



Children & Young People Physical Activity Behaviour for Active Notts

Active Lives Children's Survey 2020-21

National - headlines

Full report – available in full [here](#) - covers the 2020-21 academic year.

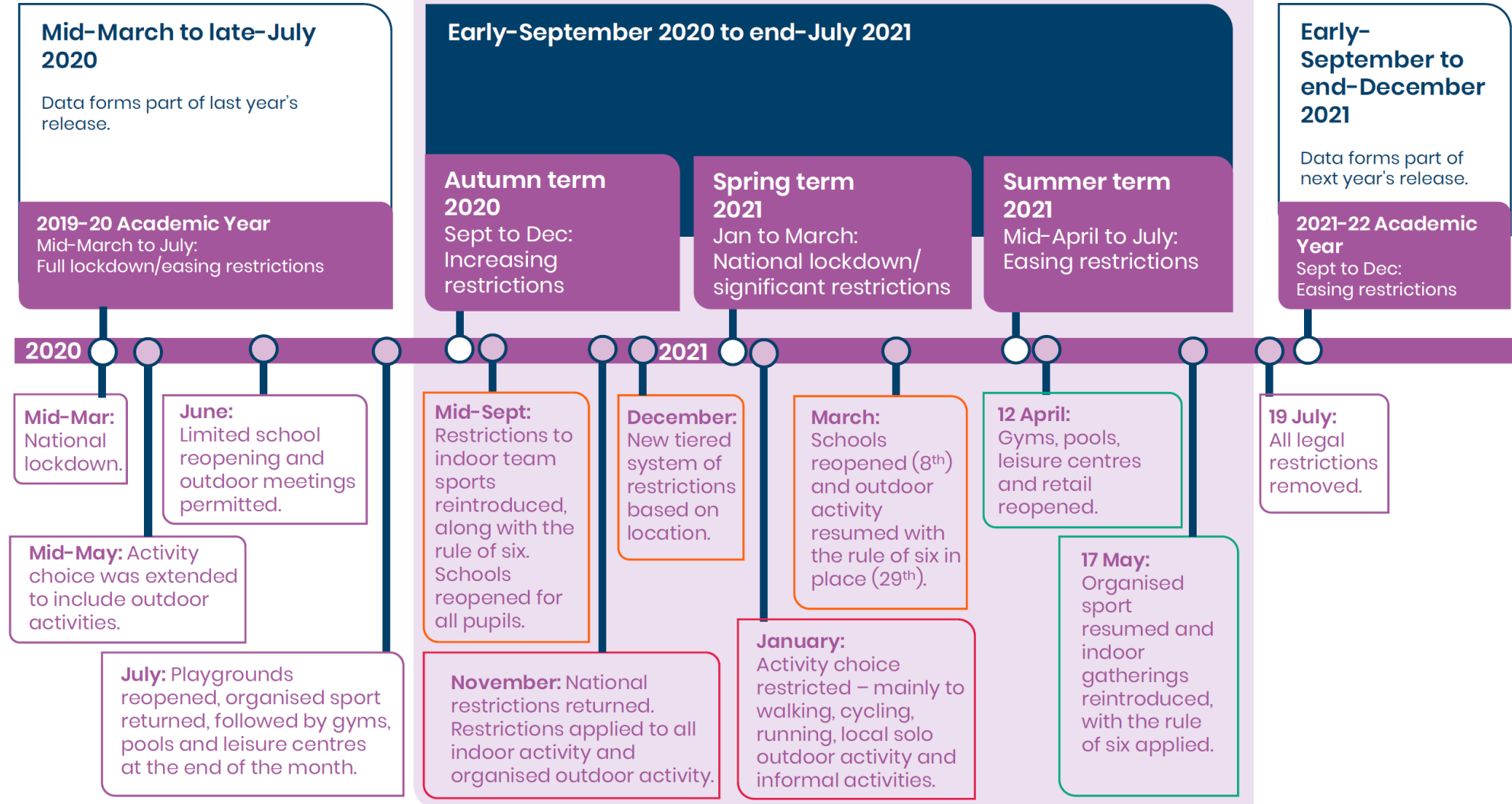
- It shows that while there has been no overall decrease in activity levels compared to the previous academic year, the pandemic and the impact of lockdowns over this academic year continued to impact negatively on activity levels and the widening of existing inequalities.
- 3.2 million (44.6%) children and young people were active, taking part in sport and physical activity for an average of 60+ minutes a day across the week.
- This remains unchanged compared to 12 months ago. However, the proportion active remain down 2.2% compared to pre-pandemic (2018-19), equating to 94,000 fewer active children and young people.
- Around 850,000 (11.8%) fewer children and young people swam across 2020/21 compared to 12 months earlier, with children in years 1-2 (ages 5-7) seeing the largest annual drop (-20.7%).
- Fewer children and young people are enjoying taking part in sport and physical activity, and there have been falls in perceived enjoyment, confidence, competence, understanding for those in years 3-11 (ages 7-16), key contributors to children's physical literacy.

