



Active Lives Survey
Children and Young People
2022-23
Notts Headlines

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
- Chosen activities 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 towards sport and physical activity

For more information about the survey please visit [Sport England's website](#)

How much physical activity should children and young people do?



Activity levels for Children and young people are presented in three categories (for overall activity in the last week):

Active

(Chief Medical Officer guidelines)

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

The following headlines and demographic observations have been extracted from the [full report](#)

Children and young people's overall activity levels are stable as the initial recovery from the pandemic was maintained across the 2022-23 academic year.

It means 47% of children are meeting the Chief Medical Officers' guidelines of taking part in an average of 60 minutes or more of sport and physical activity a day.

The 22-23 findings reinforce that participation in sport and physical activity varies greatly. Significant inequalities remain in activity levels, with Black (40%) and Asian (40%) children and young people, and those from lower affluent families (44%), still less likely to play sport or be physically active than the average across all ethnicities and affluence groups. Girls are also less likely to be active than boys.

The release also reveals a number of positive stories, however, including 1.5% more girls playing football since the Lionesses won Euro 2022.

There are 11.5% more children and young people walking, cycling or scootering to get places than there were five years ago (academic year 2017-18) as increases to active travel during the pandemic have been maintained since society returned to normal.

Source: Sport England, Active Lives Children and Young People Survey – Academic year 2022-23 Report

National - demographics

- Activity levels among infant age children (school Years 1-2, ages 5-6) have been fairly stable over time, barring a drop during the height of the coronavirus pandemic restrictions in 2019-20. There's no reportable long-term change.
- The proportion of children and young people classified as active has remained fairly stable over the longer term among young people in school Years 7-8 (ages 11-13).
- Activity levels have been stable over the last 12 months for boys and girls with growth over the longer term at a similar rate for both. As a result, the gender gap between boys and girls currently stands at 6.8%, the same as the gap recorded in 2017-18. There are two notable gender differences when considering specific age groups:
 - Infant age (school Years 1-2, ages 5-7) girls have seen no long-term growth in activity levels, whereas boys have seen an increase of 3.5% compared to academic year 2017- 18. As a result the gender gap for this age group has widened to 9.2% (from 6.3% in 2017-18)
 - Teenage girls (school Years 9-11, ages 13-16) are seeing slightly stronger growth in activity levels over the longer term compared to teenage boys (10.9% vs 8.7%). Despite this, the gender gap for this age group remains wide at 7.3%

Source: Sport England, Active Lives Children and Young People Survey – Academic year 2022-23 Report

