

What is the situation/ evidence in the Bailiwick of Guernsey?

There are currently three sources of data related to the level of physical activity amongst children and young people across the Bailiwick.

Reception Physical Development Benchmark Data

The States Early Years team undertakes a classroom assessment (known as ECERS) through classroom observations and staff interviews. The exercise assesses children entering reception year across four areas: Personal; Social & Emotional Development; Communication & Language Development and Physical development.

Reception Benchmark data 2019 has shown 30% of children entering school are working below their age and stage in Physical Development.

In 2018 it was 44% below age and stage.

In 2017 it was 57% below age and stage.

Guernsey Young People's Survey 2019

This survey has been undertaken since the early 1990's and is the key evidence base for the collation of the views, attitudes and health behaviours of young people in Guernsey. The most recent data are from the 2019 Guernsey Young People's survey completed by 1400 + pupils in Years 6, 8 & 10 across the Bailiwick, including St Anne's Alderney. There are 10 self-report questions relating to physical activity.

Results

Physical Activity Levels:

- 20% of primary and 16% of secondary school students report achieving 60 minutes or more of moderate-to-vigorous activity daily (CMO guidance pre 2019).
- 62% of primary pupils and 50% of secondary students report doing physical activity that strengthened their muscles and bones, on at least 3 days in the week before the survey.
- 71% of primary and 57% of secondary pupils reported being physically active for at least 60 minutes on 4 or more days in the week before the survey.
- Girls' physical activity declines with age
- Girls are less active than boys at all ages

Active Travel

- 33% of primary pupils and 19% of Secondary pupils *usually* walk to school
- 62% of primary pupils and 44% of Secondary pupils *usually* get to school by car/van
- 92% of primary pupils and 83% of secondary pupils own their own bicycle

The Daily Mile

12 schools in the Bailiwick take part in The Daily Mile. Primary school pupils were asked for their opinions on The Daily Mile. Of those pupils who participate:

- 85% said they really enjoyed it and 7% thought it was a waste of time
- 98% agreed it was good for their health and 91% believed it was important to do regularly

Enjoyment of physical activity at school

- 90% of Year 6 boys (88% of girls) enjoyed or really enjoyed physical activity at school
- 3% of Year 6 boys (4% of girls) do not enjoy physical activity at school
- Older girls report enjoying physical activity less than younger girls

Guernsey Primary School Physical Activity Surveillance Study

Accelerometer data

To overcome the limitations of measuring physical activity with self-report, in autumn 2019 and in collaboration with the University of Bristol, 302 year 4 and year 6 pupils from six schools wore an accelerometer for 1 week. Accelerometers are small waist-mounted devices which measure movement against gravity, these data are converted into time spent in sedentary, light, moderate and vigorous activity. Data were reported by gender, year group and within time periods before during and after school.

Results

Current guidelines are for children to do an average of 60 minutes of moderate-to-vigorous physical activity per day over the week. In our sample:

- 44% of children met current guidelines.
- 48% of Year 4 pupils and 40% of Year 6 pupils met the guidance.
- 61% boys and 33% girls met the physical activity guidelines.

The UK Childhood Obesity Plan recommends that children should accumulate half of their daily physical activity at school (i.e., 30 of 60 minutes). In our sample:

- 49% of children accumulated 30 minutes of moderate-to-vigorous physical activity during the school day, although there were differences by age and gender.
- 56% of Year 4 children compared versus 41% of Year 6 children did 30 minutes of moderate-to-vigorous physical activity during school hours.
- Boys were almost twice as likely to do 30 minutes moderate-to-vigorous physical activity at school (66%) than girls (37%).

For further info and survey results go to www.gov.gg/youngpeoplesurvey