

## **CEREDIGION COUNTY COUNCIL**

**Report to:** Cabinet

**Date of meeting:** 14<sup>th</sup> February 2023

**Title:** Sport Wales School Sport Survey 2022

**Purpose of the report:** To inform members of the main Ceredigion headline findings from the 2022 Sport Wales School Sport Survey

**For:** For Information

**Cabinet Portfolio and Cabinet Member:** Councillor Catrin M.S. Davies, Cabinet Member for Culture, Leisure and Customer Services

### **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 also 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. Latest 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, the report is for information only

**Summary:**

**Wellbeing of Future Generations:**

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

**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

**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

**Recommendation(s):** That the Cabinet note and accept the content of the Sport Wales School Sport Survey 2022 report

**Reasons for decision:** The Sport Wales School Sport Survey 2022 is brought before Cabinet for information and to increase awareness amongst members of the current participation levels of children and young people in the county in sport and physical activity.

**Overview and Scrutiny:** Members of the Healthier Communities Overview and Scrutiny Committee received the report for information on the 23<sup>rd</sup> January 2023

**Policy Framework:** Ceredigion Corporate Strategy 2022-27

**Corporate Well-being Objectives:**

- Creating Caring and Healthier Communities
- Providing the Best Start in Life and Enabling Learning at All Ages

<b>Finance and Procurement implications:</b>	None
<b>Legal Implications:</b>	None
<b>Staffing implications:</b>	None
<b>Property / asset implications:</b>	None
<b>Risk(s):</b>	None
<b>Statutory Powers:</b>	
<b>Background Papers:</b>	None
<b>Appendices:</b>	(A) School Sport Survey Data 2013-2022 Comparison Table (B) Ceredigion School Sport Survey Report 2022 (C) Ceredigion School Sport Survey Report 2018
<b>Corporate Lead Officer:</b>	Elen James: CLO Porth Cymorth Cynnar
<b>Reporting Officers:</b>	Carwyn Young & Alwyn Davies
<b>Date:</b>	27.01.2023

APPENDIX A

SPORT WALES SCHOOL SPORT SURVEY 2013-2022 DATA COMPARISON TABLE

Measure	Ceredigion 2013	Wales Average 2013	Ceredigion 2015	Wales Average 2015	Ceredigion 2018		Wales Average 2018	Ceredigion 2022		Wales Average 2022			
<b>Headlines</b>													
Percentage of children participating on extra-curricular sport more than 3 times per week.	40%	40%	49%		52%		48%		40%		39%		
			Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	
			50%	48%	54%	51%	50%	46%	45%	37%	43%	36%	
Percentage of pupils participated frequently (participating at least once a week on average) in sport.	82%	76%	Not Available	Not Available	74%		66%		67%		64%		
<b>PE &amp; School Sport</b>													
How much do you think PE lessons and school sport help you to have a healthy lifestyle?	54%	52%	66%	62%	59%		56%		58%		51%		
Average number of minutes of PE per week	103	101	Not Available	Not Available	Primary	Secondary	99		Primary	Secondary	93		93
					109	105			113	102			93
Percentage of pupils stated that they enjoy PE 'a lot'	65%	60%	70%	65%	64%		51%		61%		57%		
									Boys	Girls			
									71%	55%			
<b>Community Based Activities</b>													
Percentage of pupils participated frequently in sport in a club outside of school.	55%	55%	66%	63%	69%		65%		59%		56%		
Percentage of children that are members of sports clubs and participate in sport.	56%	53%	62%	57%	63%		59.5%		58%		54%		
How confident are you in trying new activities?	73%	74%	82%	79%	80%		80%		74%		69%		
					Boys	Girls			Boys	Girls			
					84%	76%			82%	69%			

sportwales  
chwaraeoncymru



20  
22

**School Sport  
Survey**

**Arolwg ar  
Chwaraeon Ysgol**



**Ceredigion Report**

2022



# Key Stats for Ceredigion



of pupils participated in organised sport outside of the curriculum three or more times per week\*



of pupils 'always' feel their ideas about PE are listed to



of pupils believe that PE and sport help them 'a lot' to have a healthy lifestyle

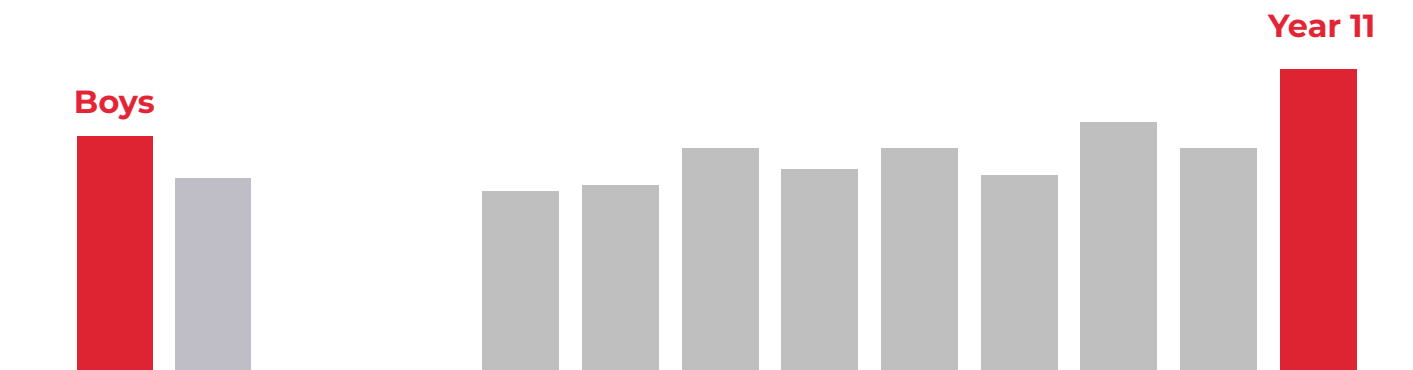


Boys mostly participated in **Football**



Girls mostly participated in **Running or Jogging**

## Participation was highest for:



\*Organised sport refers to any extracurricular or community club participation.

# Introduction

**After being delayed due to the COVID-19 pandemic, the School Sport Survey is back! This year, 116,038 pupils from 1,000 schools in Wales took part.**

In this report we've collated what we learned about pupils in Ceredigion, where 2,762 pupils told us about their experiences of sport this year.

We've structured this report around the Vision for Sport in Wales<sup>1</sup> – 'an active nation where everyone can have a lifelong enjoyment of sport'. We want as many people as possible to be inspired to be active through sport, where everyone feels able to take part no matter their sporting background, in a sporting landscape that responds to the needs of people at different stages of their life, to create a wide range of positive experiences.



## This report is organised in four sections



**Active Nation**



**Everyone**



**Lifelong**



**Enjoyment**

By using this as the basis for our report, you can see how Ceredigion contributes to the Vision, and where there could be scope to do things differently. Comparisons with Mid Wales and Wales are provided throughout.

This report contains key data that can help you and your schools improve their sporting offer. We hope the evidence contained in this report will allow you to better understand the sporting landscape for young people in Ceredigion and across Wales, and aid you in enhancing the lives of your pupils.

Yours Sincerely

Brian Davies

Acting Chief Executive Officer

<sup>1</sup> [www.visionforsport.wales](http://www.visionforsport.wales)

# Active nation



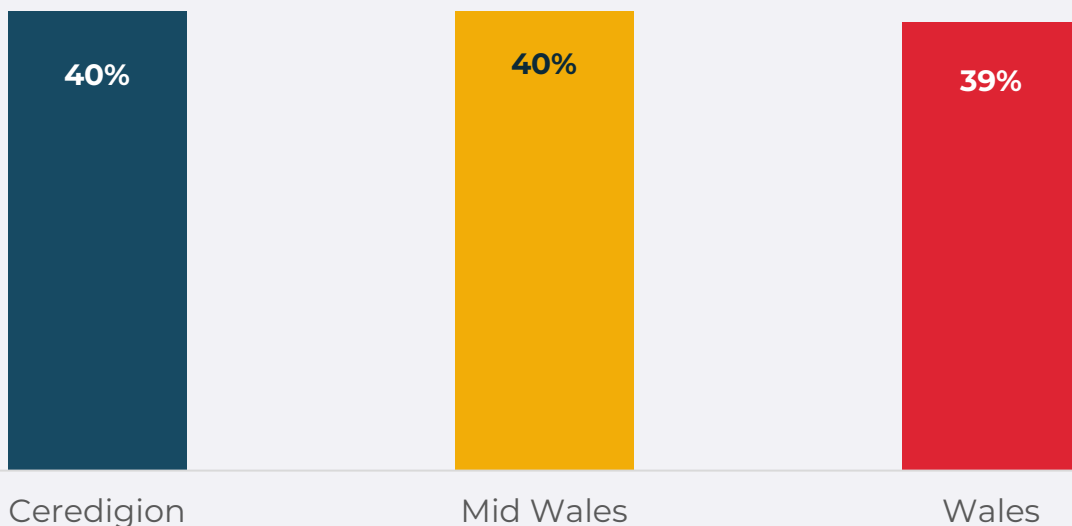
The vision for sport in Wales is to create an active nation. We want as many people as possible to be inspired to be active through sport.

## Frequency of participation

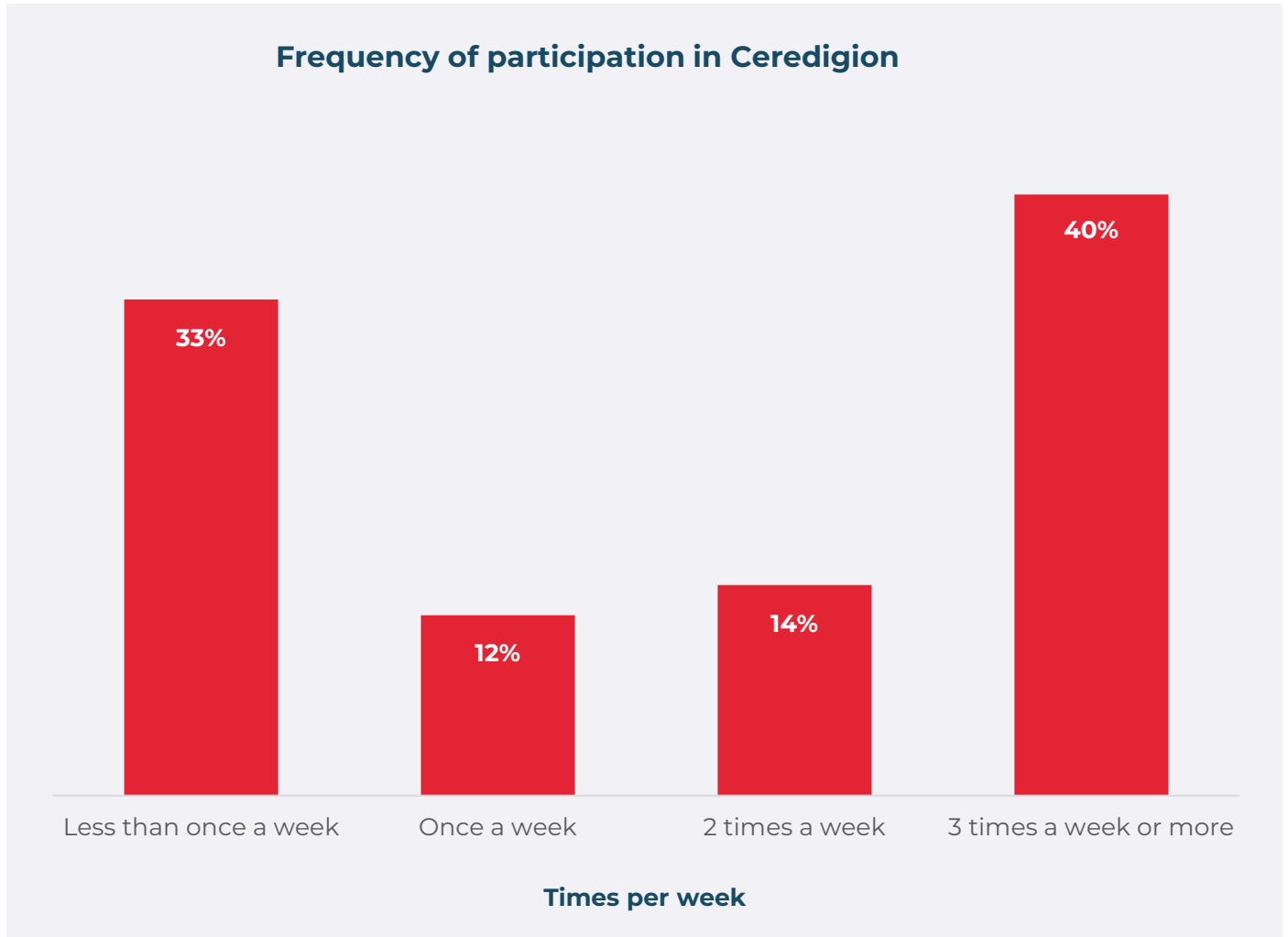
The proportion of children participating in organised sport outside of the curriculum three or more times per week is an indicator for the Wellbeing of Future Generations.

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 and 39% across Wales.

**Participation in organised sport outside of the curriculum three or more times per week**



33% of pupils in Ceredigion report no frequent participation (i.e. less than once a week), compared to 33% across Mid Wales and 36% across Wales. 67% in Ceredigion reported participating in sport at least once a week, compared to 67% across Mid Wales and 64% across Wales.

