



Children & Young People
Physical Activity Behaviour
in Nottinghamshire

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

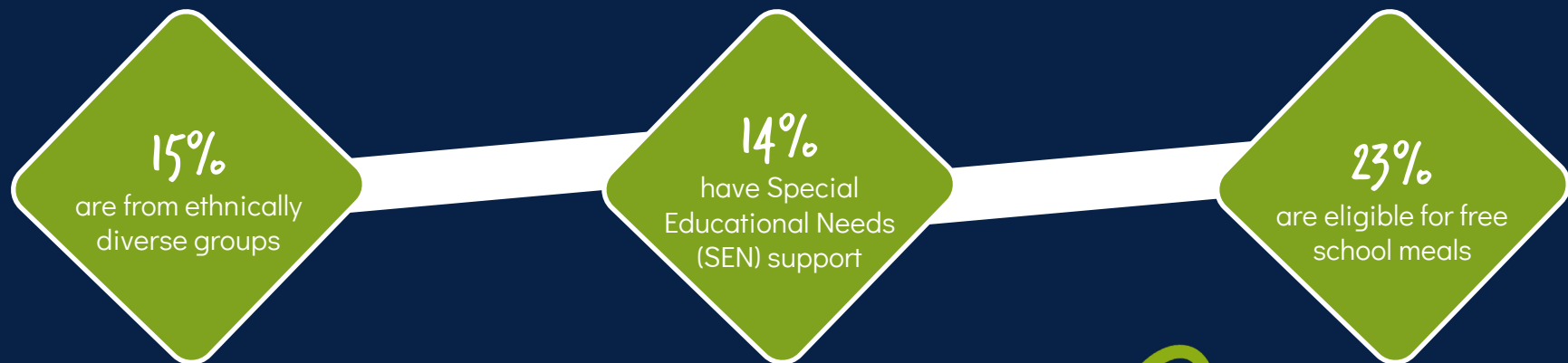
An average of 30 to 50 minutes a day

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 **110,000** young people in Nottinghamshire



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



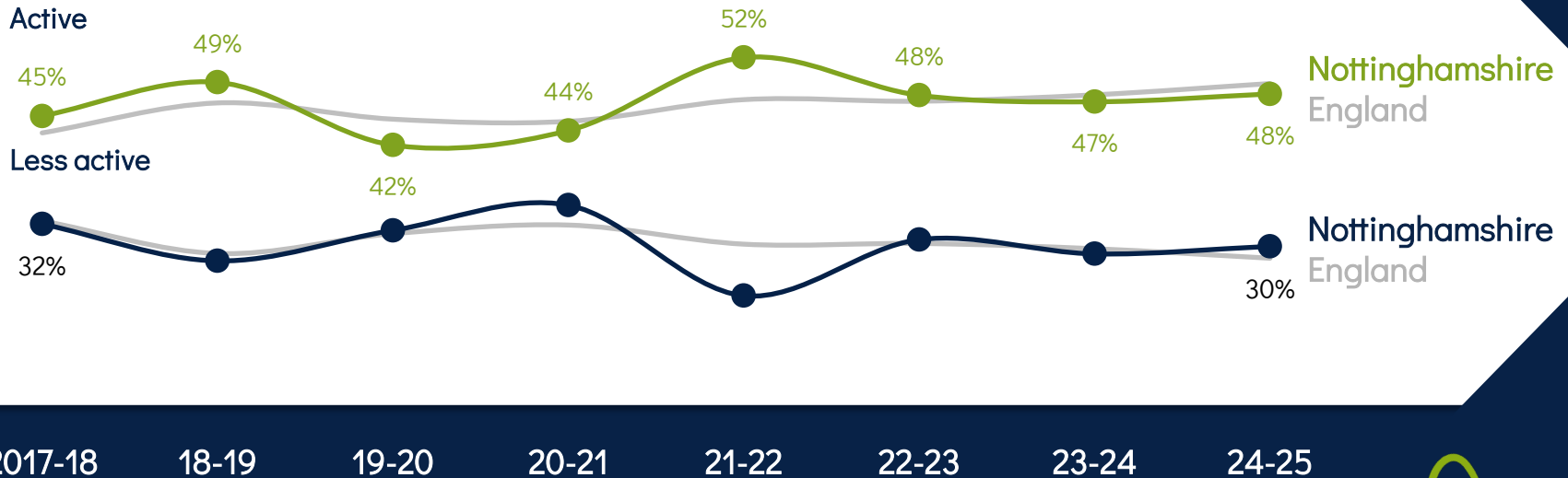
It is important that we consider how much **children and young people's worlds have changed** in that time

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 has stabilised in the last three years and is similar to baseline



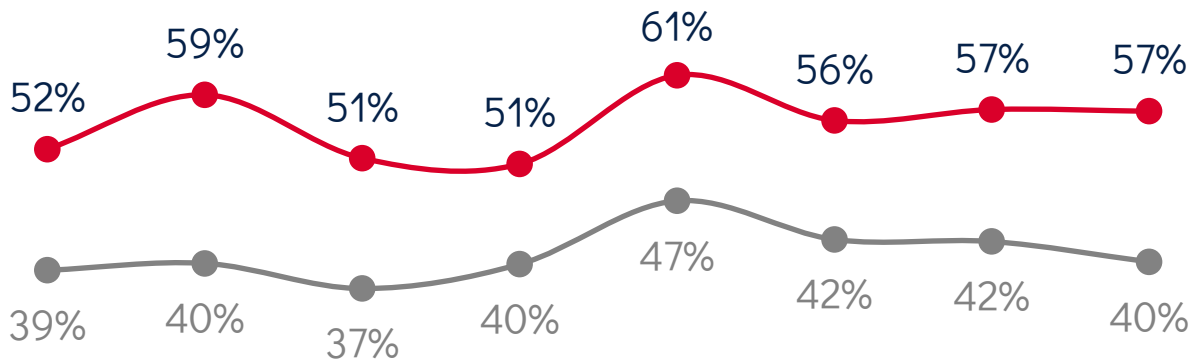
Source: Sport England Active Lives, Children and Young People survey 2017-25

Around half of our children and young people are not active enough (52%)



That's around **57,000**
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

2017-18 18-19 19-20 20-21 21-22 22-23 23-24 24-25

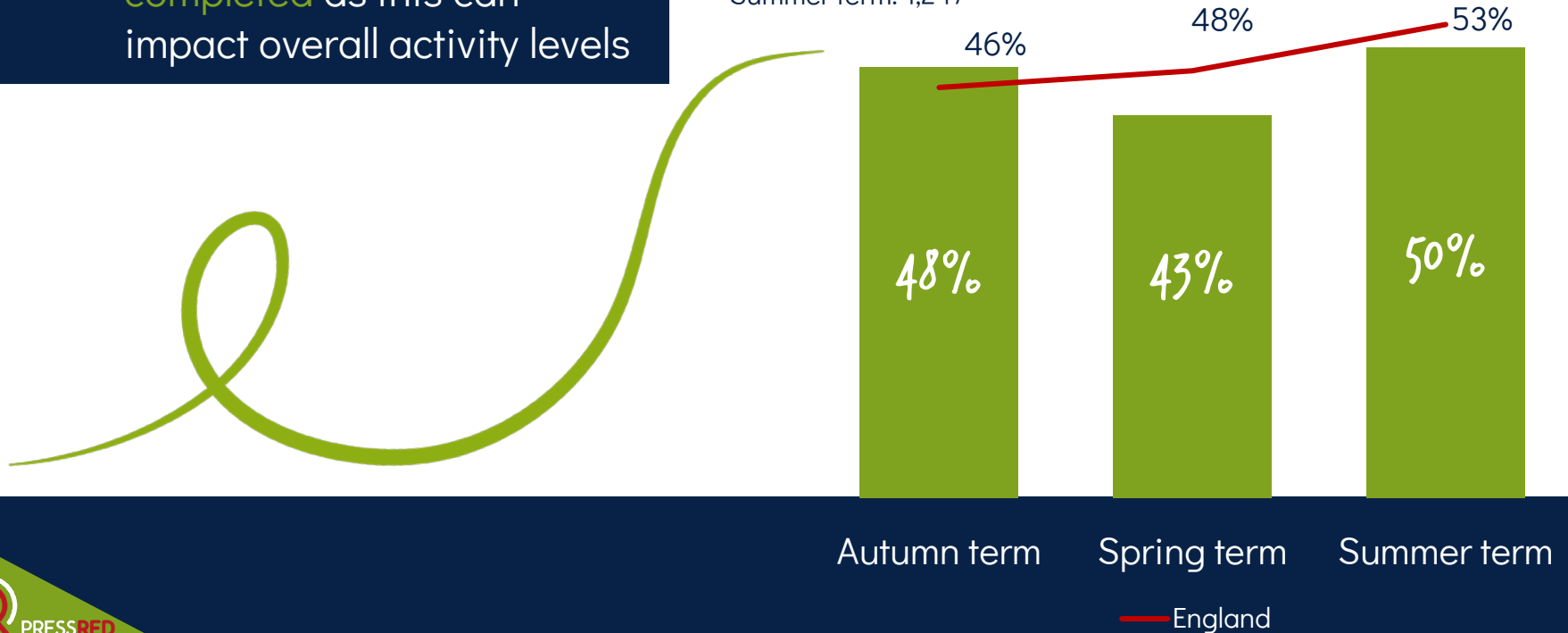
It's important to consider **when surveys were completed** as this can impact overall activity levels

Sample sizes by term:

Autumn term: 754

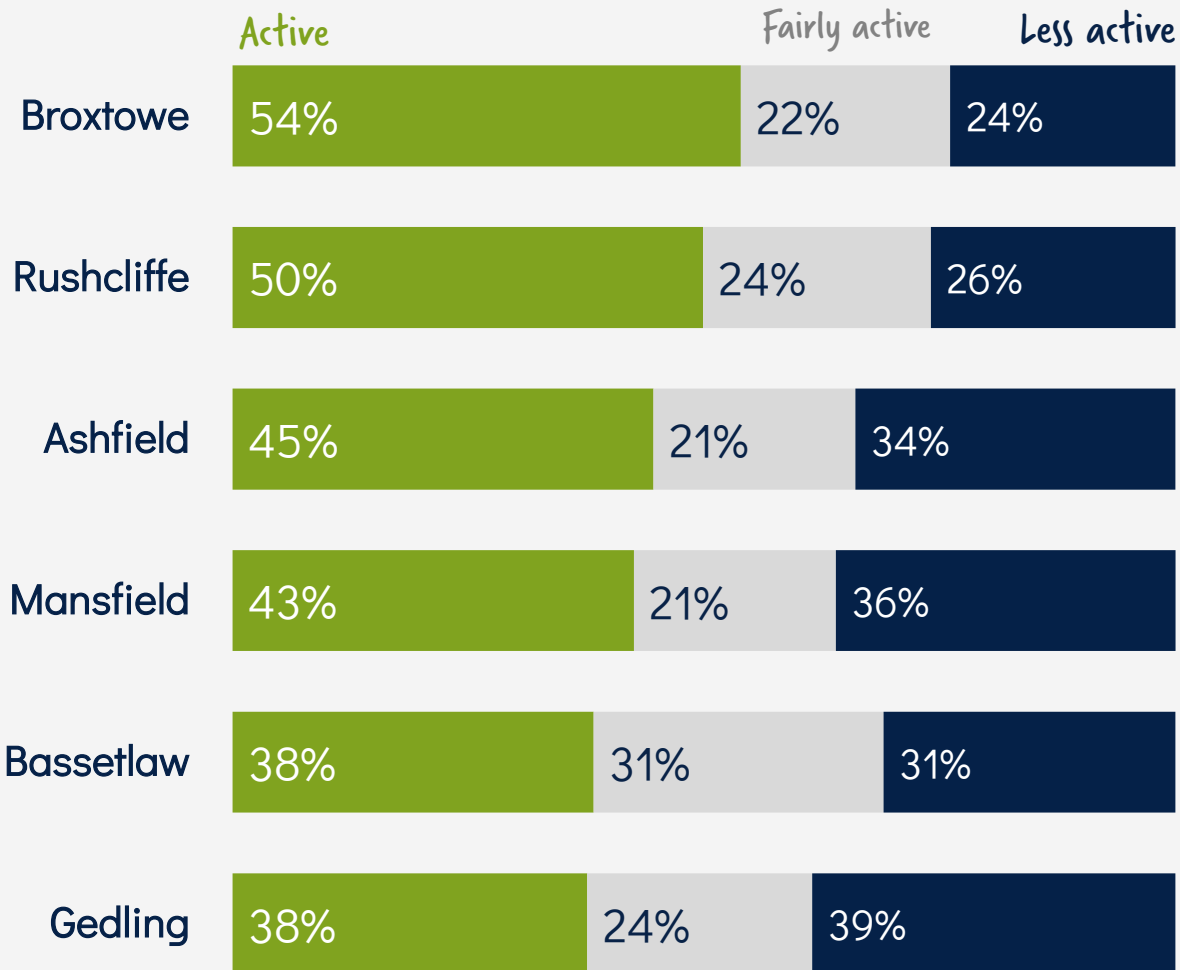
Spring term: 1,070

Summer term: 1,247



There is a **16% difference** in activity levels across our local area

Children and young people in **Gedling** 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** persists in 2024-25

England 52%

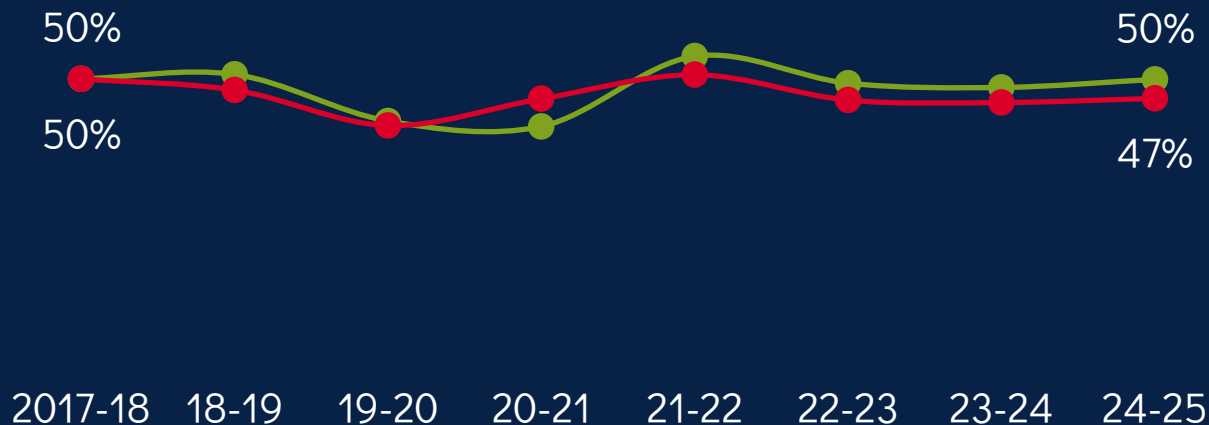
Boys

50%

46%

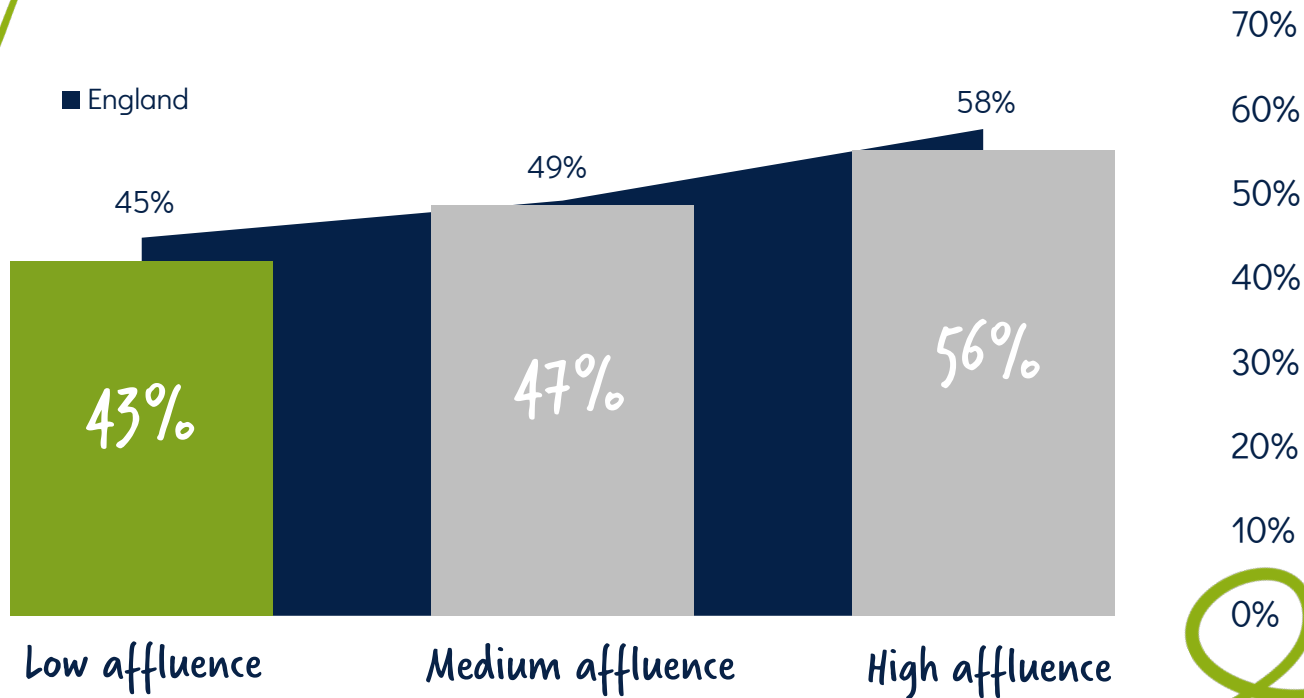
Girls

47%



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

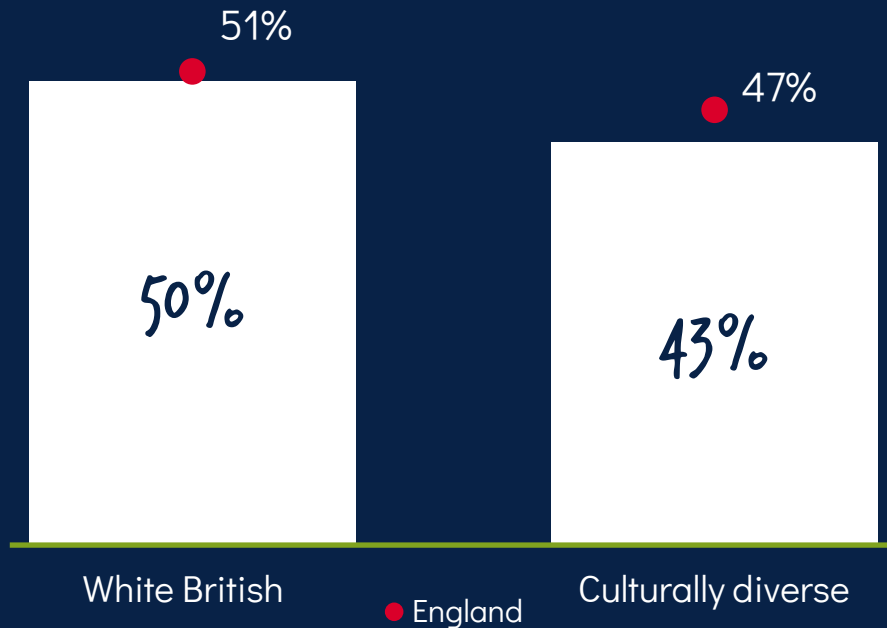
Source: Sport England Active Lives, Children and Young People survey 2024-25



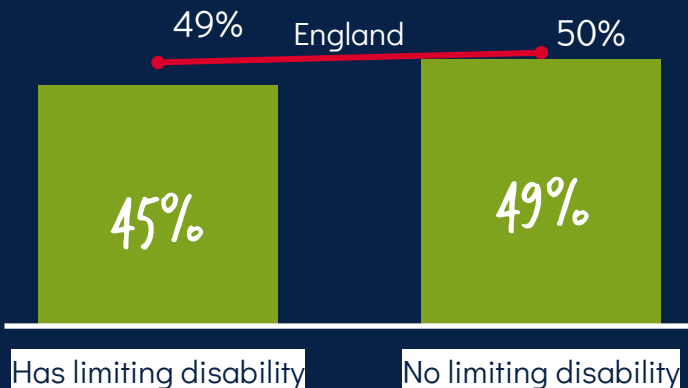


Activity levels are lower among children from culturally diverse communities and their White British peers

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



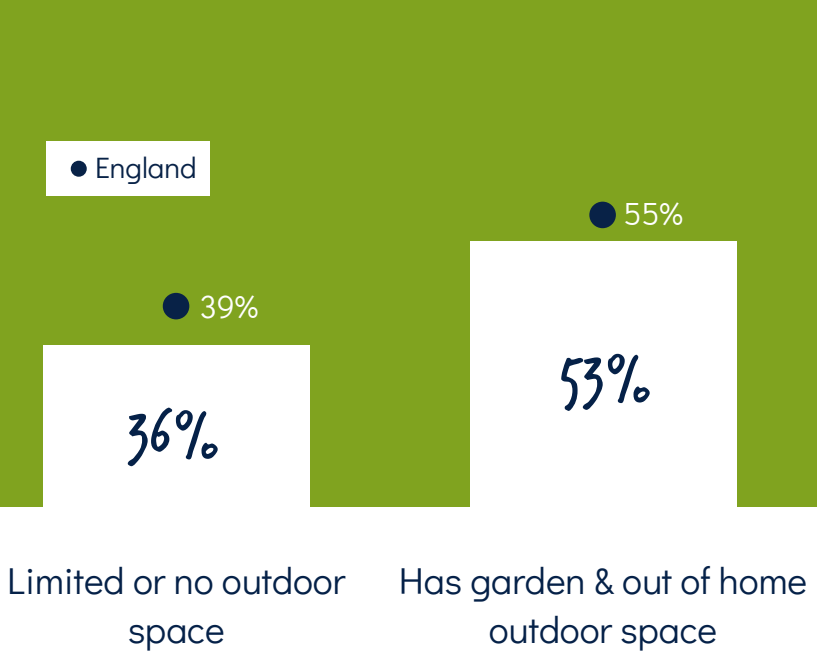
Children and young people living in **urban communities** are less likely to be active than their peers in rural settings



Activity levels appear lower for young people with a disability

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



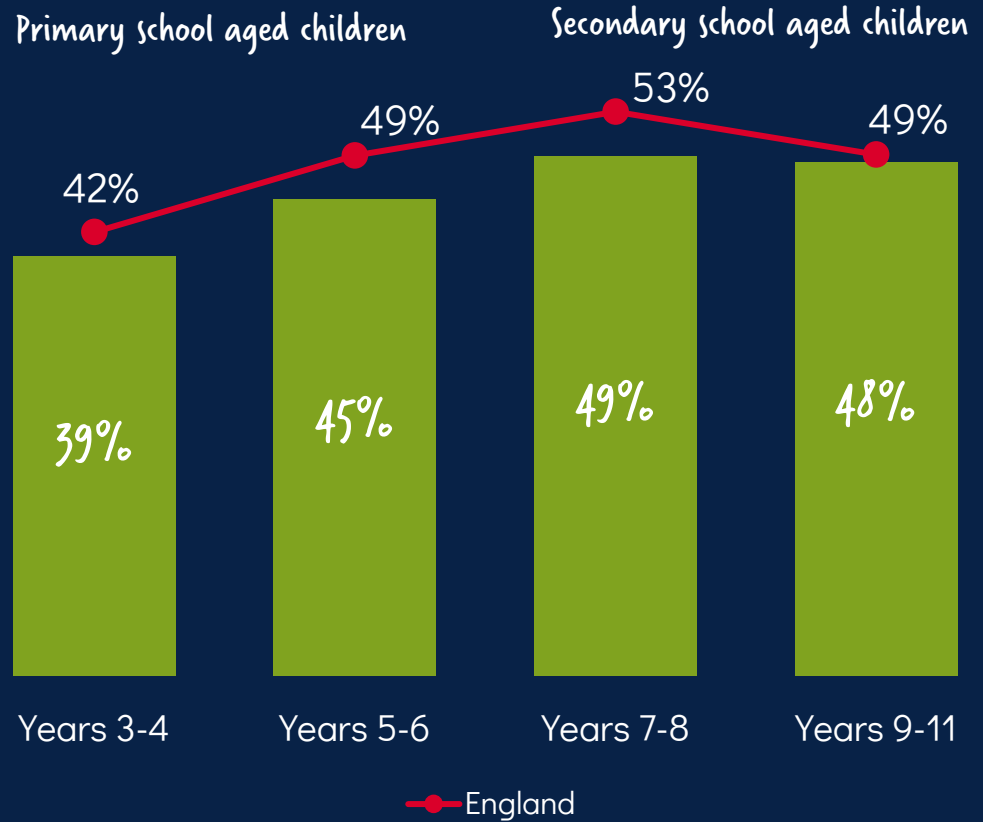


Having access to *outdoor space* has a positive impact on activity levels

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

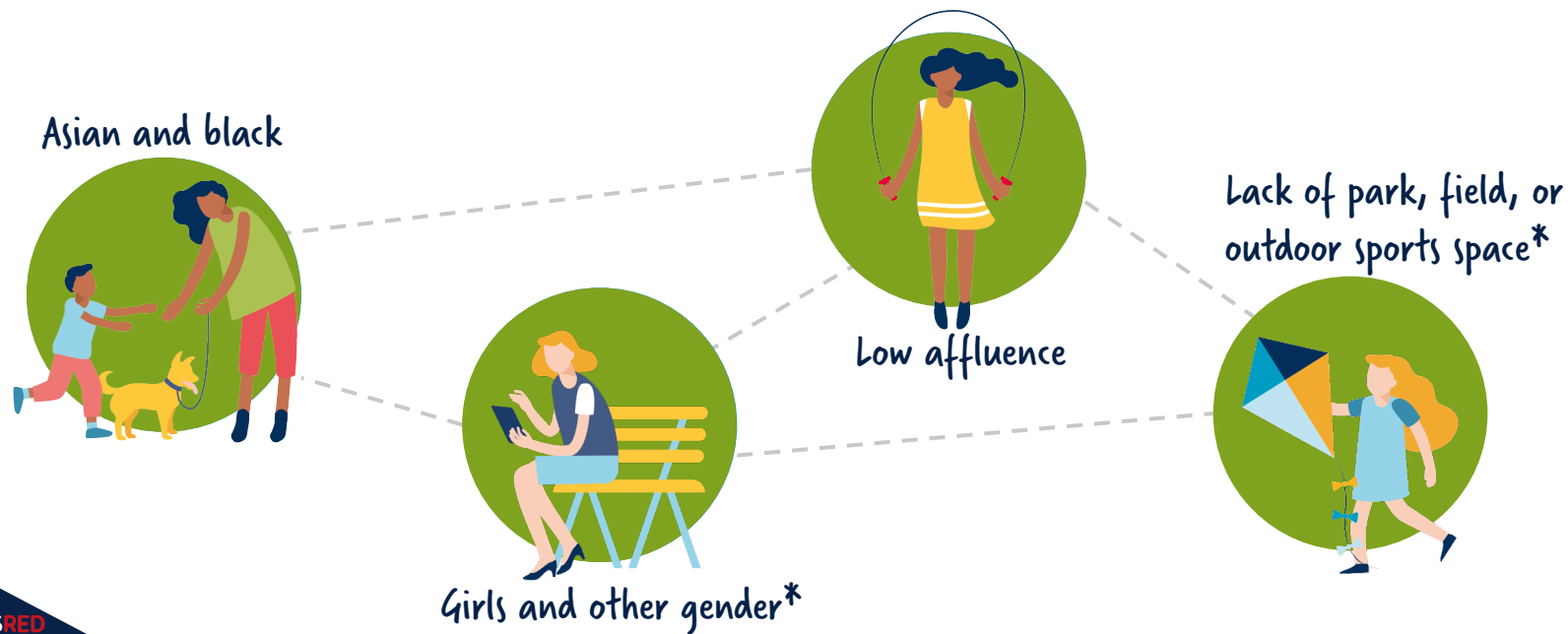
Activity levels are at their highest for children in years 7-8

However, this is far lower than National rates for this age group

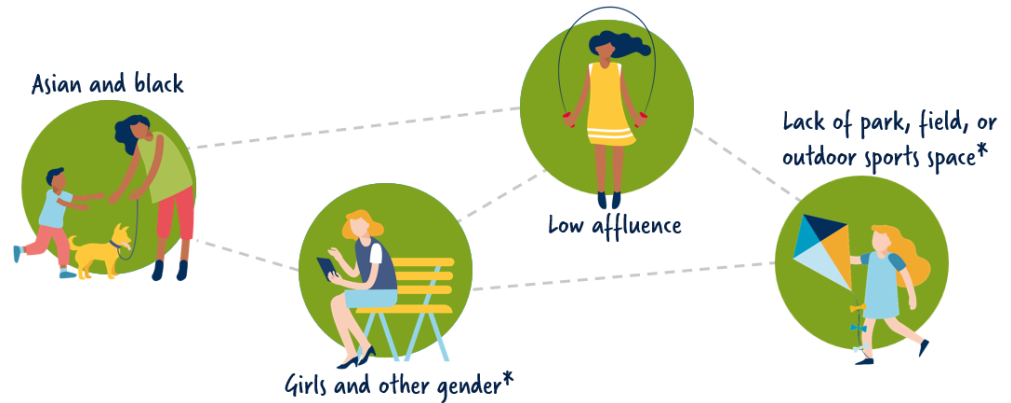
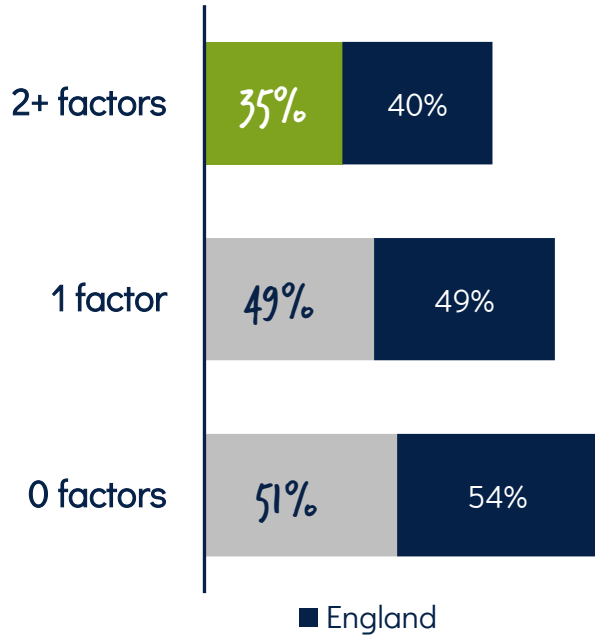


What drives inactivity in children and young people?

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

55% 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...



Know how to get involved in exercise and sports (know how)

63%

43%

Feel confident when doing exercise and sports (confidence)

58%

39%

Find exercise and sports easy (competence)

57%

42%

Enjoy taking part in exercise and sports (enjoyment)

55%

37%

Understand why exercise and sports are good for me (understanding)

