

Cyngor Sir CEREDIGION County Council

REPORT TO: Healthier Communities Overview and Scrutiny Committee

DATE: 23rd January 2023

LOCATION: Via Zoom

TITLE: Sport Wales School Sport Survey 2022

PURPOSE OF REPORT: To inform members of the main Ceredigion headline findings from the 2022 Sport Wales School Sport Survey

REASON SCRUTINY HAVE REQUESTED THE INFORMATION:

Officers request

BACKGROUND:

The Sport Wales School Sport Survey gives an insight into activity levels and the wellbeing of young people in Wales. The survey gives local authorities and the sector information regarding participation levels, behaviours and attitudes of young people in Wales.

This year, the survey was more important than ever as it provided invaluable insight about the impact of the Covid-19 pandemic on young people's activity habits. The survey had previously run in 2013, 2015 and 2018 which provides trend data for some measures and a table which provides data from the past 4 surveys has been provided in the appendices.

Copies of the full Ceredigion County Reports from 2018 and 2022 can be found in the Appendices.

This year, 116,038 pupils from over 1,000 schools in Wales took part, with Ceredigion contributing 2,762 of those responses (1,288 Primary and 1,474 Secondary).

Sport Wales provide school and county reports of the findings which are structured around the Vision for Sport in Wales – *'an active nation where everyone can have a lifelong enjoyment of sport'*.

The results are split into 4 main sections, namely:

1. Active Nation
2. Everyone
3. Lifelong
4. Enjoyment.

Some of the headline findings from each section in the Ceredigion County 2022 report are as follows:

Active Nation:

1. **In Ceredigion 40% of children participated in sport outside of the curriculum three or more times a week.** This is compared to 40% across Mid Wales (Powys & Ceredigion) and 39% across Wales.
2. **67% of children in Ceredigion reported participating in sport at least once a week,** compared to 67% across Mid Wales and 64% across Wales.
3. **42% of pupils in Ceredigion participated in extracurricular sport (i.e., lunch time or after school club) frequently (at least once per week) in the 2021-22 school year,** compared to 41% across Mid Wales and 40% across Wales.
4. **59% of pupils participated in sport in a community club at least once a week,** compared to 59% across Mid Wales and 56% across Wales.
5. **58% of pupils in Ceredigion also reported that they were members of a sports club,** compared to 59% across Mid Wales and 54% across Wales.
6. **PE Provision:** It has previously been recommended by Sport Wales that schools offer 120 minutes of PE per week to pupils. **In Ceredigion, 113 minutes were on average offered to primary school pupils, while 102 minutes on average were offered to secondary school pupils.** In comparison, 93 minutes on average were on offer to primary pupils across Wales, and 93 minutes on average were on offer to secondary school pupils across Wales.
7. **Sports: In Ceredigion the sport most participated in for girls was Running or Jogging whilst the sport most participated in for boys was Football.**

Everyone

8. **Gender:** Historically, there has been a gap in sports participation across Wales, with girls consistently reporting less participation in sport than their male counterparts. Furthermore, participation amongst children who don't identify as male or female in Wales is typically lower still. **In Ceredigion 45% of boys participated in organised sport outside of the curriculum three or more times a week, compared to 37% of girls.** Meanwhile in Mid Wales, 42% of boys and 38% of girls participated in organised sport outside of the curriculum three or more times a week.
9. **Disability or Impairment:** Recent years have seen a shrinking gap in sports participation between individuals with a disability or impairment, and those without. **In Ceredigion, 35% of pupils with a disability or impairment participated in organised sport outside of the curriculum three or more times per week, compared to 41% of pupils without.** By comparison, 33% of pupils with a disability or impairment participated in organised sport outside of the curriculum three times a week or more across Mid Wales, and 35% across Wales.
10. **Welsh Language:** Sport can be used to promote the use of Welsh. **46% of those**

who speak Welsh in Mid Wales participated in organised sport outside of the curriculum three or more times a week, compared to just 33% of those who didn't speak Welsh. Of those who do speak Welsh, 25% receive coaching in the Welsh outside of school.

11. **Socioeconomic Deprivation:** The COVID-19 pandemic saw many societal inequalities exacerbated, including those impacting on sport. Sport Wales use Free School Meal (FSM) as a measure of socioeconomic deprivation, with FSM1 being the least and FSM4 accounting for the most deprived. **44% of FSM1 pupils in Ceredigion participate in organised sport outside of the curriculum three or more times a week, compared to 18% in FSM4.** Meanwhile, 47% of FSM1 pupils and 32% of FSM4 pupils in Wales participate in organised sport outside of the curriculum three or more times a week.

Lifelong

12. **Healthy Lifestyle:** The new school curriculum for Wales emphasises that 'developing physical health and well-being has lifelong benefits'. **58% of pupils in Ceredigion felt that PE lessons and sport help them 'a lot' to have a healthy lifestyle,** compared to 50% in Mid Wales and 51% across Wales.