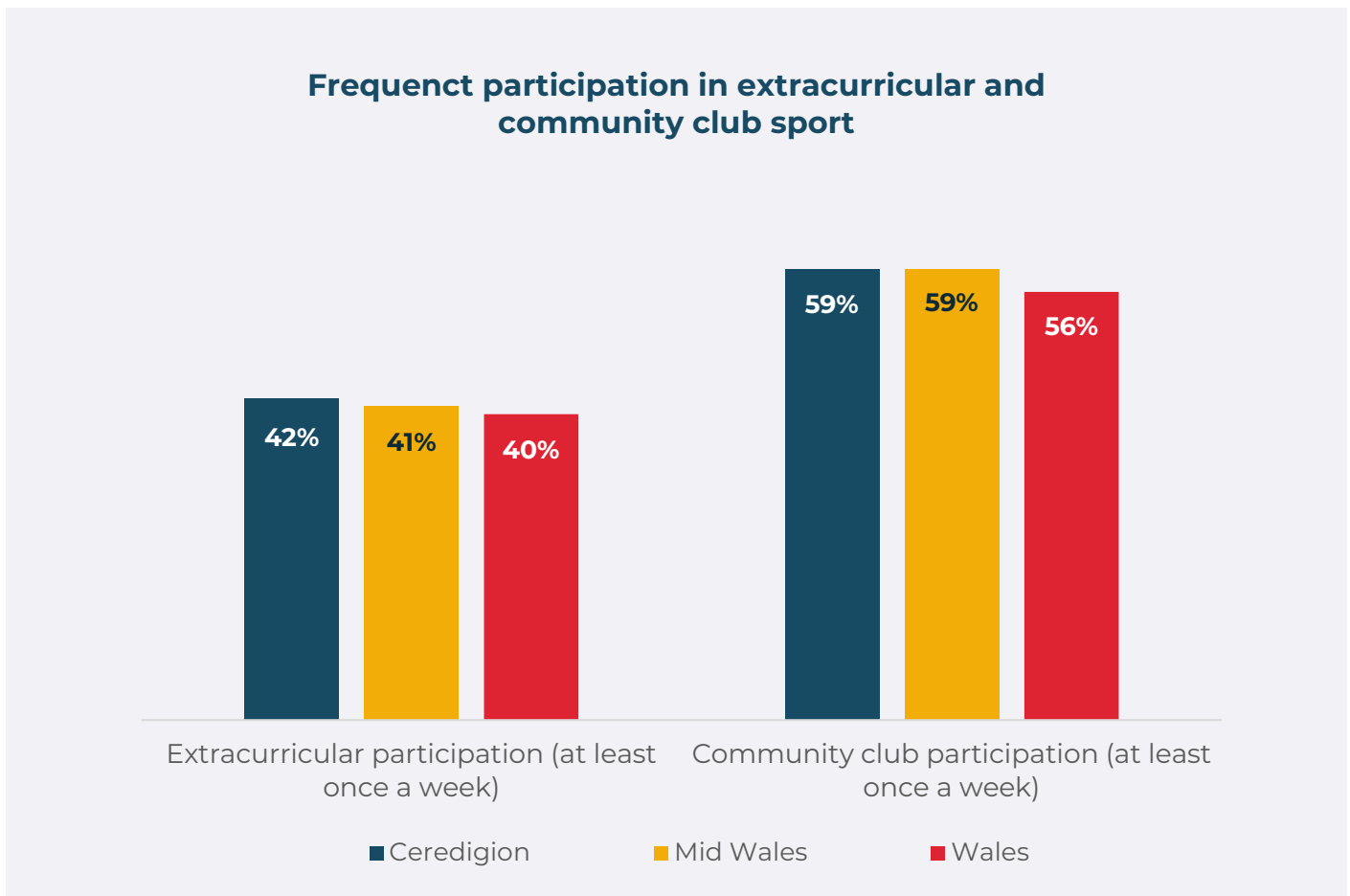


## Extracurricular and community club sport

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.

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.

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.



## Volunteering

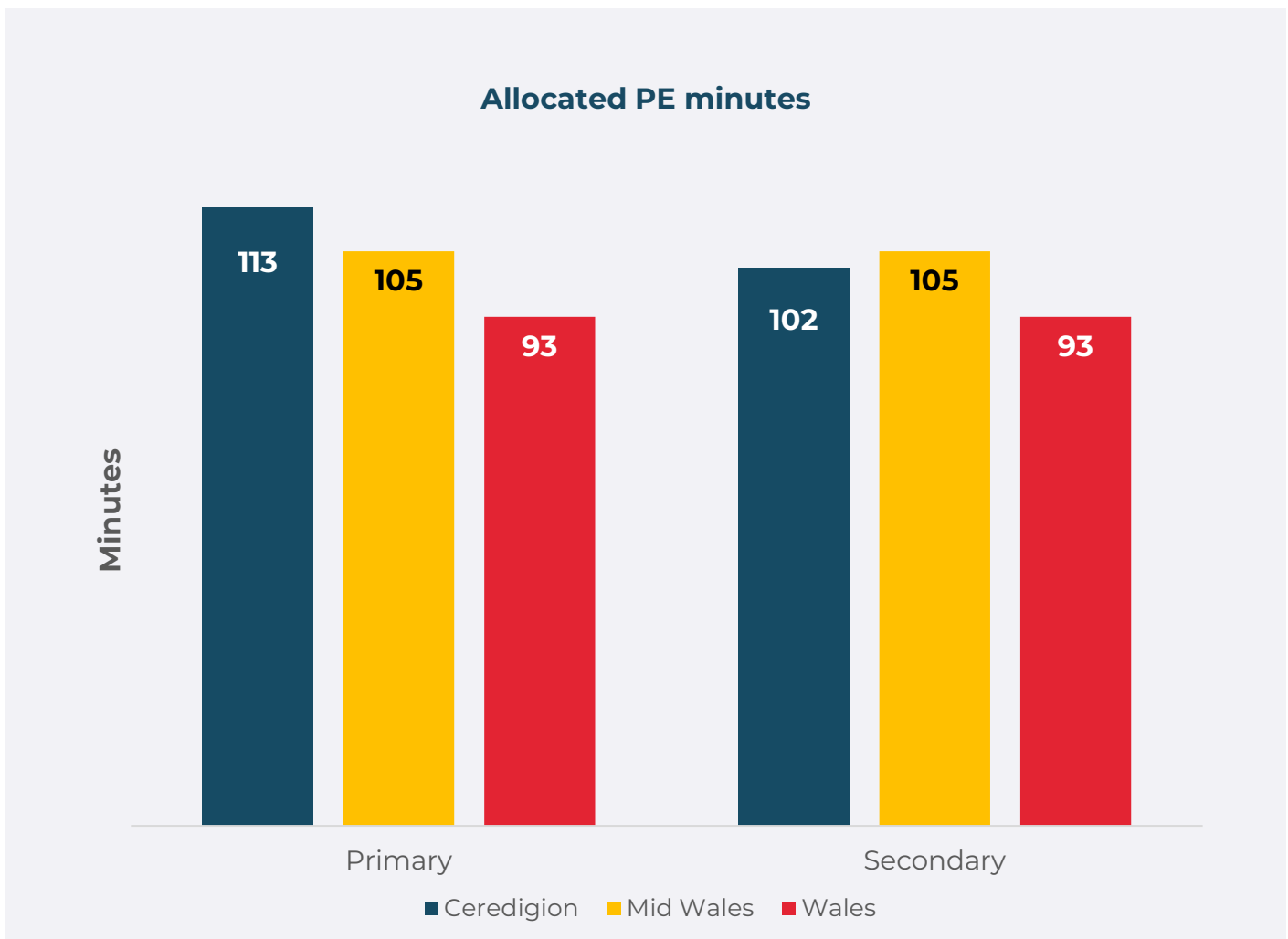
Pupils may also work toward an active nation by helping to deliver sport. Pupils were asked if they volunteer or help with a sport at school or in their community.

29% of pupils within Ceredigion stated that they currently volunteer within or outside of school in some way, compared to 27% across Mid Wales and 24% across Wales.



## PE provision

It has previously been recommended 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.



This year, we also asked schools how much time of PE allocation was spent on other activities, such as getting changed, and setting up. In Ceredigion, 51% of primary schools and 100% of secondary schools stated that some time allocated to PE was taken up with other activities. By comparison, 45% of primary schools and 89% of secondary schools in Mid Wales, and 40% of primary schools and 80% of secondary schools in Wales stated that some time allocated to PE was taken up with other activities.

# Most popular sports

There are gender differences in the popularity of specific sports. In Ceredigion the sport most participated in for girls was Running or Jogging whilst the sport most participated in for boys was Football. A summary of the most popular sports in Ceredigion, Mid Wales and Wales can be viewed in appendix A.

## Girls



## Boys





# Everyone



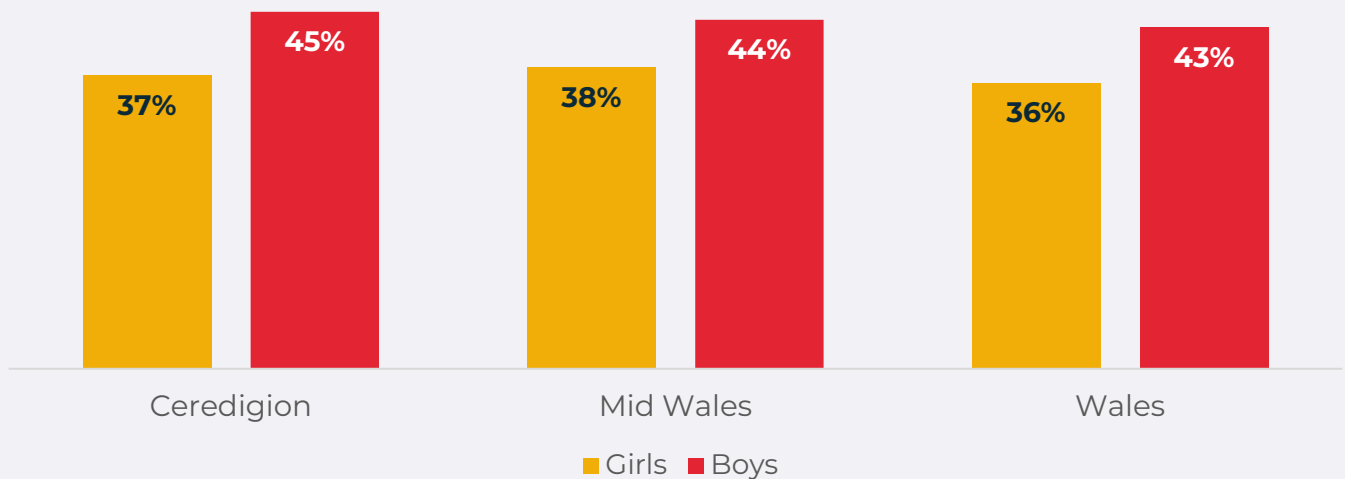
The vision is for everyone. From people who don't see themselves as sporty to people who win medals, across all demographics.

## 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.

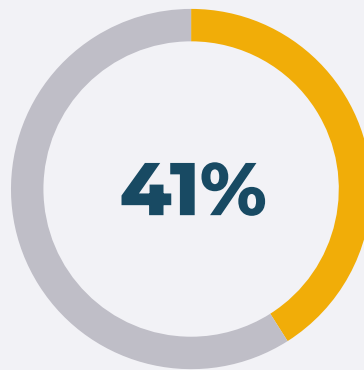
**Participation in organised sport outside of the curriculum three or more times a week for boys and girls**



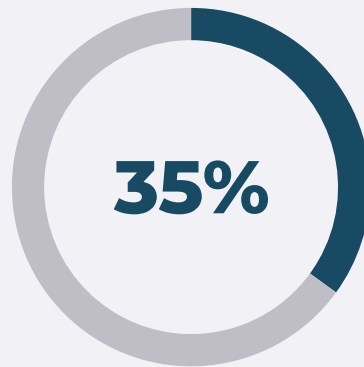
## Disability or Impairment

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.

**Participation in organised sport outside the curriculum three or more times per week by pupils with no disability or impairment**



**Participation in organised sport outside the curriculum three or more times per week by pupils with a disability or impairment**

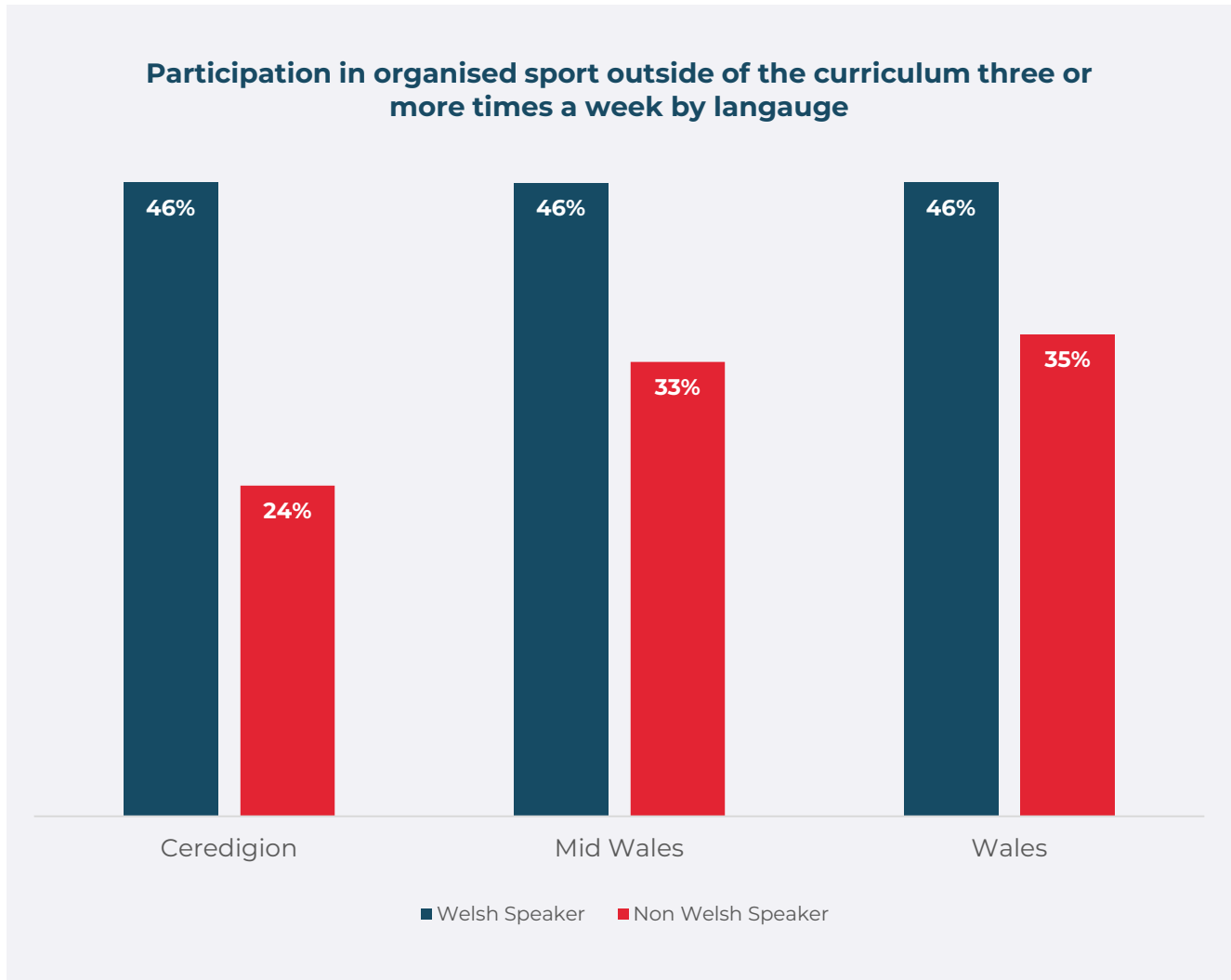


By comparison, 33% of pupils with a disability or impairment participated in organised sport outside of the curriculum three times a week or more across Mid Wales, and 35% across Wales<sup>2</sup>.

