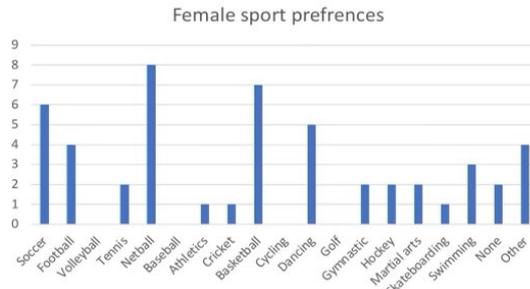


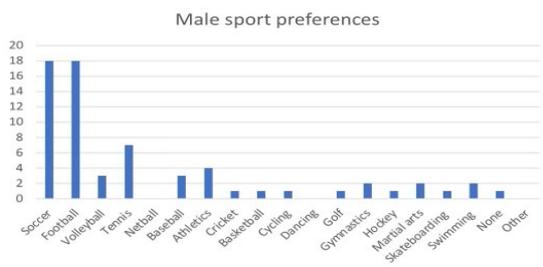
Does the sport you play affect the amount of sleep you get?

In our investigation we were trying to find out if the sport you play affects the amount of sleep you get. We asked 131 year 7 kids about how long they sleep and what sport is their favourite to play. To figure out the sleep time of each sport we averaged out the sleep times that corresponded to their sport. Our hypothesis was that football would have the least amount of sleep between males because it is one of the most active sports. Our hypothesis was that football would get the least amount of sleep, although we were wrong, it was a pretty fair guess. We got mostly fair results but there could be a few possible outliers, overall, it was a pretty good test.

This is graph is showing what sports girls in year 7 at Overnewton prefer to play. Compared to the males graph the females one is a lot more balanced with netball and basketball being the two favourites. One thing I noticed is that the girls play more unusual sports like rock climbing, badminton, and horse riding while the boys stick to more known sports. One surprising thing between the female and the male graph is that the females preferred sports like basketball and netball which you can only use your hands where the boy's most preferred sports are mostly based around kicking.



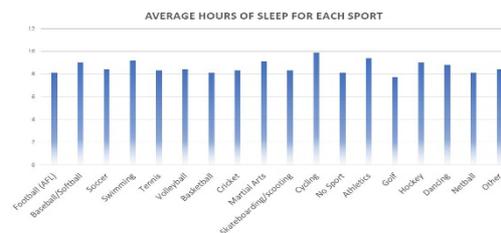
This graph is showing what sports males in year 7 enjoy participating in. It has a wide range of different choices for their favourite sport. The most popular being football and soccer with basketball coming in not too far behind. But apart from those three there really isn't many other major sports with a few selections here and there but none of them compared to the top three sports. I think the reason that the top three sports are so much higher than anything else is because of their popularity in our community.



This column graph shows that out of the 131 respondents the most common sleep time was 8 hours (48 people) with the overall average being 8 and a half hours and the range being 8 hours so there was a lot of variety. Studies show that kids this age should be sleeping anywhere between 8 to 10 hours. So we can tell the most of the year 7's are getting the right amount of sleep, but there is still a few kids not getting the right amount of sleep and low sleep time could affect how to learn and your performance in sport



From the data we have collected over year 7, we have found that golf has the least amount of sleep whilst cycling has the most amount of sleep. From the data we have collected, we also found out that the average sleep is 8.6 hours. The median was 8.9, the mode was 8.1 and the range was 2.9. Throughout the whole of year 7's MOST of us are getting the correct amount of sleep as per the "National Sleep Foundation guidelines". But there are several students who do not get the correct amount of rest and this will affect their sporting performance.



Our aim for this graph was to get an answer to our question which was does what sport you play effect the amount of sleep you get. We each worked on a different graphs with me [Hudson] doing the graph about what sport boys and girls prefer to play and [Archie] doing the amount of sleep boys and girls get. Our sample size was 132 year 7 overnewton students. Now this left us with some outliers in the data as sports like golf only had one person so there whole data was based off of the amount of sleep one person gets. But apart from a few sports like golf we have a good sample size for each of the sports ranging between 5-24 people per sport. Overall I think we got an accurate answer to our question which is some players that play more physical sports need more time to let their bodies recover.