

School Sport Survey 2018

Arrolwg ar Chwaraeon Ysgol

Ceredigion

Local Authority Report



Ceredigion: 2018 Summary of Results

Motivation



97% of pupils would like to do more sport.

Confidence



80% of pupils confident to try new activities



52% of pupils participated in sport three or more times a week

Awareness



Are pupils aware of the opportunities to participate in sport in Ceredigion?

Opportunity and Resources



109 minutes of curricular P.E are provided by Ceredigion per week

The Experience



64% of pupils enjoy P.E 'a lot'

After a successful 2015 survey, the Sport Wales School Sport Survey was rolled out again in the summer term of 2018. Overall **120,175 pupils** from **1,095 schools** in Wales took part making this the largest survey to date.

This report presents results specific to Ceredigion where 2708 pupils took part and shared their voices in relation to physical education (PE), extracurricular sport, and community activity.

The first section on young people's participation in sport and physical activity provides an overview of how many pupils in Ceredigion frequently take part in sport and what types of activities they do. You'll be able to compare your results with previous years as well as the national average.

Following this, results are presented under the Elements of Engagement. These five key areas underpin the likelihood of a young person engaging in sporting opportunities. The evidence provided under each of these areas may help inform actions Ceredigion can take to strengthen the quality of sport it offers. This includes how much pupils currently enjoy taking part in sport and the types of activities they have shown an interest in doing more of. The Elements of Engagement are:

- Motivation
- Confidence
- Awareness
- Opportunity & Resources
- The Experience

Thank you for taking part in the survey. We hope you will find the evidence in this report useful for inspection, planning, and as a tool to aid discussion about sport, activity and well-being with pupils and staff. In doing so you will not only be enhancing the lives of your pupils but also helping Wales to achieve its vision of becoming **An Active Nation Where Everyone Can Have a Lifelong Enjoyment of Sport.**

Yours sincerely



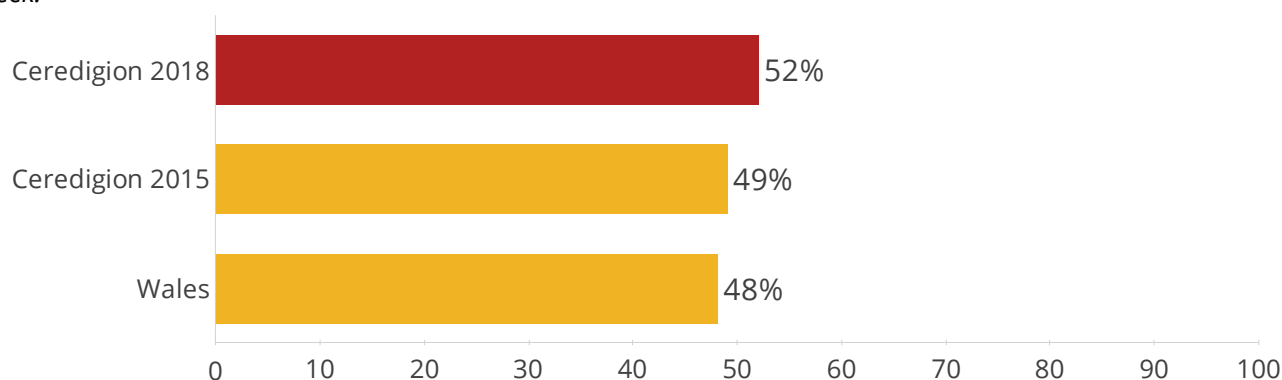
Sarah Powell
CEO / Prif Weithredwr

Section 1: Towards an Active Nation

Overall Participation

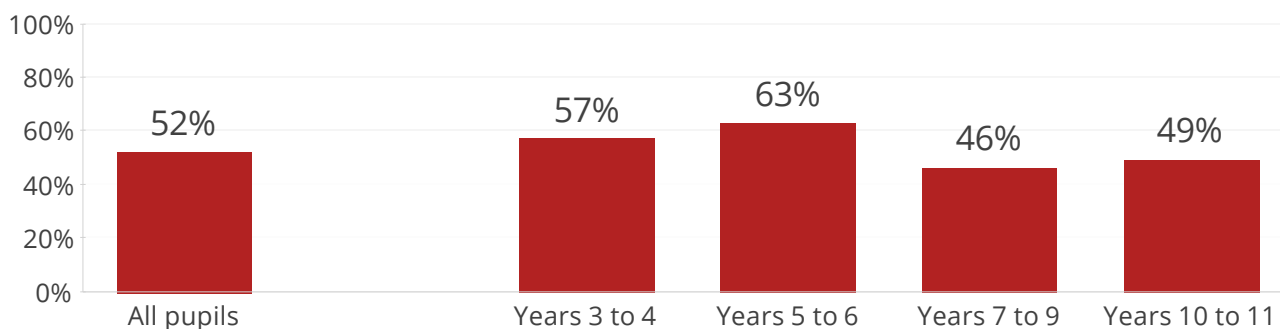
The **Vision for Sport in Wales** calls for an **Active Nation Where Everyone Can Have A Lifelong Enjoyment of Sport**. Since 2011, the School Sport Survey has captured a detailed picture of frequency of participation, allowing us to explore the number of occasions per week pupils take part in organised sport and physical activity outside of the curriculum. The degree to which pupils participate in sport and/or physical activity three or more times per week gives an indication as to whether young people in Wales are contributing to an **'Active Nation'**.

Figure 1. Percentage of pupils participating in organised sport outside of the curriculum at least three times a week.



In Ceredigion, **52%** of pupils participated in school-based extracurricular sport, or sport with a club outside of school on three or more occasions per week. Furthermore, **54% of boys** are participating three or more times a week, compared with **51% of girls**. In Wales, **47%** of primary and **48%** of secondary school pupils participate three or more times a week.

