

GUERNSEY YOUNG PEOPLE'S SURVEY 2016

PHYSICAL ACTIVITY RESPONSES

INTRODUCTION

The Guernsey Young People's Survey 2016 was completed in May and June 2016. The survey has been undertaken since the early 1990's and is the key evidence base for the collation of the views, attitudes and health behaviours of young people in Guernsey.

The Surveys have changed over the years. The original versions were paper-based and focused on health issues.

1500 pupils in Years 6, 8 and 10 answered 80 questions on behaviour, views and attitudes to life in Guernsey. The Year 12 survey will be undertaken in January 2017.

The questions are self-reporting and we are always impressed by the honesty of all our responses. The survey is completed anonymously and confidentially.

Every school completed the survey which means that we hear the views of about 80-90% of young people.



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THE FINDINGS AND THE QUESTION HEADINGS

The findings can be found on the following webpage:

www.gov.gg/youngpeoplesurvey

We have asked our questions under the four headings of the priority outcomes that have been set by the Children and Young People's plan for all young people. Those four priorities are that children should be:

Healthy and Active
Safe and Nurtured
Included and respected
Able to achieve individual and economic potential

In this booklet we look at responses associated with activity



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PHYSICAL ACTIVITY RESPONSES

PRIMARY SCHOOL

59%

of Primary School pupils regard 'Being physically active everyday (e.g. about an hour a day)' as "very important" to being a healthy, active child

43%

of Primary School pupils actively travel to school (walking/cycling/scooting)

55%

of pupils are physically active 5 times a week or more, for at least 30 minutes at a time

Primary School children would like more opportunities for physical activity. The most highly requested activities were:

Sport Equipment
(e.g. basketball hoops)

38%

Activity Equipment
(e.g. climbing frames)

37%

Arts or Performance
Activity

33%

Team Sport
57%

Individual Sport
38%



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PHYSICAL ACTIVITY RESPONSES

SECONDARY SCHOOL

25%

of Secondary School students are actively travelling to school (walking/cycling/scooting)

48%

of students are physically active 5 times a week or more, for at least 30 minutes at a time

Self-esteem issues are effecting Secondary students physical activity participation

"Does anything stop you from being as active as you would like to be?"

"I am shy in front of other people"

21%

"I'm not comfortable about how I look"

17%

Secondary School students would like more opportunities for physical activity. The most highly requested activities were:

Sport Equipment (e.g. basketball hoops)

28%

Activity Equipment (e.g. climbing frames)

27%

Arts or Performance Activity

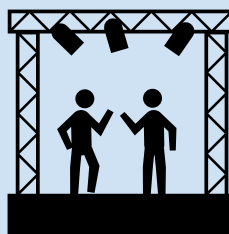
23%

Team Sport

45%

Individual Sport

30%



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PHYSICAL ACTIVITY RESPONSES

PHYSICAL ACTIVITY DURING THE LAST 4 WEEKS

Physical activities which young people had participated in, in the 4 weeks prior to the survey

"Which of these have you been to/taken part in during the last 4 weeks?"



Parks and open spaces

Primary 78%

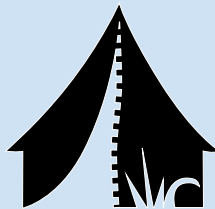
Secondary 60%



Sports club or class

Primary 66%

Secondary 52%



Youth centre or club e.g. scouts, guides

Primary 35%

Secondary 19%



Cinema/Theatres

Primary 34%

Secondary 28%



Art, craft, drama, film/video making group

Primary 31%

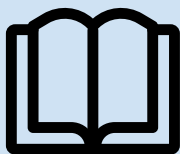
Secondary 23%



Music group or lessons

Primary 31%

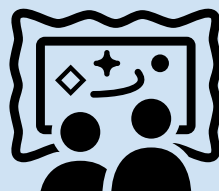
Secondary 26%



Libraries (not school library)

Primary 29%

Secondary 12%



Museum/ Art galleries

Primary 22%

Secondary 7%



Given your time to help charity, volunteered

Primary 19%

Secondary 23%



Religious, faith or community group

Primary 12%

Secondary 10%

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PHYSICAL ACTIVITY RESPONSES

BARRIERS TO PHYSICAL ACTIVITY

There are several barriers to physical activity which are inhibiting young people from being as active as they would like to be, the lead responses were..

Nothing stops me

Primary 47%

Secondary 52%

I don't have enough time

Primary 16%

Secondary 27%

It costs a lot to get there or to take part/ it's too expensive

Primary 15%

Secondary 21%

I'm not comfortable about how I look

Secondary 21%

I am shy in front of other people

Primary 15%

Secondary 21%

My friends don't do it/go there

Primary 13%

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PHYSICAL ACTIVITY RESPONSES

PE LESSONS

"How do you feel about PE lessons?"

"I really
enjoy them"

Primary - 51%
Secondary - 46%

"I enjoy
them"

Primary - 33%
Secondary - 30%

"I am not
sure"

Primary - 10%
Secondary - 12%

"I do not
enjoy them"

Primary - 5%
Secondary - 12%

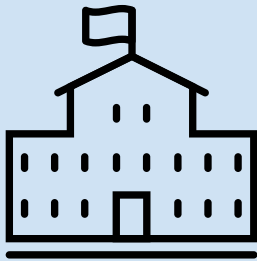
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PHYSICAL ACTIVITY RESPONSES

AFTER SCHOOL ACTIVITIES

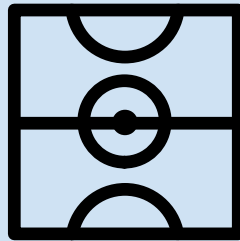
80% of the Primary pupils who responded said that they were interested in doing an after school activity

Those who said they would be interested in an after school activity chose the following locations



30%

At school at the end of the day



29%

Playing field



41%

Somewhere else e.g. club, sports centre

Those interested in doing an after school activity picked their preferred times



44%

Straight after school



38%

A bit later



18%

In the evening

