



Children & Young People Physical Activity Behaviour in Nottinghamshire

Active Lives Children's Survey 2023-24

There are 108,500 young people in Nottinghamshire CC

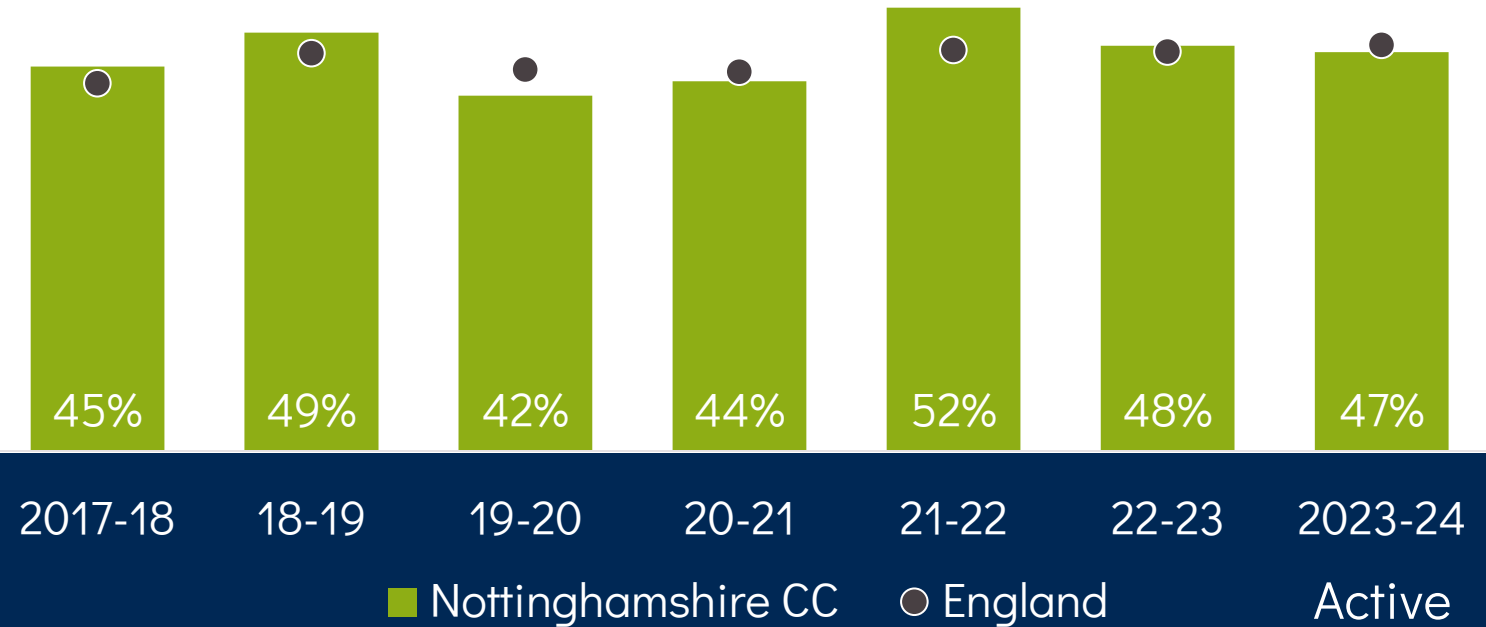
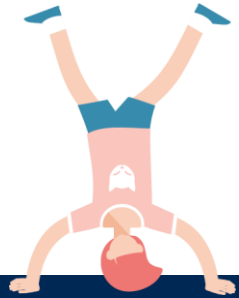


