

# 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](#)

# 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

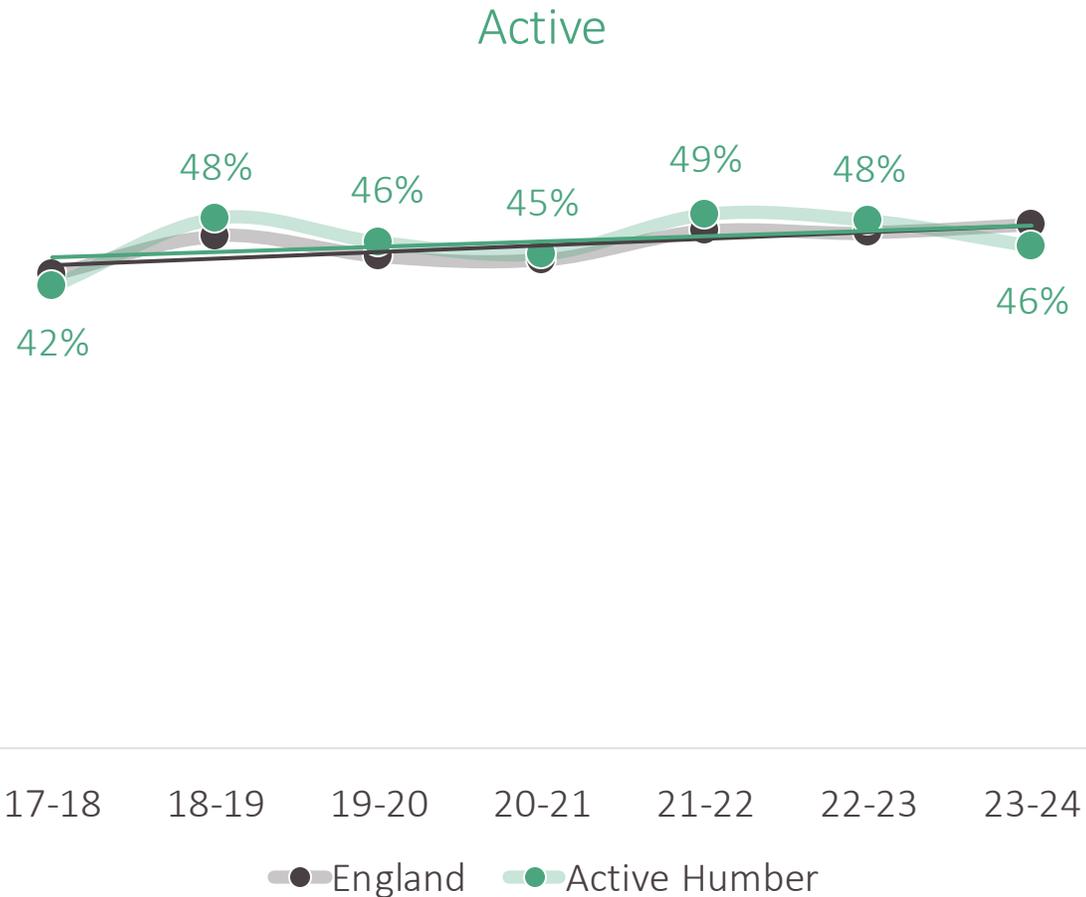
- Activity levels among infant-age children (school Years 1-2, ages 5-6) have been fairly stable over time, barring a drop during the height of the coronavirus pandemic restrictions in 2019-20. Compared to academic year 2017-18 we are recording a 4.0% increase.
- Among those in school Years 3-6 (ages 7-11), the proportion of children classified as active is up slightly over the longer term. This means there are 2.6%, or 46,000 more active Years 3-6 children compared to six years ago (academic year 2017-18)
- Activity levels have remained unchanged over the last two years among young people in school Years 9-11 (ages 13-16), following a period of growth over preceding years. As such, over the last six years (since academic year 2017-18), 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. Both groups have seen growth over the last four years, but this has been slightly greater for those with a disability or long-term health condition (up 4.1% vs 3.2% for those without).