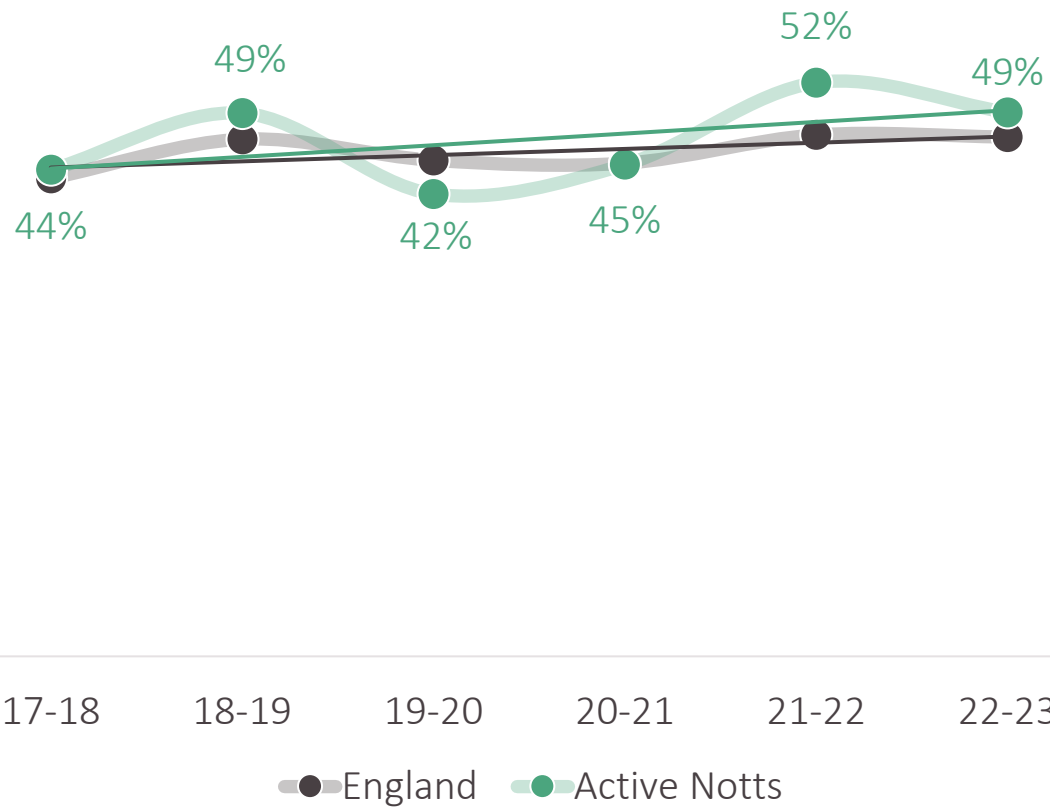
National – demographics continued

- The proportion of active children and young people, both with and without a disability or long-term health condition, has remained unchanged compared to 12 months ago. Both groups have seen growth over the last three years, but this has been slightly greater for those with a disability or long-term health condition (up 4.5% vs 2.3% for those without).
- The gap between activity levels among Asian and Black children and young people, and those of all other backgrounds, has widened over the last five years (since academic year 2017-18). Children and young people of White other ethnicity are now the most active group, having seen the largest increases, while those of Mixed ethnicities remain equally as likely to be active as those who are White British. The gender gap remains widest between Asian girls and boys (11%), followed by Black (9%) and Other (9%) children and young people.
- Children and young people from the least affluent families are the least likely to be active, with only 44% meeting the Chief Medical Officers' guidelines - compared to 55% of those from the most affluent families. However, while all groups have seen growth over the last five years (compared to academic year 2017-18), this has been slightly greater among those from the least affluent families (up 5.5% vs 3.5% for most affluent), so the gap in activity levels between those from the most and least affluent families has narrowed slightly.

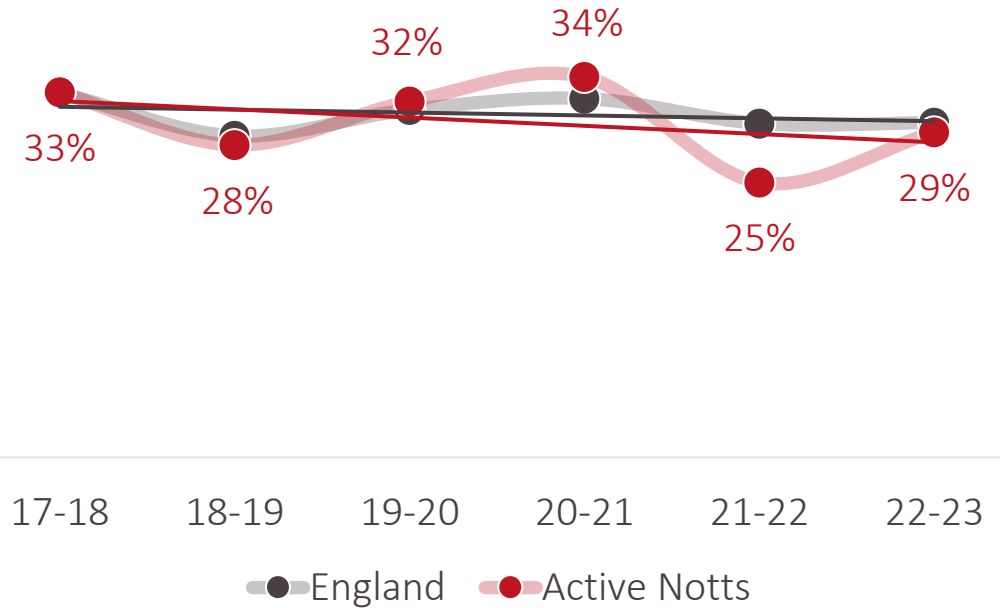
Source: Sport England, Active Lives Children and Young People Survey – Academic year 2022-23 Report