53% of children and young people are not active enough

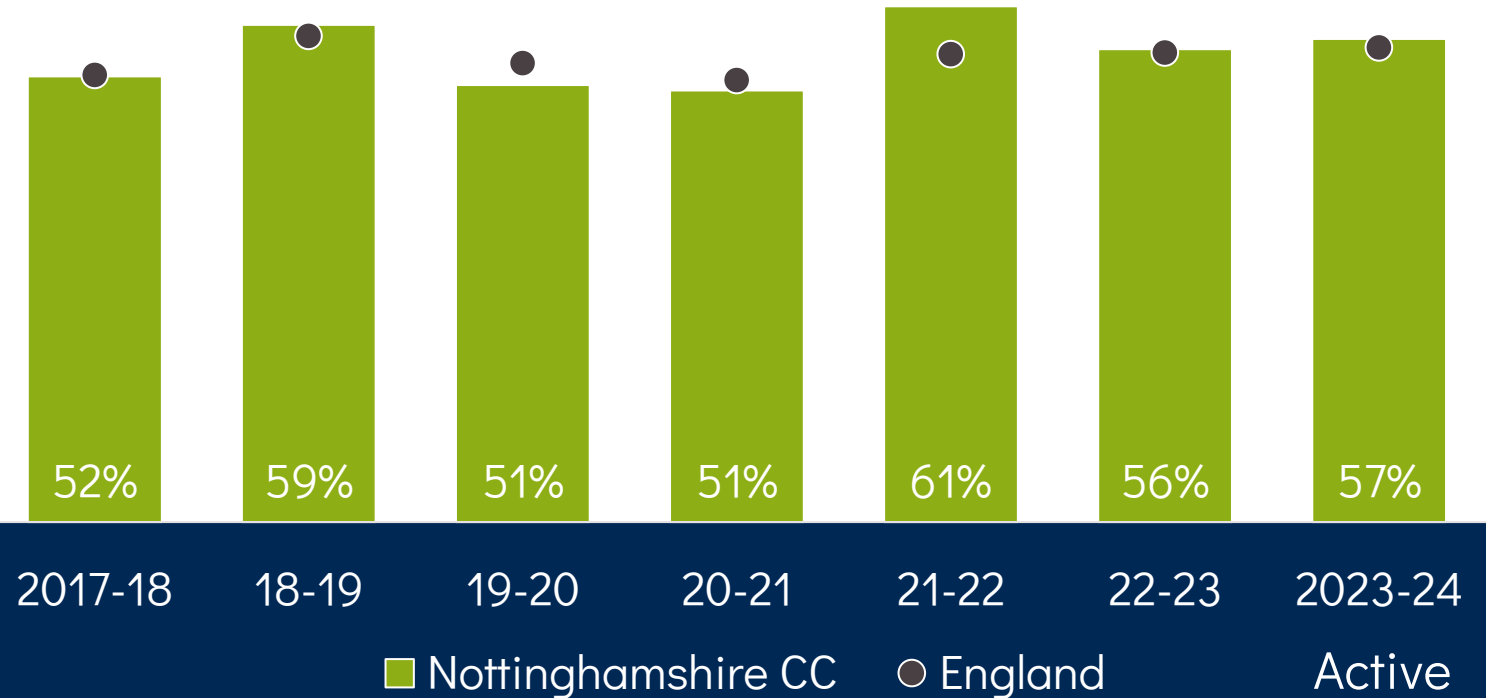


That's **57,600**
young people not
meeting recommended
activity levels

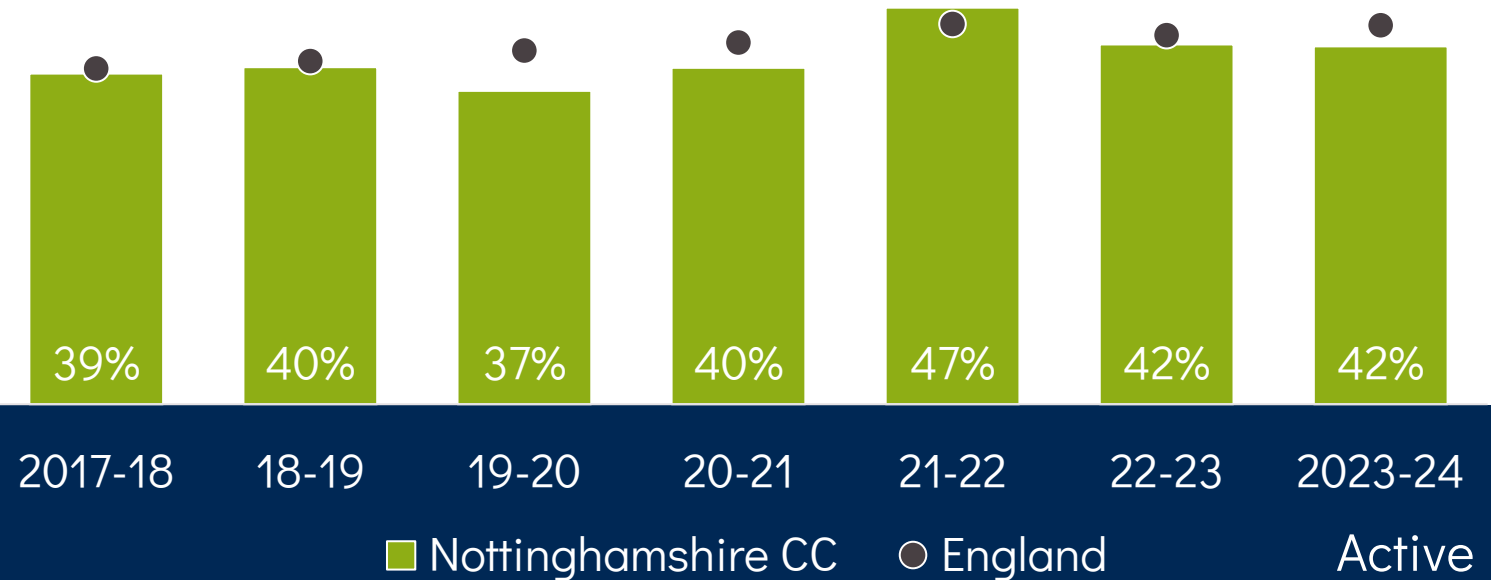
Overall, **active levels**
have varied over
time for children and
young people
(everywhere)



Active levels are
higher for children
and young people
outside school has
been little change



Active levels are lower for children and young people at school

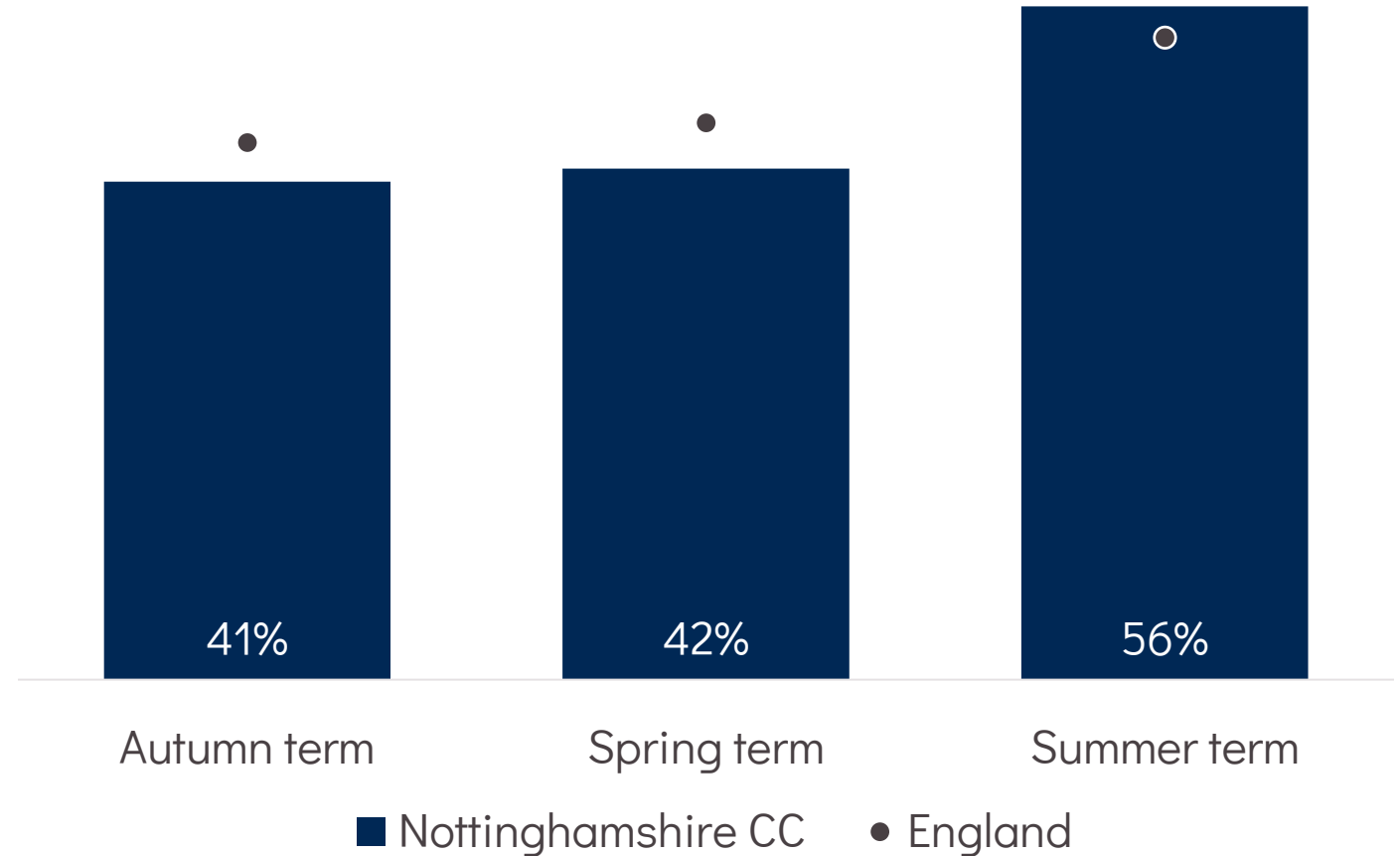


Activity levels are higher in the summer

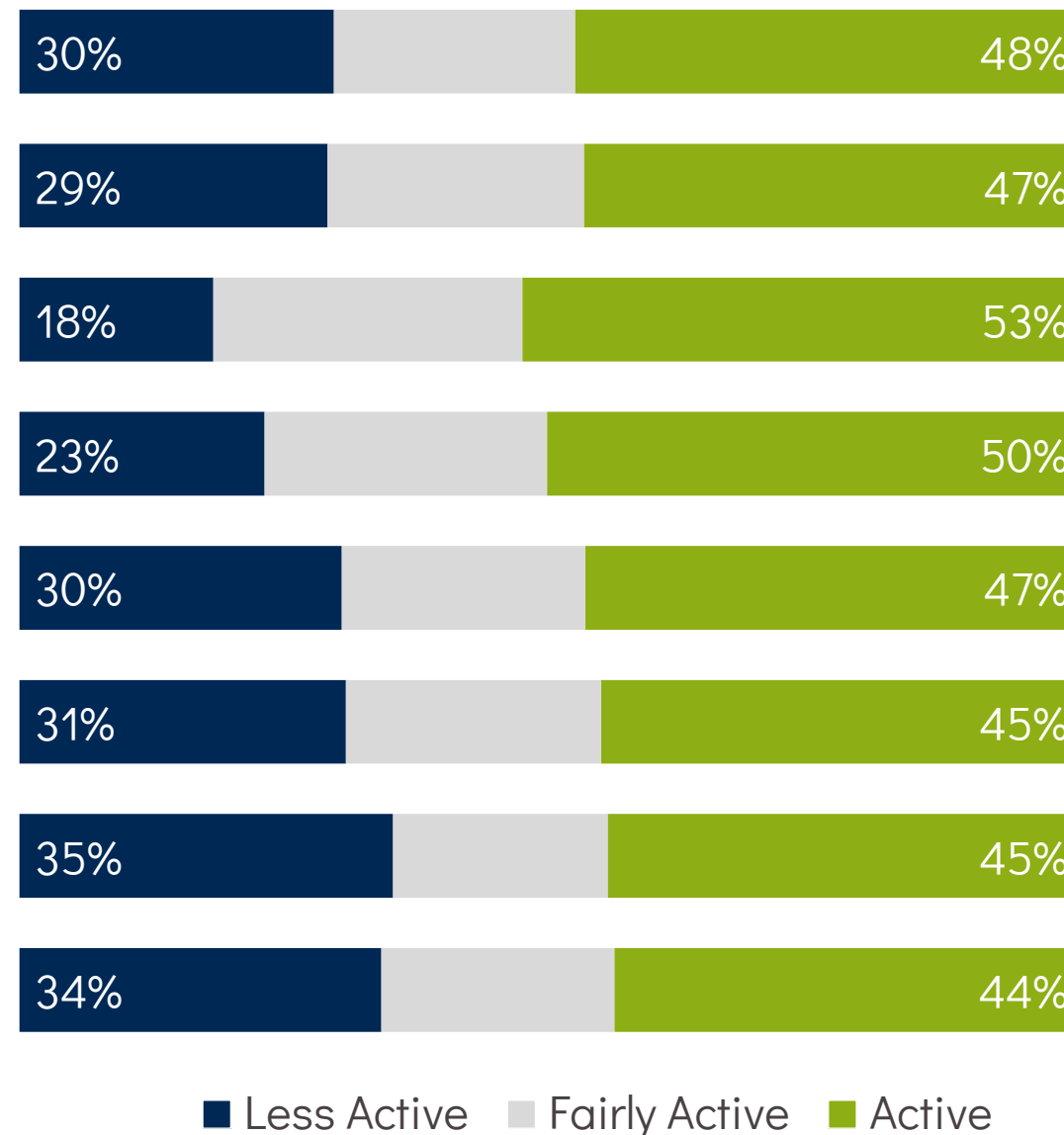
When surveys were completed will
impact overall activity levels

Sample size by term:

- Autumn: 1,591
- Spring: 1,908
- Summer: 1,266



There is 9% difference in active levels across our local area



Sport England launched the Inequalities Metric in 2024

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

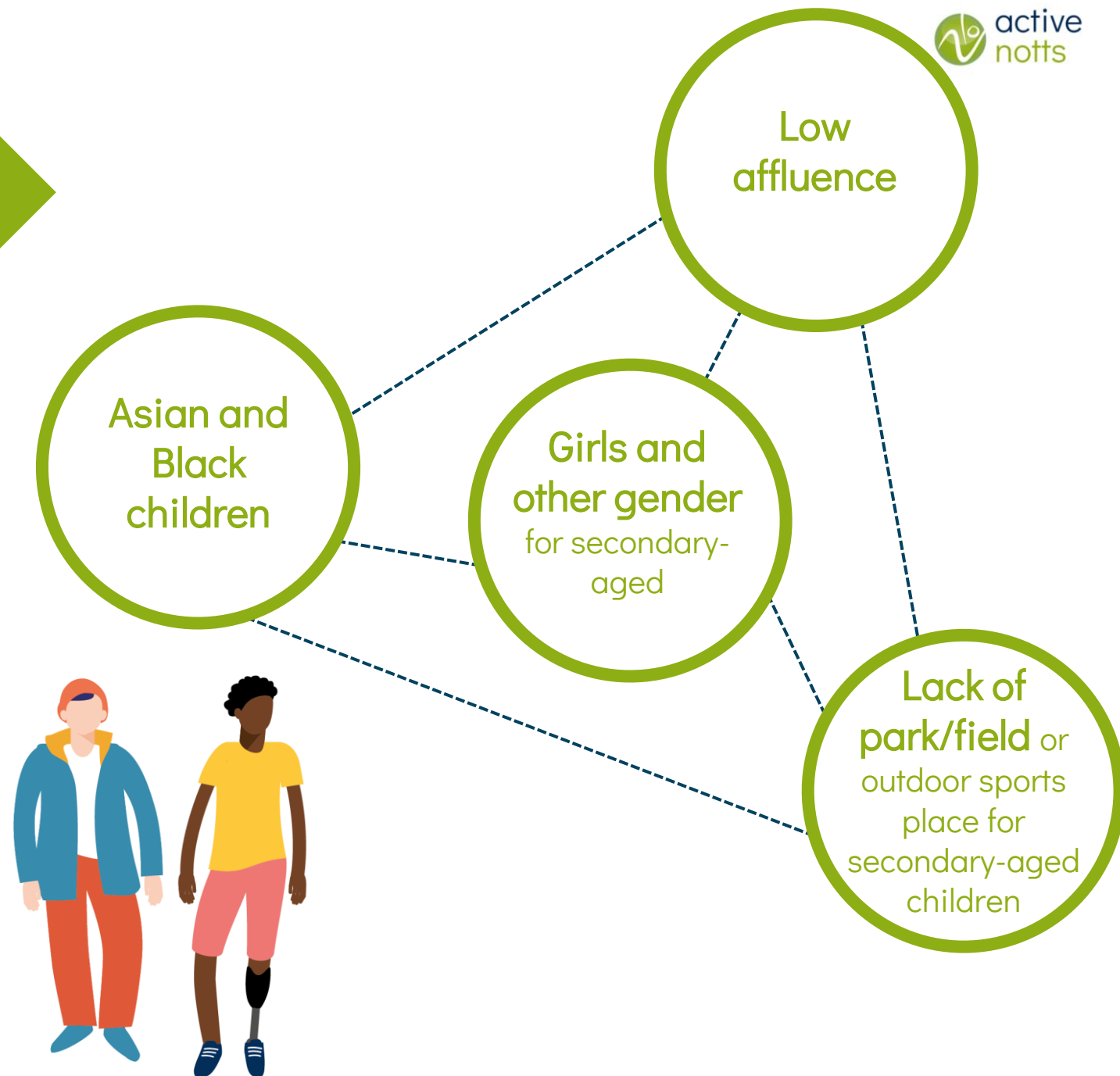
Nationally, **51%** of those
with **no inequality factors**
meet activity guidelines