# National – demographics continued

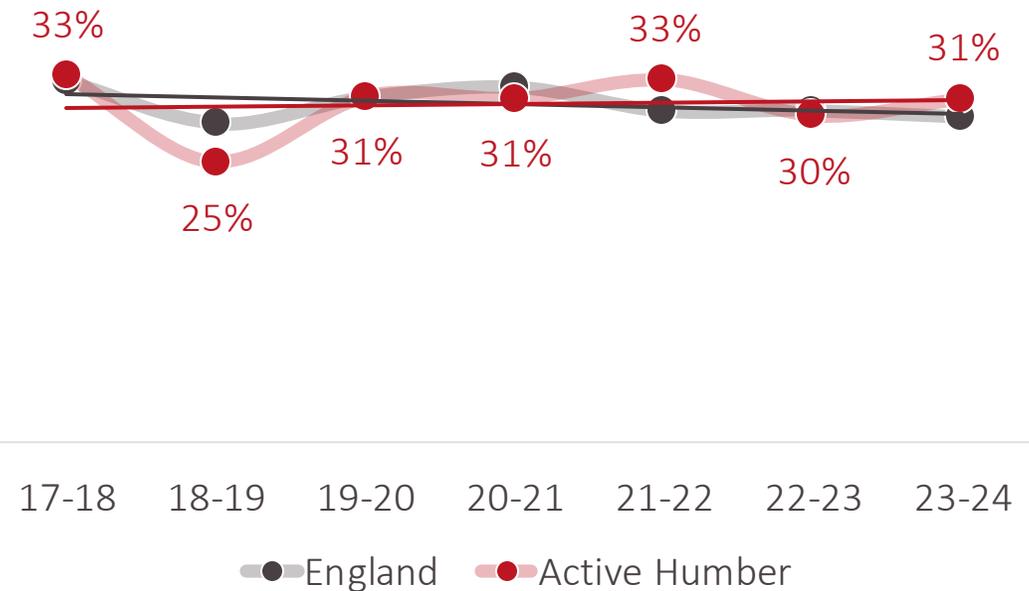
- We have recorded a small increase (+2.8%) in activity levels among Asian children and young people compared to 12 months ago, which has been driven by Asian girls. All groups are now recording increases over the longer term (compared to academic year 2017-18). Despite this, Asian, Black and children 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.

# Activity levels of whole population trends

## Active



## Less active

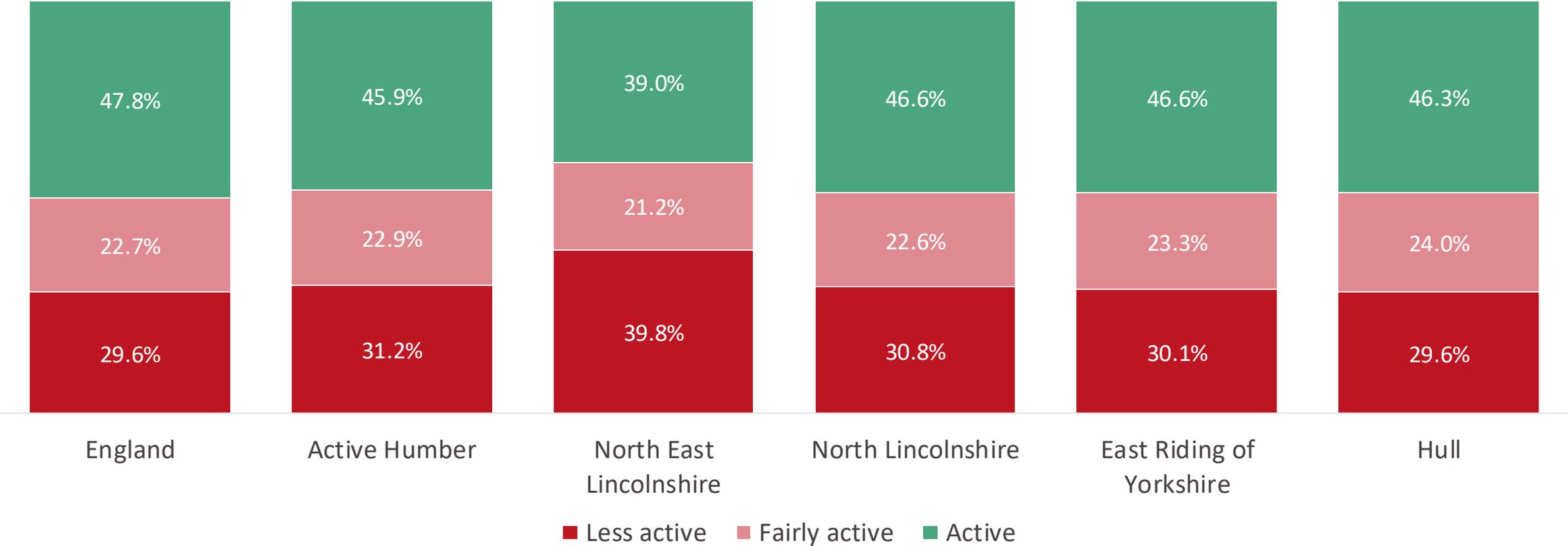


# Responses per year

	<b>17-18</b>	<b>18-19</b>	<b>19-20</b>	<b>20-21</b>	<b>21-22</b>	<b>22-23</b>	<b>23-24</b>
England	109,503	113,728	89,303	86,828	104,404	122,347	122,480
<b>The Humber</b>	<b>2,658</b>	<b>1,707</b>	<b>1,470</b>	<b>1,288</b>	<b>2,329</b>	<b>3,085</b>	<b>3,378</b>
Hull	646	255	^	^	508	983	^
East Riding	605	336	292	^	450	195	572
North East Lincolnshire	863	619	581	^	261	496	474
North Lincolnshire	544	497	500	1117	1110	1411	1,675



# Physical activity levels: Academic Year 2023-24



# Local authority physical activity levels

## Active

	<b>17-18</b>	<b>18-19</b>	<b>19-20</b>	<b>20-21</b>	<b>21-22</b>	<b>22-23</b>	<b>23-24</b>
England	43.3%	46.8%	44.9%	44.6%	47.2%	47.0%	47.8%
<b>Active Humber</b>	<b>42.1%</b>	<b>48.4%</b>	<b>46.1%</b>	<b>45.1%</b>	<b>48.7%</b>	<b>48.1%</b>	<b>45.9%</b>
Hull	49.6%	60.2%	^	^	47.6%	45.3%	46.3%
East Riding	38.3%	60.3%	48.3%	^	49.3%	52.2%	46.6%
North East Lincolnshire	39.0%	46.5%	49.5%	^	55.4%	51.4%	39.0%
North Lincolnshire	40.2%	38.0%	41.6%	41.2%	47.4%	47.9%	46.6%



# Local authority physical activity levels

England  
**Active Humber**  
 Hull  
 East Riding  
 North East Lincolnshire  
 North Lincolnshire

## Less Active

	<b>17-18</b>	<b>18-19</b>	<b>19-20</b>	<b>20-21</b>	<b>21-22</b>	<b>22-23</b>	<b>23-24</b>
England	32.9%	29.0%	31.3%	32.4%	30.1%	30.2%	29.6%
<b>Active Humber</b>	<b>33.3%</b>	<b>25.5%</b>	<b>31.5%</b>	<b>31.3%</b>	<b>32.9%</b>	<b>29.7%</b>	<b>31.2%</b>
Hull	30.2%	20.0%	^	^	31.3%	31.0%	29.6%
East Riding	29.0%	16.8%	30.5%	^	33.2%	24.3%	30.1%
North East Lincolnshire	37.3%	26.8%	25.9%	^	24.0%	29.6%	39.8%
North Lincolnshire	36.8%	31.5%	37.3%	35.4%	35.3%	30.0%	30.8%



# Change in physical activity levels

Between 17-18 and 23-24 (baseline)

	Active		Less Active	
England	4.5%	Significant increase	-3.3%	Significant decrease
<b>Active Humber</b>	<b>3.7%</b>	<b>No change</b>	<b>-2.1%</b>	<b>No change</b>
Hull	-3.3%	No change	-0.5%	No change
East Riding	8.3%	Significant increase	1.1%	No change
North East Lincolnshire	0.1%	No change	2.5%	No change
North Lincolnshire	6.4%	No change	-6.0%	No change



# Change in physical activity levels

Change in the last 12 months (22-23 to 23-24)

	Active		Less Active	
England	0.8%	No change	-0.6%	No change
<b>Active Humber</b>	<b>-2.3%</b>	<b>No change</b>	<b>1.6%</b>	<b>No change</b>
Hull	1.1%	No change	-1.4%	No change
East Riding	-5.7%	No change	5.8%	No change
North East Lincolnshire	-12.4%	Significant decrease	10.2%	Significant increase
North Lincolnshire	-1.3%	No change	0.8%	No change



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 45.9% of children and young people in The Humber are classed as active. The active rate is now lower (worse) than the last 12 months.
- The active rate for The Humber is now 1.9pp worse than England (47.8%)

