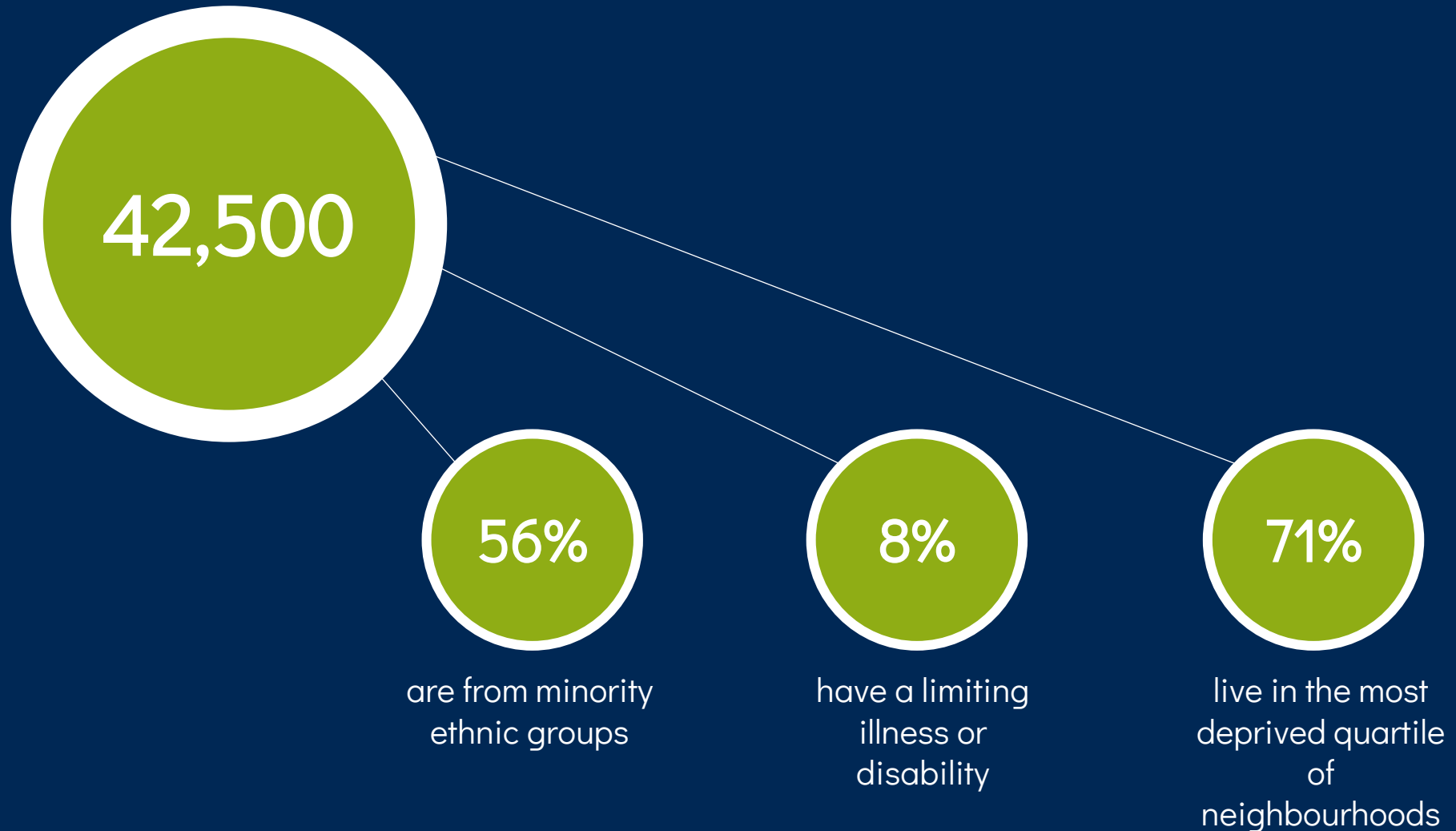




Children & Young People Physical Activity Behaviour in Nottingham

Active Lives Children's Survey 2023-24

There are 42,500 young people in Nottingham

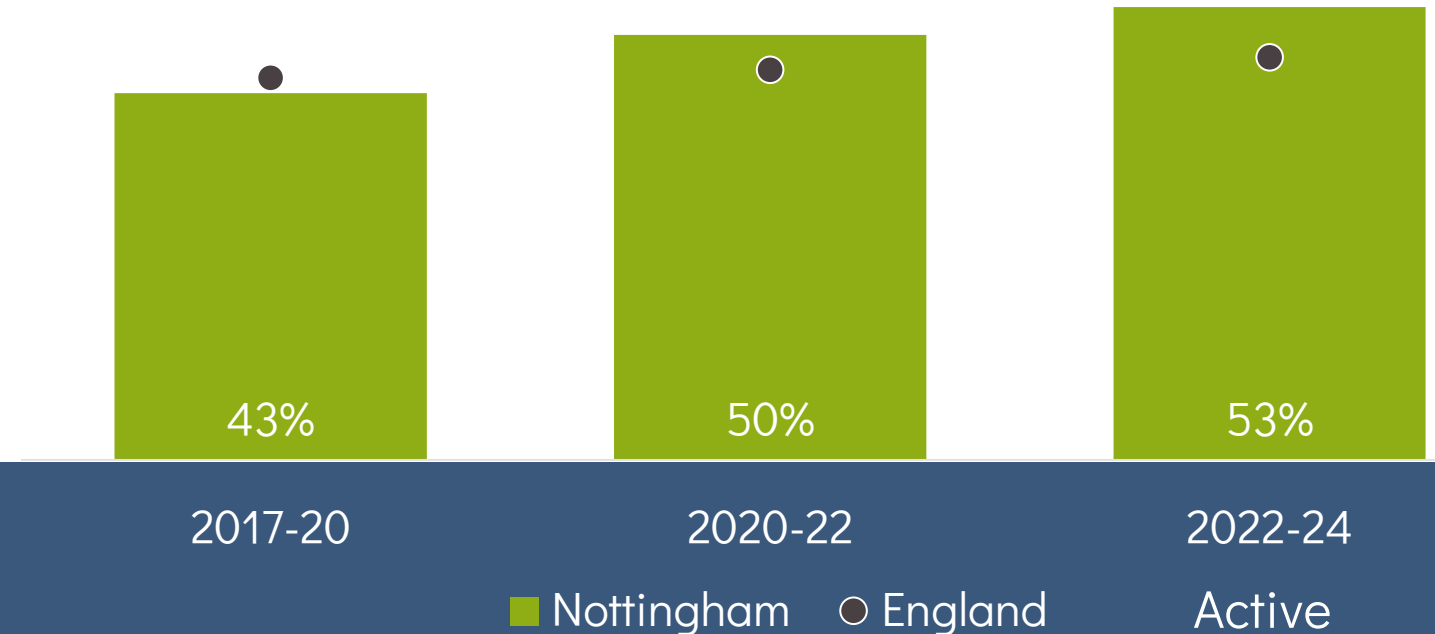
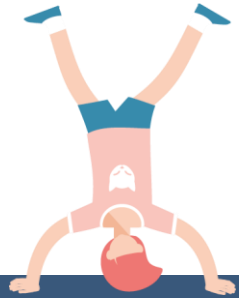