National - demographics

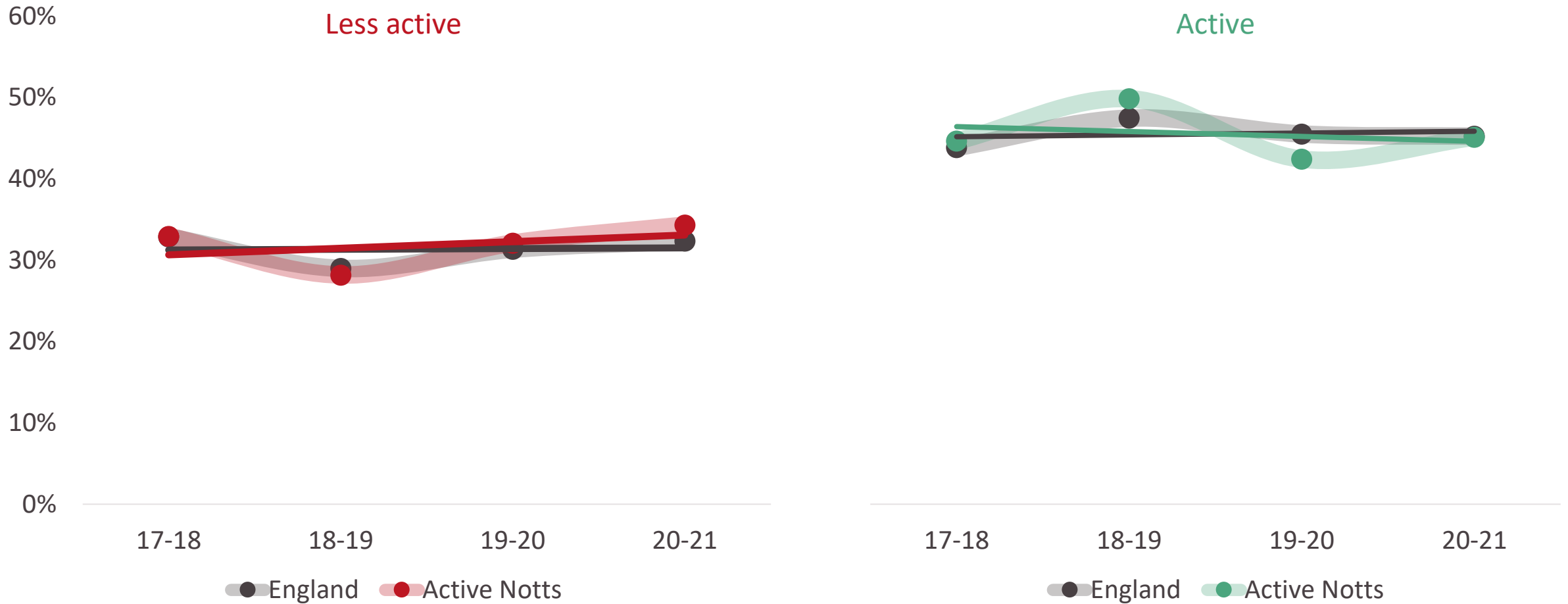
- Boys' activity levels fell compared to 12 months earlier (-2.4%) while girls' levels increased (+2.7%).
- The disruption to organised sport caused by the pandemic is a key contributor to the decline in activity levels, particularly for many boys. Conversely, the choice of different activities available during restrictions may have suited girls, and particularly teenage girls, better.
- The drop in boys' activity levels compared to the 2019-20 academic year has been driven by older boys. Boys in school years 7-8 (ages 11-13) and 9-11 (ages 13-16) have seen the proportion of active boys fall by 8.7% and 7.2% respectively.
- The rise in girls' activity levels is driven by increased participation by younger age groups while the increase seen last summer term among girls in secondary schools has been maintained.
- Children from White British (48%), White Other (47%) and Mixed (45%) backgrounds are more likely to be active than those from Asian (39%), Black (36%) and Other ethnic (38%) backgrounds.
- Black boys' activity levels continue to be severely impacted by the pandemic. Both Black boys and girls saw activity levels fall in 2019/20, but while girls have seen some recovery over the 2020/21 academic year, boys continue to see sustained falls in activity.
- Children and young people from the least affluent families remain the least active.
- Across the year as a whole, activity levels have fallen compared to pre-pandemic (2018-19) for those from the least affluent families (-3.4%) while remaining unchanged for those from the most affluent families

