

# Teachers Survey 2025

## PE and School Sport Report

Youth Sport Trust / Teacher Tapp  
7<sup>th</sup> February 2025

# 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.

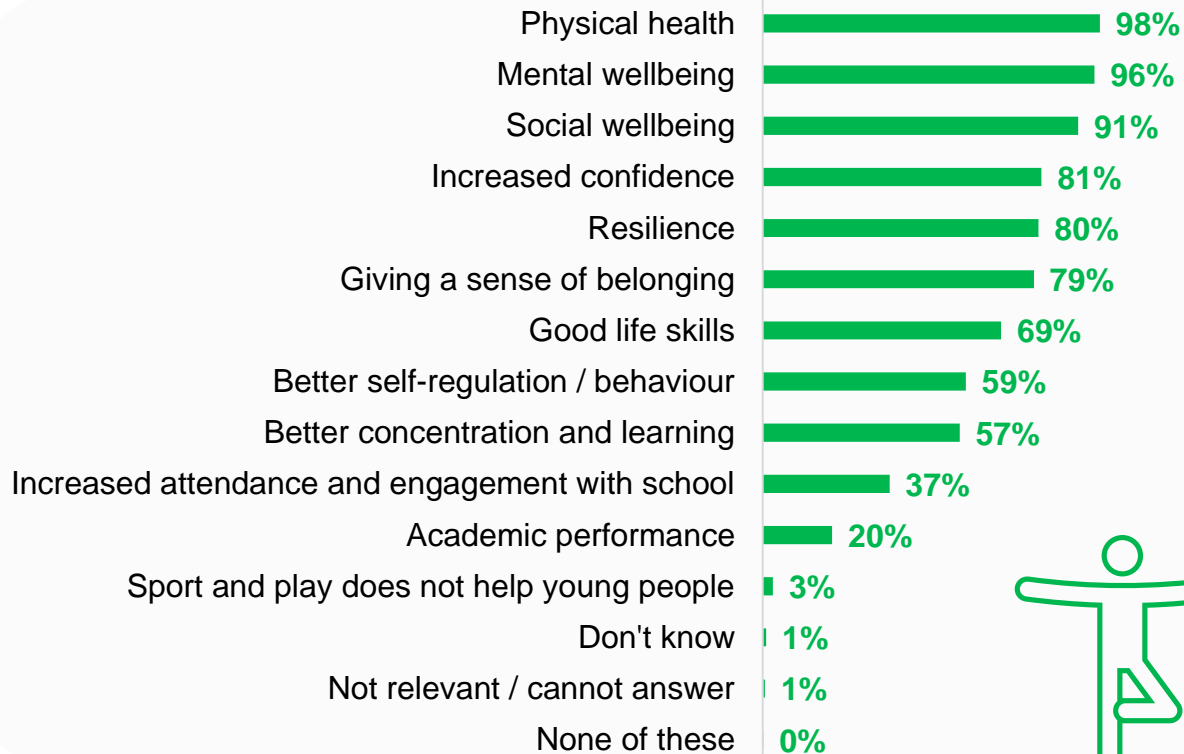
To inform the annual Youth Sport Trust PE and School Sport Report, we commissioned Teacher Tapp to conduct research amongst a sample of teachers to understand their current attitudes and views. Teacher Tapp is a daily survey app that asks questions to over 8,000 teachers each day. The questions were asked on the 7<sup>th</sup> February 2025 and answered by over 9,000 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 remain high, with 98% and 96% identifying the benefits on physical and mental wellbeing respectively.

