

# ONBOARD

## PARTICIPANT SURVEY 2020



### PARTICIPANT NUMBERS ON VIEWS



### WHY DID YOU CHOOSE TO COME TO THESE SESSIONS?

TOP 3 RESPONSES



**94%**

TO HAVE FUN



**67%**

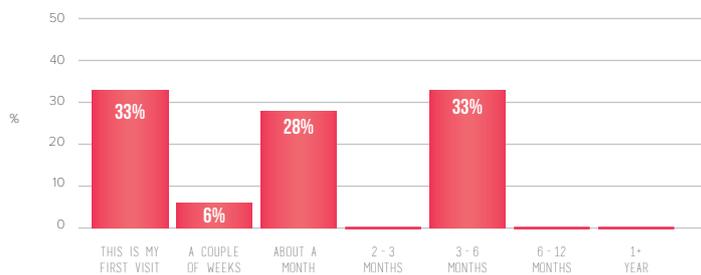
MEET FRIENDS



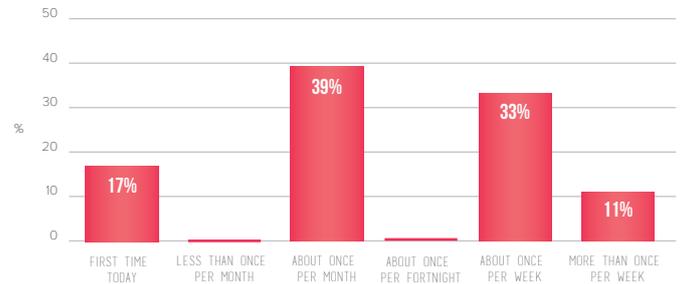
**56%**

TO GET HEALTHIER

### HOW LONG HAVE YOU BEEN COMING TO THESE SESSIONS?

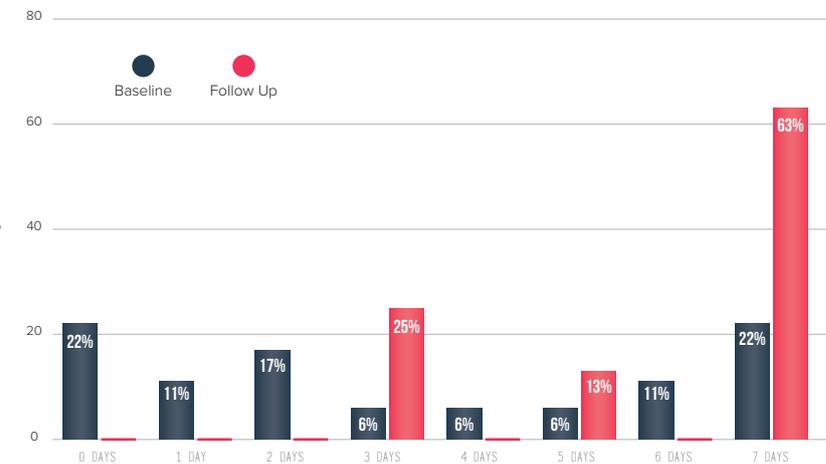


### HOW OFTEN DO YOU ATTEND THESE SESSIONS?



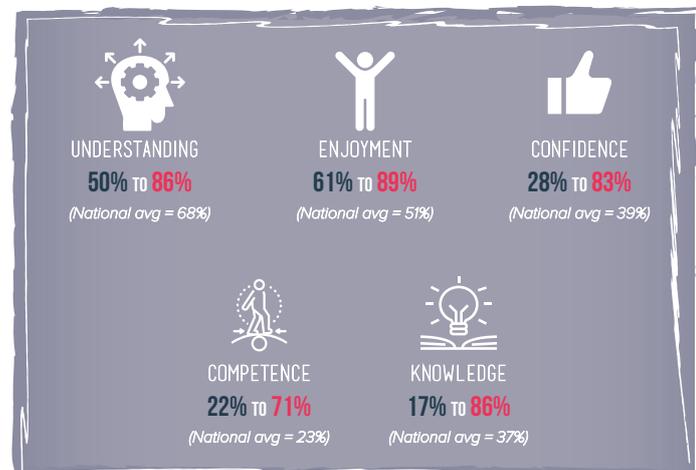
### COMPARING YOUNG PEOPLE'S ACTIVITY LEVELS BEFORE AND SINCE ATTENDING THESE SESSIONS...

(Using the 'single item question' which asks: On how many days per week would you have typically done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job).



### THINKING ABOUT ALL TYPES OF EXERCISE AND SPORT - HOW MUCH DO YOU AGREE OR DISAGREE WITH THE FOLLOWING STATEMENTS?

In terms of physical literacy – the proportion of respondents that 'strongly agreed' on the five key statements is shown below for both baseline and follow up:



The participant surveys included questions from the Active Lives Children & Young People Survey that relate to physical literacy, mental well-being, individual and community development.

The results show an increased mean score from baseline to follow-up and scores that are mainly above national averages for young people in terms of:

