



THEME:
Health and Wellbeing / Education

TITLE OF LEARNING:
Physical Literacy Consultation – MeFestival 2019

KEY RESEARCH QUESTIONS

How can we support our partners to tackle inactivity?



AN EXAMPLE OF LEARNING:

Dudley CCG's MeFestival is an annual event that welcomes young people from primary schools across the borough to receive advice and guidance on their health and wellbeing from a wide range of stakeholders. In 2019 Active Black Country were invited to be part of an activity tent, whereby pupils could take part in a series of inclusive activities such as boccia, Finnish skittles and table tennis.

ABC also used the occasion as an opportunity to carry out some consultation with both the young people and teachers that attended to get a better understanding of their activity habits and levels of physical literacy.

WHAT WERE THE LESSONS THAT WERE LEARNT AND HOW ARE THEY BEING APPLIED IN THE FUTURE?

In total, ABC surveyed 110 pupils from 10 different Primary Schools in Dudley, all in Years 4, 5 or 6 and they were all asked questions about how long they think they should be active, what their favourite activities were and, in relation specifically to understanding their levels of physical literacy, how much they enjoyed activity, how confident they were at it and how good they are at it.

The Chief Medical Officer recommends that 5-16 year olds should be active at moderate intensity for a minimum of 60 minutes every day. The majority (56%) of pupils knew this to be the case with girls slightly more likely to answer correctly. Interestingly, whilst only 38% of Year 4's and 25% of Year 5's answered correctly, 72% of Year 6's were equipped with the right knowledge.

51% liked to be active in small groups, whilst a further 30% favoured large groups and 19% liked being active alone.

Provisional results support the notion that boys enjoy activity more than girls. Boys self-reported an average enjoyment score of 8.4/10 compared to the girls' score of 7.6. Whilst boys and girl reported similar levels of confidence in being active, boys were more likely to claim they were *Good* (scoring 7.7 compared to 7.2 for girls).

A more in depth analysis of the physical literacy information that was captured, along with details of the results from teachers will be produced on the Insight Hub in the ABC 2019 Consultation Compendium.

HOW WAS SUCCESS MEASURED?

Information was captured via a paper-survey with pupils taking it in turns to complete them in-between different activities. The information will be used to support an STP-led project that looks to increase levels of physical literacy in the Black Country whilst embedding the principles of population health management into the wider health system.