



Children & Young People Physical Activity Behaviour in Derby

Active Lives Children's Survey 2023-24

There are **38,000** young people in Derby

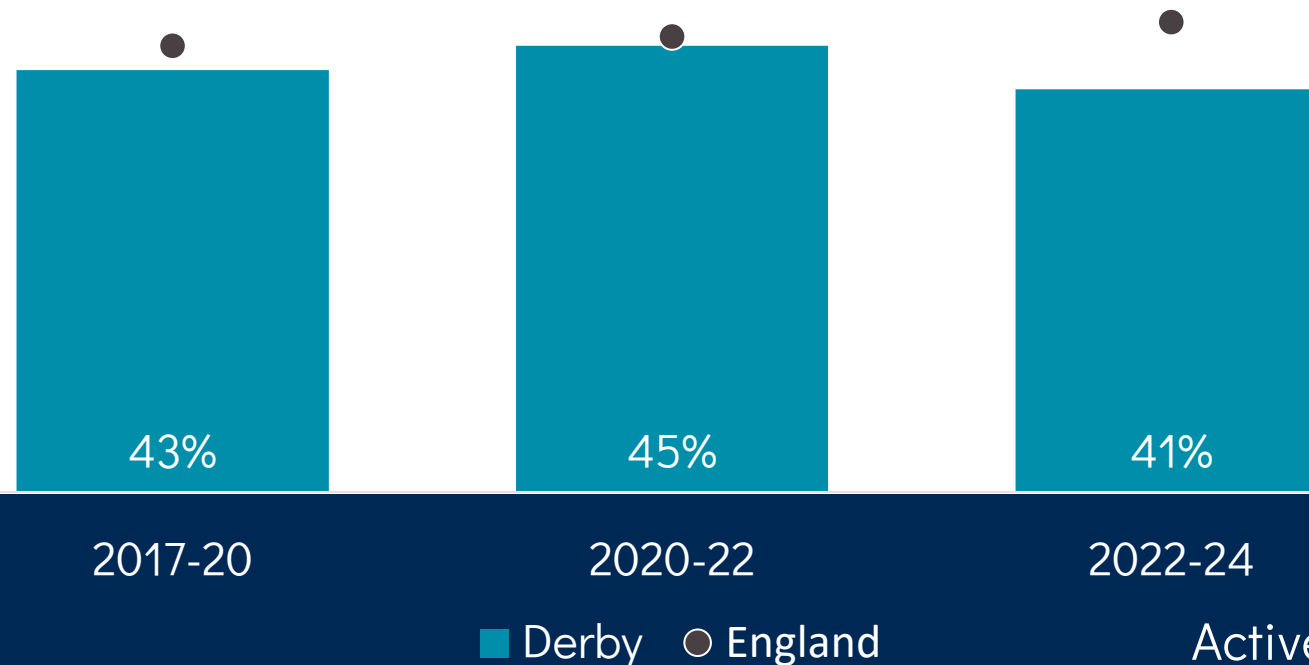
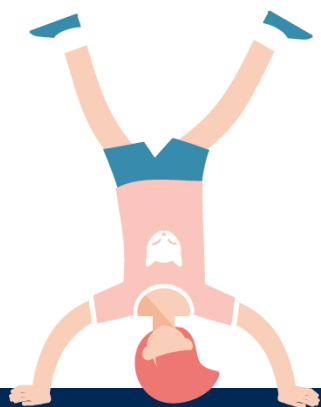


