



Children & Young People Physical Activity Behaviour for Active Notts

Active Lives Children's Survey 2021-22

The **Active Lives** **Survey: Children** **and Young** **People** gathers data on how **children** engage with **sport** and **physical activity**

Designed by Sport England, the Department for Education (DfE), the Department for Health (DfH), and the Department for Digital Culture Media and Sport (DCMS), its purpose is to gain a detailed insight into the current physical activity habits of the nation's children and young people (aged 5 to 16).

The survey collects data to present a comprehensive picture of children and young people's:

- Overall levels of activity both during the school day ('at school') and outside school
- Activity levels for a range of key demographic groups
- The types of activities undertaken by age group
- Volunteering levels (supporting sport and physical activity)
- Associations between activity levels and measures of mental wellbeing, individual development and social and community development
- Attitudes of children and young people towards sport and physical activity

How much physical activity should children and young people do?



The **Chief Medical Officer's (CMO) guidelines** for young people is presented in three categories for overall activity in the last week:

Active

An average of 60 minutes or more a day
(at least 420 mins over a week)

Fairly active

An average of 30-59 minutes a day

Less active

Less than an average of 30 minutes a day

Note: Only activity of at least moderate intensity is included

National - headlines

Full report – available in full [here](#) - covers the 2021-22 academic year.

- The findings paint a promising picture, with a return to levels seen pre-pandemic in the proportion of children and young people meeting the Chief Medical Officers' guidelines of taking part in an average of 60 minutes or more of sport and physical activity a day.
- There are also positive signs of longer-term growth in activity levels among secondary aged girls (ages 11-16). However, some groups are being left behind, with primary aged children, specifically those in school Years 3-4 (ages 7-9), and Black boys, not seeing the same recovery - while Black girls are reporting significantly fewer positive attitudes towards sport and physical activity than before the pandemic.
- The survey provides more evidence as to the positive impact of physical activity on mental health - with an increase in the proportion of children exercising to relax and worry less, and socially for fun with friends.
- However, physical literacy levels - which are linked to higher levels of activity and wellbeing - haven't recovered to pre-pandemic levels. It's therefore vital there's a focus on providing positive experiences of physical activity, with children and young people involved in decisions around their design and delivery. And while activity levels are recovering, there are warning signs that more needs to be done - with the ongoing challenges of the cost of living posing a risk to continued recovery and growth.

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National - demographics

- The proportion of children and young people classified as active has returned to pre-pandemic levels across most age groups, however this isn't the case for those in school Years 3-4 (ages 7-9) where activity remains 4.5%, or 53,000 children, down on pre-pandemic (academic year 2018-19), with no change compared to 12 months ago.
- In contrast, young people in school Years 9-11 (ages 13-16) have seen activity levels increase above pre-pandemic levels (up 5.7%/145,000 young people) and in line with the highs seen two years ago
- Boys have driven the recovery in activity levels, with the proportion active now back in line with prepandemic (academic year 2018-19). Girls continue to see limited change overall, although levels are slightly above pre-pandemic (up 1.9%, or 98,000 more active girls). As a result, the gender gap between boys and girls has re-emerged - with a gap of 5% between them in the proportion active. This overall picture masks some clear and important differences between age groups:
 - The lack of recovery seen across children in Years 3-4 (ages 5-7) is seen for both boys and girls, but boys in school Years 5-6 (ages 7-9) have seen limited recovery.
 - While secondary age boys are following the pattern seen here for boys overall, secondary age girls are showing some growth in activity levels.
 - There's a much smaller gender gap among secondary age young people (school Years 7-11, ages 11-16), with just 2% between them.
- There's an emerging upward trend in activity levels among girls in school Years 7-8 (ages 11-13), with an increase of 5.7%, or more than 50,000, more active young people since academic year 2017-18. Additionally, girls in school Years 9-11 (ages 13-16) saw an increase in academic year 2019-20, which has been consolidated giving them a net overall increase of 11.5%, or more than 100,000, more active young people compared to pre-pandemic