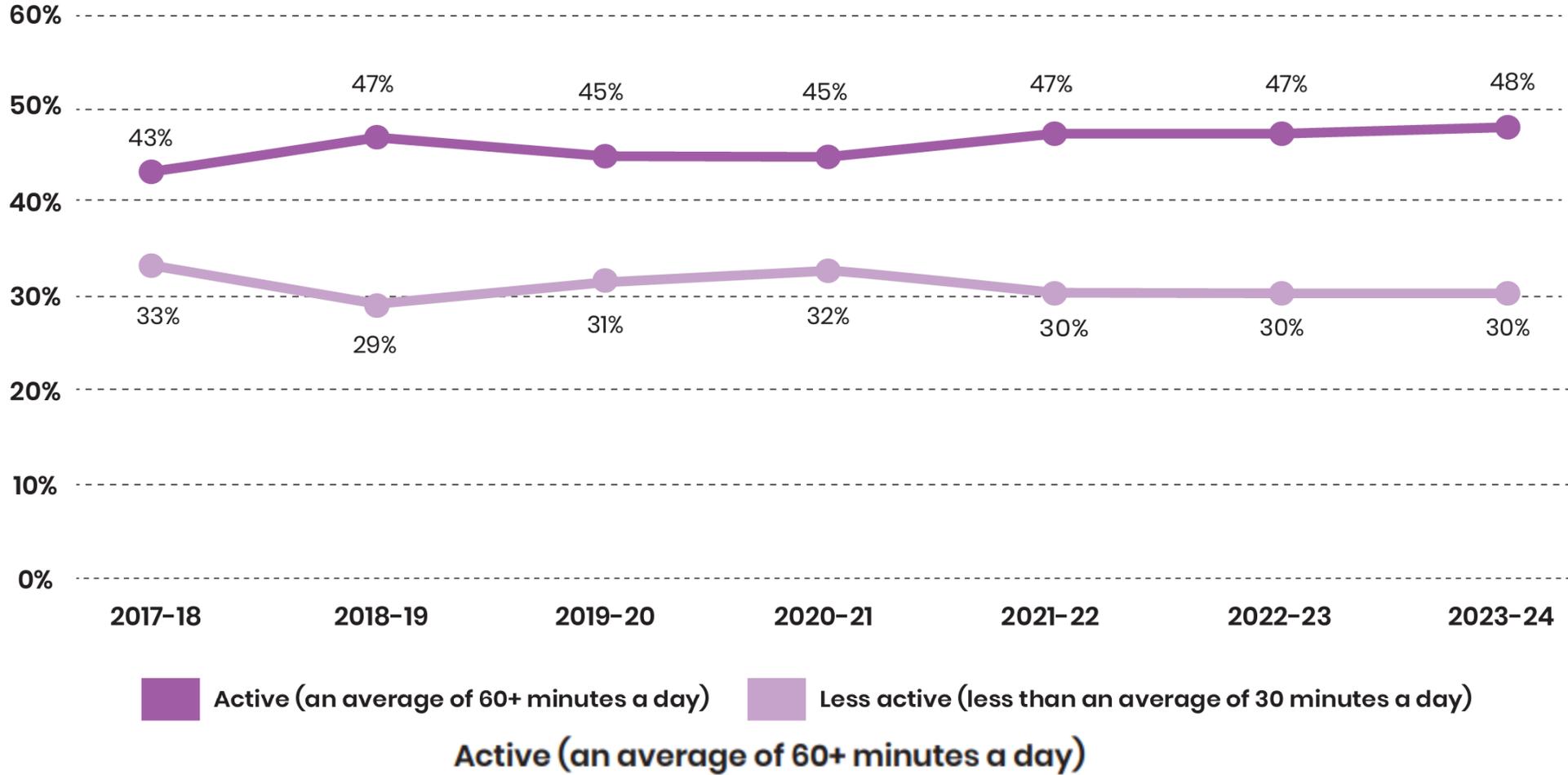
### Less active

- The latest 2023-24 data shows 31.2% of children and young people in The Humber are classed as less active. This rate is higher (worse) than the last 12 months.
- The Humber figures are now 1.6pp worse than national (29.6%)

