



Lifestyle

Diet - General

The Lifestyle section asked pupils about their diet, physical activity, sleep patterns, and technology use.



Has fruit and veg
every day

Has 5 or more portions of
fruit and veg every day

KS1

71%

21%

Primary

80%

15%

Secondary

70%

10%



KS1

Eats all the time...

Sweets

15%

Chocolate

15%



KS1

What do you drink most of?

Water 43%

Fruit Juice 12%

Squash 26%

Fizzy drinks 14%

Energy drinks 5%



KS1

Had breakfast this morning

94%

32%

9%

31%

2%

Toast or bread

Fruit

Something to drink

Crisps

50%

5%

8%

6%

Cereal

Yoghurt

Cooked breakfast

Chocolate bar



Lifestyle

Diet - In Last Week



In the past 7 days on how many days have you eaten/had to drink the following?

		Primary			Secondary		
		Not eaten	1-3 days	4+ days	Not eaten	1-3 days	4+ days
	Fish	48%	32%	7%	47%	30%	5%
	Sugar-coated cereal	41%	30%	18%	46%	24%	13%
	Fresh fruit	8%	32%	51%	7%	34%	42%
	Vegetables	8%	33%	48%	6%	28%	49%
	Energy drinks	60%	21%	9%	51%	24%	8%
	Fizzy drinks	34%	43%	13%	30%	40%	13%
	Diet fizzy drinks	49%	30%	11%	40%	32%	11%
	Milk	17%	32%	41%	18%	30%	35%
	Water	5%	21%	64%	4%	18%	61%
	Crisps	8%	44%	38%	13%	41%	30%
	Biscuits or cake	14%	55%	21%	14%	15%	19%
	Sweets, chocolate, chocolate bars	8%	51%	31%	9%	49%	26%
	Ready meals	44%	28%	17%	52%	23%	8%
	Takeaway hot food	36%	42%	12%	35%	42%	7%

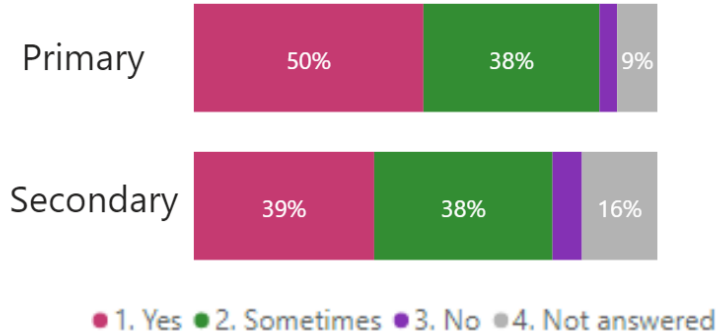


Lifestyle

Exercise and Weight - Engagement



Do you enjoy physical activity?



During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

	I didn't do any exercise in the past 7 days	1-3 days	4-6 days	I did exercise every day in the past 7 days
Primary	5%	29%	23%	34%
Secondary	6%	33%	26%	18%



KS1

Which of these activities do you do every week?

38%	50%	37%	31%	3%	22%
Play in the park	Go for a walk	Swimming	Cycling	Theatre club	After school clubs
25%	13%	6%	28%	21%	6%
Go to a sports club (e.g. football or dance)	Beavers/Cubs or Rainbows/Brownies	Adventure activities e.g. high ropes	Scootering or skating	Forest school	I do not do any of these



Lifestyle

Exercise and Weight - Barriers

What gets in the way of you being more physically active?		Year 4	Year 6	Year 8	Year 10
	I know what I want to do but I don't know where to go	11%	11%	11%	12%
	I don't like the places I'd have to go	7%	8%	12%	16%
	I don't like the people who go there	4%	5%	8%	11%
	The facilities don't cater for my special needs	2%	1%	2%	1%
	I don't have enough time	18%	18%	20%	25%
	Transport to get there is a problem	5%	5%	7%	9%
	My parents won't let me go	6%	6%	4%	3%
	Cost	5%	5%		
	I don't know what to do	14%	15%	17%	20%
	I am shy in front of other people	16%	19%	23%	29%
	I don't like to try new things	5%	5%	8%	10%
	I'm not comfortable about how I look	10%	17%	23%	27%
	I don't want to do any physical activity	5%	6%	9%	10%
	Nothing stops me	45%	42%	31%	24%

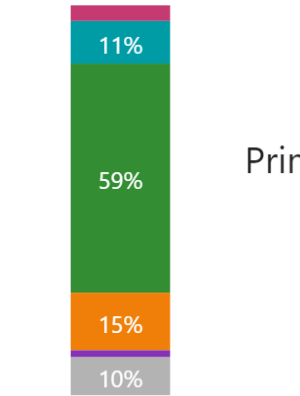


Lifestyle

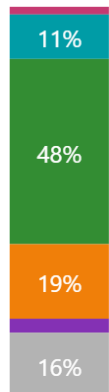
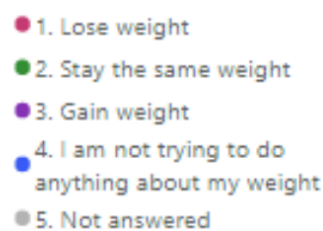
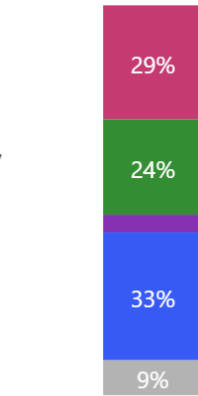
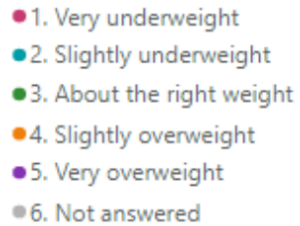
Exercise and Weight - Self

How would you describe your weight?