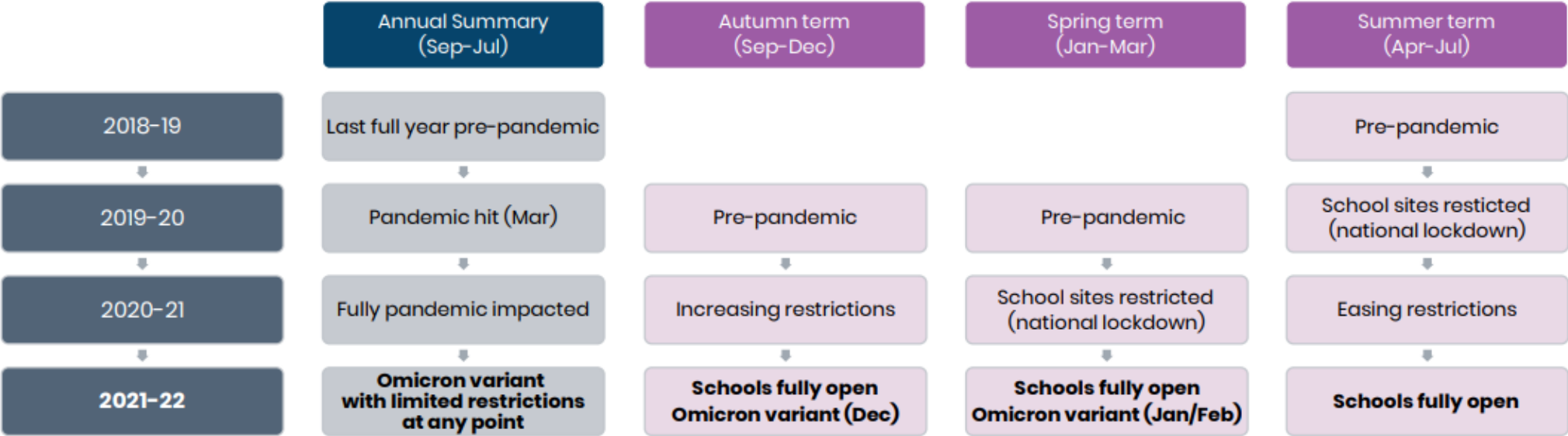
National – demographics continued

- The proportion of children and young people without a disability or long-term health condition, who are active, has increased compared to 12 months ago. This is in line with the overall change in children and young people's activity levels. While we can't detect a change for those with a disability or long-term health condition, activity levels overall remain consistent between the two groups.
- Activity levels are back in line with those seen pre-pandemic (academic year 2018-19) for all ethnic groups, with the exception of Black children and young people. This is specifically among Black boys where, despite a notable increase compared to 12 months ago, the proportion active remains 7.7% lower than prepandemic. The gender gap remains widest between Asian girls and boys (10%), followed by Black (8%) and Other (8%) children and young people.
- Children and young people from the least affluent families are the least likely to be active, with only 42% meeting the Chief Medical Officers' guidelines - compared to 52% of those from the most affluent families. The overall impact of the pandemic on activity levels was similar across groups and all have similarly recovered to pre-pandemic levels.
- Activity levels are lowest among those going to school in the most deprived places in the country. Despite an increase compared to 12 months ago, those going to school in the most deprived places haven't seen activity recover to prepandemic (academic year 2018-19) levels, with the proportion active remaining down by 2.8%. As such, the gap in activity levels between those going to school in the least and most deprived places has widened.

Covid-19 timeline and data reference points

This release contains a full year’s data following the removal of most legal restrictions related to Covid-19, however it does contain the period where the Omicron variant was of concern.

Comparisons are generally made with academic year 2020-21 (12 months ago), where some form of disruption was seen throughout the year with restrictions and school closures occurring, and to academic year 2018-19 as the last full year’s data pre-pandemic.



Full details of lockdowns and measures between March 2020 and December 2021 can be found [here](#)