59% of children and young people are not active enough

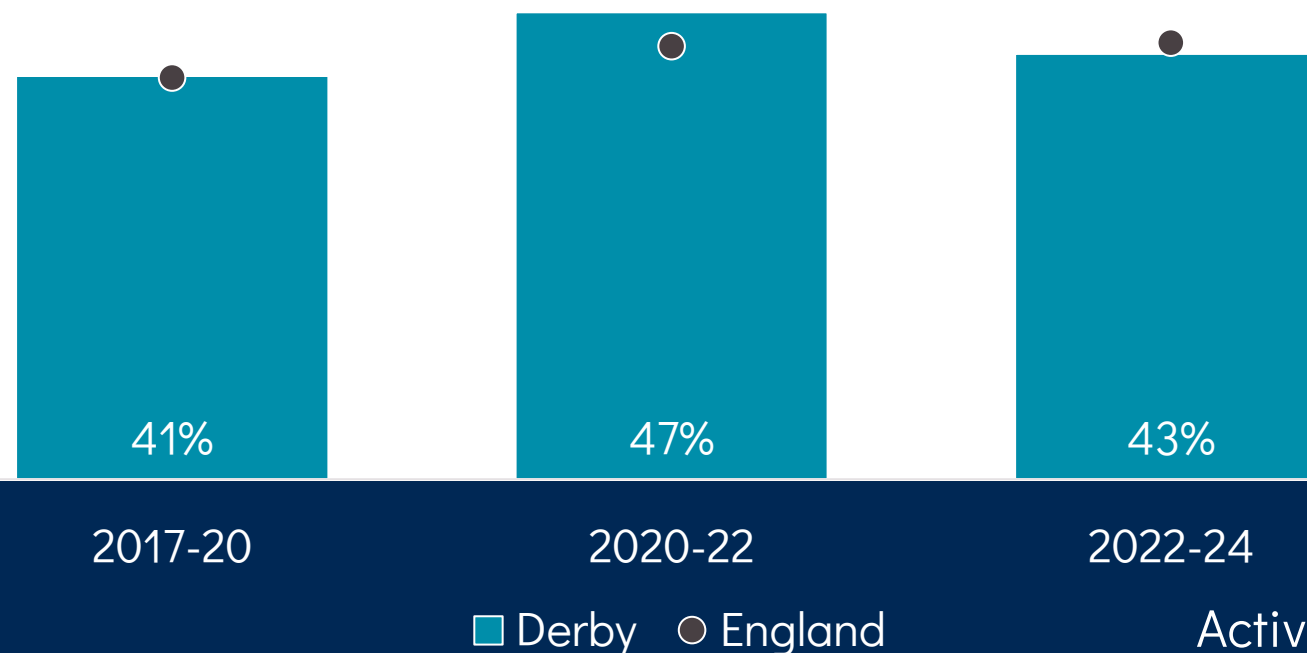


That's **22,600**
young people not
meeting recommended
activity levels

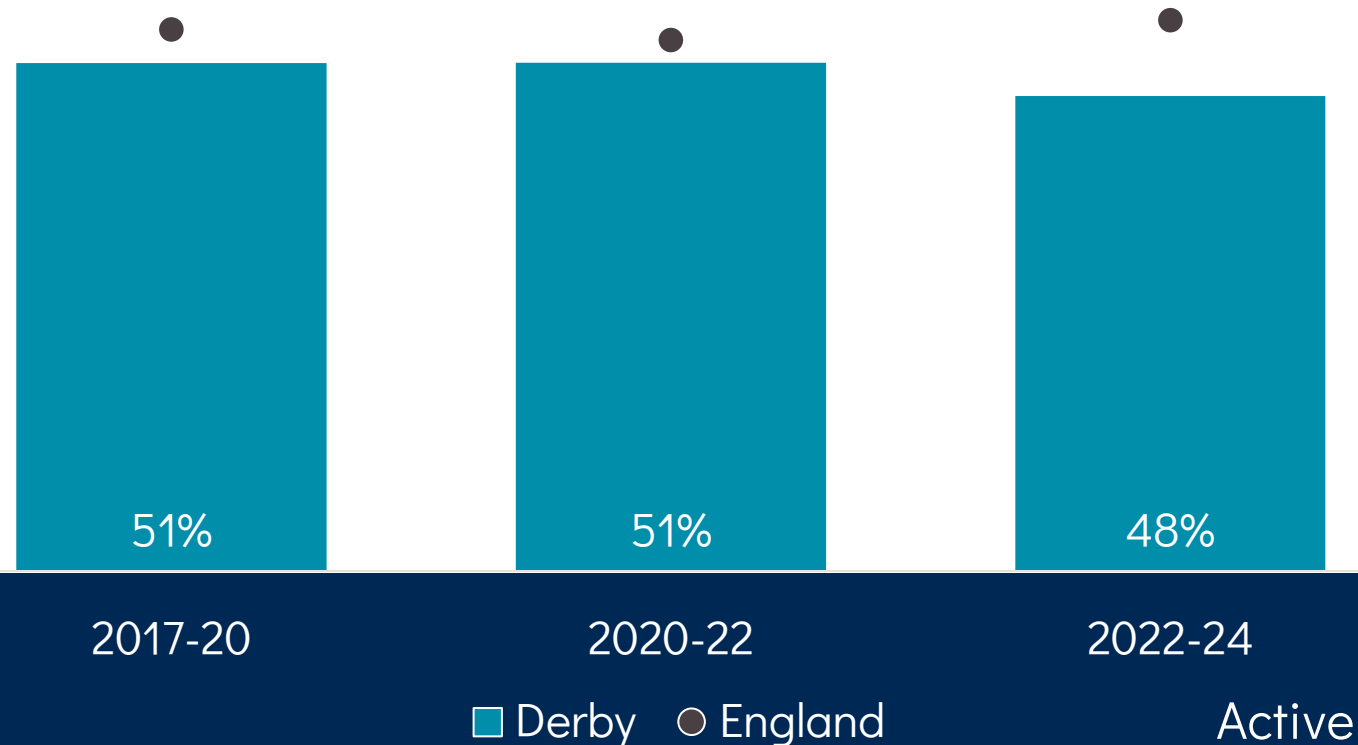
There has been little
change in **active
levels** for children
and young people



Active levels are
lower for children
and young people **at
school**



Active levels are
higher for children
and young people
outside school

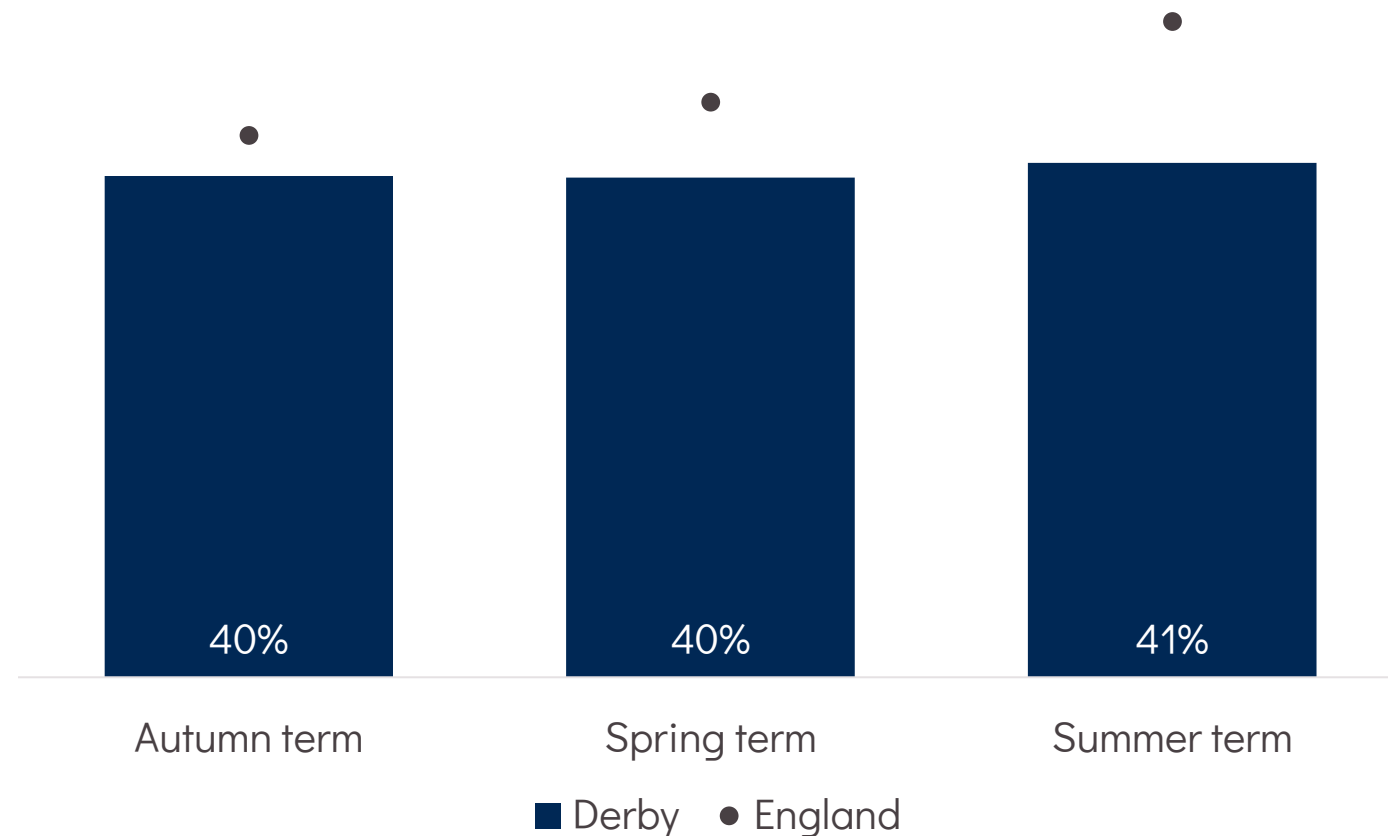


Activity levels are similar across terms

When surveys were completed will
impact overall activity levels

Sample size by term:

- Autumn: 310
- Spring: 875
- Summer: 642



Sport England launched the **Inequalities Metric** in 2024

Its aim is to better
surface inequalities
in sport and
physical activity
participation

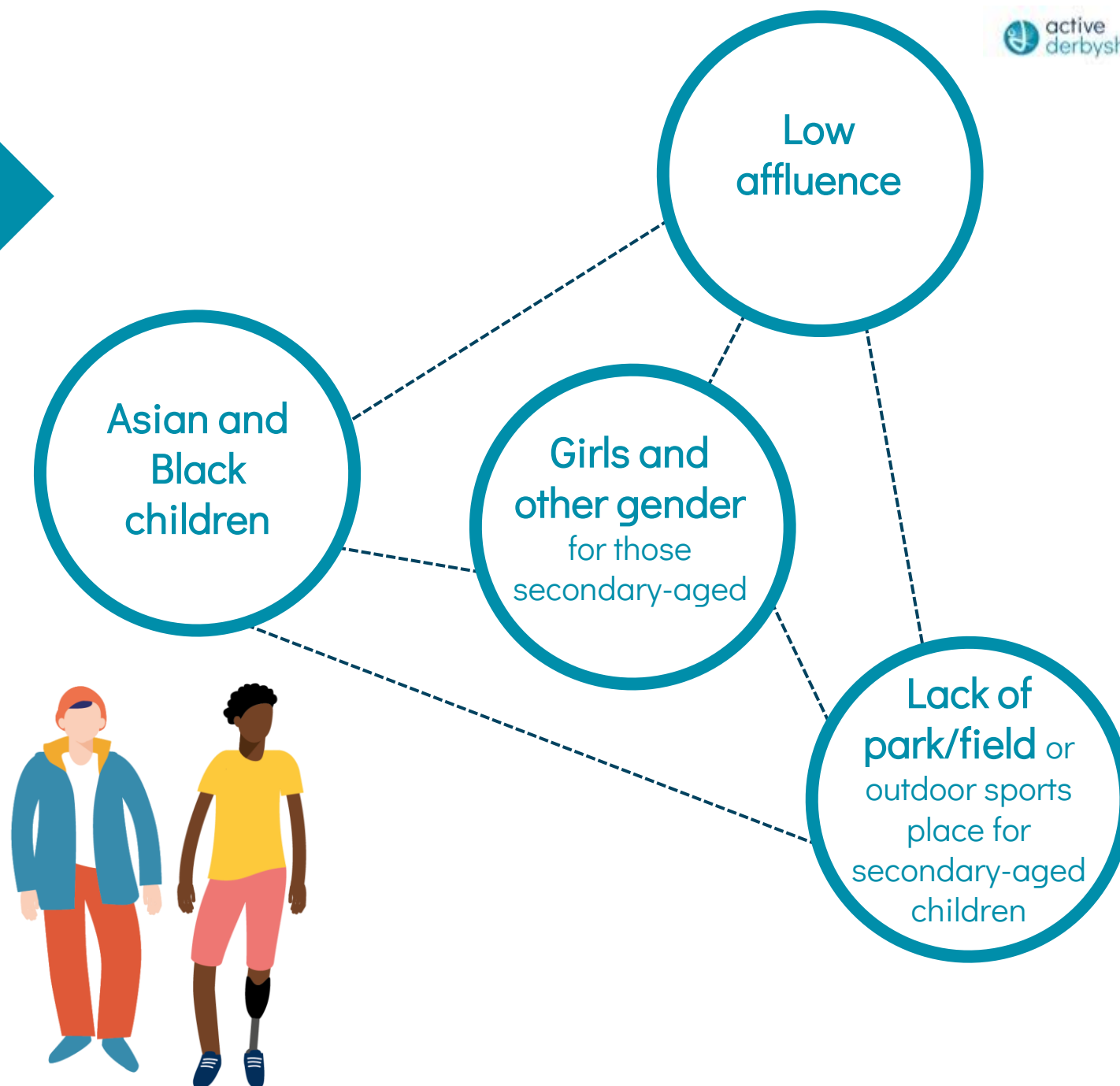
Nationally, **51%** of those
with **no inequality factors**
meet activity guidelines

Compared to **39%** for
those with **two or more**
characteristics



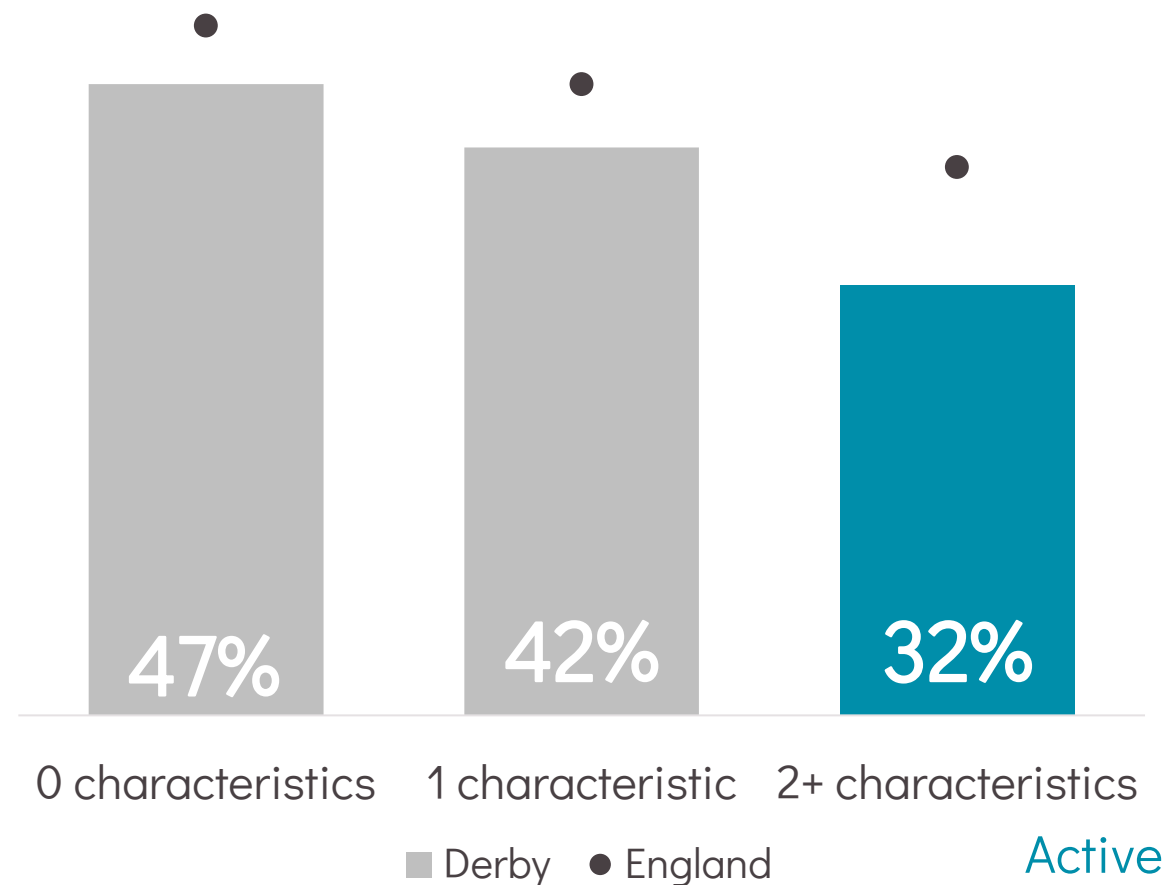
Key characteristics for children and young people

The key driver of lower levels of physical activity is where a child has **two or more characteristics** associated with being less active



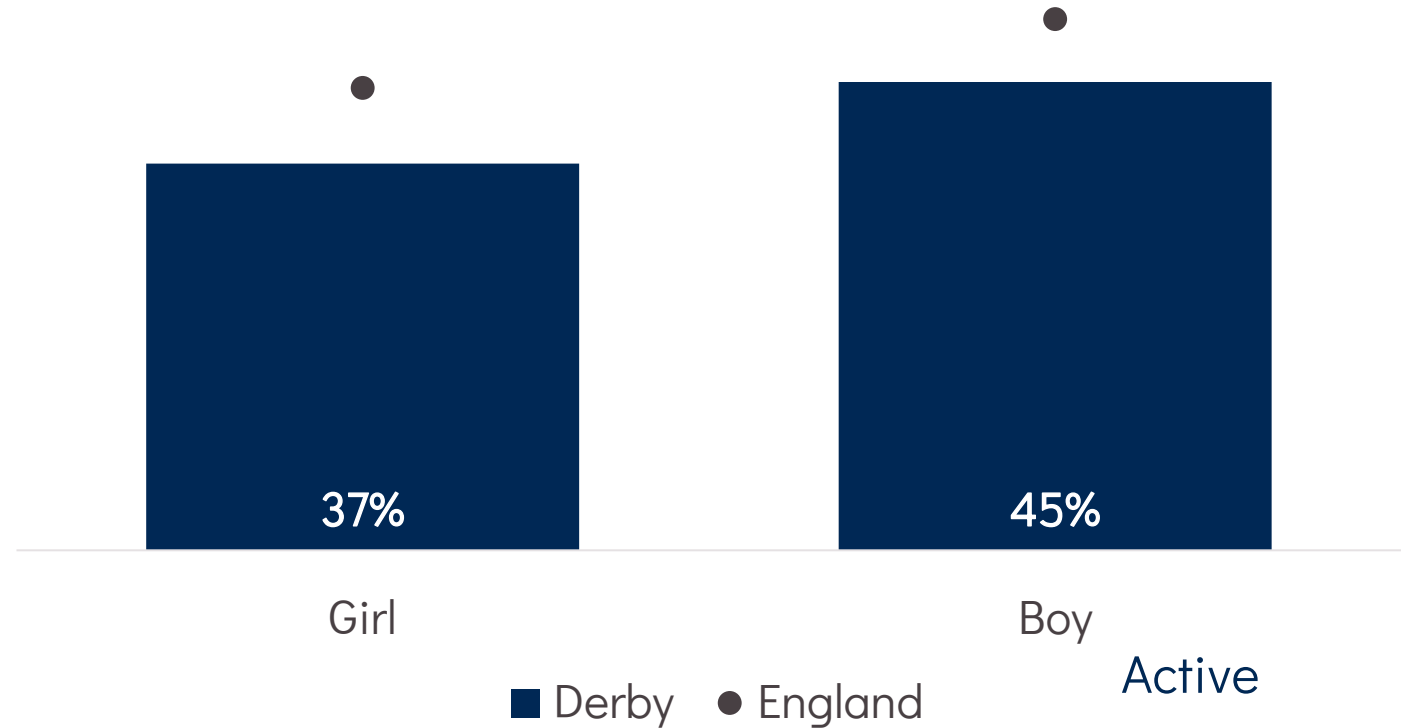
Active levels as measured by the Inequalities Metric

Activity levels reduce as our children
and young people experience more
factors from the Inequality Metric



Source: Sport England Active Lives, Children and Young People survey 2022-24
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)