Covid-19 timeline

This report covers the academic year 2020–21. The summer term provides a comparison with the early stages of the coronavirus pandemic that were covered in last year's report.



Activity levels of whole population trends



Source: Active Lives Children and Young People Survey 2017-21

Responses per year

| | 17/18 | 18/19 | 19/20 | 20/21 |
|---------------------|---------|---------|--------|--------|
| England | 109,503 | 113,728 | 89,303 | 86,828 |
| Active Notts | 1,843 | 2,630 | 2,005 | 1,368 |
| Ashfield | ^ | 338 | 237 | ^ |
| Bassetlaw | 184 | 407 | 172 | ^ |
| Broxtowe | 301 | 192 | 275 | ^ |
| Gedling | ^ | ^ | ^ | ^ |
| Mansfield | ^ | 290 | ^ | ^ |
| Newark and Sherwood | 234 | 437 | 421 | ^ |
| Nottingham | 328 | 379 | ^ | ^ |
| Rushcliffe | 514 | 453 | 496 | 515* |

It's important to note that:

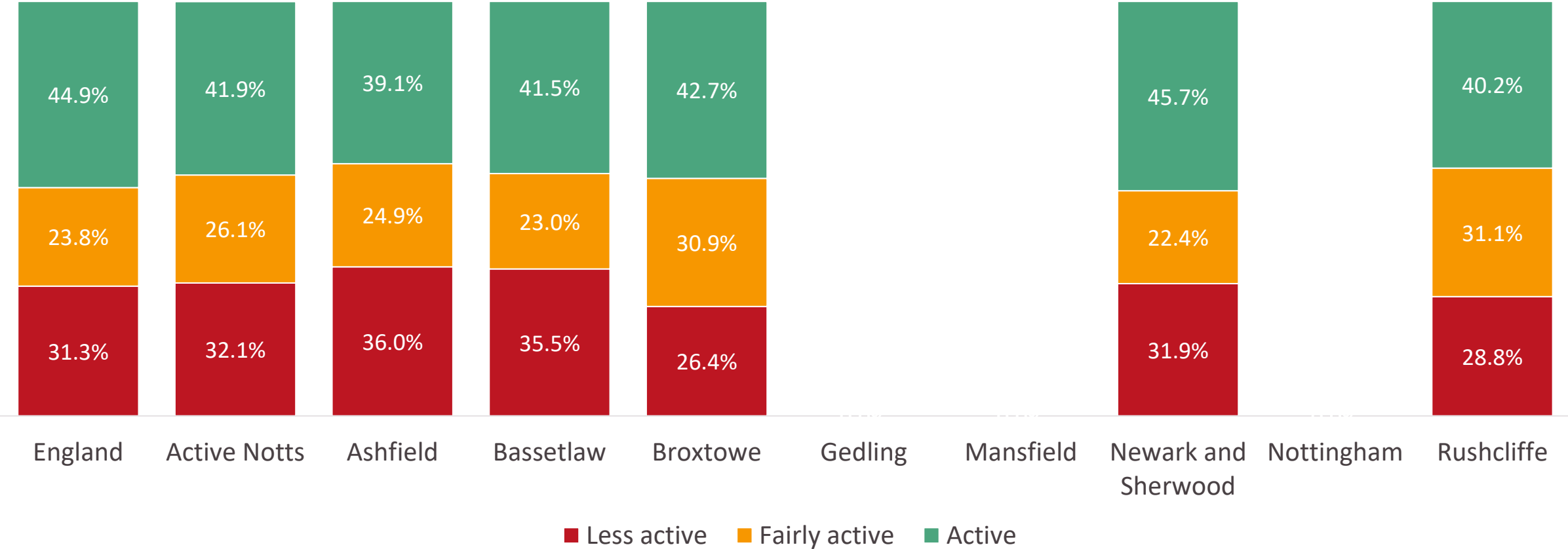
- 1,368 children and young people completed the survey in 20/21. This is one third less than the previous academic year (2,005) and is half the pre pandemic response rate (2,630)
- Data is only available for Rushcliffe* at LA level in 20/21