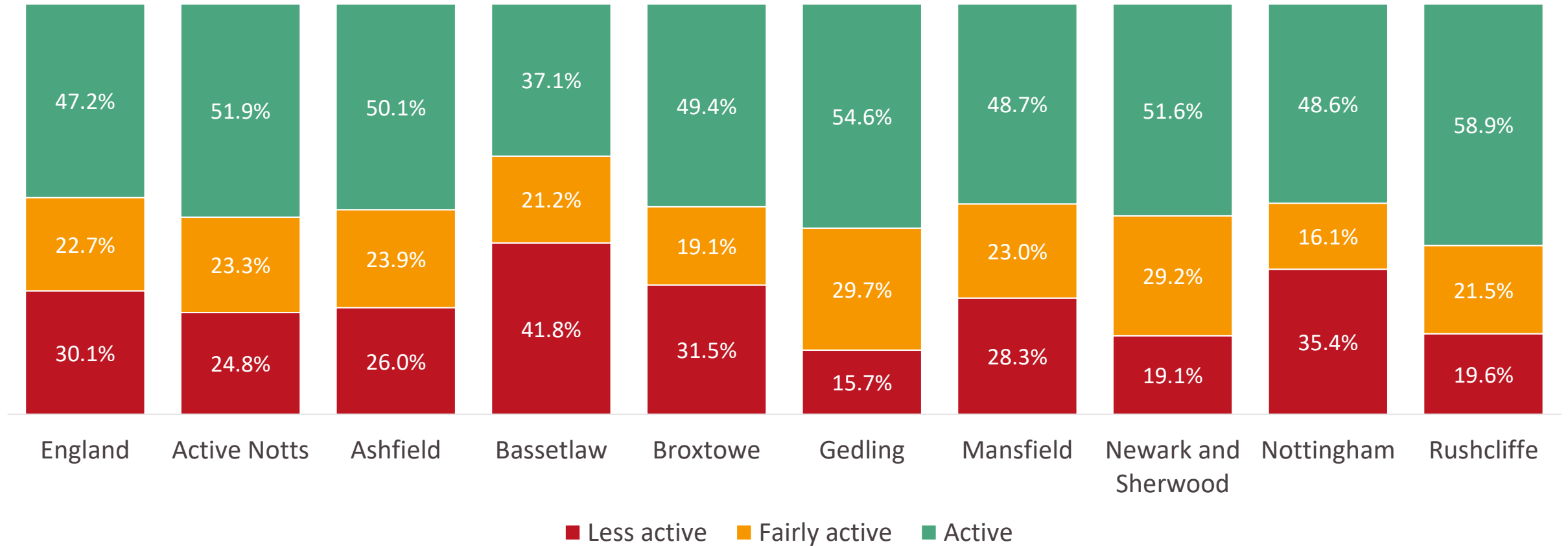
Responses per year

	17-18	18-19	19-20	20-21	21-22
England	109,503	113,728	89,303	86,828	104,404
Active Notts	1,843	2,630	2,005	1,368	3,200
Ashfield	^	338	237	^	^
Bassetlaw	184	407	172	^	210
Broxtowe	301	192	275	^	632
Gedling	^	^	^	^	174
Mansfield	^	290	^	^	605
Newark and Sherwood	234	437	421	^	549
Nottingham	328	379	^	^	184
Rushcliffe	514	453	496	515	573

It's important to note that:

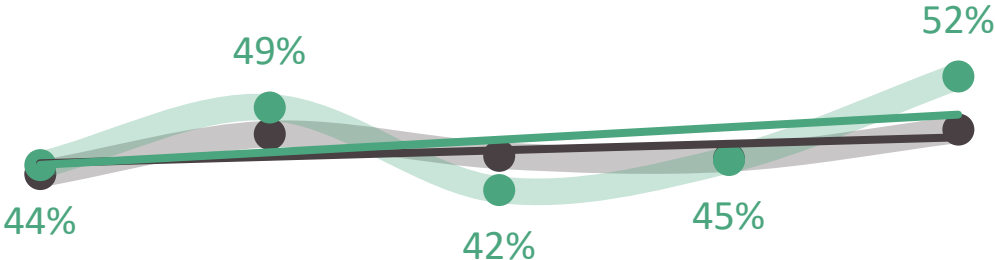
- **3,200** children and young people completed the survey in 21-22, almost twice as many as last year
- There is a greater spread amongst LAs although there were not enough schools involved from Ashfield for their data to be published

Physical activity levels: Academic Year 21-22

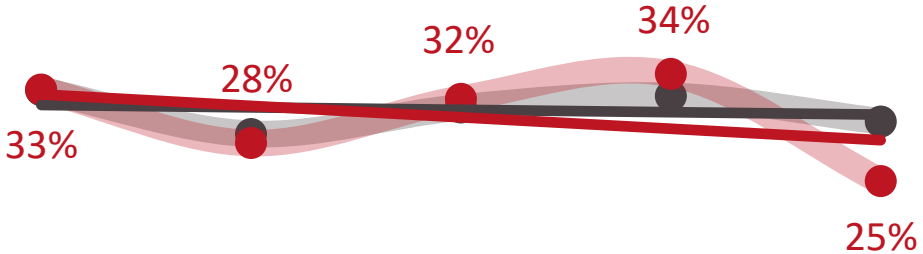


Activity levels of whole population trends

Active



Less active



17-18 18-19 19-20 20-21 21-22

17-18 18-19 19-20 20-21 21-22

● England ● Active Notts

● England ● Active Notts

Change in physical activity levels...

