



# Active Lives Children's Survey

2024-25 Headlines  
Derbyshire

# 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](#)

# 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 update

## Children's activity levels are rising but inactivity remains too high

The latest Active Lives Children and Young People Survey Report shows that 49.1% 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.

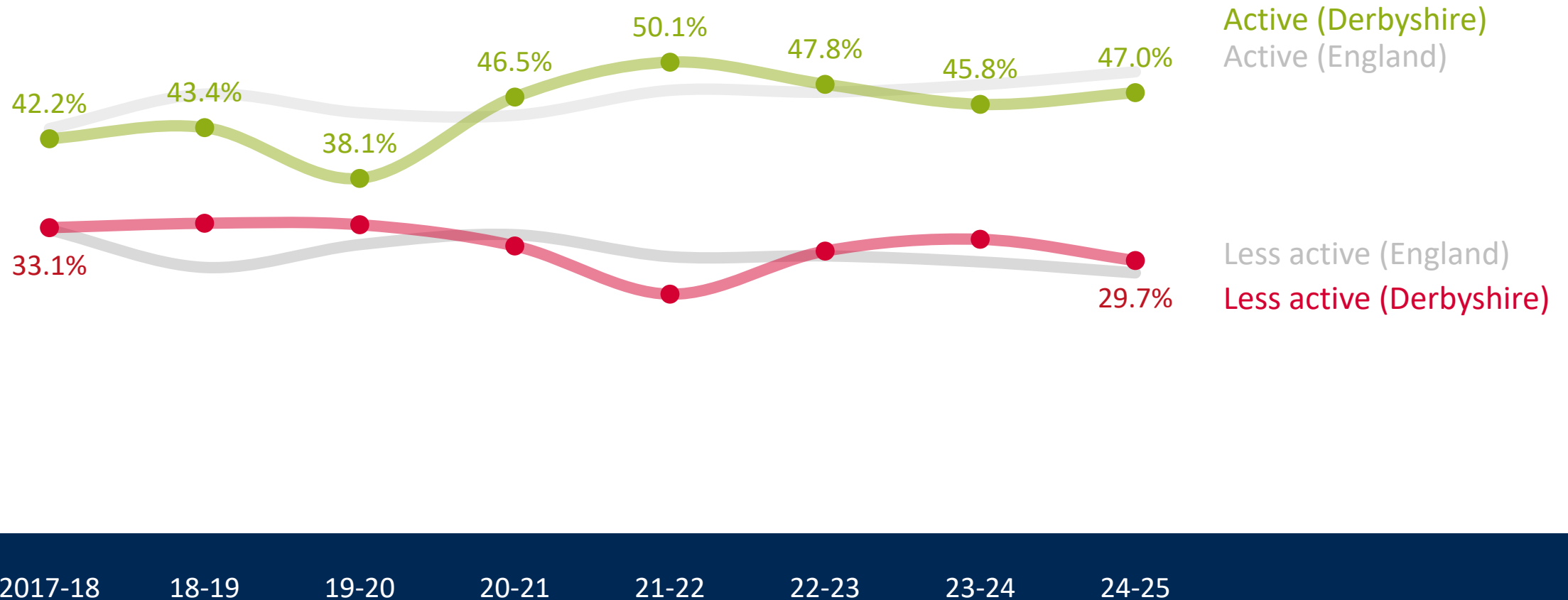
Significant inequalities remain in activity levels, with Black (41%) and Asian (43%) children and young people, and those from the least affluent families (45%), still less likely to play sport or be physically active than the average across all ethnicities and affluence groups. Girls (46%) are also less likely to be active than boys (52%), and the gender gap is widest between boys and girls from Asian (11.2%), Black (10.6%) and other (12.5%) ethnic groups.

With White British (51%) and White Other (53%) children's activity levels increasing at a faster rate, the gap by ethnic group has widened over the past 12 months.

Children and young people from the least affluent families are the least likely to be active, with only 45% meeting the CMO guidelines, compared to 58% of those from the most affluent families.

Whilst those from the most and mid-affluence families have seen increases over the last two years, those from the least affluent families have not, indicating inequalities have widened in the short term.

# Physical activity for children and young people in Derbyshire is fluctuating

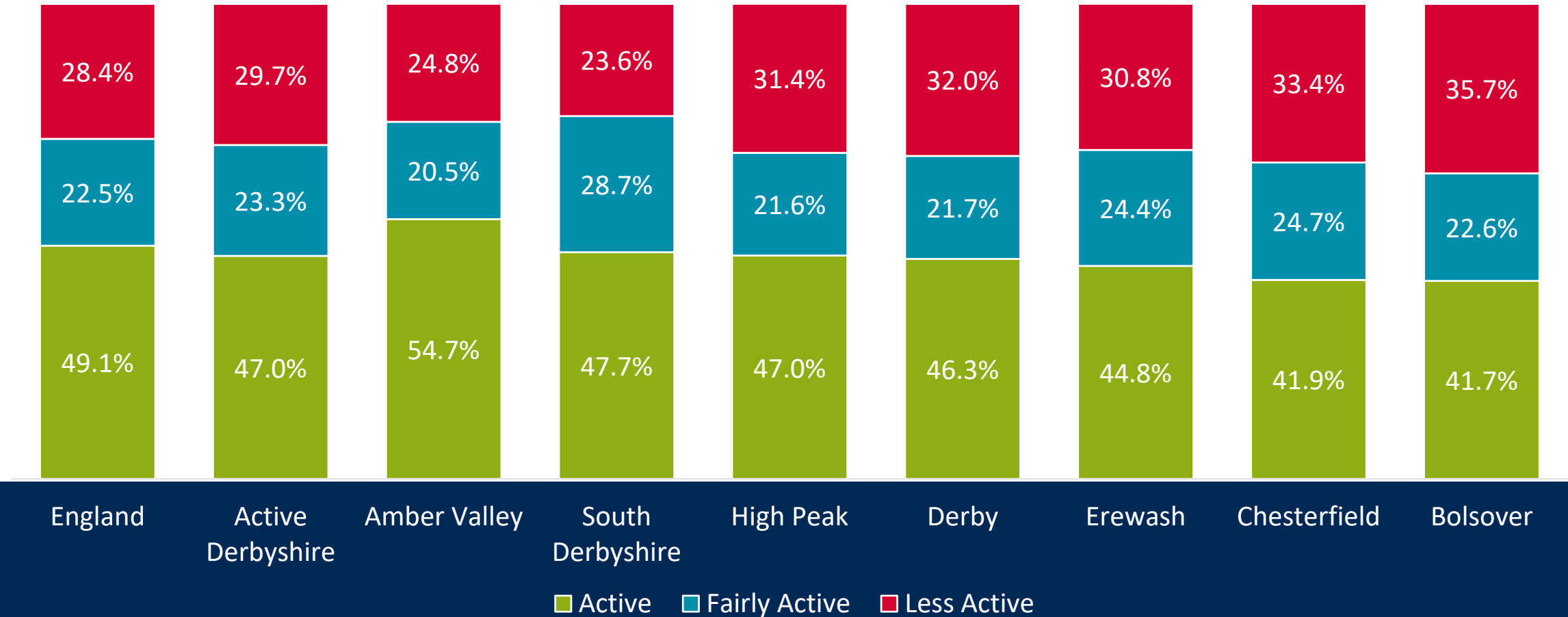


# Responses per year

	2017-18	18-19	19-20	20-21	21-22	22-23	23-24	24-25
England	109,503	113,728	89,303	86,828	104,404	122,347	122,480	130,448
<b>Derbyshire</b>	<b>1709</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>	<b>6,895</b>
Amber Valley	^	^	^	^	212	366	834	1,363
Bolsover	250	161	^	^	222	429	1,160	339
Chesterfield	226	410	225	313	408	485	886	867
Derby	270	351	^	^	880	472	1,355	1,390
Derbyshire Dales	^	^	^	^	^	^	797	^
Erewash	562	298	^	533	407	514	329	767
High Peak	216	182	^	^	427	1236	2,096	1,148
North East Derbyshire	^	^	177	^	^	272	^	^
South Derbyshire	^	224	^	552	488	895	534	726

# Physical activity levels for children and young people differ across our area

Academic Year 2024-25



# Local authority physical activity levels

## Active

	2017-18	18-19	19-20	20-21	21-22	22-23	23-24	24-25
England	43.3%	46.8%	44.9%	44.6%	47.2%	47.0%	47.8%	49.1%
<b>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>	<b>47.0%</b>
Amber Valley	^	^	^	^	54.1%	55.4%	40.3%	54.7%
Bolsover	48.4%	60.5%	^	^	43.8%	50.0%	44.9%	41.7%
Chesterfield	42.4%	40.3%	34.9%	42.2%	53.5%	51.4%	54.2%	41.9%
Derby	43.2%	41.8%	^	^	48.8%	38.1%	42.1%	46.3%
Derbyshire Dales	^	^	^	^	^	^	45.3%	^
Erewash	39.8%	47.1%	^	48.1%	49.1%	40.1%	55.3%	44.8%
High Peak	39.2%	35.6%	^	^	56.1%	52.0%	45.7%	47.0%
North East Derbyshire	^	^	33.0%	^	^	51.1%	^	^
South Derbyshire	^	46.1%	^	41.9%	48.6%	46.7%	42.5%	47.7%

# Local authority physical activity levels

## Less active

	2017-18	18-19	19-20	20-21	21-22	22-23	23-24	24-25
England	32.9%	29.0%	31.3%	32.4%	30.1%	30.2%	29.6%	28.4%
<b>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>	<b>29.7%</b>
Amber Valley	^	^	^	^	31.4%	24.3%	39.1%	24.8%
Bolsover	32.1%	24.3%	^	^	37.0%	29.1%	34.7%	35.7%
Chesterfield	33.3%	38.1%	29.8%	36.2%	22.6%	30.2%	23.3%	33.4%
Derby	33.9%	33.7%	^	^	28.9%	33.6%	34.9%	32.0%
Derbyshire Dales	^	*	^	^	^	^	32.0%	^
Erewash	33.3%	30.8%	^	27.7%	23.4%	40.3%	23.7%	30.8%
High Peak	36.8%	35.1%	^	^	21.0%	27.3%	31.4%	31.4%
North East Derbyshire	^	^	43.4%	^	^	28.9%	^	^
South Derbyshire	^	32.6%	^	33.3%	26.5%	31.3%	34.9%	23.6%

# Change in physical activity levels

## Between 2017-18 and 2024-25 (baseline)

	Active		Less Active	
England	5.8%	Significant increase	-4.4%	Significant decrease
Derbyshire	4.7%	No change	-3.4%	No change
Amber Valley	^	^	^	^
Bolsover	-6.7%	No change	3.6%	No change
Chesterfield	-0.5%	No change	0.1%	No change
Derby	3.1%	No change	-1.9%	No change
Derbyshire Dales	^	^	^	^
Erewash	5.0%	No change	-2.6%	No change
High Peak	7.9%	Significant increase	-5.4%	No change
North East Derbyshire	^	^	^	^
South Derbyshire	^	^	-9.5%	No change

# Change in physical activity levels

## Change in the last 12 months (2023-24 to 2024-25)

	Active		Less Active	
England	1.3%	Significant increase	-1.1%	Significant decrease
Active Derbyshire	1.2%	No change	-2.2%	No change
Amber Valley	14.4%	Significant increase	-14.2%	Significant decrease
Bolsover	-3.2%	No change	0.9%	No change
Chesterfield	-12.3%	Significant decrease	10.1%	Significant increase
Derby	4.3%	No change	-2.9%	No change
Derbyshire Dales	^	^	^	^
Erewash	-10.5%	Significant decrease	7.1%	Significant increase
High Peak	1.3%	No change	0.0%	No change
North East Derbyshire	^	^	^	^
South Derbyshire	5.2%	No change	-11.3%	Significant decrease

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**

Data is for: Derbyshire

### Active

- The latest 2024-25 data shows 47.0% of children and young people in Derbyshire are classed as active. The active rate is now higher (better) than the last 12 months.
- The active rate for Derbyshire is now 2.1pp worse than England (49.1%)

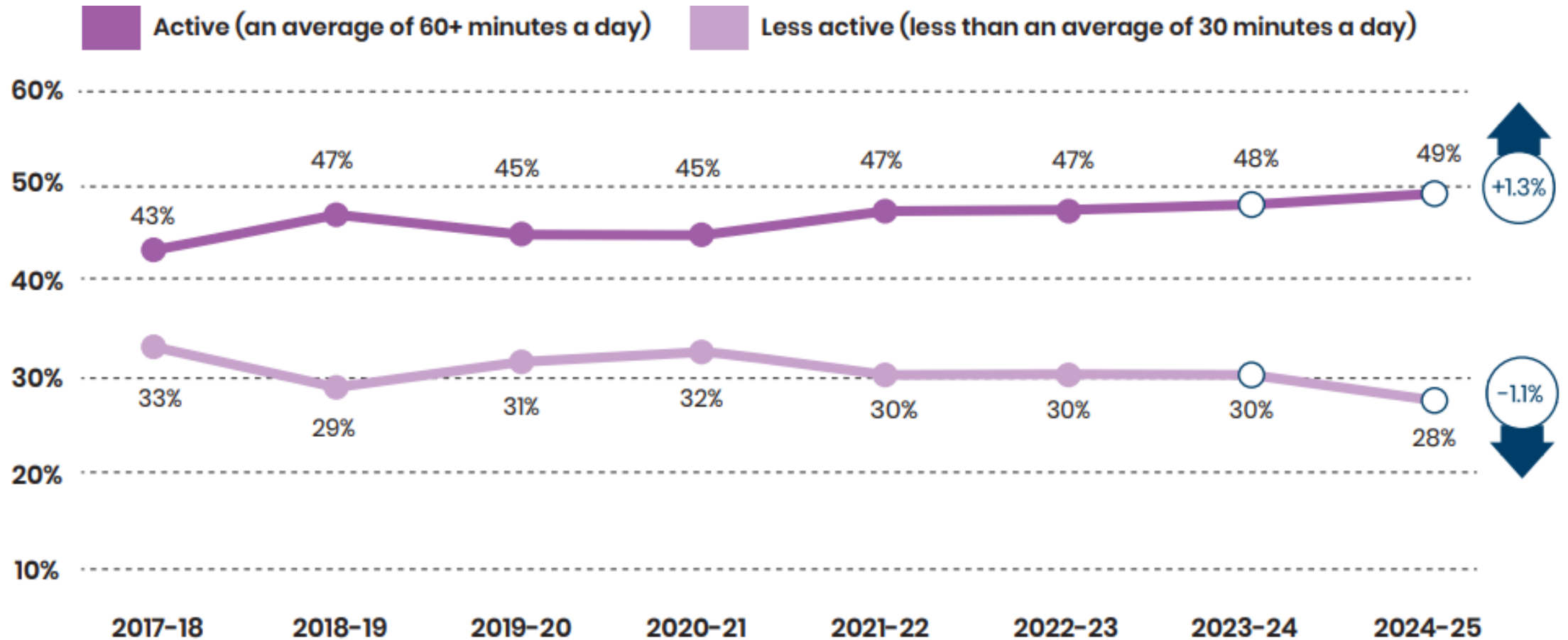
### Less active

- The latest 2024-25 data shows 29.7% of children and young people in Derbyshire are classed as less active. This rate is lower (better) than the last 12 months.
- Derbyshire figures are now 1.3pp worse than England (28.4%)

