

HAPPEN

Breaktime Activities

FACT SHEET



The Research

The Happen Survey aimed to explore how children and young people engage with play during their breaktimes, including how children and young people perceive play and how it is utilised in primary schools across South Wales (years 4-6). It was identified that:

34,176 participants
Data from 2016-2023

7% sit around
inside or outside



4% stand
around



60% walk around



17% run
around



Key Findings

Gender

Boys were more likely to play and be active during their morning, lunch and afternoon breaktimes in comparison to girls and those who preferred not to disclose their gender.

Physical Literacy

Boys also showed a greater understanding of why they should take part in physical activity and why it is important to our health and wellbeing.

Breaktime activity and wellbeing

The participants who reported healthier levels of emotional and behavioral wellbeing were those most engaged with play or physical activity during their breaktimes. These participants also felt happiest in life and as though they were doing well at school.

Activity before and after school

The participants who sat or stood around during their breaktimes were less likely to engage with active travel to and from school and to take part in play or physical activity before and after school. These results emphasise the importance of active play during breaktimes.