

PE & School Sport Survey

Youth Sport Trust/You Gov

28th-30th March 2022

Survey details:

To coincide with the launch of the Youth Sport Trust's PE and School Sport Annual Report, we commissioned YouGov Plc to conduct research into the current attitudes and views of the GB population and parents specifically on the importance of sport and play. This report provides a summary of the key findings from these studies.

- For the parent sample: All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 4523 adults, of which 1,069 are parents of children aged 18 and under. Fieldwork was undertaken between 28th - 30th March 2022. The survey was carried out online. The figures have been weighted and are representative of all UK adults (aged 18+).
- For the GB survey: All figures, unless otherwise stated, are from YouGov Plc. Total sample size was 2184 adults. Fieldwork was undertaken between 28th - 29th March 2022. The survey was carried out online. The figures have been weighted and are representative of all UK adults (aged 18+).

This report makes comparisons to previous research:

- “Wellbeing” research conducted by YouGov plc in 2021 on behalf of YST and the Gregson Family Foundation: Total sample size was 1,109 parents with children aged 18 and under. Fieldwork was undertaken between 17th - 19th February 2021. The survey was carried out online. The figures were weighted and were representative of all GB parents (aged 18+) with children aged 18 and under.
- “Class of 2035”: research conducted by Future Foundation on behalf of YST in November 2020. This was conducted online with a nationally representative sample of 994 children aged 5-16

There is still work to be done on awareness of physical literacy and recommended activity levels.

Physical Literacy*

- 61% of parents don't understand what is meant by the term 'physical literacy (a child's motivation, confidence, competence, knowledge and understanding to value and engage in physical activity)
- This is important as, once explained, 70% say that they think their child's physical literacy is as important to them as their language literacy and numeracy.

CMO guidelines

- Most parents are unaware how much activity their children should be doing. The Chief Medical Officer recommends that young people (aged 5-18) should be active for at least an average of 60 minutes every day.
- Only 42% of parents** were aware of this (saying 60 or more minutes) and the picture is getting worse as this represents a fall from 2021 when 48% were aware***. Almost a quarter (24%) of all parents believe that children should be only be active for less than 30 minutes a day.



Parents value the benefits that come from PE and sport

Skills and wellbeing are more important than ever

- 76% of parents agree that the teaching of interpersonal skills is now even more important for young people growing up in today's digital age than it was for previous generations.
- Most parents (79%) believe that children are spending too much time online and not enough time with each other.

Parents are supportive of children being active

- 86% of parents believe that sport and play are important parts of every young person's education and development
- 77% are concerned that children are not getting enough physical activity
- 60% of parents say that they encourage their children to be active and play sport.
- However, less than half (44%) of parents say that their children enjoy PE at school, so whilst parents are recognising the benefits, more needs to be done to ensure that children are engaged and enjoying their school sport and PE.

Parents are supportive of school sport & PE with many keen to take action to drive change

- Over a third (39%) of parents believe that children should get more time for sport and play during the school day.