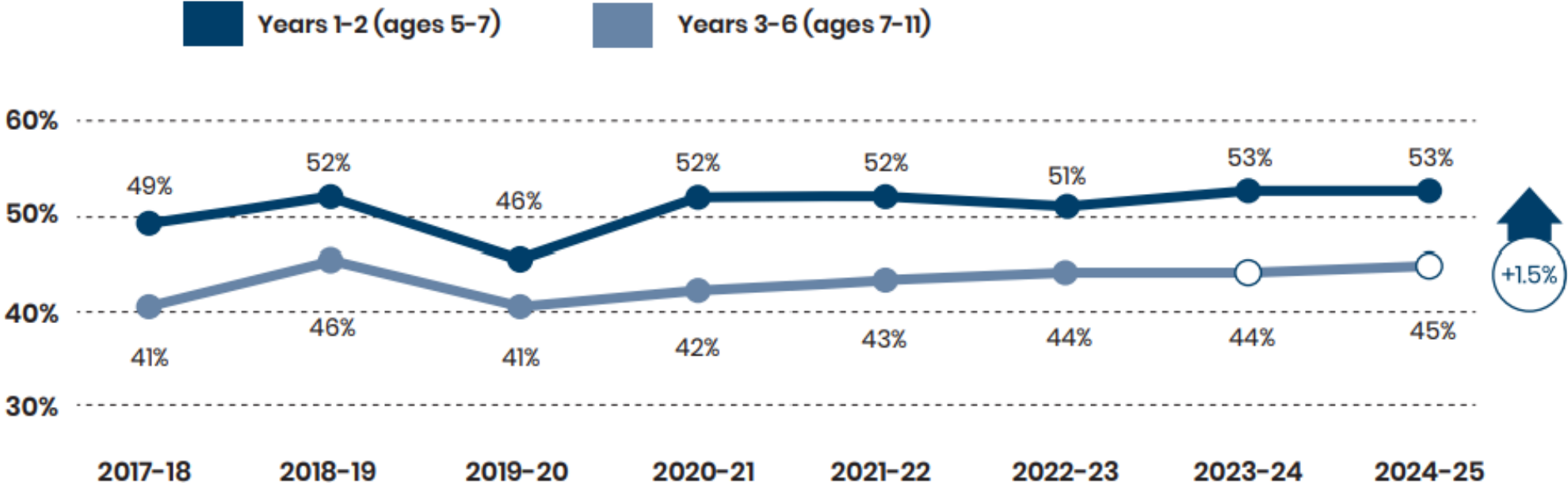
# National Findings



# Overall, activity levels have increased

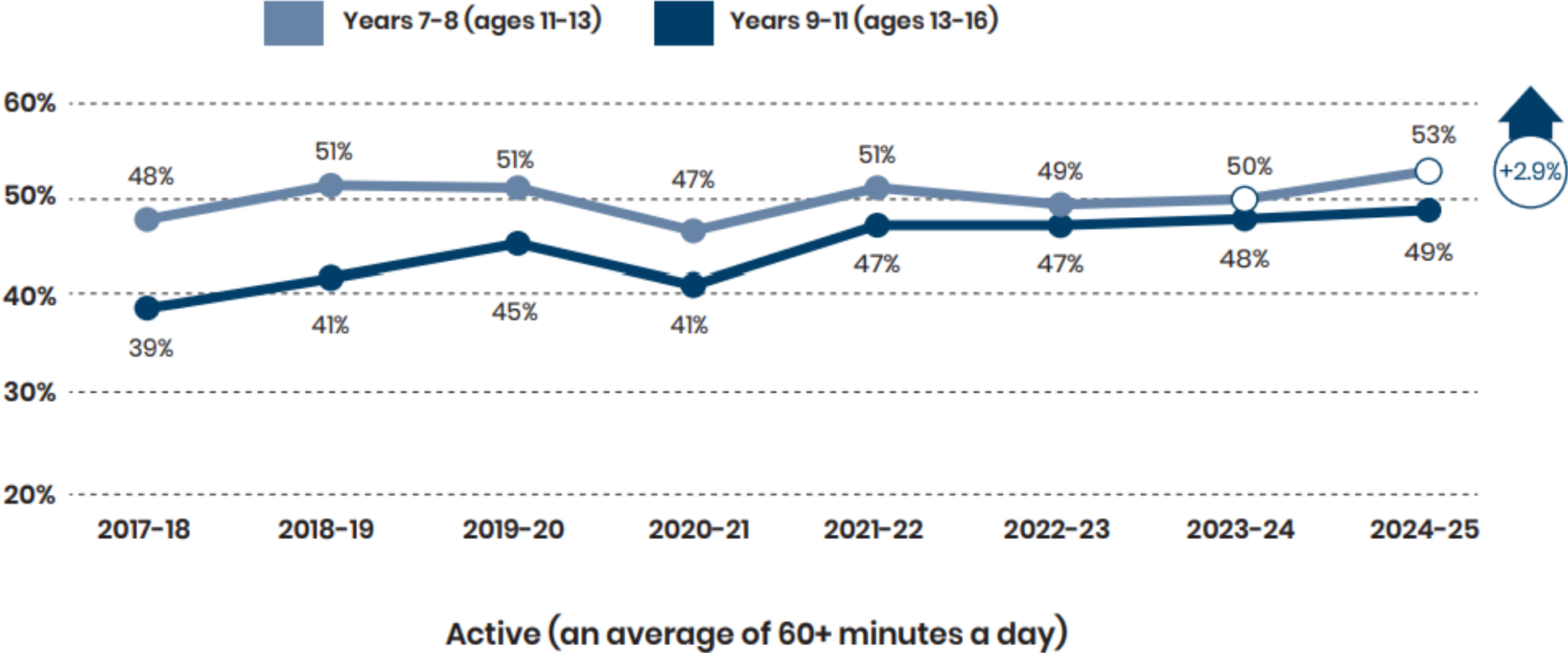