<sup>2</sup> Due to insufficient data at lower geographical levels, special school data is only included at the Wales level, and not at the Regional Sport Partnership / Local Authority Level

## Welsh language

Sport can be used to promote the use of Welsh. 46% of those who speak Welsh<sup>3</sup> 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.



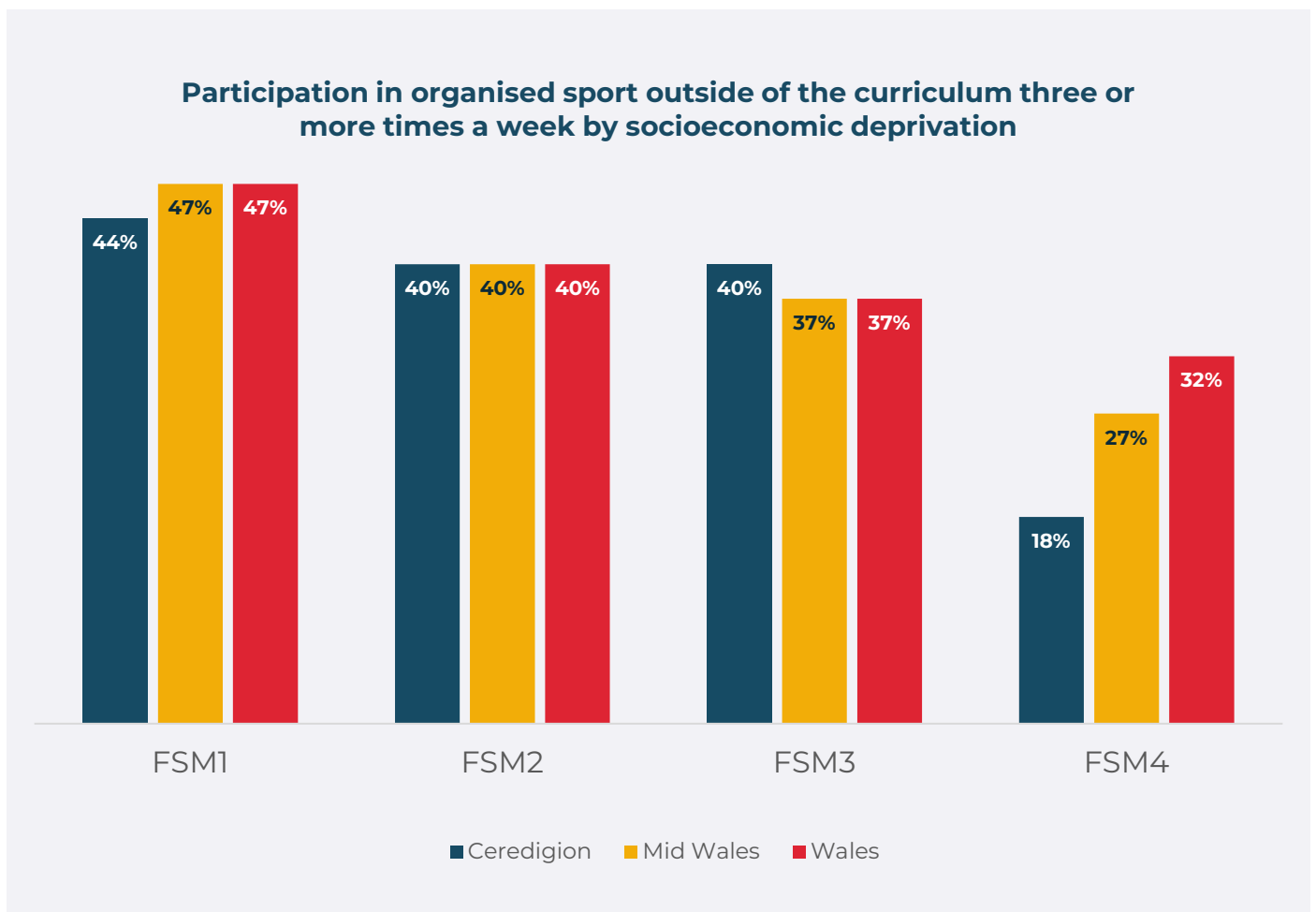
<sup>3</sup> Speak Welsh includes fluent speakers, and those who can chat confident and simply in Welsh

## Socioeconomic deprivation

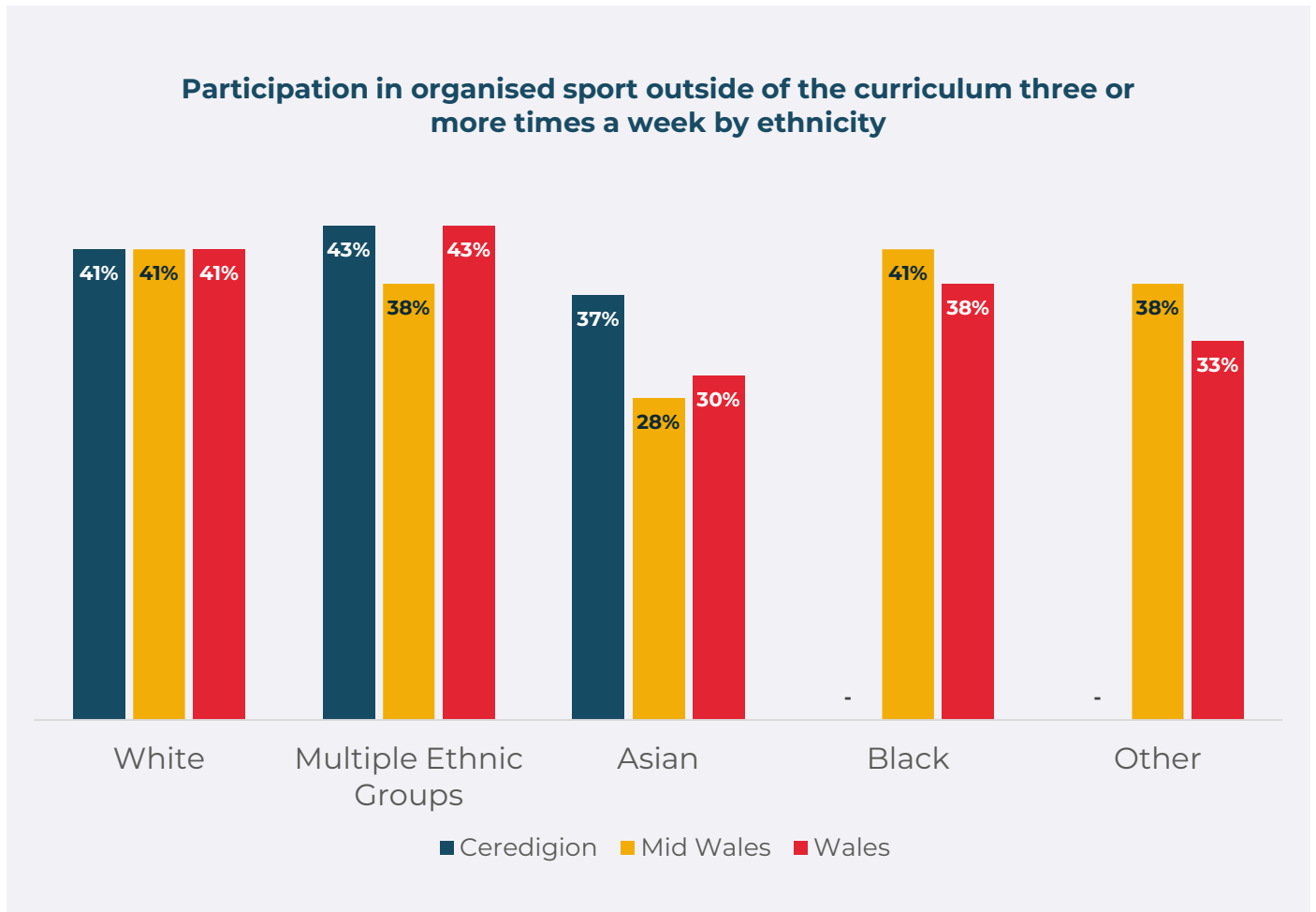
The COVID-19 pandemic saw many societal inequalities exacerbated, including those impacting on sport.

We 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.



# Ethnicity



Note: “-” represents less than 30 unweighted responses, meaning we cannot accurately report the % figure.

# Lifelong

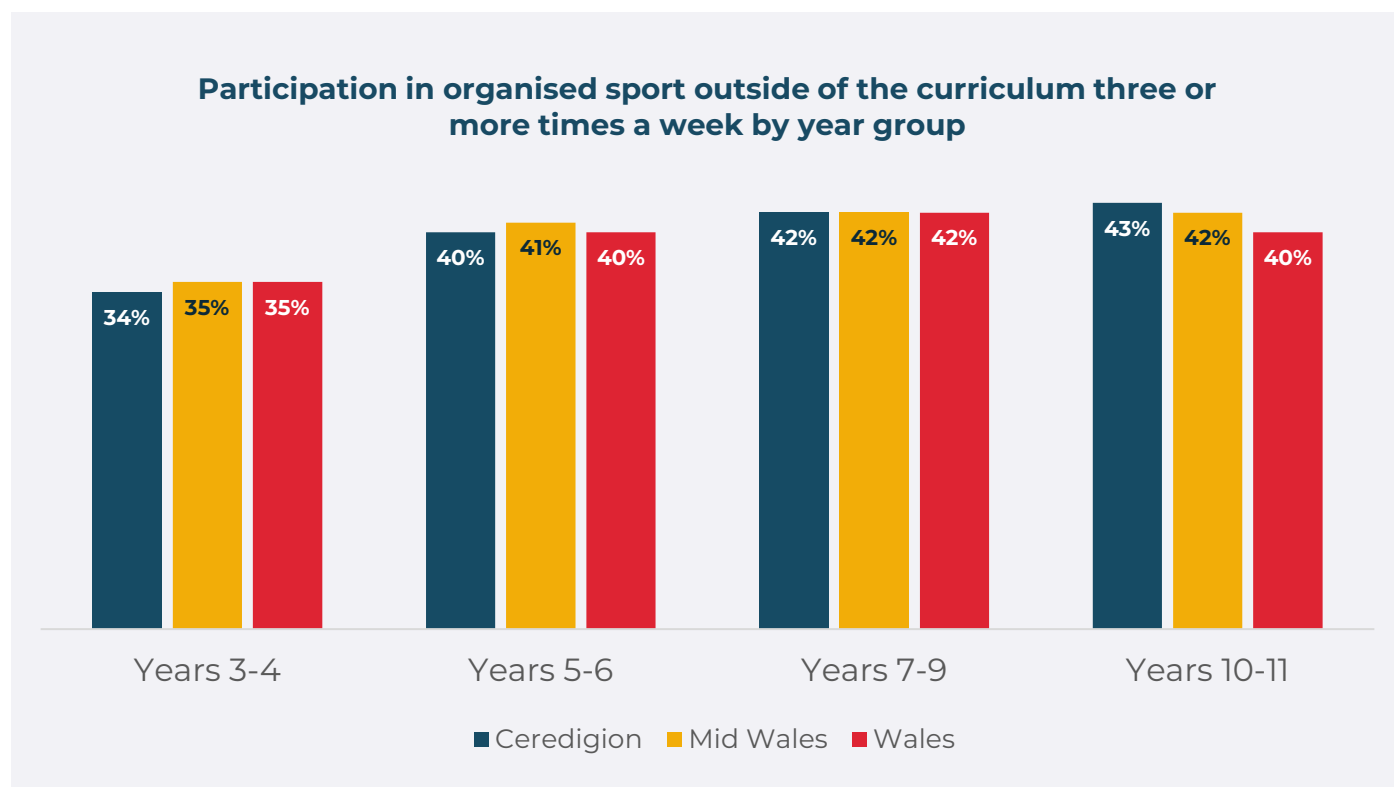


The vision is for life. It responds to the needs of people at different stages of their life.