Figure 2. Percentage of pupils participating in organised sport outside of the curriculum at least three times a week by year group.



Taking Part in Extracurricular Sport (after school or lunchtime clubs)

74% of Ceredigion pupils participated at least once in extracurricular sport in the 2017/18 school year. This compares with a national participation rate of **66%**.

53% of Ceredigion pupils participated frequently (participating at least once a week on average in extracurricular sport in the 2017/18 school year), compared with a national participation rate of **50%**.

Figure 3. Percentage of pupils participating in any extracurricular activity by year group and gender.

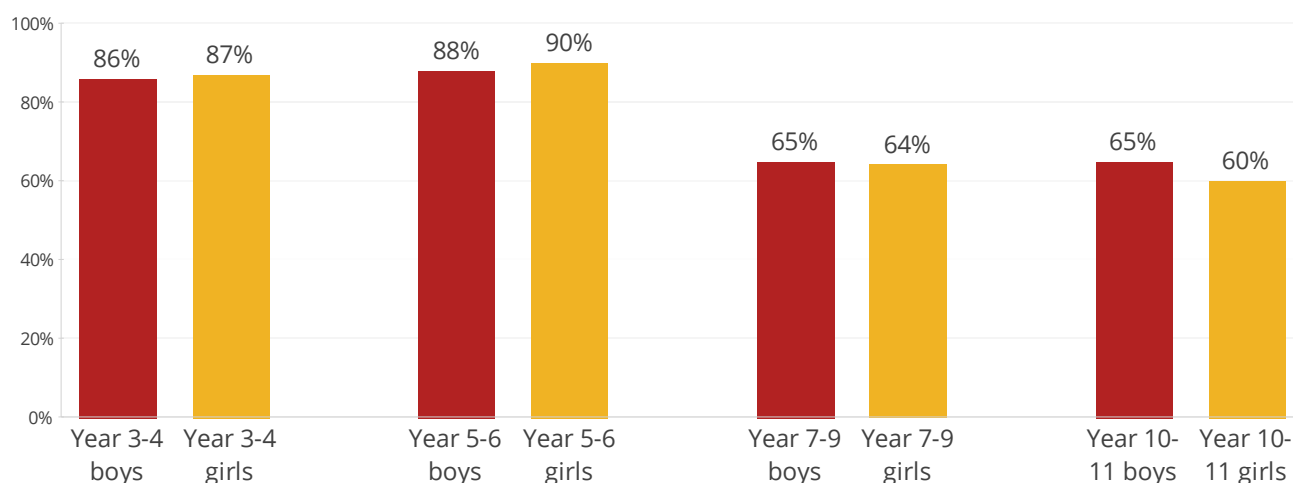
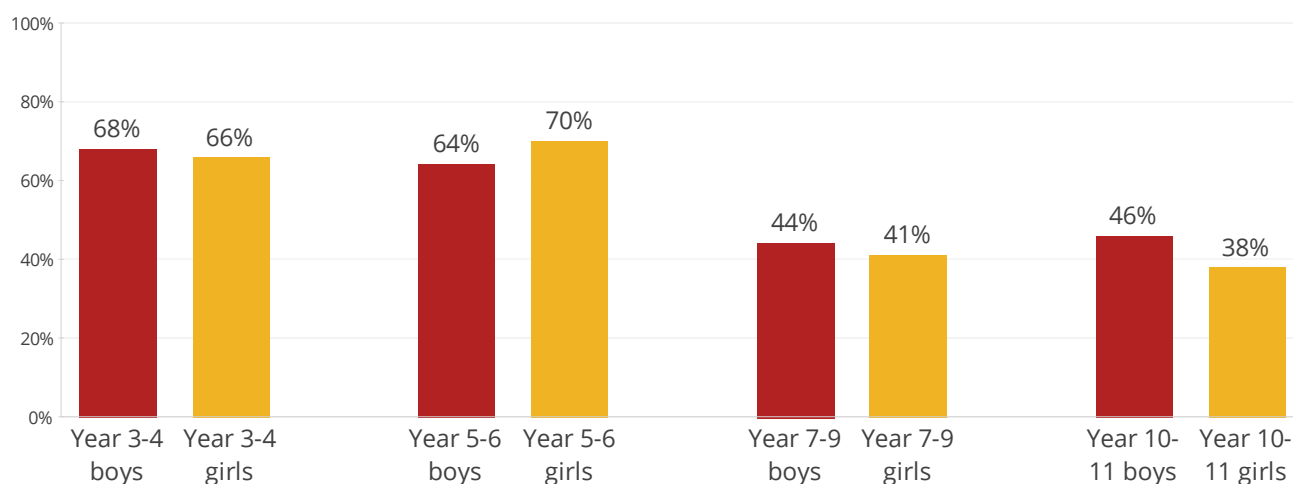












Figure 4. Percentage of pupils participating in frequent (at least once a week) extracurricular activity by year group and gender.



The sports that pupils are most likely to take part in during extracurricular time are shown below. A full list is shown in the Appendices.

Figure 5. Popular extracurricular activities in Ceredigion by gender.

Boys	Top 5	Girls	Top 5
	47%		37%
Football		Roundsers/ Baseball/ Softball	
	37%		37%
Rugby		Athletics	
	35%		36%
Running or jogging		Netball	
	35%		34%
Athletics		Running or jogging	
	32%		32%
Roundsers/ Baseball/ Softball		Football	











A full breakdown of activities is shown in Appendix A.

Taking Part in Community Sport

69% of pupils from Ceredigion participate in sport at least once a week in a community club compared with 65% Welsh average.

Popular community club sports that pupils in Ceredigion take part in are shown in the table below:

Figure 6. Popular community activities in Ceredigion by gender.