51%

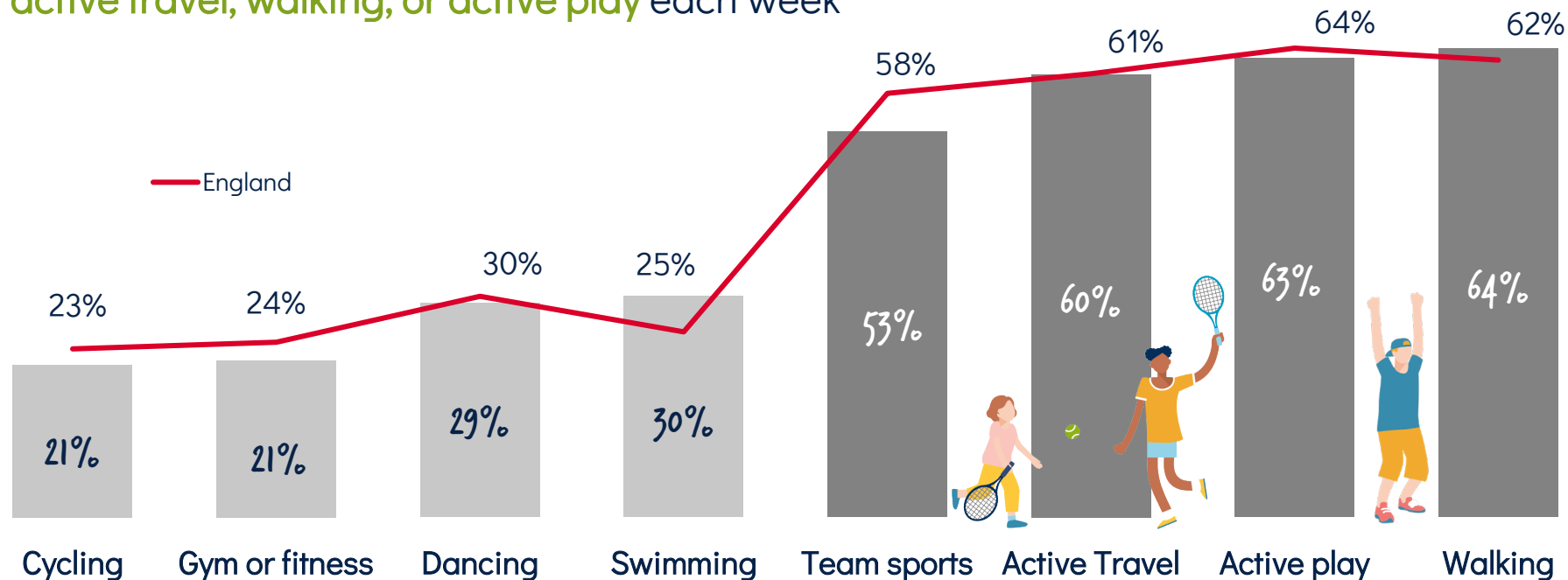
37%

Strongly agree

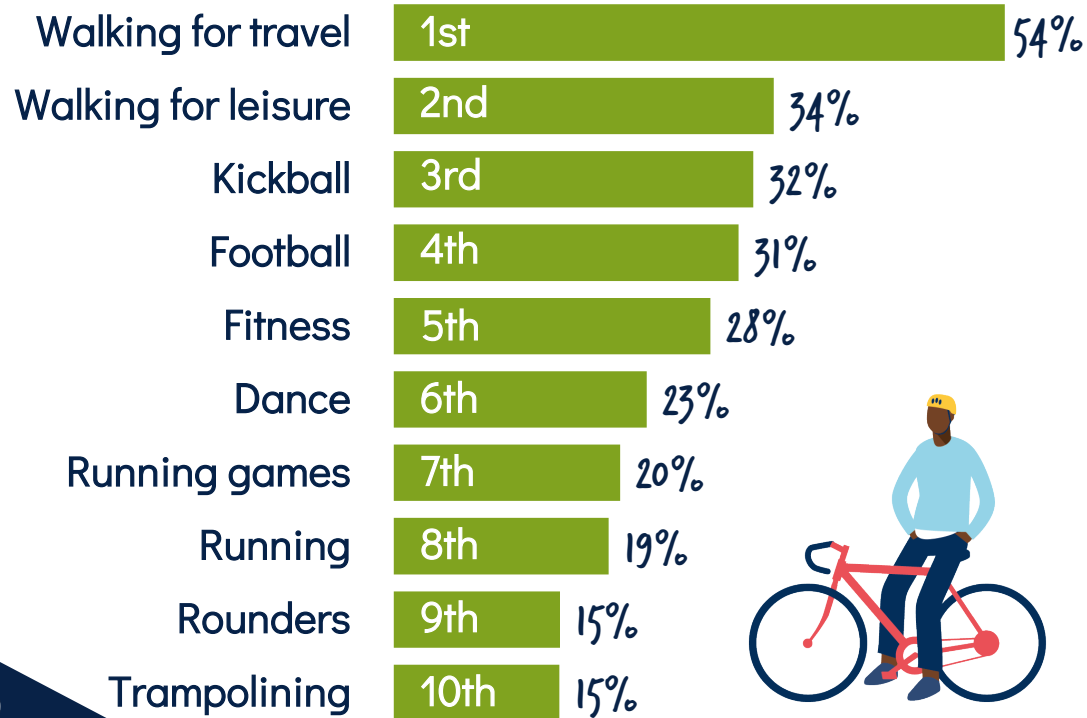
Does not strongly agree



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	Cycle for sport	14%
12th	Swimming	13%
13th	Badminton	12%
14th	Basketball	10%
15th	Cycle for travel	9%
16th	Climbing games	9%
17th	Throwing and skipping	8%
18th	Boxing	7%
19th	Field athletics	7%
20th	Gymnastics	7%
21st	Cricket	6%
22nd	Scooter	6%
23rd	Martial arts	6%
24th	Netball	5%
25th	Rugby	5%

Key messages

- **Half (52%) of our children and young people are not active enough.** That's around 57,000 children and young people in Nottinghamshire 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 16% difference in activity levels **across our local area.** Gelding children and young people are least likely to be active
- The **Inequalities Metric** shows activity rates are much lower for young people with two or more characteristics
- The **gender** activity gap persists 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 at the highest for children in **years 7-8.** However, this is far lower than National rates for this age group