# Activity levels among junior-age children continue to recover slowly

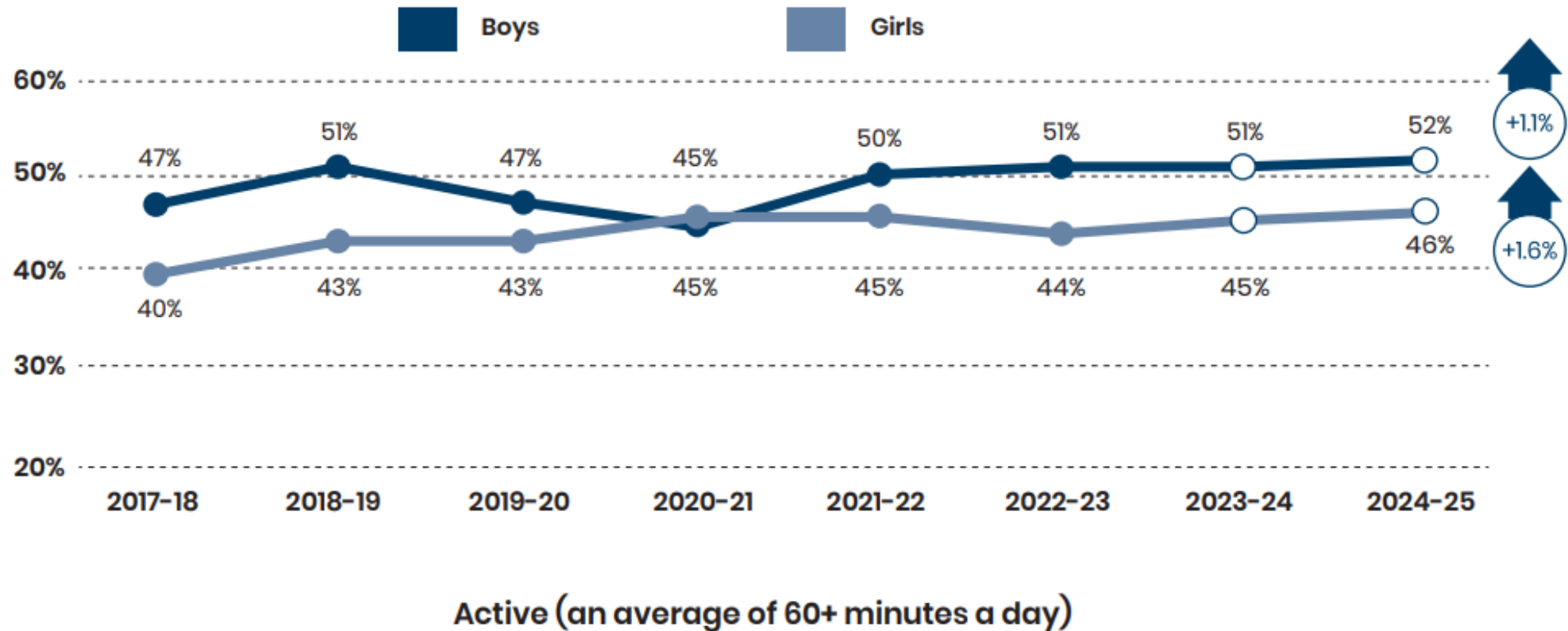


Active (an average of 60+ minutes a day)

