

# Studioyou

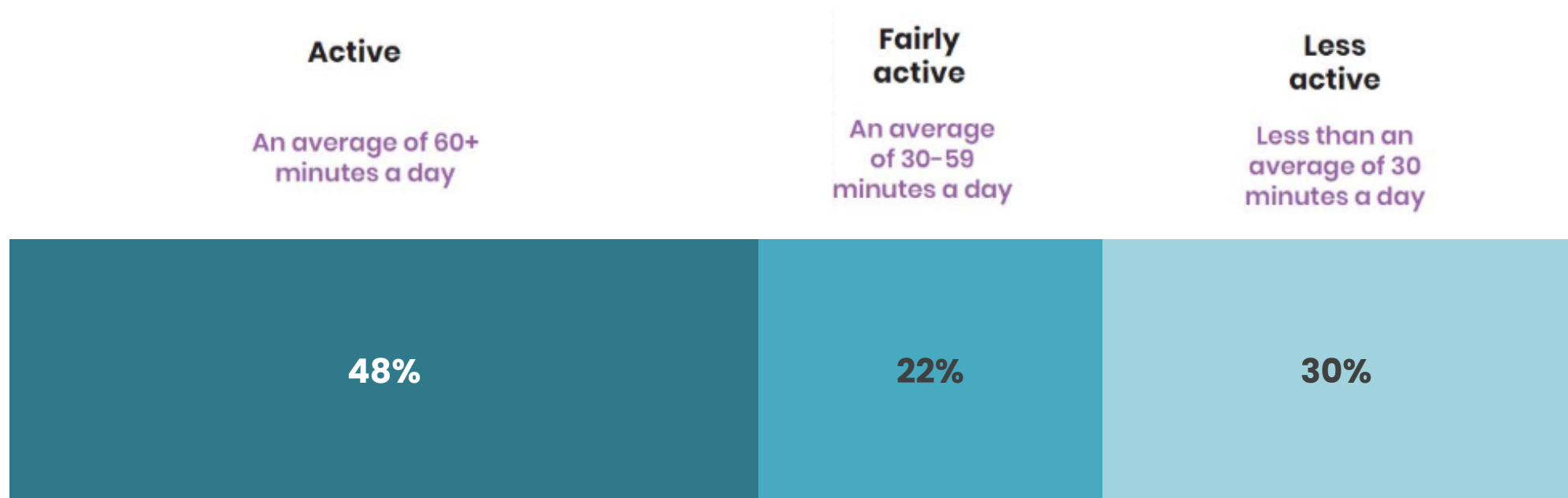
**Academic Year 2022-23**

## Secondary age

Years 7-11

Activity Check-In Data

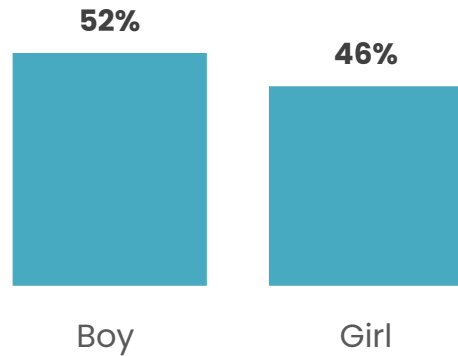
# Active (an average of 60+ minutes of activity a day)



# Active (an average of 60+ minutes of activity a day)

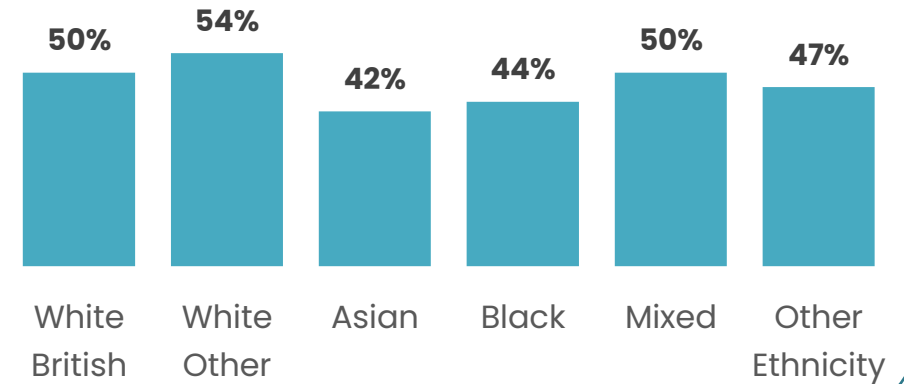
## Gender

Secondary aged boys were more active than girls



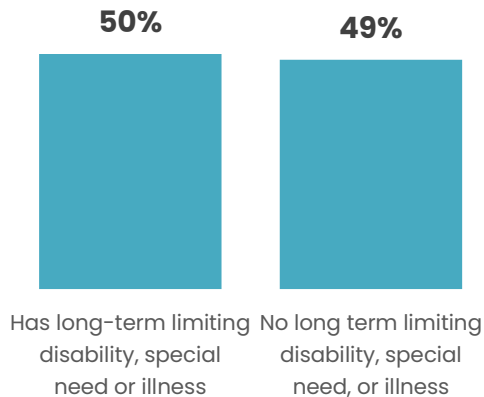
## Ethnicity

Secondary-age children with 'White Other' ethnicity persisted as most active. Those with Asian ethnicity were less active than all secondary aged young people.



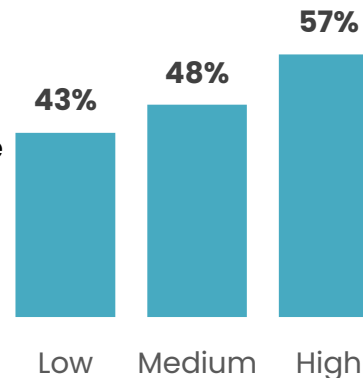
## Disability and long-term health conditions

There were no reportable difference in activity levels for Secondary aged young people with and without a disability



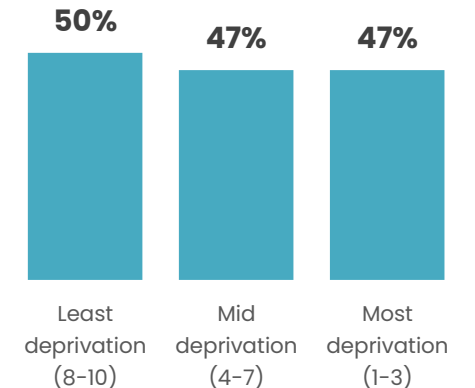
## Family Affluence Scale (FAS)\*

Secondary aged young people in the 'low' affluence group were less likely to be active than those in the 'high' affluence group



## IDACI

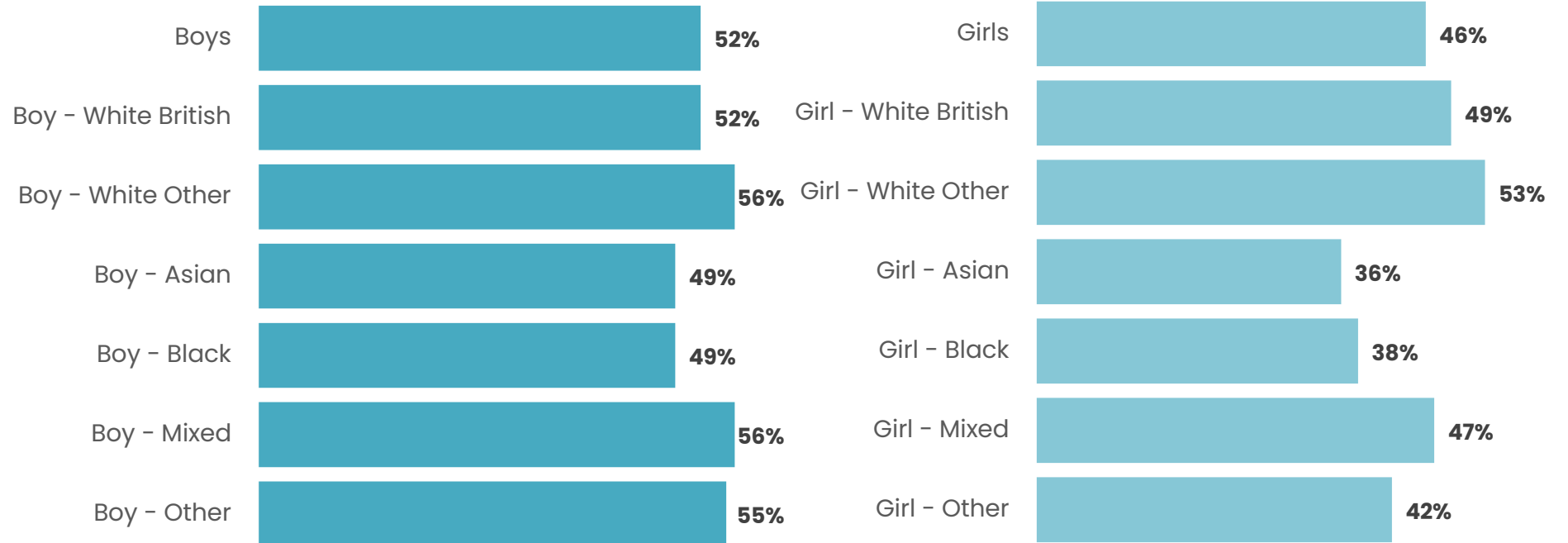
There were no reportable differences in activity levels for secondary aged young people living in different levels of deprivation



