

Exercise and sport

PWS 2024



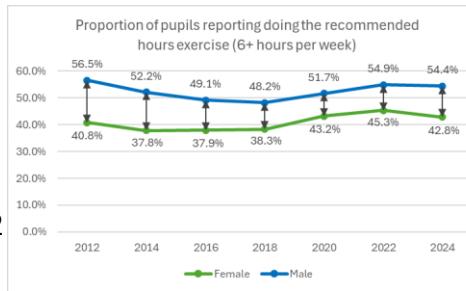
Exercise participation

1 in 2

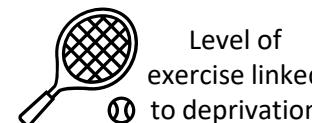


Pupils report doing the recommended exercise

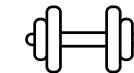
...but this has reduced since 2022



Males more likely to do the recommended exercise

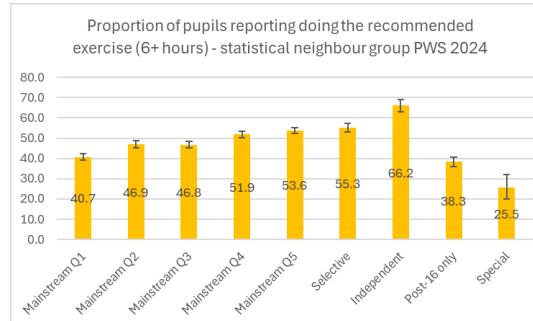


Level of exercise linked to deprivation



Participation lower in pupils:

- reporting a disability
- known to Social Care
- identifying as LGBTQ+
- being serious bullied
- who are eligible for FSM*
- who have LMW
- reporting SEN/EHCP
- with 4+ ACEs
- who are young carers



Barriers to exercise...

1 in 4

Thought they weren't good at exercising



1 in 10

Females didn't like wearing clingy clothing for sport

1 in 4

Females didn't exercise due to menstrual difficulties

1 in 3

Females wanted advice about feeling positive about their appearance – regardless of exercise level



1 in 10

Didn't exercise due to the cost



Pupils in special schools least likely to exercise



Black, Asian and minority ethnicity pupils less likely to exercise



Things going well...

3 in 4

Would like to do more exercise

Significantly higher than 2014

Less likely to have Low Mental Wellbeing



Pupils who exercise more likely to:

- Eat '5 a day'
- Get recommended sleep
- Enjoy school, try their best, learn a lot at school
- Feel confident and good about themselves
- Feel able to cope with problems

Pupils who exercise less likely to:

- Smoke cigarettes
- Be excluded
- Self-harm
- Excessive screen time