

# **OUR CONTRIBUTION TO THE ACTIVE SCOTLAND OUTCOMES FRAMEWORK 2019-20**

**SCHOOLS & EDUCATION**

Sport for life

**sport**  
scotland | **spòrs**  
alba

# ABOUT THE DATA

The data in this report is from our ASOF schools survey covering the period April 2019 to March 2020

- school survey – 9,000 responses.

The surveys used convenience samples. We weighted the responses to make them as representative as possible of the people taking part in programmes we invest in.

Please note that due to changes in the methodology, data is not directly comparable to previous years.



**WE IMPROVE OPPORTUNITIES  
TO PARTICIPATE, PROGRESS  
AND ACHIEVE IN SPORT**



**SCHOOLS &  
EDUCATION  
2019-20**

SECONDARY ONLY

**68%**

feel they are achieving  
their goal in sport  
and physical activity



**THE TWO MOST COMMON GOALS**



**FITNESS**

**&**



**WELLBEING**

**WE SUPPORT WELLBEING AND  
RESILIENCE IN COMMUNITIES  
THROUGH PHYSICAL ACTIVITY  
AND SPORT**



**SCHOOLS &  
EDUCATION  
2019-20**



**97%**

of pupils feel  
healthier



**82%**

of pupils have  
made friends



**85%**

of pupils feel  
included



**80%**

of pupils feel  
interested



**88%**

of pupils feel  
happier

**WE ENCOURAGE AND ENABLE  
THE ACTIVE TO STAY ACTIVE  
THROUGHOUT LIFE**



**SCHOOLS &  
EDUCATION  
2019-20**



**94%**

motivated to be  
active in the future



**67%**

helped by Active Schools  
to be more active  
outside school

**WE IMPROVE OUR  
ACTIVE INFRASTRUCTURE  
- PEOPLE AND PLACES**



**SCHOOLS &  
EDUCATION  
2019-20**



**18%**

of Active Schools participants  
said they had been a  
sports leader, coach,  
sports captain or member  
of a sports council



**75%**

of sports leaders and  
coaches said being part  
of Active Schools had helped  
them learn a new skill

**WE ENCOURAGE AND  
ENABLE THE INACTIVE  
TO BE MORE ACTIVE**



**SCHOOLS &  
EDUCATION  
2019-20**

## **ACTIVITY EXCLUDING ACTIVE SCHOOLS**

Active	<b>66%</b>
Some activity	<b>24%</b>
Inactive	<b>10%</b>

## **ACTIVITY INCLUDING ACTIVE SCHOOLS**

Active	<b>75%</b>
Some activity	<b>19%</b>
Inactive	<b>6%</b>

### **Child physical activity**

Active - average 60+ mins per day

Some activity - average 30-59 mins per day

Inactive - Average <30 mins per day

**4%**

of people who took part  
in programmes have gone  
from being inactive to active



**WE DEVELOP PHYSICAL  
CONFIDENCE AND COMPETENCE  
FROM THE EARLIEST AGE**



**SCHOOLS &  
EDUCATION  
2019-20**



**Active Schools participants  
have grown in confidence  
or learned new skills**



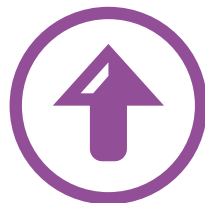
**63%**

feel they have  
become **better**  
**at sport** or other  
activities



**66%**

feel they have  
learned a  
**new skill**



**60%**

feel more  
**confident** in  
sport or physical  
activity



# OUR COMMITMENT TO INCLUSION UNDERPINS EVERYTHING WE DO

1/2



## SCHOOLS & EDUCATION 2019-20

This data refers to Active Schools participants

### SEX\*

**52%**

Male

**48%**

Female



### AGE

**57%**

Pupils aged  
8-11

**43%**

Pupils aged  
12-17



\* Source: Active Schools monitoring

### DISABILITY

**10%**

said they  
were disabled



**73%**

said they were  
not disabled

4% preferred not to say; 13% said they didn't know

# OUR COMMITMENT TO INCLUSION UNDERPINS EVERYTHING WE DO

2/2

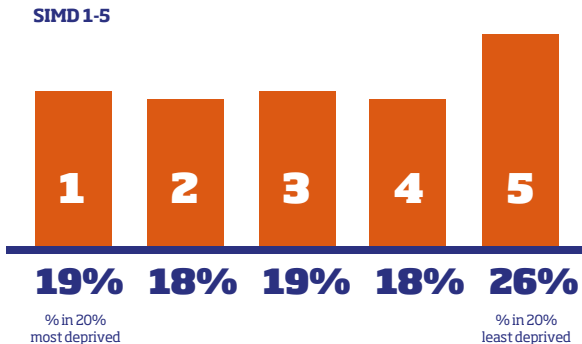


## SCHOOLS & EDUCATION 2019-20

This data refers to Active Schools participants

### AREAS OF DEPRIVATION\*

**19%**  
from the  
**20%**  
most deprived areas



\* According to the Scottish Index of Multiple Deprivation (SIMD)

### ETHNICITY

SECONDARY ONLY



**8%**

Asian, Asian Scottish or Asian British / Caribbean or black / mixed or multiple or other ethnic groups

**89%**

White Scottish / White other British / White Irish or White other

**3%**

preferred not to say