

Teachers Survey 2024

PE and School Sport Report

Youth Sport Trust / Teacher Tapp
5th – 6th February 2024

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 5th and 6th February 2024, and the data is reweighted to make it representative.

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

Unaware of activity requirements for young people

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, setting out that young people should be active for at least 60 minutes every day.

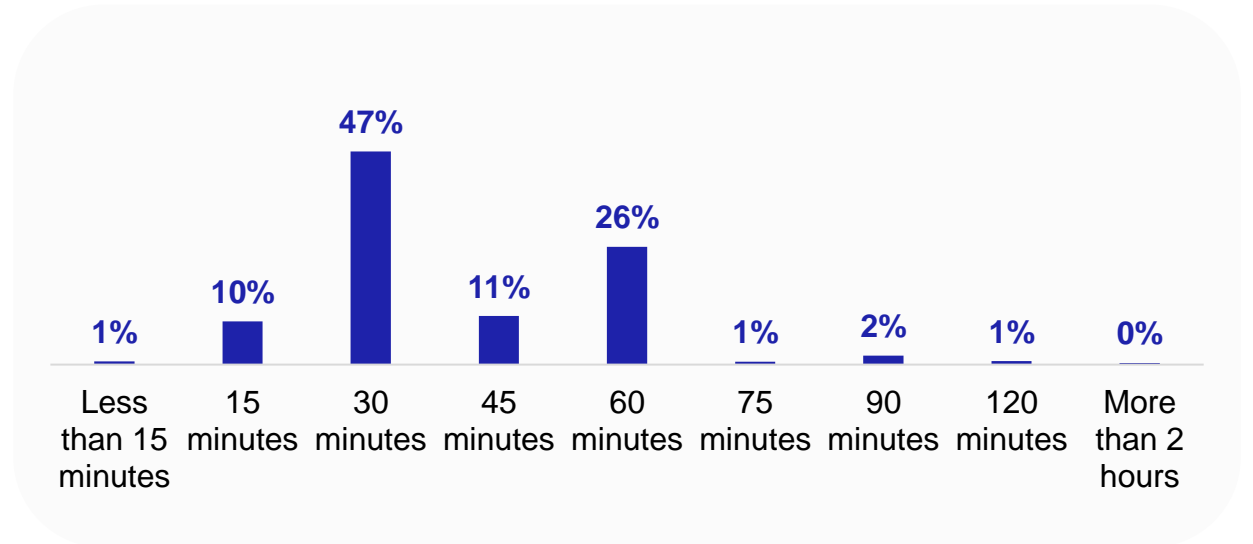


The **Chief Medical Officers (CMO)** recommend that young people (aged 5-18) should be active, defined as participating in 'moderate-to-vigorous physical activity' (MVPA), for an average of **at least 60 minutes every day**.

Our survey found that...

- Over half of teachers (**57%**) believe that children should be active for **30 minutes a day or less**.
- Less than a third of teachers (**30%**) think that children should be active for **60 or more minutes a day**.
 - Secondary teachers' awareness was lower than primary teachers' awareness (24% secondary vs 36% primary)

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, 5th-6th February (2024), PE and School Sport Survey: Sample size: 8,955 teachers.

Unaware of activity requirements in school

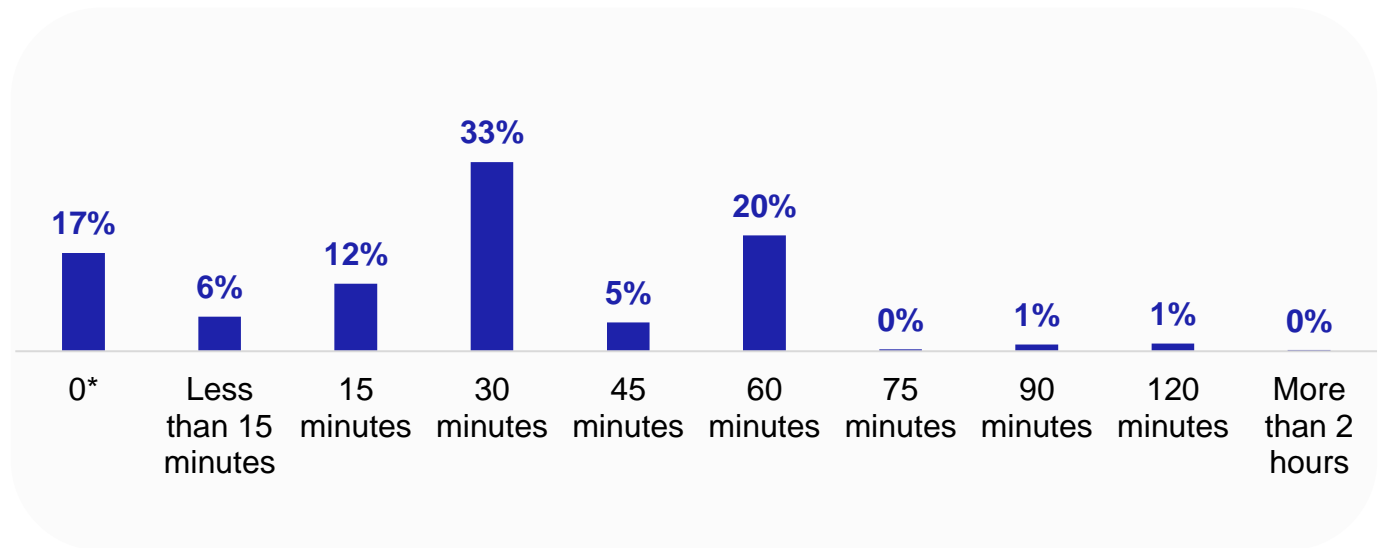
Most teachers think that schools are recommended to provide at least 30 minutes of physical activity for young people during the school day – but a third are not aware of this.