# Active (an average of 60+ minutes of activity a day)

## Gender by ethnicity

Secondary aged girls of Asian & Black ethnicities remain as the least active of all secondary age girls.

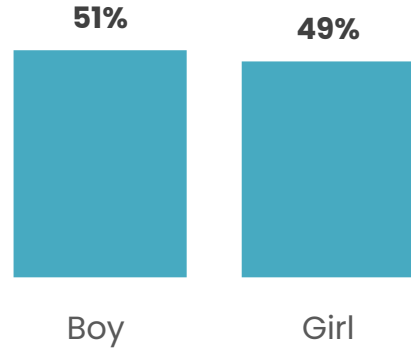


# Active during school hours

(average 30+ mins a day)

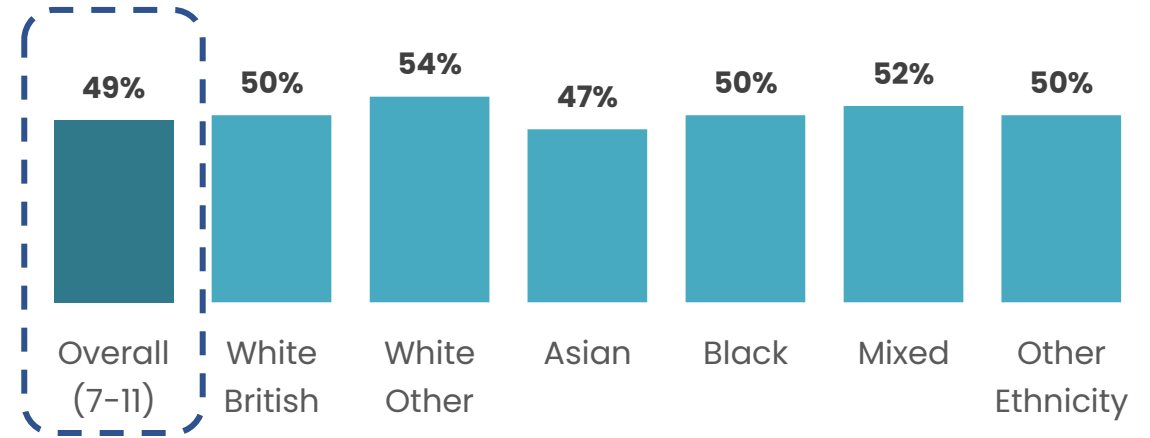
## Gender

There were no reportable differences in Secondary aged boys and girls' levels of activity during school hours



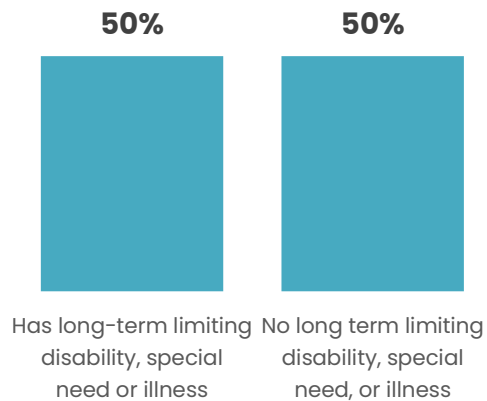
## Ethnicity

Secondary aged young people of White other ethnicities were more likely to be active during school hours



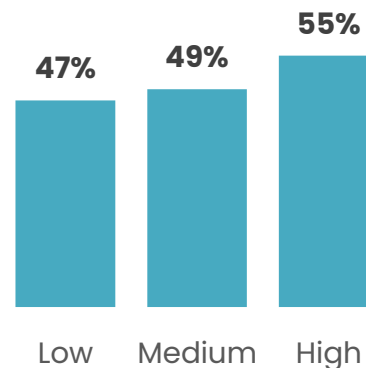
## Disability and long-term health conditions

There were no reportable difference in activity levels for Secondary aged young people with and without a disability



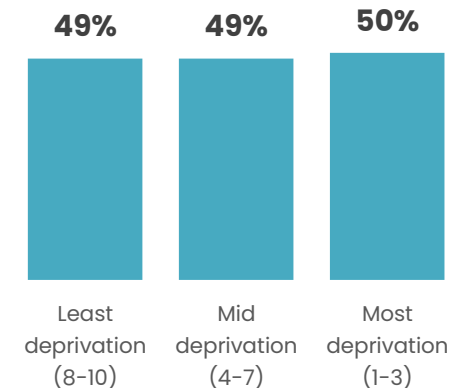
## Family Affluence Scale (FAS)

Secondary aged young people in the 'low' affluence group were least likely to be active during school hours compared to those in the 'high' affluence group



## IDAC1

There were no reportable differences in activity levels for secondary aged young people living in different levels of deprivation

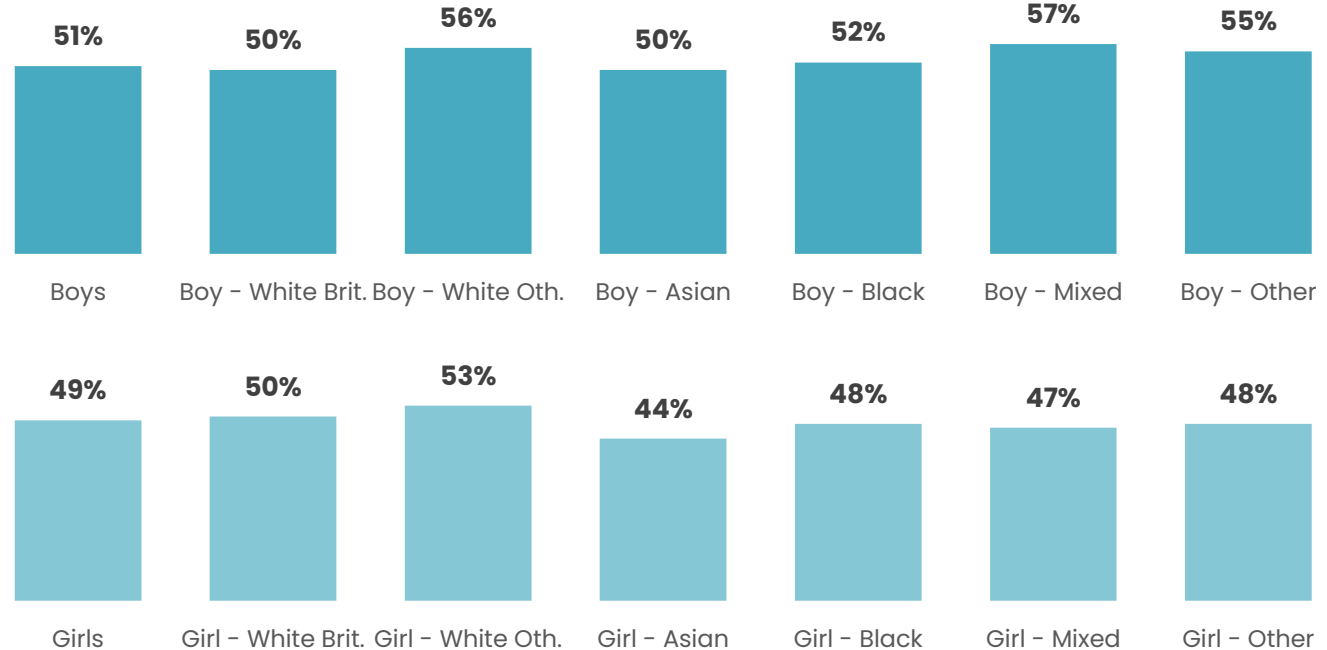


# Active during school hours

(average 30+ mins a day)

