



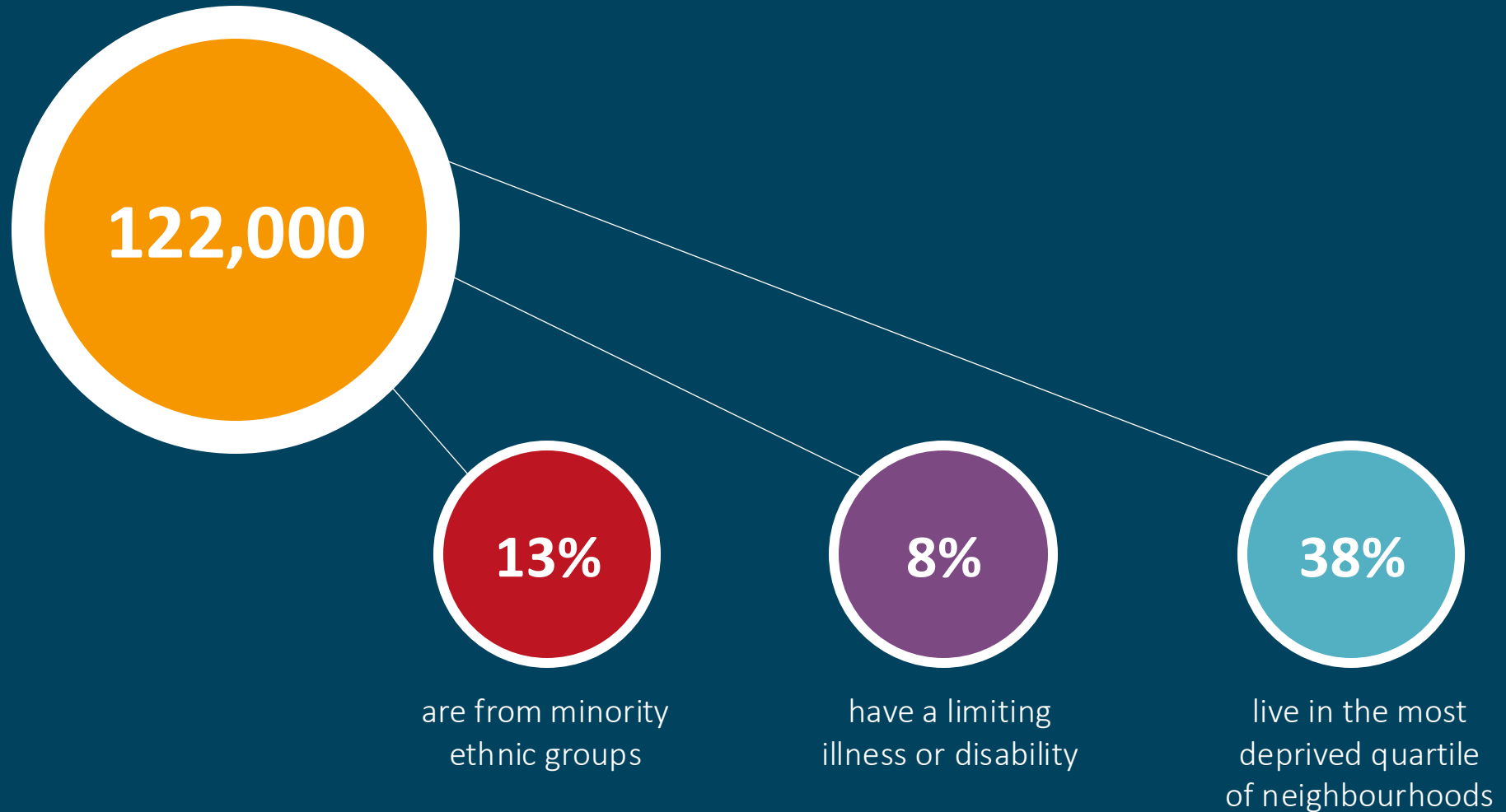
Children & Young People
Physical Activity Behaviour in
The Humber

