



# 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



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

Data is for: **Active Notts**

Source: Active Lives Children and Young People Survey 2017-18 to 2023-24, headlines



# 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.

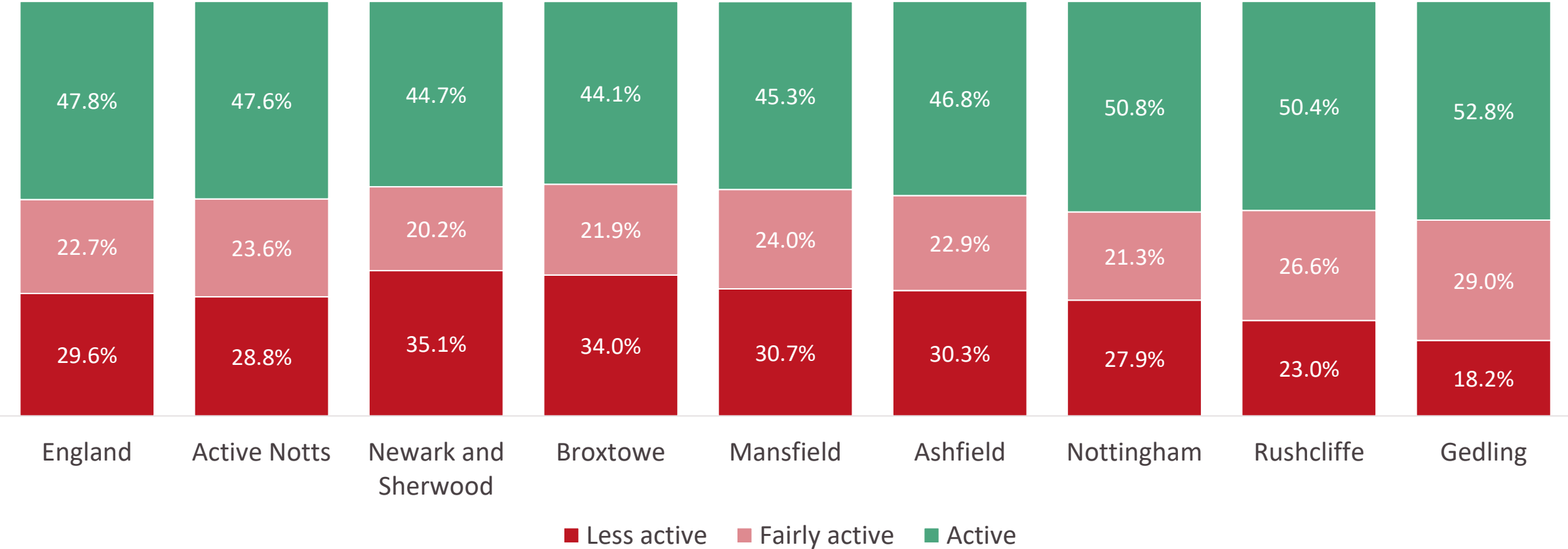
**Significant inequalities** remain in activity levels, with Black (42%) and Asian (43%) children and young people, and those from the least affluent families (45%), still less likely to play sport or be physically active than the average across all ethnicities and affluence groups. Girls (45%) are also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