## How does sport and play help young people?



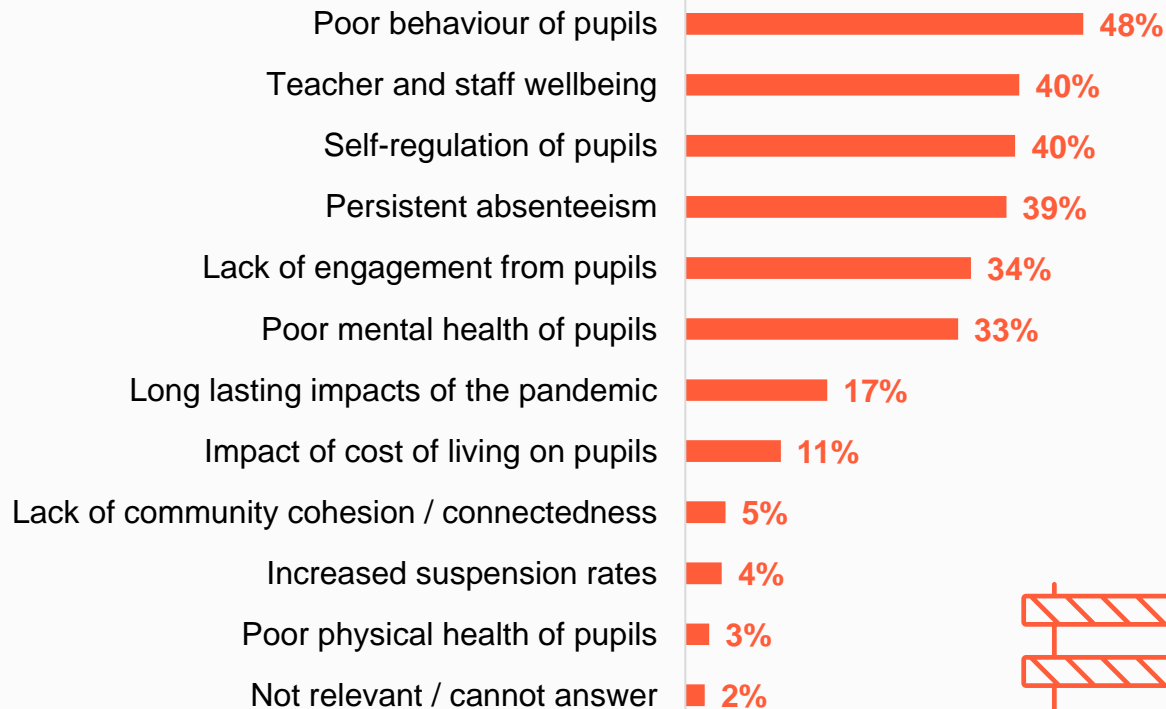
- **One in five teachers (20%)** stated that sport and play improved academic performance.
- Primary teachers were more likely than secondary teachers to say that sport and play helps young people develop good life skills (74% vs 65%) and improved concentration and learning (64% vs 51%).
- PE teachers more likely than all teachers to identify that sport and play help better concentration and learning (63% vs 57%).

Source: YST/Teacher Tapp, 7<sup>th</sup> February (2025), PE and School Sport Survey: Sample size: 9,839 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?



- Almost half of all teachers (**48%**) report that poor behaviour of pupils is one of the most important issues in their school at the moment.
- Persistent absenteeism was a greater concern among secondary teachers compared to primary teachers.
- Persistent absenteeism is also more of a concern among teachers teaching in more deprived schools (28% concern for teachers in affluent schools vs 54% in deprived schools).

Source: YST/Teacher Tapp, 7<sup>th</sup> February (2025), PE and School Sport Survey: Sample size: 9,688 teachers.