March 2025

Active Lives Children's Survey 2023-24



There are **122,000** young people in The Humber

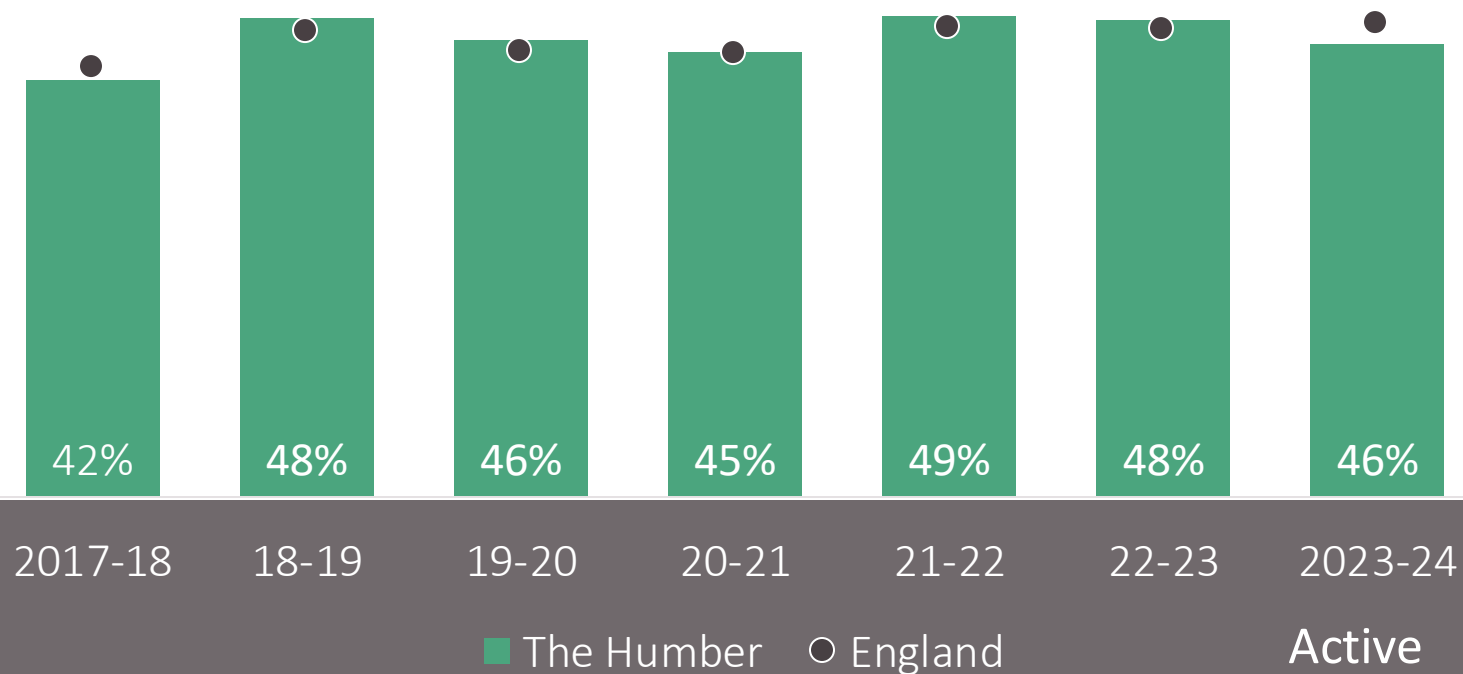


54% of children and young people are **not active enough**

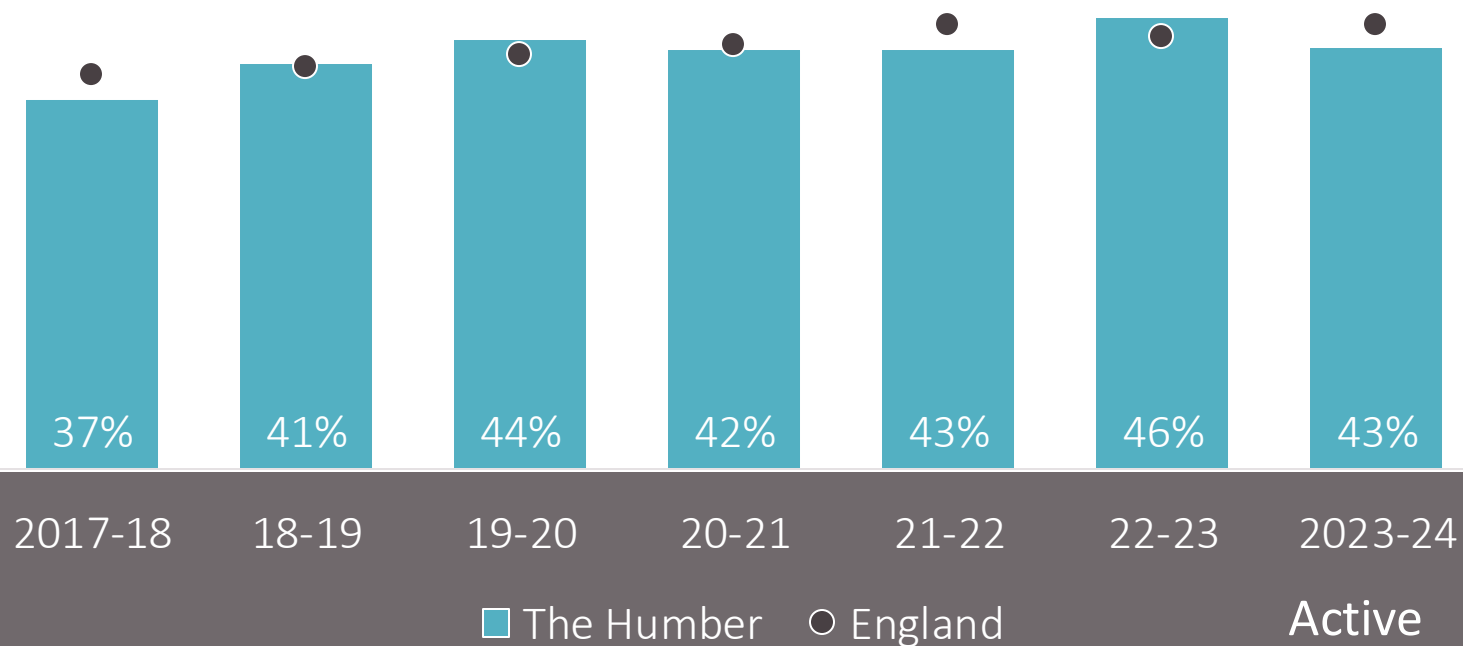


That's **66,000**
young people not
meeting recommended
activity levels

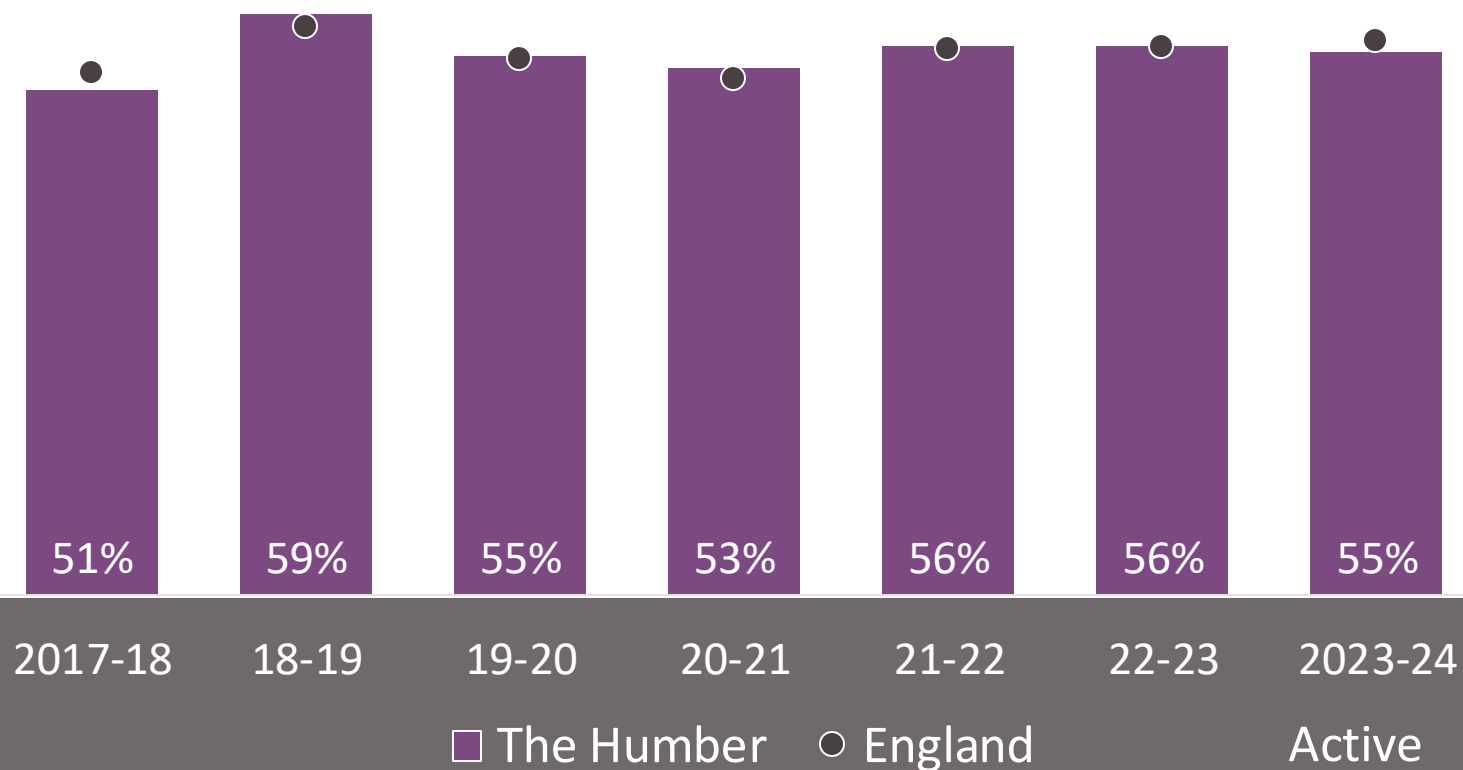
There has been little change in **active levels** for children and young people