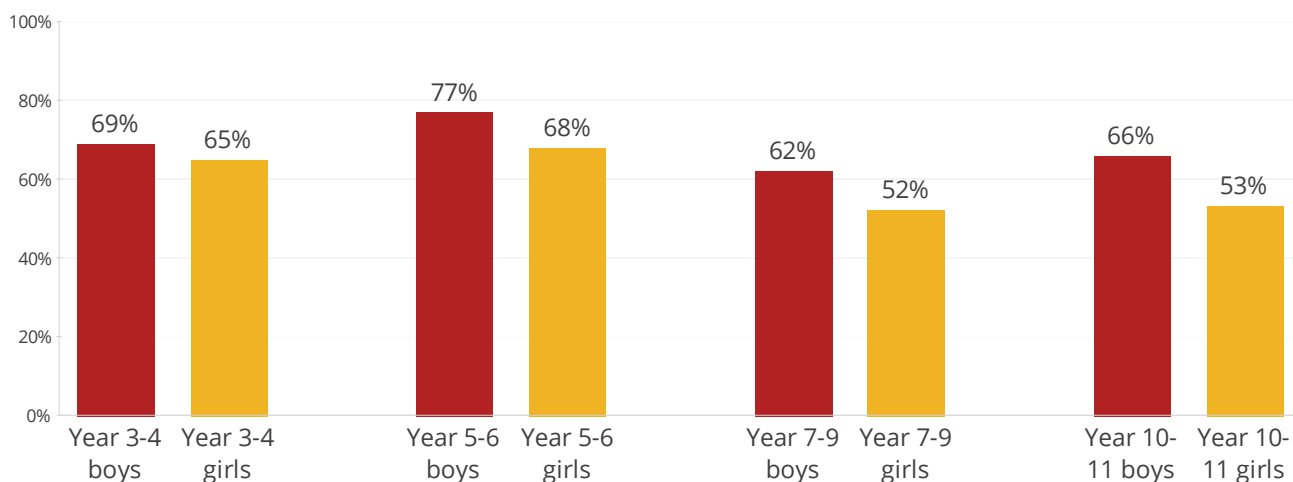
Boys	Top 5	Girls	Top 5
	43%		31%
Football		Swimming	
	30%		27%
Rugby		Dance	
	25%		19%
Swimming		Gymnastics	
	21%		18%
Running or jogging		Running or jogging	
	16%		18%
Athletics		Football	

A full breakdown of activities is shown in Appendix B.

Volunteering and Sports Club Membership

63% pupils in Ceredigion said that they were a member of a sports club.

Figure 7. Percentage of pupils with sports club membership by year group and gender.



Secondary school pupils were also asked if they volunteer or help with a sport at school or in their community.

36% of pupils within Ceredigion stated that they volunteer within or outside of school in some way (37% boys and 35% girls).

This compares with the national average (30%), for boys (31%), and for girls (30%).











Section 2: Motivation - 'I want to take part'

Motivation relates to a pupil's inner desire or drive to participate in sporting activities. **97%** of pupils in Ceredigion reported a desire to participate in more sport of some kind, compared with **96%** in Wales.

In Ceredigion, **55%** of pupils said that they would like to do more Swimming, compared with pupils in Wales in general where the greatest latent demand was for Swimming. In Ceredigion the greatest demand amongst boys was for Football, whereas for girls the greatest latent demand was for Swimming.



Figure 8. Top five sports pupils would like to do more of by gender.

Boys	Top 5	Girls	Top 5
	56%		60%
Football		Swimming	
	52%		50%
Cycling		Trampolining	
	51%		49%
Swimming		Cycling	
	45%		45%
Mountain biking		Climbing	
	44%		45%
Rugby		Dance	

A full breakdown of activities is shown in Appendix C.

Section 3: Confidence - 'I can take part'

Young people's **belief in their own ability**, and their **confidence to engage in new sporting opportunities** is also likely to affect whether they become active.



Analysis from the 2015 School Sport Survey revealed that those pupils that are very confident in trying new activities without worrying are twice as likely to participate in sport three or more times per week.

Overall, **80%** of pupils in Ceredigion are very or quite confident to try new activities.

Figure 9. How confident are pupils in trying new activities?