## Gender by ethnicity

There were no reportable differences in levels of activity during school hours for Secondary aged children by gender and ethnicity

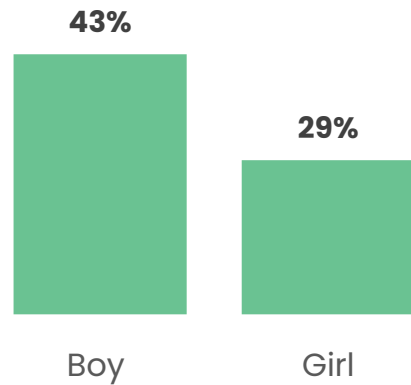


# Knowledge

“I know how to get involved and improve my skills in lots of different types of exercise and sports”

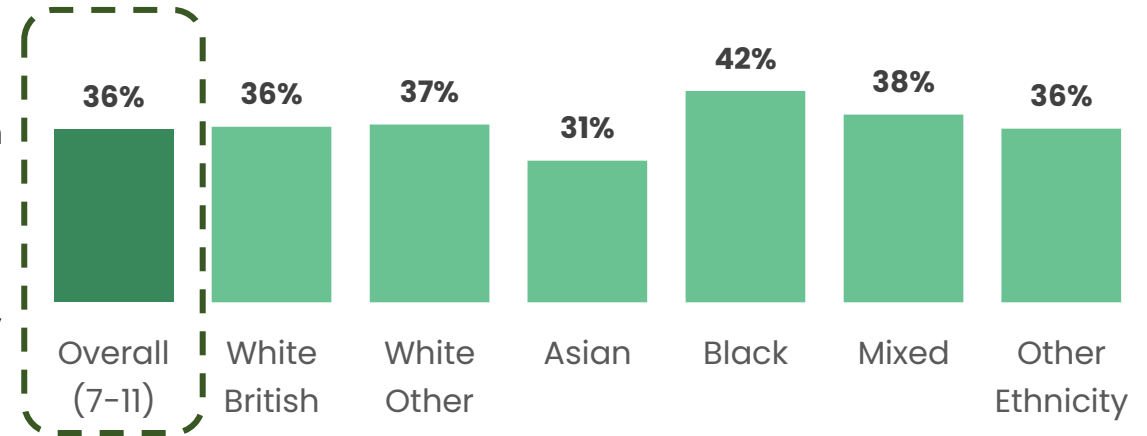
## Gender

Secondary aged boys had higher levels of knowledge than girls



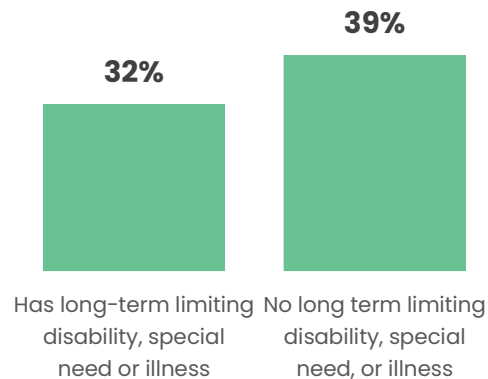
## Ethnicity

Secondary aged young people of Asian ethnicities had lower levels of knowledge than all secondary aged young people, meanwhile secondary Black young people had the highest.



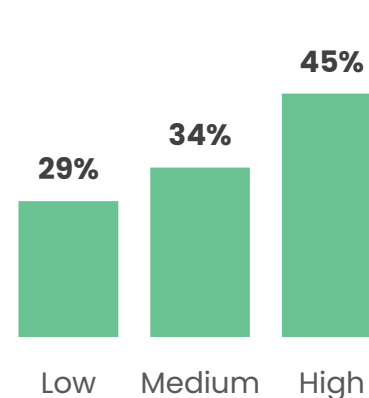
## Disability and long-term health conditions

Secondary aged young people with a disability had lower levels of knowledge than those without a disability



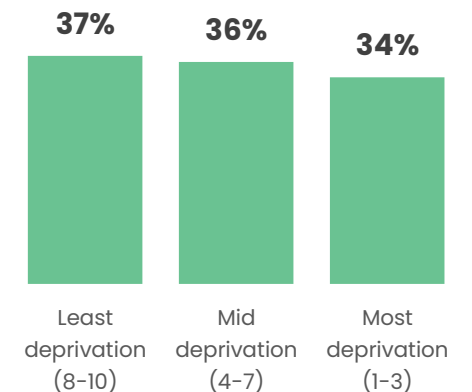
## Family Affluence Scale (FAS)

Secondary aged young people in the 'low' affluence group had lower levels of knowledge than those in the 'high' affluence group.



## IDAC1

There were no reportable differences in knowledge for Secondary aged young people by levels of deprivation



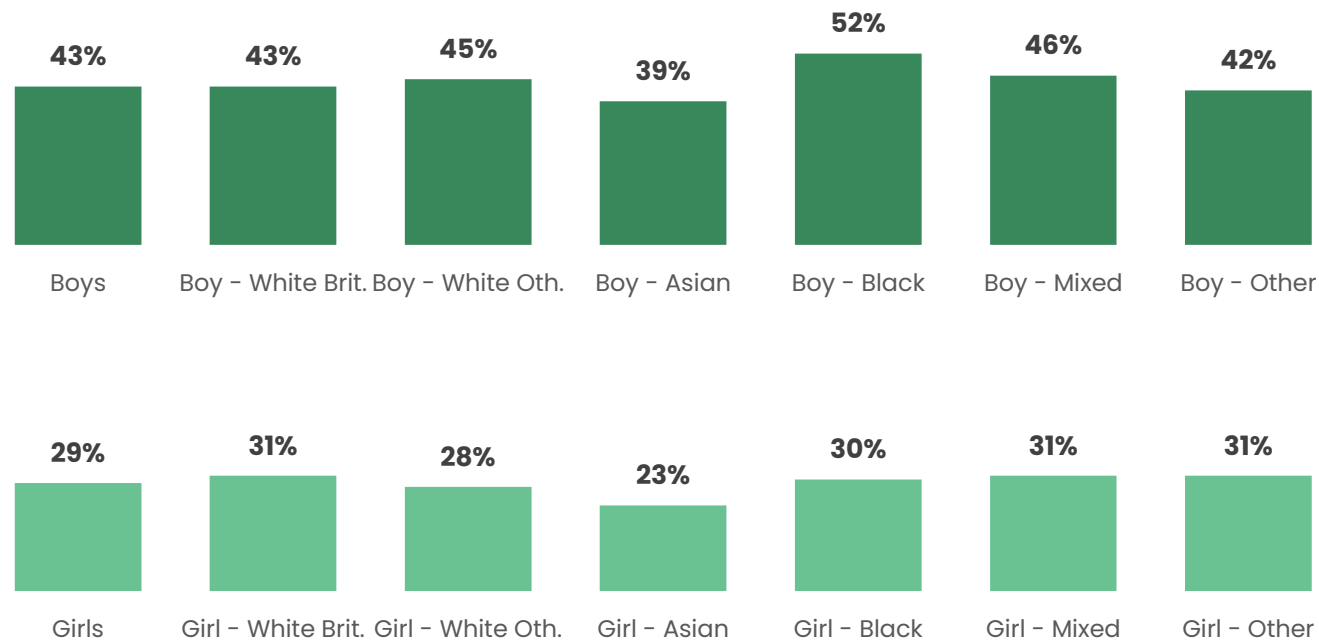


# Knowledge

“I know how to get involved and improve my skills in lots of different types of exercise and sports”

## Gender by ethnicity

Secondary aged girls of Asian ethnicities had lower levels of knowledge than all secondary aged girls. Black boys reported higher levels than all secondary aged pupils.