Activity levels of whole population trends

Active



Less active



Data is for: Active Notts

Source: Active Lives Children and Young People Survey 2022-23, headlines

Responses per year

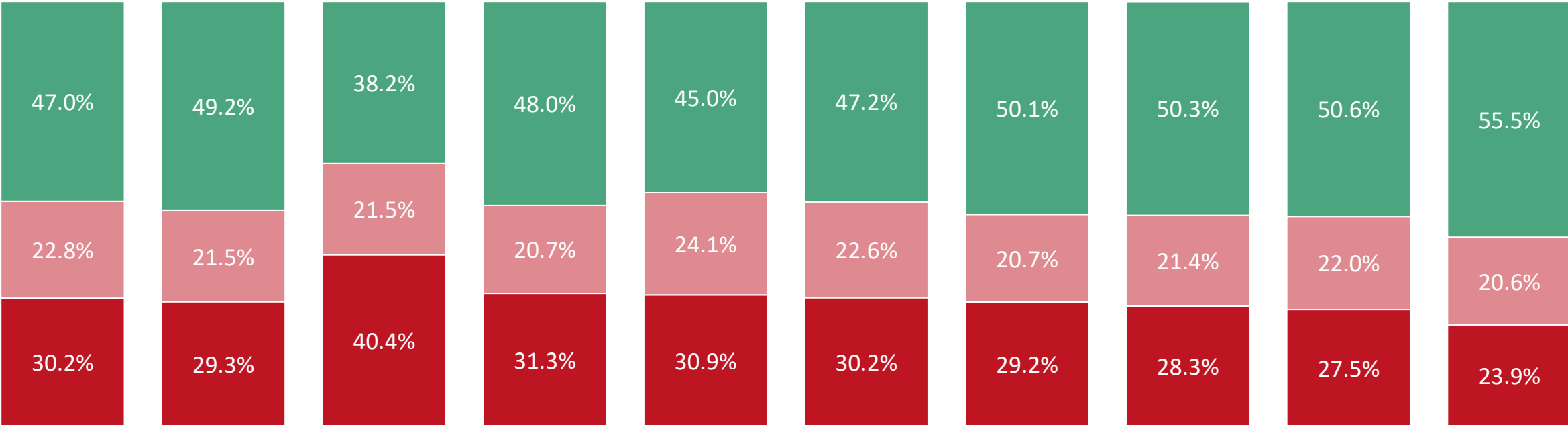
	17-18	18-19	19-20	20-21	21-22	22-23
England	109,503	113,728	89,303	86,828	104,404	122,347
Active Notts	1,843	2,630	2,005	1,368	3,200	4,538
Ashfield	^	338	237	^	273	364
Bassetlaw	184	407	172	^	210	416
Broxtowe	301	192	275	^	632	849
Gedling	^	^	^	^	174	521
Mansfield	^	290	^	^	605	789
Newark and Sherwood	234	437	421	^	549	304
Nottingham	328	379	^	^	184	653
Rushcliffe	514	453	496	515	573	642

Data is for: Active Notts



Source: Active Lives Children and Young People Survey 2022-23, headlines

Physical activity levels: Academic Year 2022-23



England Active Notts Bassetlaw Ashfield Newark and Sherwood Gedling Mansfield Broxtowe Rushcliffe Nottingham

■ Less active ■ Fairly active ■ Active

Data is for: Active Notts

Source: Active Lives Children and Young People Survey 2022-23, headlines



Local authority physical activity levels

	Active					
	17-18	18-19	19-20	20-21	21-22	22-23
England	43.3%	46.8%	44.9%	44.6%	47.2%	47.0%
Active Notts	44.0%	49.2%	41.9%	44.5%	51.9%	49.2%
Ashfield	^	39.9%	39.1%	^	50.1%	48.0%
Bassetlaw	50.7%	52.2%	41.5%	^	37.1%	38.2%
Broxtowe	40.3%	59.7%	42.7%	^	49.4%	50.3%
Gedling	^	^	^	^	54.6%	47.2%
Mansfield	^	47.5%	^	^	48.7%	50.1%
Newark and Sherwood	44.9%	48.5%	45.7%	^	51.6%	45.0%
Nottingham	40.1%	48.7%	^	^	48.6%	55.5%
Rushcliffe	46.9%	54.0%	40.2%	45.0%	58.9%	50.6%

Data is for: Active Notts

Source: Active Lives Children and Young People Survey 2022-23, headlines

Local authority physical activity levels

	Less active					
	17-18	18-19	19-20	20-21	21-22	22-23
England	32.9%	29.0%	31.3%	32.4%	30.1%	30.2%
Active Notts	32.9%	28.2%	32.1%	34.3%	24.8%	29.3%
Ashfield	^	34.7%	36.0%	^	26.0%	31.3%
Bassetlaw	23.7%	26.7%	35.5%	^	41.8%	40.4%
Broxtowe	39.1%	20.4%	26.4%	^	31.5%	28.3%
Gedling	^	^	^	^	15.7%	30.2%
Mansfield	^	30.8%	^	^	28.3%	29.2%
Newark and Sherwood	33.8%	28.1%	31.9%	^	19.1%	30.9%
Nottingham	34.4%	28.5%	^	^	35.4%	23.9%
Rushcliffe	28.8%	21.8%	28.8%	35.6%	19.6%	27.5%

Data is for: Active Notts

Source: Active Lives Children and Young People Survey 2022-23, headlines

Change in physical activity levels

Between 17-18 and 22-23 (baseline)

	Active		Less Active	
England	3.8%	Significant improvement	-2.7%	Significant improvement
Active Notts	5.2%	No change	-3.6%	No change
Ashfield	^	^	^	^
Bassetlaw	-12.6%	Significant worsening	16.7%	Significant worsening
Broxtowe	10.0%	Significant improvement	-10.9%	Significant improvement
Gedling	^	^	^	^
Mansfield	^	^	^	^
Newark and Sherwood	0.2%	No change	-2.9%	No change
Nottingham	15.4%	Significant improvement	-10.5%	Significant improvement
Rushcliffe	3.7%	No change	-1.3%	No change

Change in physical activity levels

Change in the last 12 months (21-22 to 22-23)