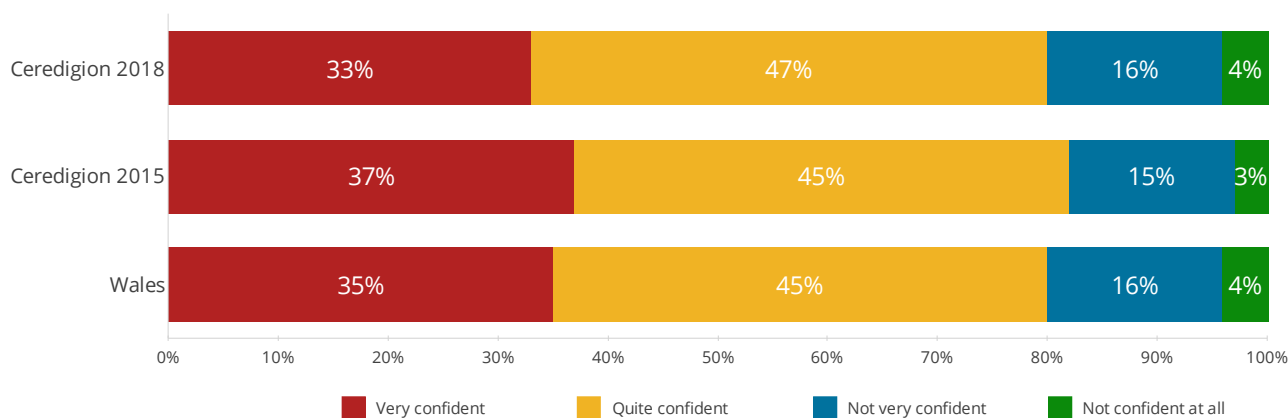
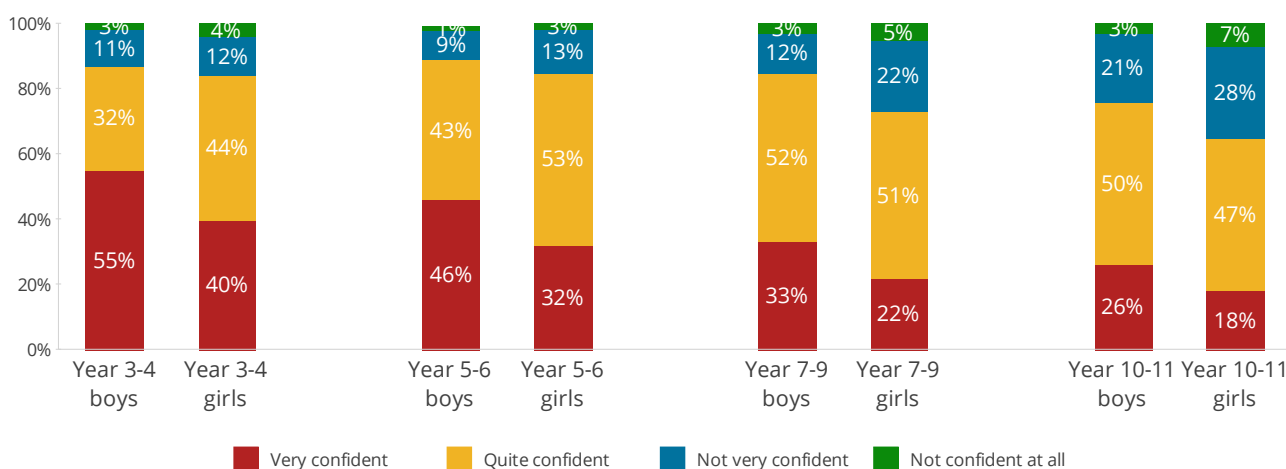


Figure 10. How confident are pupils in trying new activities? (by year group and gender)



By gender, **84% of boys** are very/quite confident, compared with **76% of girls**. **24%** of pupils also stated that they 'would do more sport if they were more confident', while **24%** of pupils would do more sport if they 'were better at sport'.

Section 4: Awareness - 'I know where to take part'

Knowing when, where and how to take advantage of relevant opportunities is essential if we want more young people to be active and have a lifelong enjoyment of sport in Wales.

Schools can take several steps to increase pupils' awareness of local and school run opportunities. The infographic below illustrates a few of these possible measures.

School Sport Survey 2018 Arolwg ar Chwaraeon Ysgol

"Without awareness of an opportunity, accessing it is impossible"

How is your school making pupils **aware** of sporting opportunities?

Does your school have a **newsletter**? Is it used for making pupils aware of opportunities to take part in sport?

Does your school have a **website** which could be used to promote sports opportunities?

Are sports opportunities announced within the **school assembly**?
If not, could pupils announce these?

Does your school use **social media** to promote sports opportunities for pupils?

How could **parents or your school's PTA** help to spread the word about sports opportunities at the school?

Do you have **young ambassadors** or a **sports council** at your school?
How could they be promoting sport within your school?

Section 5: Opportunity & Resources – ‘It’s easy for me to take part’

For more young people to be able to participate in sport more frequently, it is important that opportunities are available and easy to access. The following section describes what is available in terms of curricular and extracurricular provision within Ceredigion.

Curricular PE



The Welsh Government set out in Climbing Higher a target for all primary and secondary schools to provide a minimum of 2 hours of curricular based sport and physical activity per week. Ceredigion provides **109 minutes of curricular PE per week** on average compared with **99 minutes** in local authorities across Wales.

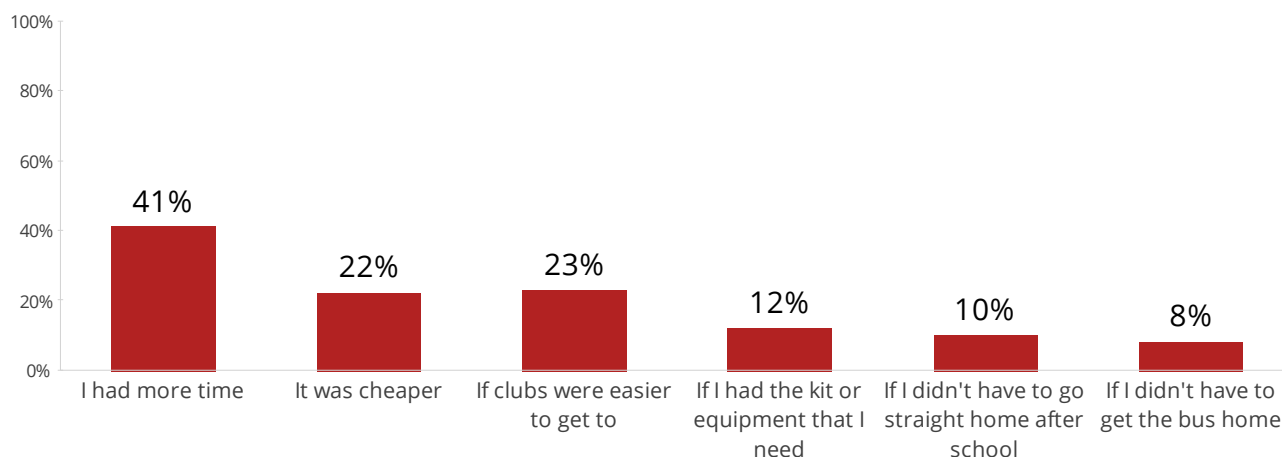
On average, Ceredigion offer **109 minutes per week** to primary school pupils, and **105 minutes per week** to secondary school pupils. This compares with a national average of **99 minutes** in primary, and **95 minutes** in secondary.