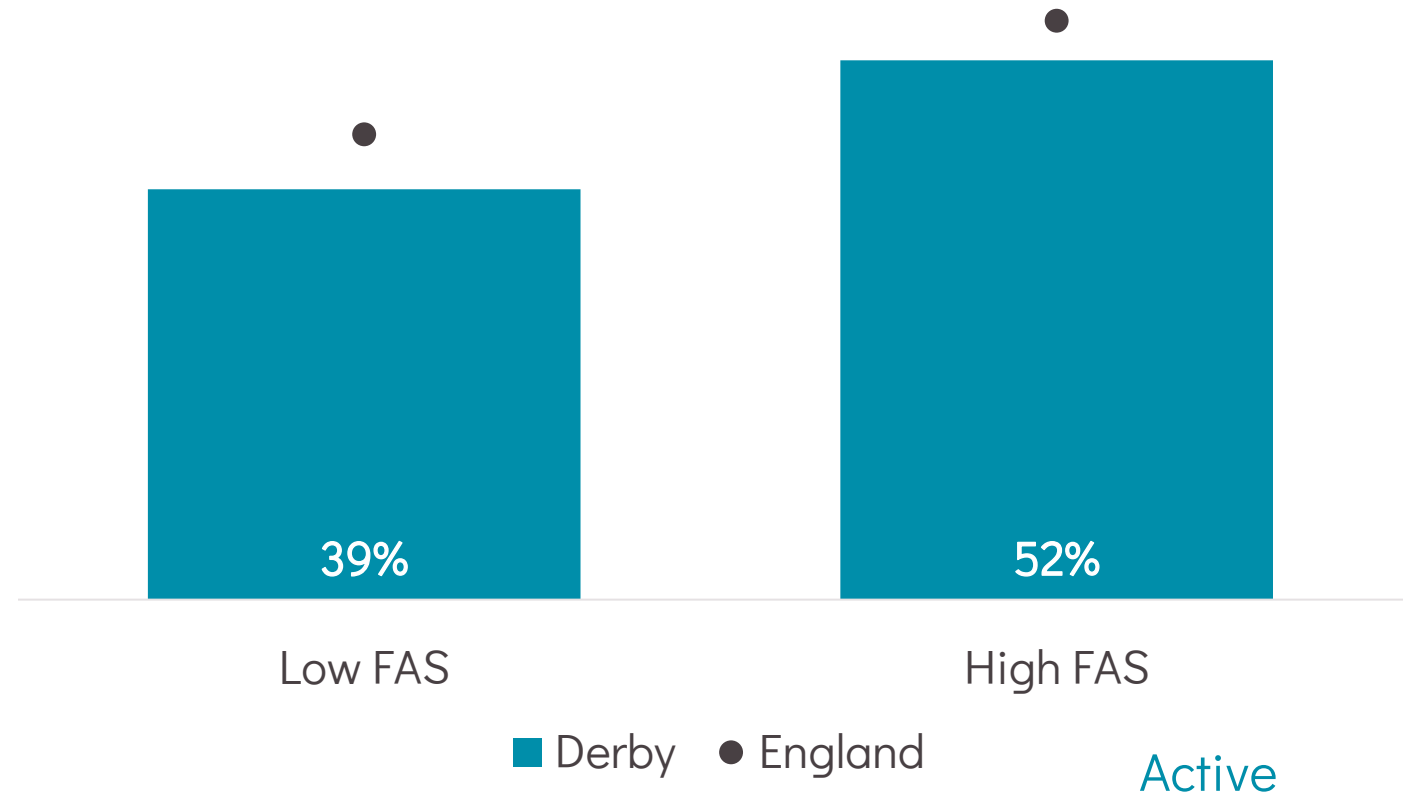
Girls are less likely to be active compared to boys



Source: Sport England Active Lives, Children and Young People survey 2022-24
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)

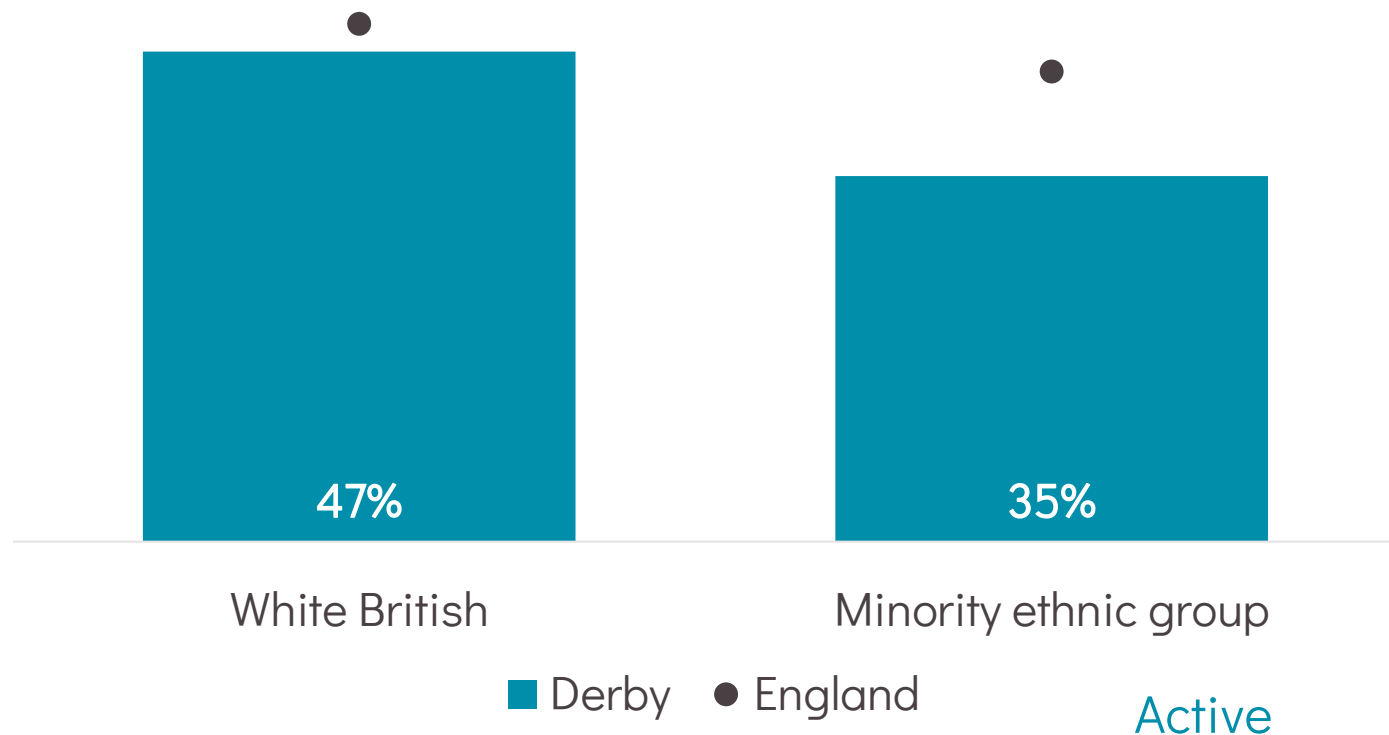
Family affluence
creates one of the
biggest inequalities in
activity levels

