# Research snapshot activity

The research snapshots provided in the document below have implications for our teaching. Explore each of the snapshots to find out more about your students.

Consider the following when you are reading each snapshot.

* What decisions, behaviours and/or attitudes do the snapshots identify? (What trends can you identify?)
* What influences student’s decisions, behaviours and actions in relation to this data? (What influences lead to these trends?)
* What are the knowledge, understanding and skills that student’s need to manage these influences?
* What decisions, behaviours and attitudes are we currently teaching? Do we address the knowledge, understanding and skills students need in relation to the snapshot data?
* What areas can we improve in our PDHPE programs?

Once you have explored the snapshots choose one that you think is highly relevant to your students. Return to MyPL and answer Question 2 of ‘Part 2: Unpacking the key features of the syllabus assignment’

The following questions will need to be answered in MyPL:

2a. What does the research tell us about students? (strengths, needs, decisions, behaviours and attitudes)

2b. What influences students in relation to the research findings/trends?

2c. What does this mean for student learning? How will this effect your teaching? What knowledge, understanding, skills and attitudes will you emphasise?

## Snapshot 1 ؘ– Eating habits

**Snapshot – Children and adolescents age 5-16**

More than 3 in 4 children and adolescents (76%) ate breakfast daily.

More than 1 in 10 children and adolescents (12%) ate dinner in front of the television 5 or more days a week.

More than 1 in 5 children and adolescents (23%) ate take away meals or snacks from fast food outlets 1 or more times a week.

3 in 10 children and adolescents (30%) have unrestricted snacking at home.

Source: Hardy LL, Mihrshahi S, Drayton BA, Bauman, A. [NSW Schools Physical Activity and Nutrition Survey (SPANS) 2015: Full Report. 2016](http://www.health.nsw.gov.au/heal/Pages/spans-2015-full-report.aspx) Sydney: NSW Department of Health.

## Snapshot 2: Fundamental movement skills

In 2015, the prevalence of fundamental movement skills (FMS) competency was generally low among school age children and adolescents in NSW. However there were significant increases in all fundamental movement skills among both primary school aged boys and girls between 2010 and 2015.

**Snapshot – Primary school students**

67% of boys and 53% of girls demonstrated advanced skills in the catch

54% of boys and 16% of girls demonstrated advanced skills in the kick

52% of boys and 18% of girls demonstrated advanced skills in the over-arm throw

75% of boys and 80% of girls demonstrated advanced skills in the side-gallop

45% of boys and 48% of girls demonstrated advanced skills in the vertical jump

24% of boys and 49% of girls demonstrated advanced skills in the leap

52% of boys and 43% of girls demonstrated advanced skills in the sprint run

**Snapshot – Secondary school students**

87% of boys and 74% of girls demonstrated advanced skills in the catch

74% of boys and 33% of girls demonstrated advanced skills in the kick

67% of boys and 30% of girls demonstrated advanced skills in the over-arm throw

93% of boys and 93% of girls demonstrated advanced skills in the side-gallop

74% of boys and 67% of girls demonstrated advanced skills in the vertical jump

34% of boys and 54% of girls demonstrated advanced skills in the leap

70% of boys and 55% of girls demonstrated advanced skills in the sprint run

Source: Hardy LL, Mihrshahi S, Drayton BA, Bauman, A. [NSW Schools Physical Activity and Nutrition Survey (SPANS) 2015: Full Report. 2016](http://www.health.nsw.gov.au/heal/Pages/spans-2015-full-report.aspx) Sydney: NSW Department of Health.

## Snapshot 3 – Nutrition

In 2015, around 4 in 5 children and adolescents (79%) met the recommended daily intake of fruit (2 serves a day) but less than 1 in 10 (7%) met the recommended daily intake of vegetables (5 serves a day).

Children and adolescents less likely to meet the vegetable recommendation included those from urban areas, low SES backgrounds, and the thin BMI category.

**Children and adolescents frequently consumed a range of energy-dense and nutrient poor foods and drinks**

48% of children and adolescents ate processed snack food products (sweet and savoury biscuits, cakes, donuts or muesli bars) 3 or more times a week.

32% of children and adolescents ate potato chips 3 or more times a week

27% of children and adolescents ate confectionary 3 or more times a week

10% of children and adolescents ate fried potato products 3 or more times a week

35% of children and 44% of adolescents ate processed meats 3 or more times a week

9% of children and adolescents drank one or more cups of soft drink daily.