between 17-18 and 21-22

	Active		Less Active	
England	3.9%	Significant improvement	-2.8%	Significant improvement
Active Notts	7.9%	Significant improvement	-8.1%	Significant improvement
Ashfield	^	^	^	^
Bassetlaw	-13.7%	No change	18.1%	Significantly worse
Broxtowe	9.1%	Significant improvement	-7.6%	No change
Gedling	-13.1%	No change	*	*
Mansfield	^	^	^	^
Newark and Sherwood	6.8%	No change	-14.6%	Significant improvement
Nottingham	8.5%	No change	1.0%	No change
Rushcliffe	12.0%	Significant improvement	-9.2%	Significant improvement

Change in physical activity levels...

in the last 12 months (20-21 to 21-22)

	Active		Less Active	
England	2.6%	Significant improvement	-2.3%	Significant improvement
Active Notts	7.4%	Significant improvement	-9.5%	Significant improvement
Ashfield	^	^	^	^
Bassetlaw	^	^	^	^
Broxtowe	^	^	^	^
Gedling	^	^	^	^
Mansfield	^	^	^	^
Newark and Sherwood	^	^	^	^
Nottingham	^	^	^	^
Rushcliffe	13.9%	Significant improvement	-16.0%	Significant improvement

Summary

Almost half of children and young people still do not meet the CMO guidelines and **almost a quarter are classed as less active**

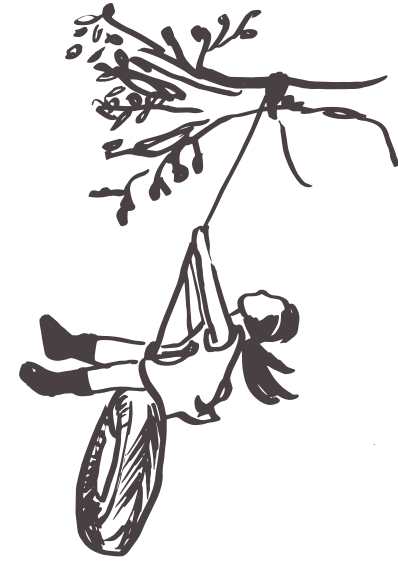
Less active

- The latest 21-22 data shows 24.8% of children and young people in Active Notts are classed as less active. This is a significant improvement of 9.5pp
- Active Notts rates are now 5.3pp better than national (30.1%)

Active

- The latest 21-22 data shows 51.9% of children and young people in Active Notts are classed as active and rates are now at an all time high
- The active rate for Active Notts is now 4.7pp better than England (47.2%)

Local authority physical activity levels



	Active					Less Active				
	17-18	18-19	19-20	20-21	21-22	17-18	18-19	19-20	20-21	21-22
England	43.3%	46.8%	44.9%	44.6%	47.2%	32.9%	29.0%	31.3%	32.4%	30.1%
Active Notts	44.0%	49.2%	41.9%	44.5%	51.9%	32.9%	28.2%	32.1%	34.3%	24.8%
Ashfield	^	39.9%	39.1%	^	50.1%	^	34.7%	36.0%	^	26.0%
Bassetlaw	50.7%	52.2%	41.5%	^	37.1%	23.7%	26.7%	35.5%	^	41.8%
Broxtowe	40.3%	59.7%	42.7%	^	49.4%	39.1%	20.4%	26.4%	^	31.5%
Gedling	^	^	^	^	54.6%	^	^	^	^	15.7%
Mansfield	^	47.5%	^	^	48.7%	^	30.8%	^	^	28.3%
Newark and Sherwood	44.9%	48.5%	45.7%	^	51.6%	33.8%	28.1%	31.9%	^	19.1%
Nottingham	40.1%	48.7%	^	^	48.6%	34.4%	28.5%	^	^	35.4%
Rushcliffe	46.9%	54.0%	40.2%	45.0%	58.9%	28.8%	21.8%	28.8%	35.6%	19.6%