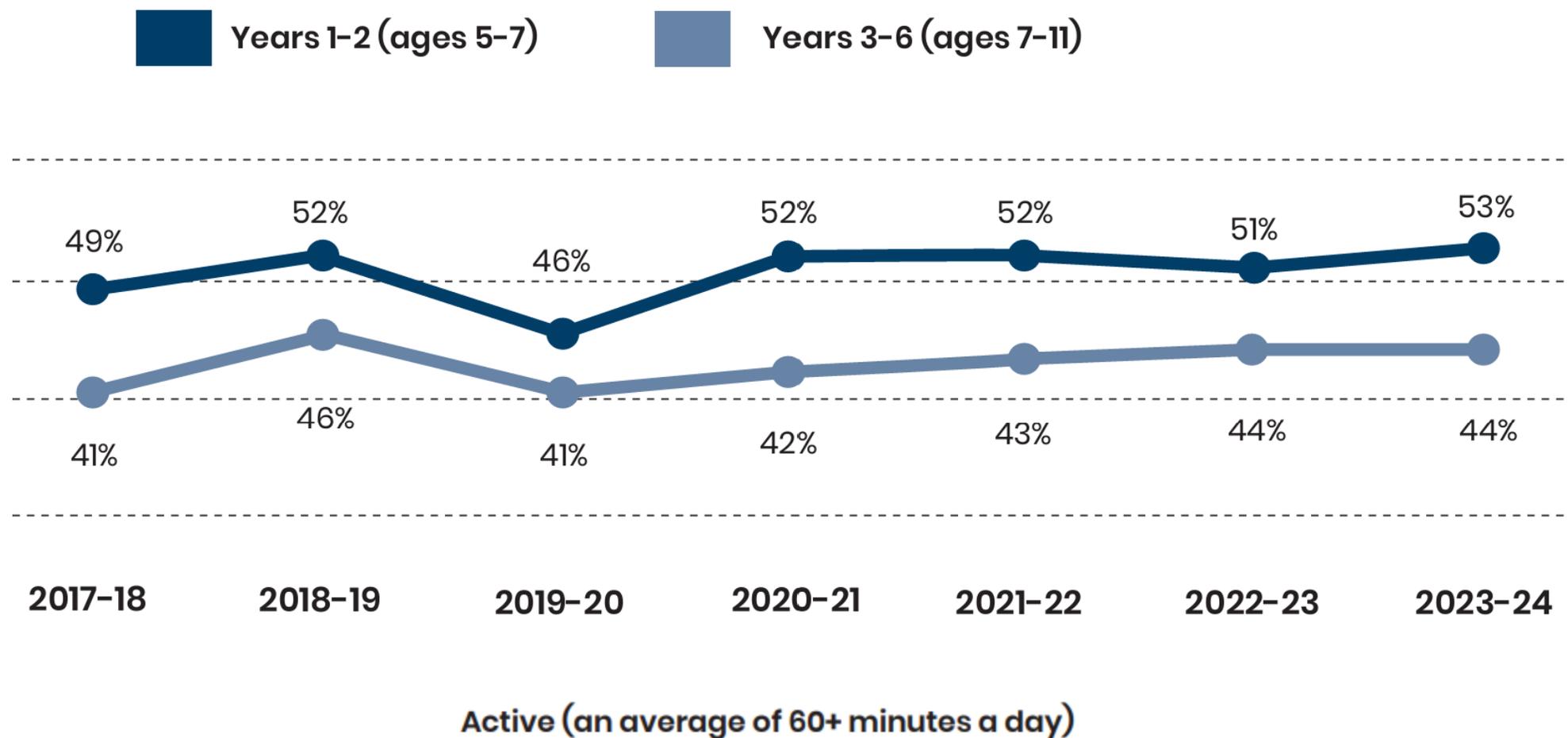
National  
findings



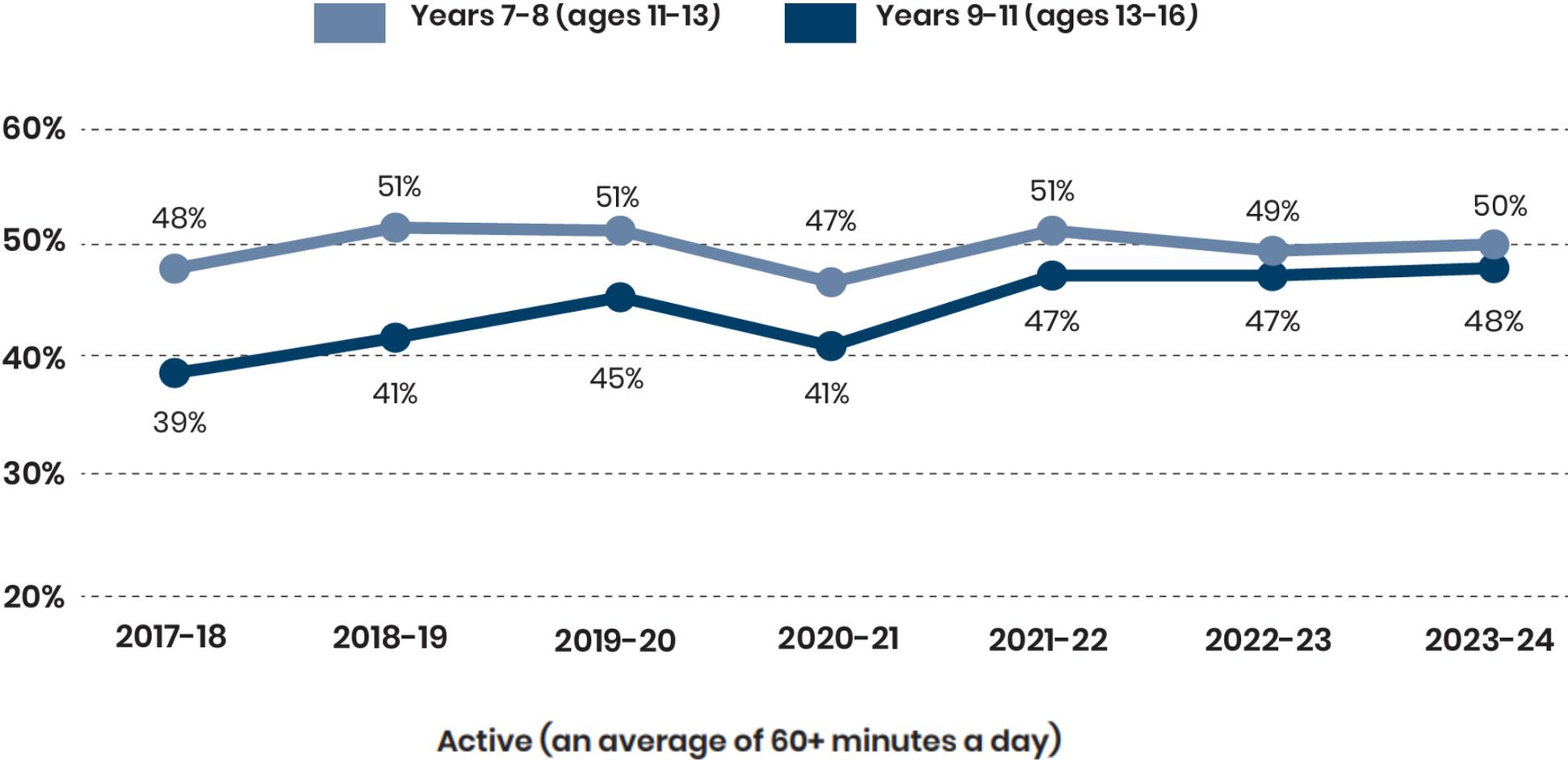
# Overall, activity levels have remained increased gradually