	Active		Less Active	
England	-0.2%	No change	0.1%	No change
Active Notts	-2.7%	No change	4.5%	Significant increase
Ashfield	-2.1%	No change	5.3%	No change
Bassetlaw	1.1%	No change	-1.4%	No change
Broxtowe	0.9%	No change	-3.2%	No change
Gedling	-7.5%	No change	14.6%	Significant increase
Mansfield	1.4%	No change	0.9%	No change
Newark and Sherwood	-6.6%	No change	11.8%	Significant increase
Nottingham	6.9%	No change	-11.5%	Significant decrease
Rushcliffe	-8.3%	Significant decrease	7.9%	Significant increase

In summary, over half of children and young people still do not meet the CMO guidelines and **3 in 10 are classed as less active**

Active

- The latest 2022-23 data shows 49.2% of children and young people in Active Notts are classed as active. The active rate is now lower (worse) than the last 12 months.
- The active rate for Active Notts is now 2.2pp better than England (47.0%)

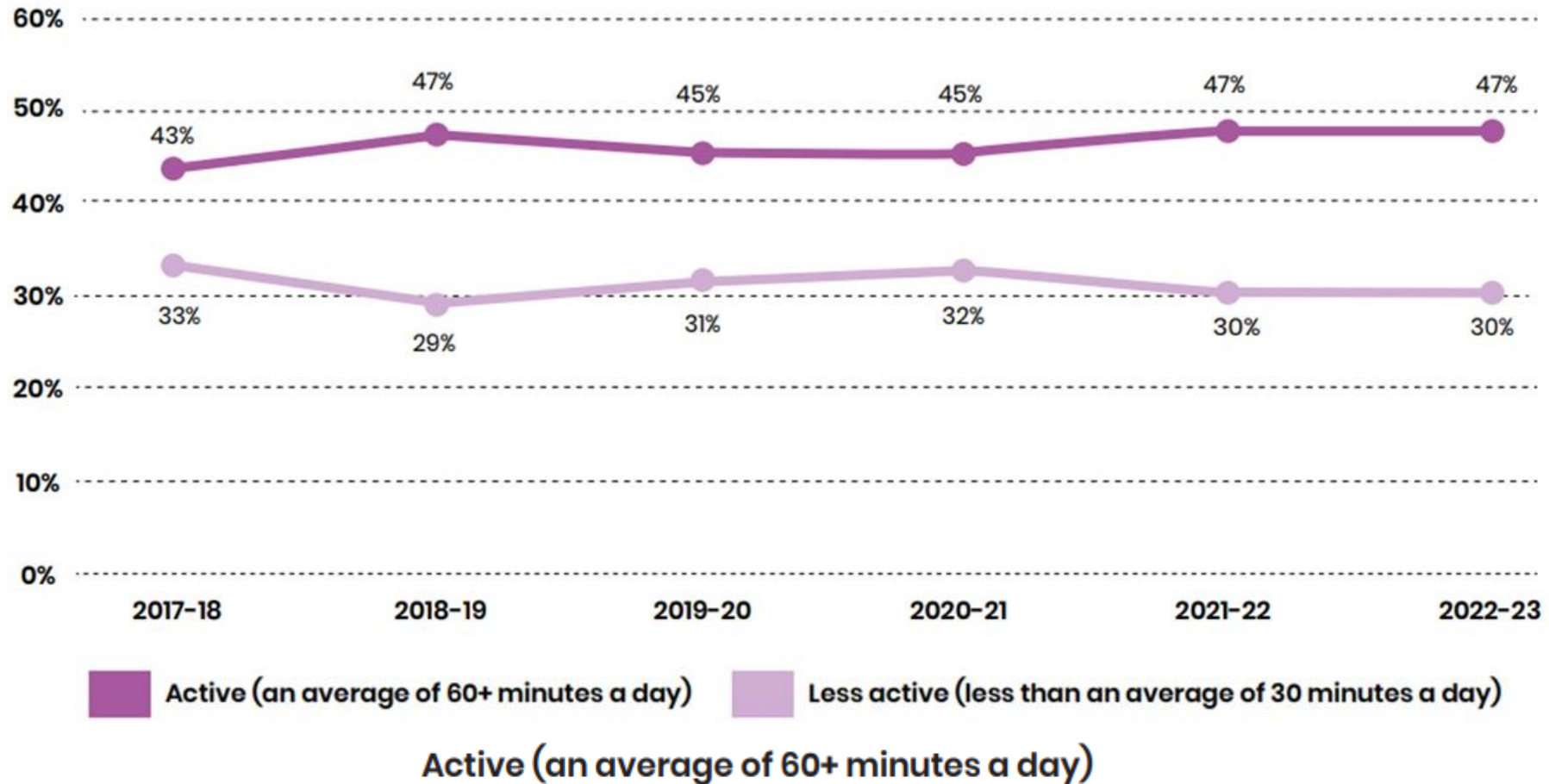
Less active

- The latest 2022-23 data shows 29.3% of children and young people in Active Notts are classed as less active. This rate is higher (worse) than the last 12 months.
- Active Notts figures are now 0.9pp worse than national (30.2%)

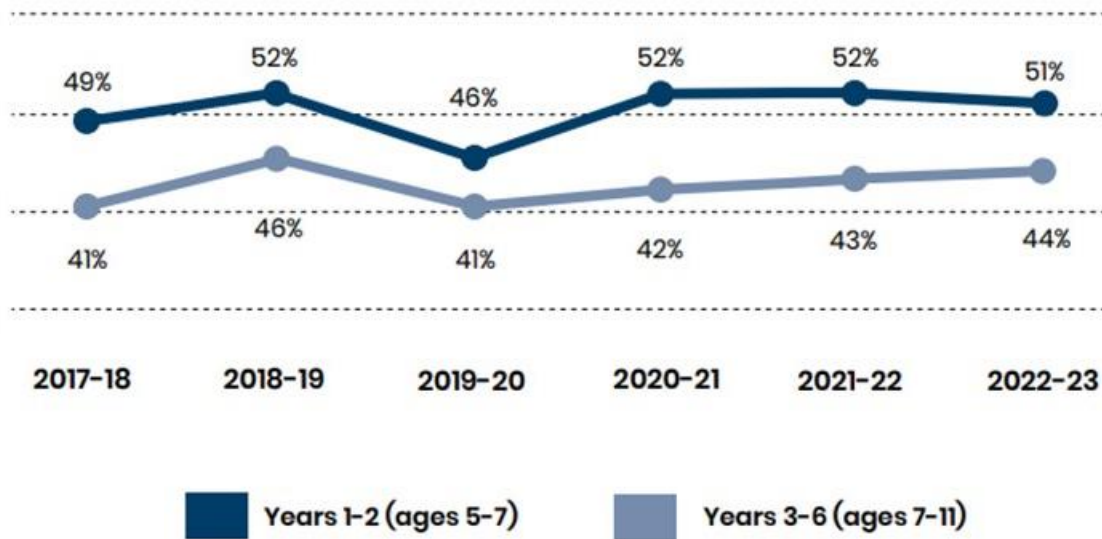
National findings



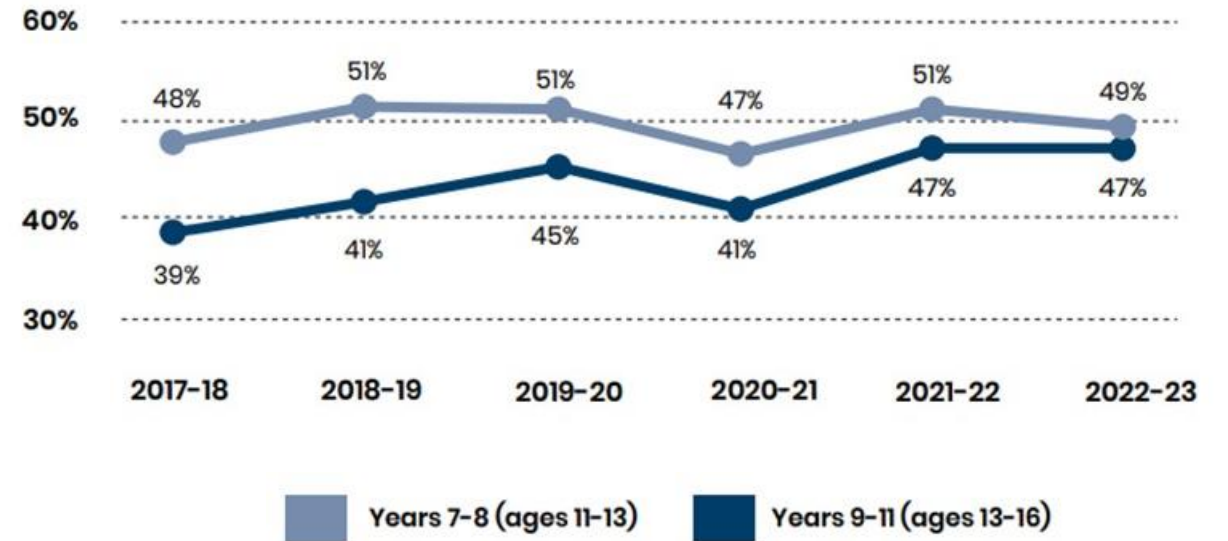
Overall, activity levels have remained stable over the last 12 months