Activity levels of whole population - Academic Year 20/21



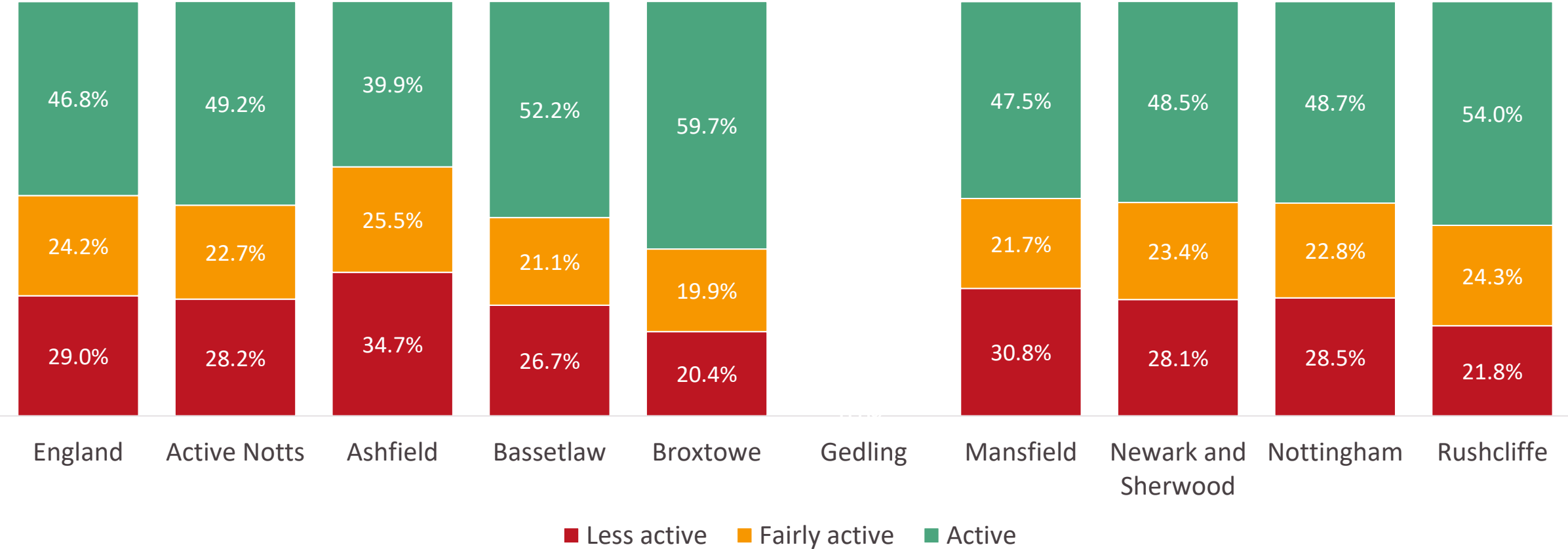
Source: Active Lives Children and Young People Survey 2017-21