Extracurricular Sport



Providing a range of activities can help schools engage with all pupils and give them the opportunities to develop a range of different skills and competencies. **9** different activities are provided in primary schools and **14** different activities are provided in secondary schools in Ceredigion, compared with the national average of **8** (primary) and **15** (secondary) activities respectively. Comparing the activities your schools provide alongside the latent demand figures reported in the ‘motivation’ section may help your local authority identify potential areas for greater engagement in sport.

Figure 11. What ‘opportunities and resources’ would encourage Ceredigion pupils to do more sport?



Section 6: The Experience – ‘I love taking part’

In 2015, the School Sport Survey demonstrated that pupils were almost twice as likely to participate in sport on three or more occasions a week if they enjoyed school sport ‘a lot’.



Pupils were asked whether they enjoy their PE lessons and whether they enjoy taking part in sport in after-school or lunchtime clubs (our measure of extracurricular sport).

In Ceredigion, **64%** of pupils enjoy PE ‘a lot’ and **51%** enjoy extracurricular sport ‘a lot’.

Figure 12. How much do you enjoy PE lessons? (by year group and gender)

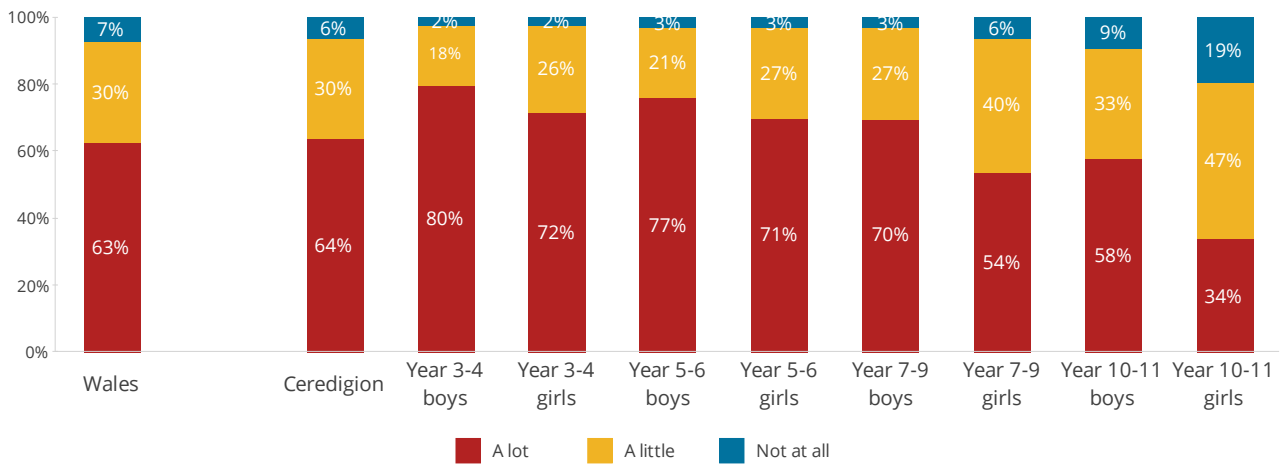
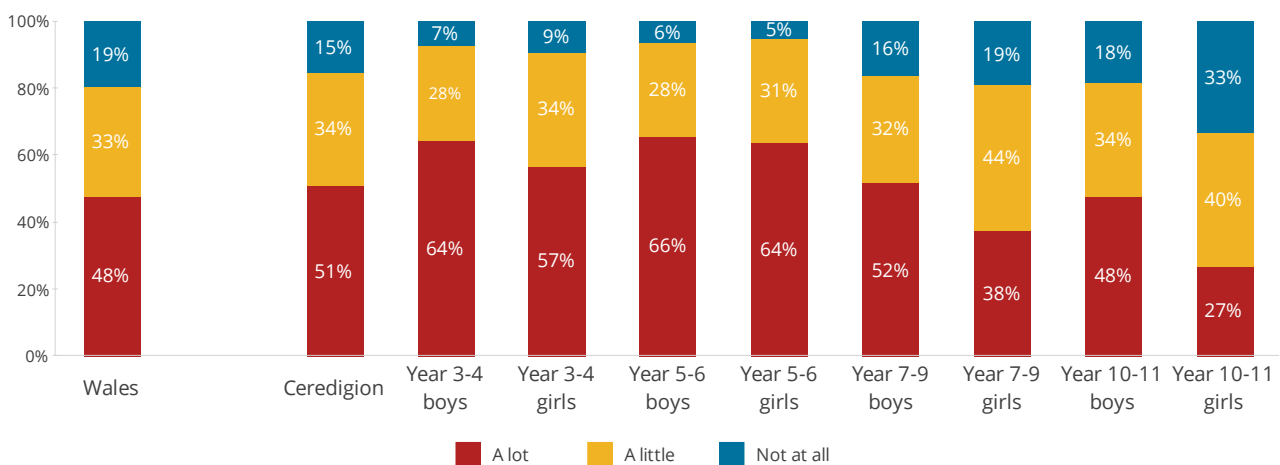