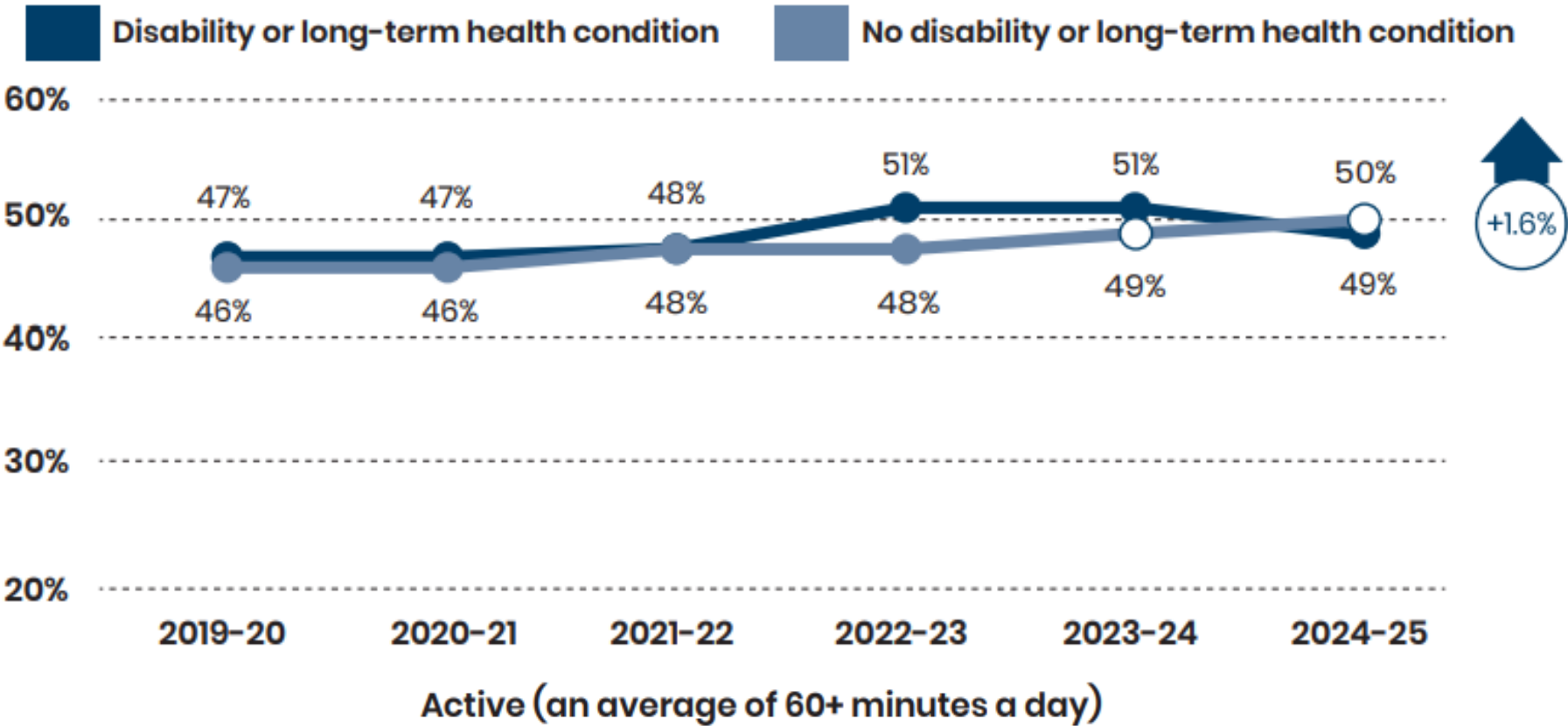
# Activity levels are broadly unchanged over the last two years among secondary-age young people