Activity levels of whole population - Academic Year 19/20



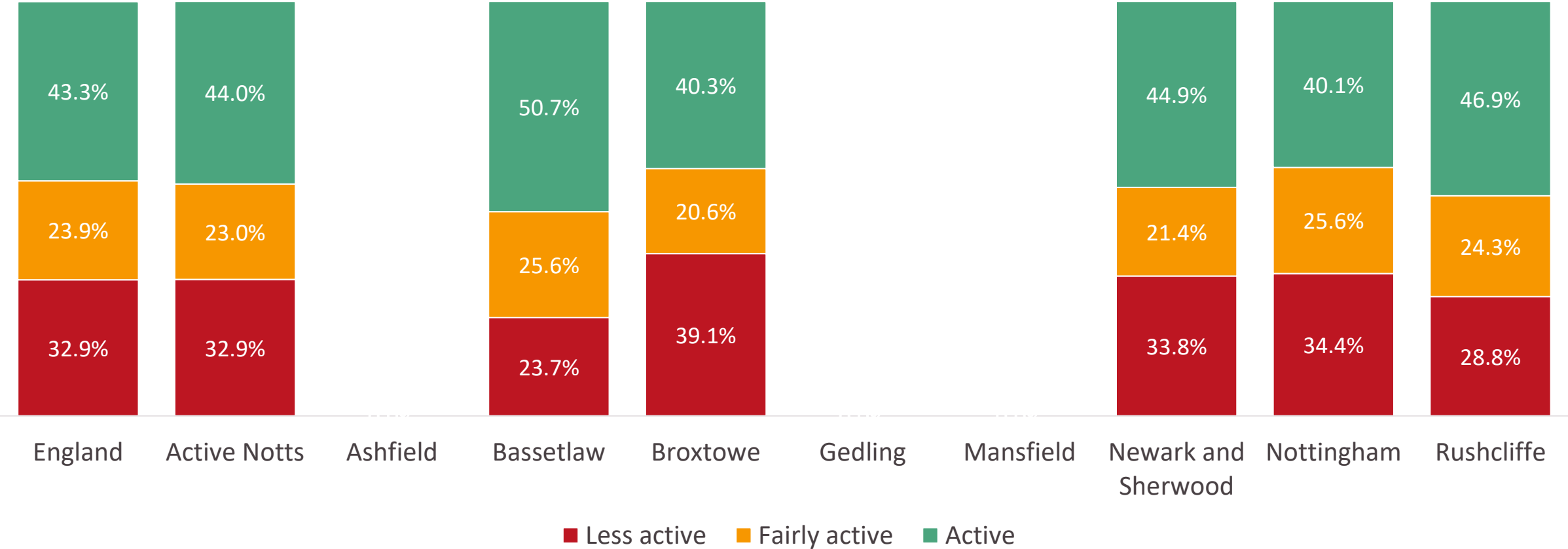
Source: Active Lives Children and Young People Survey 2017-21

Activity levels of whole population - Academic Year 18/19



Source: Active Lives Children and Young People Survey 2017-21

Activity levels of whole population - Academic Year 17/18



Source: Active Lives Children and Young People Survey 2017-21

Change in Physical Activity levels...

between 17/18 and 20/21

| | Less active | | Active | |
|---------------------|-------------|-----------------------|--------|-------------------------|
| England | -0.5% | No change | 1.4% | Significant improvement |
| Active Notts | 1.4% | No change | 0.5% | No change |
| Ashfield | ^ | ^ | ^ | ^ |
| Bassetlaw | ^ | ^ | ^ | ^ |
| Broxtowe | ^ | ^ | ^ | ^ |
| Gedling | ^ | ^ | ^ | ^ |
| Mansfield | ^ | ^ | ^ | ^ |
| Newark and Sherwood | ^ | ^ | ^ | ^ |
| Nottingham | ^ | ^ | ^ | ^ |
| Rushcliffe | 6.8% | Significant worsening | -1.9% | No change |

Change in Physical Activity levels...

change in last 12 months (19/20 - 20/21)

| | Less active | | Active | |
|---------------------|-------------|-----------|--------|-----------|
| England | -1.0% | No change | -0.3% | No change |
| Active Notts | 2.2% | No change | 2.7% | No change |
| Ashfield | ^ | ^ | ^ | ^ |
| Bassetlaw | ^ | ^ | ^ | ^ |
| Broxtowe | ^ | ^ | ^ | ^ |
| Gedling | ^ | ^ | ^ | ^ |
| Mansfield | ^ | ^ | ^ | ^ |
| Newark and Sherwood | ^ | ^ | ^ | ^ |
| Nottingham | ^ | ^ | ^ | ^ |
| Rushcliffe | 6.8% | No change | 4.8% | No change |

Summary

Over half of children and young people still do not meet the CMO guidelines and **over a third are classed as less active**