## The impact of year groups

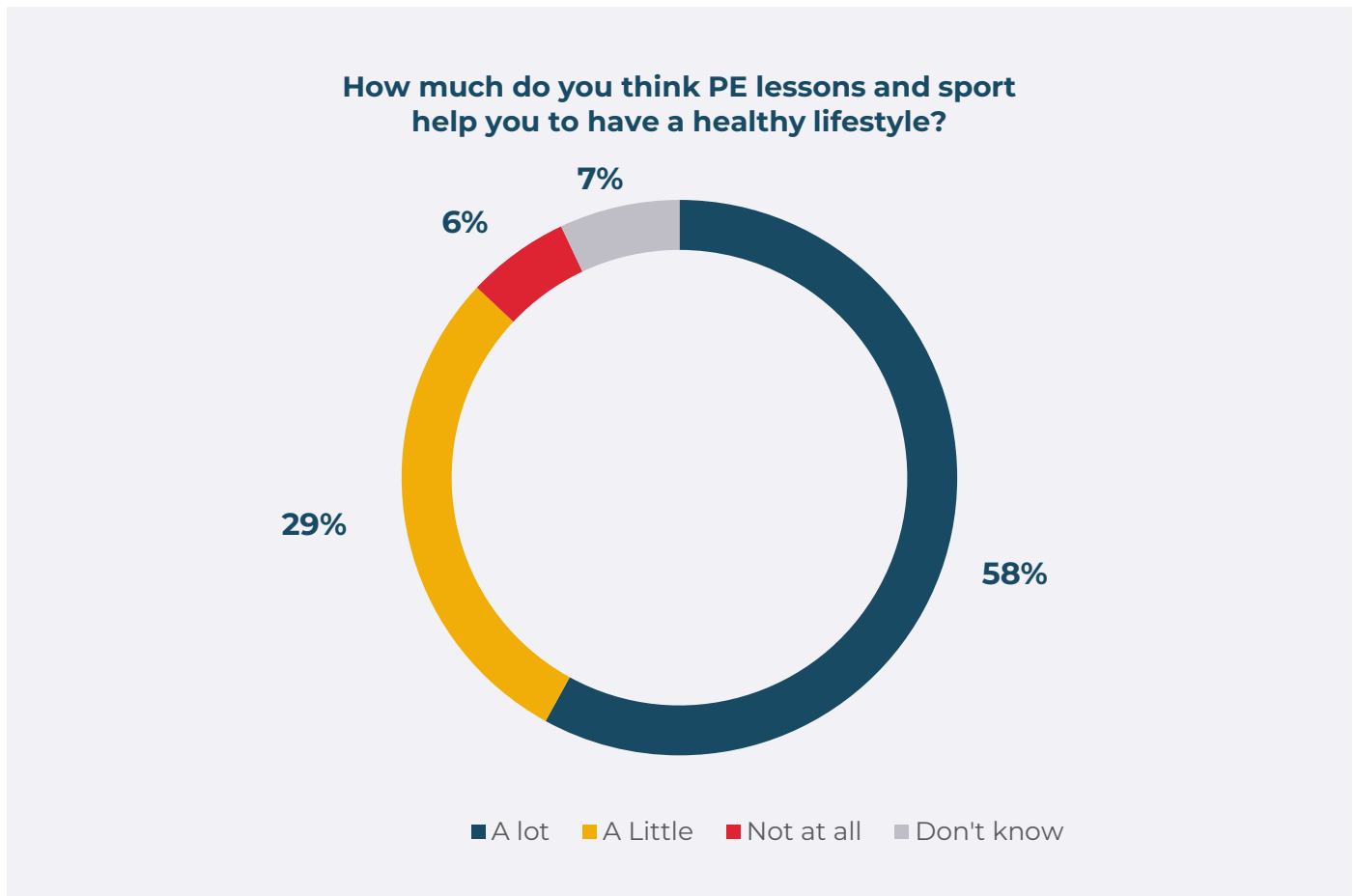
Sports participation varies with year groups, typically peaking when students are in years 5 and 6, and then generally declining from there.

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.



## Healthy lifestyle

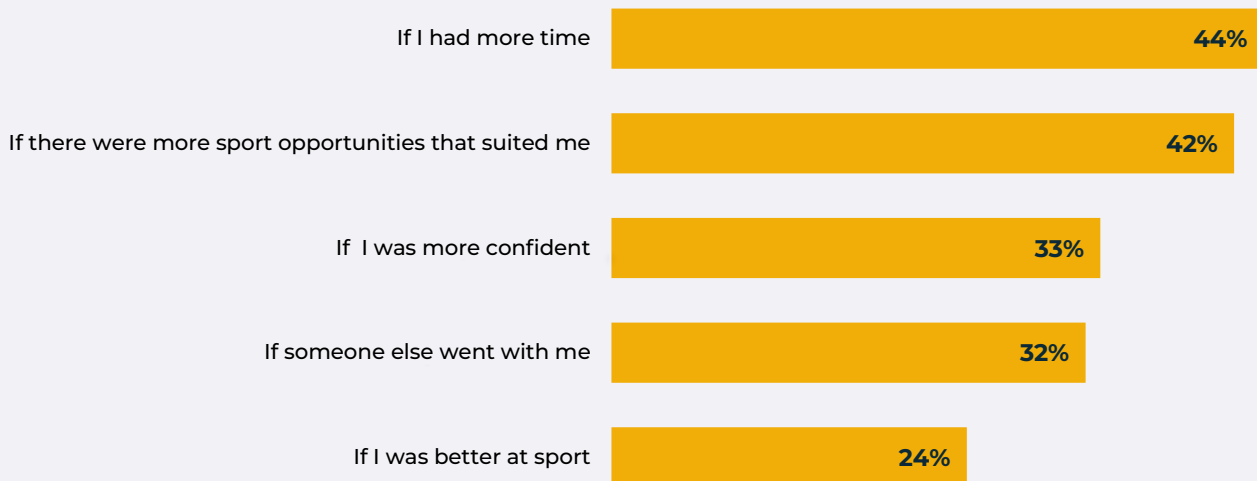
The new school curriculum for Wales emphasises that 'developing physical health and well-being has lifelong benefits'. 58% of pupils in Ceredigion felt that PE lessons and sport help them 'a lot' to have a healthy lifestyle, compared to 50% in Mid Wales and 51% across Wales.



## Responding to needs

To be able to make sport a lifelong activity, we need to be able to respond to pupils' needs and desires, recognising barriers to participation. The main responses from pupils in Mid Wales to the statement 'I would do more sport if...!' were 'if there were more sport opportunities that suited me' for boys and 'If I had more time' for girls, while the main responses across Wales were 'if there were more sport opportunities that suited me' for boys and 'If I had more time' for girls. The following two figures show the main responses from girls and boys in Ceredigion.

### The main responses from girls to the statement "I would do more sport if..." were



### The main responses from boys to the statement "I would do more sport if..." were





# 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.

The following figure shows to sports with the highest latent demand for girls and boys in Ceredigion, while a summary of latent demand across Ceredigion, Mid Wales and Wales can be viewed in appendix C.

## Girls



## Boys



Another way that we can respond to the needs of pupils is by acting on unmet demand. Unmet demand is where pupils would like to do a sport which they are not currently taking part in. Unmet demand of pupils in Ceredigion can be viewed in Appendix E.

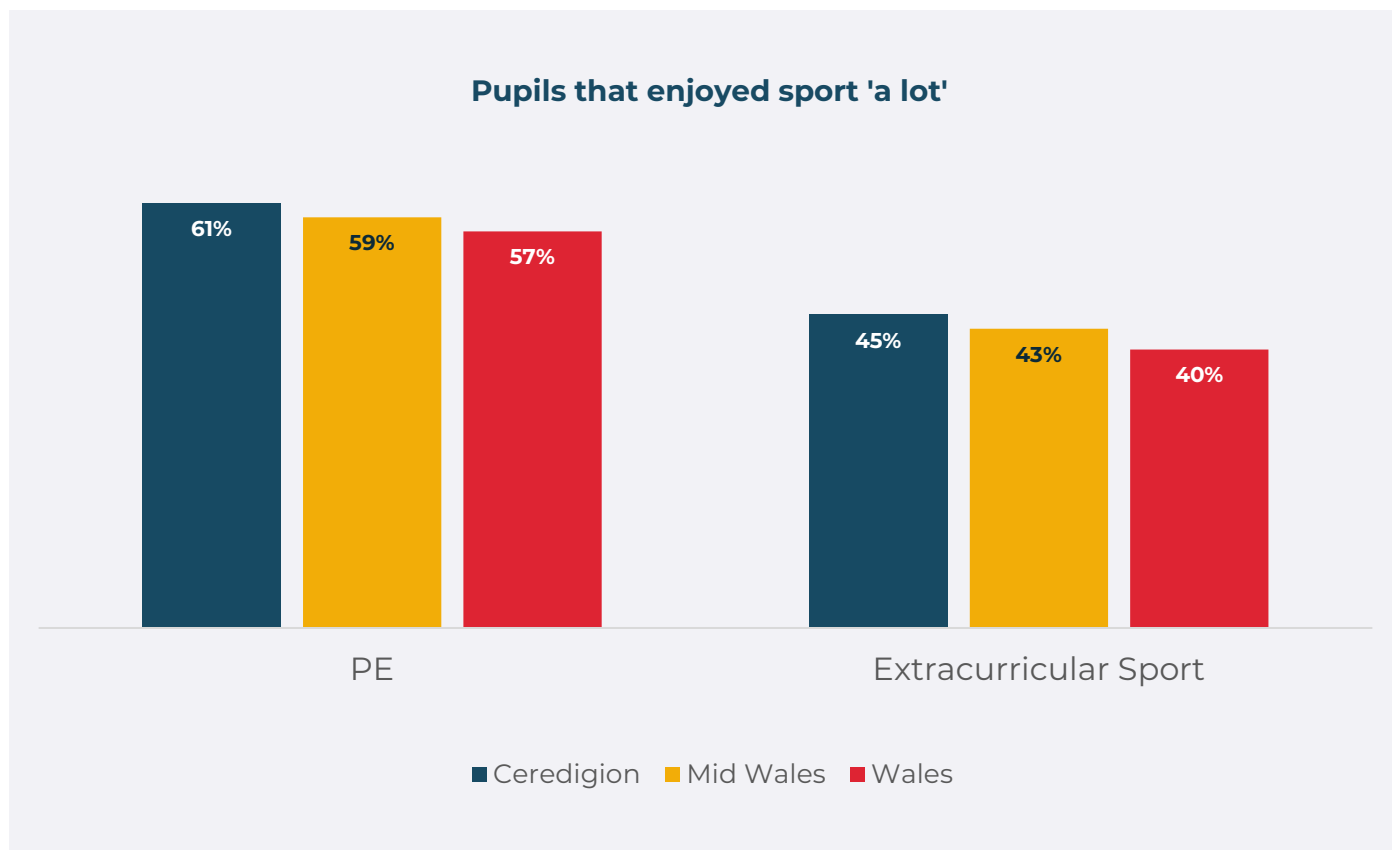
# Enjoyment



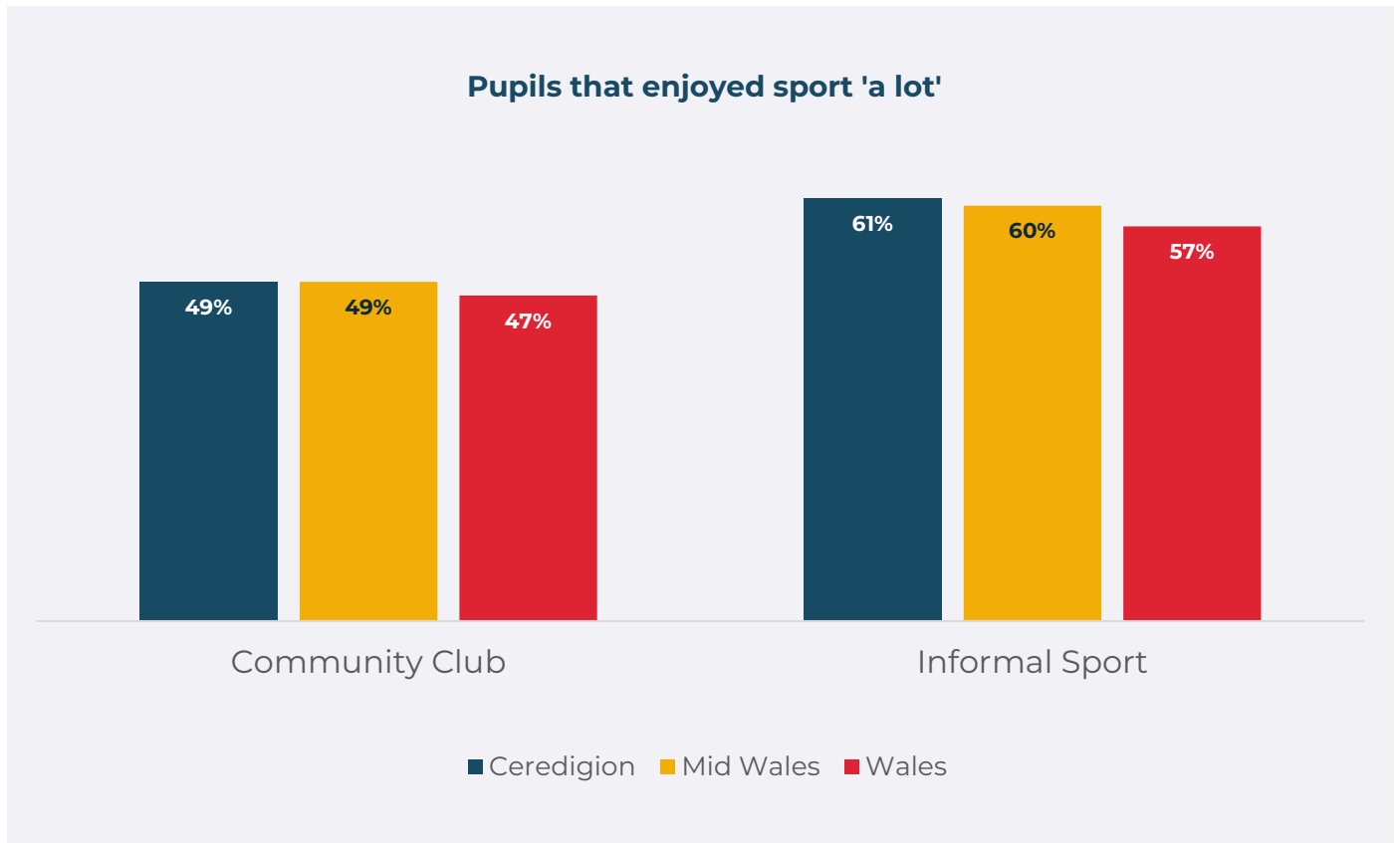
The vision focuses on creating a wide range of positive experiences so everyone can enjoy sport.

