



Children & Young People Physical
Activity Behaviour

Active Lives Children's Survey
2023-24 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

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 activity levels remained stable across the 2023-24 academic year.

The latest Active Lives Children and Young People Survey Report shows that 47.8% 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 every day.

Significant inequalities remain in activity levels, with Black (42%) and Asian (43%) children and young people, and those from the least affluent families (45%), still less likely to play sport or be physically active than the average across all ethnicities and affluence groups. Girls (45%) are also less likely to be active than boys (51%).

Even more significantly, those with two or more characteristics of inequality, for example Asian girls, or someone less affluent from a Black background, are significantly less likely to be active than their peers with no characteristics of inequality at all.

National - demographics

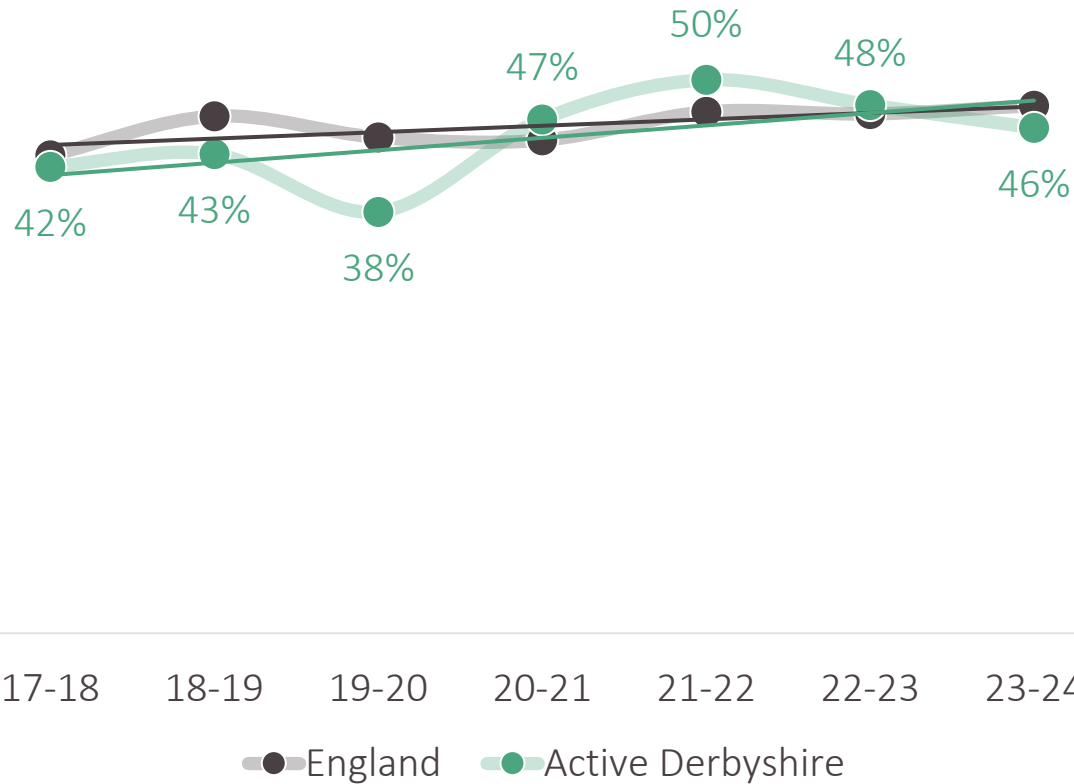
- Activity levels among infant-age children (school Years 1-2, ages 5-6) have been fairly stable over time, barring a drop during the height of the coronavirus pandemic restrictions in 2019-20. Compared to academic year 2017-18 we are recording a 4.0% increase.
- Among those in school Years 3-6 (ages 7-11), the proportion of children classified as active is up slightly over the longer term. This means there are 2.6%, or 46,000 more active Years 3-6 children compared to six years ago (academic year 2017-18)
- Activity levels have remained unchanged over the last two years among young people in school Years 9-11 (ages 13-16), following a period of growth over preceding years. As such, over the last six years (since academic year 2017-18), we've seen activity levels increase by 9.5%
- Activity levels have been stable over the last two years for boys and girls, with growth over the longer term slightly greater for girls (+5.1%) than boys (+4.4%).
- 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 four years, but this has been slightly greater for those with a disability or long-term health condition (up 4.1% vs 3.2% for those without).

National – demographics continued

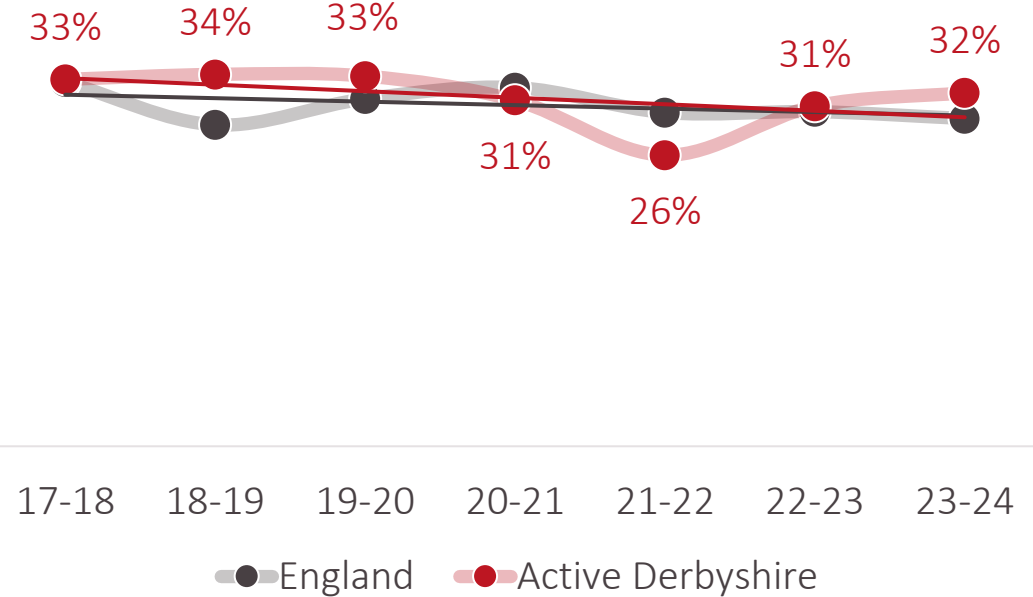
- We have recorded a small increase (+2.8%) in activity levels among Asian children and young people compared to 12 months ago, which has been driven by Asian girls. All groups are now recording increases over the longer term (compared to academic year 2017-18). Despite this, Asian, Black and children and young people of other ethnic backgrounds remain the least likely to be active
- Children and young people from the least affluent families are the least likely to be active, with only 45% meeting the Chief Medical Officers' guidelines — compared to 57% of those from the most affluent families.

Activity levels of whole population trends

Active



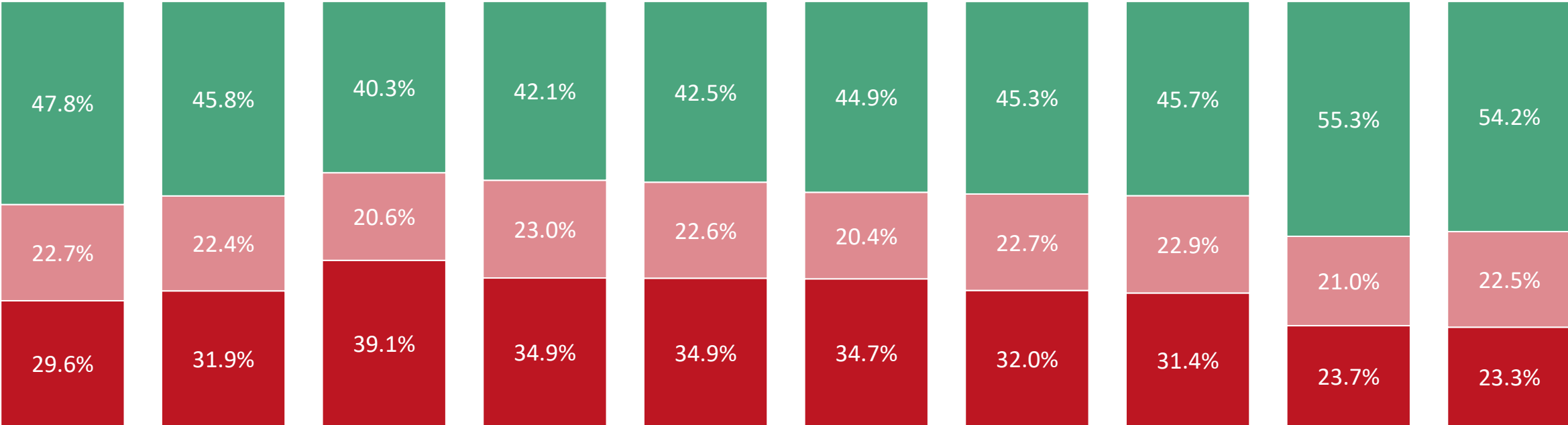
Less active



Responses per year

	17-18	18-19	19-20	20-21	21-22	22-23	23-24
England	109,503	113,728	89,303	86,828	104,404	122,347	122,480
Active Derbyshire	1,709	2,198	1,052	1,912	3,217	4,802	8,184
Amber Valley	^	^	^	^	212	366	834
Bolsover	250	161	^	^	222	429	1,160
Chesterfield	226	410	225	313	408	485	886
Derby	270	351	^	^	880	472	1,355
Derbyshire Dales	^	^	^	^	^	^	797
Erewash	562	298	^	533	407	514	329
High Peak	216	182	^	^	427	1,236	2,096
North East Derbyshire	^	^	177	^	^	272	^
South Derbyshire	^	224	^	552	488	895	534

Physical activity levels: Academic Year 2023-24



England Active Derbyshire Amber Valley Derby South Derbyshire Bolsover Derbyshire Dales High Peak Erewash Chesterfield

■ Less active ■ Fairly active ■ Active



Data is for: Active Derbyshire

Source: Active Lives Children and Young People Survey 2023-24, headlines



Local authority physical activity levels

Active

	17-18	18-19	19-20	20-21	21-22	22-23	23-24
England	43.3%	46.8%	44.9%	44.6%	47.2%	47.0%	47.8%
Active Derbyshire	42.2%	43.4%	38.1%	46.5%	50.1%	47.8%	45.8%
Amber Valley	^	^	^	^	54.1%	55.4%	40.3%
Bolsover	48.4%	60.5%	^	^	43.8%	50.0%	44.9%
Chesterfield	42.4%	40.3%	34.9%	42.2%	53.5%	51.4%	54.2%
Derby	43.2%	41.8%	^	^	48.8%	38.1%	42.1%
Derbyshire Dales	^	^	^	^	^	^	45.3%
Erewash	39.8%	47.1%	^	48.1%	49.1%	40.1%	55.3%
High Peak	39.2%	35.6%	^	^	56.1%	52.0%	45.7%
North East Derbyshire	^	^	33.0%	^	^	51.1%	^
South Derbyshire	^	46.1%	^	41.9%	48.6%	46.7%	42.5%

Local authority physical activity levels

Less Active

	17-18	18-19	19-20	20-21	21-22	22-23	23-24
England	32.9%	29.0%	31.3%	32.4%	30.1%	30.2%	29.6%
Active Derbyshire	33.1%	33.5%	33.4%	31.2%	26.2%	30.7%	31.9%
Amber Valley	^	^	^	^	31.4%	24.3%	39.1%
Bolsover	32.1%	24.3%	^	^	37.0%	29.1%	34.7%
Chesterfield	33.3%	38.1%	29.8%	36.2%	22.6%	30.2%	23.3%
Derby	33.9%	33.7%	^	^	28.9%	33.6%	34.9%
Derbyshire Dales	^	^	^	^	^	^	32.0%
Erewash	33.3%	30.8%	^	27.7%	23.4%	40.3%	23.7%
High Peak	36.8%	35.1%	^	^	21.0%	27.3%	31.4%
North East Derbyshire	^	^	43.4%	^	^	28.9%	^
South Derbyshire	^	32.6%	^	33.3%	26.5%	31.3%	34.9%

Change in physical activity levels

Between 17-18 and 23-24 (baseline)

	Active		Less Active	
England	4.5%	Significant increase	-3.3%	Significant decrease
Active Derbyshire	3.5%	No change	-1.2%	No change
Amber Valley	^	^	^	^
Bolsover	-3.6%	No change	2.6%	No change
Chesterfield	11.7%	Significant increase	-9.9%	Significant decrease
Derby	-1.1%	No change	1.0%	No change
Derbyshire Dales	^	^	^	^
Erewash	15.5%	Significant increase	-9.6%	Significant decrease
High Peak	6.6%	No change	-5.4%	No change
North East Derbyshire	^	^	^	^
South Derbyshire	^	^	^	^

Change in physical activity levels

Change in the last 12 months (22-23 to 23-24)

	Active		Less Active	
England	0.8%	No change	-0.6%	No change
Active Derbyshire	-2.1%	No change	1.2%	No change
Amber Valley	-15.1%	Significant decrease	14.8%	Significant increase
Bolsover	-5.2%	No change	5.6%	No change
Chesterfield	2.8%	No change	-6.9%	Significant decrease
Derby	4.0%	No change	1.4%	No change
Derbyshire Dales	^	^	^	^
Erewash	15.2%	Significant increase	-16.6%	Significant decrease
High Peak	-6.2%	Significant decrease	4.1%	No change
North East Derbyshire	^	^	^	^
South Derbyshire	-4.2%	No change	3.6%	No change

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 2023-24 data shows 45.8% of children and young people in Active Derbyshire are classed as active. The active rate is now lower (worse) than the last 12 months.
- The active rate for Active Derbyshire is now 2.0pp worse than England (47.8%)

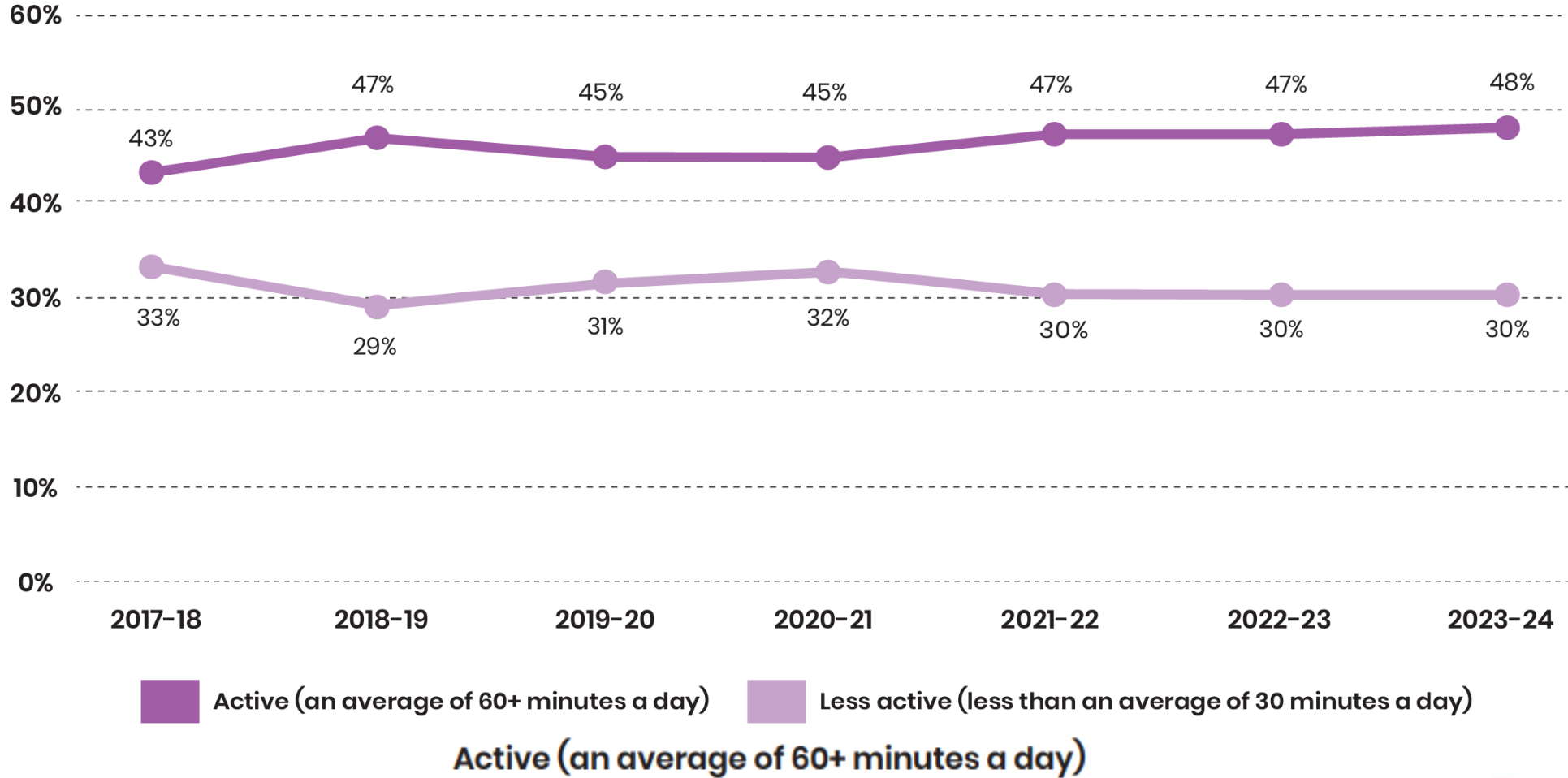
Less active

- The latest 2023-24 data shows 31.9% of children and young people in Active Derbyshire are classed as less active. This rate is higher (worse) than the last 12 months.
- Active Derbyshire figures are now 2.3pp worse than national (29.6%)

National findings



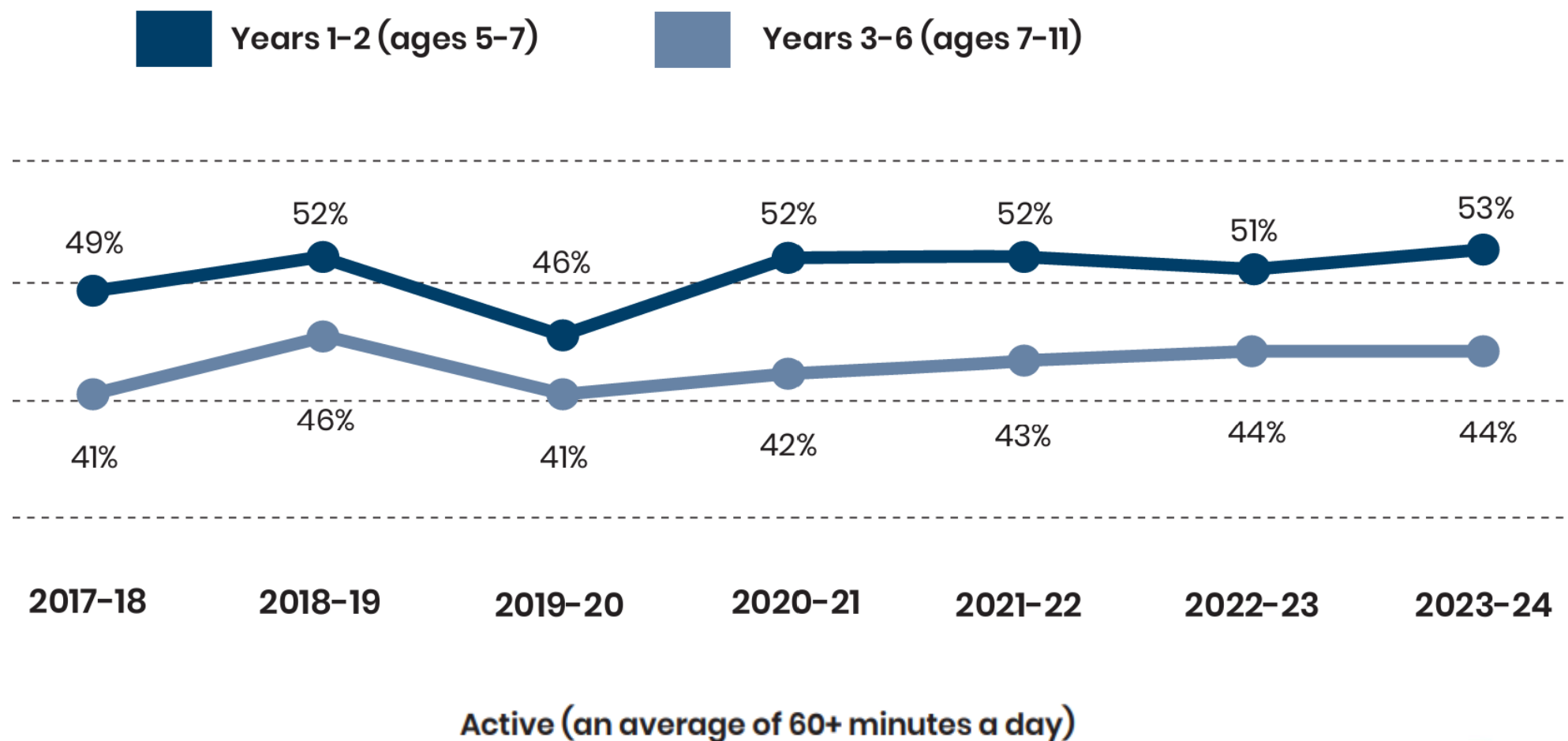
Overall, activity levels have remained increased gradually



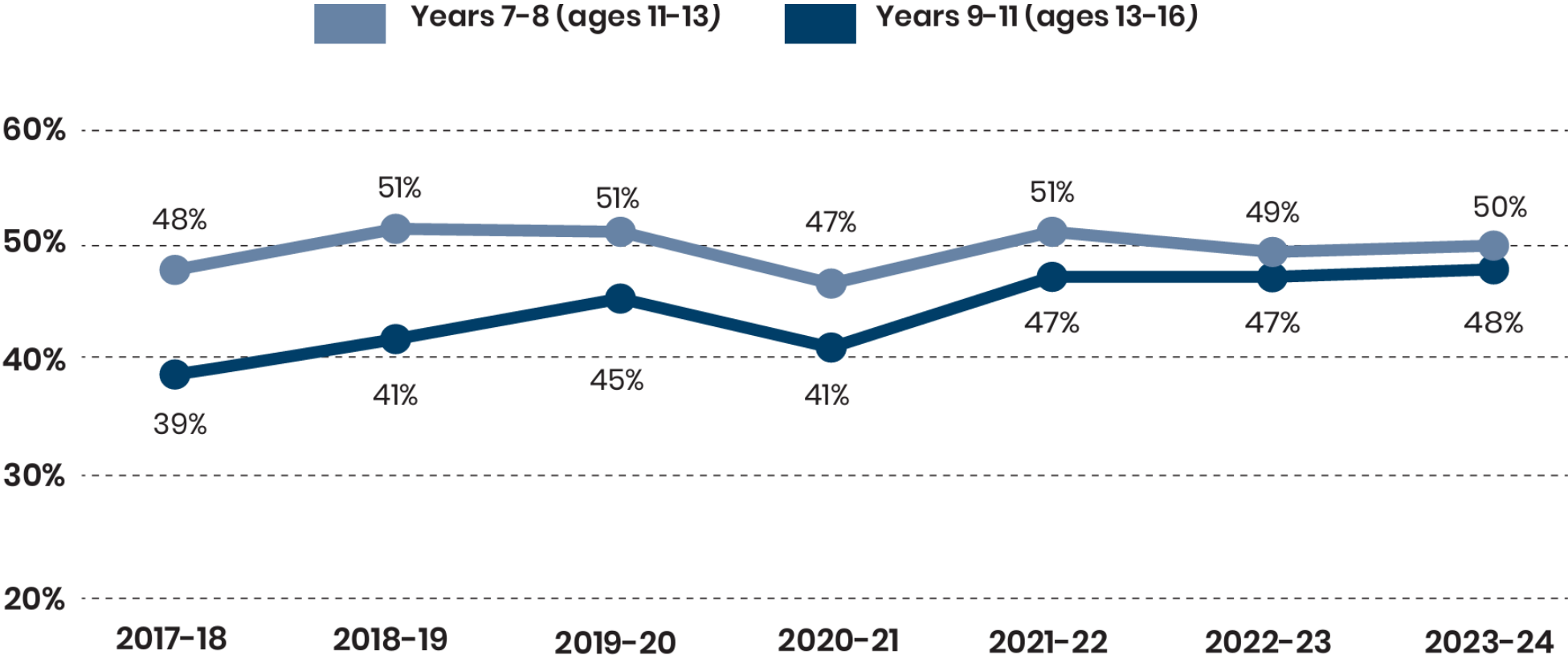
Data is for: **England** Source: Sport England, Active Lives Children and Young People Survey – Academic year 2023-24 Report