National findings

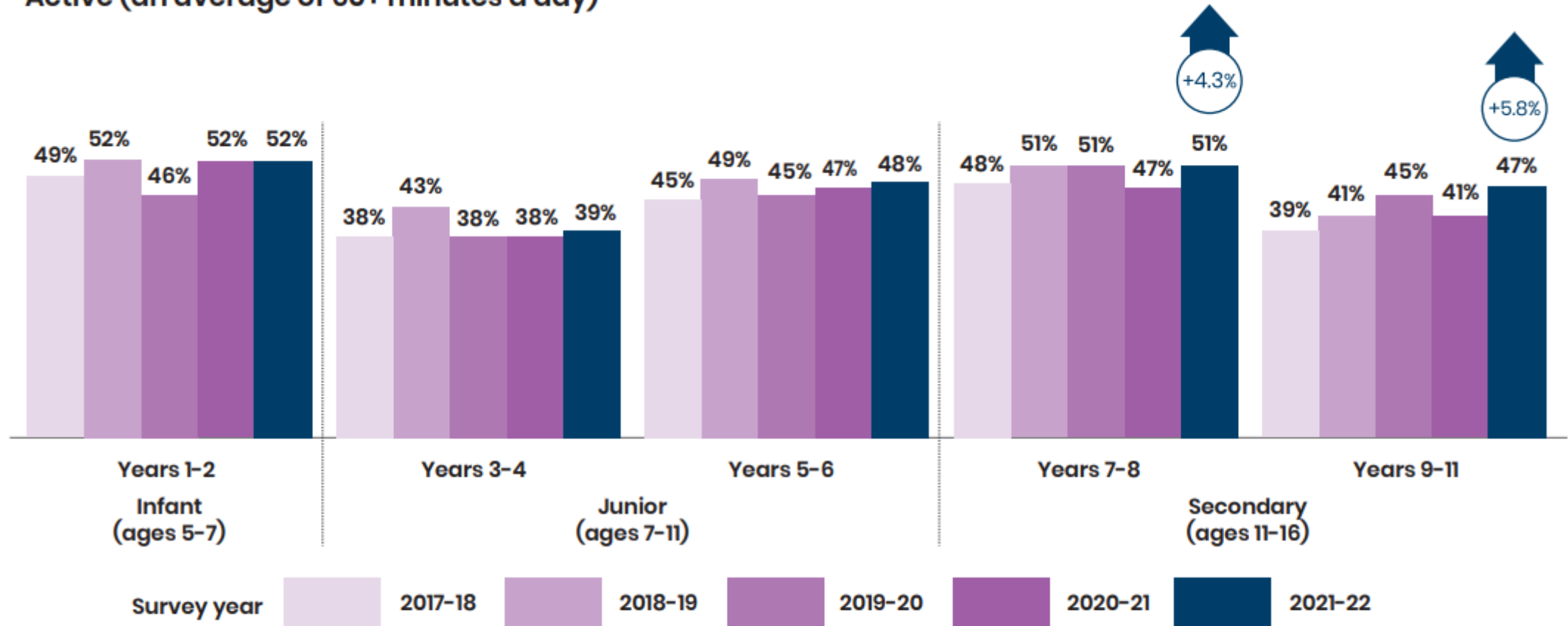


Arrows show change
from 12 months ago.
No arrows indicates
no statistically
reportable change