**The 2018 School Sports Survey showed that pupils are almost twice as likely to participate in organised sport outside of the curriculum on three or more occasions a week if they enjoy school sport 'a lot'.**

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'.



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



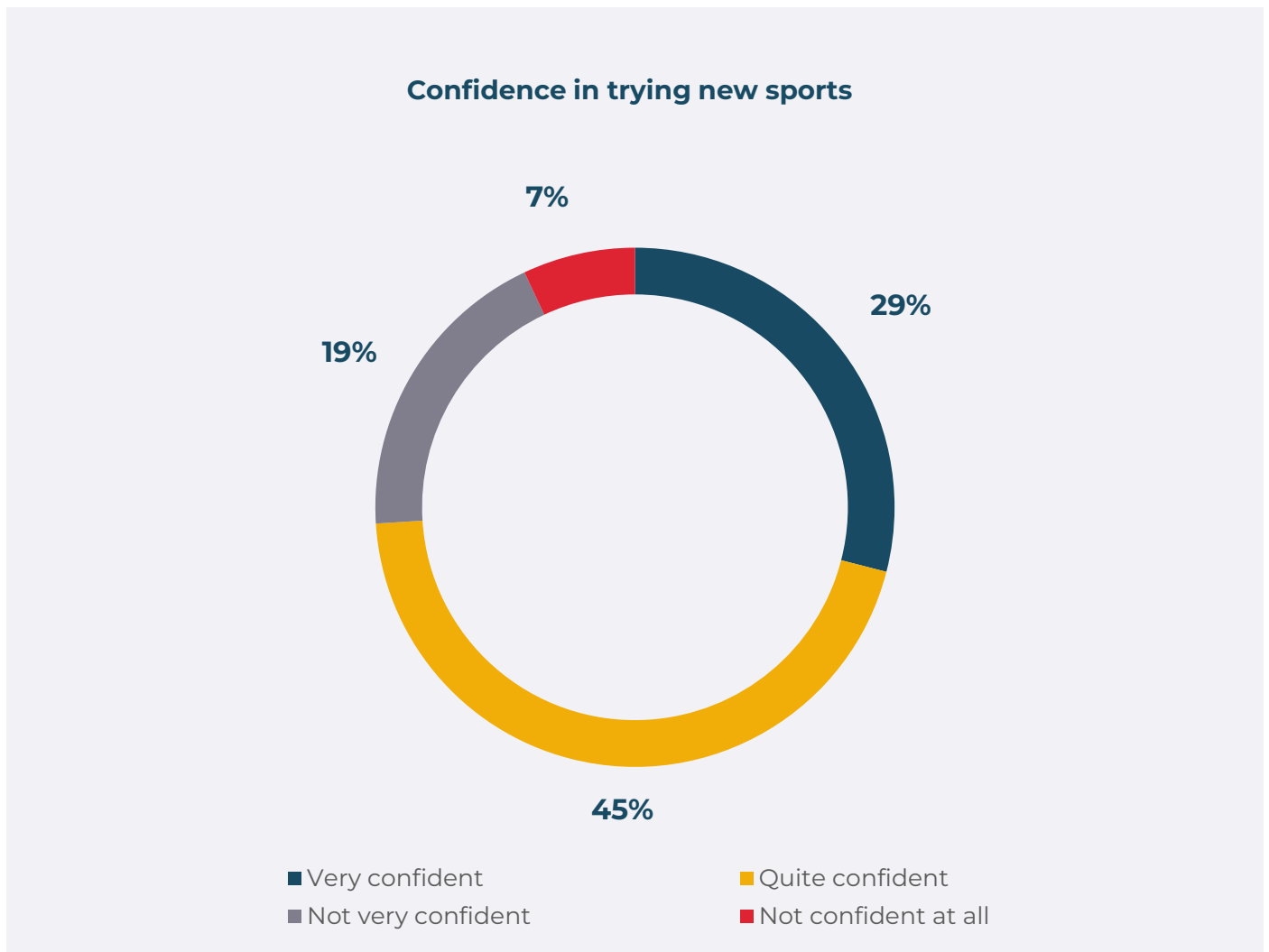
Historically, enjoyment of sport is one of those areas where we often see significant difference between boys and girls. In Ceredigion, 71% of boys enjoyed PE 'a lot', compared to 55% of girls.

Traditionally, pupils who 'always' feel listened to are more likely to participate more frequently in sport and enjoy PE and sport at school. In Ceredigion, 16% of pupils said their ideas were 'always' listened to, and 48% said their ideas were listened to 'sometimes'. In comparison with Mid Wales, 13% in said their ideas were 'always' listened to, and 48% said their ideas were listened to 'sometimes'.

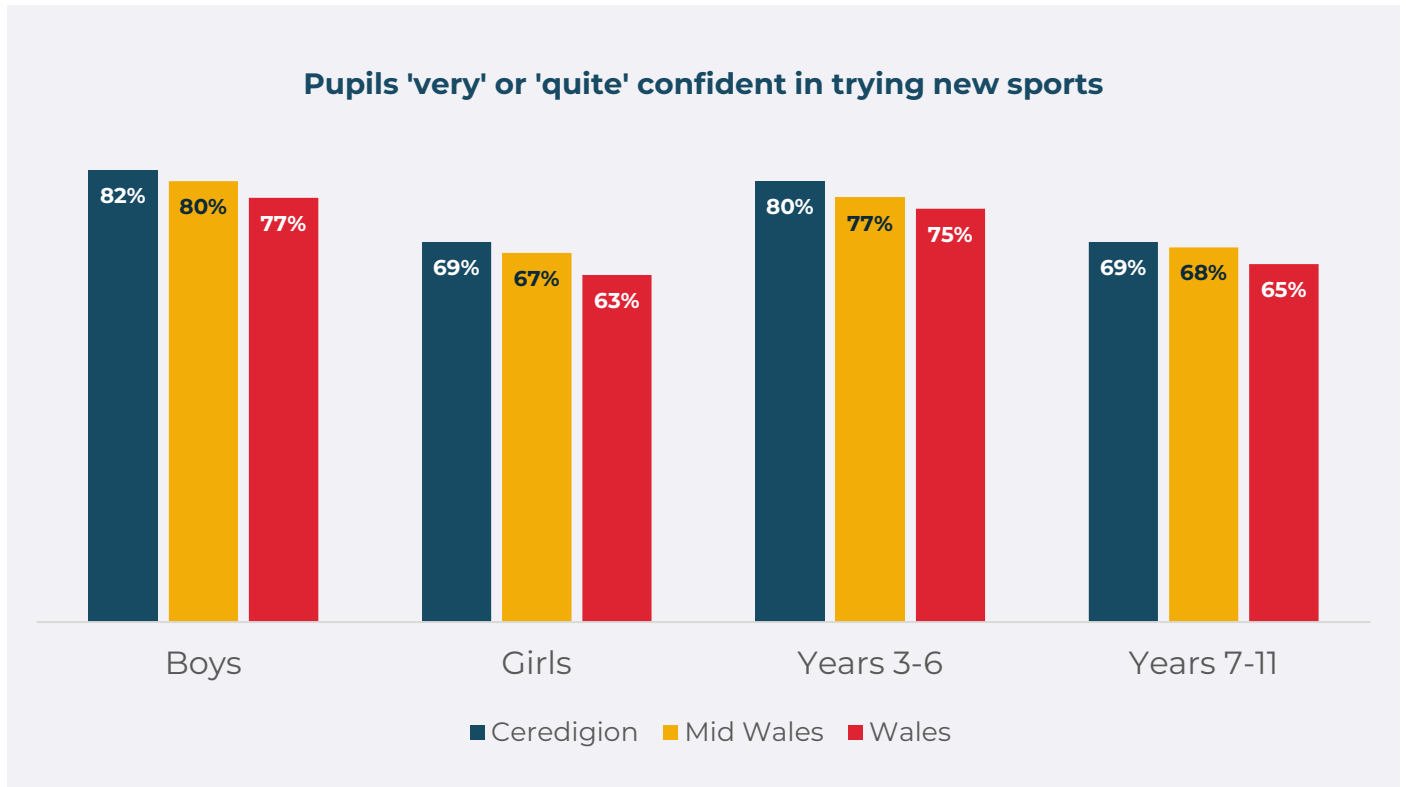
This is another area where we commonly see a gender divide: in Ceredigion 20% of boys felt listened to 'always', compared to 12% of girls. A similar pattern is observed in Mid Wales where 16% of boys and 11% of girls said their ideas were 'always' listened to.

## 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.



Whilst 82% of boys in Ceredigion felt either very confident or quite confident trying new sports, 69% of girls felt similarly.



# Conclusions

## Active nation

- 40% of pupils in Ceredigion participate in organised sport outside of the curriculum three or more times per week.
- In Ceredigion, the most popular sport for boys was Football and the most popular sport for girls was Running or Jogging.

## Everyone

The groups in Ceredigion with the highest rates of participation were:

- Boys
- Year 11

## Lifelong

- 96% of pupils in Ceredigion want to do more sport.
- The sport in Ceredigion with the most demand for boys is Football and for girls is Swimming.
- 58% of pupils in Ceredigion feel that PE lessons and sport help them 'a lot' to have a healthy lifestyle.

## Enjoyment

- 61% of pupils in Ceredigion enjoy PE 'a lot'.
- 29% of pupils in Ceredigion felt 'very confident' in trying new sports.

# Thank you

Thank you for helping us carry out this year's School Sport Survey. We hope that the information in this report will help you plan for the future, taking into account the needs and experiences of young people within Ceredigion and Mid Wales. By working together, we can achieve the Vision for Sport in Wales, ensuring sport is accessible to everyone in building a truly active nation.

For more information, visit [www.sport.wales/research-and-insight/school-sport-survey](http://www.sport.wales/research-and-insight/school-sport-survey).

If you have any questions about the survey or this report, please contact:  
[SchoolSportSurvey@sport.wales](mailto:SchoolSportSurvey@sport.wales)

## Citbag

Visit Citbag. A Sport Wales hub of hundreds of free resources – supporting sporting experiences as part of the new Curriculum for Wales.

Go to <https://citbag.sport.wales/>



# Appendix A

Full list of sports participated in at least once in any setting in the last year

Sport	Ceredigion	Mid Wales	Wales
Archery	25%	24%	21%
Athletics	32%	30%	27%
Badminton	33%	34%	30%
Basketball	48%	46%	50%
BMX	21%	23%	22%
Boccia	-	2%	2%
Bowls	15%	18%	15%
Boxing	13%	14%	18%
Canoeing or Kayaking	33%	29%	21%
Caving	7%	10%	8%
Cheerleading	4%	5%	6%
Climbing inside or outside	31%	31%	30%
Cricket	34%	35%	31%
Curling	2%	2%	2%
Cycling	70%	68%	59%
Dance	40%	39%	38%
Dodgeball	40%	38%	40%
Fencing	3%	4%	4%
Field Hockey	24%	22%	12%
Fishing or Angling	16%	17%	15%
Fitness classes	26%	25%	25%
Football	68%	67%	64%
Goalball	2%	2%	2%
Golf	28%	31%	30%
Gymnastics	18%	18%	19%
Horse riding	24%	25%	17%
Ice Hockey	2%	2%	3%
Judo	4%	6%	6%



Karate	11%	12%	13%
Lacrosse	1%	1%	2%
Lifesaving	10%	10%	10%
Motor sports	26%	23%	19%
Mountain biking	34%	32%	24%
Netball	32%	32%	27%
Paddleboarding	32%	26%	20%
Parkour	21%	21%	24%
Pool or Snooker	43%	43%	40%
Roller sports	14%	15%	14%
Rounders, Baseball or Softball	41%	41%	33%
Rowing	10%	9%	7%
Rugby	45%	44%	37%
Running or jogging	76%	74%	71%
Sailing	6%	6%	6%
Skateboarding	21%	21%	22%
Snowsports	10%	9%	8%
Squash	8%	10%	9%
Surfing	18%	13%	13%
Swimming	68%	69%	62%
Table tennis	38%	38%	35%
Target shooting	16%	17%	14%
Tennis or short tennis	41%	41%	35%
Trampolining	39%	41%	39%
Triathlon	5%	5%	5%
Volleyball	13%	14%	14%
Water polo	11%	11%	11%
Weightlifting	29%	25%	25%
Wheelchair basketball	3%	2%	2%
Wheelchair rugby	-	1%	1%
Wheelchair tennis	-	1%	1%
Windsurfing	3%	3%	3%
Wrestling	10%	11%	11%

Note: "-" represents less than 30 unweighted responses, meaning we cannot accurately report the % figure.