There has been little change in activity levels over the last three years among **primary-age children**

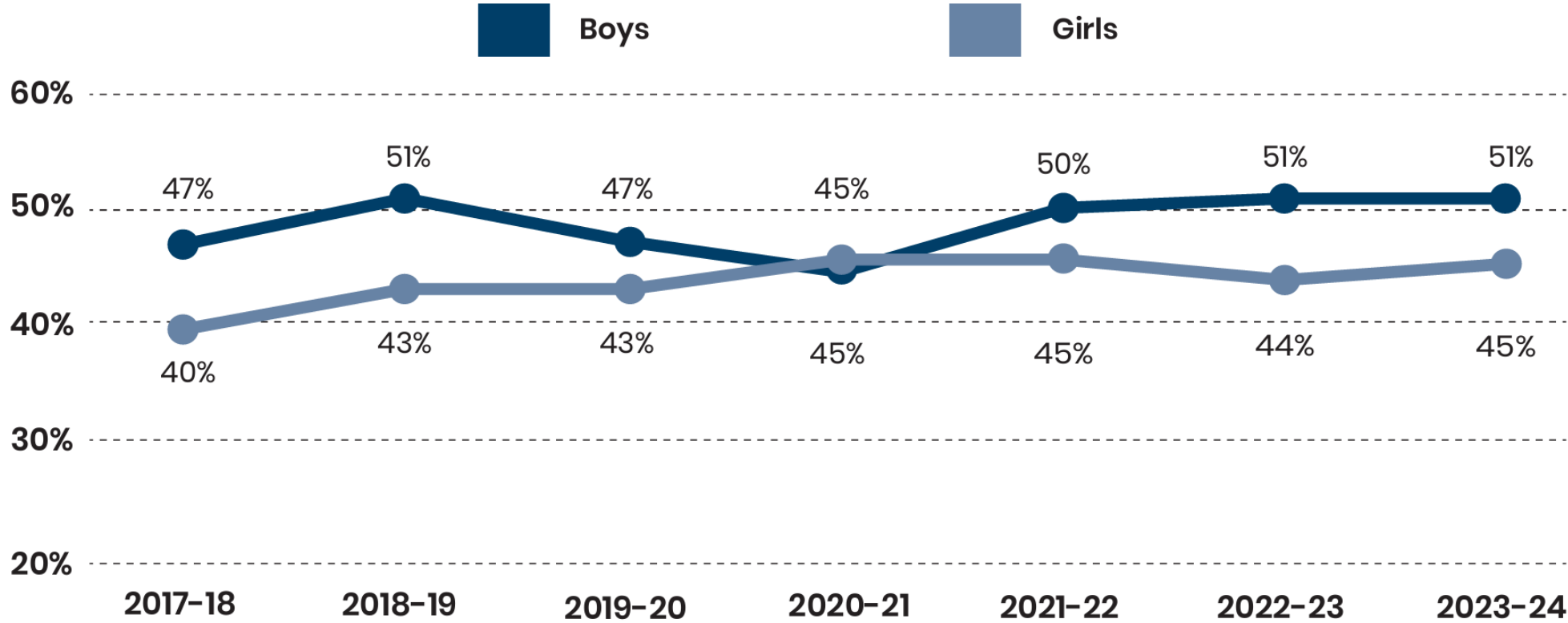


Activity levels are broadly unchanged over the last two years among secondary-age young people



Active (an average of 60+ minutes a day)

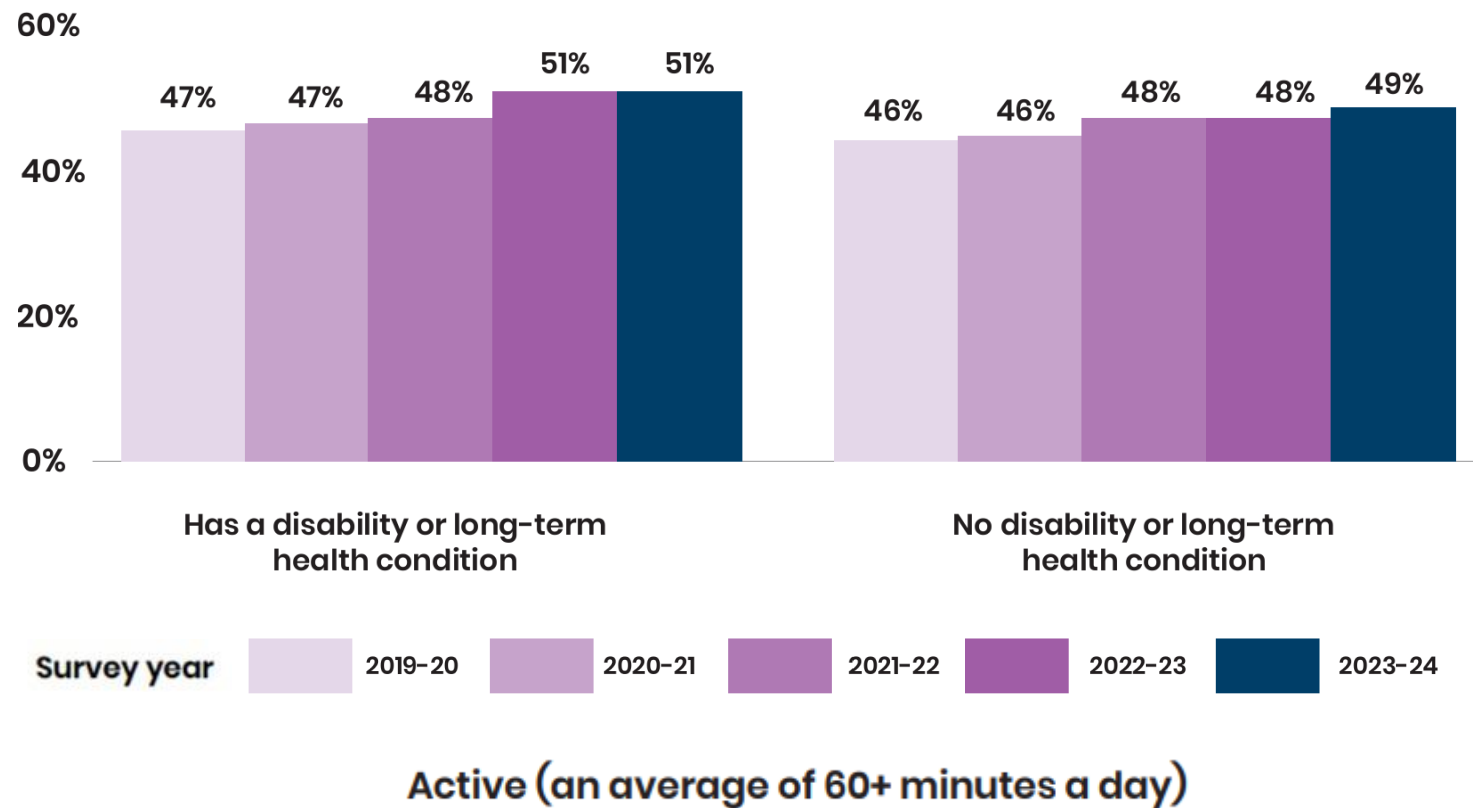
Both boys and girls have seen activity levels increase over the last six years



Active (an average of 60+ minutes a day)

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.