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**.

- **17%** of teachers believe that there are no minimum requirements for schools to provide physical activity
- **61%** of teachers believe that schools are recommended to provide **30 minutes or more** of physical activity for children each 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

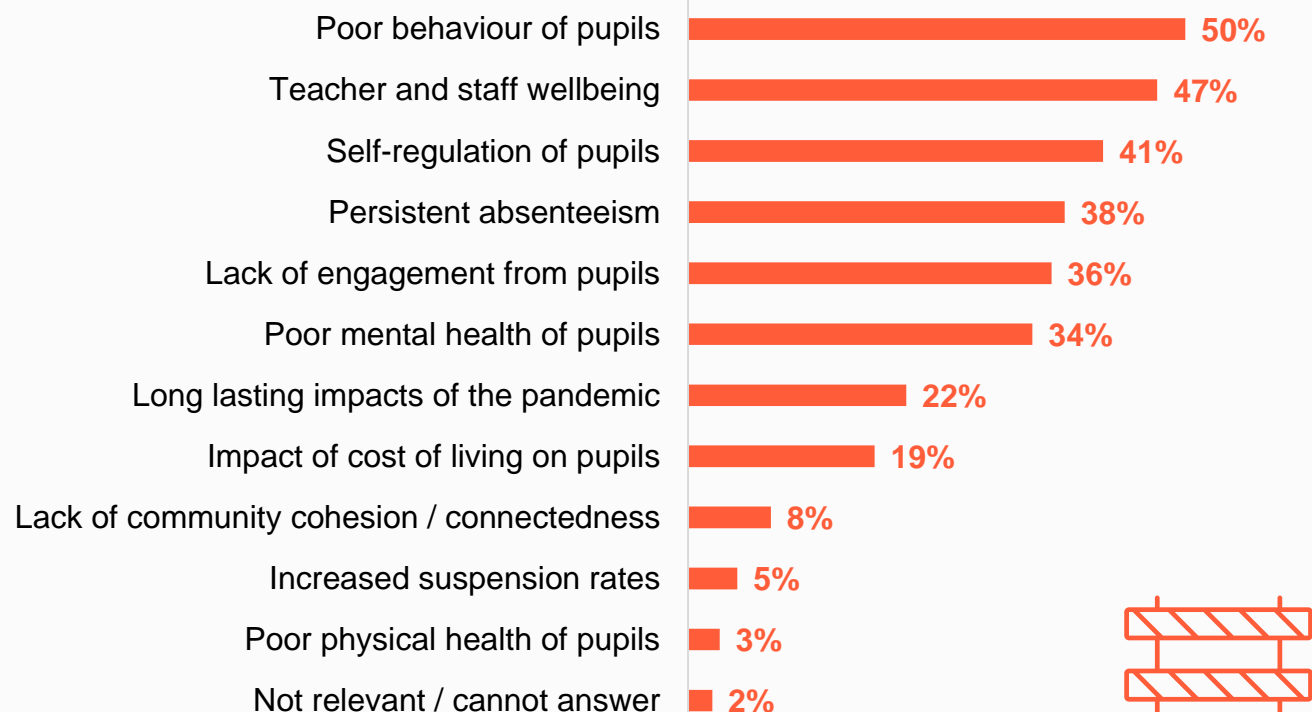
5% Not relevant / cannot answer

Source: YST/Teacher Tapp, 5th-6th February (2024), PE and School Sport Survey: Sample size: 8,909 teachers.

Current issues teachers experience in schools

Teachers cite poor behaviour, self-regulation and absenteeism as the top 3 issues in their schools. Almost a half also highlight teacher and staff wellbeing as key issues.

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



Source: YST/Teacher Tapp, 5th-6th February (2024), PE and School Sport Survey: Sample size: 8,939 teachers.

Teachers do not think children are school ready

Most teachers report that children are not as school ready as children prior to the pandemic – the top 3 key challenges they experience revolve around communication, (inter)personal challenges and attention / concentration.