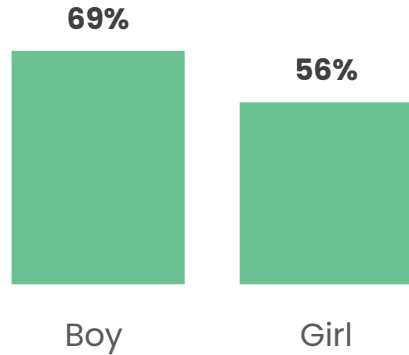


# Understanding

“I understand why exercise and sports are good for me”

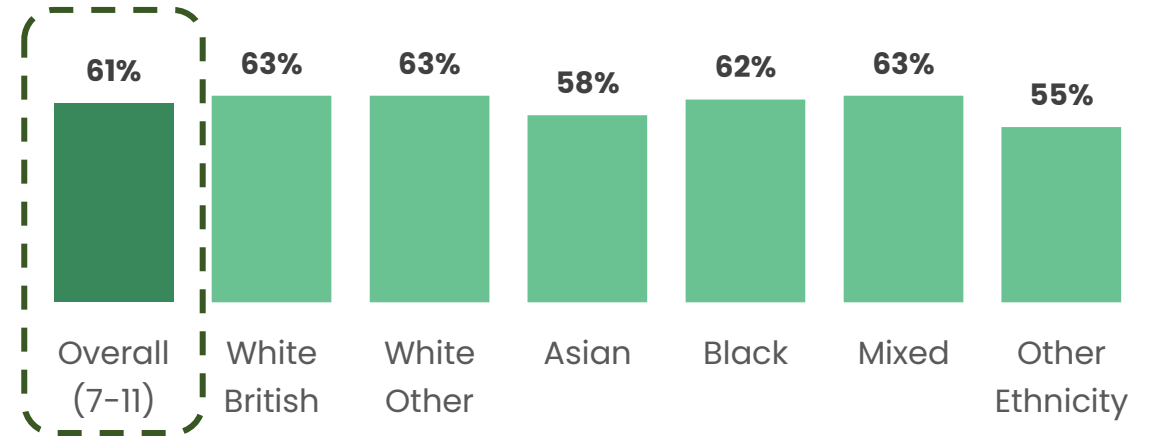
## Gender

Secondary aged boys had higher levels of understanding than girls



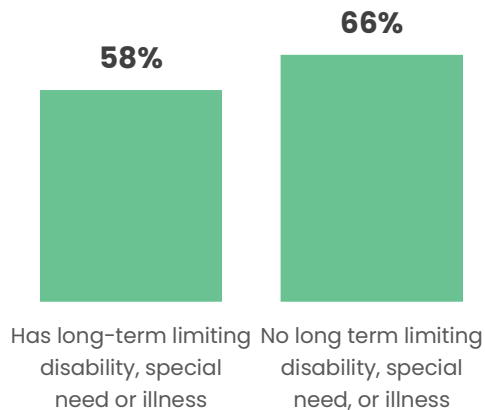
## Ethnicity

Secondary aged young people of other ethnicities had lower levels of understanding than all secondary aged young people



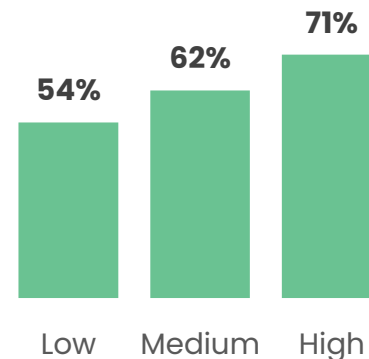
## Disability and long-term health conditions

Secondary aged young people with a disability had lower levels of understanding than those without a disability



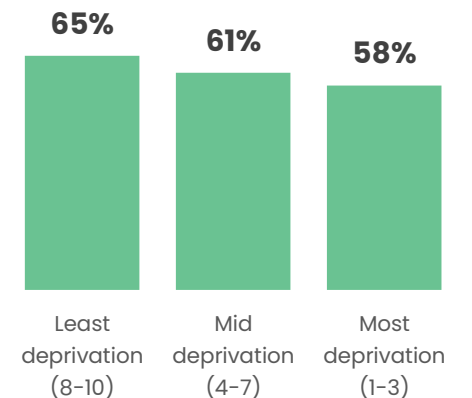
## Family Affluence Scale (FAS)

Secondary aged young people from the lowest affluence group had lower levels of understanding than those from higher affluence.



## IDAC1

Secondary aged young people attending school in the least deprived places had higher levels of understanding than those attending school in the most deprived places

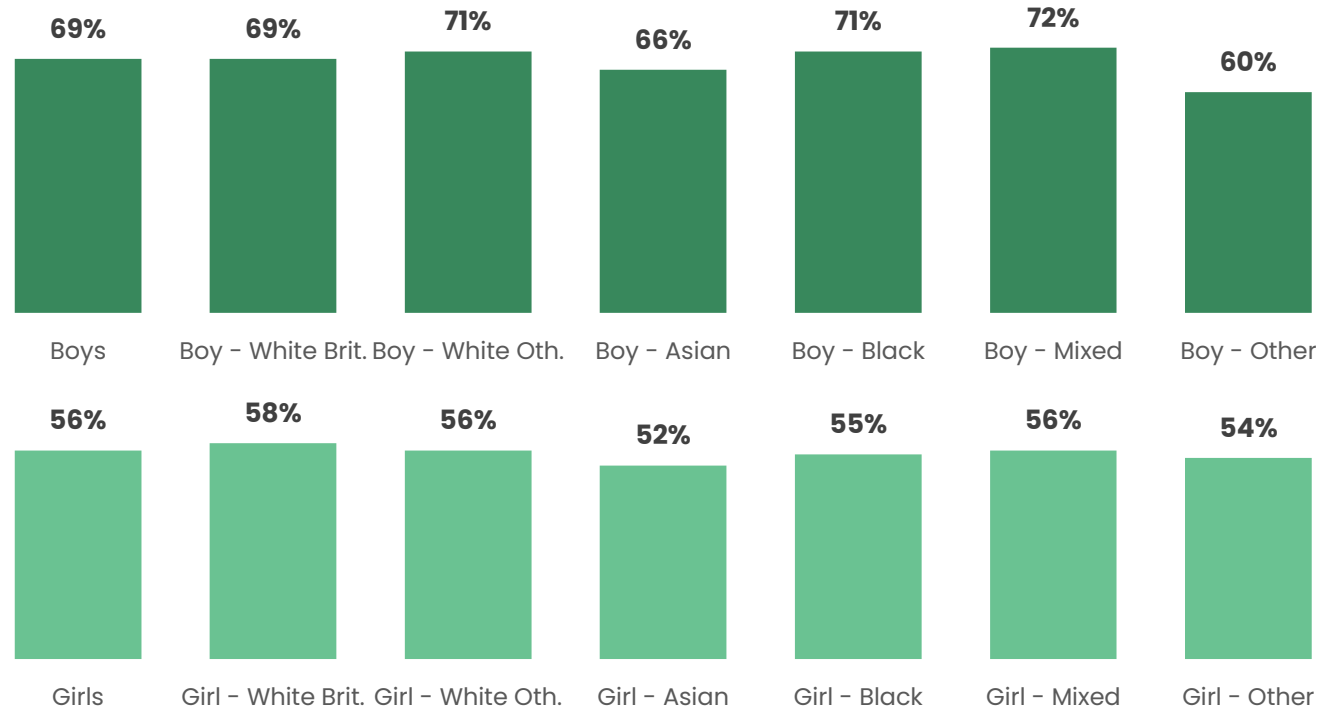


# Understanding

“I understand why exercise and sports are good for me”

## Gender by ethnicity

Secondary aged boys of ‘Other’ ethnicities had lower levels of understanding than all boys, meanwhile secondary aged Asian girls had lower levels of understanding than all secondary aged girls.