Less active

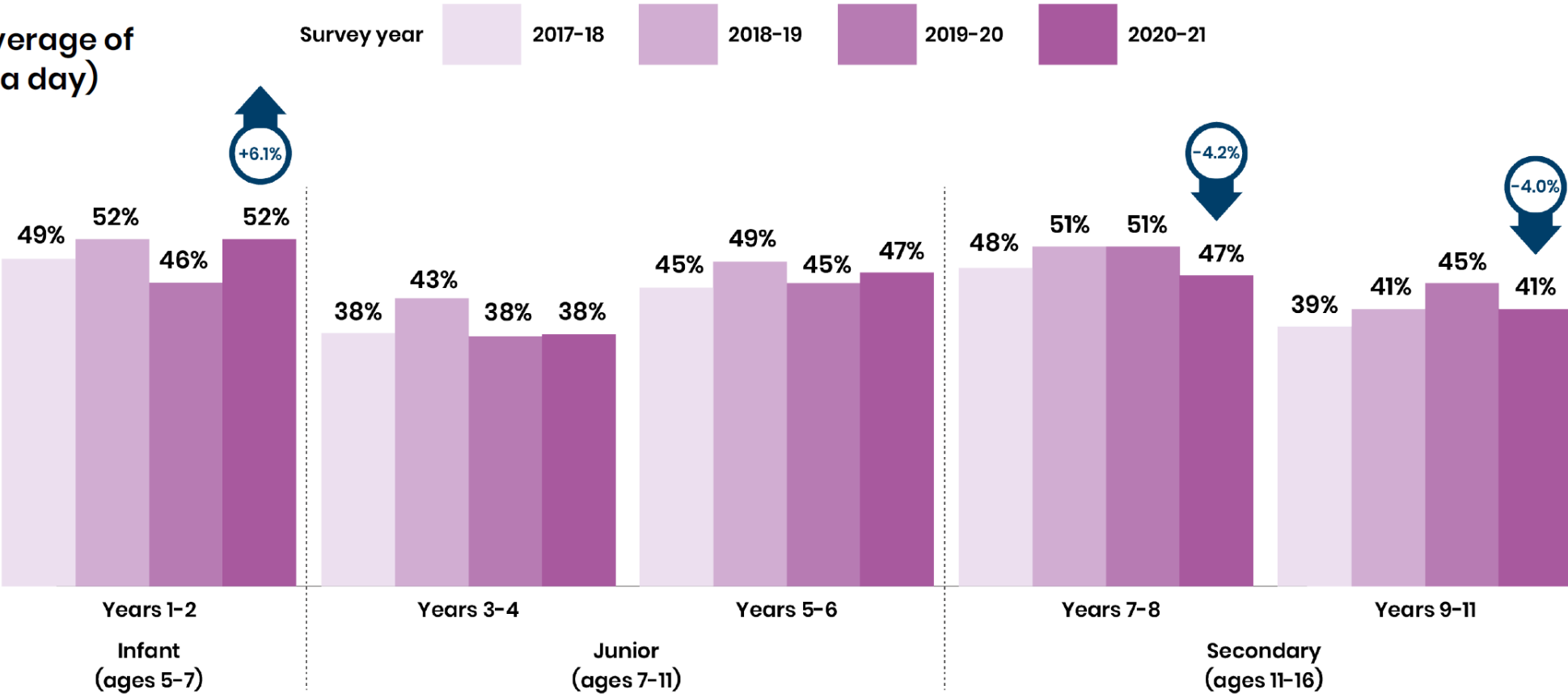
- The latest 20/21 data shows 34.3% of children and young people in Active Notts are classed as less active. This rate has worsened over the last 12 months by 2.2pp (32.1%) and is also higher (worse) than the first year of data (17/18, 33.1%)
- Active Notts are still performing worse than national (32.4%)

Active

- The latest 20/21 data shows 44.5% of children and young people in Active Notts are classed as active. The active rate is now 0.5pp better than the first year of data (17/18, 44.0%)
- The active rate for Active Notts is now almost in line with England (44.6%). Pre pandemic levels were 2.4pp better than national

