



Physical Activity Project

This data is representative of 41 Year 4 children at Barden Primary School. This data was collected in the Spring Term 2024 by the research team at Edge Hill University in partnership with Together an Active Future (TaAF) to gain child-level health and wellbeing data.

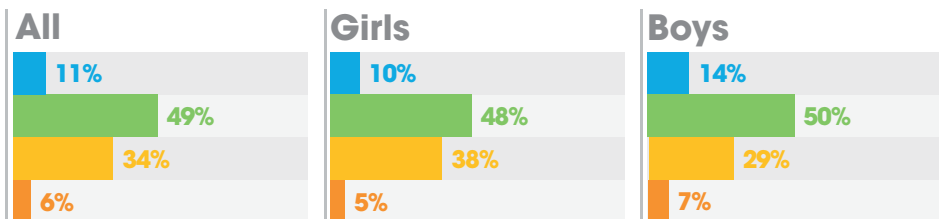
Weight Status



From the measures of height and weight, the children's Body Mass Index (BMI) was calculated.



n=35



Age- and sex-specific reference points were used to provide a percentage of children classed as healthy and unhealthy weight.

Physical Activity Guidelines

In a 24 hour period UK Chief Medical Officers advise children should be active for 60+ minutes. 30 minutes of this should be within school on school days. Physical activity was calculated by intensity and is described as light, and health-enhancing moderate-to-vigorous (MVPA).

Physical Activity in 24 hours

Light: 3hrs 12m
MVPA: 64 mins



11.29 Onset of the most active 30 minutes

Physical Activity in School day

Light: 1hr 33m
MVPA: 37 mins



Sedentary Time

Sedentary behaviours involve being in a sitting, reclining or lying posture during waking hours, undertaking little movement and using little energy above what is used at rest.

The national guidelines state that children should aim to minimise the amount of time spent sedentary for extended periods, and accumulate no more than 2 hours per day of recreational screen time

In 24 hours
11hrs 42m

In a School day
4hrs 18m

Sleep Monitoring



only 13%

of children got the recommended amount of sleep per night (9-12hrs)



21:58 Time of sleep onset

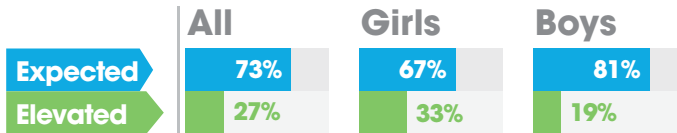
Sleep quality 85%

Mental Health & Wellbeing

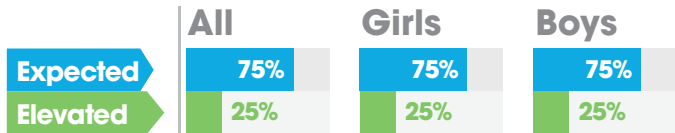
Me and My Feelings

The Me and My Feelings questionnaire asks children to respond to statements describing how they feel. Possible responses are 'Never', 'Sometimes', and 'Always'. These scales represent emotional and behavioural dimensions of mental health. The proportion of children in the 'elevated' category are at an increased risk of emotional difficulties (e.g., feeling sad) or behavioural difficulties (e.g., hyperactivity).

Emotional Difficulties n=40

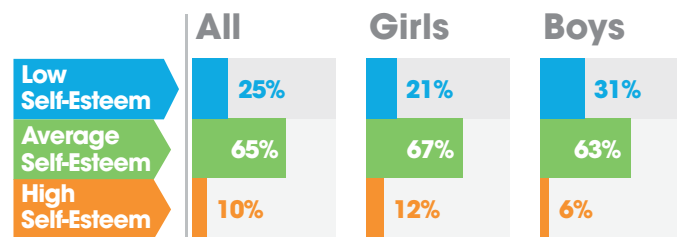


Behavioural Difficulties n=40



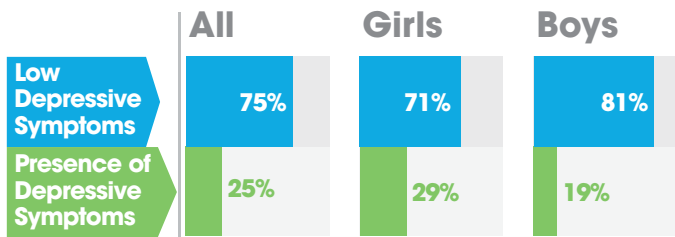
Self-Esteem n=40

The Rosenberg Self-Esteem Questionnaire measures self-worth by asking about positive and negative perceptions of self.