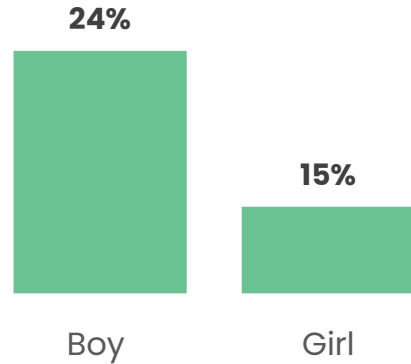


# Competence

“I find exercise and sports easy”

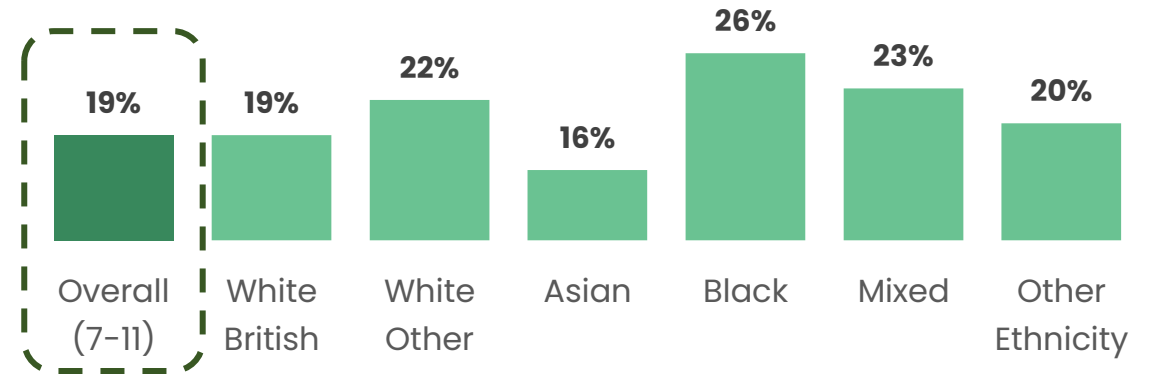
## Gender

Secondary aged boys had higher levels of competence than girls



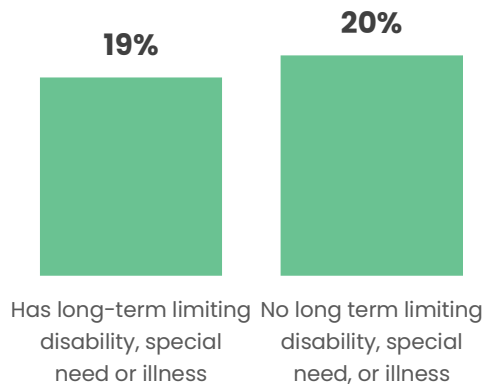
## Ethnicity

Secondary aged young people of Asian ethnicities had lower levels of competence and secondary aged young people of Black ethnicities had higher levels compared to all secondary aged young people



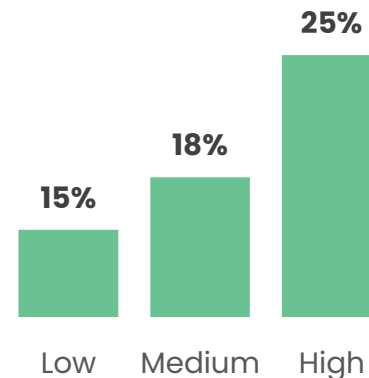
## Disability and long-term health conditions

There were no reportable difference in competence levels for Secondary aged young people with and without a disability



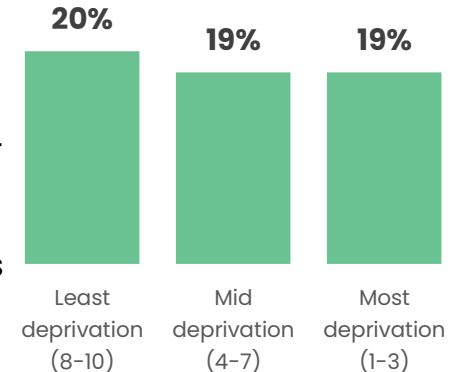
## Family Affluence Scale (FAS)

Secondary aged young people from the 'low' affluence group showed lower levels of competence compared to the 'high' affluence group.



## IDAC1

There were no reportable differences in competence for Secondary aged young people by levels of deprivation



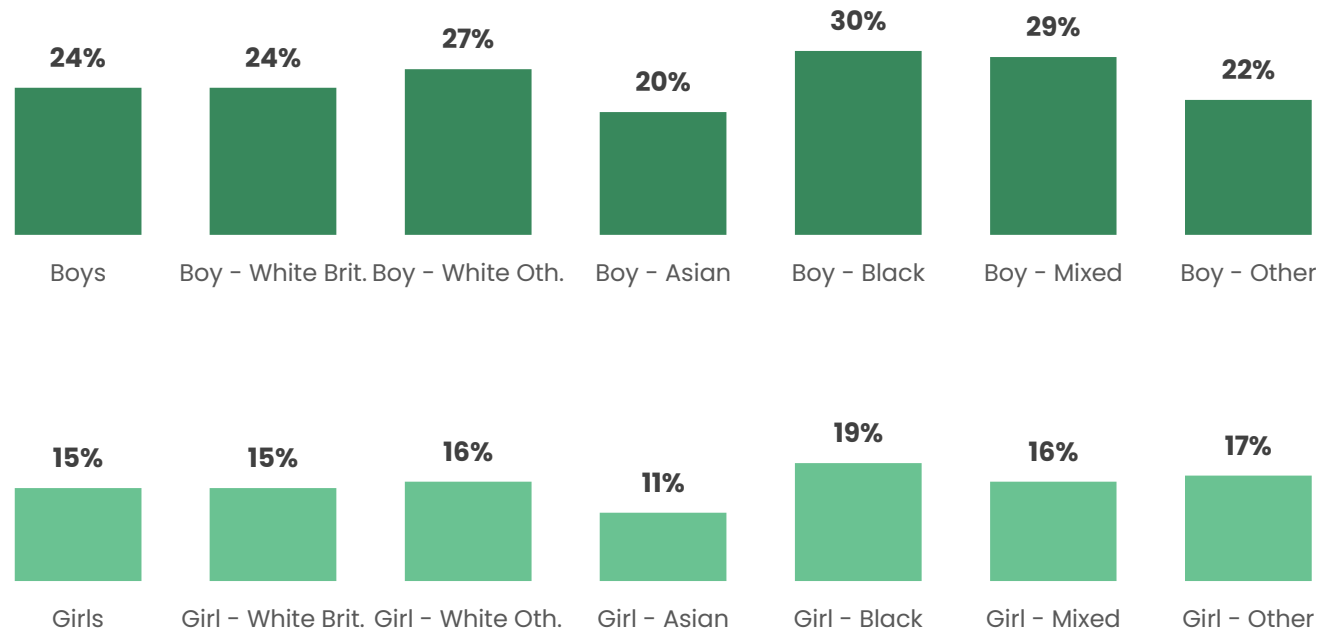
# Competence

“I find exercise and sports easy”

## Gender by ethnicity

Secondary aged boys of Asian ethnicities had lower levels of competence and boys of Black and Mixed ethnicities had higher levels than all secondary aged boys.

Secondary aged girls of Asian ethnicities had lower levels of competence than all secondary aged girls, meanwhile same-aged girls of Black ethnicities had higher.