Previous research from Youth Sport Trust and YouGov (2021)* showed that

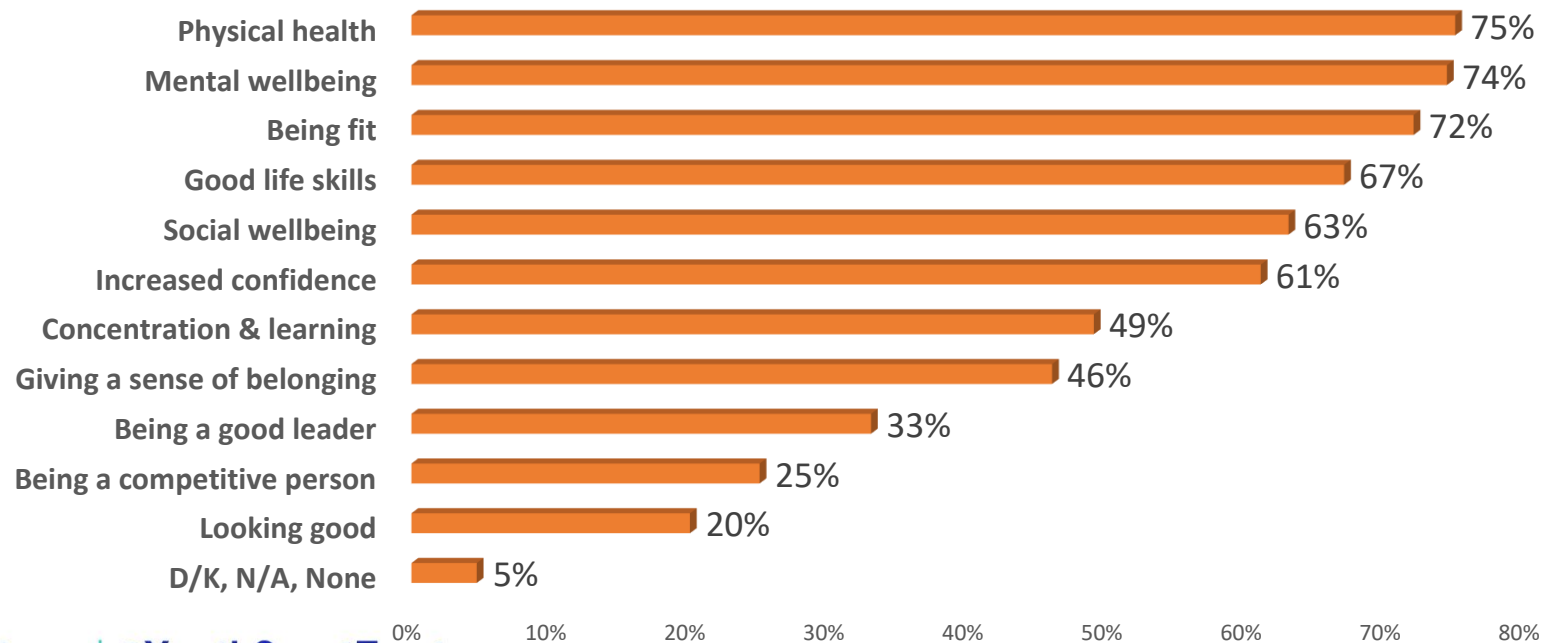
- 81% believe that schools should be ensuring that every pupil is physically active for at least 30 minutes a day whilst in school
- 78% want schools to provide at least 2 hours a week of PE to every pupil
- 68% believe that PE should be a core subject on the national curriculum

Some parents are keen to become more active in driving change:

- Just under a quarter (23%) would be prepared to speak to their child's school to encourage them to provide more PE or school sport
- 16% would be prepared to speak to local leaders (such as councillors and MPs) on the issue.
- Nearly half (45%) of parents would support a national campaign to get young people more active

Parents believe that sport & play can benefit their children's health, fitness, wellbeing and life skills

- Three quarters of parents of children 18 or under think that sport and play helps physical health
- They also recognise the impact on their children's fitness (72%), mental wellbeing (74%), life skills (67%), social wellbeing (63%) and confidence (61%)
- However, we know from previous research**, that children are less likely to recognise the benefits beyond physical health, so there is more work to be done to ensure sport continues to be relevant and engaging for children.



Positive experiences can influence across generations..

Only 32% of parents say have they have positive experiences of PE from when they were a child.

Positive experiences at school can shape a child's future enjoyment and engagement in sport, which is why the provision of quality PE and school sport is so important.

Our research showed that these parents were more:

- more likely to say their children enjoy PE at school (63% vs 35%)
- more likely to encourage their children to be active and play sport (78% vs 52%)
- inclined to choose a school which prioritises PE (22% vs 8%)
- prepared to speak to school to encourage them to provide more PE or school sport (34% vs 18%).



At YST, we recognise that Schools are uniquely placed to deliver opportunities and motivation for children to be more active, but this research highlights the importance of working with families too. It is important to highlight, regardless of their own memories and PE experiences, what they do now to support their children's experience can influence their wellbeing and education as well as their physical activity levels into adulthood."

Ali Oliver MBE, Chief Executive Officer, Youth Sport Trust



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