# Appendix B

Full list of sports participated in at least once in any setting in the last year by gender

Sport	Ceredigion	Girls (Ceredigion)	Boys (Ceredigion)
Archery	25%	24%	26%
Athletics	32%	31%	33%
Badminton	33%	36%	31%
Basketball	48%	42%	56%
BMX	21%	14%	29%
Boccia	-	-	-
Bowls	15%	15%	15%
Boxing	13%	8%	18%
Canoeing or Kayaking	33%	32%	34%
Caving	7%	6%	8%
Cheerleading	4%	6%	-
Climbing inside or outside	31%	31%	32%
Cricket	34%	30%	39%
Curling	2%	-	2%
Cycling	70%	70%	71%
Dance	40%	56%	25%
Dodgeball	40%	38%	41%
Fencing	3%	-	4%
Field Hockey	24%	34%	16%
Fishing or Angling	16%	11%	22%
Fitness classes	26%	35%	18%
Football	68%	59%	79%
Goalball	2%	-	2%
Golf	28%	24%	32%
Gymnastics	18%	28%	9%
Horse riding	24%	34%	14%
Ice Hockey	2%	-	2%
Judo	4%	3%	6%

Karate	11%	8%	12%
Lacrosse	1%	-	-
Lifesaving	10%	10%	9%
Motor sports	26%	19%	32%
Mountain biking	34%	26%	42%
Netball	32%	49%	17%
Paddleboarding	32%	37%	28%
Parkour	21%	13%	28%
Pool or Snooker	43%	37%	49%
Roller sports	14%	20%	7%
Rounders, Baseball or Softball	41%	42%	40%
Rowing	10%	10%	10%
Rugby	45%	37%	54%
Running or jogging	76%	77%	76%
Sailing	6%	5%	6%
Skateboarding	21%	23%	19%
Snowsports	10%	11%	10%
Squash	8%	8%	8%
Surfing	18%	18%	18%
Swimming	68%	70%	66%
Table tennis	38%	37%	40%
Target shooting	16%	12%	20%
Tennis or short tennis	41%	41%	42%
Trampolining	39%	41%	36%
Triathlon	5%	4%	6%
Volleyball	13%	14%	12%
Water polo	11%	12%	10%
Weightlifting	29%	20%	38%
Wheelchair basketball	3%	-	3%
Wheelchair rugby	-	-	-
Wheelchair tennis	-	-	-
Windsurfing	3%	2%	4%
Wrestling	10%	6%	14%

Note: “-” represents less than 30 unweighted responses, meaning we cannot accurately report the % figure.

# Appendix C

## Full list of sports with latent demand

Sport	Ceredigion	Mid Wales	Wales
Archery	38%	38%	35%
Athletics	25%	25%	22%
Badminton	29%	30%	27%
Basketball	46%	46%	46%
BMX	23%	25%	24%
Boccia	2%	3%	3%
Bowls	13%	14%	13%
Boxing	28%	28%	30%
Canoeing or Kayaking	33%	32%	26%
Caving	16%	19%	18%
Cheerleading	11%	12%	14%
Climbing inside or outside	31%	34%	31%
Cricket	29%	29%	25%
Curling	7%	8%	7%
Cycling	50%	49%	44%
Dance	25%	24%	25%
Dodgeball	31%	33%	32%
Fencing	15%	16%	14%
Field Hockey	18%	16%	10%
Fishing or Angling	20%	19%	19%
Fitness classes	18%	17%	18%
Football	44%	45%	43%
Goalball	4%	4%	4%
Golf	28%	30%	28%
Gymnastics	21%	20%	20%
Horse riding	29%	30%	28%
Ice Hockey	9%	10%	11%
Judo	14%	15%	14%
Karate	21%	21%	22%

Lacrosse	6%	6%	5%
Lifesaving	16%	15%	14%
Motor sports	38%	37%	32%
Mountain biking	31%	31%	25%
Netball	24%	24%	20%
Paddleboarding	32%	29%	23%
Parkour	28%	30%	30%
Pool or Snooker	34%	35%	32%
Roller sports	18%	19%	19%
Rounders, Baseball or Softball	27%	28%	22%
Rowing	14%	14%	11%
Rugby	27%	27%	21%
Running or jogging	38%	39%	37%
Sailing	12%	12%	12%
Skateboarding	22%	23%	23%
Snowsports	23%	24%	21%
Squash	13%	14%	13%
Surfing	30%	28%	26%
Swimming	54%	53%	48%
Table tennis	37%	36%	32%
Target shooting	27%	30%	27%
Tennis or short tennis	44%	43%	38%
Trampolining	39%	42%	40%
Triathlon	12%	12%	10%
Volleyball	16%	18%	16%
Water polo	16%	16%	14%
Weightlifting	30%	29%	28%
Wheelchair basketball	5%	4%	3%
Wheelchair rugby	3%	3%	3%
Wheelchair tennis	4%	5%	4%
Windsurfing	12%	12%	11%
Wrestling	16%	18%	18%

Note: “-” represents less than 30 unweighted responses, meaning we cannot accurately report the % figure.

# Appendix D

## Full list of sports with latent demand by gender

Sport	Ceredigion	Girls (Ceredigion)	Boys (Ceredigion)
Archery	38%	38%	37%
Athletics	25%	27%	24%
Badminton	29%	33%	26%
Basketball	46%	41%	51%
BMX	23%	13%	34%
Boccia	2%	2%	3%
Bowls	13%	14%	13%
Boxing	28%	20%	36%
Canoeing or Kayaking	33%	34%	32%
Caving	16%	13%	18%
Cheerleading	11%	19%	3%
Climbing inside or outside	31%	32%	29%
Cricket	29%	25%	34%
Curling	7%	6%	8%
Cycling	50%	48%	53%
Dance	25%	39%	11%
Dodgeball	31%	30%	33%
Fencing	15%	13%	17%
Field Hockey	18%	26%	11%
Fishing or Angling	20%	12%	27%
Fitness classes	18%	27%	9%
Football	44%	35%	54%
Goalball	4%	3%	4%
Golf	28%	24%	33%
Gymnastics	21%	33%	8%
Horse riding	29%	46%	14%
Ice Hockey	9%	10%	8%
Judo	14%	10%	17%
Karate	21%	21%	21%

Lacrosse	6%	8%	3%
Lifesaving	16%	19%	14%
Motor sports	38%	27%	49%
Mountain biking	31%	22%	41%
Netball	24%	39%	11%
Paddleboarding	32%	39%	25%
Parkour	28%	24%	33%
Pool or Snooker	34%	26%	44%
Roller sports	18%	25%	11%
Rounders, Baseball or Softball	27%	27%	28%
Rowing	14%	15%	13%
Rugby	27%	23%	33%
Running or jogging	38%	37%	41%
Sailing	12%	10%	14%
Skateboarding	22%	25%	18%
Snowsports	23%	25%	22%
Squash	13%	12%	14%
Surfing	30%	33%	28%
Swimming	54%	56%	52%
Table tennis	37%	36%	40%
Target shooting	27%	21%	33%
Tennis or short tennis	44%	45%	44%
Trampolining	39%	44%	34%
Triathlon	12%	11%	13%
Volleyball	16%	19%	14%
Water polo	16%	18%	15%
Weightlifting	30%	20%	41%
Wheelchair basketball	5%	4%	4%
Wheelchair rugby	3%	2%	3%
Wheelchair tennis	4%	4%	4%
Windsurfing	12%	12%	12%
Wrestling	16%	12%	20%

Note: "-" represents less than 30 unweighted responses, meaning we cannot accurately report the % figure.

# Appendix E

## Full list of sports with unmet demand

Sport	Ceredigion	Mid Wales	Wales
Archery	21%	22%	21%
Athletics	10%	10%	10%
Badminton	9%	10%	10%
Basketball	14%	15%	13%
BMX	11%	12%	11%
Boccia	2%	3%	2%
Bowls	6%	6%	7%
Boxing	18%	18%	17%
Canoeing or Kayaking	16%	16%	15%
Caving	12%	14%	14%
Cheerleading	9%	9%	10%
Climbing inside or outside	14%	16%	15%
Cricket	10%	10%	9%
Curling	6%	7%	6%
Cycling	8%	8%	10%
Dance	4%	5%	5%
Dodgeball	12%	14%	13%
Fencing	13%	14%	13%
Field Hockey	6%	6%	5%
Fishing or Angling	11%	10%	11%
Fitness classes	6%	6%	7%
Football	4%	4%	4%
Goalball	3%	3%	3%
Golf	12%	12%	12%
Gymnastics	10%	10%	10%
Horse riding	14%	15%	18%
Ice Hockey	8%	9%	9%
Judo	11%	11%	10%
Karate	15%	14%	15%



Lacrosse	5%	5%	4%
Lifesaving	11%	10%	10%
Motor sports	20%	21%	20%
Mountain biking	12%	12%	11%
Netball	7%	7%	7%
Paddleboarding	13%	13%	12%
Parkour	15%	17%	16%
Pool or Snooker	9%	9%	10%
Roller sports	11%	12%	12%
Rounders, Baseball or Softball	8%	9%	8%
Rowing	9%	10%	9%
Rugby	5%	6%	5%
Running or jogging	3%	4%	4%
Sailing	9%	10%	9%
Skateboarding	11%	12%	12%
Snowsports	17%	18%	16%
Squash	8%	9%	8%
Surfing	19%	20%	18%
Swimming	11%	9%	11%
Table tennis	15%	14%	14%
Target shooting	17%	19%	19%
Tennis or short tennis	17%	16%	16%
Trampolining	15%	16%	17%
Triathlon	9%	9%	7%
Volleyball	11%	12%	10%
Water polo	10%	10%	9%
Weightlifting	12%	13%	13%
Wheelchair basketball	3%	3%	3%
Wheelchair rugby	2%	3%	3%
Wheelchair tennis	4%	4%	4%
Windsurfing	10%	11%	10%
Wrestling	10%	12%	11%

Note: “-” represents less than 30 unweighted responses, meaning we cannot accurately report the % figure.

# Appendix F

## Full list of sports with unmet demand

Sport	Ceredigion	Girls (Ceredigion)	Boys (Ceredigion)
Archery	21%	22%	19%
Athletics	10%	10%	9%
Badminton	9%	10%	9%
Basketball	14%	15%	13%
BMX	11%	7%	15%
Boccia	2%	2%	-
Bowls	6%	7%	5%
Boxing	18%	15%	22%
Canoeing or Kayaking	16%	17%	15%
Caving	12%	10%	13%
Cheerleading	9%	15%	2%
Climbing inside or outside	14%	16%	11%
Cricket	10%	9%	11%
Curling	6%	6%	7%
Cycling	8%	9%	7%
Dance	4%	7%	2%
Dodgeball	12%	11%	12%
Fencing	13%	12%	15%
Field Hockey	6%	7%	4%
Fishing or Angling	11%	8%	14%
Fitness classes	6%	10%	3%
Football	4%	5%	3%
Goalball	3%	3%	4%
Golf	12%	13%	12%
Gymnastics	10%	16%	4%
Horse riding	14%	22%	7%
Ice Hockey	8%	9%	7%
Judo	11%	8%	12%
Karate	15%	16%	13%

Lacrosse	5%	8%	3%
Lifesaving	11%	14%	10%
Motor sports	20%	16%	25%
Mountain biking	12%	11%	13%
Netball	7%	9%	5%
Paddleboarding	13%	15%	11%
Parkour	15%	16%	15%
Pool or Snooker	9%	8%	10%
Roller sports	11%	15%	7%
Rounders, Baseball or Softball	8%	9%	8%
Rowing	9%	10%	8%
Rugby	5%	6%	5%
Running or jogging	3%	4%	3%
Sailing	9%	8%	11%
Skateboarding	11%	15%	8%
Snowsports	17%	19%	17%
Squash	8%	7%	9%
Surfing	19%	22%	17%
Swimming	11%	11%	10%
Table tennis	15%	15%	16%
Target shooting	17%	14%	20%
Tennis or short tennis	17%	17%	16%
Trampolining	15%	18%	12%
Triathlon	9%	9%	9%
Volleyball	11%	13%	9%
Water polo	10%	12%	9%
Weightlifting	12%	10%	14%
Wheelchair basketball	3%	3%	3%
Wheelchair rugby	2%	-	3%
Wheelchair tennis	4%	4%	3%
Windsurfing	10%	11%	10%
Wrestling	10%	8%	11%

Note: "-" represents less than 30 unweighted responses, meaning we cannot accurately report the % figure.

# Appendix G

## I would do more sport if... list

	Ceredigion	Mid Wales	Wales
If there were more sport opportunities that suited me	38%	40%	37%
If I didn't have to get the school bus home	9%	9%	6%
If I had more time	40%	39%	36%
If it was cheaper	18%	19%	17%
If it was easier to get to	21%	21%	19%
If I had the equipment I need	16%	17%	16%
If the places I played sport in were better	10%	11%	10%
If boys and girls did sport or PE separately	9%	10%	9%
If boys and girls did sport or PE together	10%	11%	10%
If I enjoyed PE more	15%	15%	16%
If I enjoyed sport more	15%	15%	15%
If more people in the sport looked like me	4%	5%	5%
If I was more confident	26%	26%	25%
If I was better at sports	20%	20%	20%
If I could manage my period better	5%	6%	5%
If someone else went with me	24%	24%	23%
I do not need or want to play more sport	8%	8%	9%

Note: "-" represents less than 30 unweighted responses, meaning we cannot accurately report the % figure.

# Appendix H

## I would do more sport if... list by gender

	Ceredigion	Girls (Ceredigion)	Boys (Ceredigion)
If there were more sport opportunities that suited me	38%	42%	35%
If I didn't have to get the school bus home	9%	10%	8%
If I had more time	40%	44%	37%
If it was cheaper	18%	21%	15%
If it was easier to get to	21%	23%	19%
If I had the equipment I need	16%	15%	15%
If the places I played sport in were better	10%	9%	10%
If boys and girls did sport or PE separately	9%	15%	5%
If boys and girls did sport or PE together	10%	10%	8%
If I enjoyed PE more	15%	17%	12%
If I enjoyed sport more	15%	18%	11%
If more people in the sport looked like me	4%	4%	3%
If I was more confident	26%	33%	18%
If I was better at sports	20%	24%	14%
If I could manage my period better	5%	8%	-
If someone else went with me	24%	32%	16%
I do not need or want to play more sport	8%	5%	11%

Note: "-" represents less than 30 unweighted responses, meaning we cannot accurately report the % figure.