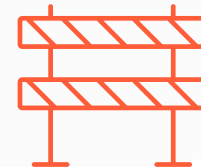
65%

Strongly agree / Agree

that children entering reception this year are **not as school ready** as children were prior to the pandemic

Strongly agree	36%
Agree	29%
Neither agree nor disagree	11%
Disagree	4%
Strongly disagree	0%
Not relevant / cannot answer	18%

What are the challenges you are seeing children entering reception with?

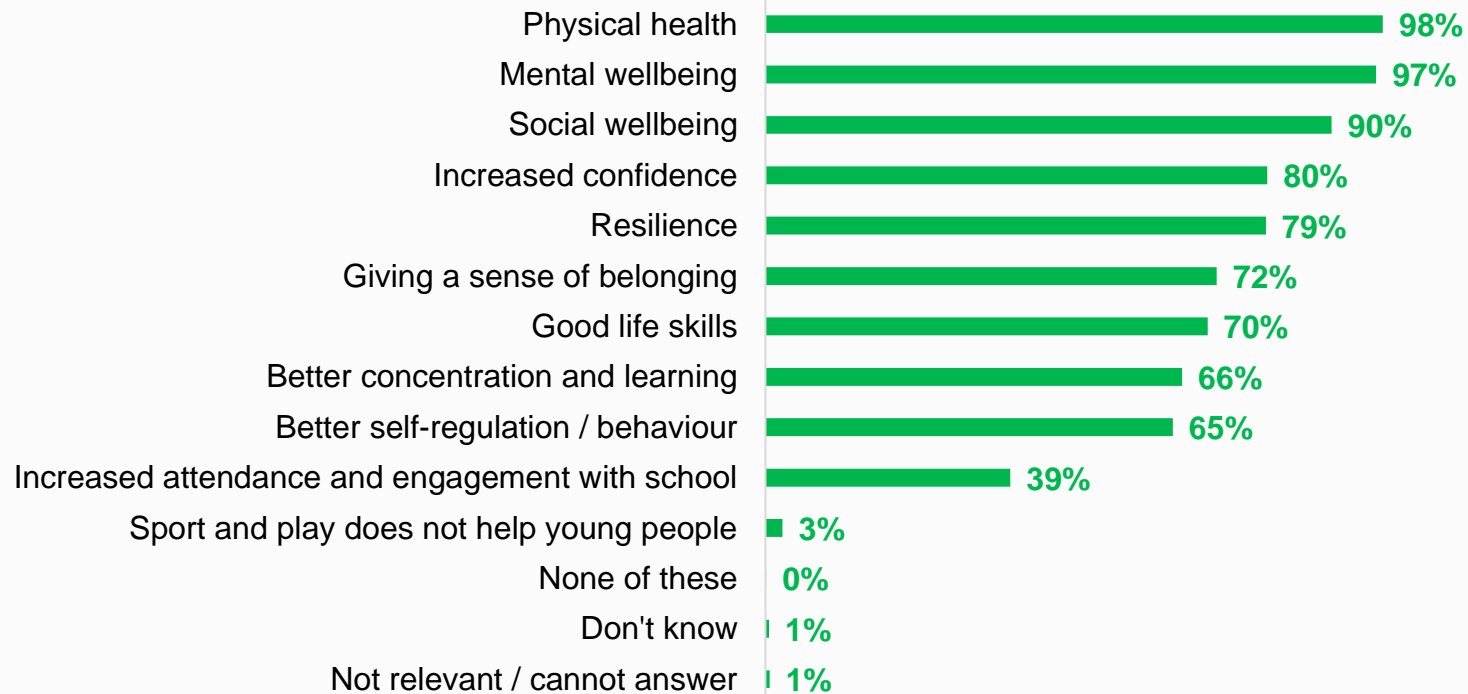


Source: YST/Teacher Tapp, 5th-6th February (2024), PE and School Sport Survey: Sample size: 2,948 - 2,963 primary and Early Years teachers.

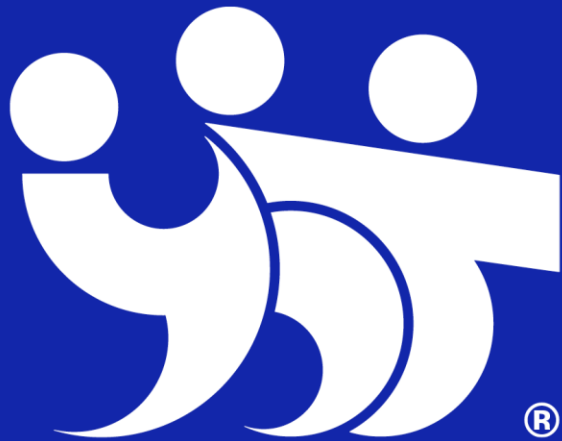
Teachers recognise the benefits of sport and play

More than 90% of teachers see the benefits of sport and play for young people's physical, mental and social wellbeing. The majority see how it benefits life skills. More can be done to highlight the impact on attendance / school engagement.

How does sport and play help young people?



Source: YST/Teacher Tapp, 5th-6th February (2024), PE and School Sport Survey: Sample size: 8,883 teachers.



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