

Teachers Survey 2023

Youth Sport Trust/Teacher Tapp

4th - 5th April 2023

About the PE & School Sport Survey:

The Youth Sport Trust is a children's charity founded in 1995 to harness the power of play and sport in children's education and development. Our vision is a future where every child enjoys the life-changing benefits of play and sport.

Not only is physical activity, PE, play and sport vital for the future health of the nation but it is also a critical tool to improve mental, social and emotional wellbeing and positive academic outcomes for young people.

To inform the annual Youth Sport Trust PE and School Sport Report and the launch of National School Sport Week, we commissioned Teacher Tapp to conduct research amongst a sample of teachers to understand their current attitudes and views. Teacher Tapp is a daily survey app that asks questions to over 8,000 teachers each day. The data is reweighted to make it representative.

This report provides a summary of the key findings from this study.

Teachers have concerns about young people in their school

Mental Health

- **Almost two thirds of teachers (65%) are ‘concerned’ or ‘very concerned’ about the mental health of young people in their school** (with a further third (32%) being ‘slightly concerned’).
 - Those teaching in less affluent areas have even more concerns than those teaching in school in more affluent catchments (75% concerned/very concerned vs. 61%)
- Secondary school teachers are even more concerned than primary teachers : **a quarter of secondary teachers (24%) say that they are ‘very concerned’** and a fifth (19%) of primary school teachers say the same.

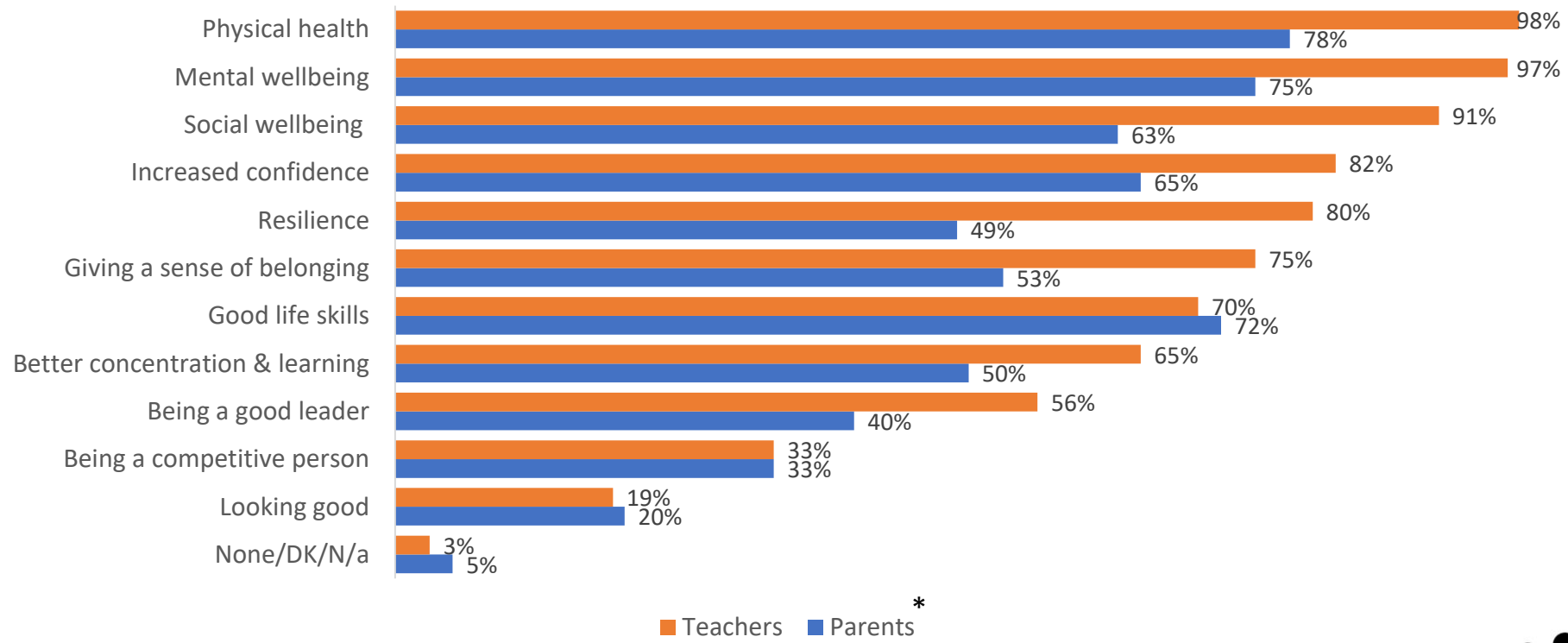
Physical Health

- **Over a quarter (27%) of teachers are ‘concerned’ or ‘very concerned’ about the physical health of young people in their school** (with a further half (47%) being ‘slightly concerned’).
 - Teachers in state schools have more concerns than those teaching in independent schools (28% vs. 15%). Similarly, **those teaching in less affluent areas have more concerns than those teaching in school in more affluent catchments (40% vs. 17%)**

Teachers recognise the benefits of play and sport

- Teachers recognise the myriad benefits to children of play and sport. They are much more likely than parents* to recognise these benefits.

How does sport and play help young people?



Most teachers are unaware of how much activity children should be doing

- The Chief Medical Officers (CMO) recommend that young people (aged 5-18) should be active, defined as participating in 'moderate-to-vigorous physical activity' (MVPA), for an average of at least 60 minutes every day.
- However, Sport England's Active Lives Children and Young People survey 2021-22, found that less than half of children (47%) are active for 60 minutes or more, with 30% doing less than 30 minutes.
- From our survey, we saw that **35% of teachers think that children should be active for 60 or more minutes a day** and **over half of teachers (52%) believe that children should be active for 30 minutes a day or less.**

Schools have a role to play in achieving 60 active minutes..

- The Government's Childhood Obesity Plan, set out guidelines that children and young people should get 30 minutes of their daily 60 active minutes during the school day.
- **Around 3 in 5 teachers (61%) said that they thought schools are recommended to provide at least 30 minutes of MVPA a day.** Interestingly there is variation between primary and secondary school teachers with three quarters (75%) of primary school teachers thinking it was 30+ minutes but under half (47%) of secondary school teachers thinking this.
- **Around a fifth of all teachers (18%) think that there is no minimum recommendation** (11% primary and 25% secondary).



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