

Circle of Hope Project

Healthy Body, Healthy Mind, Healthy World
Socrates — Comenius

School Survey Results

DB Ingleton Middle School, England

Is exercise important?

Yes%	Boys	Girls
Y7	59	74
Y8	85	50

The tables show the percentages of boys and girls in Years 7 and 8 who answered 'Yes' to three questions about exercise and health.

After discussion, write your opinion of what the responses seem to reveal about attitudes to exercise and health.

Concerned about your health?

Yes%	Boys	Girls
Y7	41	58
Y8	23	60

Do you think you're very fit?

Yes%	Boys	Girls
Y7	23	26
Y8	46	5

You know how much exercise you should be getting each week. **Why does it matter?**

How much exercise do you get in a week? Give details. If it's not enough, **what are you going to do?**