Source: Hardy LL, Mihrshahi S, Drayton BA, Bauman, A. [NSW Schools Physical Activity and Nutrition Survey (SPANS) 2015: Full Report. 2016](http://www.health.nsw.gov.au/heal/Pages/spans-2015-full-report.aspx) Sydney: NSW Department of Health.

## Snapshot 4 – Sedentary behaviour

Overall, the median sitting time outside of school hours was 3 hours 43 minutes on a weekday, and 6 hours 40 minutes on a weekend day.

Just over half of children (53%) met screen time recommendations of less than 2 hours a day, on weekdays. On weekends 80% of children exceeded 2 hours of screen time.

Groups who were less likely than peers to meet screen time recommendations, on both weekdays and weekends included:

* boys
* children and adolescents from low SES backgrounds
* children in overweight and obese BMI categories.

More than half (54%) of participants did not know the recommended daily limit on screen time was less than 2 hours. 20% of parents rarely or never imposed rules on screen time.

Source: Hardy LL, Mihrshahi S, Drayton BA, Bauman, A. [NSW Schools Physical Activity and Nutrition Survey (SPANS) 2015: Full Report. 2016](http://www.health.nsw.gov.au/heal/Pages/spans-2015-full-report.aspx) Sydney: NSW Department of Health.

## Snapshot 5 – Social media use

Table 1: Main social media account

|  |  |  |
| --- | --- | --- |
| Account type | Kids | Teens |
| Facebook | 38% | 56% |
| Instagram | 27% | 11% |
| Youtube | 16% | 9% |
| Snapchat | 8% | 17% |
| Skype | 3% | 2% |
| Other | 9% | 6% |

Table 2: Privacy settings on their main social media account

|  |  |  |  |
| --- | --- | --- | --- |
| Private | Partially private | Public | Not sure |
| 61% | 21% | 9% | 10% |

Table 3: More teens than kids share personal information on their main social media account

|  |  |  |
| --- | --- | --- |
| Account type | Kids | Teens |
| Photo of face | 47% | 58% |
| Last name | 27% | 45% |
| Real age | 21% | 38% |
| School/photo of uniform | 19% | 27% |
| Phone number/address | 6% | 9% |

**Source:** Office of the eSafety Commission, 2018, [Research infographics](https://www.esafety.gov.au/about-the-office/research-library)**.**

## Snapshot 6 – Trust and confidence online

Young people’s trust and confidence in online information sources. Youth aged 12 to 17 are spending big chunks of their time online but are still cautious when it comes to relieving what they read or see.

### Time online

Young people spend considerable time online outside of school

Table 4: Weekly averages

|  |  |
| --- | --- |
| Number of hours online outside of school | Percentage of students |
| Less than 6 hours | 33% |
| 7-12 hours | 29% |
| 13-18 hours | 18% |
| 19-24 hours | 9% |
| More than 24 hours | 10% |

17 year olds spent twice as much time online as 12 year olds

Boys and girls spent similar amounts of time online, as did young people born in Australia and those born overseas.

### Online trust

When comparing trusted information sources, TV is more trusted than online sources. There is no significant variation according to gender.

Table 5: Trusted information sources

|  |  |
| --- | --- |
| News source | Percentage of people who trust this source |
| TV news | 61% |
| Internet searches | 51% |
| Social media posts by friends | 32% |
| Social media posts by others | 20% |

Those born overseas trust online information slightly more (54%) than those born in Australia (51%). Despite trusting these sources, young people still checked the information from:

* live streamed TV (31%)
* internet searches (24%)
* social media posts by friends (20%)
* social media posts by others (12%)

### For information on overseas conflicts

Table 6: Where young people source their information on overseas conflicts

|  |  |
| --- | --- |
| Information source | Percentage of people who use this source |
| TV (news) | 80% |
| Online (including social media) | 65% |
| Family | 53% |
| School | 49% |
| Friends | 33% |

Older youth – 17 year olds are more likely to seek information about overseas conflicts online (81%) compared to 12 year olds (44%).

Table 7: Most trusted sources of information in relation to overseas conflicts

|  |  |
| --- | --- |
| Information source | Percentage of people who use this source |
| TV (news) | 44% |
| Online (including social media) | 15% |
| Family | 20% |
| Other | 21% |

**Source:** Office of the eSafety Commission, 2018, [Research infographics](https://www.esafety.gov.au/about-the-office/research-library)**.**