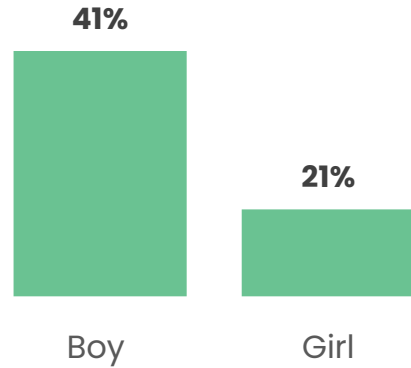


# Confidence

“I feel confident when I exercise and play sport”

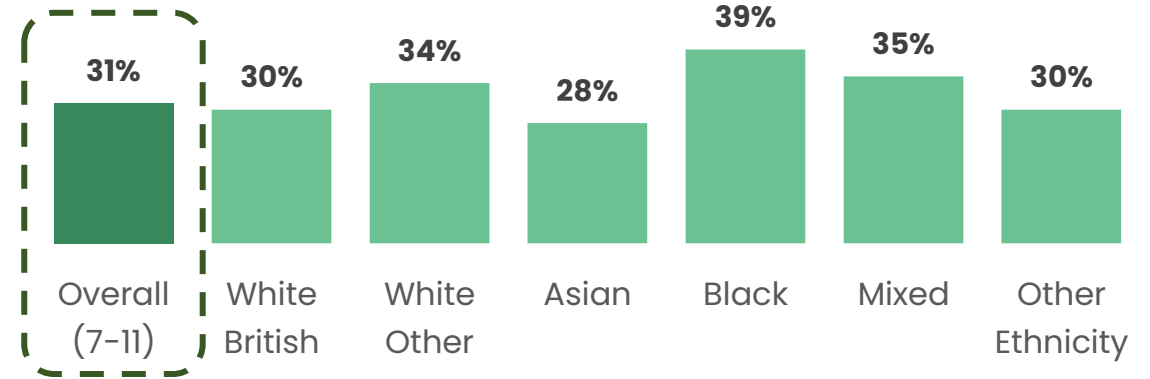
## Gender

Secondary aged boys had higher levels of confidence than girls



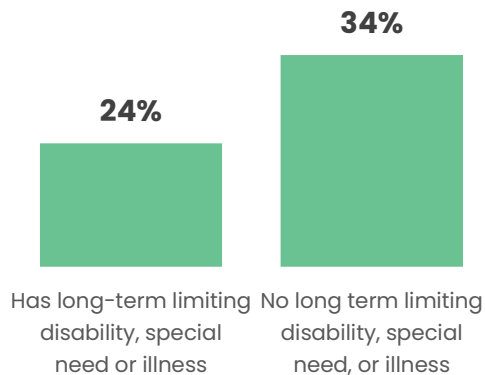
## Ethnicity

Secondary aged young people of Asian ethnicities had lower levels of confidence and secondary aged young people of Black ethnicities had higher levels compared to all secondary aged young people



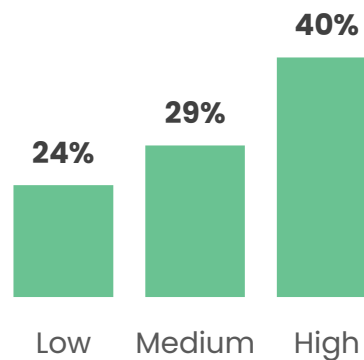
## Disability and long-term health conditions

Secondary aged young people with a disability had lower levels of confidence than those without a disability



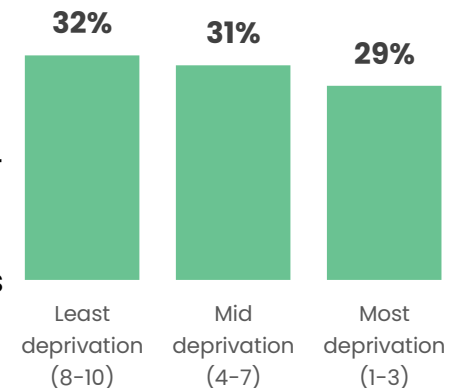
## Family Affluence Scale (FAS)

Secondary aged pupils from the 'low' affluence group had lower levels of confidence than those in higher affluence groups 'medium' and 'high'



## IDAC1

There were no reportable differences in competence for Secondary aged young people by levels of deprivation



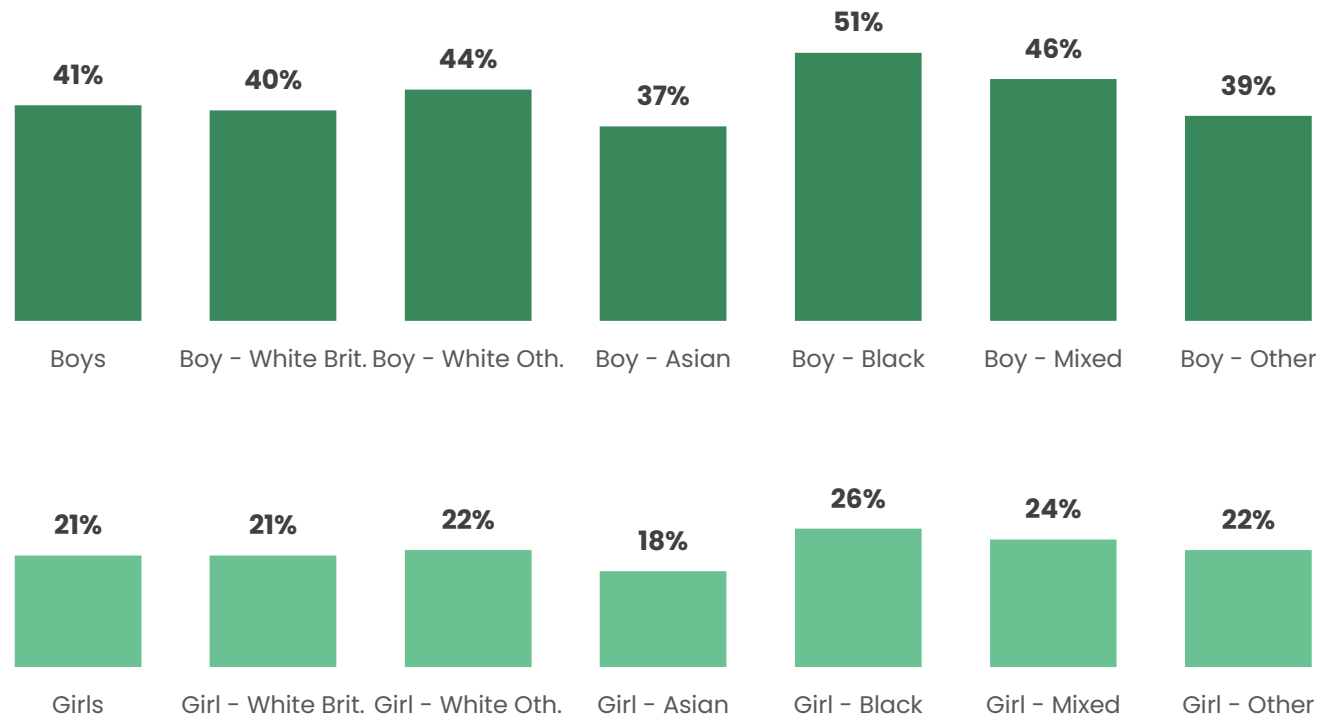
# Confidence

“I feel confident when I exercise and play sport”

## Gender by ethnicity

Secondary aged boys of Asian ethnicities had lower levels of confidence and boys of Black ethnicities had higher levels than all secondary aged boys.

Secondary aged girls of Black ethnicities had higher levels of confidence than all secondary aged girls, meanwhile girls of Asian backgrounds had lower levels.

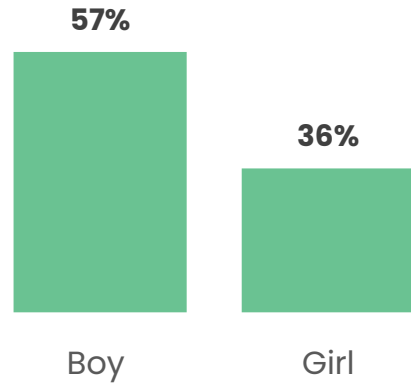


# Enjoyment

“I enjoy taking part in sport and exercise”