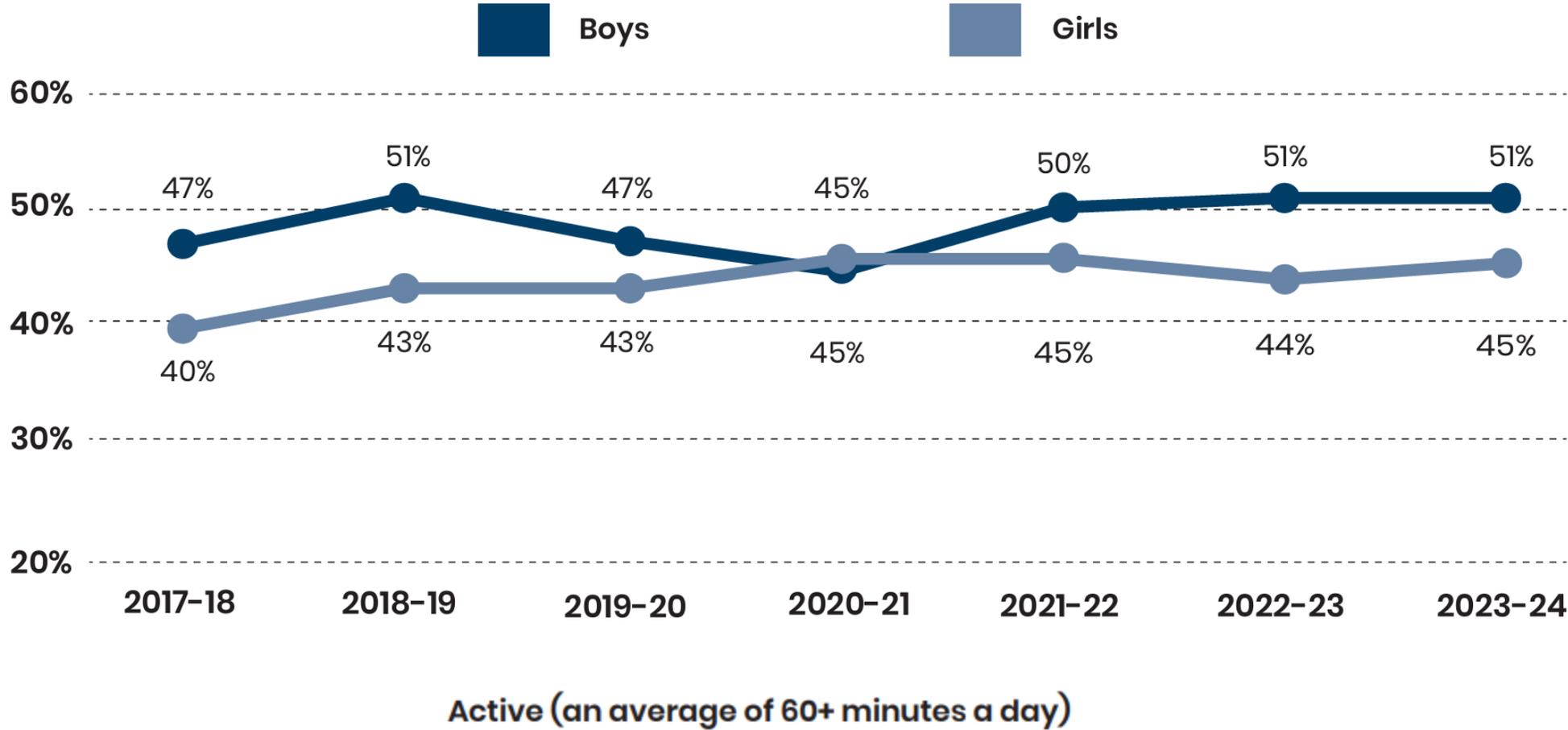
# There has been little change in activity levels over the last three years among **primary-age children**