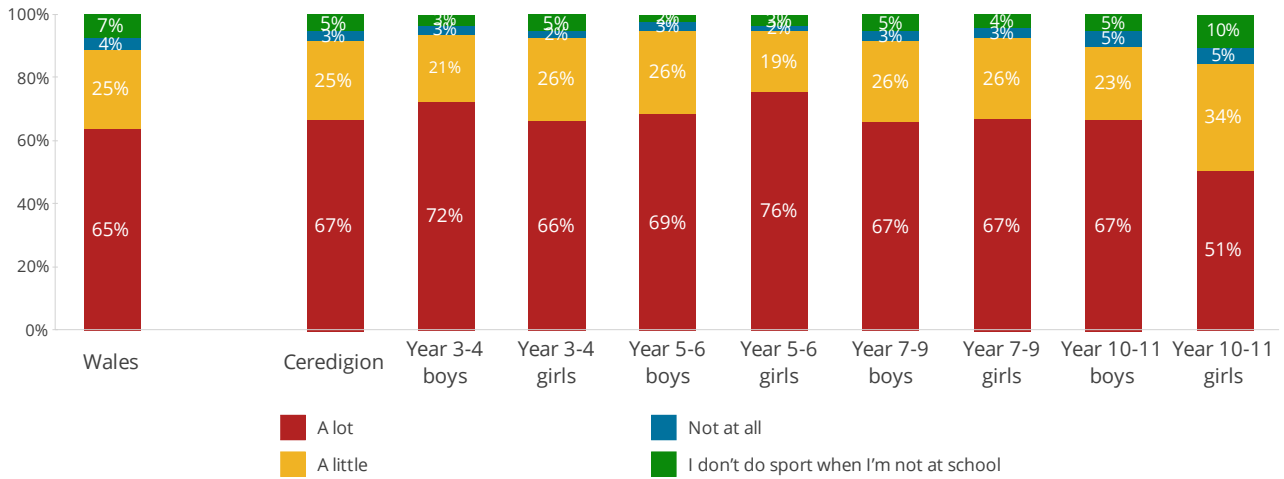
Figure 13. How much do you enjoy extracurricular activity? (by year group and gender)



Enjoyment and good experiences of sport in school can lead to participation outside of school and help build a habit of a healthy and active lifestyle.

67% of pupils in Ceredigion told us that they enjoy doing sport 'a lot' when they are not at school.

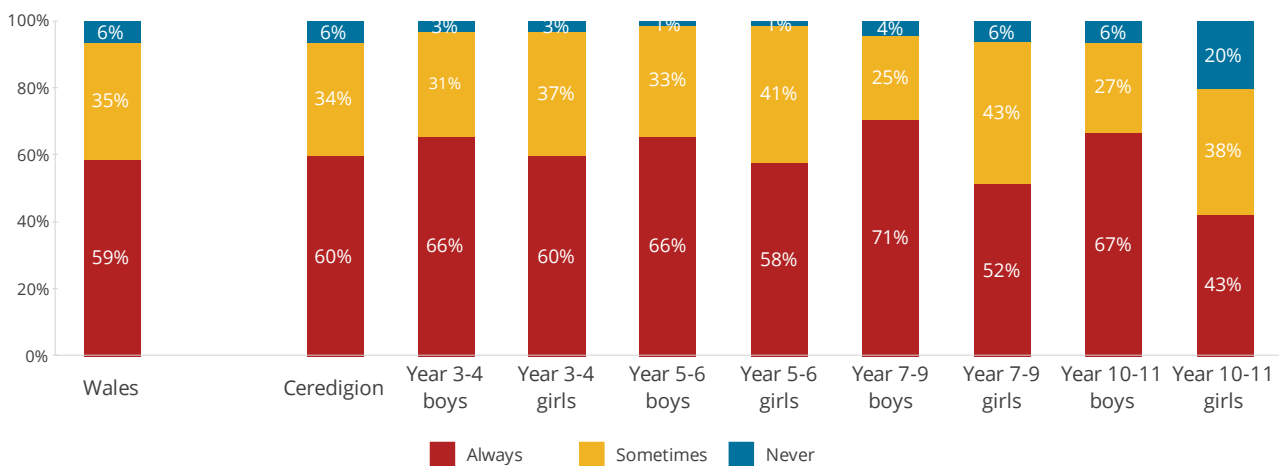
Figure 14. How much do you enjoy organised sport outside of school? (by year group and gender)



The 2015 survey showed that there was an increased likelihood of pupils participating in sport three or more times a week if they said they 'always' felt comfortable doing PE and school sport.

In 2018, **60%** pupils in Ceredigion said they **always felt comfortable** in PE lessons and school sport.

Figure 15. How often do you feel comfortable taking part in PE lessons and school sport? (by year group and gender)





Listening to pupils and shaping provision to meet their different needs can help to increase their enjoyment of sport and physical activity. Across Wales, pupils who feel their ideas are 'always' listened to are more likely to participate in and enjoy sport at school.

In Ceredigion, **25%** of pupils (**30%** of boys and **20%** of girls) said their ideas were 'always' listened to.

13% of pupils also articulated that they'd do more sport if school sport facilities were better, and **17%** stated that they'd do more sport if they enjoyed the experience more.

Section 7: Conclusions

Compared with the results for Wales, evidence from the School Sport Survey shows that Ceredigion has:

52% of pupils participating in school-based extracurricular sport, or sport with a club outside of school on three or more occasions per week, compared with a national average of **48%**.

1. Motivation:

97% of pupils stated that they would like to more sport of some kind, compared with **96%** in Wales.

2. Confidence:

80% of pupils state that they are either very or quite confident in trying new activities, compared with **80%** of pupils in Wales.

3. Awareness:

How aware are pupils in Ceredigion of opportunities to take part in sport?

What steps can be taken to ensure that all pupils are aware of the offers available to them?

4. Opportunity & Resources:

Ceredigion provides **109 minutes of curricular PE per week**, compared to Welsh schools who provide **99 minutes** on average.

