

Teachers Survey 2026

PE and School Sport Report

Youth Sport Trust / Teacher Tapp
3rd February 2026

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.

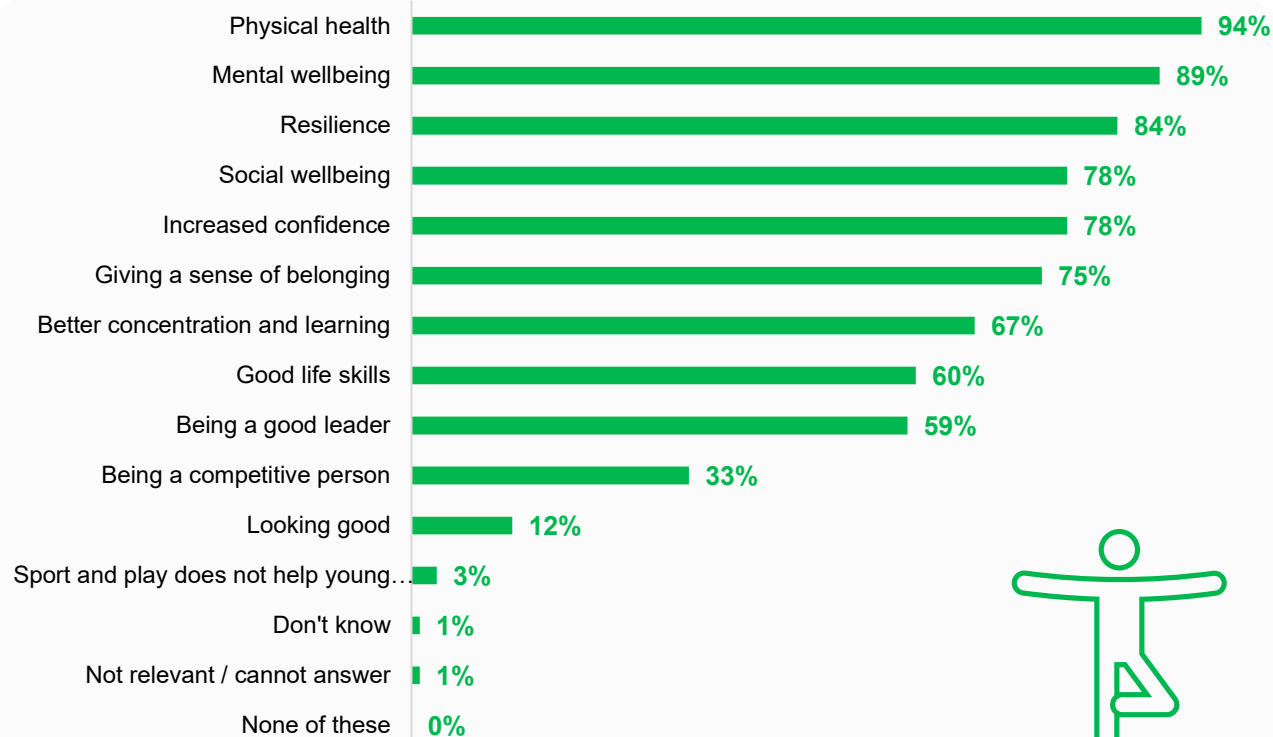
To inform the annual Youth Sport Trust PE and School Sport Report, we commissioned Teacher Tapp to conduct research amongst a sample of teachers to understand their current attitudes and views. Teacher Tapp is a daily survey app that asks questions to over 8,000 teachers each day. The questions were asked on the week commencing 2nd February 2026 and answered by between 6,912 and 9,774 teachers in England. The data is reweighted to make it representative.

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

Awareness of the benefits of sport and play

Overall awareness from teachers of the benefits of sport and play have slightly decreased when compared to the previous year, but remain high with 94% and 89% identifying the benefits on physical health and mental wellbeing respectively.

How does sport and play help young people?