Activity levels have increased by less among **primary age** children

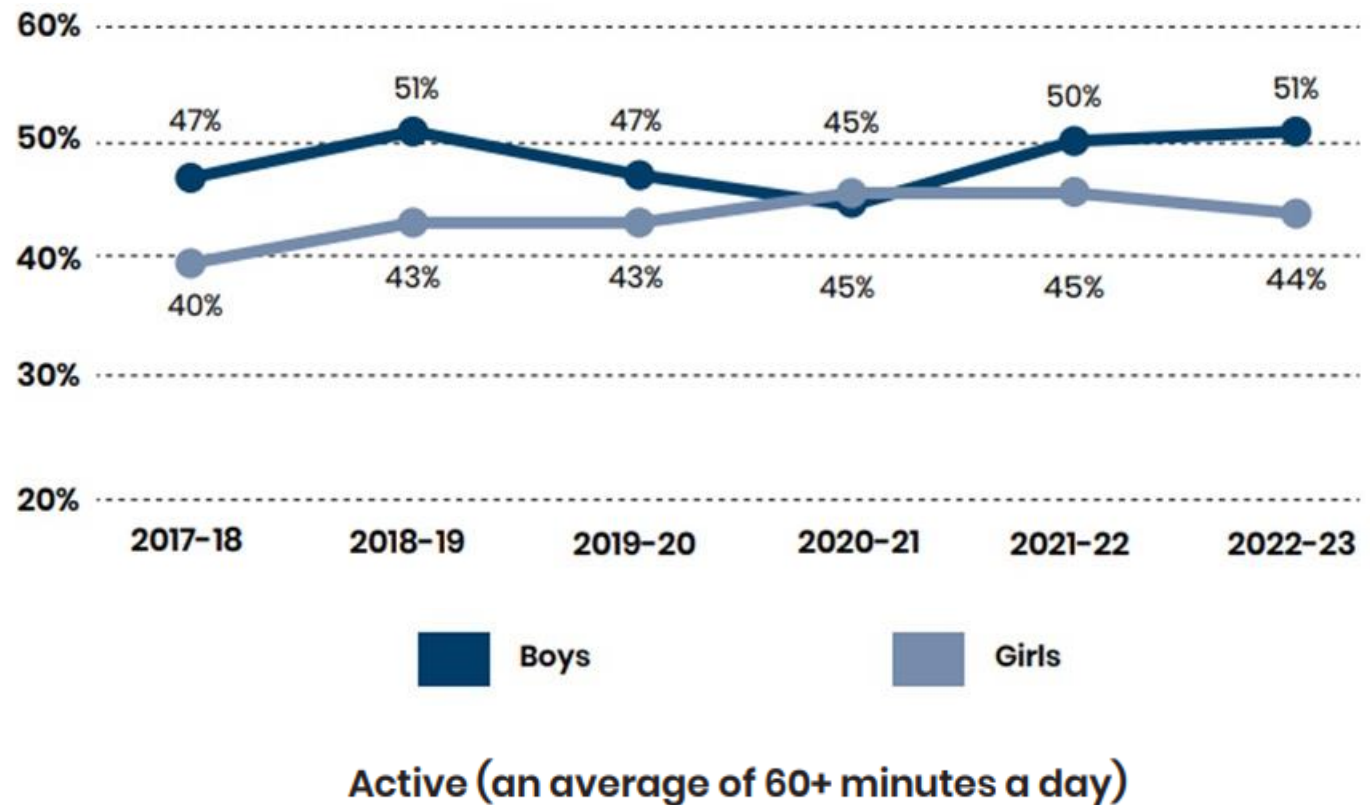


There's an upward trend in activity levels among **teenagers**



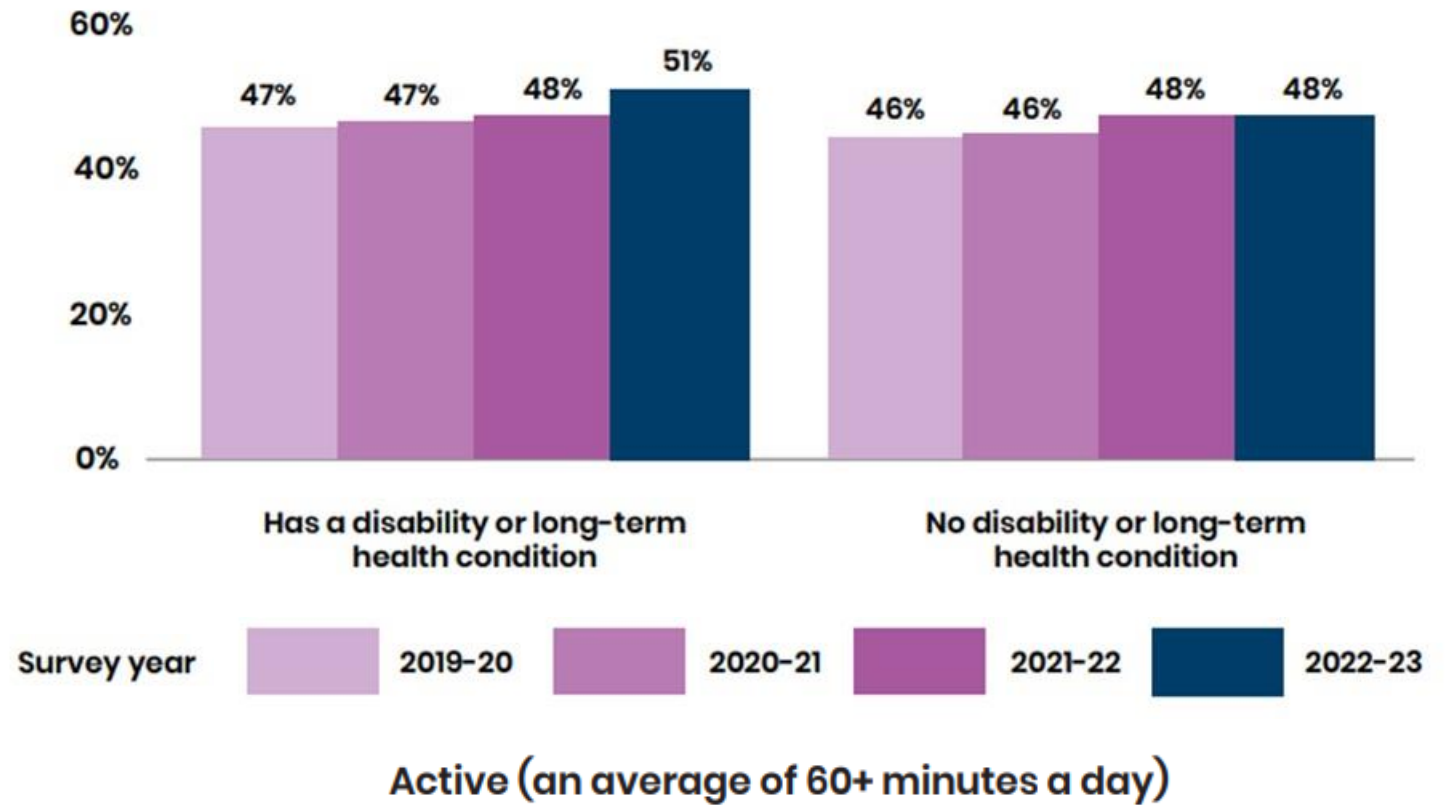
Active (an average of 60+ minutes a day)

Both boys and girls have seen activity levels increase over the last five years



