

# Children & Young People Physical Activity Behaviour in Derbyshire

April 2026

Active Lives Children's Survey 2024-25

## The Active Lives Children and Young People Survey

gathers data on how children engage with sport and physical activity



Designed by Sport England, the Department for Education, the Department for Health, and the Department for Digital Culture Media and Sport, 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 peoples:

- Overall levels of activity both at school (during the school day) 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



## How much physical activity should children and young people be doing?

Activity levels for children and young people are presented in three categories (for overall activity in the last week):

**Active** (Chief Medical Officer's guidelines)

An average of 60 minutes or more a day\*

**Fairly active**

An average of 30 to 50 minutes a day

**Less active**


Less than an average of 30 minutes a day

\*At least 420 mins over a week. Only activity of at least moderate intensity is included

# There are almost **100,000** young people in Derbyshire



**Source:** 0-15 year olds, Census 2021; SEN and Free School Meals, Department for Education 2024-25



This presentation contains in-year figures and trends since the Active Lives CYP survey began in 2017



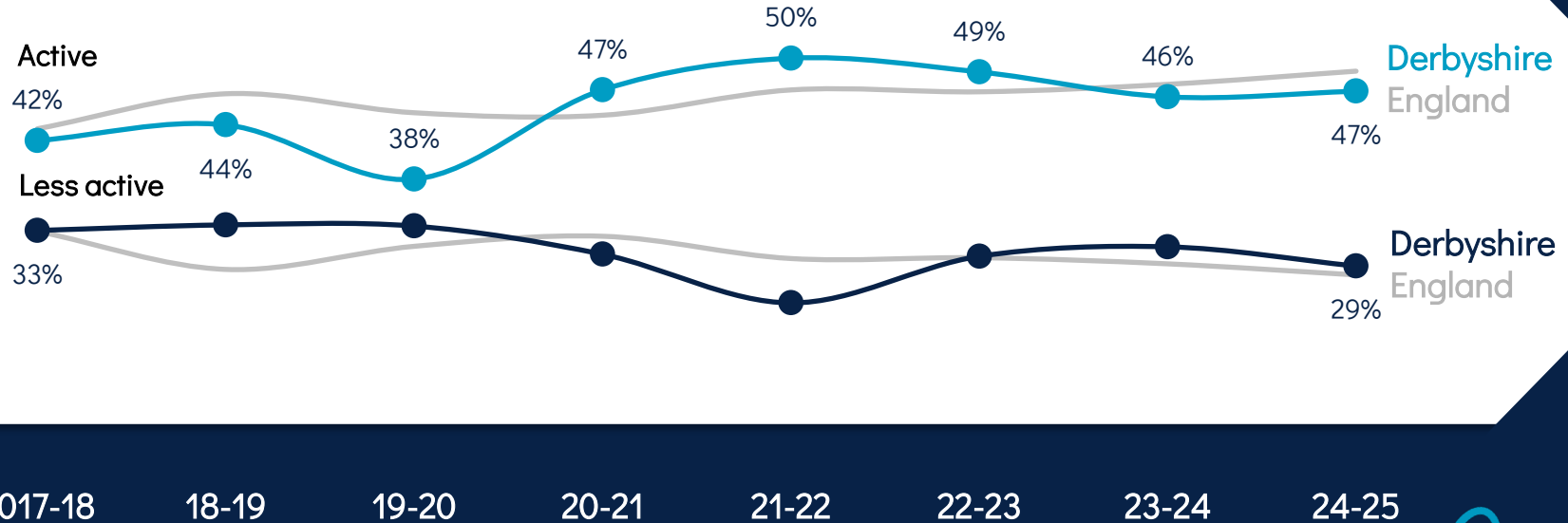
It is important that we consider how much **children and young people's worlds have changed** in that time

Broader context and young people's own perspectives help us make sense of this data

A children and young people's **context narrative** to help us reflect on what the data might mean locally



# Physical activity for children and young people is fairly stable



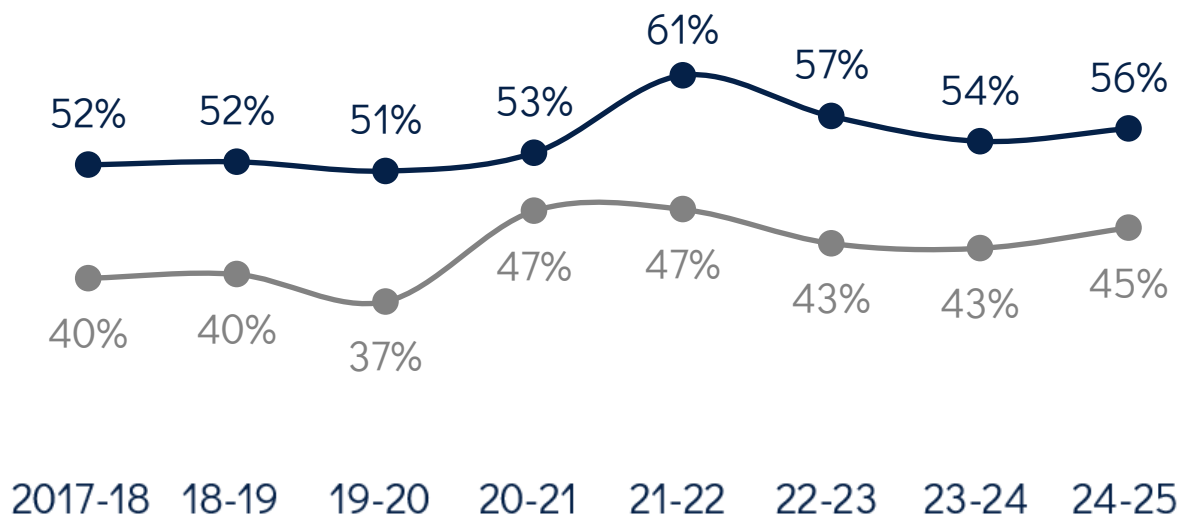
Source: Sport England Active Lives, Children and Young People survey 2017-25