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

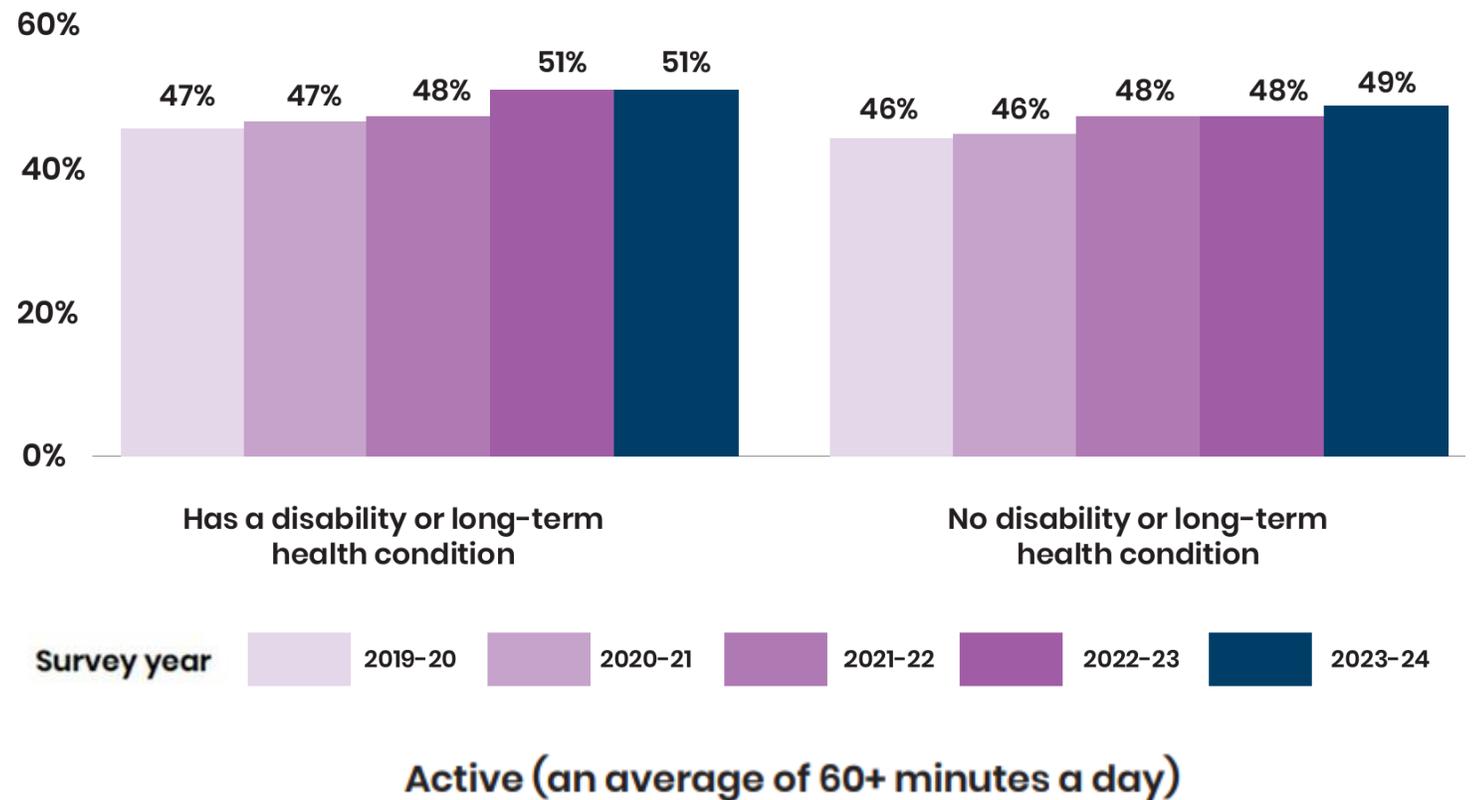


# Both boys and girls have seen activity levels increase over the last six years



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.