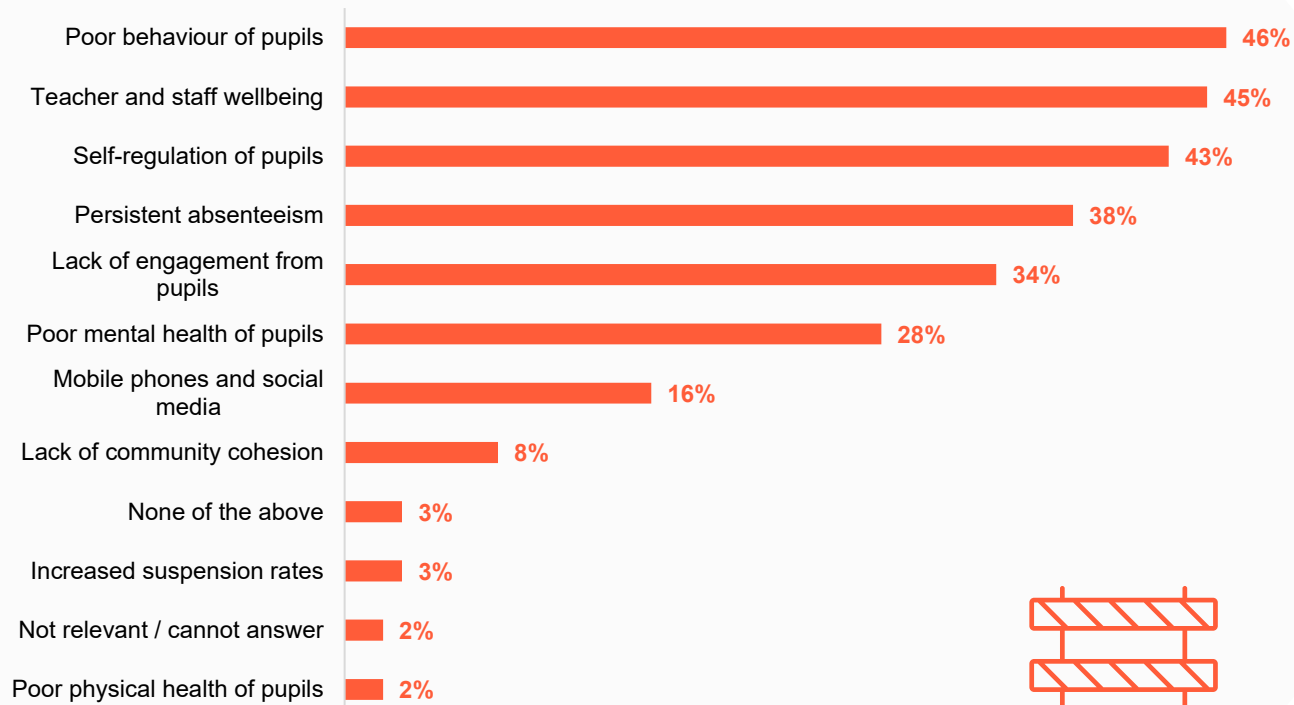
- **Three quarters of teachers (75%)** identified that sport and play gives young people a sense of belonging.
- **Two thirds of teachers (67%)** identified that sport and play helps young people's concentration and learning.
- Primary teachers were significantly more likely to identify certain benefits than secondary school teachers, in particular, **life skills (65% vs 55%), better concentration and learning (73% vs 61%)** and **resilience (89% vs 79%)**.

Source: YST/Teacher Tapp, 3rd February (2026), PE and School Sport Survey: Sample size: 6,912 teachers.

Most important issues in school at the moment

Teachers cite poor behaviour of pupils, teacher and staff wellbeing and self-regulation of pupils as the top 3 issues in their schools.

Which are the most important issues in your school at the moment?



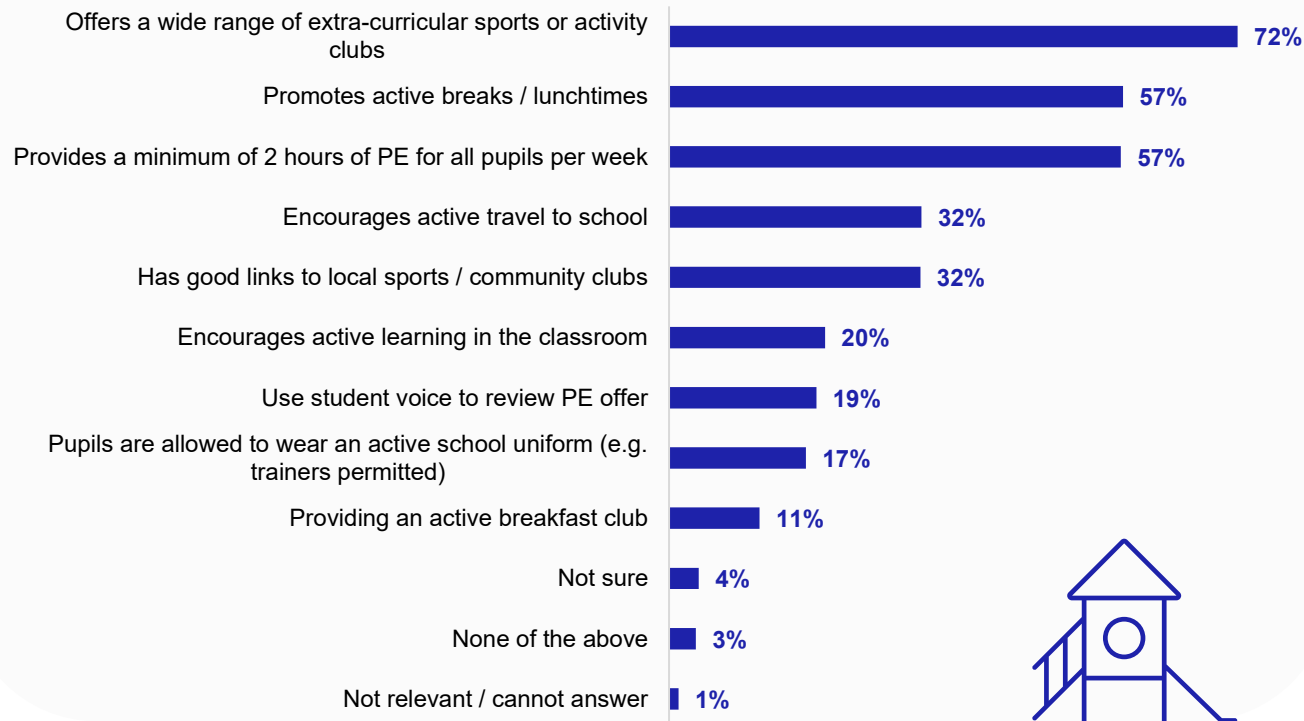
- Secondary schools were more likely to identify mobile phones as a challenge than primary schools (**24% compared to 7% primary school teachers**).
- Lack of engagement from pupils was identified by secondary school teachers as more of an issue than primary teachers (**26% vs 41%**).
- Schools in the least affluent areas were more likely to report having challenges with pupil absenteeism (**Q4 deprived 51% compared to 32% in Q1 more affluent schools**).
- Primary school teachers were more likely to report challenges around self-regulation of pupils, with nearly six in ten primary school teachers identifying this as a challenge (**58%**) compared to three in ten secondary school teachers (30%).