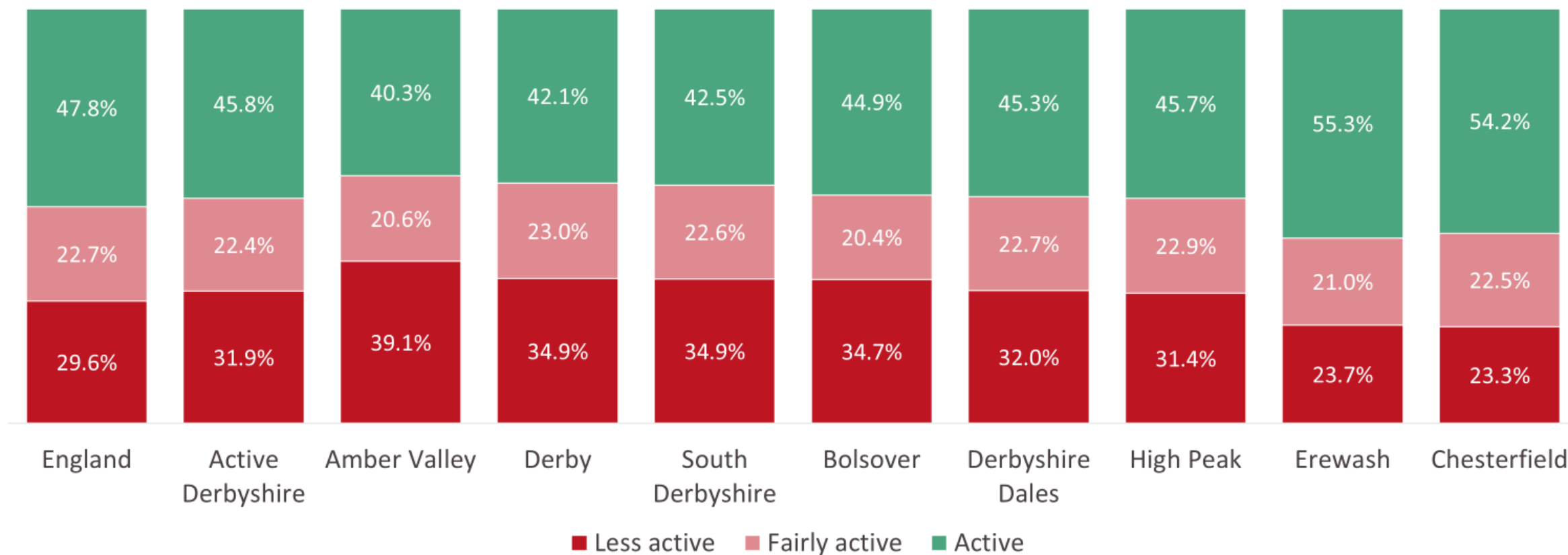
# National - demographics

- 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.
- Among those in school Years 3-6 (ages 7-11), the proportion of children classified as active is up slightly over the longer term.
- Activity levels have remained unchanged over the last two years among young people in school Years 9-11 (ages 13-16). As such, over the last six years, 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.
- 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.

# Physical activity levels: Academic Year 2023-24-Nottinghamshire



# Physical activity levels: Academic Year 2023-24



# 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%
<b>Active Notts</b>	<b>44.0%</b>	<b>49.2%</b>	<b>41.9%</b>	<b>44.5%</b>	<b>51.9%</b>	<b>49.2%</b>	<b>47.6%</b>
Ashfield	^	39.9%	39.1%	^	50.1%	48.0%	46.8%
Bassetlaw	50.7%	52.2%	41.5%	^	37.1%	38.2%	^
Broxtowe	40.3%	59.7%	42.7%	^	49.4%	50.3%	44.1%
Gedling	^	^	^	^	54.6%	47.2%	52.8%
Mansfield	^	47.5%	^	^	48.7%	50.1%	45.3%
Newark and Sherwood	44.9%	48.5%	45.7%	^	51.6%	45.0%	44.7%
Nottingham	40.1%	48.7%	^	^	48.6%	55.5%	50.8%
Rushcliffe	46.9%	54.0%	40.2%	45.0%	58.9%	50.6%	50.4%



# 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%
<b>Active Derbyshire</b>	<b>42.2%</b>	<b>43.4%</b>	<b>38.1%</b>	<b>46.5%</b>	<b>50.1%</b>	<b>47.8%</b>	<b>45.8%</b>
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%
<b>Active Notts</b>	<b>32.9%</b>	<b>28.2%</b>	<b>32.1%</b>	<b>34.3%</b>	<b>24.8%</b>	<b>29.3%</b>	<b>28.8%</b>
Ashfield	^	34.7%	36.0%	^	26.0%	31.3%	30.3%
Bassetlaw	23.7%	26.7%	35.5%	^	41.8%	40.4%	^
Broxtowe	39.1%	20.4%	26.4%	^	31.5%	28.3%	34.0%
Gedling	^	^	^	^	15.7%	30.2%	18.2%
Mansfield	^	30.8%	^	^	28.3%	29.2%	30.7%
Newark and Sherwood	33.8%	28.1%	31.9%	^	19.1%	30.9%	35.1%
Nottingham	34.4%	28.5%	^	^	35.4%	23.9%	27.9%
Rushcliffe	28.8%	21.8%	28.8%	35.6%	19.6%	27.5%	23.0%