# Teacher awareness of CMO guidelines

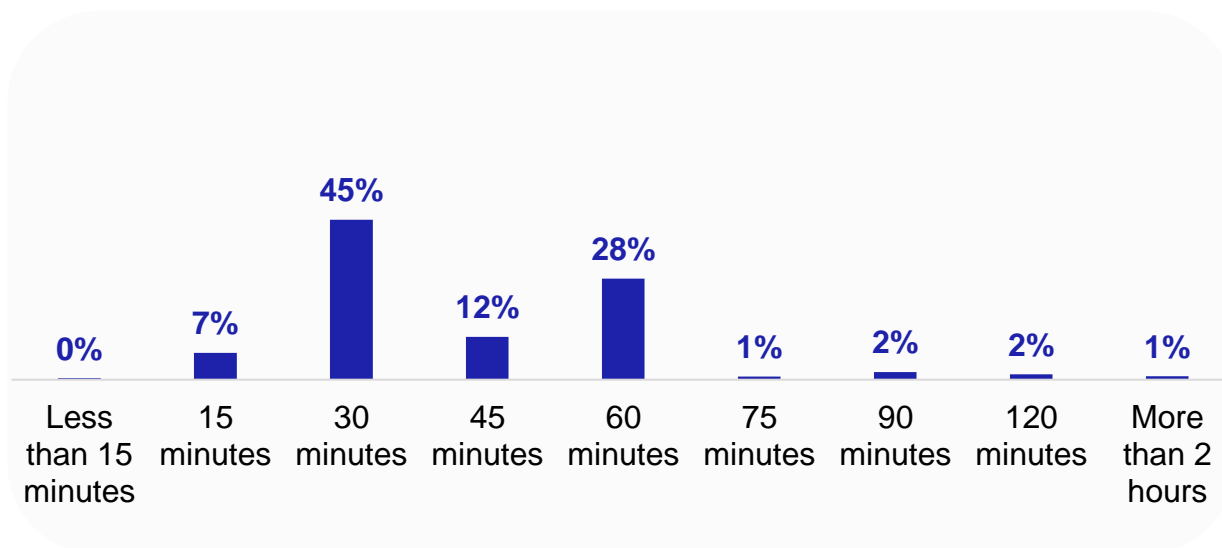
Three-quarters of teachers are unaware of the amount of activity children should be doing, as outlined by the Chief Medical Officers' physical activity guidelines.

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 (**52%**) believe that children should be active for **30 minutes a day or less**.
- A third of teachers (**34%**) 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 (42% vs 26%).
  - PE teachers are more likely to know that children should be active for at least 60 minutes a day – although still only 41% 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, 7<sup>th</sup> February (2025), PE and School Sport Survey: Sample size: 9,774 teachers.

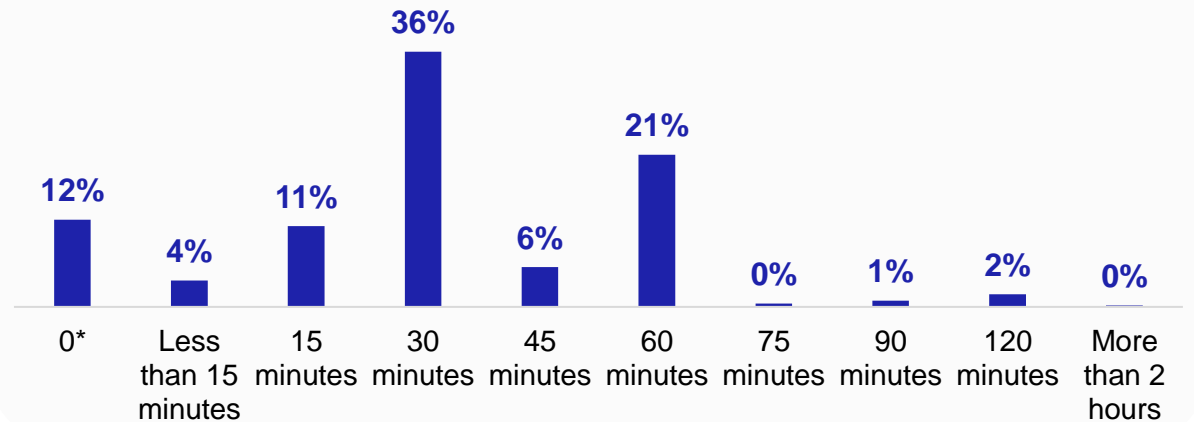
# Teacher awareness of guidelines at school

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**.

- **12%** of teachers believe that there are **no minimum requirements** for schools to provide physical activity
  - Secondary teachers were more likely to believe this compared to primary teachers (19% vs 5%)
- Over a third (**36%**) thought schools should be providing children with **30 minutes a day**, which is the recommended guidance.
- **66%** of teachers believe that schools are recommended to provide **30 minutes or more** of physical activity for children each day
  - Nearly a third (32%) of primary teachers think that schools are recommended to provide 60 minutes a day

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



\*No minimum requirements

2% Not relevant / cannot answer

Source: YST/Teacher Tapp, 7<sup>th</sup> February (2025), PE and School Sport Survey: Sample size: 9,664 teachers.



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