47% of children and young people are not active enough

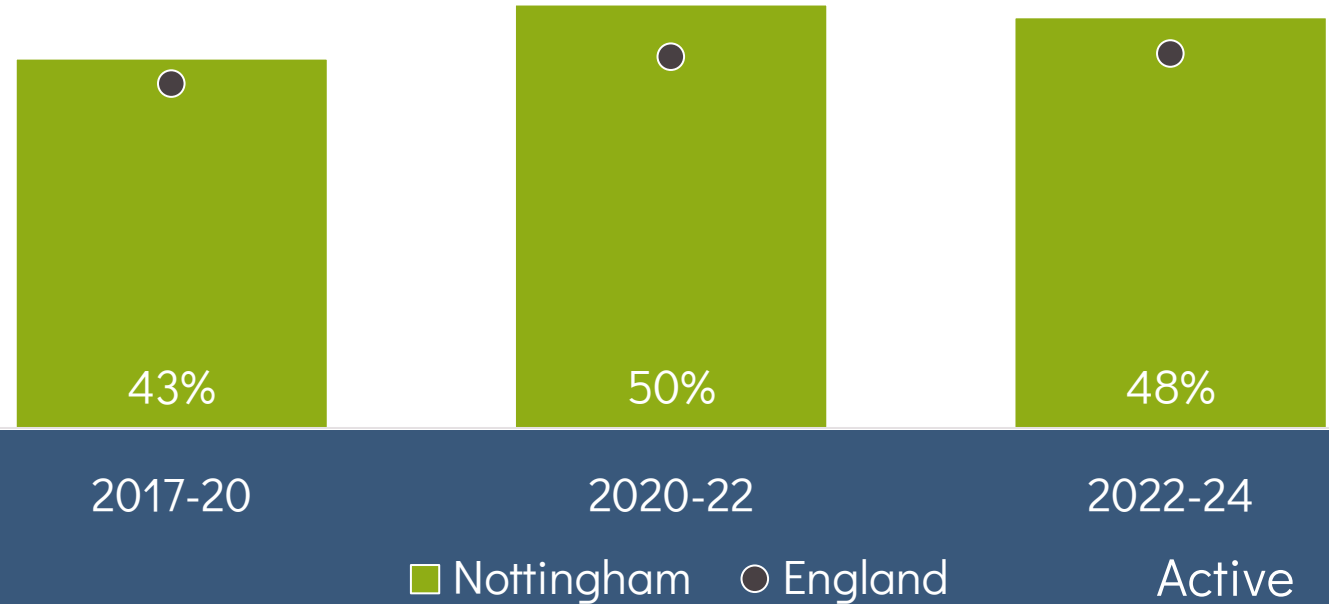


That's **20,000**
young people not
meeting recommended
activity levels

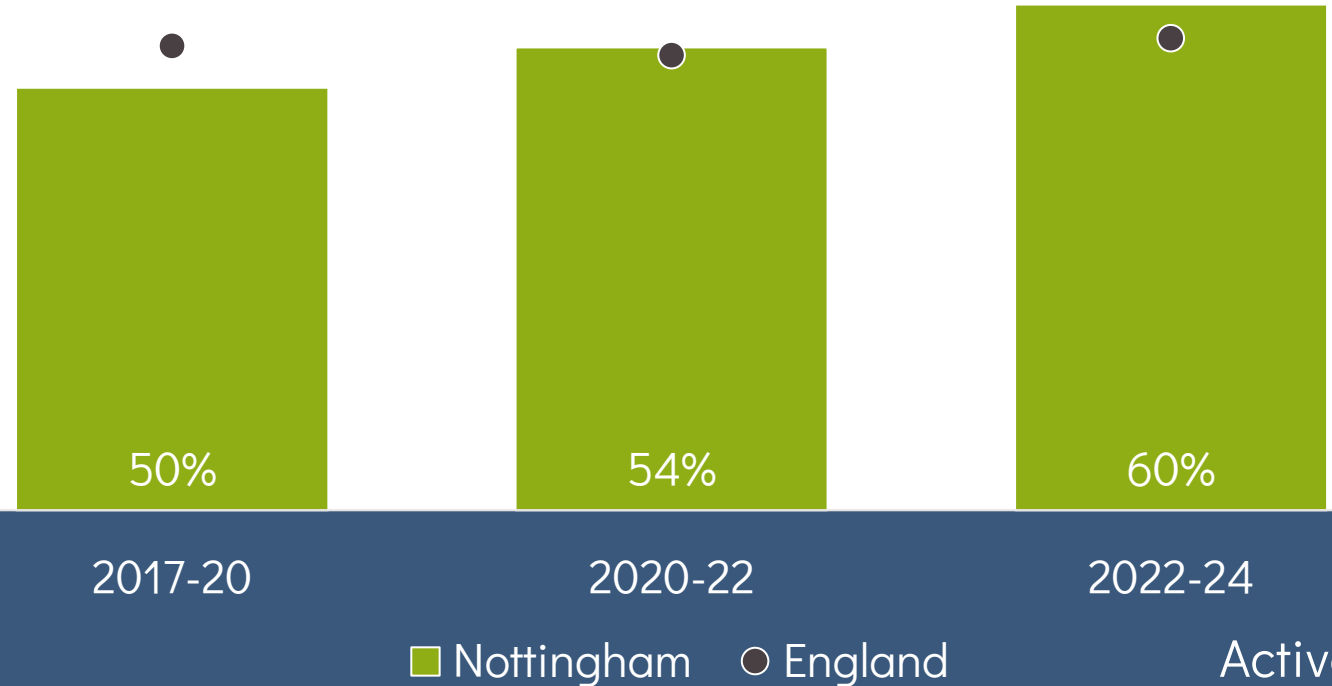
There has been an increase in **active levels** for children and young people over time



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



There has been an increase in **active levels** for children and young people **outside school**

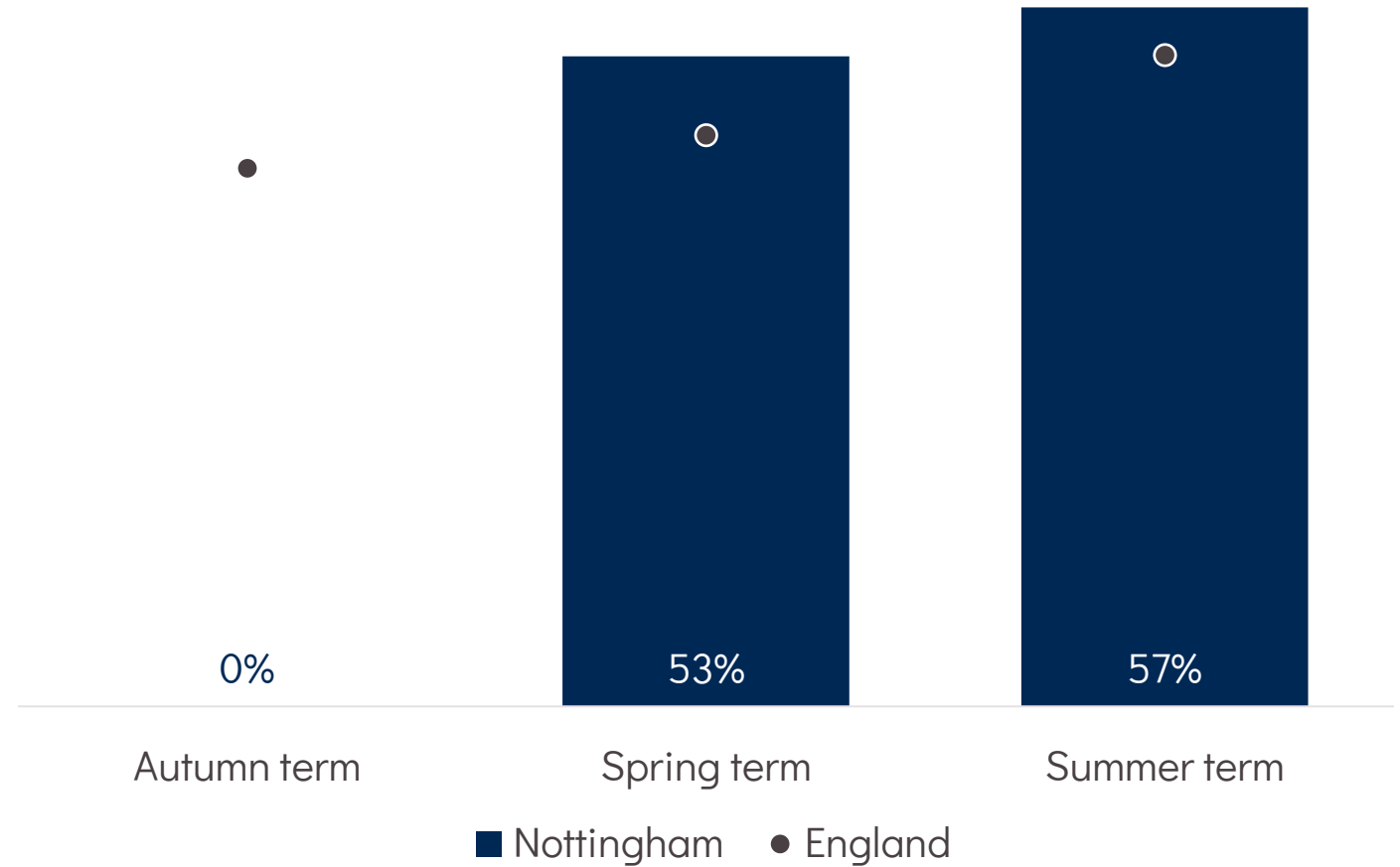


Activity levels are higher in the summer

When surveys were completed will
impact overall activity levels

Sample size by term:

- Autumn: 111
- Spring: 393
- Summer: 882



Sport England launched the Inequalities Metric in 2024

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

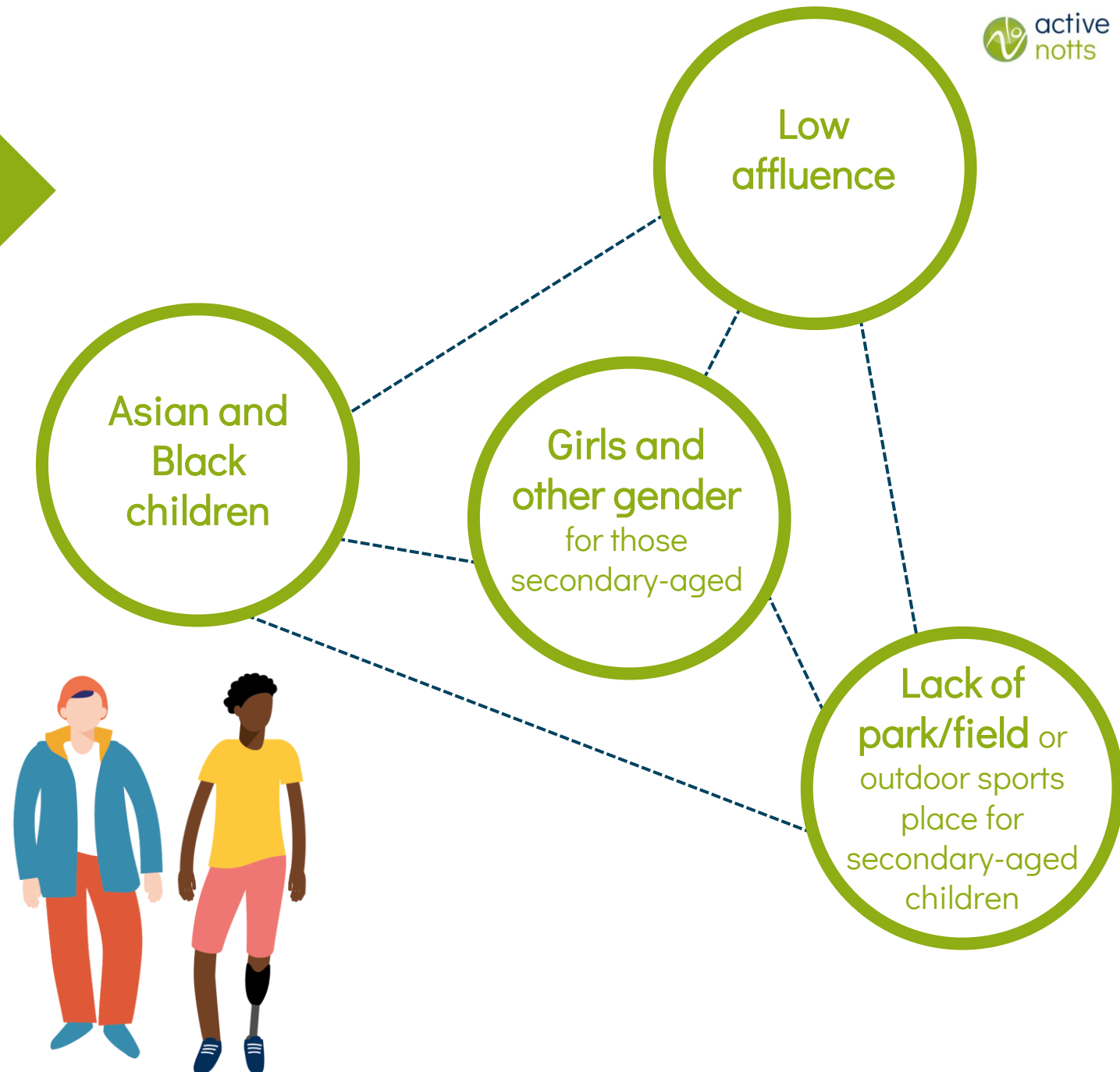
Nationally, **51%** of those
with **no inequality factors**
meet activity guidelines