Source: YST/Teacher Tapp, 4th February (2026), PE and School Sport Survey: Sample size: 7,271 teachers.

Encouraging pupils to be physically active

The most common activities schools are doing to encourage pupils to be physically active are offering a wide range of extra-curricular sports and activity clubs providing active breaks and lunchtimes and providing a minimum of 2 hours of PE for all pupils per week.

Which of the following does your school do to encourage pupils to be physically active?



- Primary school teachers are more likely than secondary school teachers to report that their school encourages **active travel** (44% vs 21%), **encourages active learning** (35% vs 6%), **promotes active breaks and lunchtimes** (79% vs 38%) and **provides a minimum of 2 hours of PE per week for all pupils** (64% vs 51%).
- Schools in more affluent areas are also more likely to report that they provide a **minimum of 2 hours of PE for all pupils per week** than those in more deprived areas (60% Q1 affluent compared to 51% in Q4 most deprived schools).
- Only **19% of schools use student voice** to review their PE offer.
- 17% of schools report that their pupils are **allowed to wear an active school uniform**.

Source: YST/Teacher Tapp, 4th February (2026), PE and School Sport Survey: Sample size: 7,319 teachers.

Teacher awareness of CMO guidelines

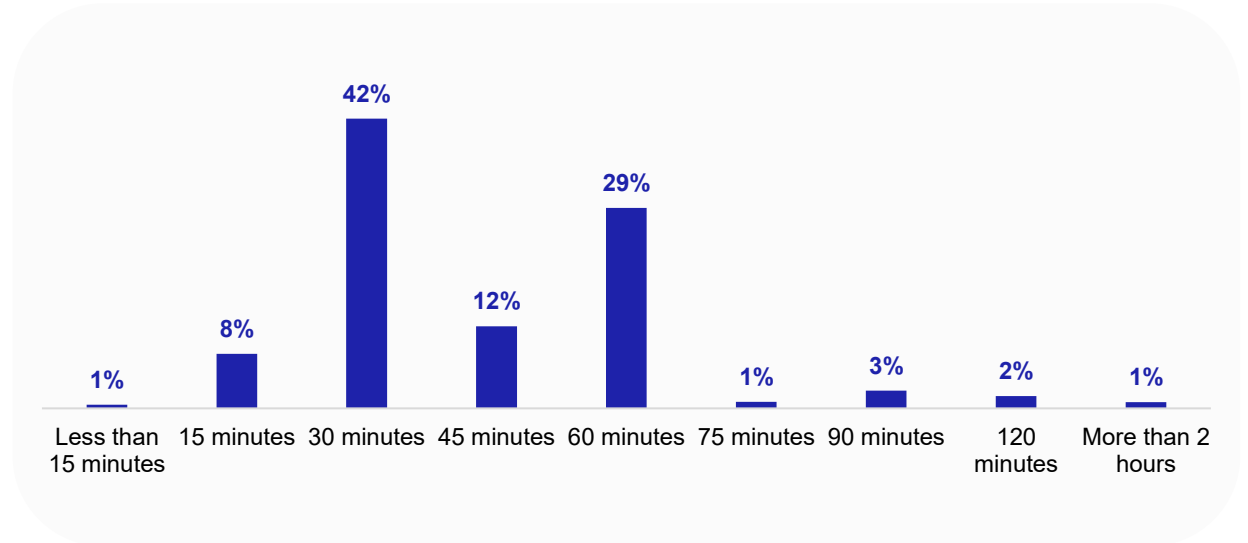
Two-thirds of teachers are unaware of the amount of activity children should be doing, as outlined by the Chief Medical Officers' physical activity guidelines.