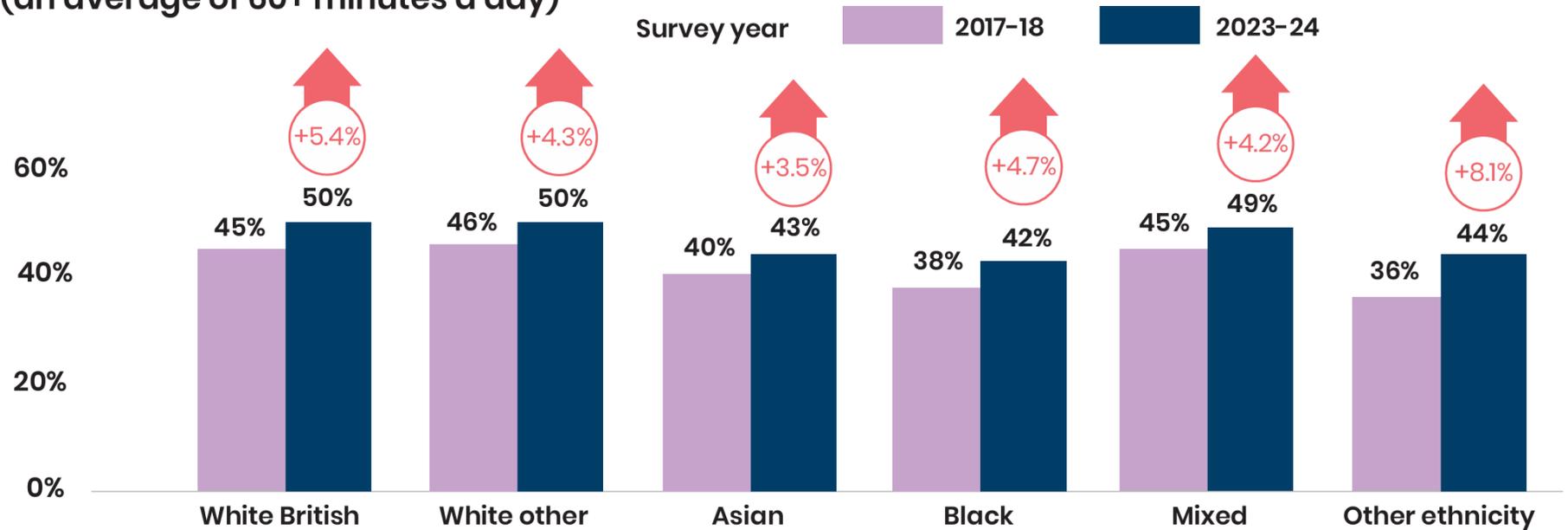


# Activity levels are up over the longer term among all groups

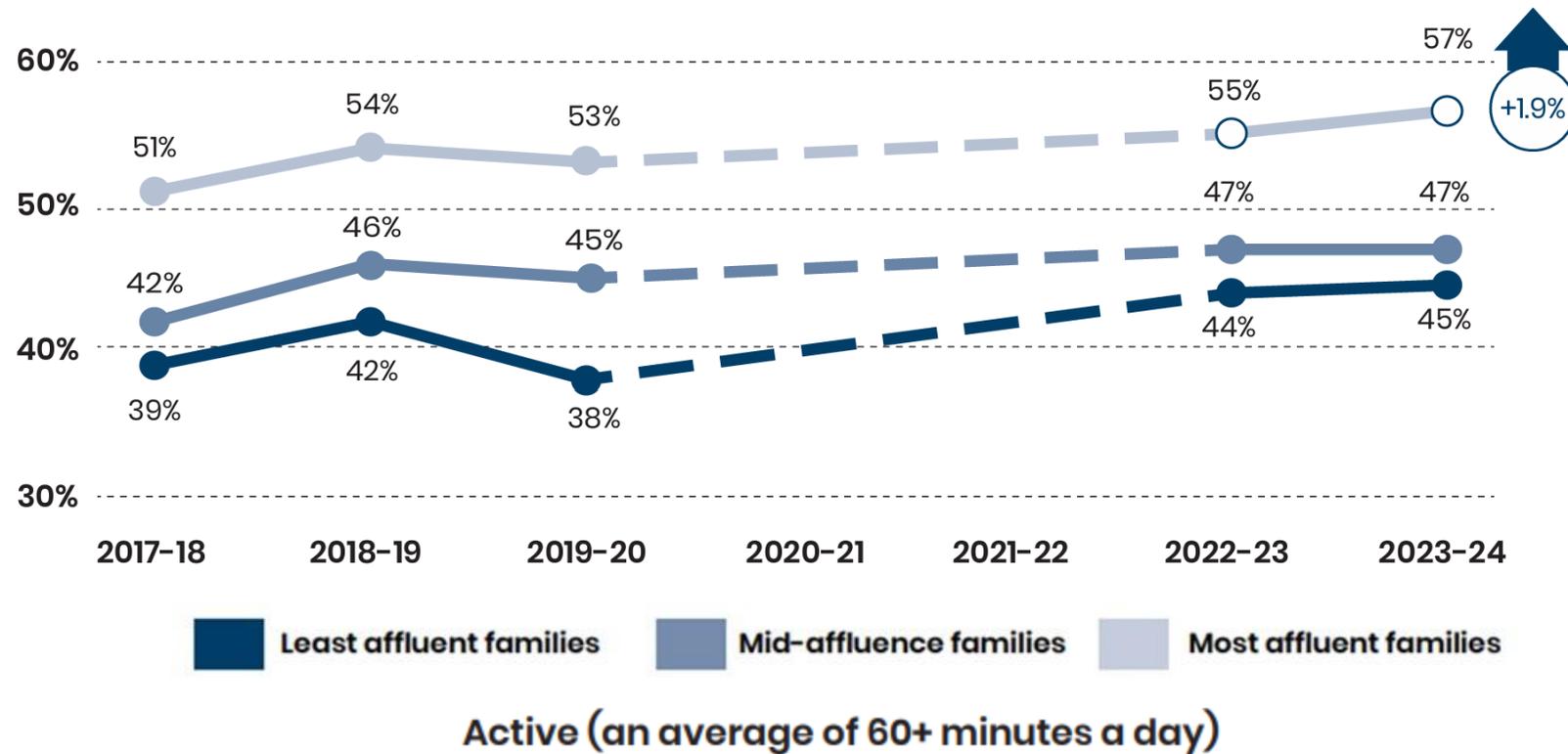
↑  
%  
Arrows show change from 5 years ago  
No arrows indicates no statistically reportable change

Note: After White British, the largest ethnic groups within the child population are Asian (10%) and Mixed (7%), with White other (6%), Black (5%) and Other ethnic groups (4%) 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.

## 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.