Activity levels have increased by more for children and young people with a disability or long-term health condition than for those without

Note: A new question was introduced for 2019-20 to capture consistent disability and long-term health condition data across all year groups.

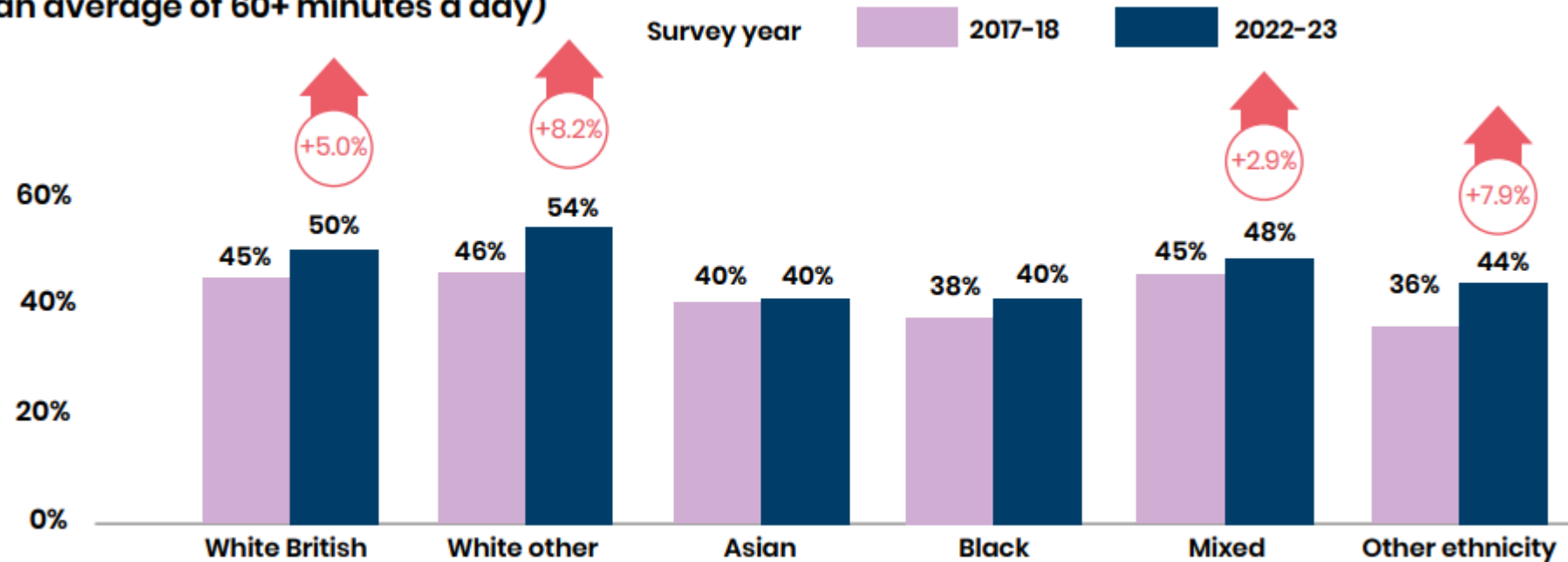


Asian and Black children and young people have seen no long-term growth in activity levels