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



Key characteristics for children and young people

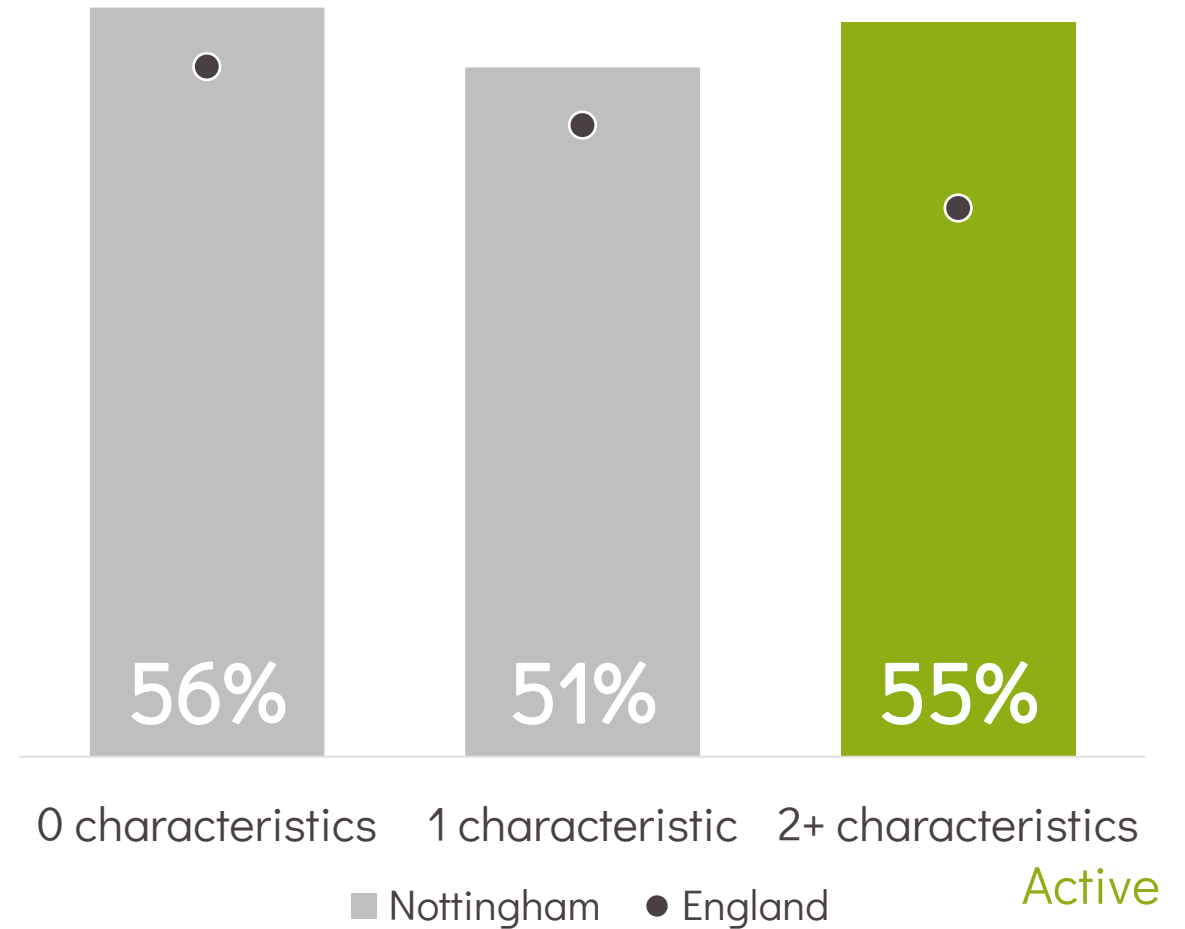
The key driver of lower levels of physical activity is where a child has **two or more characteristics** associated with being less active



Active levels as measured by the Inequalities Metric

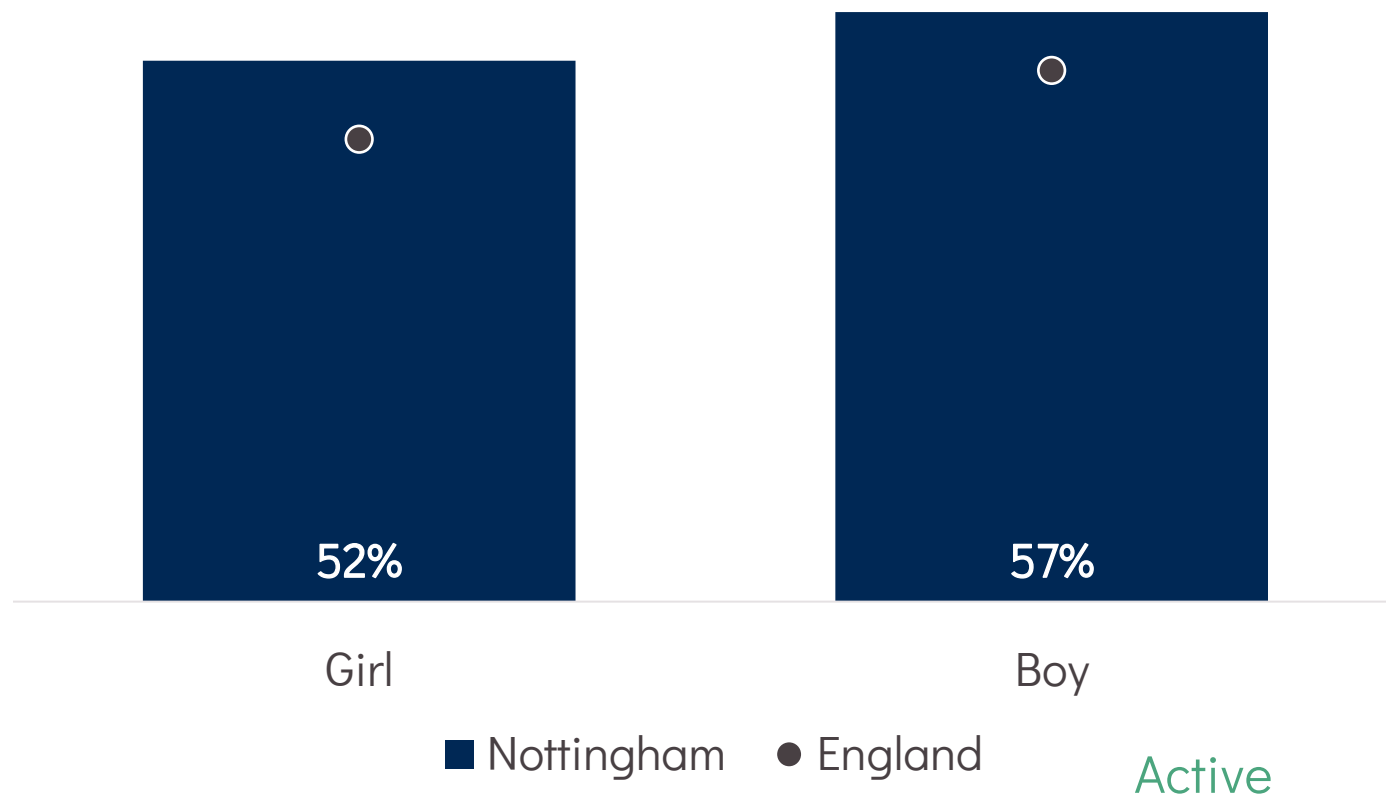


Nationally, activity levels reduce as our children and young people experience more factors from the Inequality Metric