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



Key characteristics for children and young people

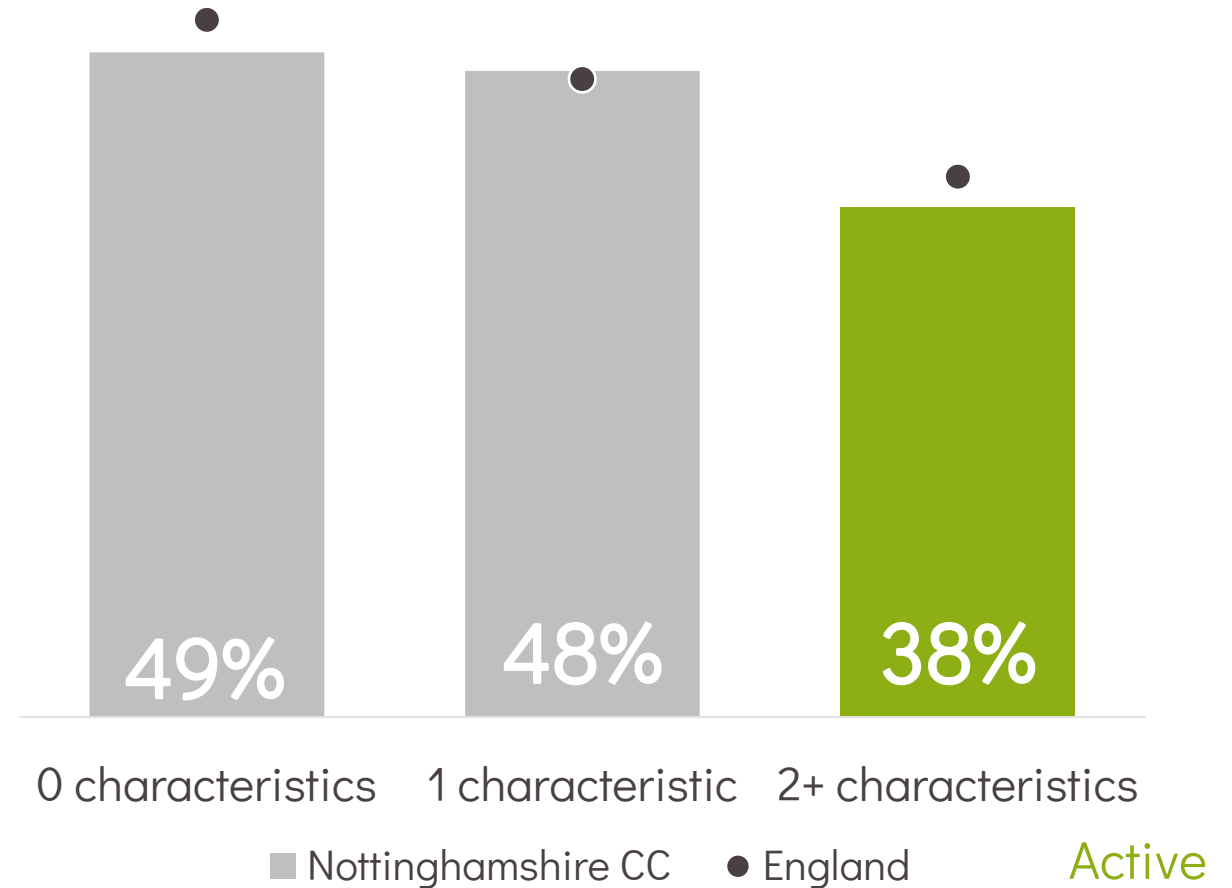
The key driver of lower levels of physical activity is where a child has **two or more characteristics** associated with being less active



Active levels as measured by the Inequalities Metric

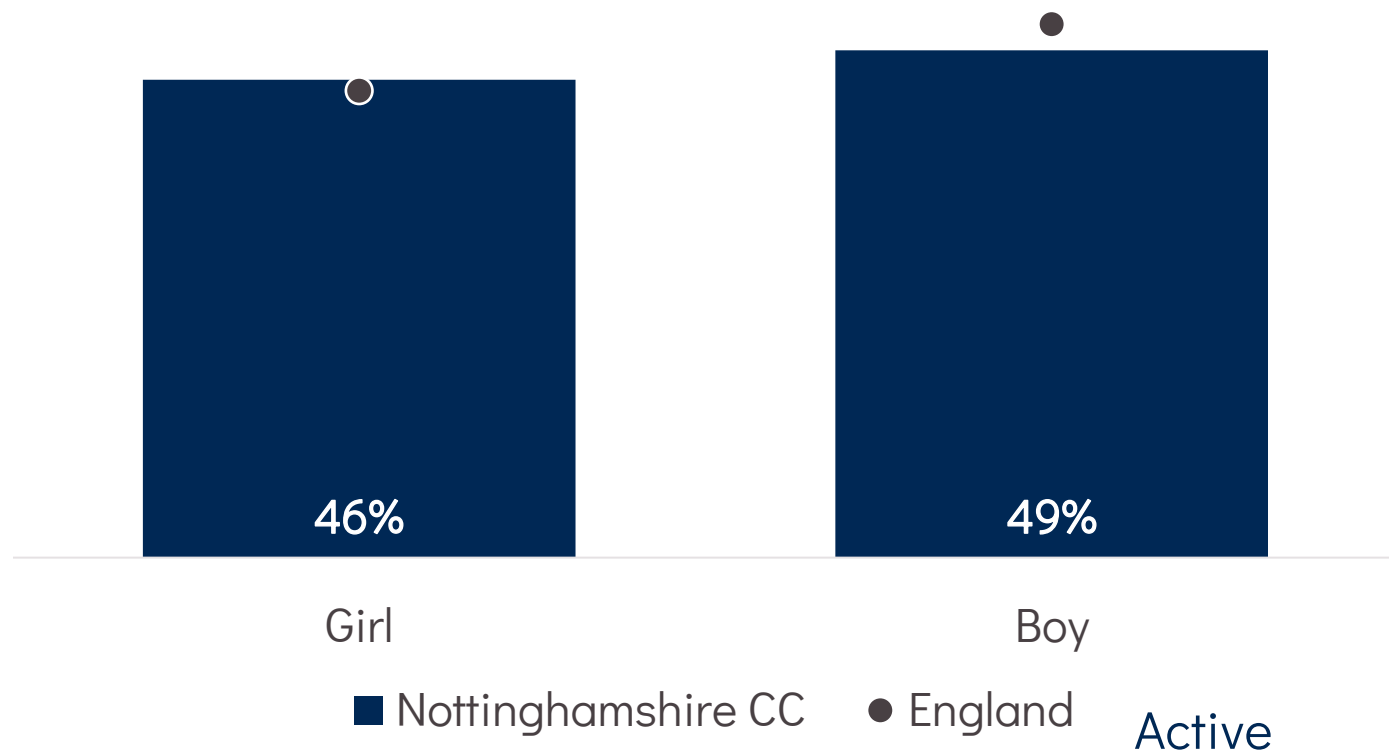


Activity levels reduce as our children and young people experience more factors from the Inequalities Metric



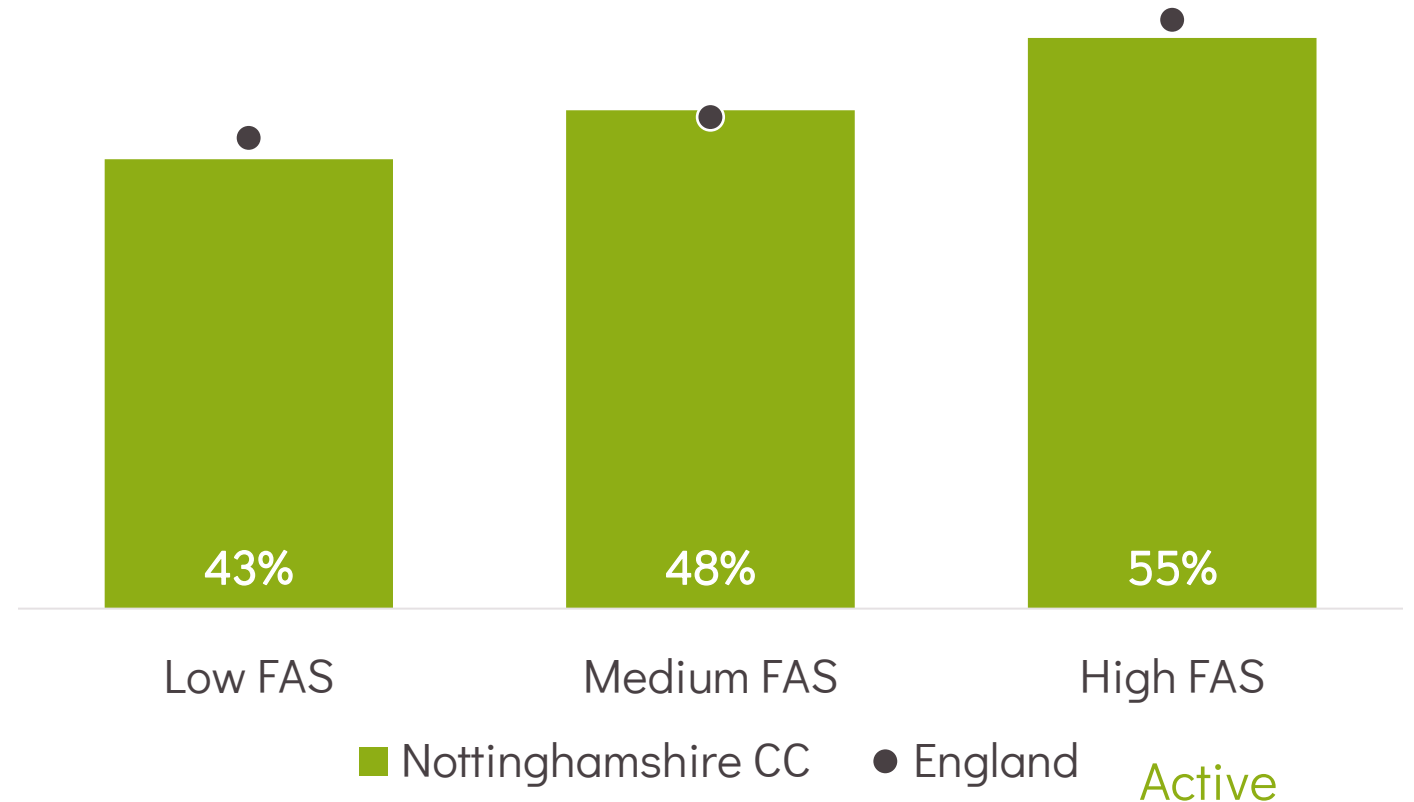
Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)

Girls are less likely to be active compared to boys, however the inequality gap is smaller than national



Family affluence
creates the biggest
inequalities in activity
levels

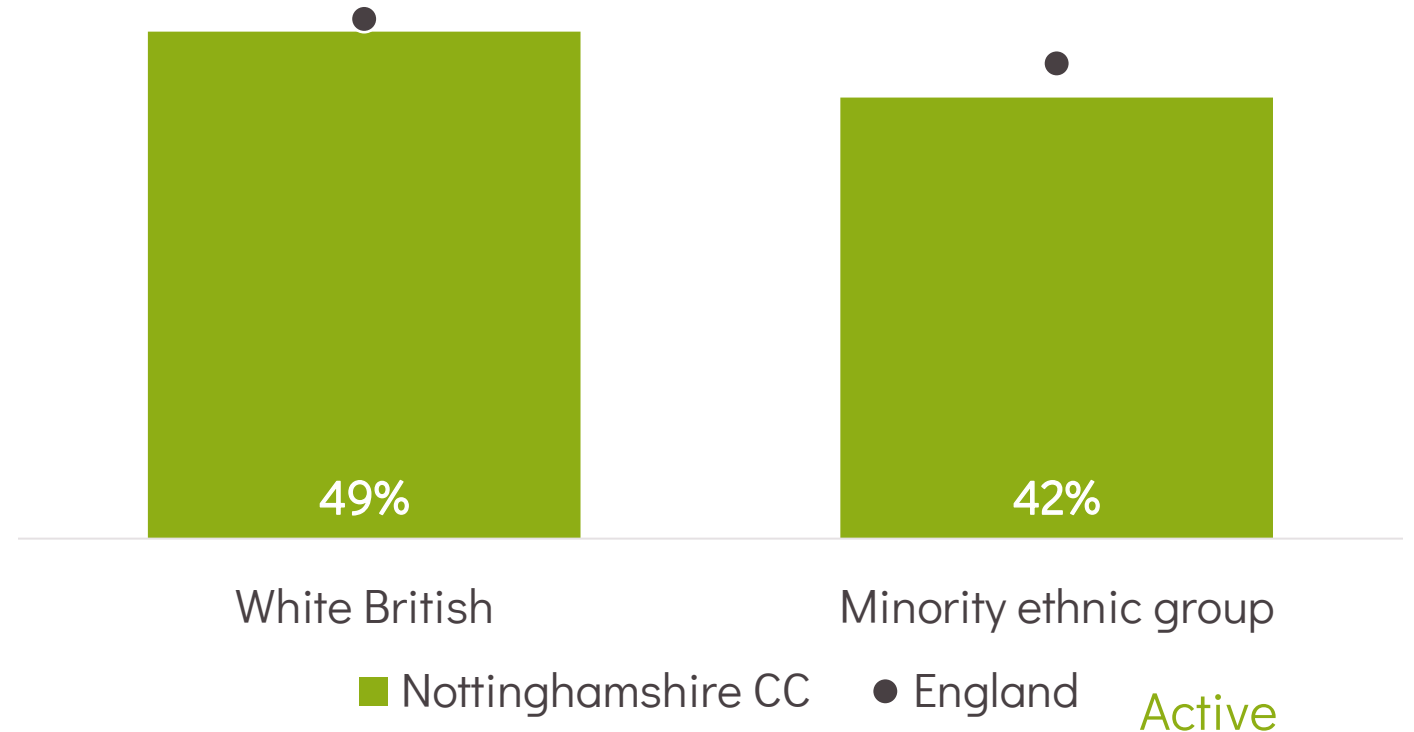
This inequality is driven
by outside school



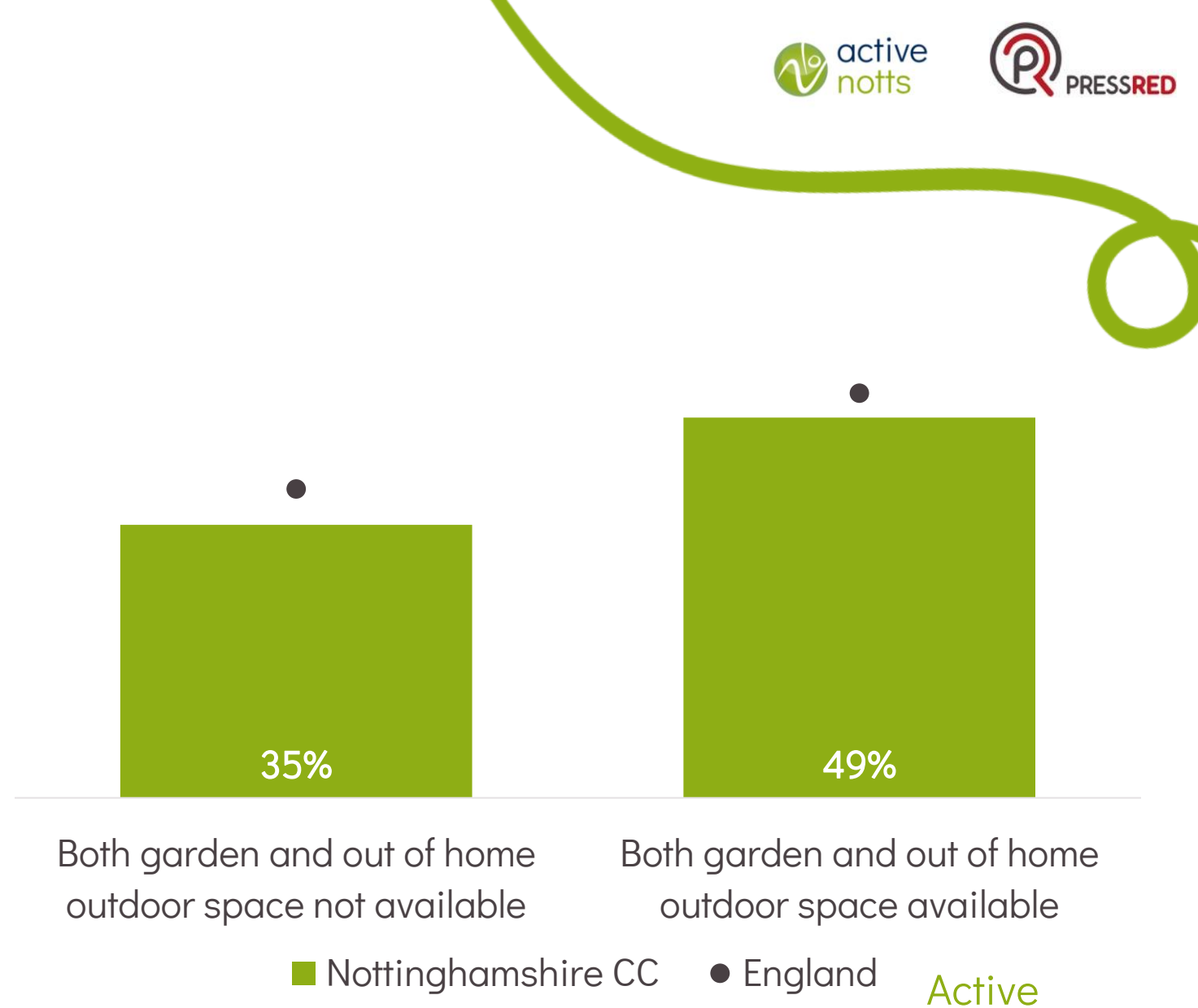
Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)

There is a large inequality gap in active levels when we look at ethnicity

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 group



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



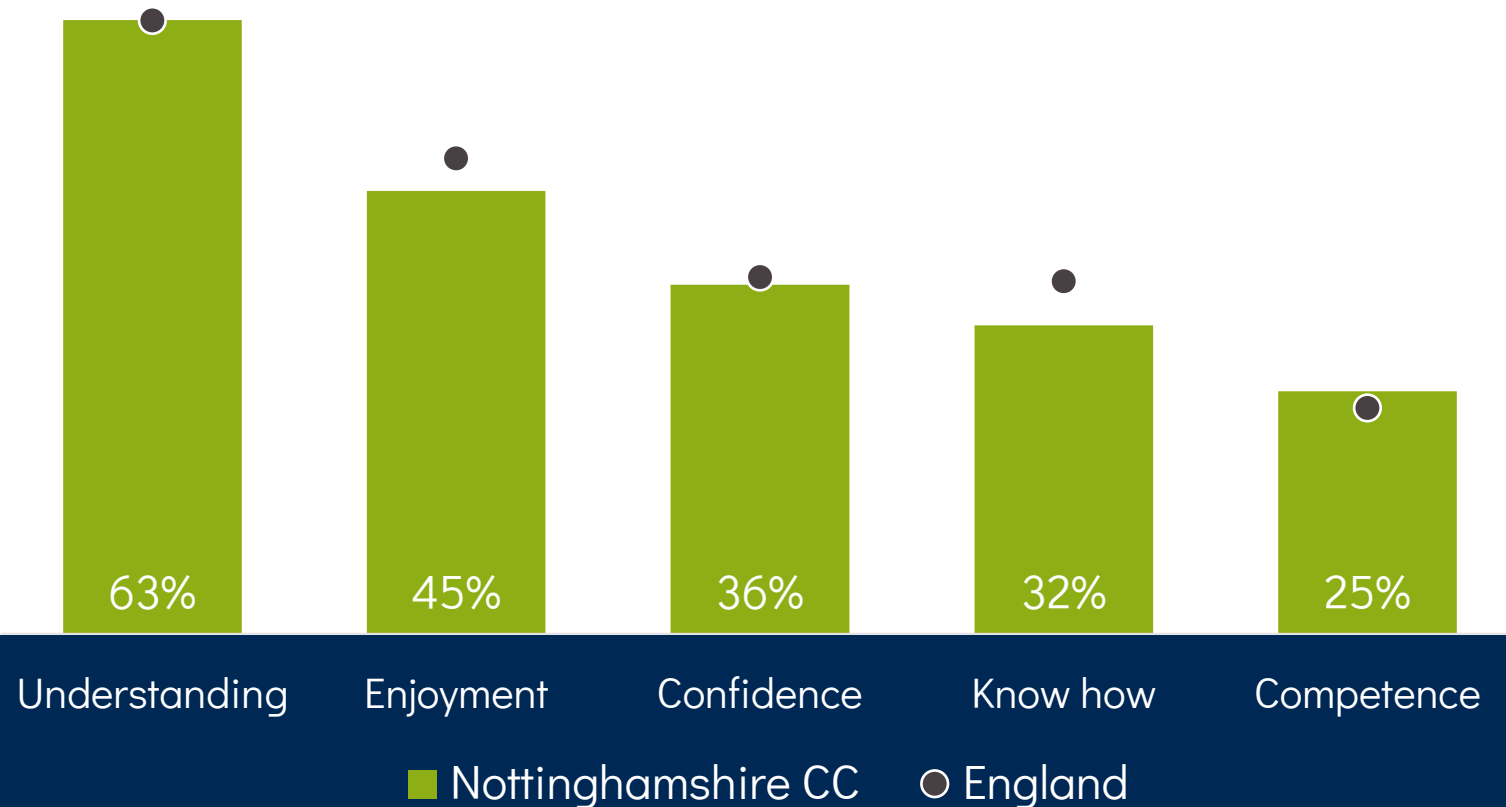
Appendix



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)