Ceredigion provides **9 extracurricular activities** to primary schools and **14** to secondary schools, compared to Welsh schools who provide **8** (primary) and **15** (secondary) **extracurricular activities** respectively.

5. The Experience:

64% of pupils stated that they **enjoy PE** 'a lot' and **51%** stated that they **enjoyed extracurricular activities** 'a lot', compared with Welsh pupils in general who reported **enjoying PE** 'a lot' (**63%**) and **extracurricular activities** 'a lot' (**48%**).

Sport Wales encourages local authorities to make use of their report as a source of robust evidence for making continuous improvements in PE and sport, helping children to become physically literate and improving levels of wellbeing.

For examples of schools that have used School Sport Survey findings to improve PE and sport and develop healthy, confident and active pupils, please go to our website:
www.schoolsportsurvey.org.uk

To find out more about physical literacy and the resources that are available please go to:
<http://physicalliteracy.sportwales.org.uk/en/>

The content of the School Sport Survey has been informed by the following resources and documentation:

- Estyn (2010) *Guidance for the Inspection of Primary Schools from September 2010*. Estyn: Cardiff.
- Estyn (2010) *Guidance for the Inspection of Secondary Schools from September 2010*. Estyn: Cardiff.
- Qualifications and Curriculum Authority (2005) *Do you have high quality PE and sport in your school? A guide to self-evaluating and improving the quality of PE and school sport*. QCA: Annesely.
- Sport Wales (2010) *Guidance Notes for Completing PESS Self-evaluation*. Sport Wales: Cardiff.
- WAG (2006) *Physical Activity in School Assessment School: a tool for monitoring and evaluating a whole school approach to physical activity*. WAG: Cardiff.

Sport Wales has run surveys of primary and secondary school pupils, in school years 3 to 11, for over 17 years. All schools which collect a sufficient number of survey responses from their pupils receive unweighted results from the survey. For the 2018 Survey, Ceredigion surveyed 2708 pupils.

Appendix A: Extracurricular Sports

The following table shows the percentage of pupils participating in extracurricular sport in Wales and in your local authority:

	Wales	Ceredigion	Male pupils in Ceredigion	Female pupils in Ceredigion
Adventurous activities	8%	11%	11%	12%
Archery	3%	7%	8%	7%
Athletics	22%	35%	35%	37%
Badminton	9%	6%	7%	5%
Basketball	16%	18%	19%	17%
BMX	2%	2%	3%	2%
Boccia	1%	0%	1%	0%
Bowls (not ten pin bowling)	2%	2%	2%	2%
Boxing	2%	1%	1%	1%
Canoeing or kayaking	2%	5%	6%	5%
Cheerleading	2%	1%	1%	1%
Climbing	6%	10%	11%	11%
Cricket	15%	22%	27%	17%
Cycling	6%	9%	10%	10%
Dance	10%	12%	10%	15%
Dodgeball	19%	23%	24%	22%
Fitness classes (like aerobics, yoga or circuits)	8%	12%	12%	12%
Football	31%	39%	47%	32%
Goalball	1%	1%	2%	1%
Golf	3%	3%	3%	2%
Gymnastics	11%	11%	10%	13%
Hockey	11%	19%	12%	28%
Horse Riding	2%	3%	3%	3%
Life saving	4%	5%	6%	5%
Martial Arts (like Judo or Karate)	3%	2%	2%	1%
Mountain biking	2%	2%	3%	2%
Netball	19%	25%	16%	36%
Parkour	3%	2%	3%	1%
Roller sports	1%	1%	1%	1%
Rounders/ Baseball/ Softball	22%	34%	32%	37%
Rowing	2%	5%	5%	4%

Rugby	20%	28%	37%	20%
Running or jogging	24%	34%	35%	34%
Sailing	1%	2%	2%	2%
Skateboarding	1%	1%	1%	1%
Snowsports (like skiing or snowboarding)	2%	4%	4%	5%
Squash	2%	2%	2%	2%
Surfing	2%	2%	3%	2%
Swimming	17%	25%	26%	24%
Table tennis	6%	8%	10%	7%
Tennis or short tennis	10%	12%	13%	12%
Trampolining	4%	5%	5%	4%
Triathlon	2%	1%	1%	1%
Volleyball	3%	4%	4%	3%
Water polo	2%	2%	2%	2%
Weightlifting	3%	5%	6%	4%
Wheelchair basketball	1%	3%	4%	2%
Wheelchair rugby	1%	1%	2%	1%
Wheelchair tennis	1%	1%	1%	1%
Other sports	11%	13%	13%	13%

Appendix B: Community Sport

The following table shows the percentage of pupils participating in sport at clubs outside of school, for Wales and for your local authority:

	Wales	Ceredigion	Male pupils in Ceredigion	Female pupils in Ceredigion
Adventurous activities	9%	12%	13%	11%
Archery	5%	9%	9%	9%
Athletics	12%	16%	16%	15%
Badminton	4%	5%	4%	5%
Basketball	7%	10%	11%	8%
BMX	3%	3%	5%	1%
Boccia	1%	0%	0%	0%
Bowls (not ten pin bowling)	2%	4%	5%	3%
Boxing	9%	6%	8%	4%
Canoeing or kayaking	4%	9%	9%	9%
Cheerleading	3%	2%	1%	4%
Climbing	9%	12%	12%	13%
Cricket	8%	10%	15%	5%
Cycling	8%	12%	13%	11%
Dance	14%	16%	5%	27%
Dodgeball	7%	8%	9%	7%
Fitness classes (like aerobics, yoga or circuits)	10%	12%	8%	17%
Football	25%	31%	43%	18%
Goalball	1%	1%	1%	0%
Golf	6%	6%	7%	5%
Gymnastics	12%	12%	6%	19%
Hockey	6%	11%	7%	15%
Horse Riding	6%	9%	5%	14%
Life saving	6%	8%	8%	8%
Martial Arts (like Judo or Karate)	10%	9%	10%	8%
Mountain biking	4%	7%	9%	4%
Netball	9%	7%	5%	10%
Parkour	4%	3%	4%	2%
Roller sports	3%	3%	2%	4%
Rounders/ Baseball/ Softball	6%	9%	10%	9%
Rowing	3%	5%	6%	5%