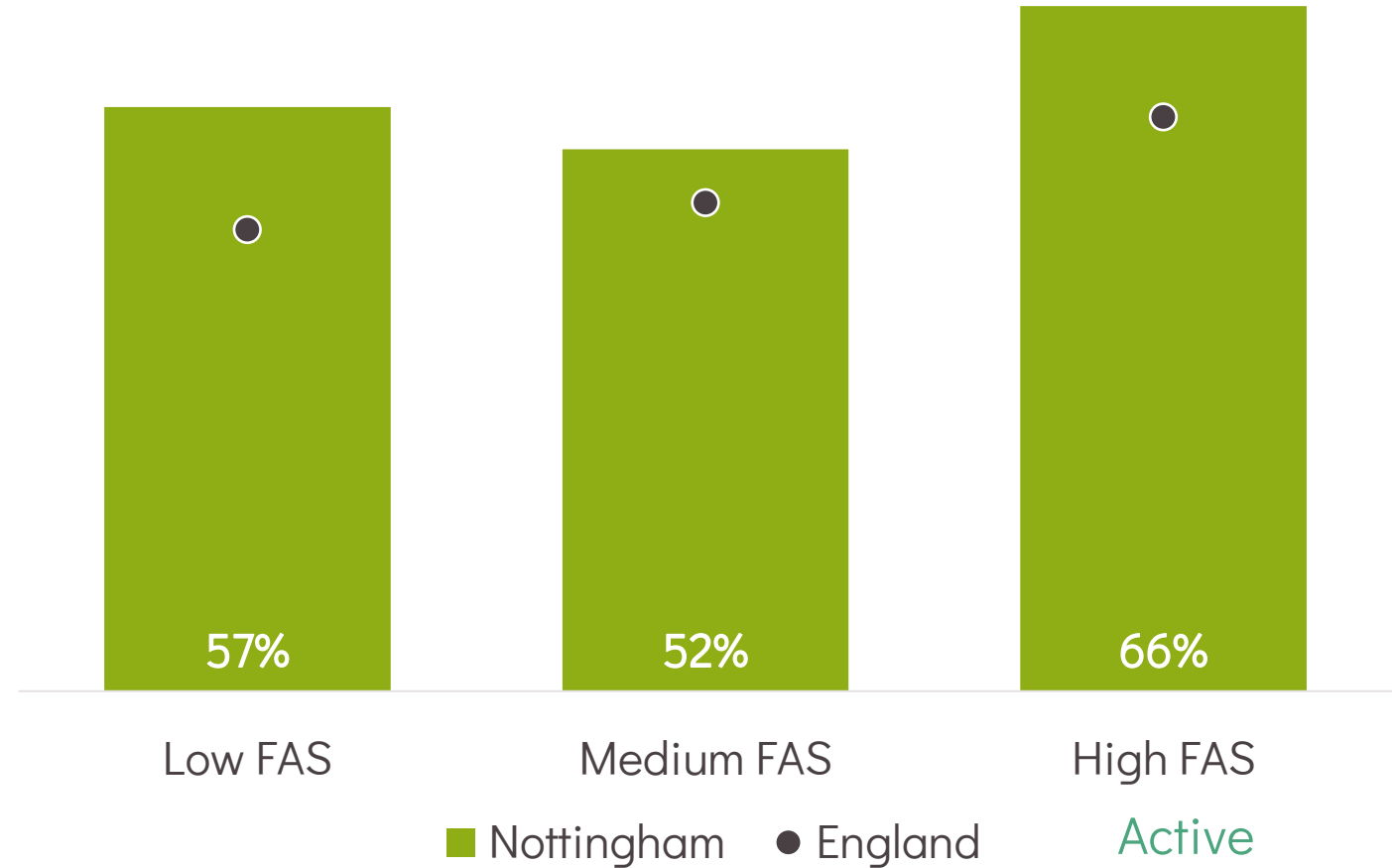
Girls are less likely to be active compared to boys

This is predominantly driven by activity levels outside of school



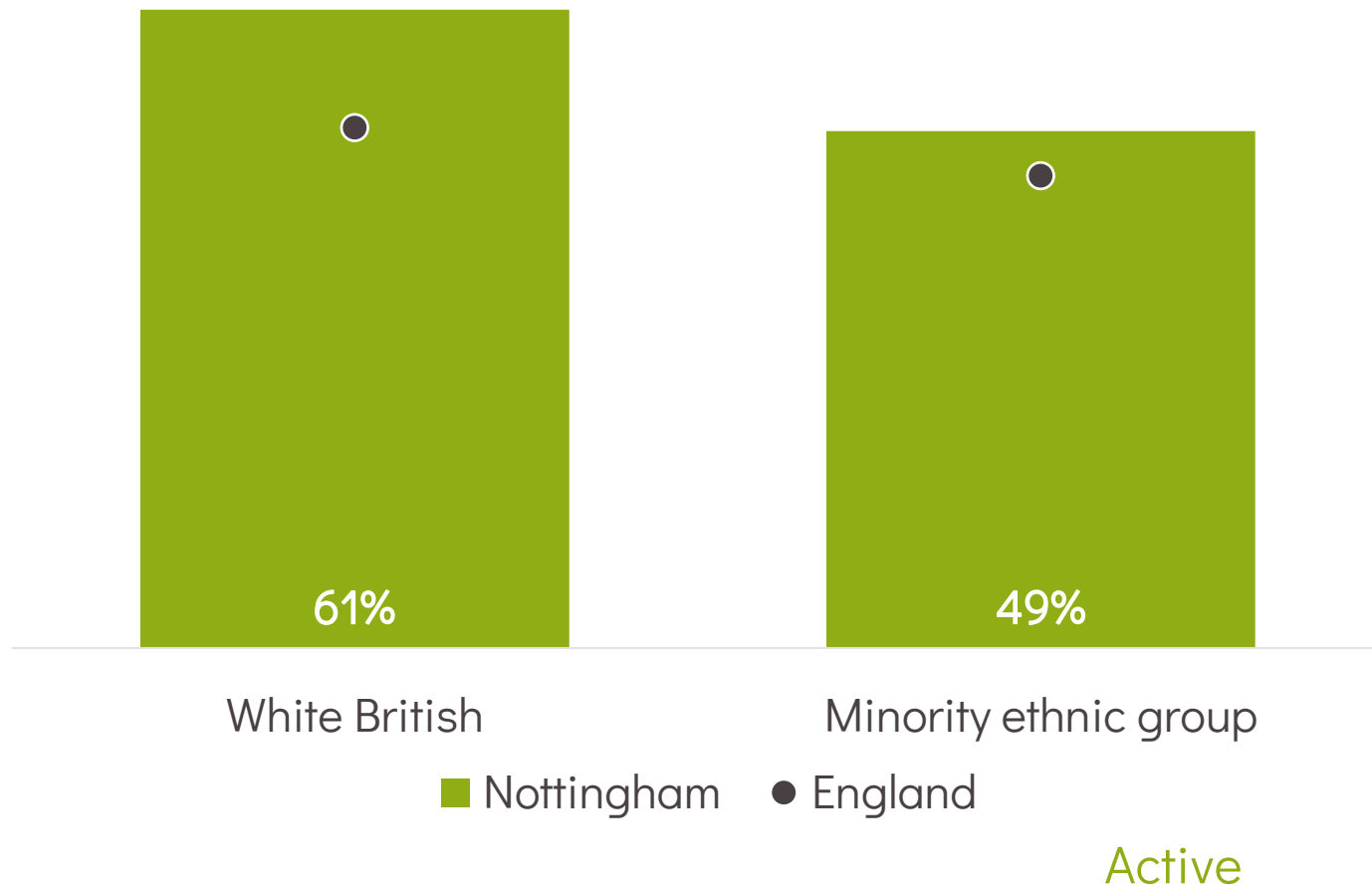
Family affluence creates big inequalities in activity levels. The biggest inequality is between Medium and High FAS