Active levels for children and young people are higher **at school**



Active levels for children and young people are higher outside school

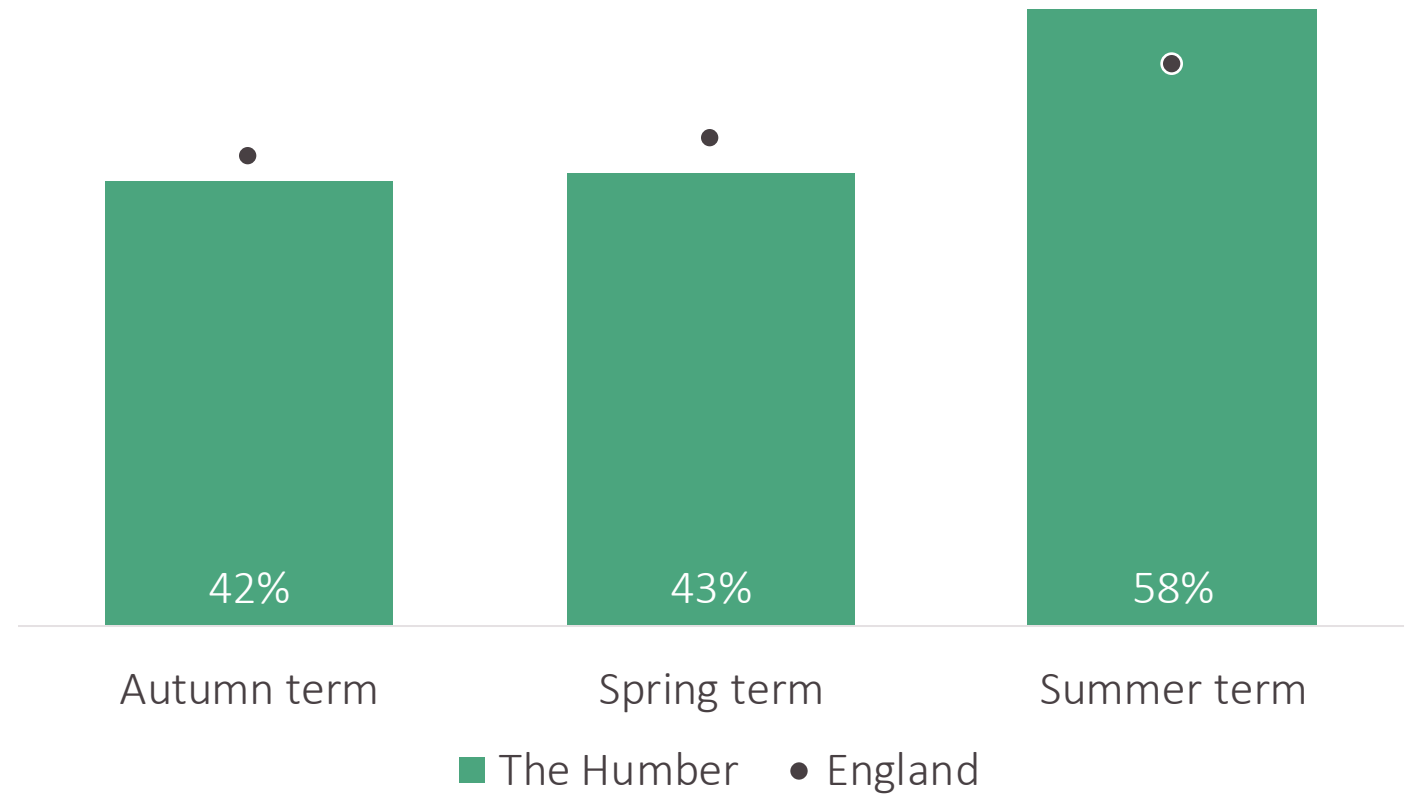


Activity levels are higher in the summer

When surveys were completed will impact overall activity levels

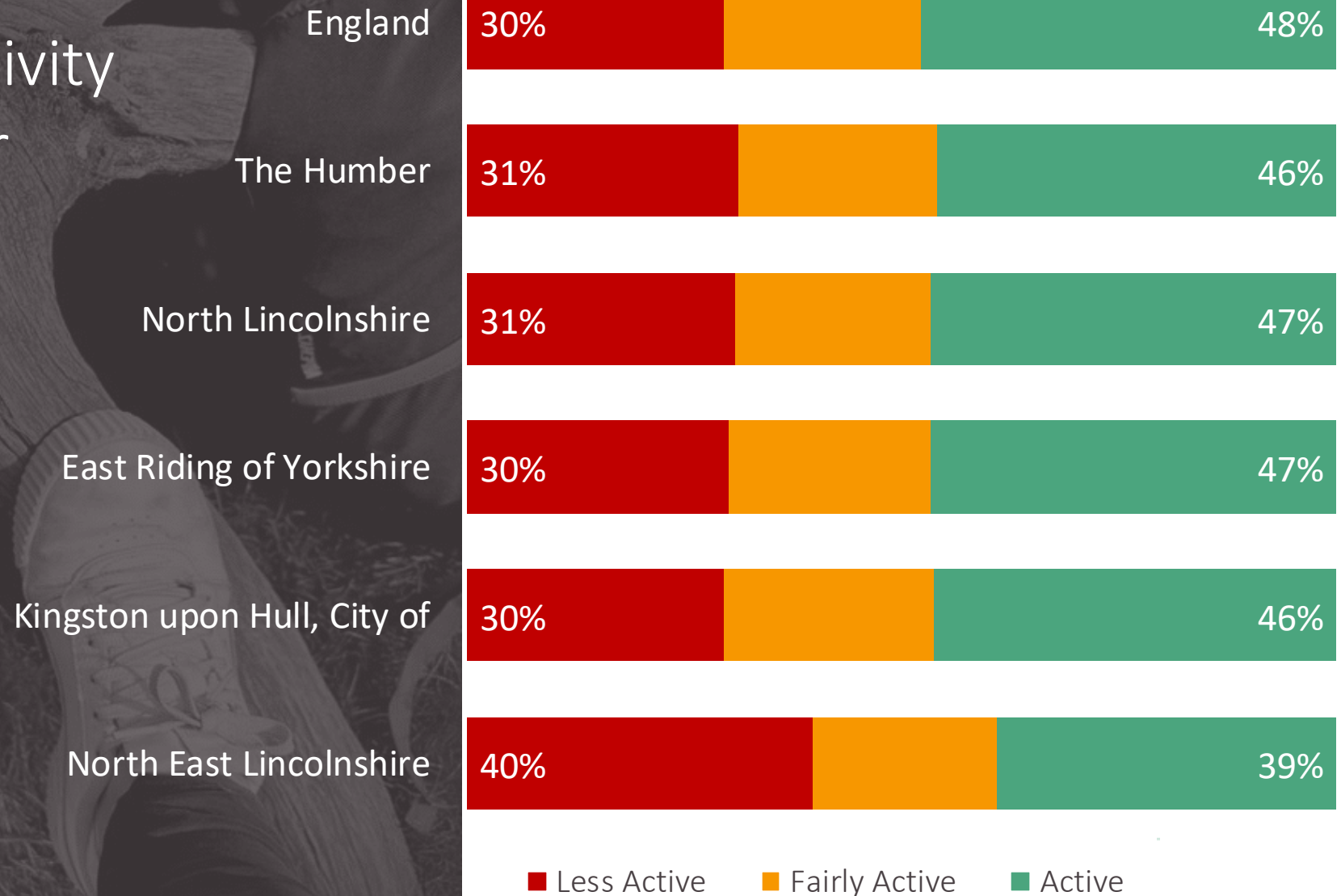
Sample size by term:

- Autumn: 902
- Spring: 1,511
- Summer: 965



Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: An average of 60 minutes or more a day, either at school or outside school (**everywhere**)

There is 8% difference in activity levels across our local area



Sport England launched the **Inequalities Metric** in 2024

Its aim is to better
surface inequalities in
sport and physical
activity participation

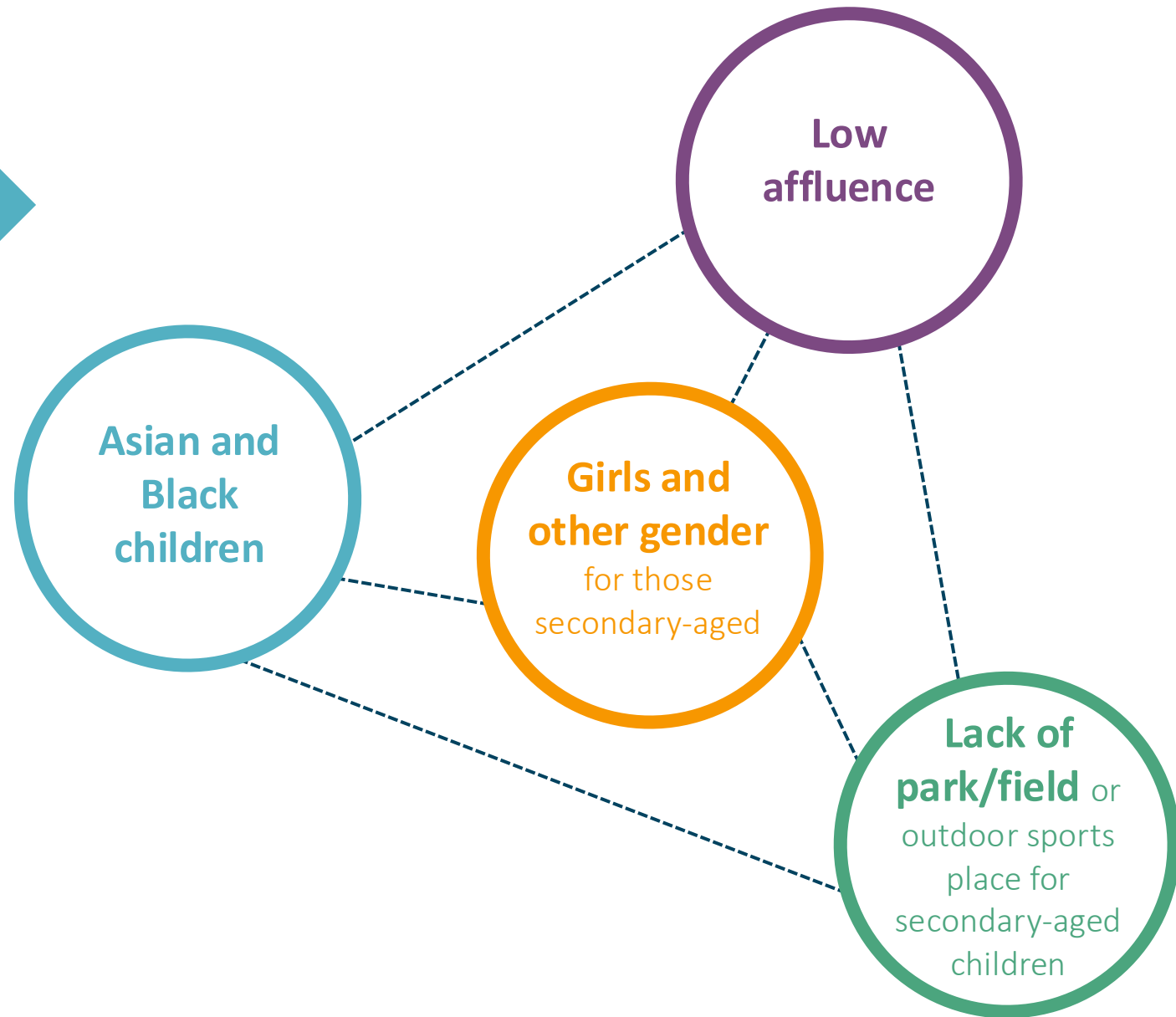
Nationally, **51%** of those
with **no inequality factors**
meet activity guidelines

Compared to **39%** for
those with **two or more
characteristics**



Key characteristics for children and young people

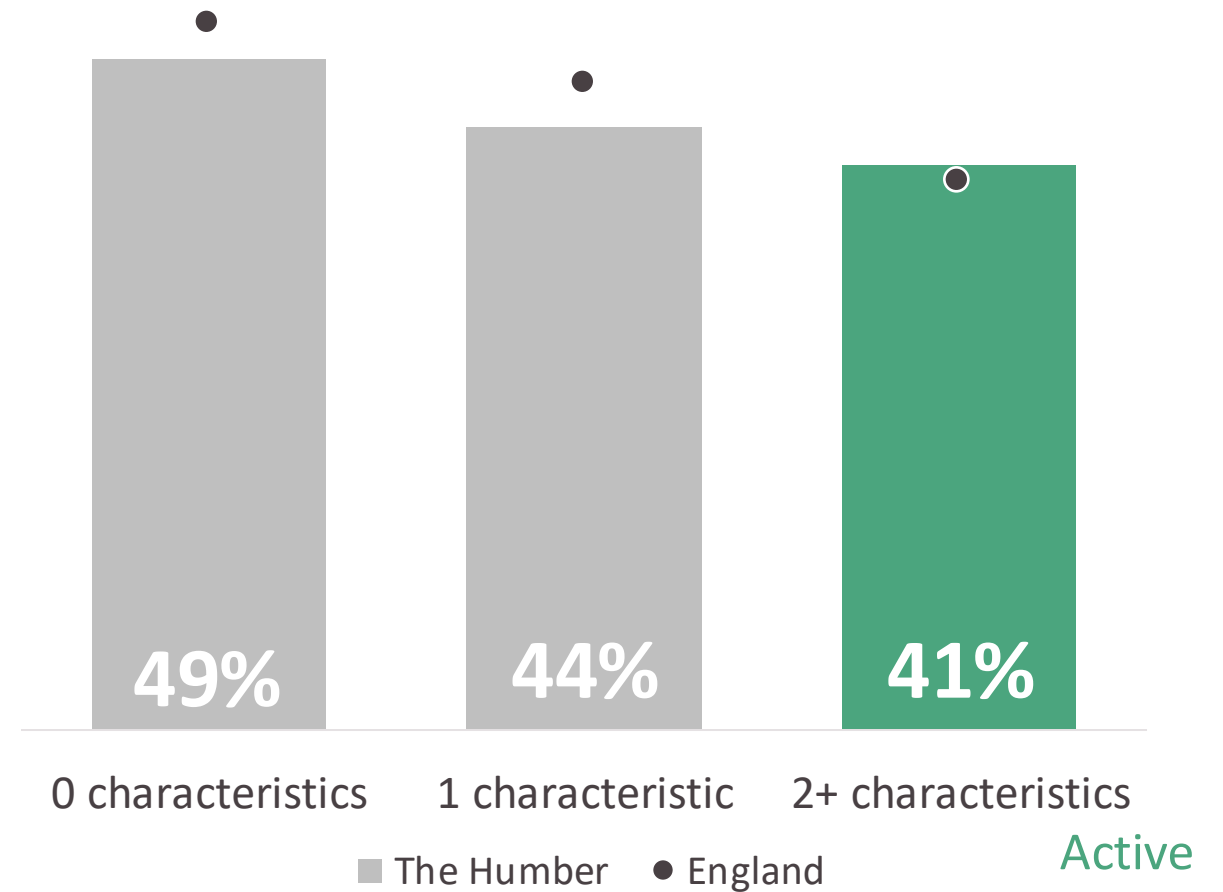
The **key driver** of lower levels of physical activity is where a child has **two or more characteristics associated with being less active**



Active levels as measured by the **Inequalities Metric**



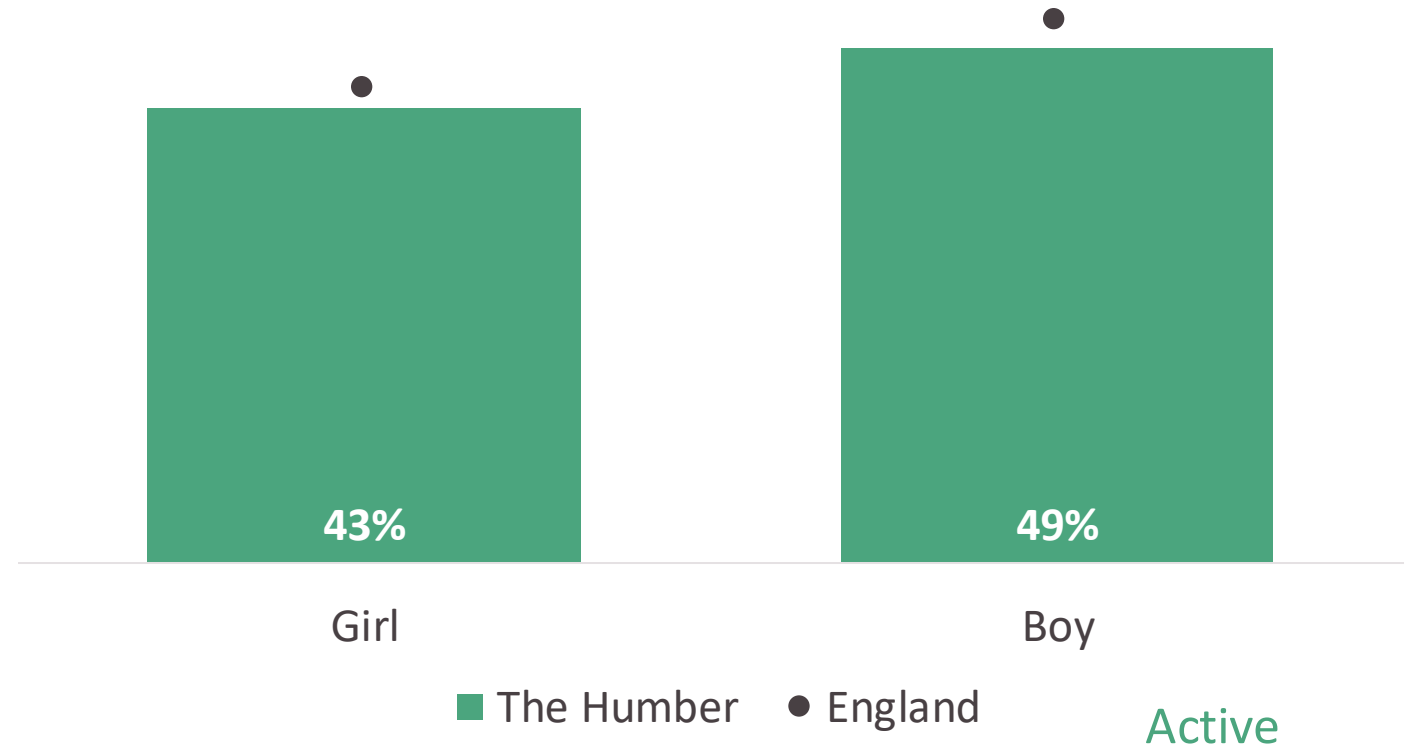
Activity levels reduce as our children and young people experience more factors from the Inequality Metric



Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: An average of 60 minutes or more a day, either at school or outside school (**everywhere**)

Girls are less likely to be active compared to boys

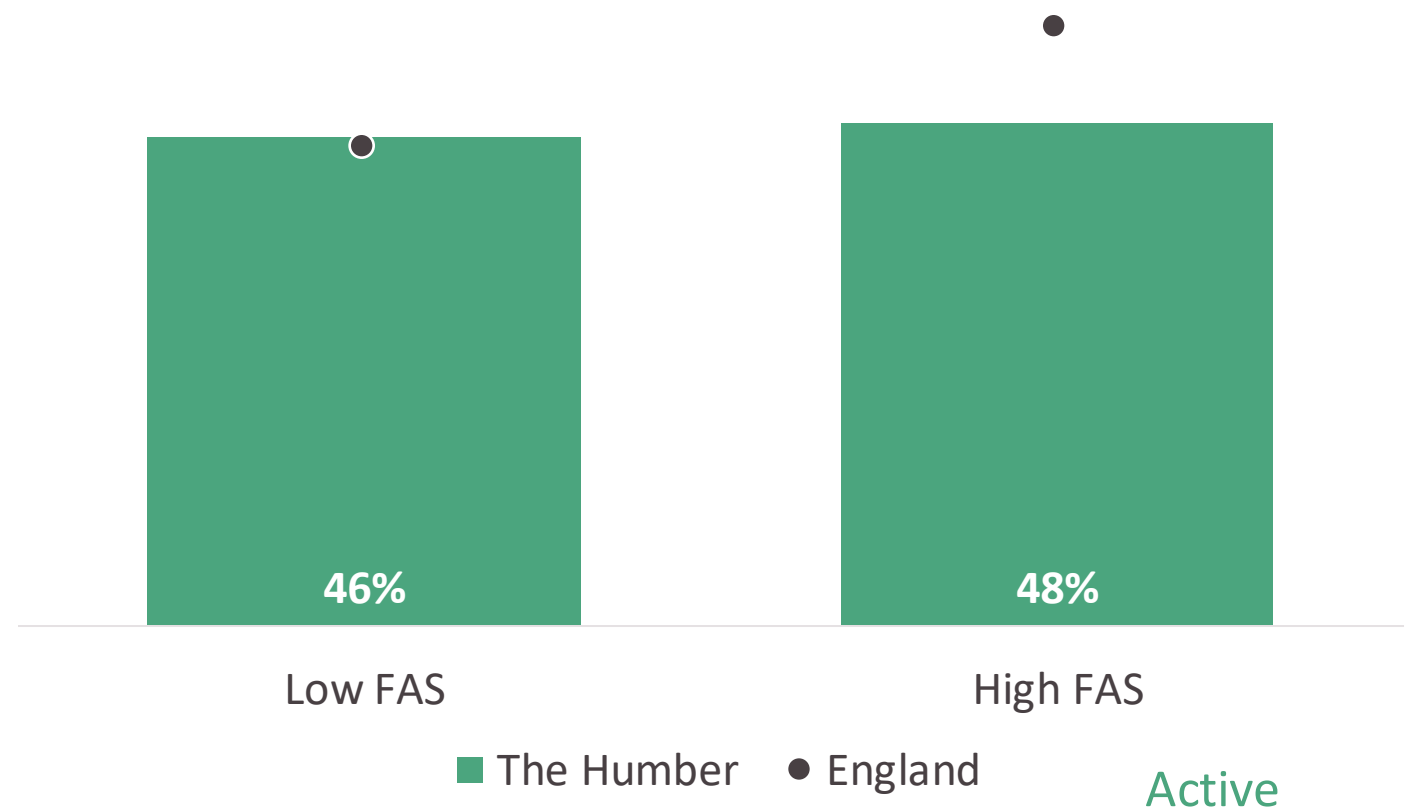
This is predominantly driven by activity levels at school



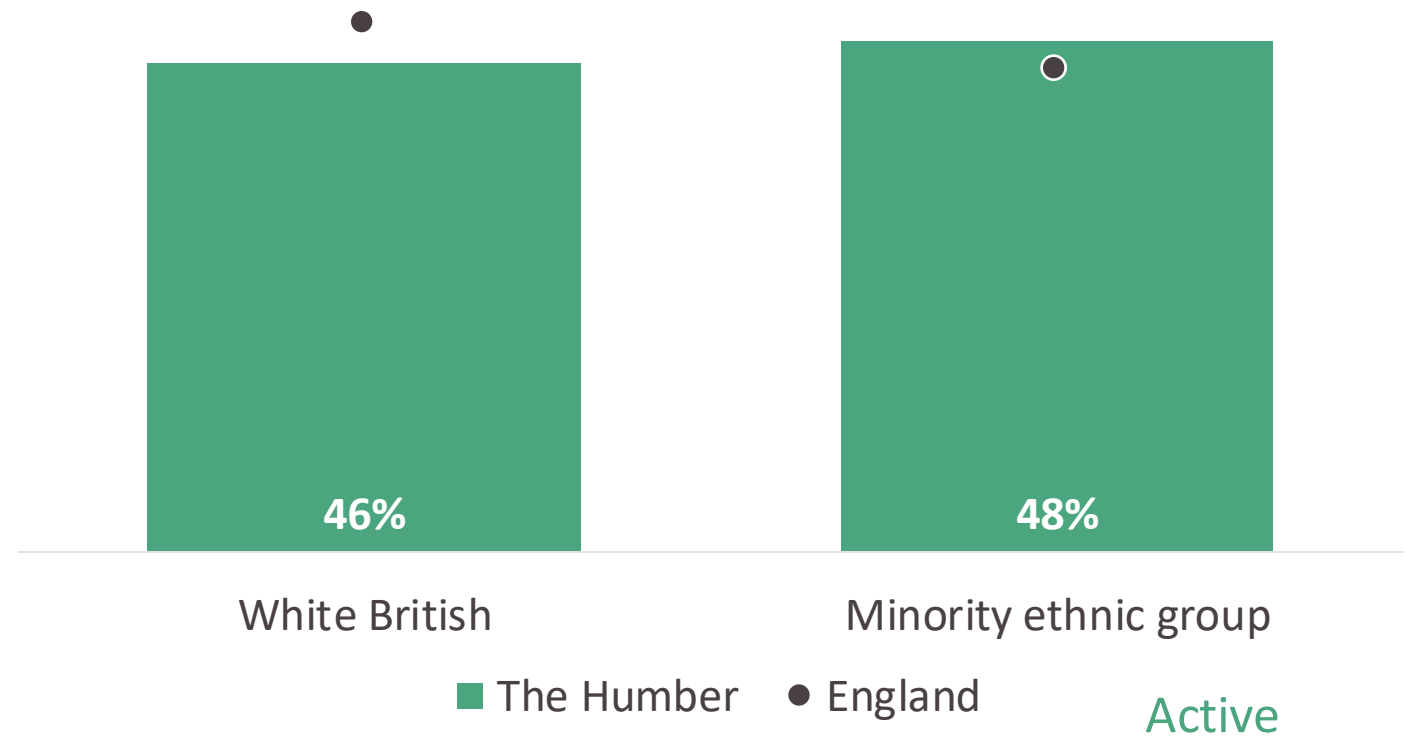
Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: An average of 60 minutes or more a day, either at school or outside school (**everywhere**)