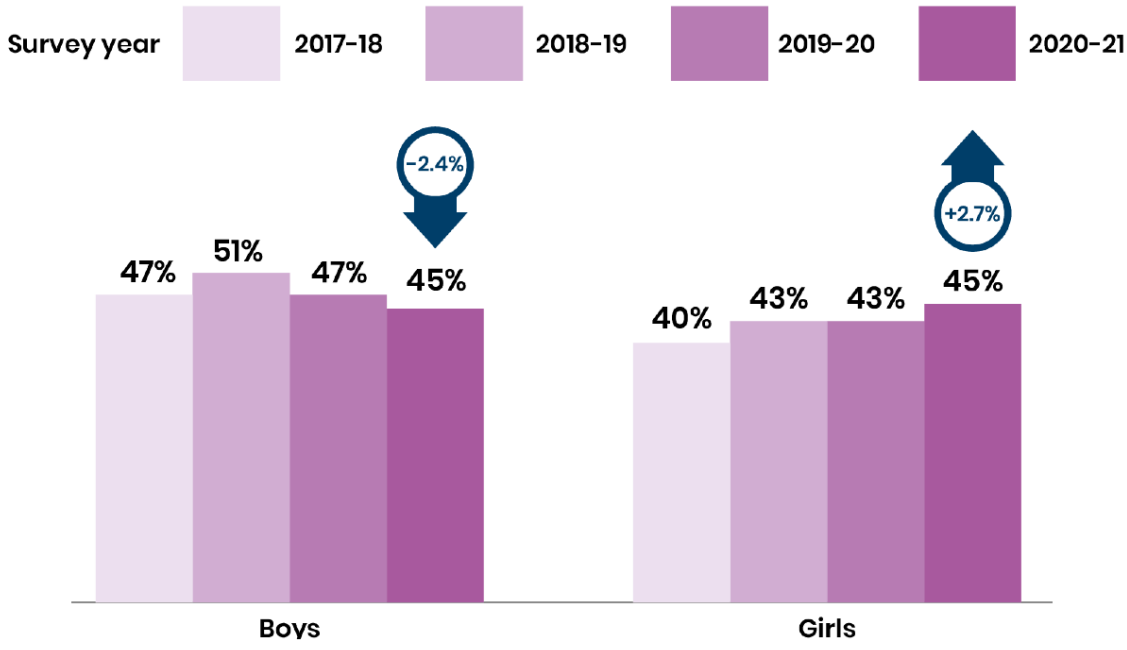
Older children have now seen drops in activity levels

Active (an average of 60+ minutes a day)



Source: Active Lives Children and Young People Survey 2017-21

Boys continue to see activity levels fall, whilst girls have seen an increase

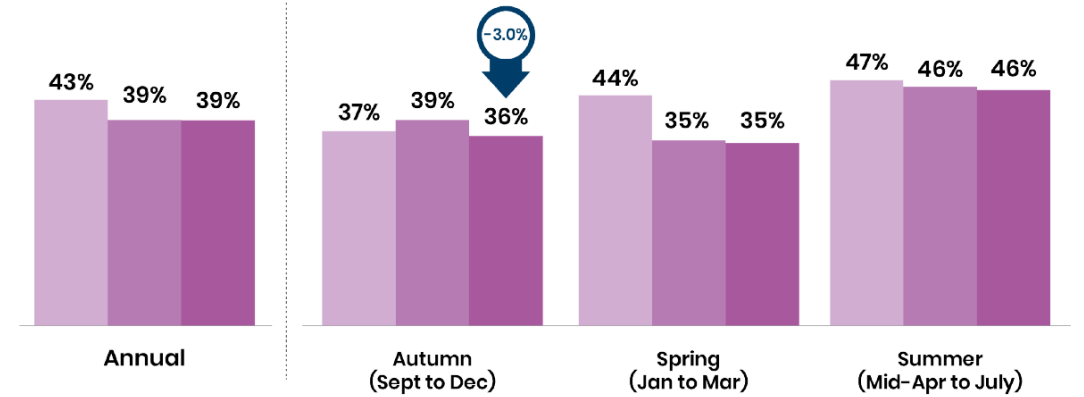


Children and young people from the least affluent families remain the least active