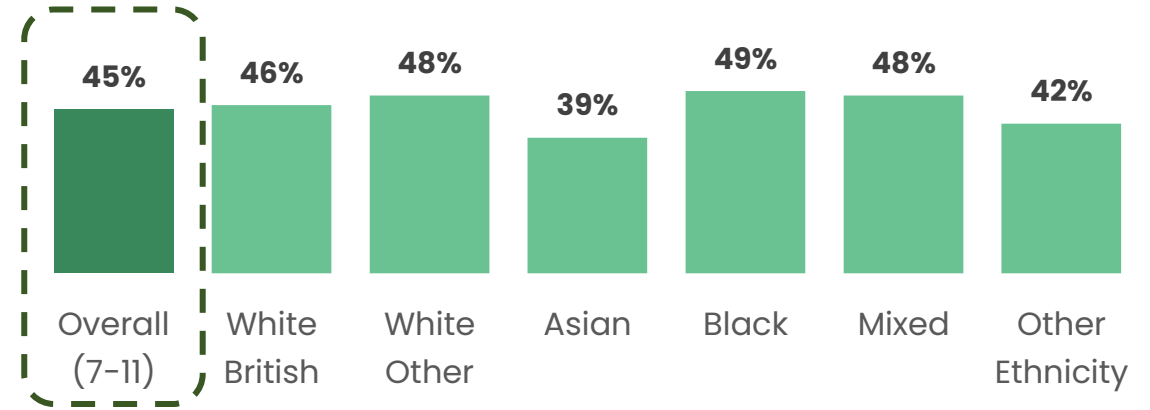
## Gender

Secondary aged boys had higher levels of enjoyment than girls



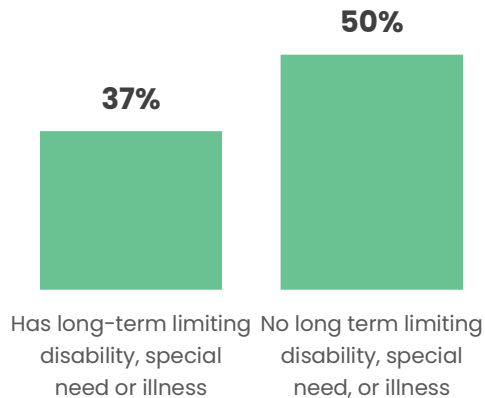
## Ethnicity

Secondary aged young people of Asian ethnicities had lower levels of enjoyment compared to all secondary aged young people



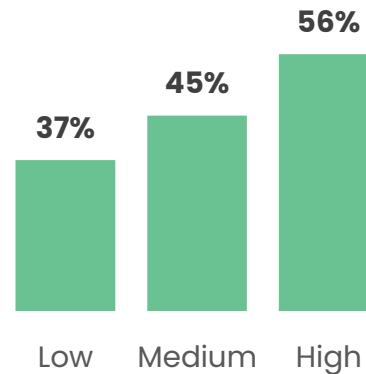
## Disability and long-term health conditions

Secondary aged young people with a disability had lower levels of enjoyment than those without a disability



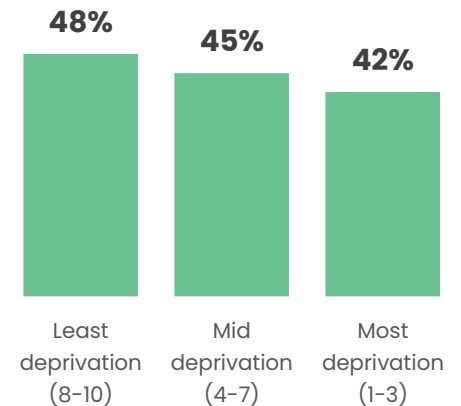
## Family Affluence Scale (FAS)

Secondary aged pupils from the 'low' affluence group had lower levels of enjoyment than those in higher affluence groups 'medium' and 'high'



## IDAC1

Secondary aged young people going to school in the least deprived places had higher levels of enjoyment than those going to school in the most deprived places





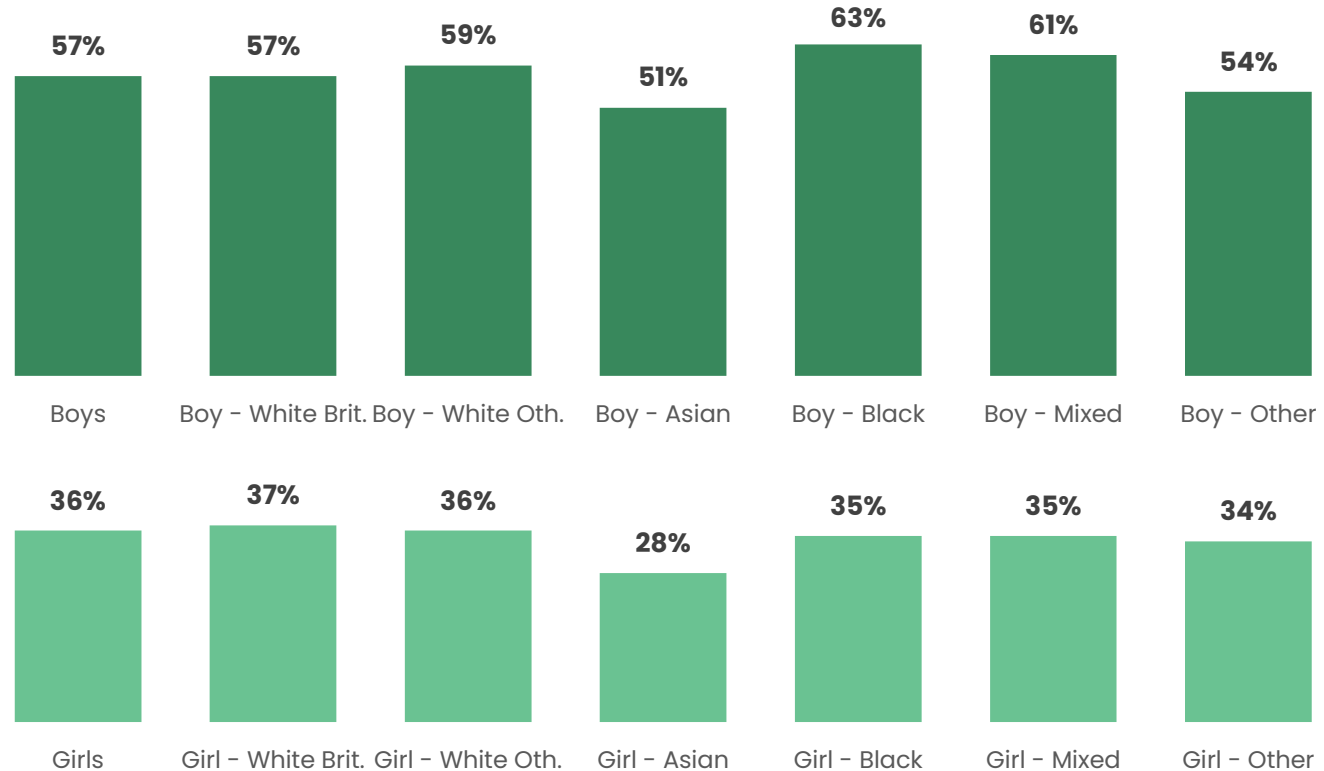
# Enjoyment

“I enjoy taking part in sport and exercise”

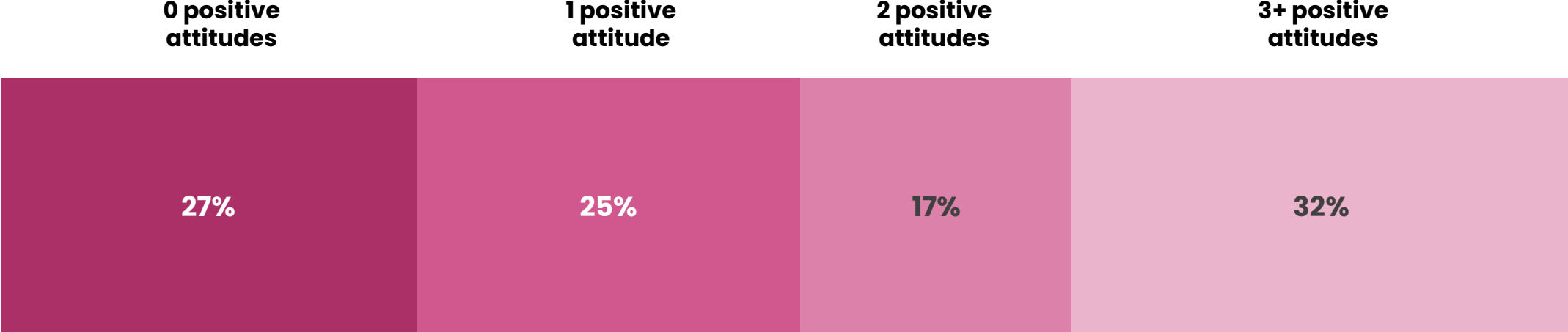
## Gender by ethnicity

Secondary aged boys of Asian ethnicities had lower levels of enjoyment and boys of Black ethnicities had higher levels than all secondary aged boys.