Rugby	16%	21%	30%	11%
Running or jogging	16%	20%	21%	18%
Sailing	2%	3%	3%	4%
Skateboarding	2%	2%	2%	2%
Snowsports (like skiing or snowboarding)	3%	4%	5%	4%
Squash	2%	3%	4%	3%
Surfing	3%	6%	5%	6%
Swimming	27%	28%	25%	31%
Table tennis	6%	7%	9%	6%
Tennis or short tennis	7%	7%	9%	6%
Trampolining	9%	8%	7%	9%
Triathlon	2%	3%	3%	3%
Volleyball	3%	3%	3%	3%
Water polo	3%	4%	4%	4%
Weightlifting	4%	5%	6%	4%
Wheelchair basketball	1%	3%	2%	3%
Wheelchair rugby	1%	1%	1%	0%
Wheelchair tennis	1%	0%	0%	0%
Other sports	12%	12%	11%	13%

Appendix C: Latent Demand

The following table shows the percentage of pupils that would like to do more sport, in Wales and in your local authority:

	Wales	Ceredigion	Male pupils in Ceredigion	Female pupils in Ceredigion
Adventurous activities	31%	36%	32%	39%
Archery	27%	31%	31%	30%
Athletics	28%	32%	31%	34%
Badminton	18%	19%	19%	19%
Basketball	30%	29%	31%	28%
BMX	20%	24%	33%	15%
Boccia	4%	4%	5%	4%
Bowls (not ten pin bowling)	10%	13%	13%	13%
Boxing	27%	27%	33%	21%
Canoeing or kayaking	19%	27%	23%	31%
Cheerleading	16%	15%	4%	27%
Climbing	35%	42%	38%	45%
Cricket	23%	28%	36%	21%
Cycling	40%	50%	52%	49%
Dance	27%	27%	10%	45%
Dodgeball	37%	35%	39%	31%
Fitness classes (like aerobics, yoga or circuits)	20%	19%	13%	26%
Football	43%	46%	56%	37%
Goalball	6%	6%	7%	5%
Golf	20%	21%	27%	16%
Gymnastics	25%	25%	11%	38%
Hockey	20%	28%	21%	36%
Horse Riding	24%	27%	13%	41%
Life saving	18%	22%	18%	25%
Martial Arts (like Judo or Karate)	22%	23%	23%	22%
Mountain biking	28%	37%	45%	29%
Netball	26%	27%	16%	39%
Parkour	29%	29%	38%	19%
Roller sports	15%	18%	13%	23%
Rounders/ Baseball/ Softball	27%	32%	31%	35%
Rowing	13%	19%	17%	21%

Rugby	31%	37%	44%	29%
Running or jogging	34%	36%	35%	36%
Sailing	12%	16%	14%	19%
Skateboarding	17%	19%	19%	19%
Snowsports (like skiing or snowboarding)	18%	24%	22%	26%
Squash	11%	12%	14%	11%
Surfing	23%	30%	26%	34%
Swimming	52%	55%	51%	60%
Table tennis	26%	32%	35%	29%
Tennis or short tennis	22%	25%	27%	24%
Trampolining	40%	43%	36%	50%
Triathlon	11%	14%	15%	14%
Volleyball	17%	18%	16%	21%
Water polo	16%	17%	15%	19%
Weightlifting	17%	21%	25%	16%
Wheelchair basketball	7%	10%	10%	10%
Wheelchair rugby	5%	7%	7%	7%
Wheelchair tennis	5%	6%	6%	7%
Other sports	25%	24%	23%	25%

Appendix D: 'I would do more sport if...'

The following table shows the percentage of pupils that 'would do more sport if...':

	Wales	Ceredigion	Male pupils in Ceredigion	Female pupils in Ceredigion
There were more sports that suited me	35%	35%	34%	37%
My parents went with me	11%	11%	11%	10%
My friends went with me	38%	38%	30%	46%
I had more time	34%	41%	38%	45%
It was cheaper	19%	22%	19%	25%
If the clubs were easier to get to	20%	23%	21%	26%
If the school sports facilities were better	12%	13%	12%	15%
If the community sports facilities were better	9%	11%	10%	12%
If the changing rooms were nicer	12%	11%	9%	14%
If the kit was nicer	12%	12%	9%	16%
If I had the kit or equipment that I need	12%	12%	12%	13%
If I was fitter	20%	23%	19%	26%
If I was better at sport	21%	24%	20%	29%
If girls and boys did sports at different times	10%	11%	6%	17%
If I didn't have to go straight home after school	9%	10%	8%	11%
If I didn't have to get the bus home	6%	8%	7%	9%
If I didn't have other things to do after school	14%	15%	12%	19%
If I enjoyed it more	15%	17%	16%	18%
If I was more confident	21%	24%	17%	31%
I already do enough sport	9%	9%	11%	7%
I don't want to do more sport	4%	3%	3%	3%
Other	13%	11%	12%	10%

Appendix E: Healthy Lifestyle

59% of pupils said that PE lessons and sport contributed a lot towards a healthy lifestyle, compared to a national average of **56%**.

64% of boys and **56% of girls** in Ceredigion believed that PE lessons and sport will help them achieve a healthy lifestyle, compared with national average for boys (**59%**) and girls (**54%**), respectively.

Figure 16. How much do PE lessons and sport help you to have a healthy lifestyle?