This inequality is
present both in and
outside of school



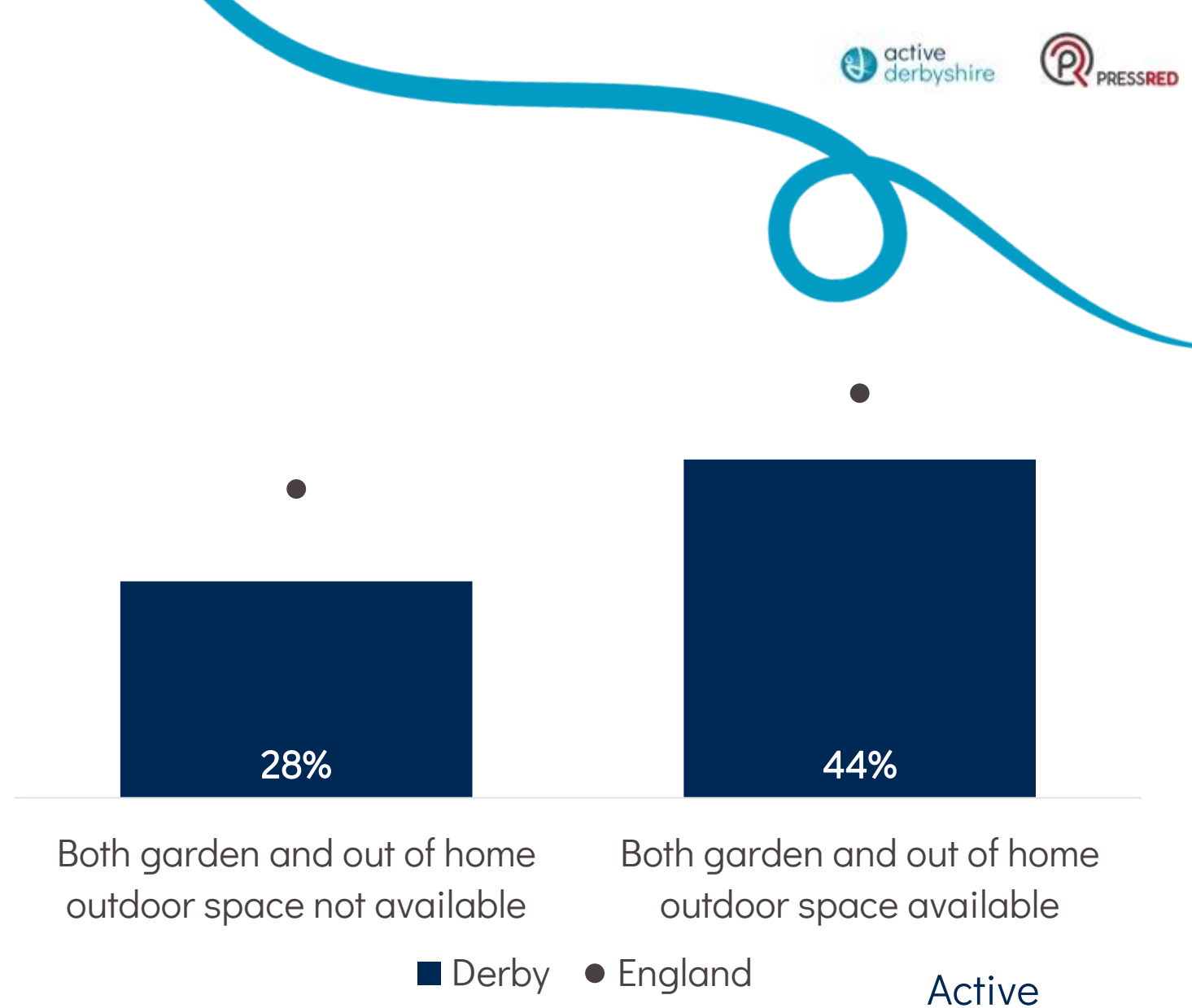
Ethnicity creates the largest inequality gap in active levels

However, we are only able to view data in two categories, **White British** and **Minority ethnic groups**. This may mask some of the inequalities between ethnic groups



Source: Sport England Active Lives, Children and Young People survey 2022-24
Measure: An average of 60 minutes or more a day, either at school or outside school (**everywhere**)

Having access to outdoor space both at home and away from home such as parks has a **positive impact** on activity levels