Secondary aged girls of Asian ethnicities had lower levels of enjoyment than all secondary aged girls.



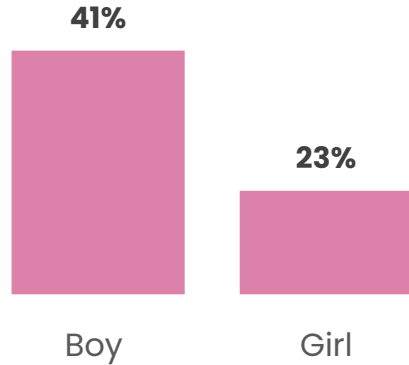
# Number of positive attitudes



# 3+ positive attitudes

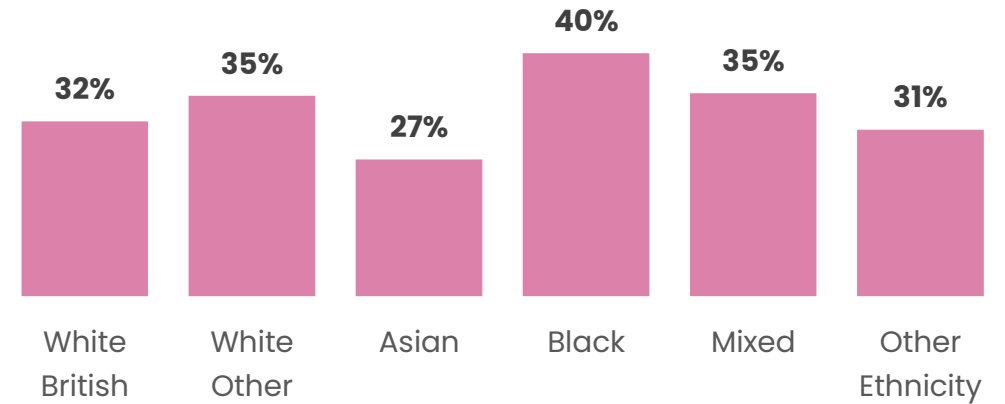
## Gender

Secondary aged boys were more likely to hold positive attitudes than girls



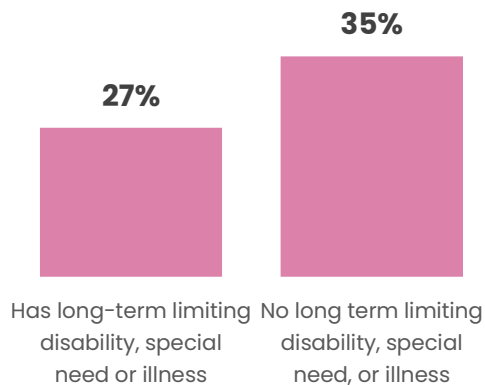
## Ethnicity

Secondary aged young people of Asian ethnicities were less likely to hold positive attitudes and those of Black ethnicities were more likely compared to all secondary aged young people



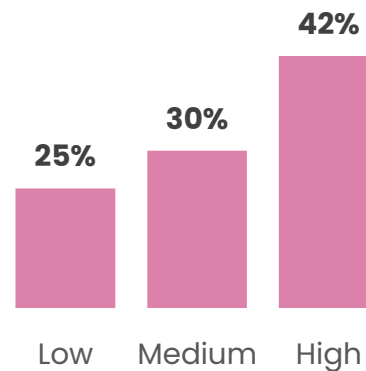
## Disability and long-term health conditions

Secondary aged young people with a disability were less likely to hold positive attitudes than those without a disability



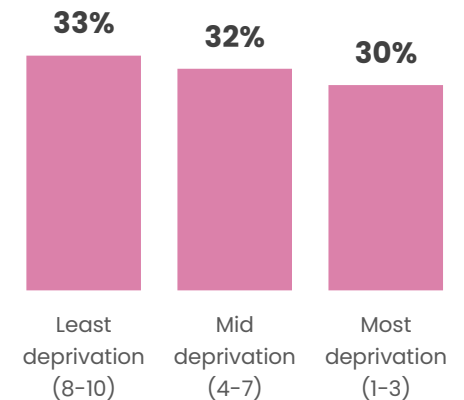
## Family Affluence Scale (FAS)

Secondary aged pupils from the 'low' affluence group had lower number of positive attitudes than those in higher affluence groups 'medium' and 'high'



## IDAC1

There were no reportable differences in secondary aged young people's positive attitudes by level of deprivation

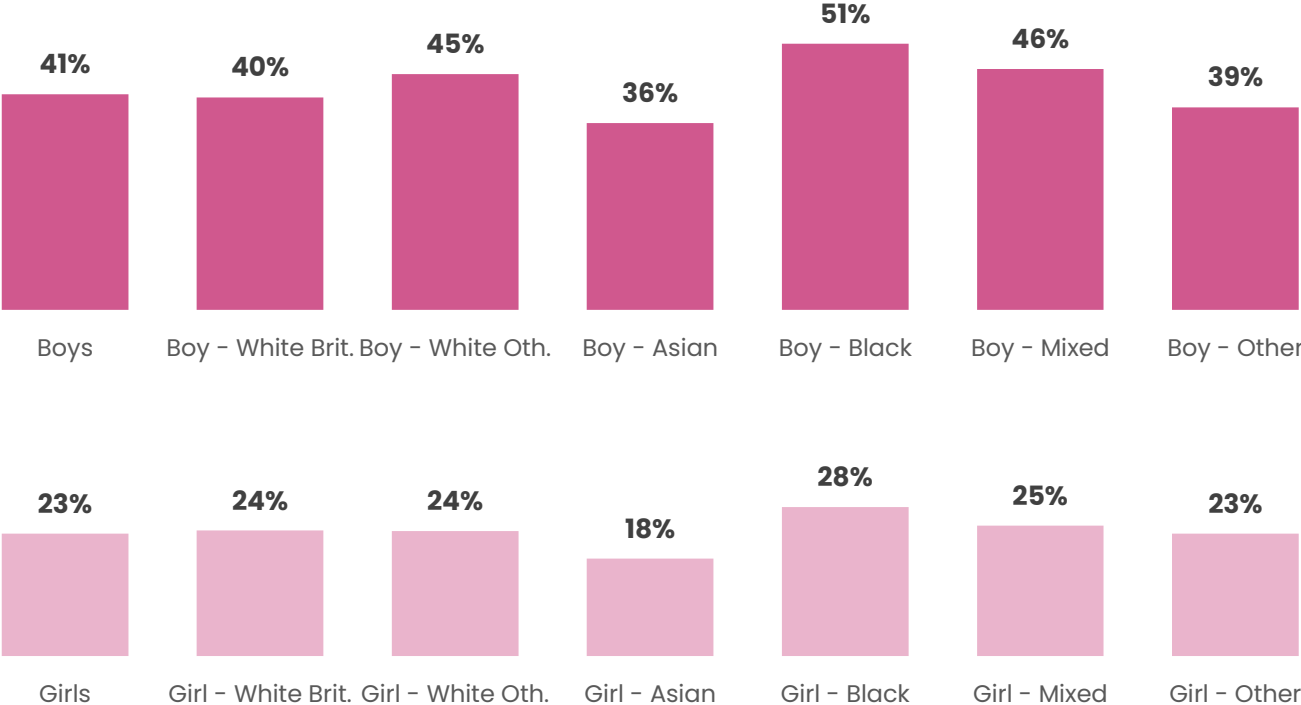


# 3+ positive attitudes

## Gender by ethnicity

Secondary aged boys of Black ethnicities were more likely to hold positive attitudes than all secondary aged boys.

Secondary aged girls of Asian and Other ethnicities were less likely to hold positive attitudes than all secondary aged girls.



Secondary age

Years 7-11

**Activity Check-In Data**

# 3+ positive attitudes

Note: due to methodological differences values should not be compared with Active Lives, however this data does let us see relative changes within the last year

- The number of positive attitudes reported were consistent across Feb–Nov 2023, with no significant difference from wave 5 to wave 9

