Consult with catering providers to ensure answers are accurate
- 'Don't know' responses invalidate answers and may result in not obtaining an award
- [View sample questions and tips on completing the survey in this crib sheet](#)



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Parent survey:

- Only required for year 1 and year 2 pupils
- Helps to provide more accurate data around activity levels for younger children
- Schools that are sampled by Sport England to complete the survey will receive 1 extra credit for parent surveys completed to put towards incentives



Department
for Education

What is the Healthy Schools Rating Award?

- Created by the Department for Education, it is a voluntary scheme for schools that recognises and encourages their contribution to supporting pupils' health and wellbeing
- Schools can use the award to show parents how they have performed at promoting healthy eating and physical activity by completing a self-assessment and receiving a rating based on their answers
- Schools will receive a certificate for their performance and information on how they might improve their healthy living policies



FOR MORE INFORMATION:

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[Energizestw.org.uk](https://energizestw.org.uk)



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How will the report help?

BENCHMARK ACTIVITY LEVELS

- Gain evidence around how your school is engaging pupil in sport and physical activity vs the national average

EARN A NATIONAL AWARD

- Assess your performance at promoting healthy eating and physical activity

GAIN INSIGHT TO DEVELOP YOUR SCHOOL OFFER

- Identify groups of children to support for your wider sport and physical activity offer and maximise the effectiveness of your premium spend