Around half of our children and young people are not active enough (53%)



That's around **53,000** young people not meeting recommended activity levels

# Children and young people are more likely to be **active outside school** than they are *at school*



Outside school

At school

**Source:** Sport England Active Lives, Children and Young People survey 2017-25. 'At school' or 'Outside school': An average of 30 minutes or more a day

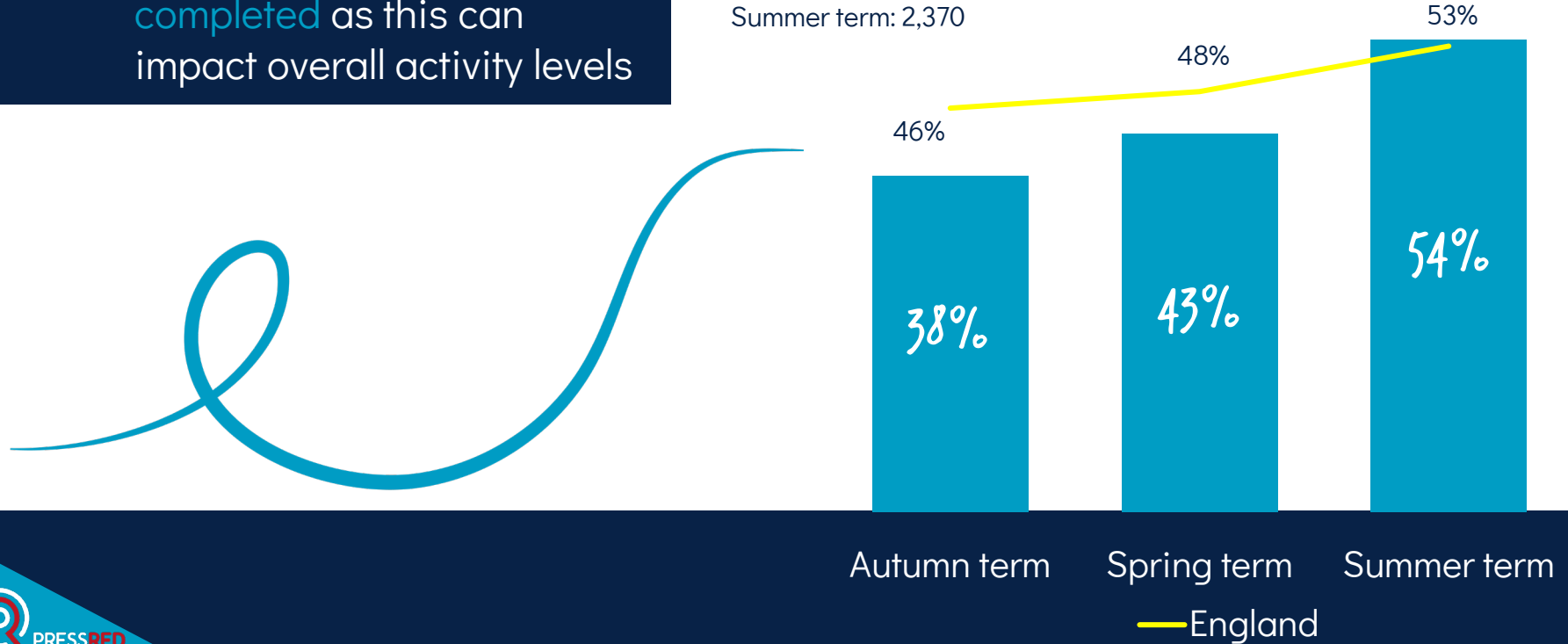
It's important to consider **when surveys were completed** as this can impact overall activity levels

Sample sizes by term:

Autumn term: 1,498

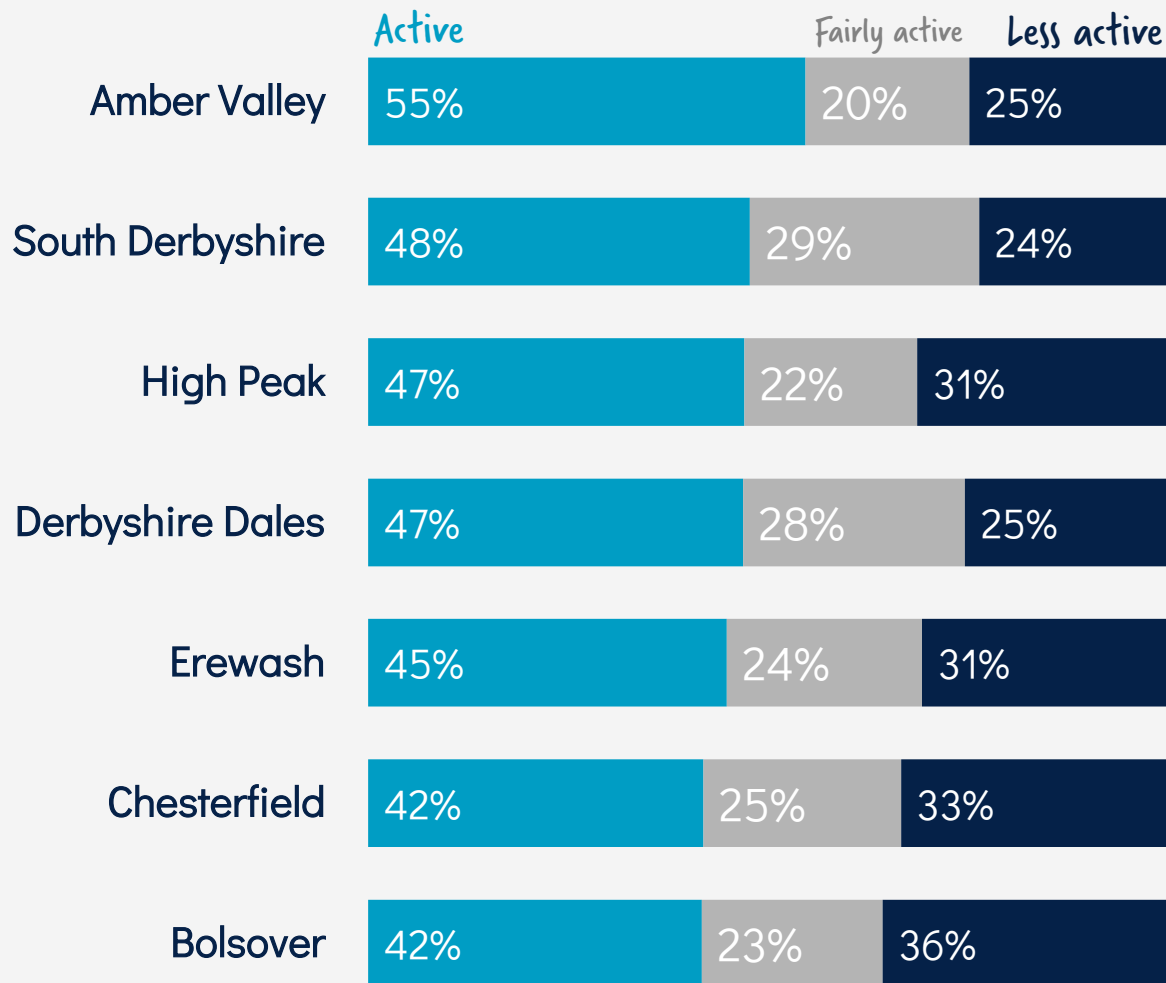
Spring term: 1,637

Summer term: 2,370



## There is a 13% difference in activity levels across our local area

Children and young people in **Bolsover** are least likely to be active



# Over time, girls are less likely to be active compared to boys

Source: Sport England Active Lives, Children and Young People survey 2017-25

The gender activity gap has reduced in 2024-25

England 52%

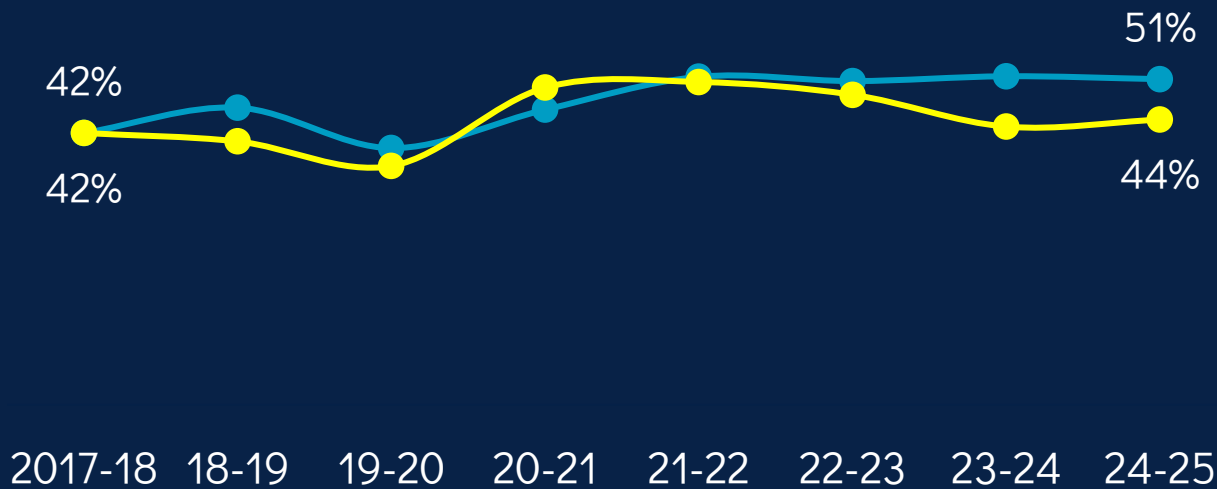
Boys

51%

46%

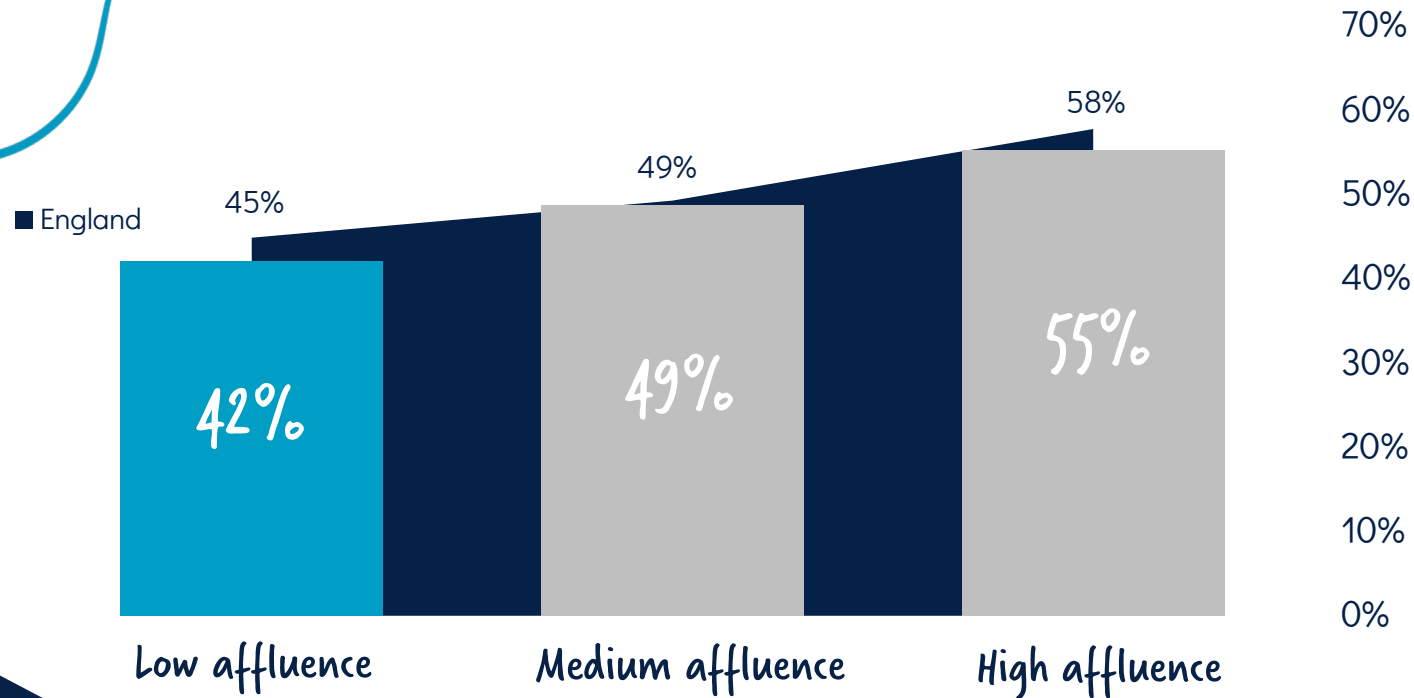
Girls

44%



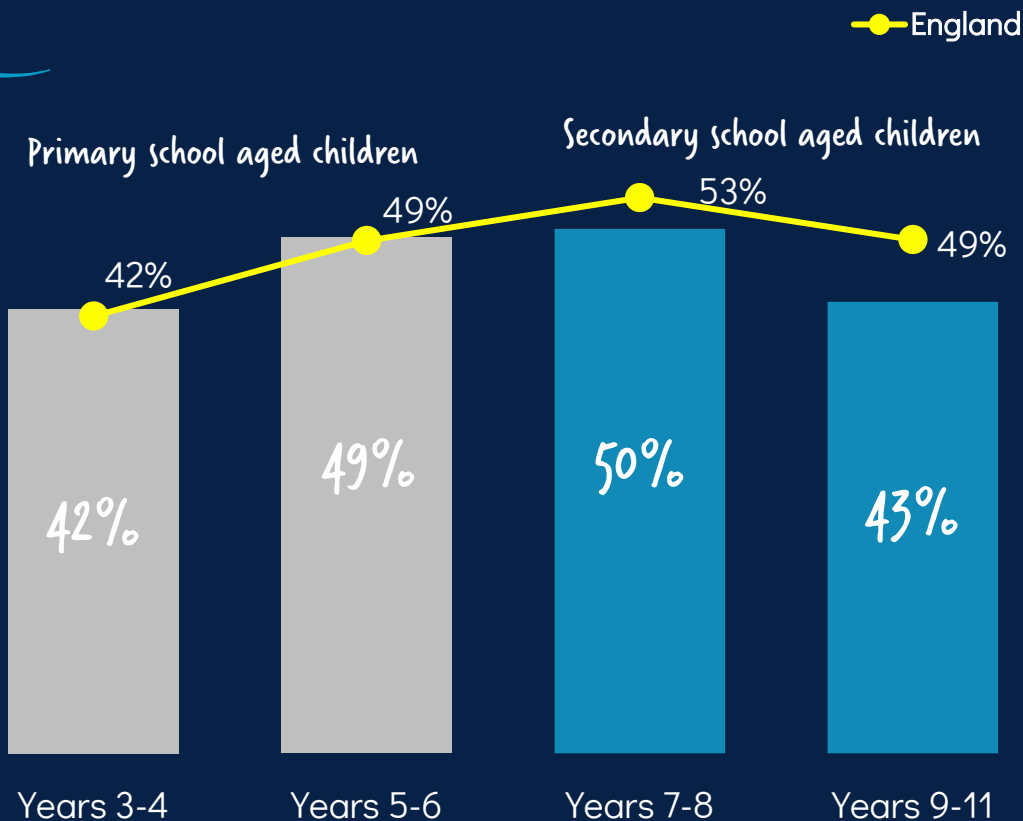
# The biggest difference in activity levels is between low and high affluence families

Source: Sport England Active Lives, Children and Young People survey 2024-25



## Activity levels for secondary school aged children in Derbyshire are lower than national

Children in years 3-4 have the lowest activity levels, but this is in line with England



● England

● 39%

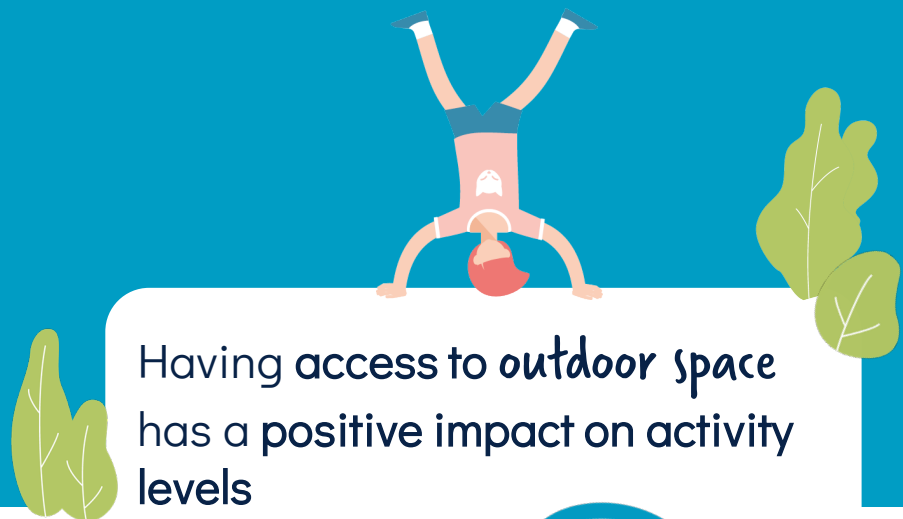
32%

Limited or no outdoor space

● 55%

50%

Has garden & out of home outdoor space

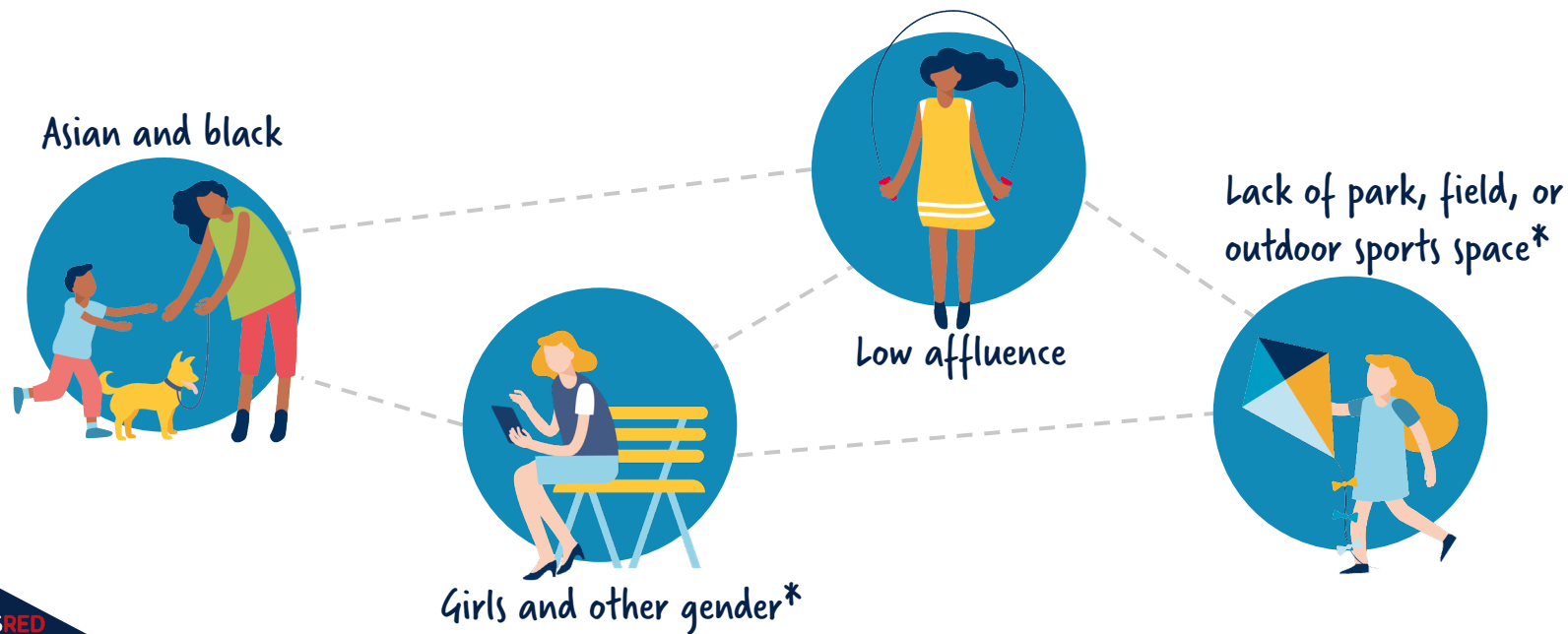


Having access to *outdoor space* has a positive impact on activity levels

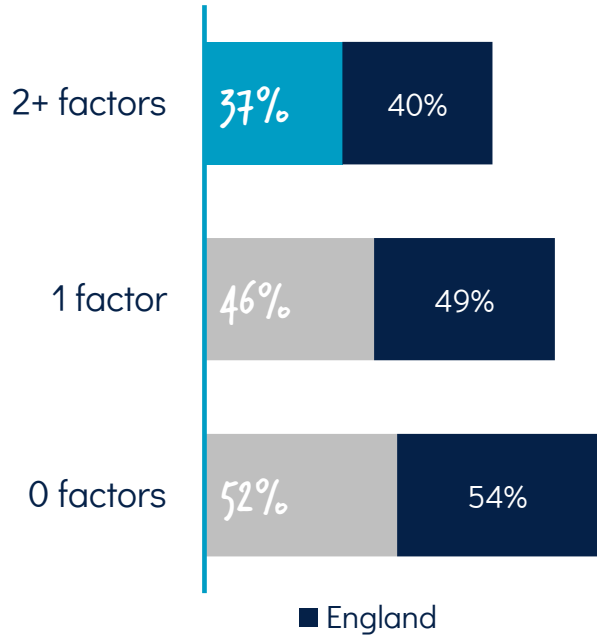
Source: Sport England Active Lives, Children and Young People survey 2024-25

# What drives inactivity in children and young people?

Each of these four factors is associated with lower activity levels on its own, but the impact is greatest when factors are **combined**:



# Activity levels fall when a child or young person experiences two or more factors from the Inequalities Metric



# Are we seeing **positive attitudes** towards exercise and sport in our area?

The proportion of children and young people reporting they **strongly agree** that they:

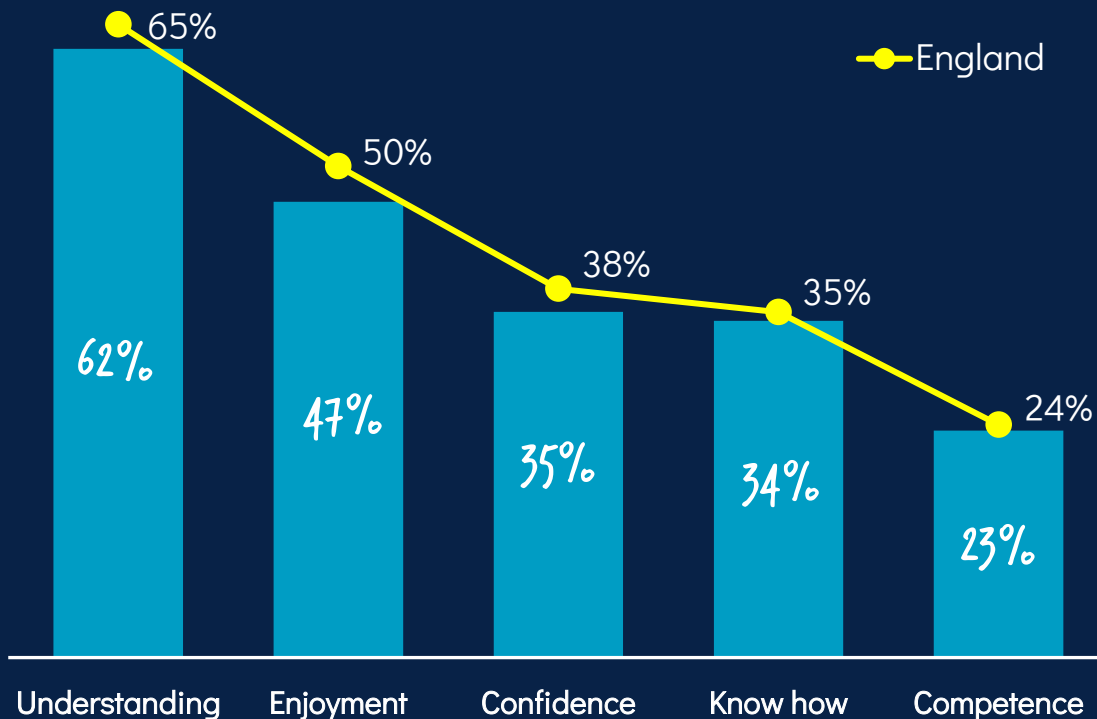
Understand why being active is good for them (**understanding**)

Enjoy taking part (**enjoyment**)

Feel confident when doing so (**confidence**)

Know how to get involved (**know how**)

Find it easy (**competence**)



Source: Sport England Active Lives, Children and Young People survey 2024-25



'I enjoy taking part in exercise and sports'

Strongly agree

I achieve an average of 60 minutes or more physical activity per day

Yes

58% who enjoy sports are active

Children and young people are more likely to be active if they **enjoy** exercise and sports

