SPTC PARENTS VOICE SURVEY DATA – PHYSICAL ACTIVITY IN SCHOOL

Responses: 367

Q1. Physical Activity in School
78.2% Primary School
39% Secondary school
2.7% no longer at school

Q2. How you felt about the range of activities at your child’s school
99% response rate
Rating sliding scale 0-100 for not satisfied – extremely satisfied
Average of 60

Q3. Opportunity levels (select all that apply)
86.6% response rate
282/318 88.9% said there were opportunities for those with average ability
148/318 46.5% said there were opportunities for children who were highly talented
138/318 43.4% said there were opportunities for children who face barriers to participation

Q4. What do you think prevents schools from offering a broad range of physical activities? (both during and after school) (Select all that apply)
99.4% response
299/365 81.9% said staffing issues
255/365 69.8% said cost
208/365 56.9% said access to facilities
187/365 51.2% said skills of staff
166/365 45.5% said facility issues
144/365 39.4% said restricted times

**Other responses included:**
- Low priority
- Lack of engagement from children/young people
- No dedicated P.E teacher
- Lack of staff training to use equipment

**Q5.** Does your child's school seek the opinion of pupils about the types of activities they'd like to be offered?

99.1% response
156/364 said they didn’t know
Of those who did know, 108/364 29.7% said no, 100/354 27.5% said yes.

**Q6.** Does your child's school seek the opinion of parents about the types of activities they'd like to be offered?

99.9% response
280/366 76.5% said No
64/366 17.5% said Yes
22/366 6% said they didn’t know

**Q7.** What do you think are the barriers for young people taking part in physical activities at school? (Select all that apply)

96.7% response
212/355 59.7% said lack of choice in activity
198/355 55.7% said concern about personal level of ability
180/355 50.7% said body image / self esteem
160/355 45% said provision or state of facilities
81/355 22.8% said lack of adequate support for additional support needs
73/355 20.5% said perceived staff attitudes
28/355 7.9% said concerns about gender or sexuality

**Other common responses included:**
- Generic activities with little variation / lack of opportunity to try out different sports
• No provision for getting home from after-school activities for those who use the school bus
• No attempt to engage those not interested in sport
• Massive focus on football
• Lack of positive role models for girls
• Same activities all the time

Q8. Does the school have partnerships with local clubs and groups that offer wider or different opportunities for physical activity?

99.9% response
209/366 57.1% said yes, their school does have partnerships
67/366 18.3% said they didn’t know
61/366 16.6% said no, their school does not have partnerships

Some of the partnerships you told us about were: active schools, local councils providing sports coaches, the local rugby club.

Comments
• Consistent complaints about rural schools having less access to facilities and professional trainers.
• Complaints about there not being enough space in the curriculum / school timetable for physical exercise.
• Lots of schools do not have a dedicated PE teacher following cuts
• Cost can be a prohibitive factor for after school clubs etc
• Very limited choice of activities at many schools
• Calls for more informal activities for pupils who aren’t sporty such as yoga, pilates, meditation, walking etc.

Highlighted comments in PDF
• We are a very small rural school without facilities / clubs nearby and I think this has a big impact. However I do not think this should disadvantage our children.
• Thanks to a proactive parent there’s good football support but no other sports offered that can be carried out on the premises. No encouragement to engage girls; should be offering- capoeira, karate, parkour, running, athletics- unisex activities as the girls get pushed out of football by P1.
• Poor health is an issue across Scotland. Teaching children about sport and fitness should be a fundamental part of their education from the very beginning. Not spending money on sport and fitness at this stage has massive and life-changing consequences later on.
• The focus needs to be on encouraging inactive children to become active. This will have the biggest benefit.
• I feel that PE is one of the first things to be cancelled when a hall is required for an event or if there are staffing issues, it's seen as not as important as an academic subject.

• We have a very good active schools service in Fife, which acts as a pretty effective clearing house for local sports clubs to provide taster sessions in their sports to primary school children. It works well and, for those interested, can lead to them accessing regular opportunities to play the sport and coaching directly with the clubs.

• It would be good if walking or general outdoor activities such as gardening could be offered as an alternative to sport for those who have no interest in sporting activities.

• There is provision for only 2x50 minute periods per week. By the time pupils are changed and engaged they will only participate in around 60 minutes per week.