This inequality is driven by activities outside of school

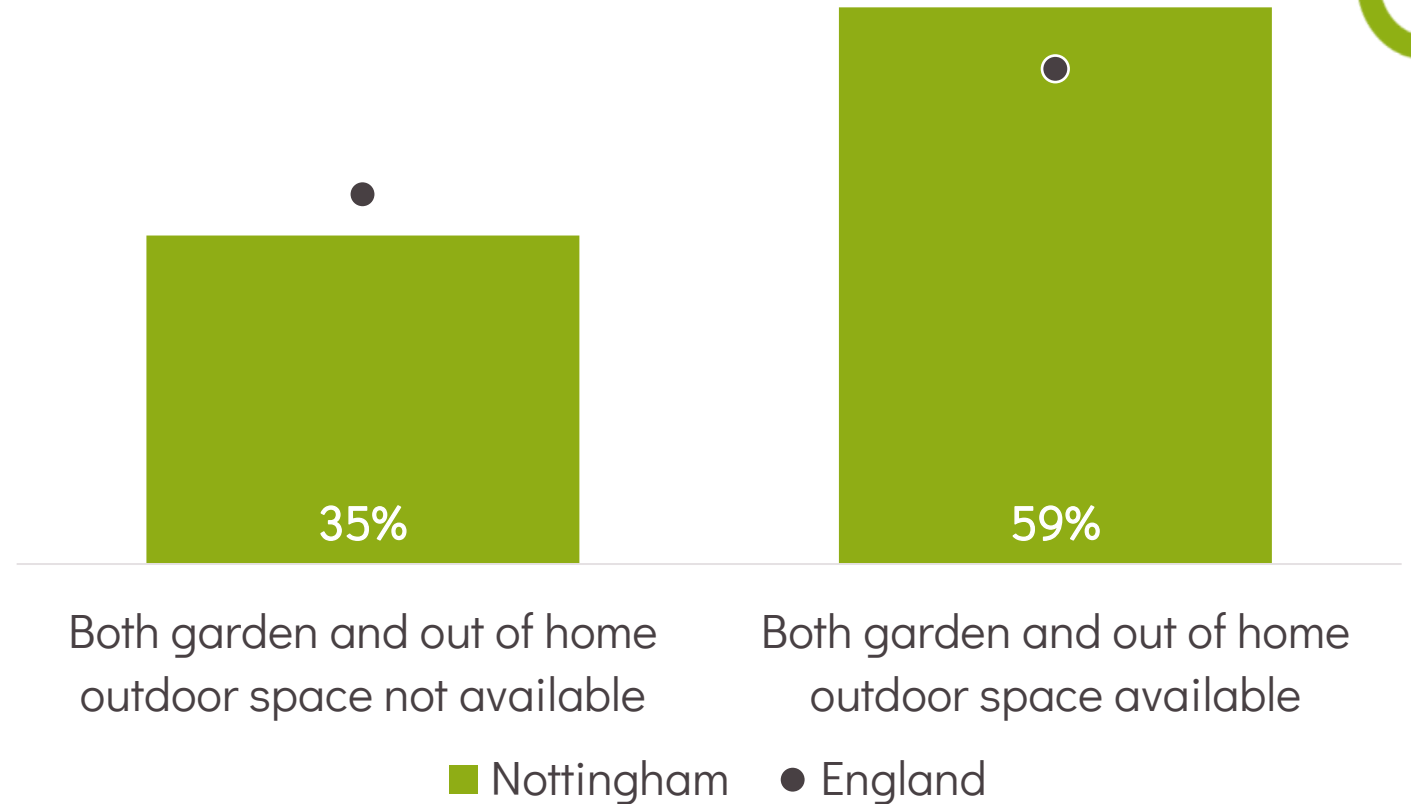


Ethnicity creates the largest inequality gap in active levels

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