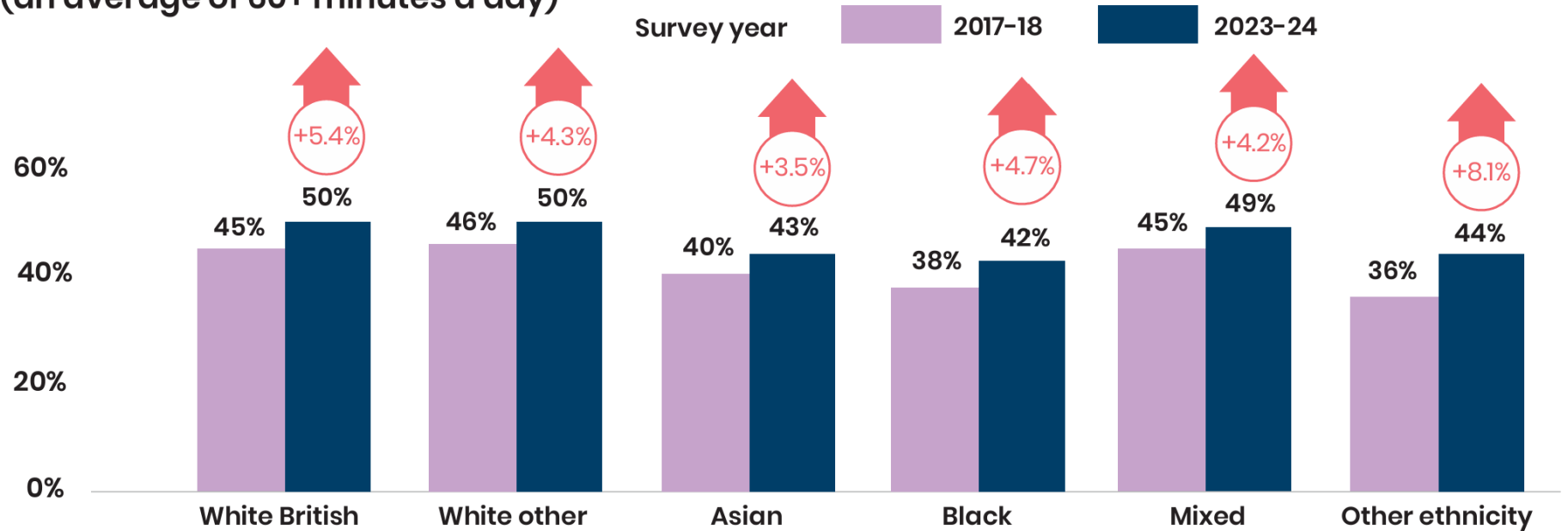


Activity levels are up over the longer term among all groups

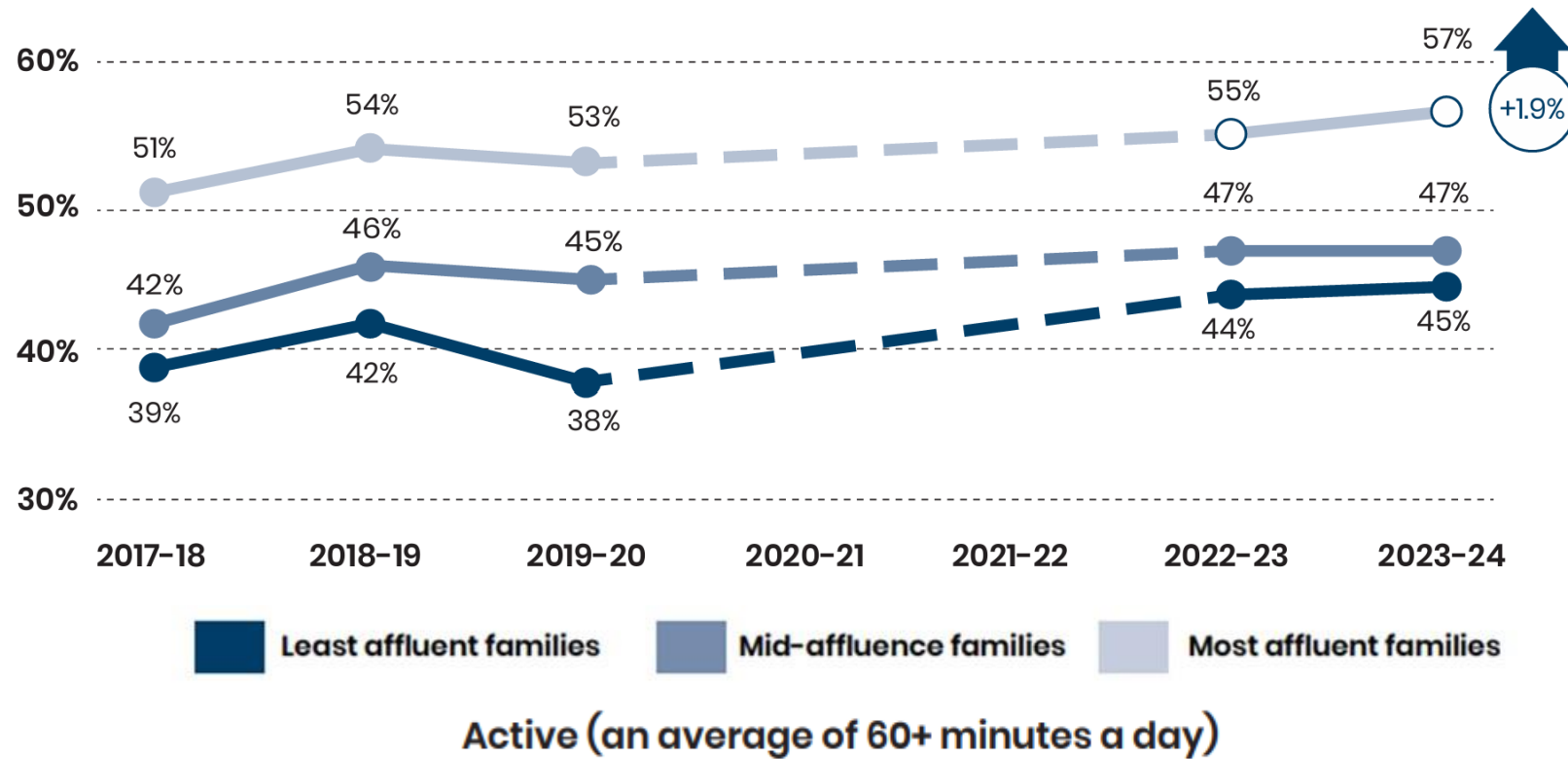
↑ Arrows show change from 5 years ago
% No arrows indicates no statistically reportable change

Note: After White British, the largest ethnic groups within the child population are Asian (10%) and Mixed (7%), with White other (6%), 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.