# Local authority physical activity levels

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

## 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%
<b>Active Derbyshire</b>	<b>33.1%</b>	<b>33.5%</b>	<b>33.4%</b>	<b>31.2%</b>	<b>26.2%</b>	<b>30.7%</b>	<b>31.9%</b>
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%

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**

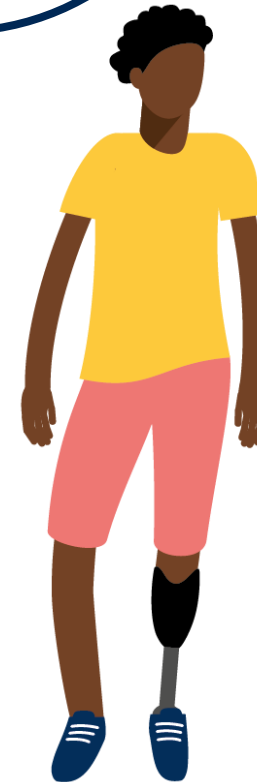
### Active

- The latest 2023-24 data shows **47.6%** of children and young people in **Active Notts** are classed as active and **45.8%** in **Active Derbyshire**. The active rate is now lower (worse) than the last 12 months.
- The active rate for Active **Nottinghamshire** is now 0.2pp worse than England (47.8%) and 2.0pp worse in Derbyshire.

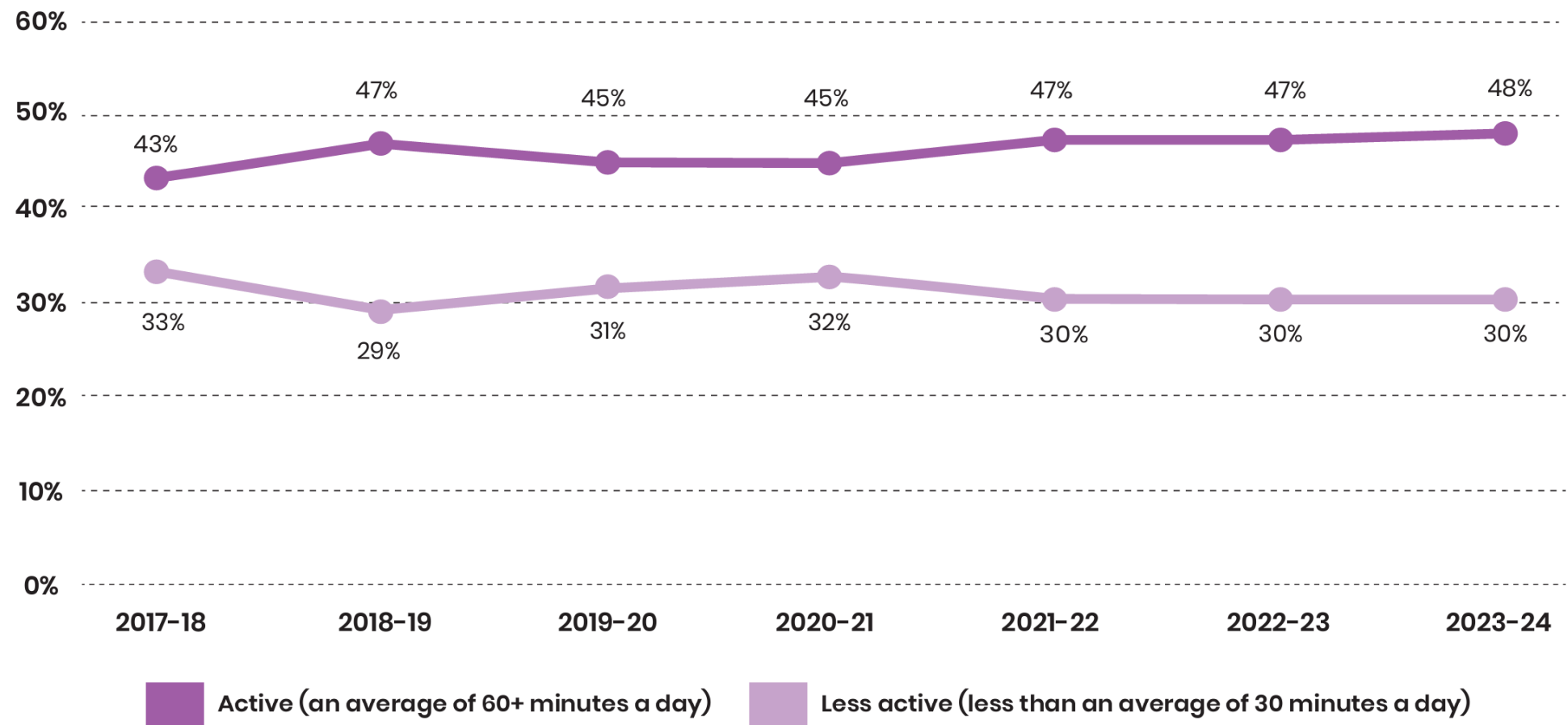
### Less active

- The latest 2023-24 data shows **28.8%** of children and young people in **Active Nottinghamshire** are classed as less active and **31.9%** in **Active Derbyshire**. This rate is lower (better) than the last 12 months.
- **Active Nottinghamshire** figures are now 0.8pp better than national (29.6%), however **Active Derbyshire** figures are now 2.3pp worse than national (29.6%).

# National findings

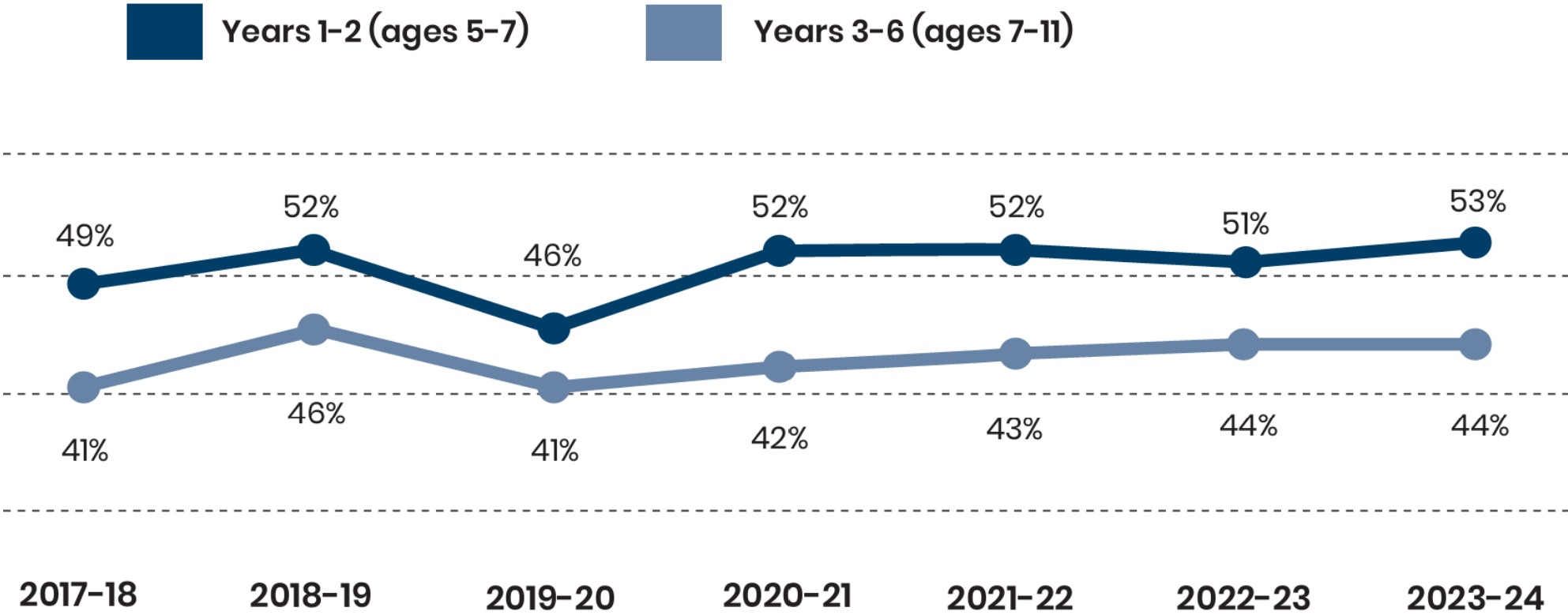


Overall, activity levels have increased gradually

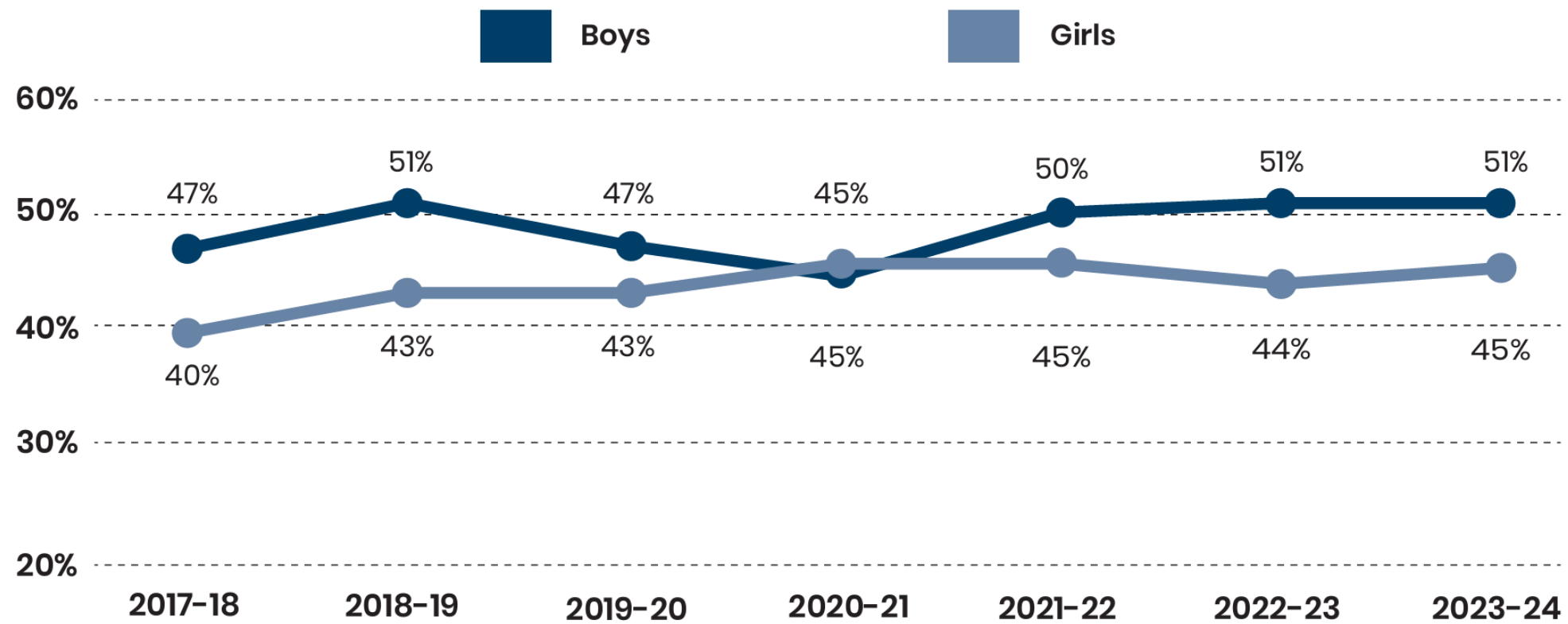


Active (an average of 60+ minutes a day)

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



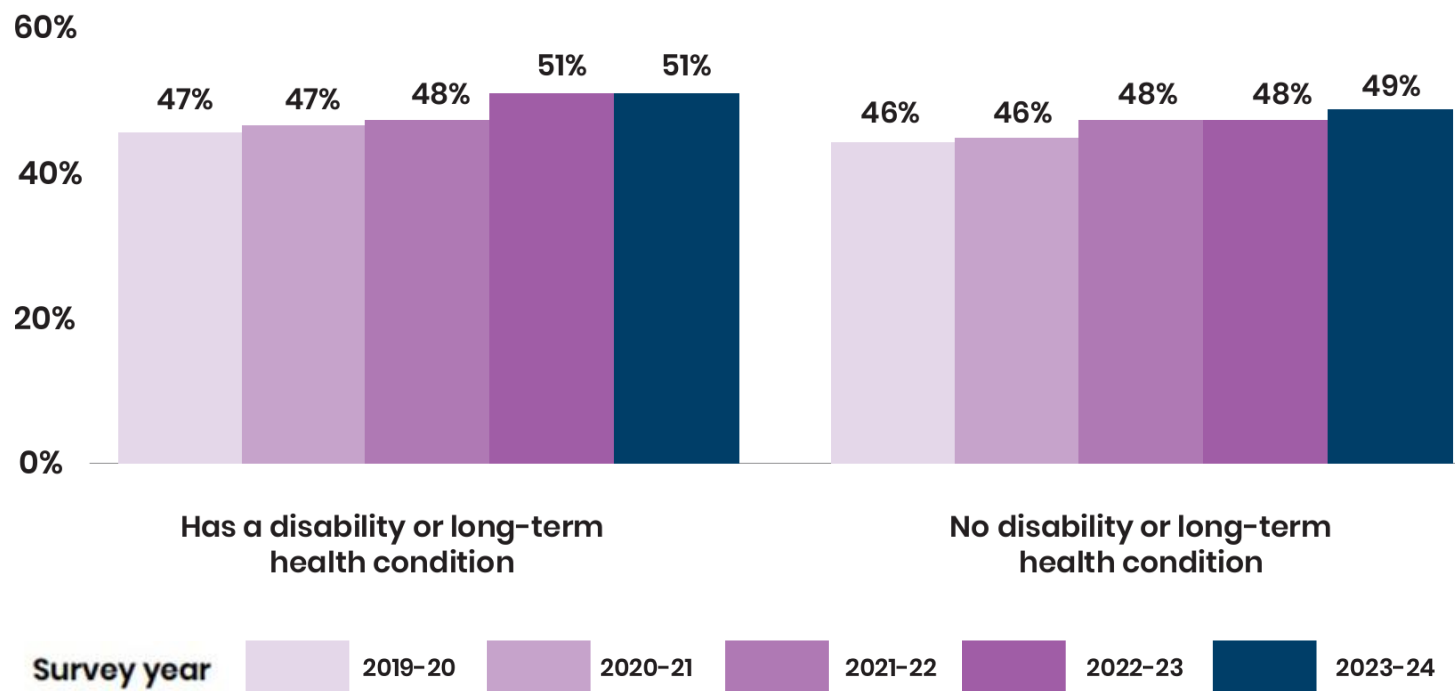
# Both boys and girls have seen activity levels increase over the last six years





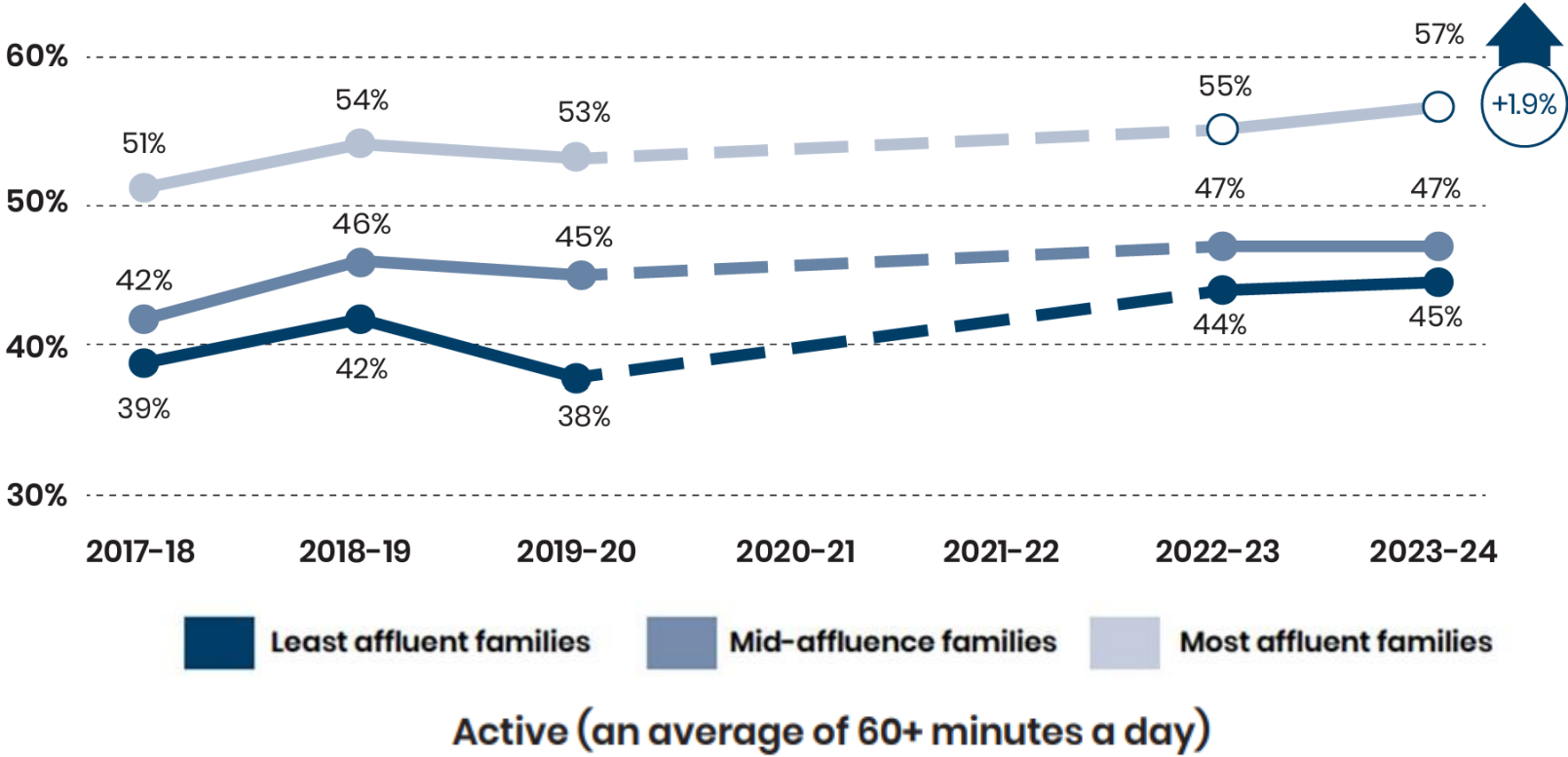
Activity levels have increased by more for children and young people with a disability or long-term health condition than for those without

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



Active (an average of 60+ minutes a day)

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



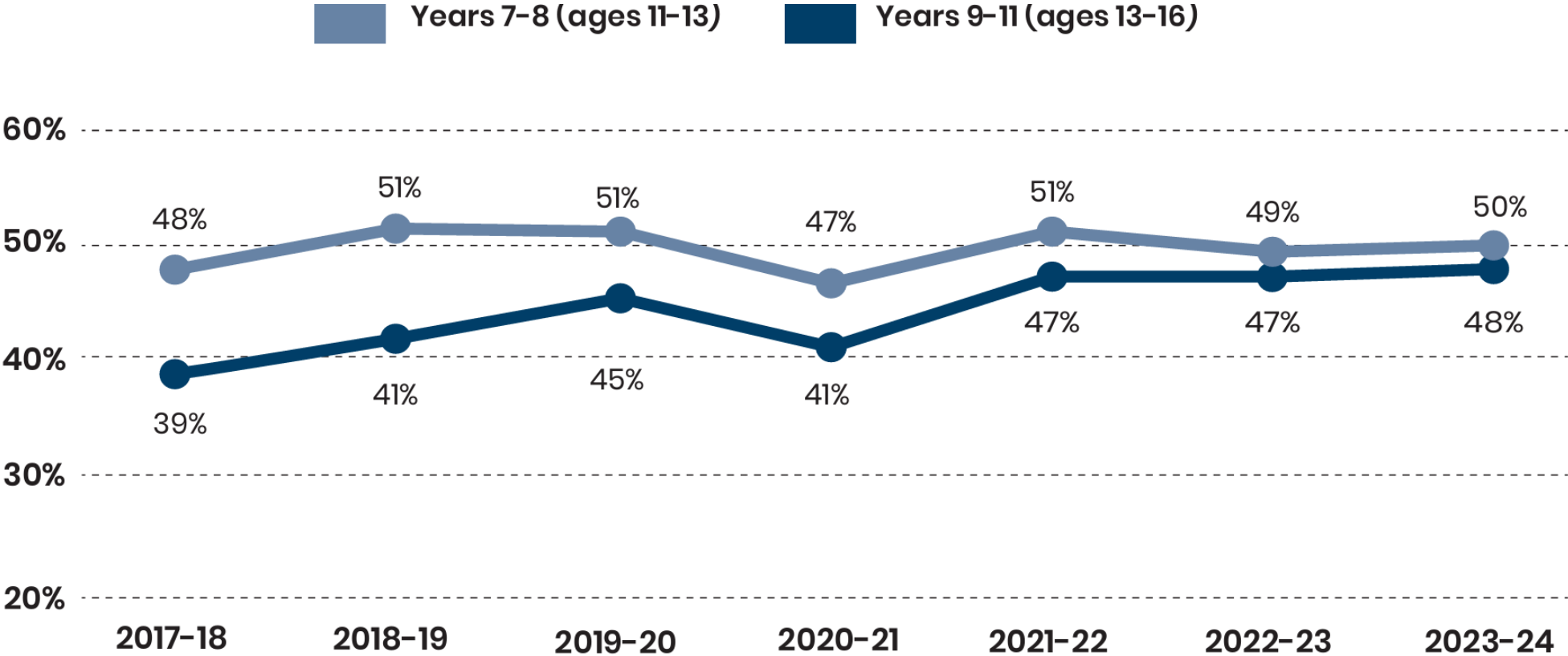
Note: During the coronavirus pandemic, one of the components of the family affluence scale wasn't applicable. As such, comparable data is not available for that period.

Any questions?



# Extra slides not shared

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



# Responses per year

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

17-18	18-19	19-20	20-21	21-22	22-23	23-24
109,503	113,728	89,303	86,828	104,404	122,347	122,480
<b>1,843</b>	<b>2,630</b>	<b>2,005</b>	<b>1,368</b>	<b>3,200</b>	<b>4,538</b>	<b>5,498</b>
^	338	237	^	273	364	1,076
184	407	172	^	210	416	^
301	192	275	^	632	849	1,192
^	^	^	^	174	521	308
^	290	^	^	605	789	483
234	437	421	^	549	304	489
328	379	^	^	184	653	733
514	453	496	515	573	642	1,126

17-18	18-19	19-20	20-21	21-22	22-23	23-24
109,503	113,728	89,303	86,828	104,404	122,347	122,480
<b>1,709</b>	<b>2,198</b>	<b>1,052</b>	<b>1,912</b>	<b>3,217</b>	<b>4,802</b>	<b>8,184</b>
^	^	^	^	212	366	834
250	161	^	^	222	429	1,160
226	410	225	313	408	485	886
270	351	^	^	880	472	1,355
^	^	^	^	^	^	797
562	298	^	533	407	514	329
216	182	^	^	427	1,236	2,096
^	^	177	^	^	272	^
^	224	^	552	488	895	534