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



Active

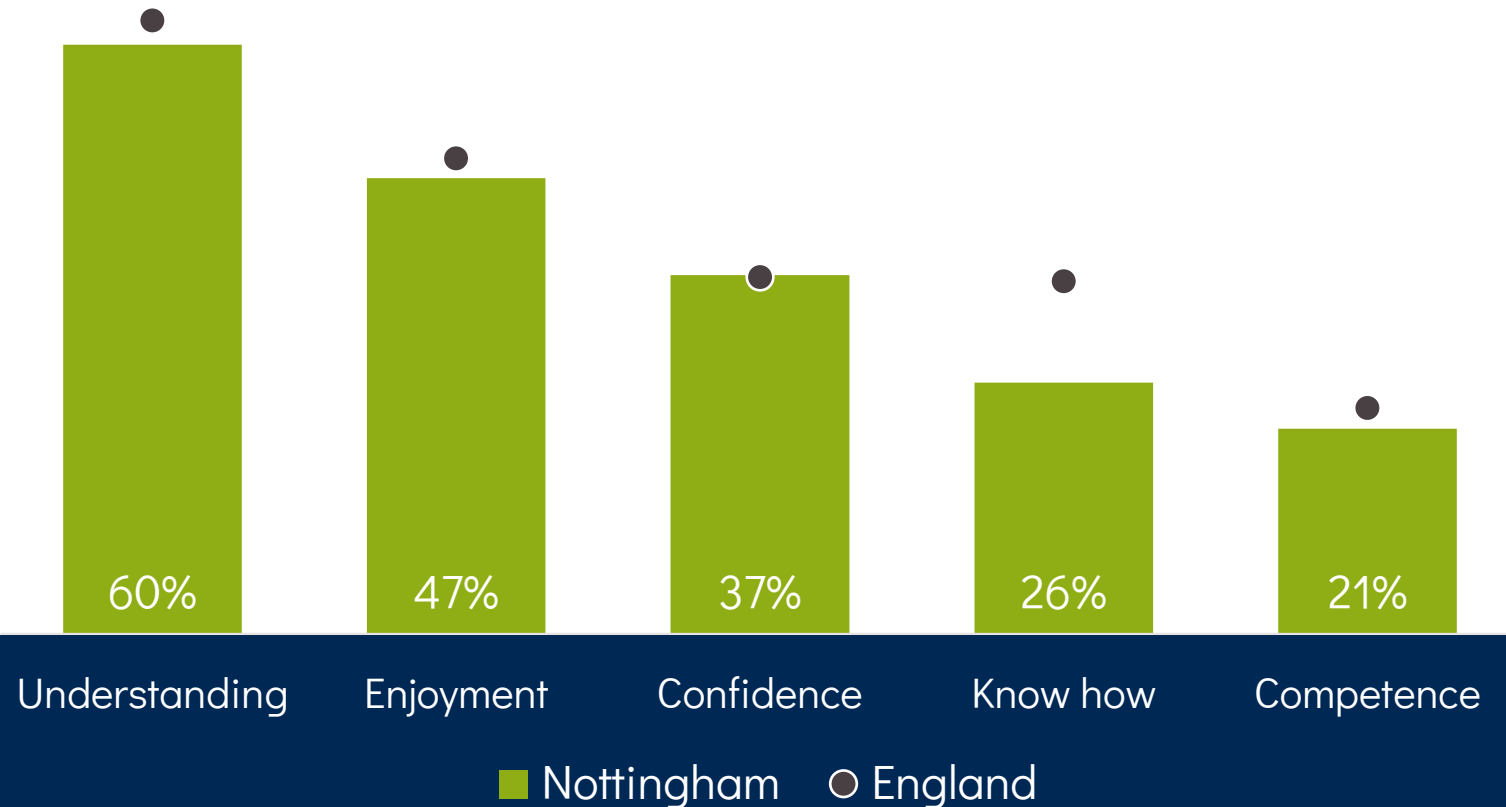
Appendix



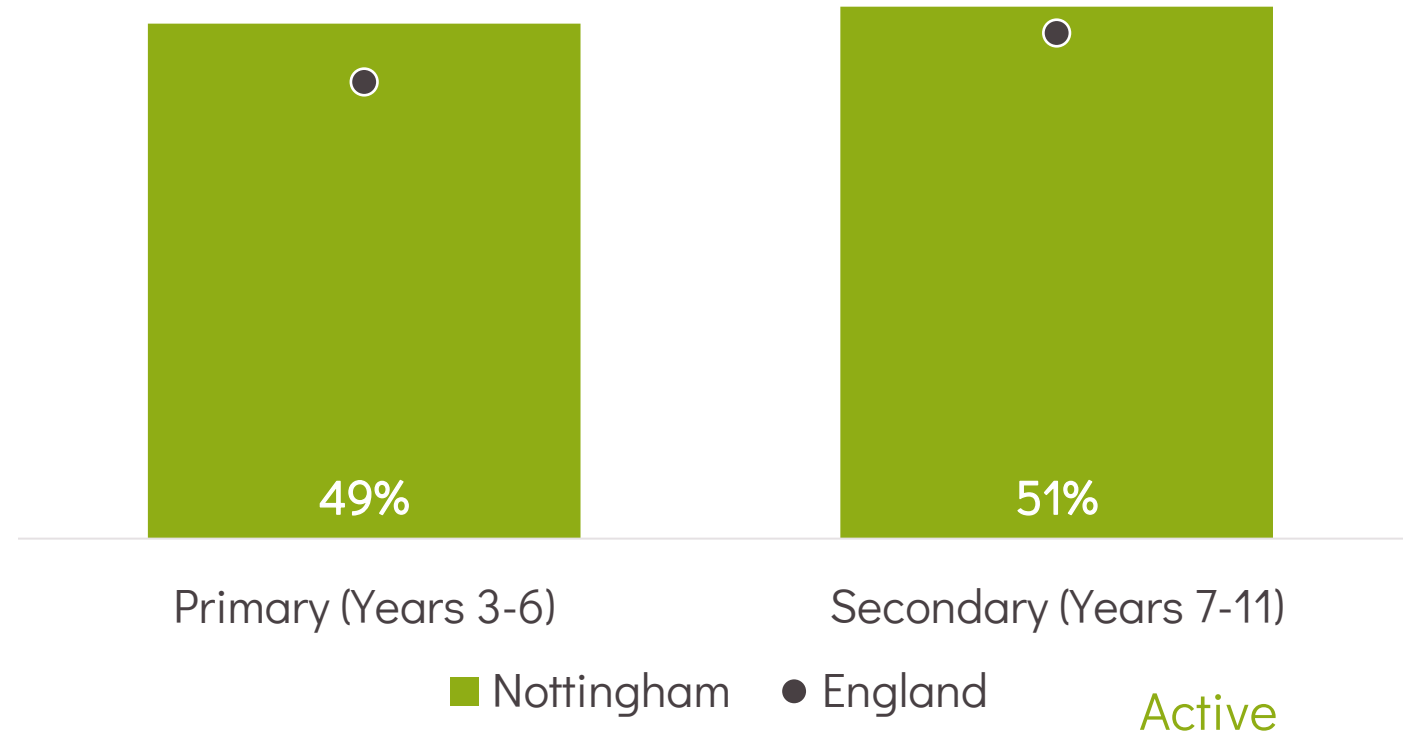
Positive attitudes towards sport and physical activity

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)