• I'm pretty happy with physical activity in school. My daughter in P3 does PE 3 times a week, daily mile most days, and taekwondo before school (at school) one day a week, and she could do a street dance lunch club if we wanted to (she doesn't). The activities so far have been varied. The school also publically celebrates pupils out of school sporting achievements. In the playground there is a climbing zone and basketball hoop & balls that the year groups get turns on.

• My kids are at small rural school with no access to sports hall so will never try proper badminton, basketball, gymnastics etc within school. Council is currently taking away all PE specialists from schools so class teacher has to cover all - and not all teachers are good/like PE!

• Would like more after school clubs/ sport to be made available to asn children

• The daily mile is a great idea although not done daily. The school needs a P.E teacher!

• Parent Association funds a number of after school activities including fencing and skiing. Parental volunteers operate football teams at P4 - P7 level

• Many staff are so overwhelmed with class work that volunteering for extracurricular activities is impossible

• I feel that we need to enforce physical activity as it can help alleviate stress as well as promote a positive body image, and reduce health issues

• We have a tiny playground, soon due to further decrease in size. School is surrounded by roads. Healthy diet and exercise is not reinforced or encouraged at school. Run a mile was a great success but unfortunately dropped. The head teacher shows no interest in promoting exercise.

• School has started the daily mile (sporadically but better than not at all) after requests from parents
Parents’ Voice Survey Results
Physical Activity in School

• 367 parents completed the survey
• 78% had children at primary school, 39% at secondary school
• 2% no longer at school

Our latest survey was on the subject of physical activity in school. Thanks to everyone who participated. A common theme was that the range of activities was limited and that little is done to motivate disengaged pupils. Here are the results:

We asked you how you felt about the range of activities at your child’s school and the average response was 60/100.

![Scale]

**Opportunity**

88.9% said there were opportunities for pupils with average ability

46.5% said there were opportunities for children who were highly talented

43.4% said there were opportunities for children who face barriers to participation

**Barriers to participation**

59.7% said lack of choice in activity

55.7% said concern about personal level of ability

50.7% said body image / self esteem

45% said provision or state of facilities

Other common responses included: generic activities with little variation, lack of opportunity to try out different sports, no provision for getting home from after-school activities, no attempt made to engage those not interested in sport, “massive” focus on football.

**Preventative Factors**

We asked: What do you think prevents the school from offering a broad range of activities?

81.9% said staffing issues were a factor

69.8% said cost

56.9% said access to facilities

51.2% said skills of staff

45.5% said issues with facilities

39.4% said time restrictions

Other common responses included: physical activity being a low priority, lack of engagement from pupils, lack of dedicated P.E teacher and lack of staff training to use equipment.

**Partnerships**

57.1% said their child’s school does have partnerships with local clubs and groups that offer different opportunities for physical activity.

Some of the partnerships you told us about were: Active Schools, local councils providing sports coaches and local rugby and football clubs.

**Your Opinion**

Only 27.5% said their child’s school gathered the opinion of pupils on the types of activities they’d like to be offered. Only 17.5% said their child’s school asked parents!
Your Comments

I feel that PE is one of the first things to be cancelled when a hall is required for an event or if there are staffing issues, it’s seen as not as important as an academic subject.

It would be good if walking or general outdoor activities such as gardening could be offered as an alternative to sport for those who have no interest in sporting activities.

Poor health is an issue across Scotland. Teaching children about sport and fitness should be a fundamental part of their education from the very beginning. Not spending money on sport and fitness at this stage has massive and life-changing consequences later on.

Thanks to a proactive parent there’s good football support but no other sports offered that can be carried out on the premises. No encouragement to engage girls; should be offering: capoeira, karate, parkour, running, athletics, unisex activities as the girls get pushed out of football by P1.

Parent Association funds a number of after school activities including fencing and skiing. Parental volunteers operate football teams at P4 - P7 level.

I feel that we need to enforce physical activity as it can help alleviate stress as well as promote a positive body image, and reduce health issues.

We received a total of 111 comments. There were a number of common issues throughout, which are highlighted in the selected comments above. Also shown are positive examples where schools are getting it right. There are ways your Parent Council and the parent forum can help improve physical activity in school. If you need help with this or any other issue, please get in touch with us at sptc@sptc.info or any of the links below.