Not all children and young people have seen activity levels recover

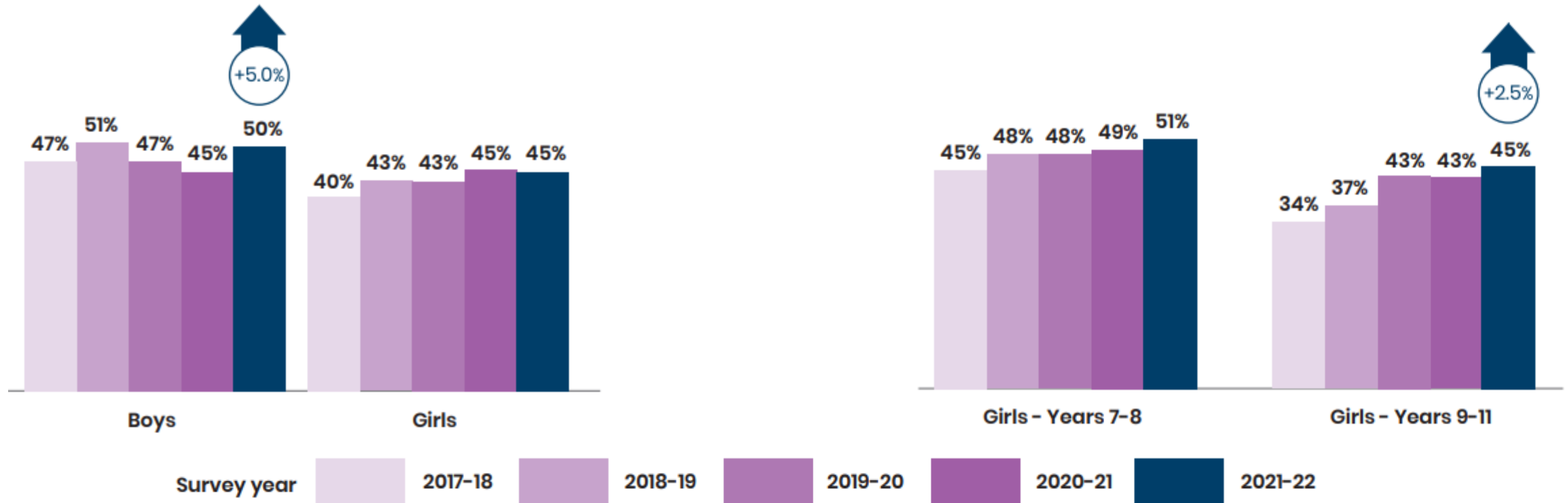
Active (an average of 60+ minutes a day)



Boys are driving the recovery in activity levels, but girls' activity levels remain up on pre-pandemic

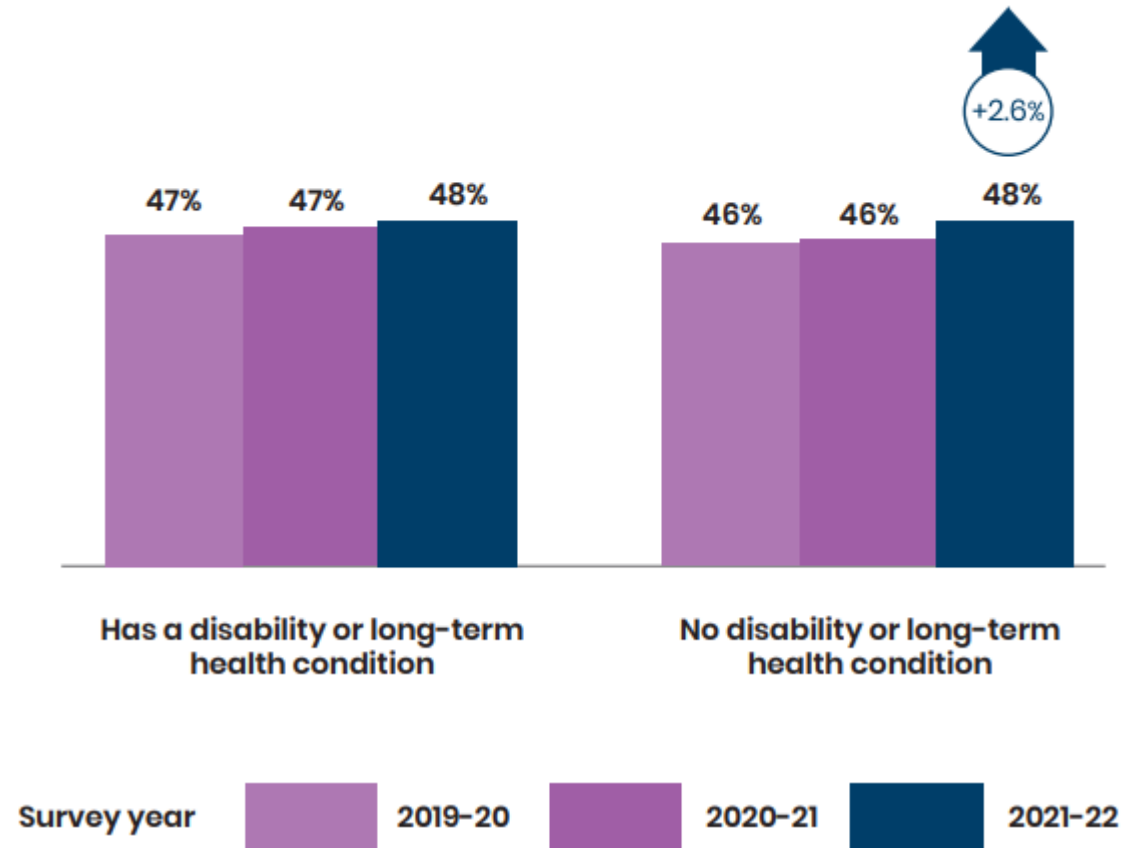
Activity levels among secondary age girls have increased over time