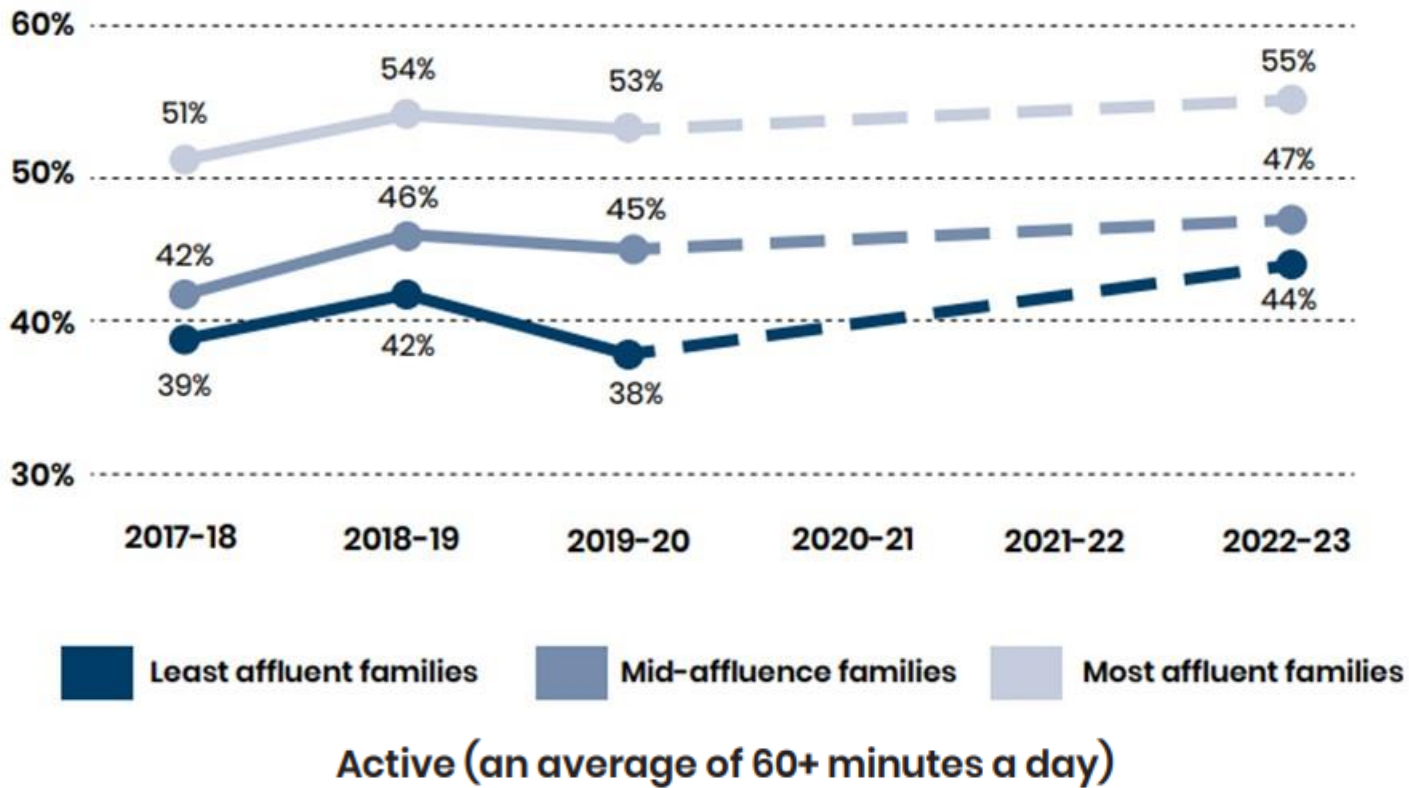
↑ Arrows show change from 5 years ago
% No arrows indicates no statistically reportable change

Note: After White British, the largest ethnic groups within the child population are Asian (11%) and Mixed (7%), with White other (5%), Black (5%) and Other ethnic groups (4%) making up the remainder. As such, caution should be applied when looking at change for these groups due to smaller sample sizes and therefore wider confidence intervals.

Active (an average of 60+ minutes a day)



All affluence groups have seen activity levels increase over the longer term



Note: During the coronavirus pandemic, one of the components of the family affluence scale wasn't applicable. As such, comparable data is not available for that period.