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**.

Our survey found that...

- Over half of teachers (**51%**) believe that children should be active for **30 minutes a day or less**.
- A third of teachers (**36%**) think that children should be active for **60 or more minutes a day**.
 - Primary teachers were more likely than secondary teachers to know that children should be active for at least 60 minutes a day (**46% vs 26%**).
 - PE teachers are more likely to know that children should be active for at least 60 minutes a day – although still only **46% of PE teachers** selected 60 minutes or more.

On average, how many minutes of moderate to vigorous activity do you think children (aged 5-18) should engage in daily as a minimum?



2% Not relevant / cannot answer

Source: YST/Teacher Tapp, 3rd February (2026), PE and School Sport Survey: Sample size: 6,969 teachers.

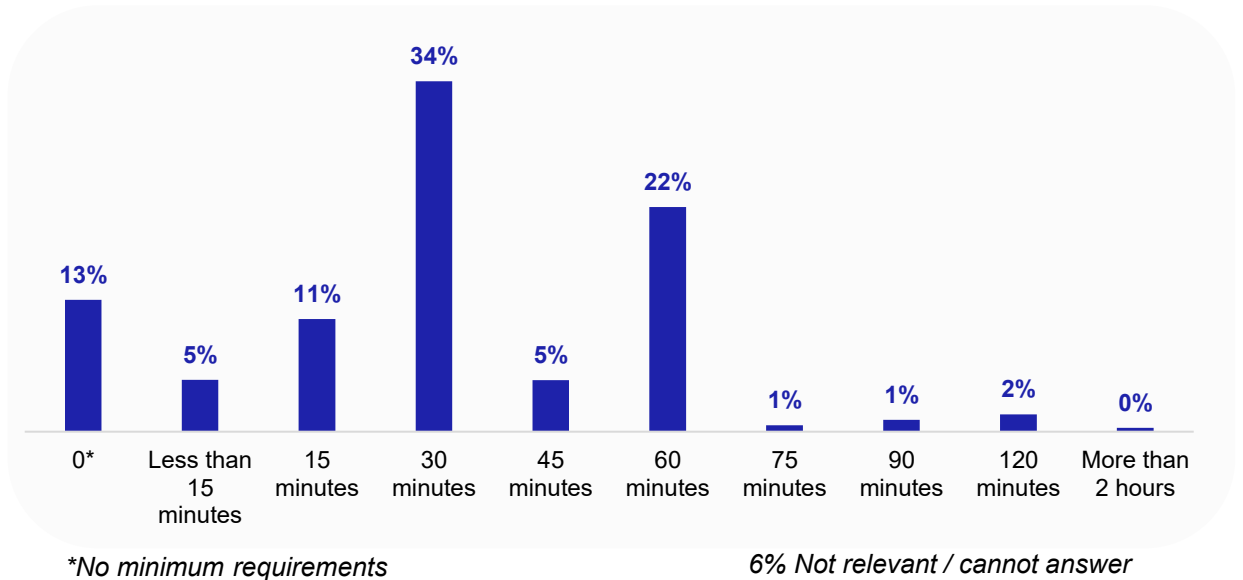
Teacher awareness of guidelines at school

Most teachers think that schools are recommended to provide at least 30 minutes of physical activity for young people during the school day – but almost a third are not aware of this.

The **Government's Childhood Obesity Plan guidelines** recommend that children and young people should get **30 minutes** of their daily 60 minutes of physical activity during the school day.

- **13%** of teachers believe that there are **no minimum requirements** for schools to provide physical activity.
 - Twice as many secondary than primary teachers believe that there is no minimum recommendation (**18% vs 7%**).
- Almost two-thirds (**65%**) of teachers identified that schools are recommended to provide a minimum of 30 minutes of physical activity for young people each day.
 - Primary school teachers are more likely than secondary school teachers to identify that schools should be providing a minimum of 30 minutes or more each day (**80% vs 52%**).

On average, how many minutes of moderate to vigorous activity do you think schools are recommended to provide for children each day?



Source: YST/Teacher Tapp, 3rd February (2026), PE and School Sport Survey: Sample size: 6,925 teachers.



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