Appendix

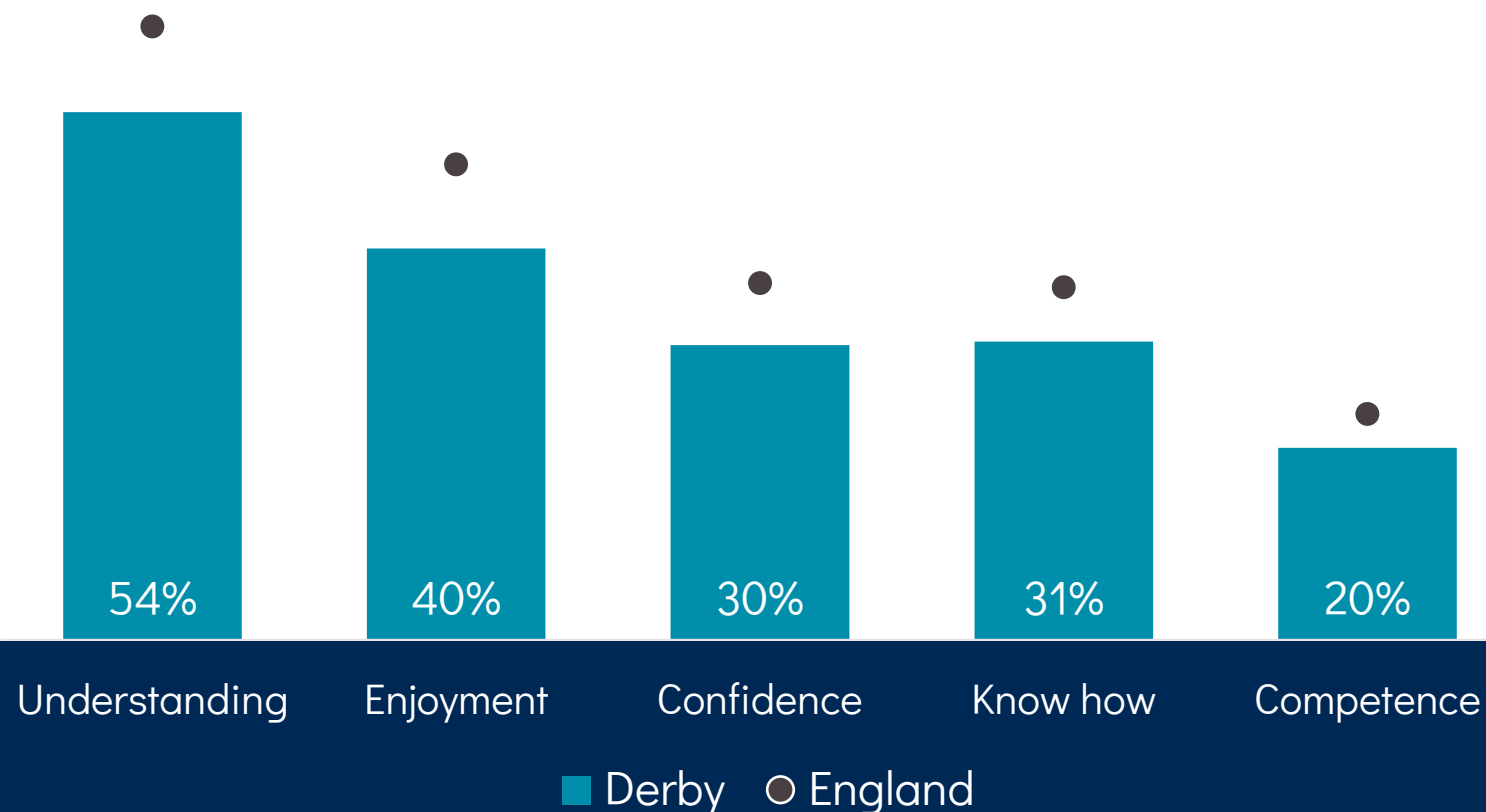


Data is for: Derby

Positive attitudes towards sport and physical activity

The proportion of children and young people reporting that they:

- **Understand** why being active is good for them (understanding)
- **Enjoy** taking part (enjoyment)
- **Feel confident** when doing so (confidence)
- **Know how** to get involved (know how)
- **Find it easy** (competence)



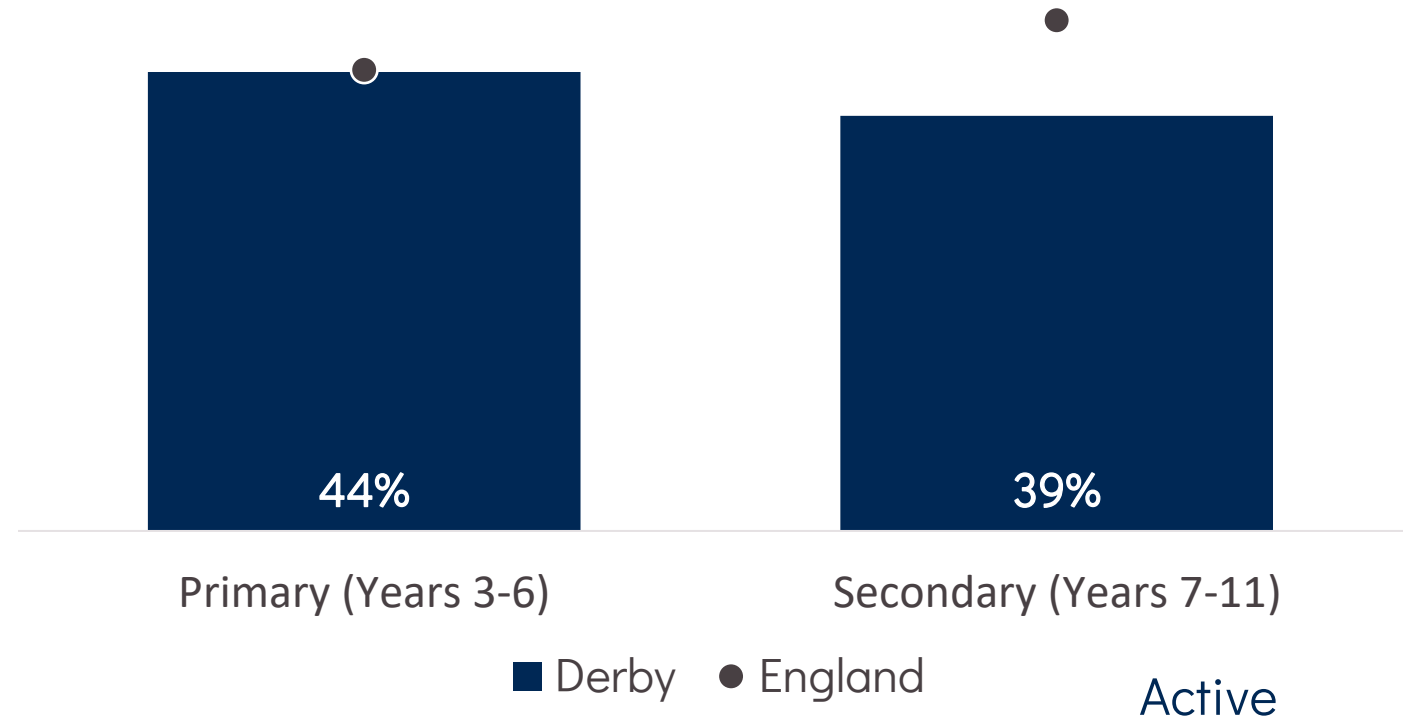
Activity levels by physical literacy

Children and young people who have a **positive association with movement** and physical activity are **more likely to be active**