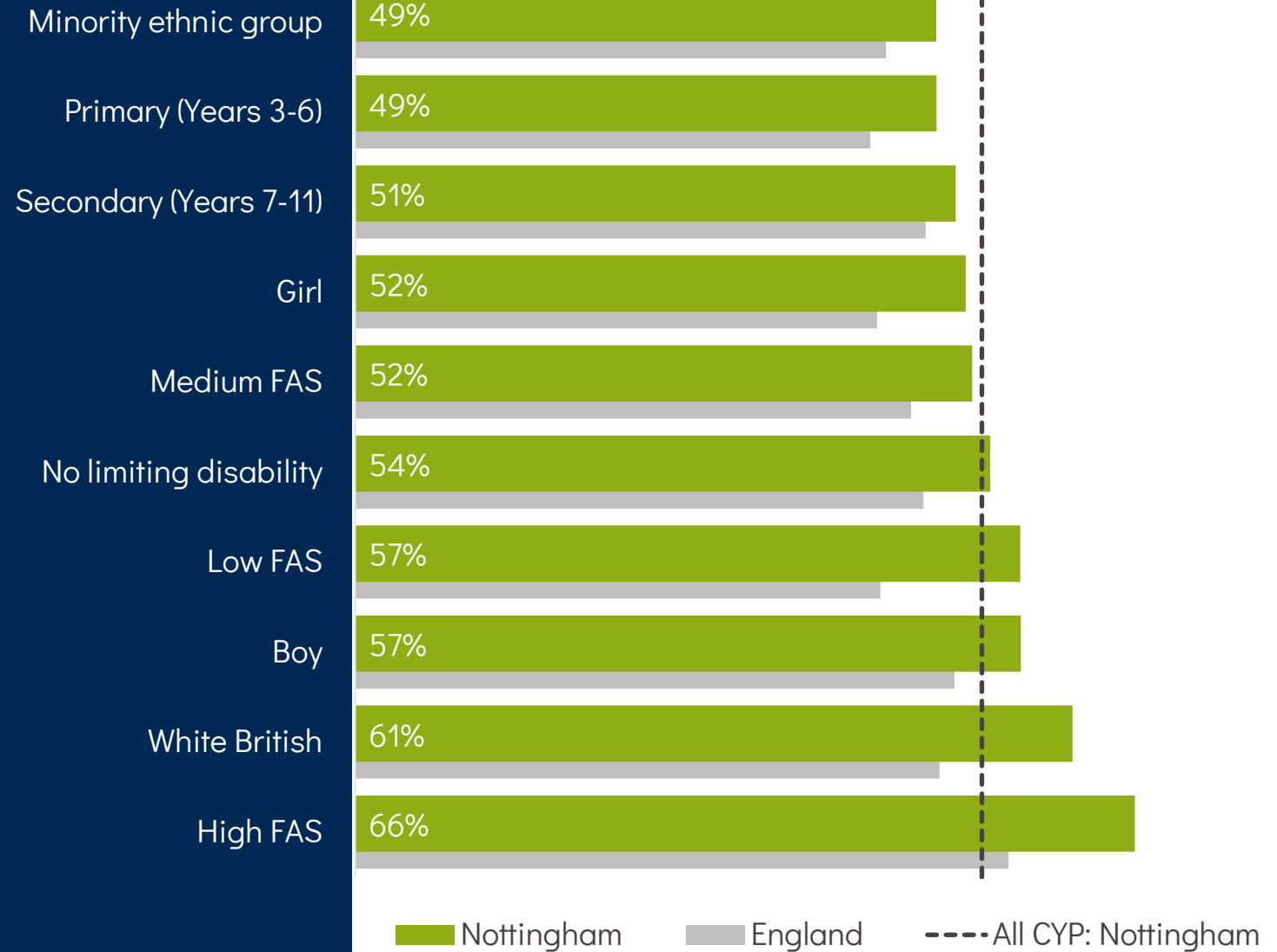


There is little difference
between activity levels
in primary and
secondary schools

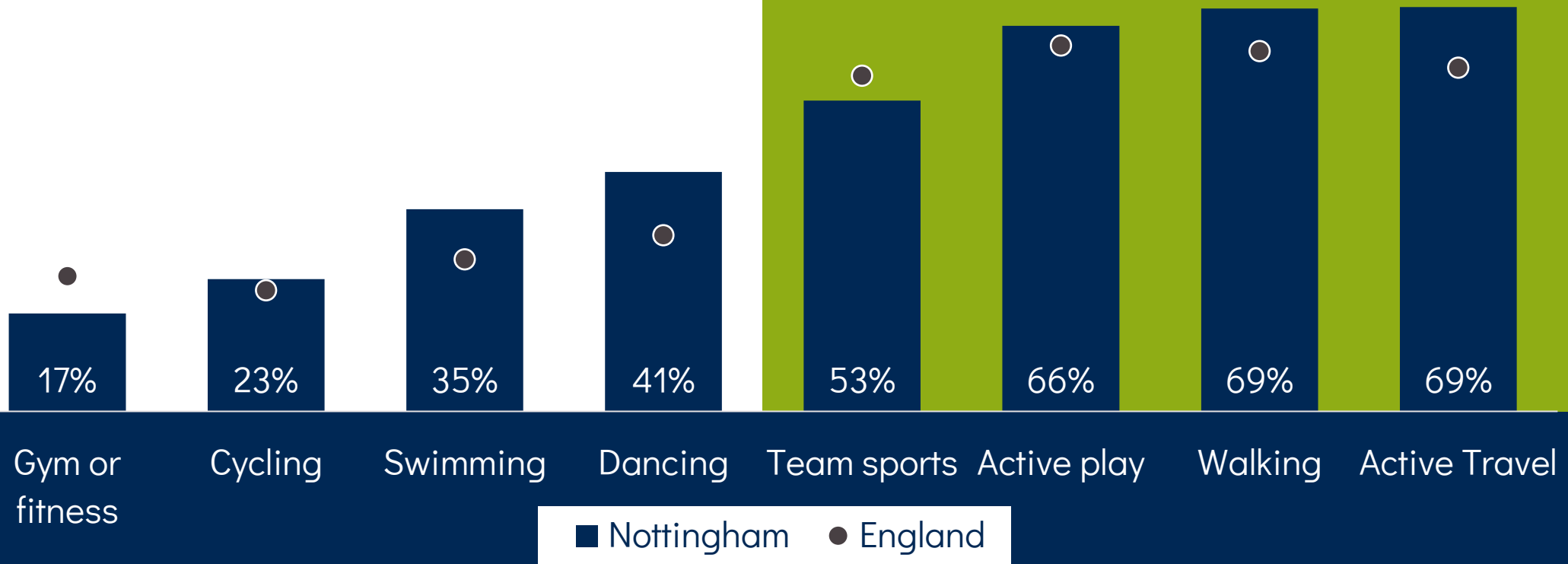


Source: Sport England Active Lives, Children and Young People survey 2022-24
Measure: An average of 60 minutes or more a day, either at school or outside school (**everywhere**)

Active levels everywhere



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



Key messages



- Around half (47%) of our children and young people are not active enough. That's around 20,000 children and young people in Nottingham not meeting recommended activity levels
 - Activity levels appear to be improving over time
 - The **Inequalities metric** shows that activity rates for young people with 1 characteristic are less active than those with 2 or more characteristics. This is different to the national pattern.
 - There is a gender inequality gap, **girls are less likely to be active**. However, girls are much more active than in Nottingham than nationally.
-
- Children and young people from **our medium affluence families are less likely to be active** than both their low and high affluence peers. This is different to the national pattern where low FAS are likely to be the least active.
 - **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
 - Overall, active levels are slightly higher in secondary school compared to primary.
 - **Walking and active travel are high** in Nottinghamshire compared to national
 - Some of these differences to national could be attributed to the geography of this urban city

Sample size table: Demographics

	17-18	18-19	19-20	20-21	21-22	22-23	23-24
All CYP	328	379	241	222	184	653	733
Boy	170	151	106	41	85	248	321
Girl	143	185	115	158	79	318	348
Low FAS	112	131	89	44	46	141	164
Medium FAS	176	187	109	120	92	283	319
High FAS	32	40	26	40	17	73	112
White British	145	135	104	69	73	206	332
Minority ethnic group	177	195	118	135	80	368	321
Has limiting disability	-	-	21	12	13	49	52
No limiting disability	-	-	140	137	98	343	431
Primary (Years 3-6)	58	205	31	0	86	140	380
Secondary (Years 7-11)	244	163	202	222	98	488	278
0 characteristics	-	-	-	-	-	182	225
1 characteristic	-	-	-	-	-	268	315
2+ characteristics	-	-	-	-	-	203	193

Sample size table: Demographics

	17-20	20-22	22-24
All CYP	948	406	1386
Boy	427	126	569
Girl	443	237	666
Low FAS	332	90	305
Medium FAS	472	212	602
High FAS	98	57	185
White British	384	142	538
Minority ethnic group	490	215	689
Has limiting disability	21	25	101
No limiting disability	140	235	774
Primary (Years 3-6)	294	86	520
Secondary (Years 7-11)	609	320	766
0 characteristics	-	-	407
1 characteristic	-	-	583
2+ characteristics	-	-	396