# Both boys and girls have seen activity levels increase over the last 12 months



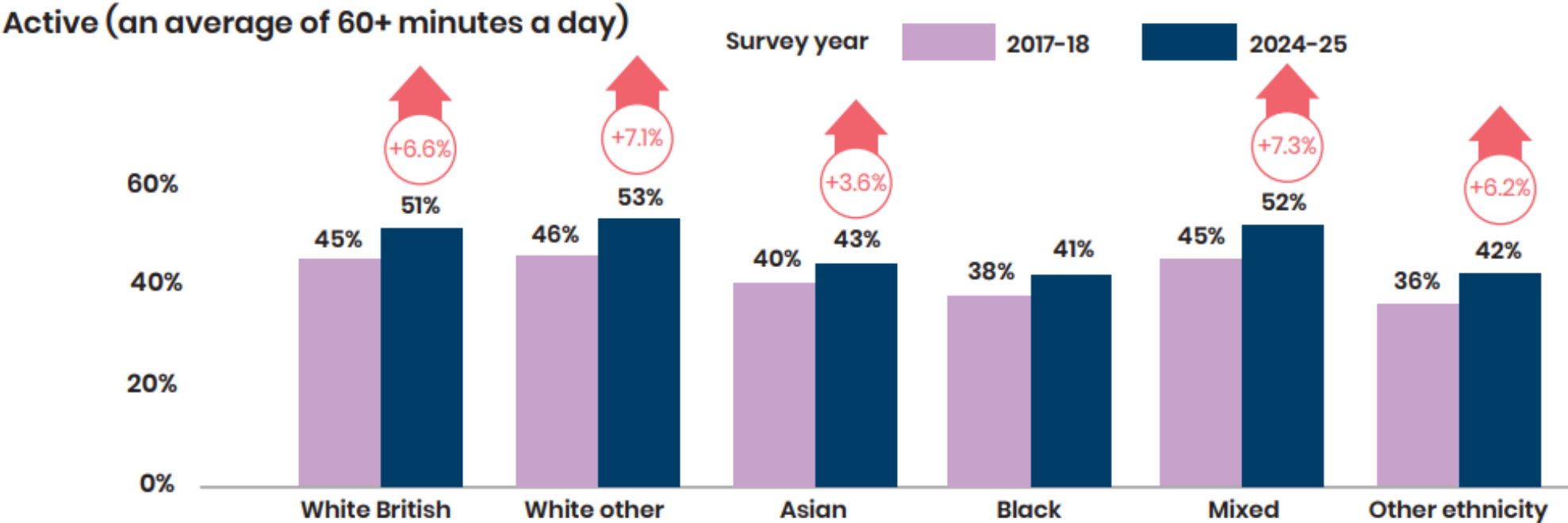
# There is little difference in activity levels between children and young people with and without a disability or long-term health condition



# The gap in activity levels by ethnic group has widened


 Arrows show change from seven years ago. No arrows indicates no statistically reportable change

Note: After White British, the largest ethnic groups within the child population are Asian (11%) and Mixed (7%), with White other (7%), Black (6%) and Other ethnic groups (1%) 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.



# 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. See the [definitions](#) page for more details.