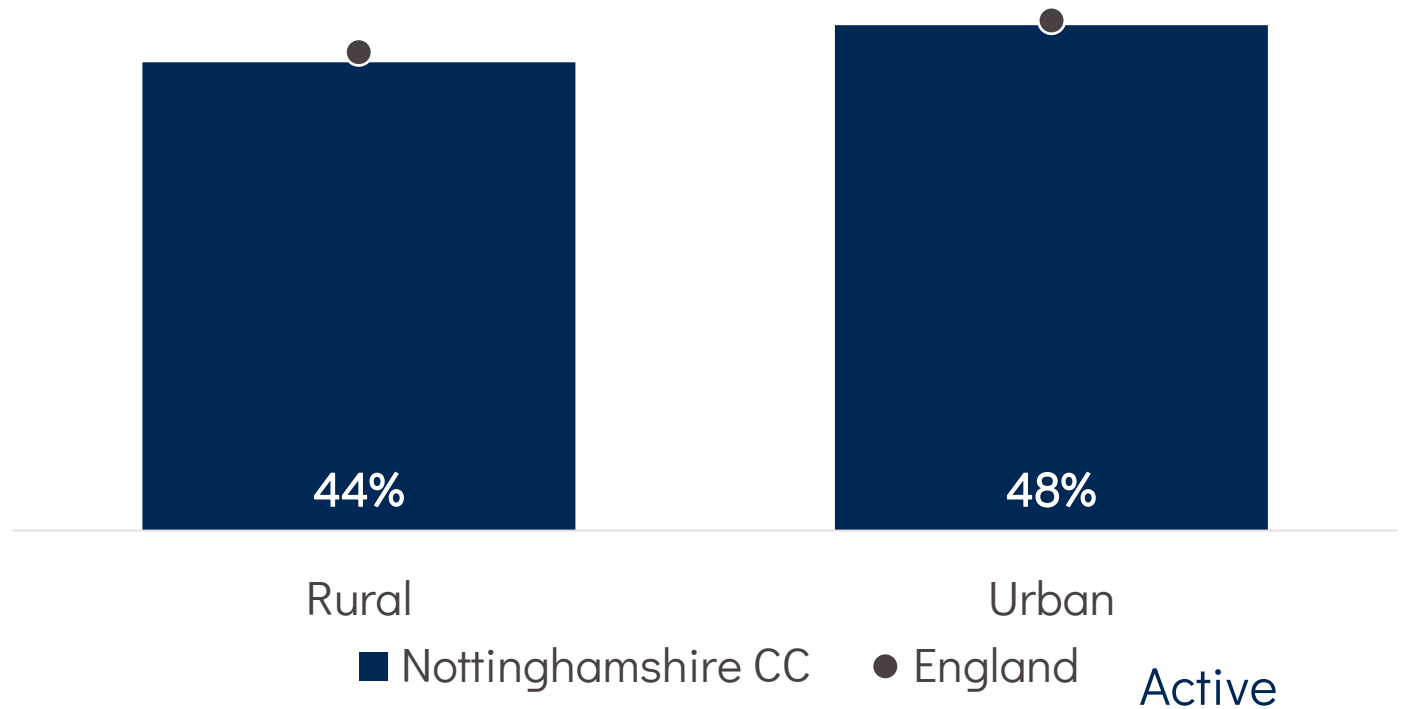
Activity levels by physical literacy

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

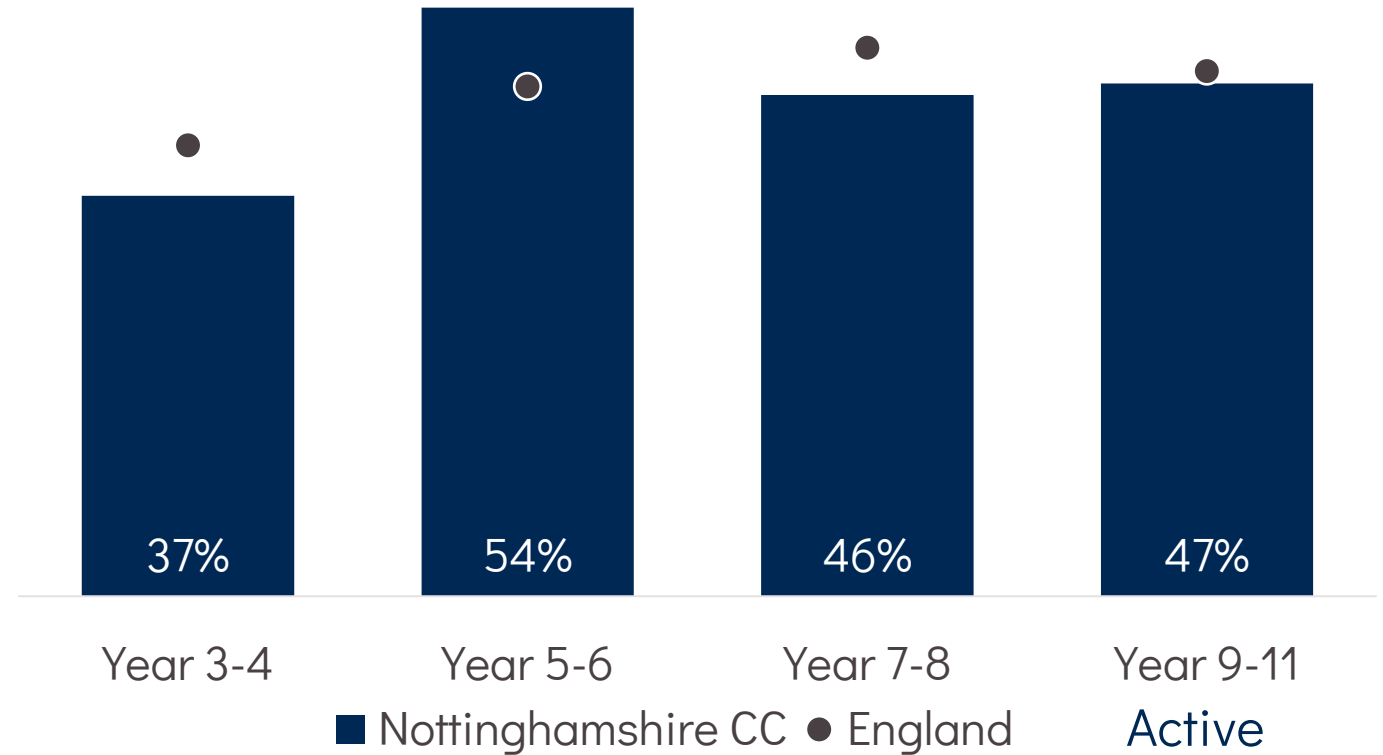
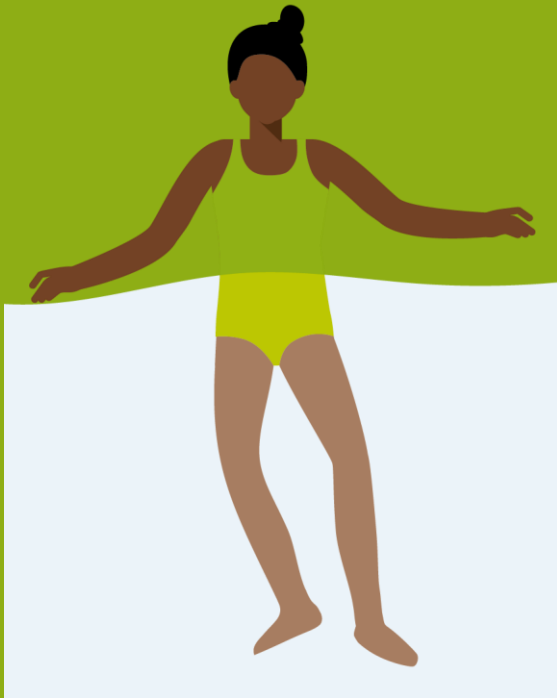


Children and young people living in rural communities are less likely to be active than peers living in urban settings