Active (an average of 60+ minutes a day)



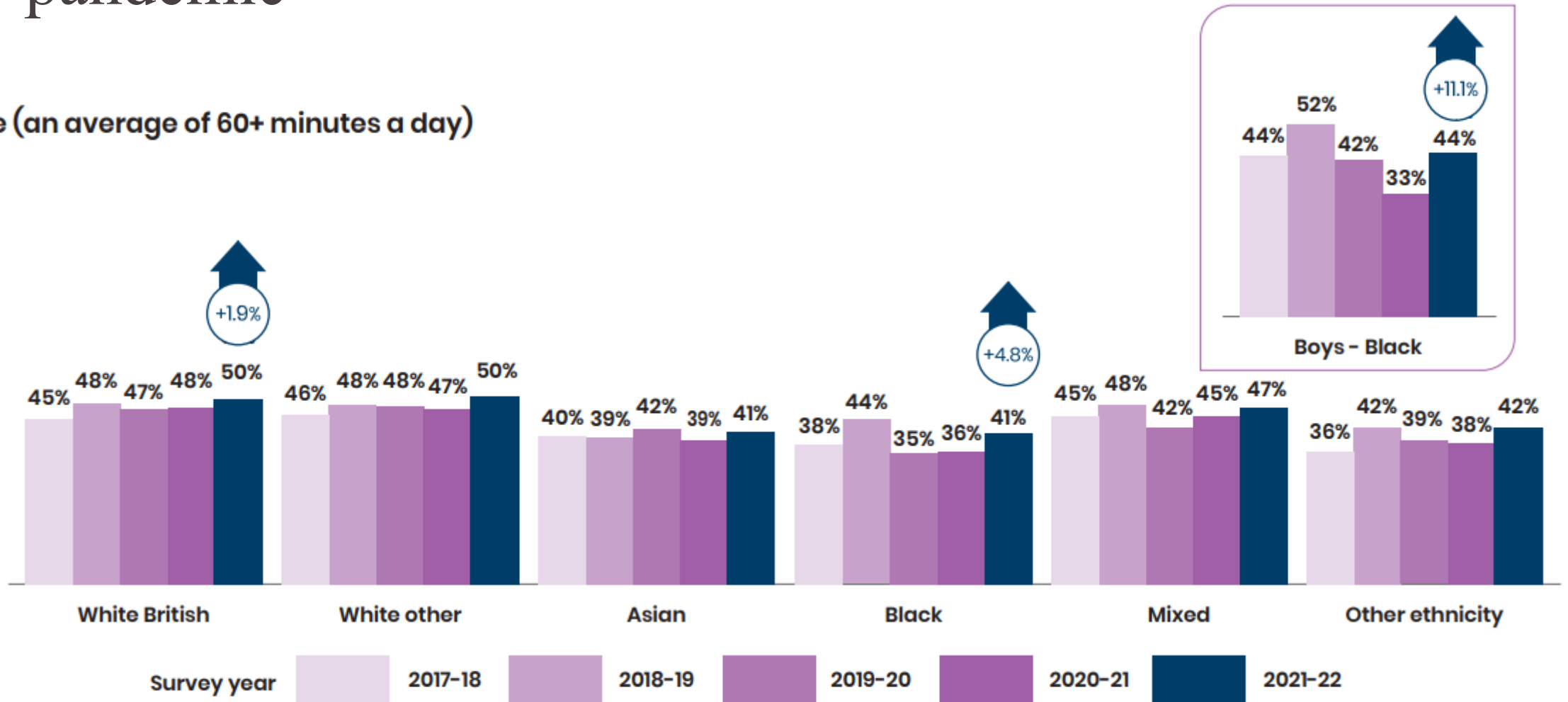
Activity levels are consistent between children and young people with and without a disability or long-term health condition