Mood & Feelings n=40

The Mood and Feelings questionnaire measures depressive symptoms in children aged 6-17 years by asking how they have been feeling or acting recently.



Movement Skills

The Dragon Challenge is an assessment tool that measures the physical competency of children aged 8-14 years. Children complete 9 activities in a continuous circuit that assesses a number of fundamental, combined, and complex movement skills in an environment that better represents sport and physical activity. The data presented below is representative of 53 children (23 boys/30 girls) who completed the Dragon Challenge.

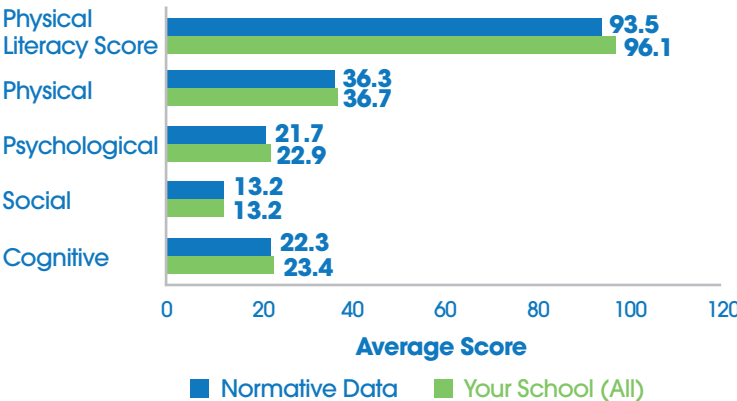


Physical Literacy

Physical Literacy is our relationship with movement and physical activity throughout life. It encompasses how we move (physical), feel (psychological), connect (social), and think (cognitive) during movement and physical activity.



All Children (n=39)



The data presented above is representative of 24 children (8 boys/16 girls) who wore the accelerometers for at least 16/hours/day on at least 3 days. Accelerometers are wearable devices that measure accelerations of body movement. This is an approved measure for physical activity widely used with children and young people.

To see a further breakdown of your school's results, including the differences between boys and girls across measures, please see your school's full report for Spring Term 2024.



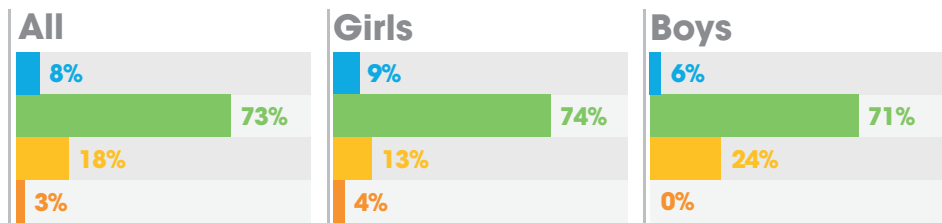
Physical Activity Project

The data presented is representative of 40 Year 4 children at Crawshawbooth Primary School. This data was collected in the Spring Term 2024 by the research team at Edge Hill University in partnership with Together an Active Future (TaAF) to gain child-level health and wellbeing data.

Weight Status



From the measures of height and weight, the children's Body Mass Index (BMI) was calculated.



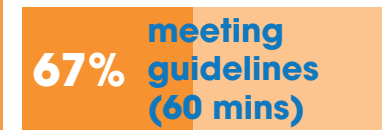
Age- and sex-specific reference points were used to provide a percentage of children classed as healthy and unhealthy weight.

Physical Activity Guidelines

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Physical Activity in 24 hours

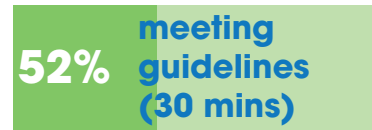
Light: 3hrs 2m
MVPA: 1hr 8m



12.47 Onset of the most active 30 minutes

Physical Activity in School day

Light: 1hr 22m
MVPA: 30 mins



Sedentary Time

Sedentary behaviours involve being in a sitting, reclining or lying posture during waking hours, undertaking little movement and using little energy above what is used at rest.