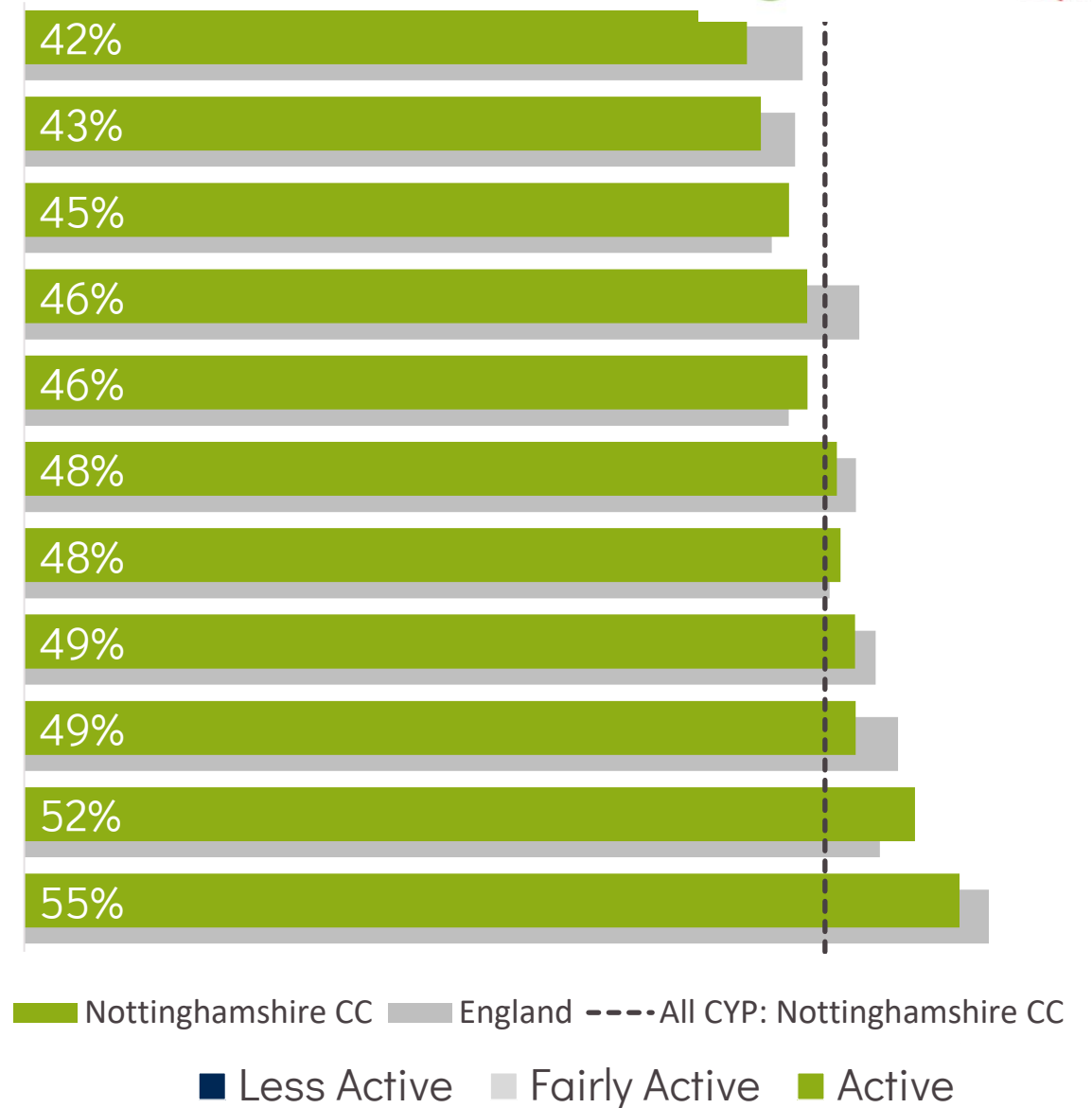
Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)

Activity levels peak in years 5-6



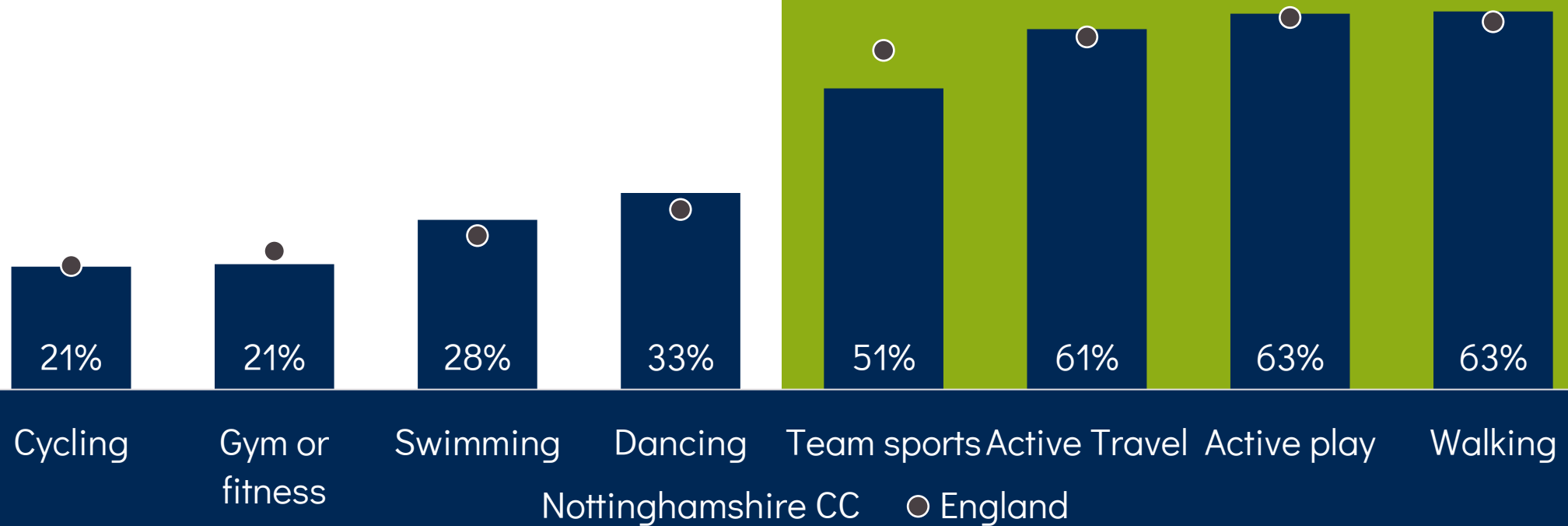
Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)

Active levels everywhere



Source: Sport England Active Lives, Children and Young People survey 2023-24
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, active play or walking each week



Key messages



- Over half (53%) of our children and young people are not active enough. That's around 57,600 children and young people in Nottinghamshire not meeting recommended activity levels
- Activity levels have varied over time
- Children and young people in **Broxtowe** experience the lowest activity levels (44% active) and those in Gedling the highest (53% active)
- 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 the least likely to be active**
- **Children in years 5-6** experience the highest levels of activity
- There is a large inequality gap in active levels when we look at **ethnicity**
- 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
- Children and young people living in **rural communities** are less likely to be active

Sample size table: Demographics

	17-18	18-19	19-20	20-21	21-22	22-23	23-24
All CYP	1515	2251	1764	1146	3016	3885	4765
Boy	708	1048	784	526	1343	1697	2103
Girl	685	1043	820	524	1304	1779	2196
Low FAS	277	458	243	253	550	637	657
Medium FAS	820	1168	884	654	1625	1788	2123
High FAS	344	545	526	176	536	724	1143
White British	1168	1694	1257	823	2134	2843	3393
Minority ethnic group	299	324	288	218	565	651	930
Has limiting disability	-	-	99	67	218	325	426
No limiting disability	-	-	1127	742	1762	2100	2508
Primary (Years 3-6)	924	1410	1046	513	846	996	1212
Secondary (Years 7-11)	536	697	611	582	1899	2683	3343
0 characteristics	-	-	-	-	-	1555	1907
1 characteristic	-	-	-	-	-	1740	2116
2+ characteristics	-	-	-	-	-	590	742

Sample size table: Local authorities

	17-18	18-19	19-20	20-21	21-22	22-23	23-24
Nottinghamshire CC	1515	2251	1764	1146	3016	3885	4765
Ashfield	96	338	237	244	273	364	1076
Bassetlaw	184	407	172	81	210	416	91
Broxtowe	301	192	275	97	632	849	1192
Gedling	80	134	85	27	174	521	308
Mansfield	106	290	78	68	605	789	483
Newark and Sherwood	234	437	421	114	549	304	489
Rushcliffe	514	453	496	515	573	642	1126