Here is an example of how **physical literacy** affects physical activity levels

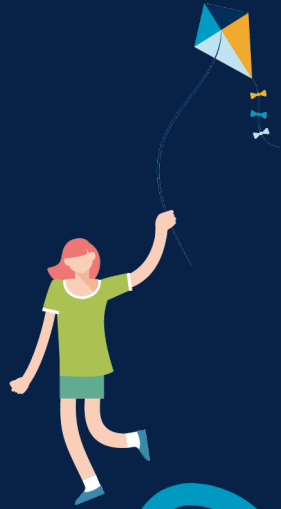
Does not strongly agree

I achieve an average of 60 minutes or more physical activity per day

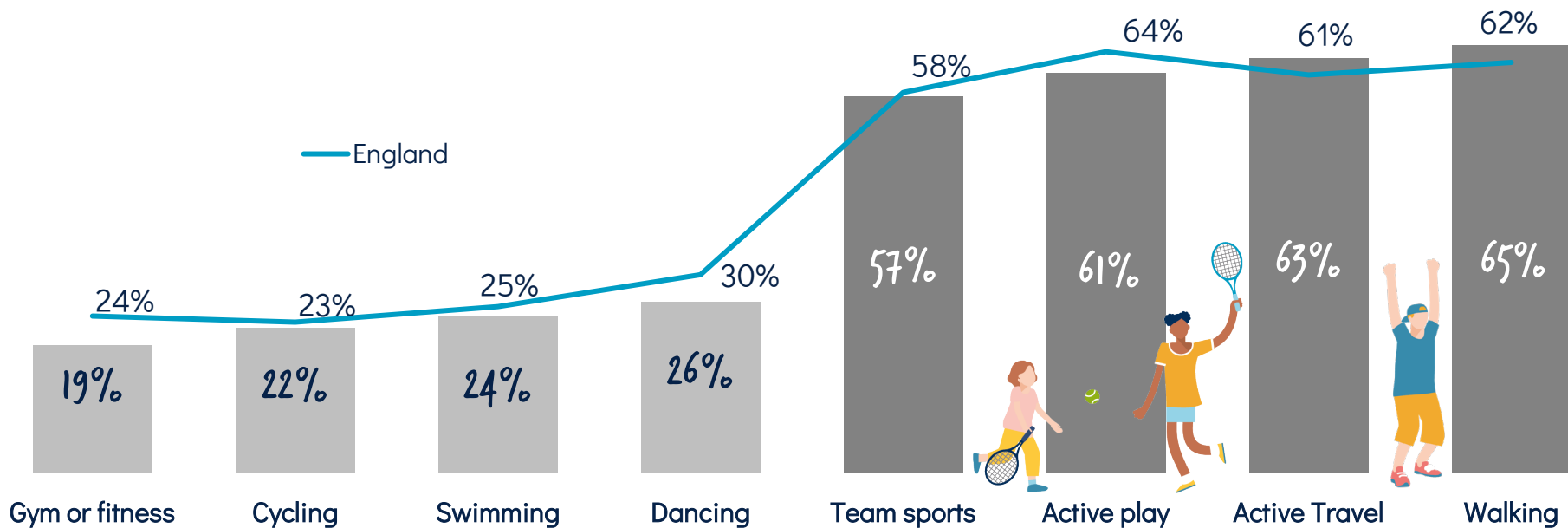
Yes

37% who don't enjoy sports are active

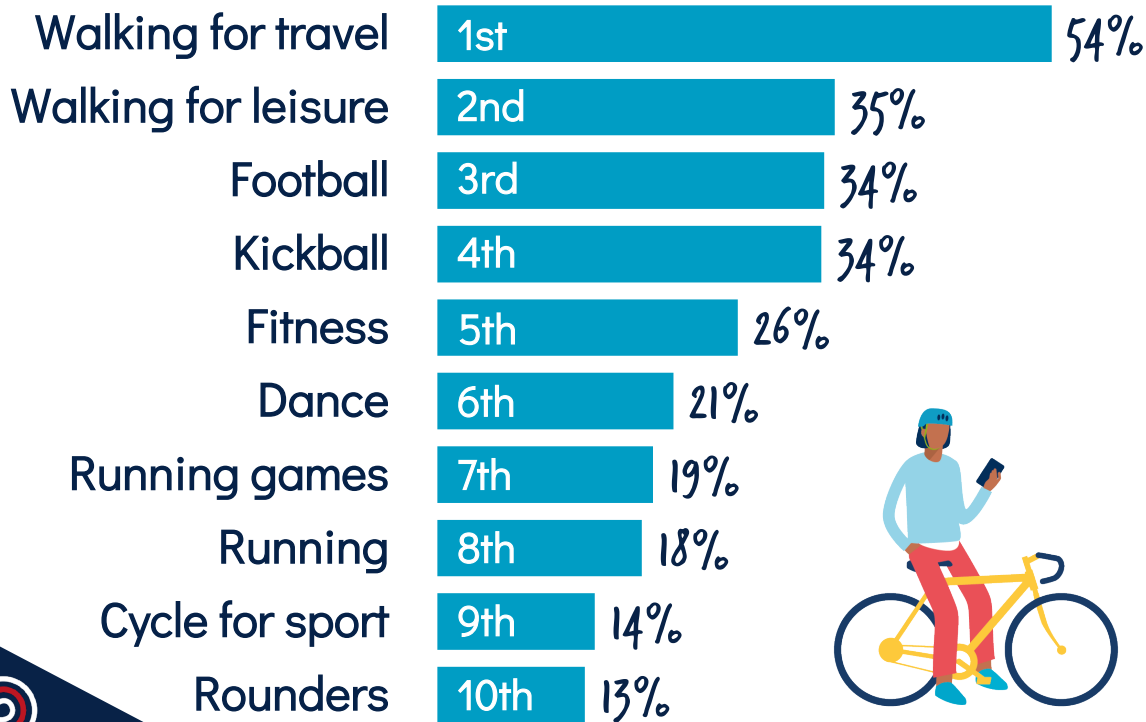
# I am more likely to be active if I strongly agree that I...



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



# What gets our children and young people moving at least once a week?



11th	Trampolining	11%
12th	Swimming	11%
13th	Basketball	11%
14th	Cycle for travel	9%
15th	Netball	8%
16th	Climbing games	8%
17th	Badminton	8%
18th	Boxing	6%
19th	Field athletics	6%
20th	Dodgeball	6%
21st	Cricket	5%
22nd	Gymnastics	5%
23rd	Tennis	5%
24th	Scooter	5%
25th	Martial arts	4%

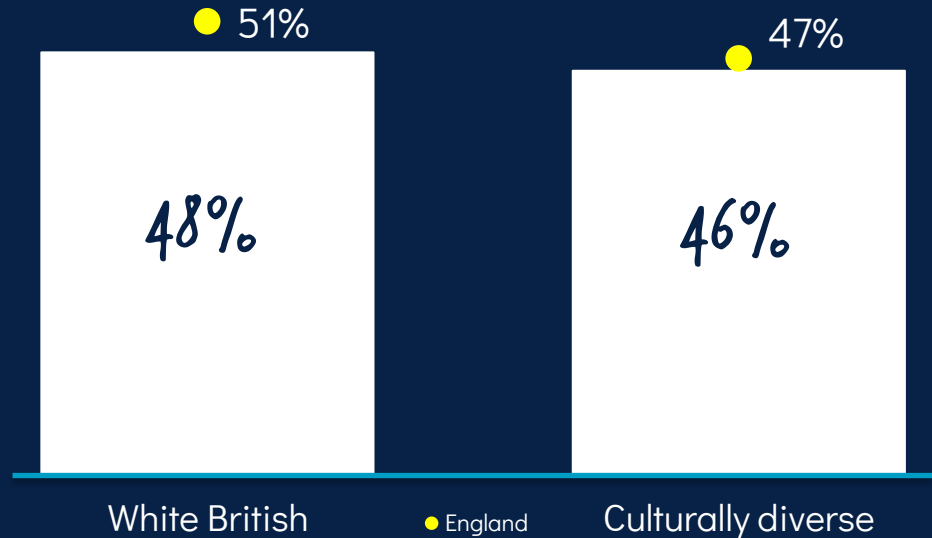
# Key messages

- **Around half (53%) of our children and young people are not active enough.** That's around 53,000 children and young people in Derbyshire not meeting recommended activity levels
- Children and young people are more likely to be active **outside school** than they are at school
- There is a 13% difference in activity levels **across our local area.** Amber Valley is the most active (55%) with Bolsover being least active 42%)
- Activity levels for **secondary school** aged children are lower than national
- The **Inequalities Metric** shows activity rates are much lower for young people with two or more characteristics
- The **gender** activity gap has closed in 2024-25. Over time, girls are less likely to be active compared to boys
- The biggest difference in activity levels is between low and high **affluence** families

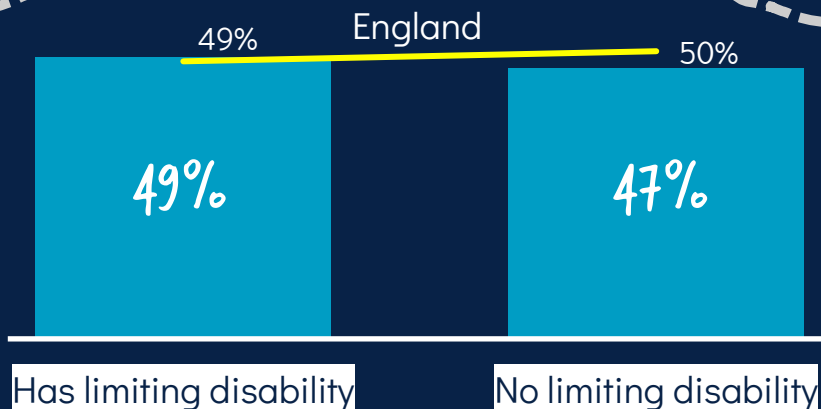
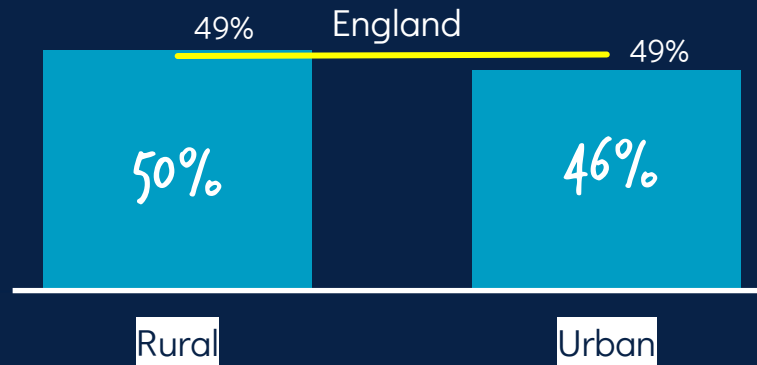


## Activity levels are similar among children from culturally diverse communities and their White British peers

However, we are only able to report data in two categories. This may mask some of the inequalities between ethnic groups



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



Activity levels appear similar for young people with a or without a disability

However, the disability questions may not capture children's experiences accurately, and special school responses are not included in the results