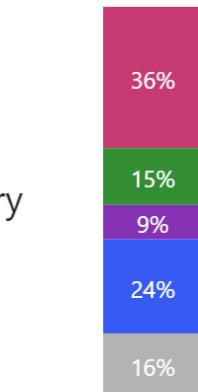
What are you trying to do about your weight?



Primary



Secondary



Which of the following influences how you feel about your body?

	Year 8	Year 10
 My own thoughts and feelings	60%	70%
 Comments/attitudes of my parents	18%	27%
Comments/attitudes of other family members	22%	29%
Comments/attitudes of my friends	25%	33%
Comments/attitudes of other people at school	35%	42%
 Seeing images of actors/actresses in film or TV	18%	23%
Seeing images of fashion models	18%	24%
Seeing images of celebrities online	18%	23%
Seeing images of people involved in sport	18%	22%
 Bloggers/YouTubers	16%	16%
Social media photo filters (e.g. Snapchat/Instagram)	25%	27%
 None of these - I am happy as I am	26%	21%



Lifestyle

Technology - Devices

Do you own any of these electronic devices?

	KS1				Primary				Secondary			
	Yes	Shared with...		No	Yes	Shared with...		No	Yes	Shared with...		No
		Parents	Siblings			Parents	Siblings			Parents	Siblings	
Phone	28%	15%	6%	40%	62%	4%	1%	21%	80%	0%	0%	2%
Tablet	58%	9%	66%	15%	59%	6%	5%	18%	42%	5%	3%	30%
Laptop/ Computer	13%	23%	7%	38%	42%	17%	6%	21%	62%	8%	4%	7%
Game console (e.g. PlayStation, Xbox)	22%	11%	17%	34%	45%	5%	13%	24%	47%	3%	12%	20%
Handheld Game console (e.g. Nintendo Switch)	24%	6%	11%	40%	35%	2%	9%	40%	25%	1%	7%	46%



Lifestyle

Technology - Access and Use



Has access to the internet
via a device at home

Spends most of their free
time online/ using the
internet

KS1	76%
Primary	79%
Secondary	81%



42%

55%

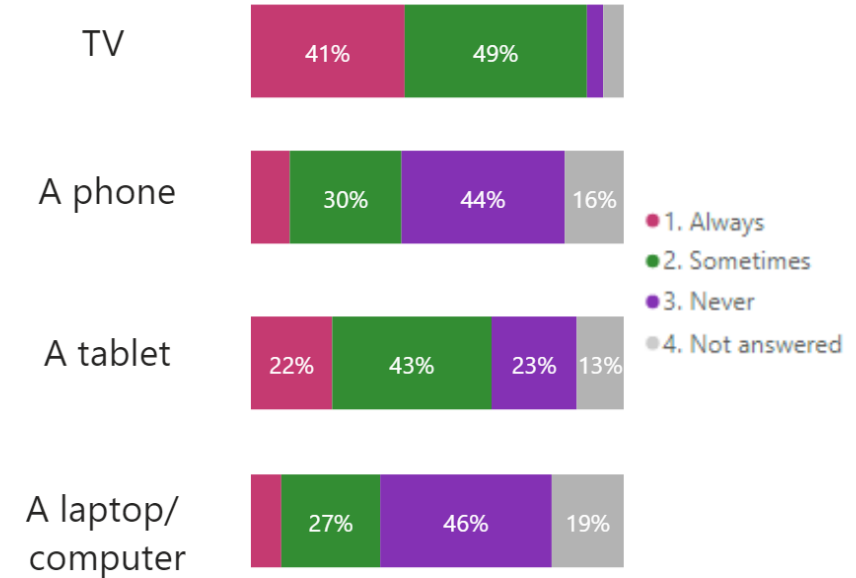


Has a private space to
use their devices

Primary	41%
Secondary	55%

KS1

Do you watch children's programmes/films on...





Lifestyle

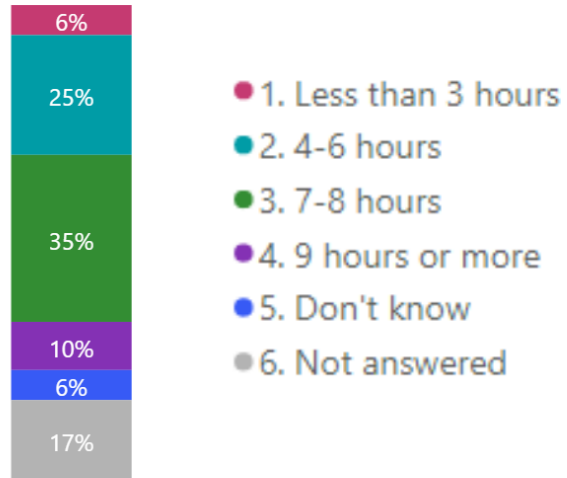
Sleep and Music



Got enough sleep last night

Primary	49%
Secondary	34%

How many hours of sleep did you get last night?



Secondary

Do you play a musical instrument?



	Yes	No but I'd like to
Primary	38%	20%
Secondary	22%	12%



	Yes		No but I'd like to	
	Primary	Secondary	Primary	Secondary
Sing at home, either alone or with others e.g. singing along to pop tracks	56%	53%	2%	1%
Sing in a school choir	12%	4%	6%	2%
Sing in a choir outside of school	6%	2%	4%	1%
Sing in a band	3%	2%	8%	3%
Sing solo with backing tracks	13%	7%	4%	2%
Having singing lessons	10%	4%	7%	4%