The national guidelines state that children should aim to minimise the amount of time spent sedentary for extended periods, and accumulate no more than 2 hours per day of recreational screen time

In 24 hours
11hrs 17m

In a School day
4hrs 37m

Sleep Monitoring



only 24%

of children got the recommended amount of sleep per night (9-12hrs)



21:06 Time of sleep onset

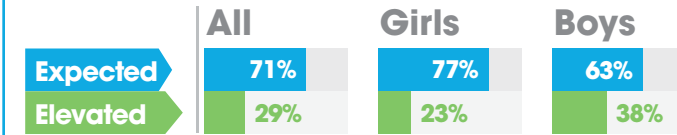
Sleep quality 86%

Mental Health & Wellbeing

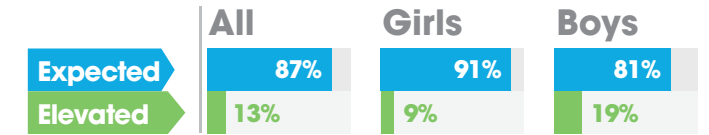
Me and My Feelings

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Emotional Difficulties n=38

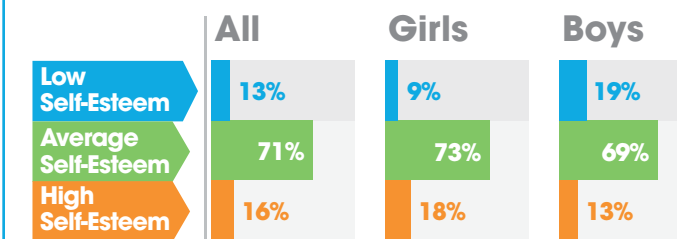


Behavioural Difficulties n=38



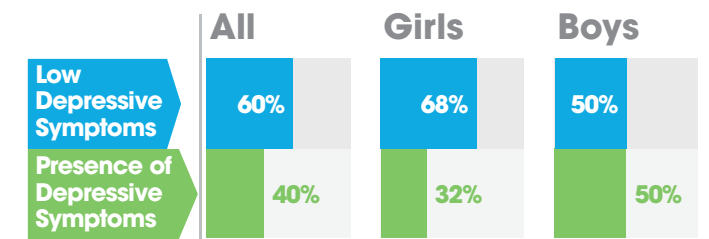
Self-Esteem n=38

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Mood & Feelings n=38

The Mood and Feelings questionnaire measures depressive symptoms in children aged 6-17 years by asking how they have been feeling or acting recently.



Movement Skills

The Dragon Challenge is an assessment tool that measures the physical competency of children aged 8-14 years. Children complete 9 activities in a continuous circuit that assesses a number of fundamental, combined, and complex movement skills in an environment that better represents sport and physical activity.

36% achieved bronze
Bronze classification - their physical skills are still developing and require significant opportunities for practice and instruction to apply their skills.

29% achieved silver
Silver classification - their physical skills are progressing and require practice and instructions to refine applying these skills.

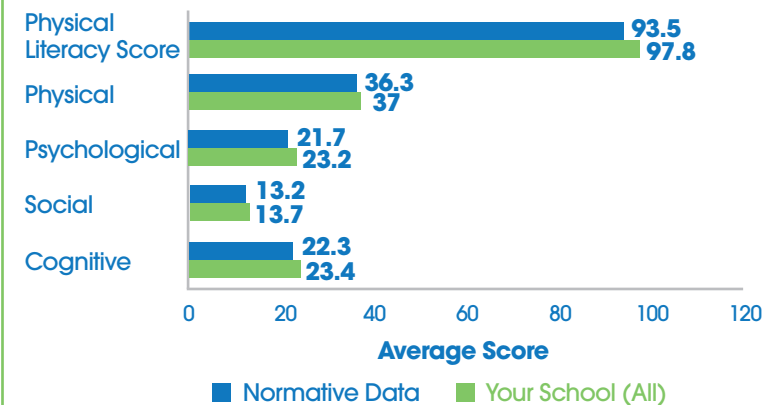
36% achieved gold
Gold classification - these children are achieving the minimum level of skill proficiency for their age and have acquired a broad range of movement skills to a good level.

Physical Literacy

Physical Literacy is our relationship with movement and physical activity throughout life. It encompasses how we move (physical), feel (psychological), connect (social), and think (cognitive) during movement and physical activity.



All Children (n=27)



The data is representative of 21 children (7 boys/14girls) who wore the accelerometers for at least 16hours/day on at least 3 days. Accelerometers are wearable devices that measure accelerations of body movement. This is an approved measure for physical activity widely used with children and young people.

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