Active (an average of 60+ minutes a day)



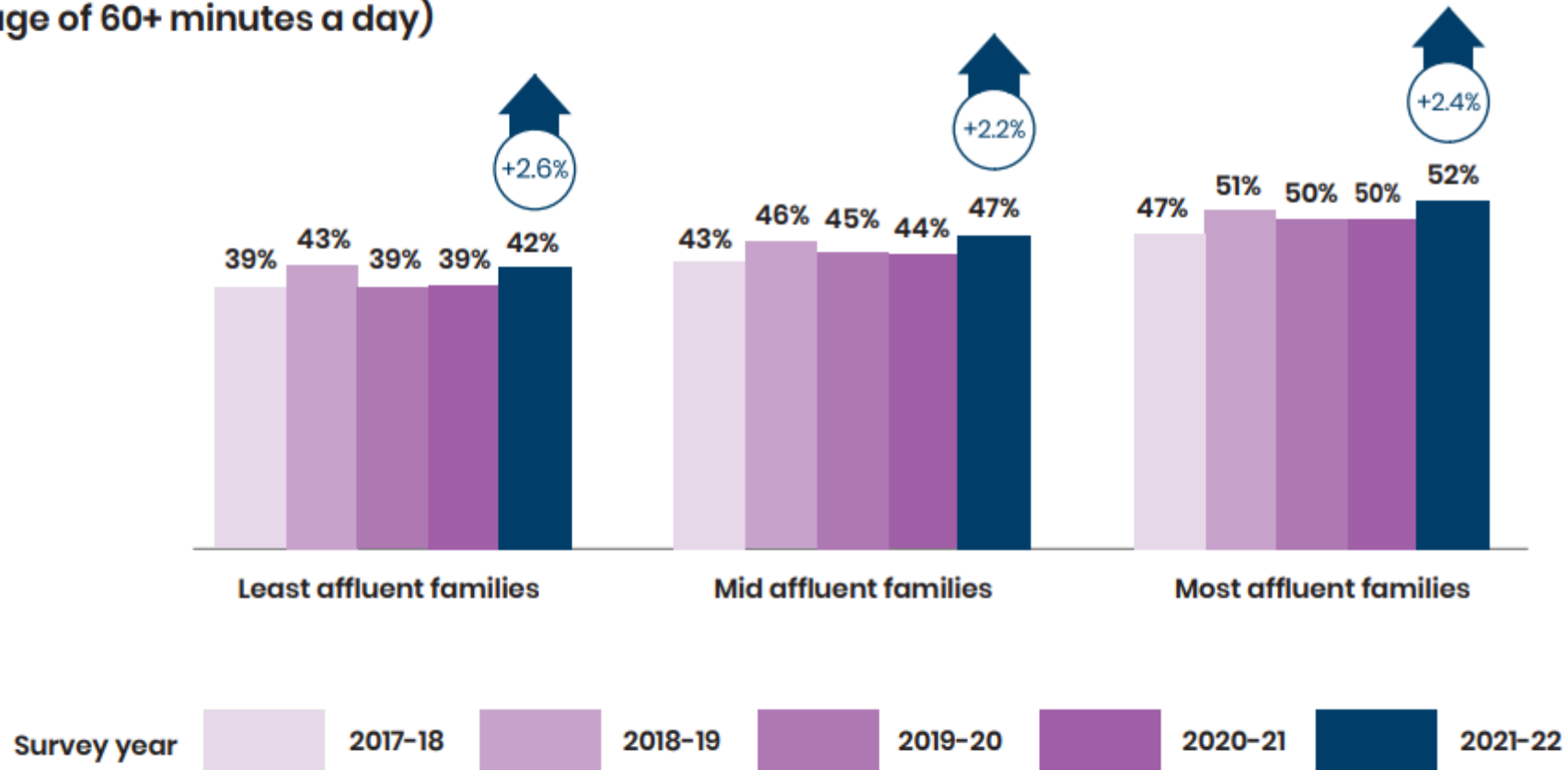
Only Black boys see activity levels remain down compared to pre-pandemic

Active (an average of 60+ minutes a day)



All affluence groups have seen activity levels recovery to pre-pandemic levels

Active (an average of 60+ minutes a day)



Activity levels haven't recovered to pre-pandemic levels for children and young people going to school in the most deprived places in the country

Active (an average of 60+ minutes a day)