# School Sport Survey 2018

## Arllwg 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

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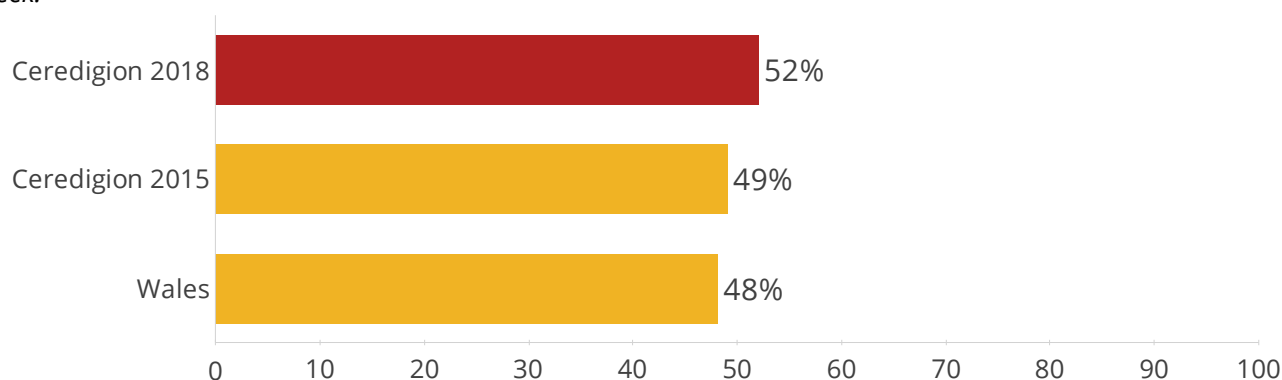


## Section 1: Towards an Active Nation

### Overall Participation

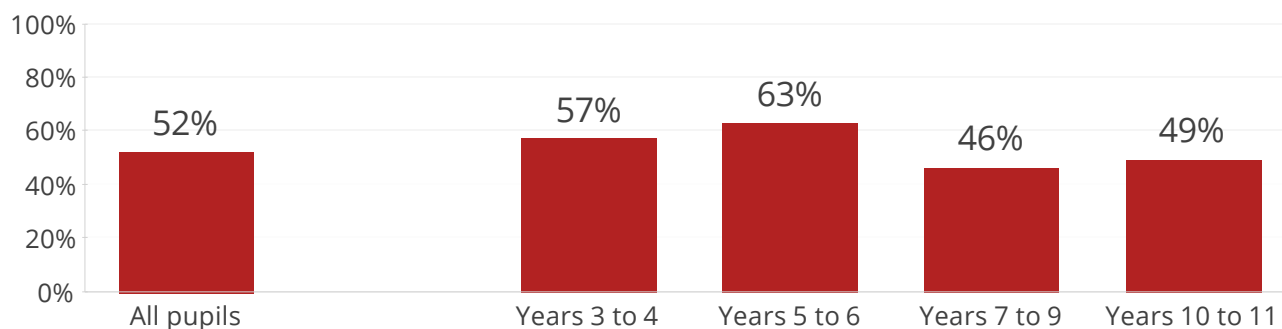
The **Vision for Sport in Wales** calls for an **Active Nation Where Everyone Can Have A Lifelong Enjoyment of Sport**. Since 2011, the School Sport Survey has captured a detailed picture of frequency of participation, allowing us to explore the number of occasions per week pupils take part in organised 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.

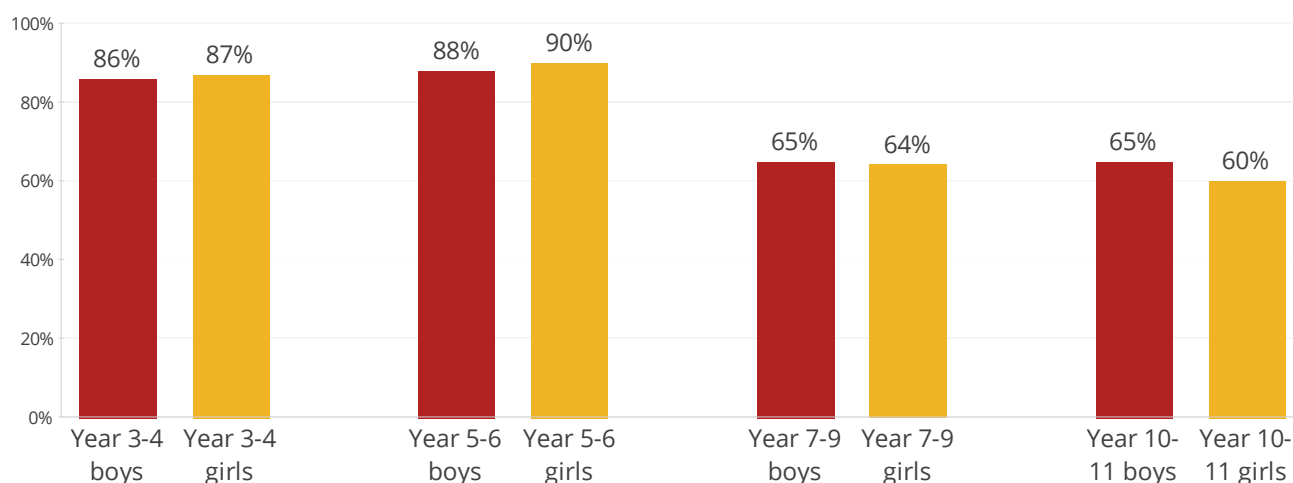
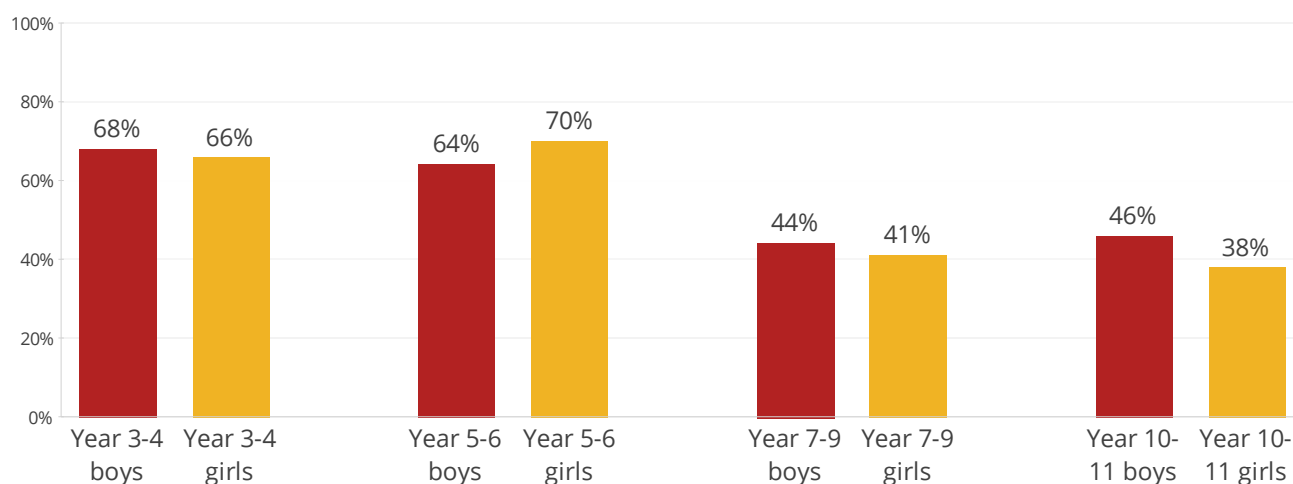












Figure 4. Percentage of pupils participating in frequent (at least once a week) extracurricular activity by year group and gender.



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		Rounders/ Baseball/ Softball	
	37%		37%
Rugby		Athletics	
	35%		36%
Running or jogging		Netball	
	35%		34%
Athletics		Running or jogging	
	32%		32%
Rounders/ 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.

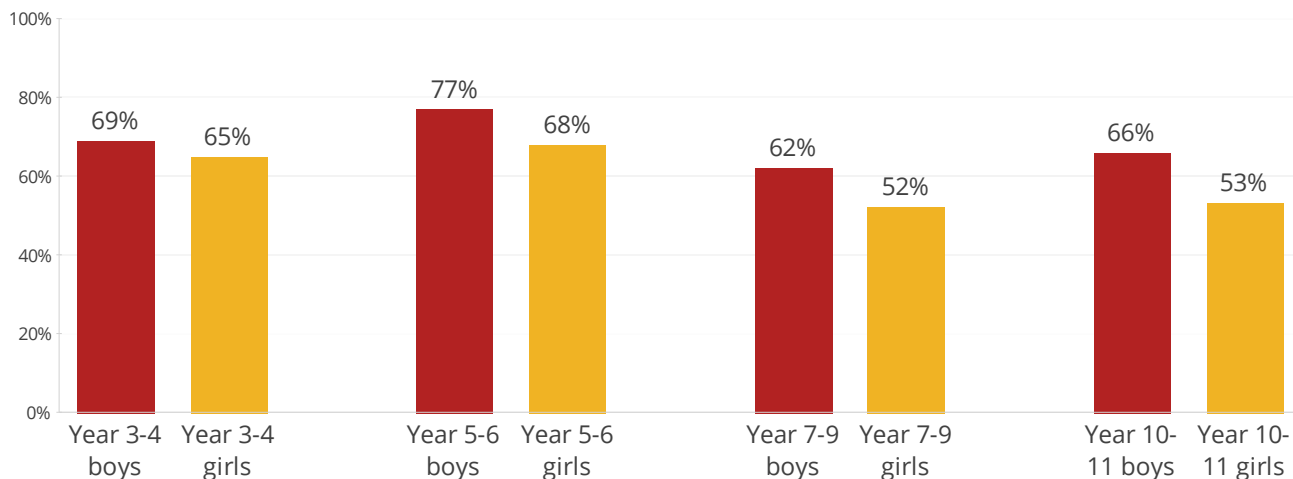
Boys	Top 5	Girls	Top 5
	43%		31%
Football		Swimming	
	30%		27%
Rugby		Dance	
	25%		19%
Swimming		Gymnastics	
	21%		18%
Running or jogging		Running or jogging	
	16%		18%
Athletics		Football	

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?

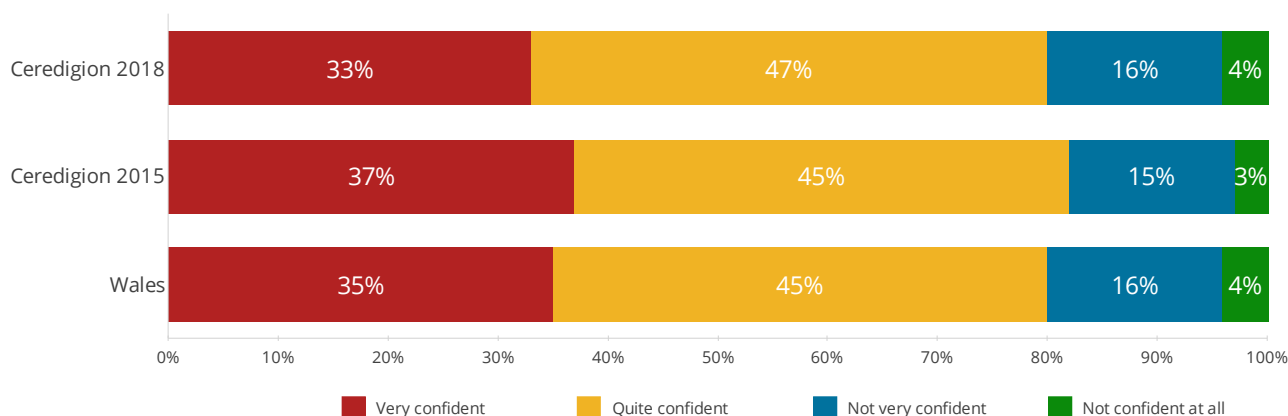
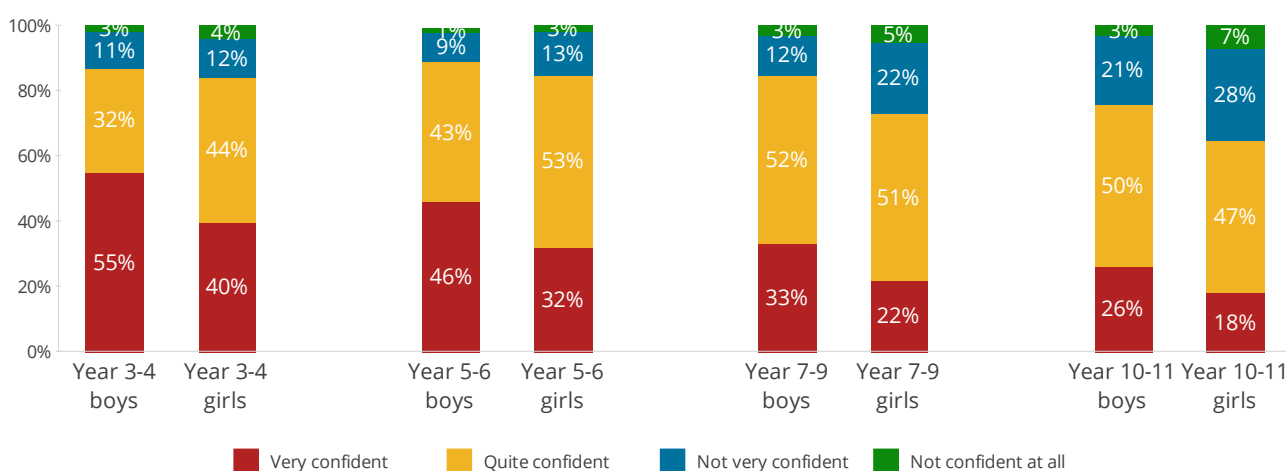


Figure 10. How confident are pupils in trying new activities? (by year group and gender)



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.

