

Physical Education Pupil Voice Questionnaire 2019-2020

Do you enjoy P.E.?

Comments made by pupils regarding their opinions of P.E.:

Year Group	Comments
Year 1	<ul style="list-style-type: none"> • "P.E. can be quite loud and busy."
Year 2	<ul style="list-style-type: none"> • "Play different sports." • "Get exercise." • "Fun warm-ups." • "I get tired." • "Makes me achy."
Year 3	<ul style="list-style-type: none"> • "We play fun games." • "Exercise is good for me." • "I get too tired." • "Get to try out different sports that you've not done before."
Year 4	<ul style="list-style-type: none"> • "Stretch the body." • "Helps to build our strength." • "Don't like running." • "Active in school." • "Relaxing and calming."
Year 5	<ul style="list-style-type: none"> • Very enjoyable exercise." • "Being outside." • "Learn new sports." • "I enjoy playing sports." • "You get to move around."
Year 6	<ul style="list-style-type: none"> • "Good for your mental health and well-being." • "Good for team spirit." • "Sports are good for you." • "Enjoy exercising." • "Like going outside."

Why is it important to be physically active?

Comments made by pupils when asked why it is important to be physically active:

Year Group	Comments
Year 1	<ul style="list-style-type: none">• "Turns your brain on."• "Gets our body moving."• "Because we don't want to get fat."• "Helps us to get strong."
Year 2	<ul style="list-style-type: none">• "Keeps our muscles moving."• "Keeps us fit."
Year 3	<ul style="list-style-type: none">• "It helps my brain grow."• "Keeps us healthy."• "Gives you energy."• "Makes you stronger."
Year 4	<ul style="list-style-type: none">• "Energises the body."• "Helps the heart to pump blood."• "Stay healthy."• "Gives you fresh air."• "Gives us energy and refreshes us."• "Break from work."
Year 5	<ul style="list-style-type: none">• "Keeps us fit and healthy."• "Prevent heart disease."• "Better mental health."
Year 6	<ul style="list-style-type: none">• "Releases happy hormones."• "Get fit."• "Stay active."• "Burn calories."• "Good for lots of health reasons."

Do you enjoy taking part in Steps to Tokyo?

Comments made by pupils regarding Steps to Tokyo:

Year Group	Comments
Year 1	<ul style="list-style-type: none">• "Too much walking."
Year 2	<ul style="list-style-type: none">• "Keeps us fit."• "Fun."• "You can walk, run or skip."• "Makes my legs ache."• "It's too long."
Year 3	<ul style="list-style-type: none">• "Get some exercise."• "Get too tired."• "It's good to have a break from lessons."
Year 4	<ul style="list-style-type: none">• "Like to have a run around."• "The more steps you do makes you proud."• "Helps us get fit."• "Helps us to stay active."• "It's boring as just running in circles."
Year 5	<ul style="list-style-type: none">• "I like running."• "Get to go outside."• "Feel proud."• "Keeps us fit."• "Mind break."• "Stretch our legs and get fresh air."
Year 6	<ul style="list-style-type: none">• "Get to stretch your legs."• "Activity during lessons."• "Get fresh air."• "It's not competitive."• "Can go at your own pace."• "Get rid of energy."