13. **In Ceredigion, 40% of pupils in years 5-6 participated in organised sport outside of the curriculum three or more times a week, compared to 42% of pupils in years 7-9 and 43% of pupils in years 10-11, respectively.**

14. **Latent Demand:** One way that we can respond to needs is by acting on latent demand. Latent demand is where pupils say they would like to do more of a particular sport. **In Ceredigion, the greatest demand amongst girls was for swimming and the greatest demand for boys was for Football.** Of pupils who responded to the survey in Ceredigion, 96% of pupils would like to do more sport, compared to 95% across Mid Wales and 93% across Wales.

Enjoyment

15. **In Ceredigion in 2022, 61% of pupils enjoyed PE 'a lot',** in comparison to 59% in Mid Wales and 57% across Wales. **Meanwhile, 45% of pupils enjoyed extracurricular sport 'a lot' in Ceredigion in 2022.** In comparison, 43% of pupils in Mid Wales and 40% of pupils across Wales enjoyed extracurricular sport 'a lot'.

16. **49% and 61% of pupils in Ceredigion enjoyed community club and informal sport 'a lot', respectively.** Meanwhile 49% in Mid Wales and 47% across Wales enjoyed community club sport 'a lot', and 60% in Mid Wales and 57% across Wales enjoyed informal sport 'a lot'.

17. **Confidence:** Young people's confidence to engage in new sporting opportunities has a large impact on their participation in sport. The 2018 Sport Wales Survey showed that pupils who are very confident in trying new activities are twice as likely to participate in sport three or more times per week. **In Ceredigion, 74% of pupils**

felt either quite confident or very confident in trying new sports, compared to 72% in Mid Wales and 69% across Wales.

Conclusions:

1. Generally, percentage participation levels of young people in Ceredigion are equal to or slightly higher than regional (Mid Wales) and national levels.
2. There has been a significant negative impact nationally on all performance indicators since 2018. Physical activity levels increased steadily from 2011 to 2015 and again to 2018. Since 2018, many indicators have decreased by 10% or more in Ceredigion and nationally. This has been attributed to the Covid-19 pandemic by Sport Wales.
3. There are similar patterns to the 2011, 2015 and 2018 survey with regards to gender participation with boys generally being slightly more active than girls.
4. Community Club participation remains strong with community club participation and community club membership higher than both regional and national levels.
5. There are similar patterns to the 2011, 2015 and 2018 survey with regards to type of sports with running/jogging, football, swimming, cycling, basketball and dance being popular.
6. There is a good understanding that being active has lifelong health and wellbeing benefits and this has remained since 2018.
7. Those pupils in FSM4 category are less likely to be active than those in FSM1. This is a national trend.
8. Covid restrictions in Ceredigion were lifted somewhat later than other areas, however, participation levels have remained slightly higher than regional and national levels.

CURRENT SITUATION:

In response to the findings, the Physical Activity & Play Service are currently prioritising the following actions:

- Offering Bronze Young Ambassador training & mentoring sessions for over 100 young people. This will allow extra-curricular activities to be delivered in all primary schools in Ceredigion
- Offering Weekly ‘Play for All’ inclusive sessions at 5 secondary schools ALN Units. Over 60 young people with disabilities involved with weekly sessions. 14 Young Ambassadors with learning disabilities trained as Young Ambassadors
- Delivering targeted Year 3 & 4 school-based activities and festivals
- Developing targeted secondary provision according to each school’s individual School Sport Survey report
- Developing girls only sessions in activities such as dance and football
- Offering a grant of up to £1500 to allow secondary schools to expand their extra-curricular activity offer
- Promoting the second round of the Playground Markings project – with an additional 12 schools to be funded (17 schools already received markings)
- Developing a new Play project in schools in partnership with Schools Service and Healthy Schools.

Has an Integrated Impact Assessment been completed? If not, please state why No, report is for information

WELLBEING OF FUTURE GENERATIONS:

Summary:
Long term:
Positive; the school sport survey provides trend data for the county from 2013

Integration:
Positive; Creating Caring and Healthier Communities is a wellbeing objective in the new corporate strategy. Increasing physical activity levels is vital contributor to improving health and wellbeing

Collaboration:
Positive; the school sport survey recognises the contribution of community organisations to getting our young people physically active

Involvement:
Positive; The findings have been informed by 2,762 young people from Ceredigion

Prevention:
Positive; increasing levels of physical activity can improve health & wellbeing

RECOMMENDATION (S): To share information and receive the views of the Healthier Communities Overview and Scrutiny Committee

REASON FOR RECOMMENDATION (S):

Contact Name: Carwyn Young / Alwyn Davies

Designation: Corporate Manager: Wellbeing Centres Service / Team Manager:
Physical Activity and Play

Date of Report: 21.12.2022

Acronyms:

Appendices: (A) School Sport Survey Data Comparison Table
(B) Ceredigion School Sport Survey Report 2022
(C) Ceredigion School Sport Survey Report 2018



Appendix A School
Sport Survey Data Co



Ceredigion 2022 -
English.pdf



Ceredigion 2018 -
English.pdf