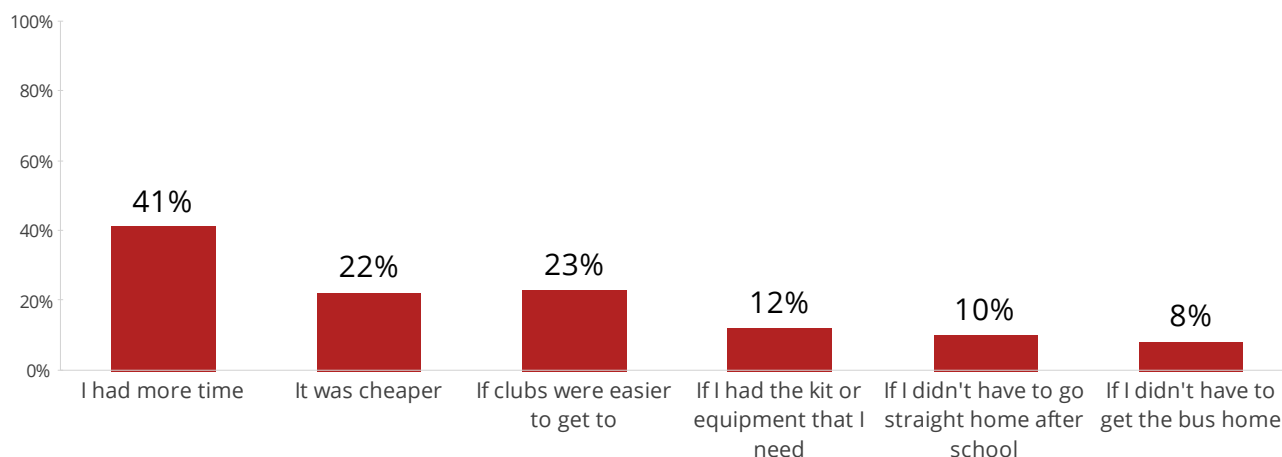
On average, Ceredigion offer **109 minutes per week** to primary school pupils, and **105 minutes per week** to secondary school pupils. This compares with a national average of **99 minutes** in primary, and **95 minutes** in secondary.

### 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)

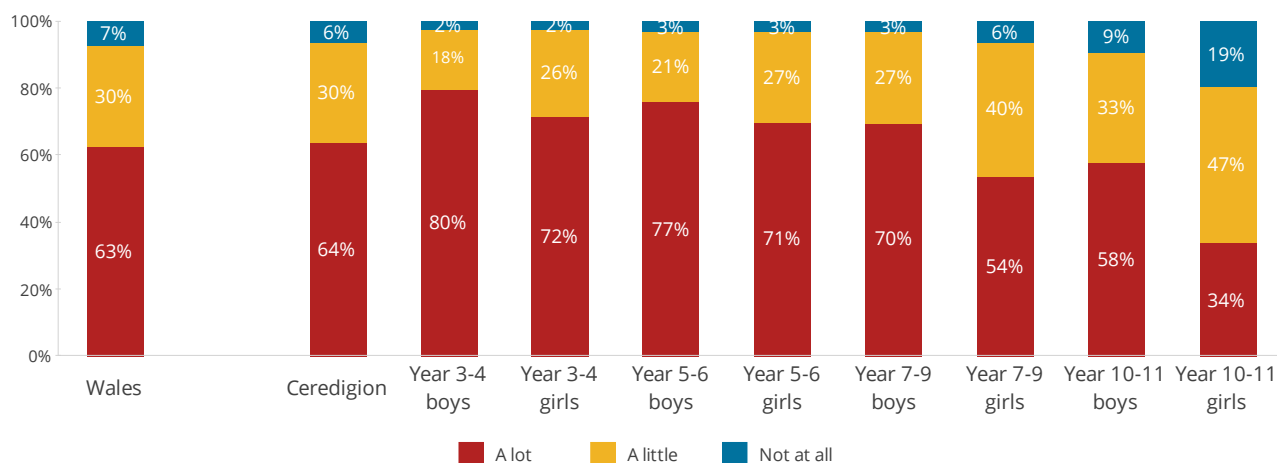
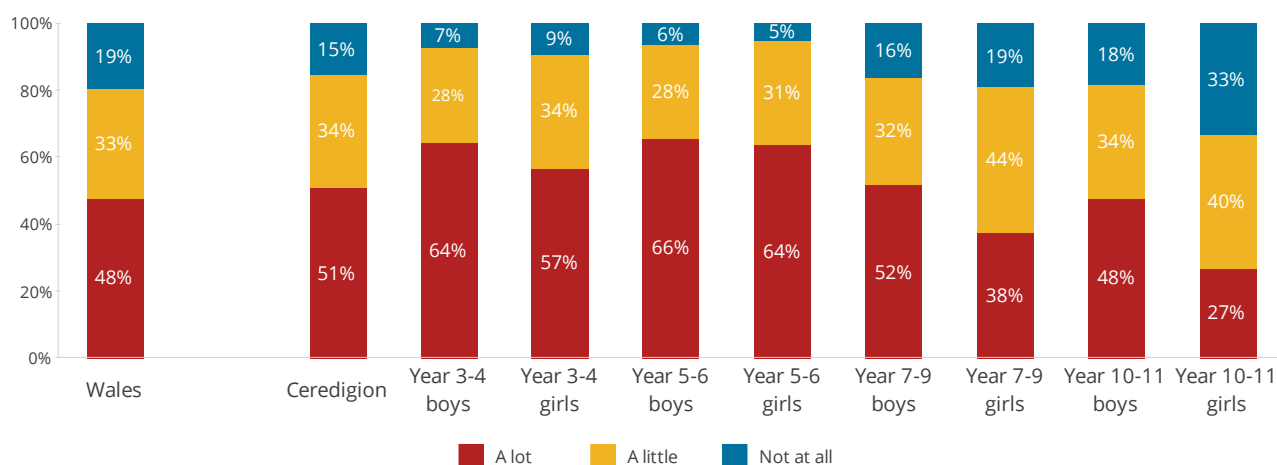


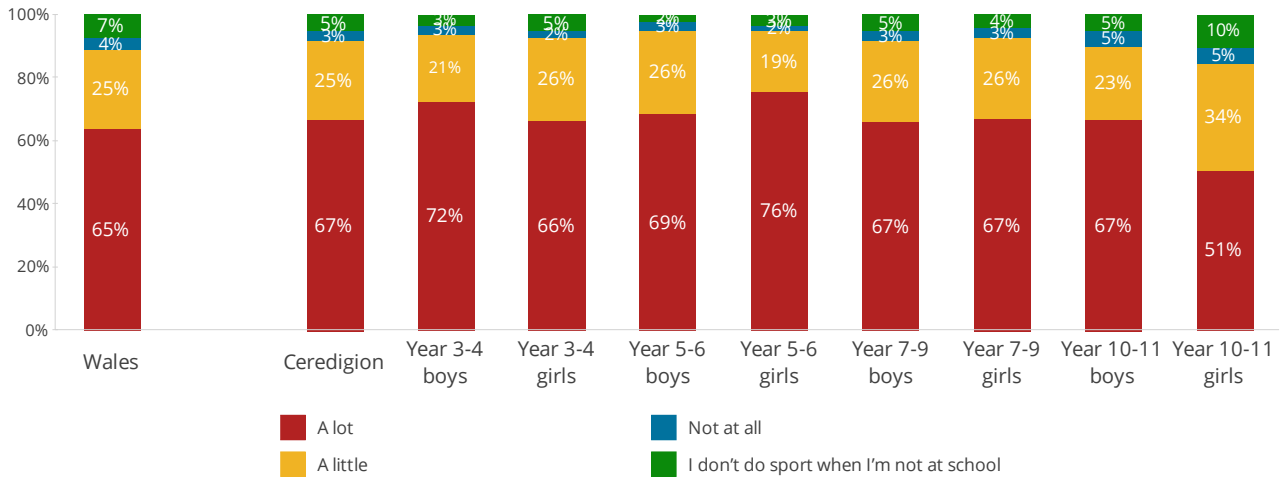
Figure 13. How much do you enjoy extracurricular activity? (by year group and gender)



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.

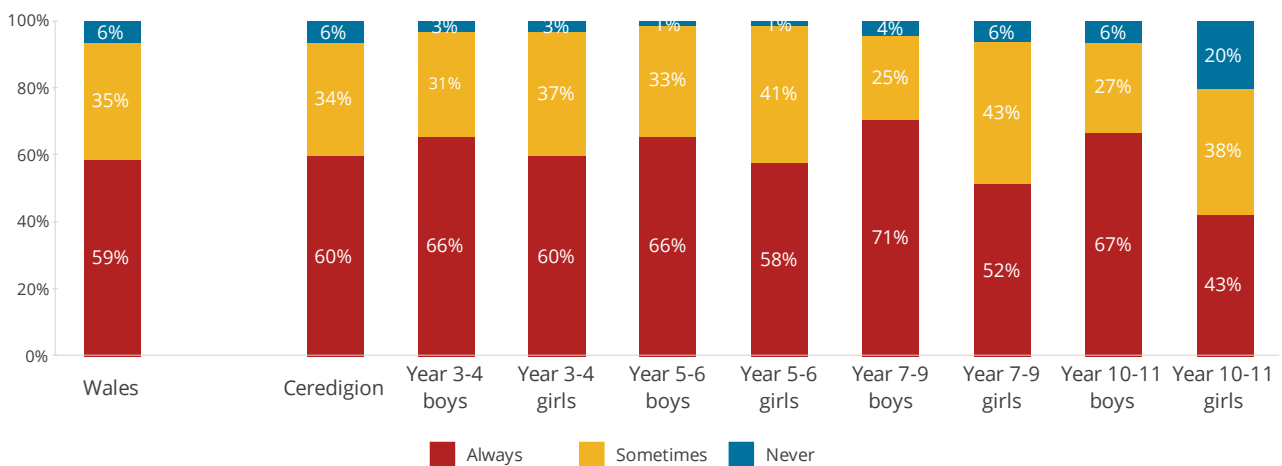
Figure 14. How much do you enjoy organised sport outside of school? (by year group and gender)



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](http://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.

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## 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...':

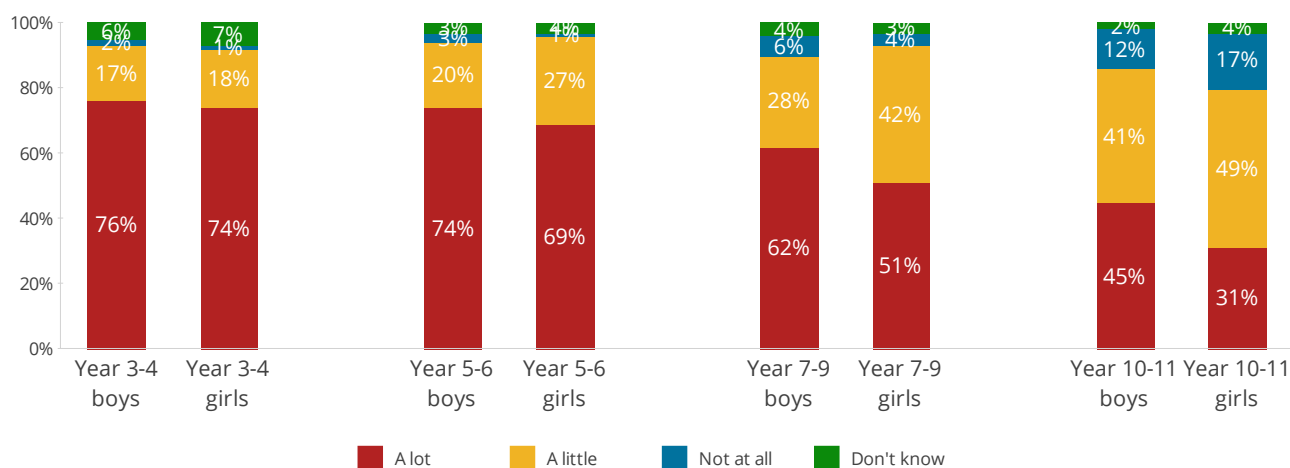
	Wales	Ceredigion	Male pupils in Ceredigion	Female pupils in Ceredigion
There were more sports that suited me	35%	35%	34%	37%
My parents went with me	11%	11%	11%	10%
My friends went with me	38%	38%	30%	46%
I had more time	34%	41%	38%	45%
It was cheaper	19%	22%	19%	25%
If the clubs were easier to get to	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?



## CEREDIGION COUNTY COUNCIL

**Report to:** Cabinet

**Date of meeting:** 14 February 2023

**Title:** Feedback from the Healthier Communities Overview and Scrutiny Committee in relation to the Sport Wales School Sport Survey 2022

**Purpose of the report:** To consider feedback from the Committee in relation to its meeting held on the 23<sup>rd</sup> January 2023

The Healthier Communities Overview and Scrutiny Committee considered the report so as to inform them of the main Ceredigion headline findings from the survey. Members of the Learning Communities Overview and Scrutiny Committee were invited to observe the agenda item for their information.

Members were pleased to learn that many young people who reside in Ceredigion take part in various sport activities.

Following discussion, Committee Members were asked to consider the following recommendation:

- to receive the report for information

The Chair thanked the Cabinet Members and Officers for attending and presenting the information.

**Councillor Caryl Roberts**  
***Chairman of the Healthier Communities Overview and Scrutiny Committee***