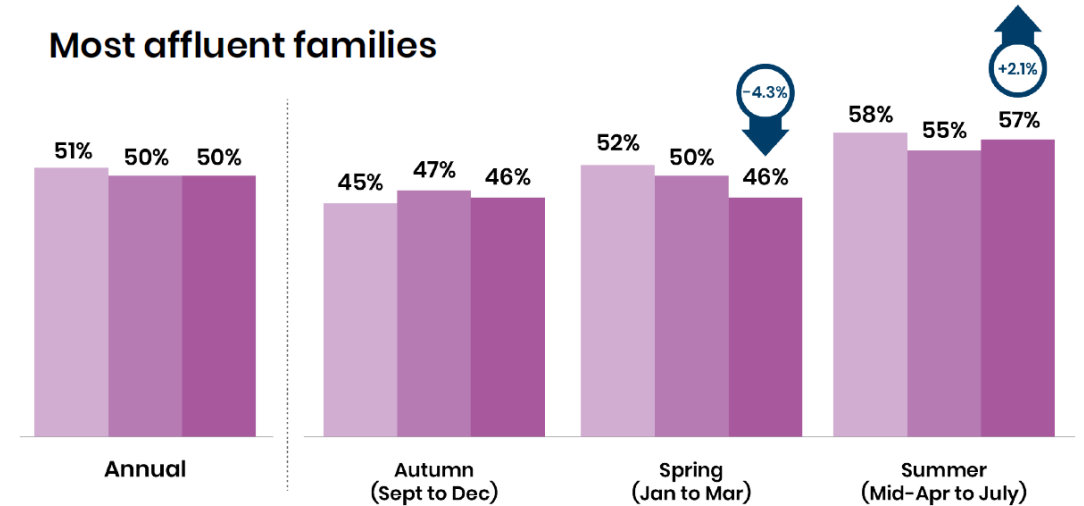
Active (an average of 60+ minutes a day)

Survey year 2018-19 2019-20 2020-21

Least affluent families



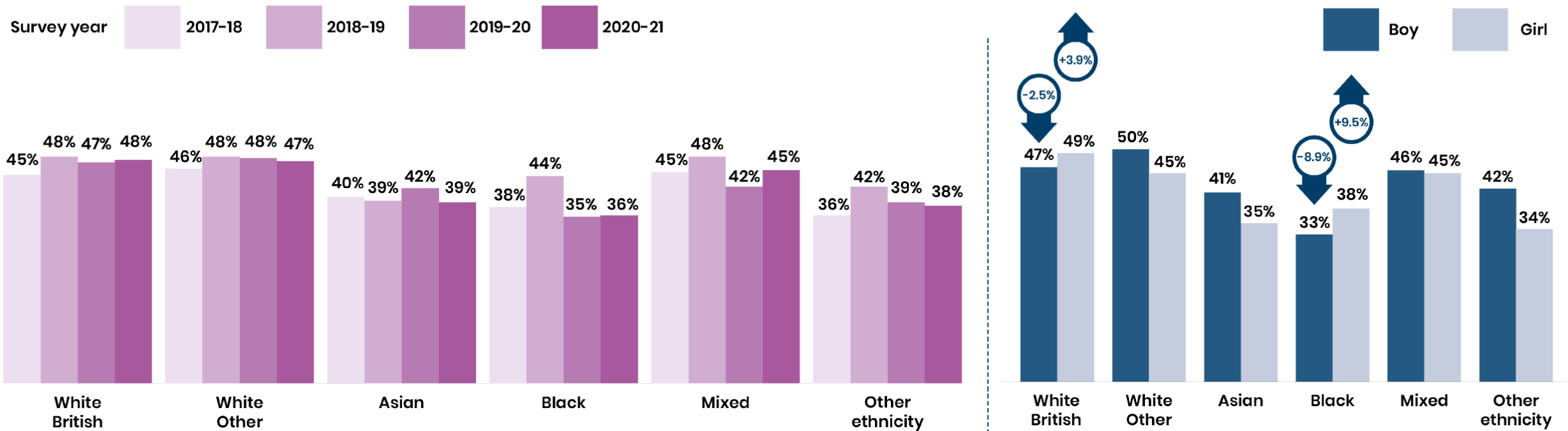
Most affluent families



Source: Active Lives Children and Young People Survey 2017-21

Activity levels remain below pre-pandemic levels among Black boys

Active (an average of 60+ minutes a day)



Source: Active Lives Children and Young People Survey 2017-21