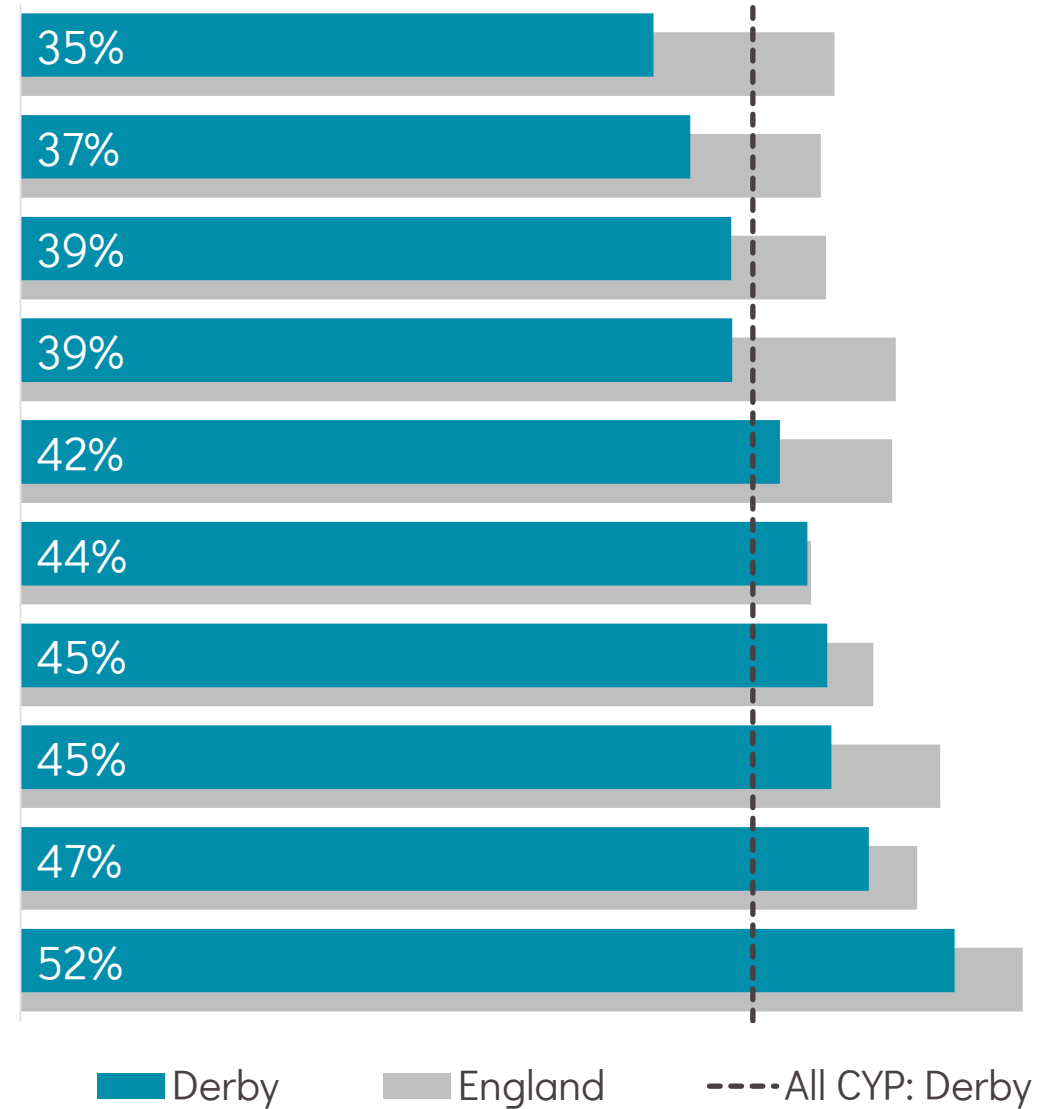
...than young people who don't



Activity levels are lower
in secondary than
primary schools

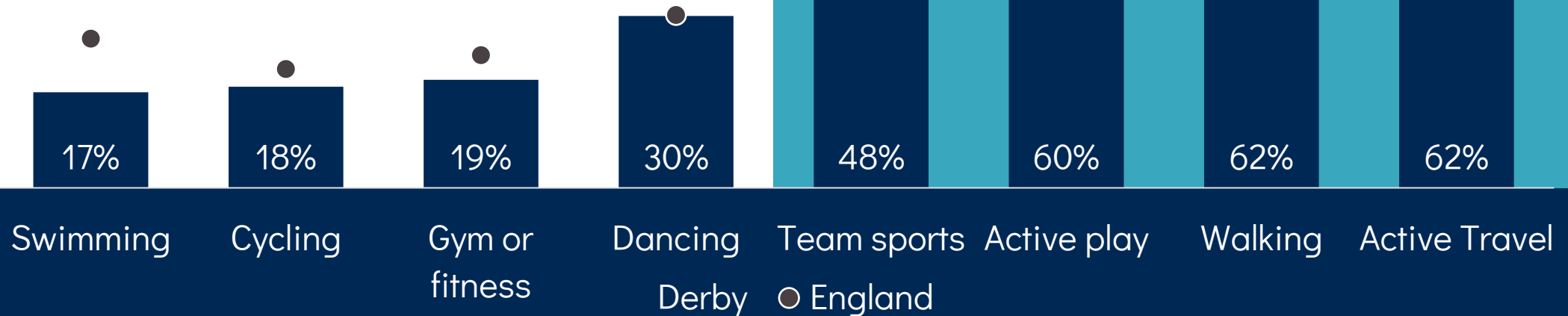


Active levels everywhere



Source: Sport England Active Lives, Children and Young People survey 2022-24
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)

Over half of young people participate in team sports, active travel, walking or active play each week



Key messages



- **Almost 6 in 10 (59%) of our children and young people are not active enough.** That's around 22,600 children and young people in Derby not meeting recommended activity levels
- Activity levels appear relatively stable over time
- The **Inequalities metric** shows activity rates are much lower for young people with two or more characteristics, and lower than national
- There is a gender inequality gap, **girls are less likely to be active**
- Children and young people from **our low affluence families are far less likely to be active** than their high affluence peers. This inequality is present both in and outside of school
- **Ethnicity creates the largest inequality gap** in active levels
- Young people who report that they do not have **access to outdoor space** are less likely to be active
- Having a strong positive association to movement and physical activity contributes to higher active levels
- Activity levels are lower in secondary than primary schools

Sample size table: Demographics

	17-18	18-19	19-20	20-21	21-22	22-23	23-24
All CYP	270	351	0	45	880	472	1355
Boy	131	148	0	26	366	226	545
Girl	119	172	0	16	408	185	672
Low FAS	44	68	0	16	291	98	249
Medium FAS	136	196	0	25	442	180	587
High FAS	80	60	0	2	60	47	238
White British	171	135	0	16	455	210	847
Minority ethnic group	93	172	0	20	326	183	372
Has limiting disability	-	-	0	3	80	31	86
No limiting disability	-	-	0	20	490	280	711
Primary (Years 3-6)	250	176	0	44	100	164	212
Secondary (Years 7-11)	0	175	0	0	780	275	1114
0 characteristics	-	-	-	-	-	183	449
1 characteristic	-	-	-	-	-	183	609
2+ characteristics	-	-	-	-	-	106	297

Sample size table: Demographics

	17-20	20-22	22-24
All CYP	621	925	1827
Boy	279	392	771
Girl	291	424	857
Low FAS	112	307	347
Medium FAS	332	467	767
High FAS	140	62	285
White British	306	471	1057
Minority ethnic group	265	346	555
Has limiting disability	0	83	117
No limiting disability	0	510	991
Primary (Years 3-6)	426	144	376
Secondary (Years 7-11)	175	780	1389
0 characteristics	-	-	632
1 characteristic	-	-	792
2+ characteristics	-	-	403