There is little difference in active levels between low and high affluence families

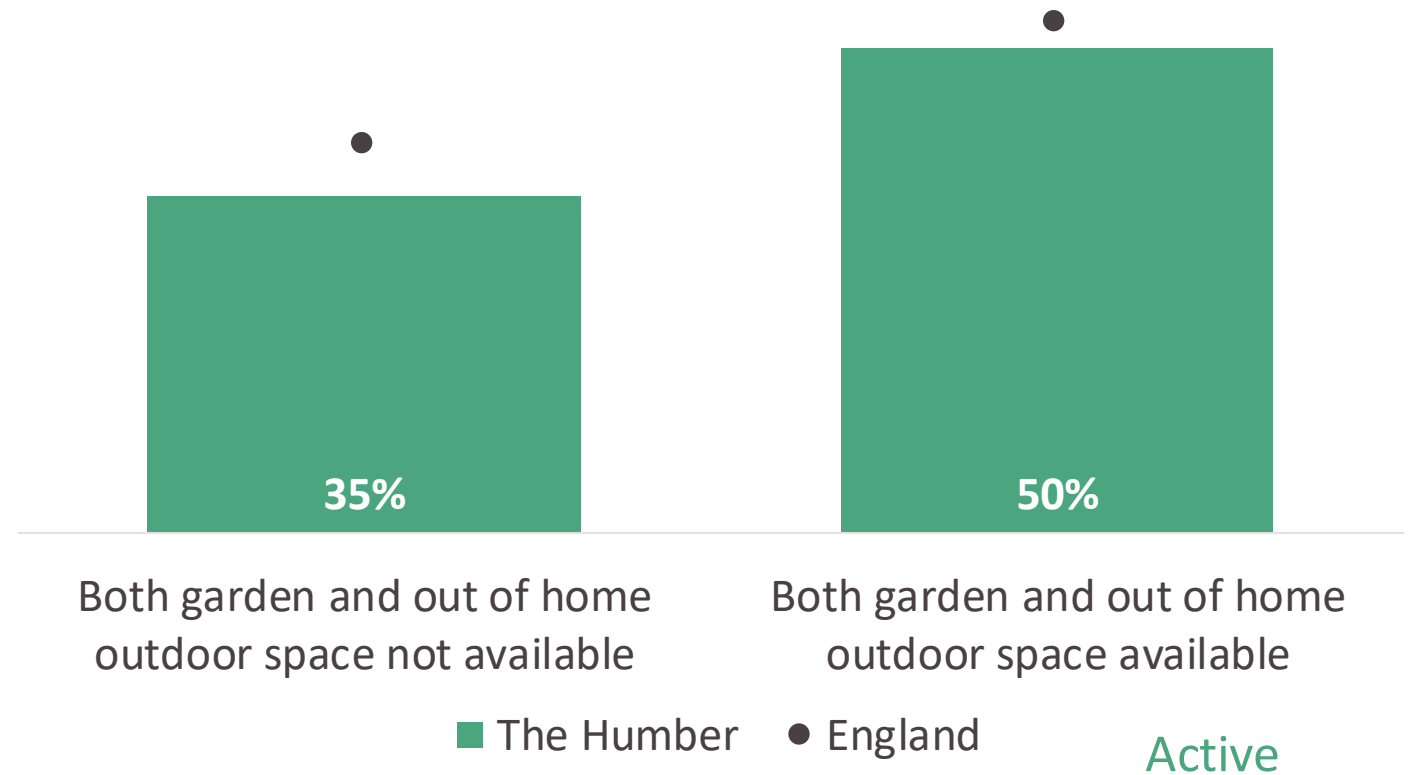
Active levels for high affluence families is far lower than national



We are only able to view data in two categories, **White British** and **Minority ethnic groups**. This may mask some of the inequalities between ethnic group



Having access to **outdoor space** both at home and away from home such as parks has a **positive impact on activity levels**



Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: An average of 60 minutes or more a day, either at school or outside school

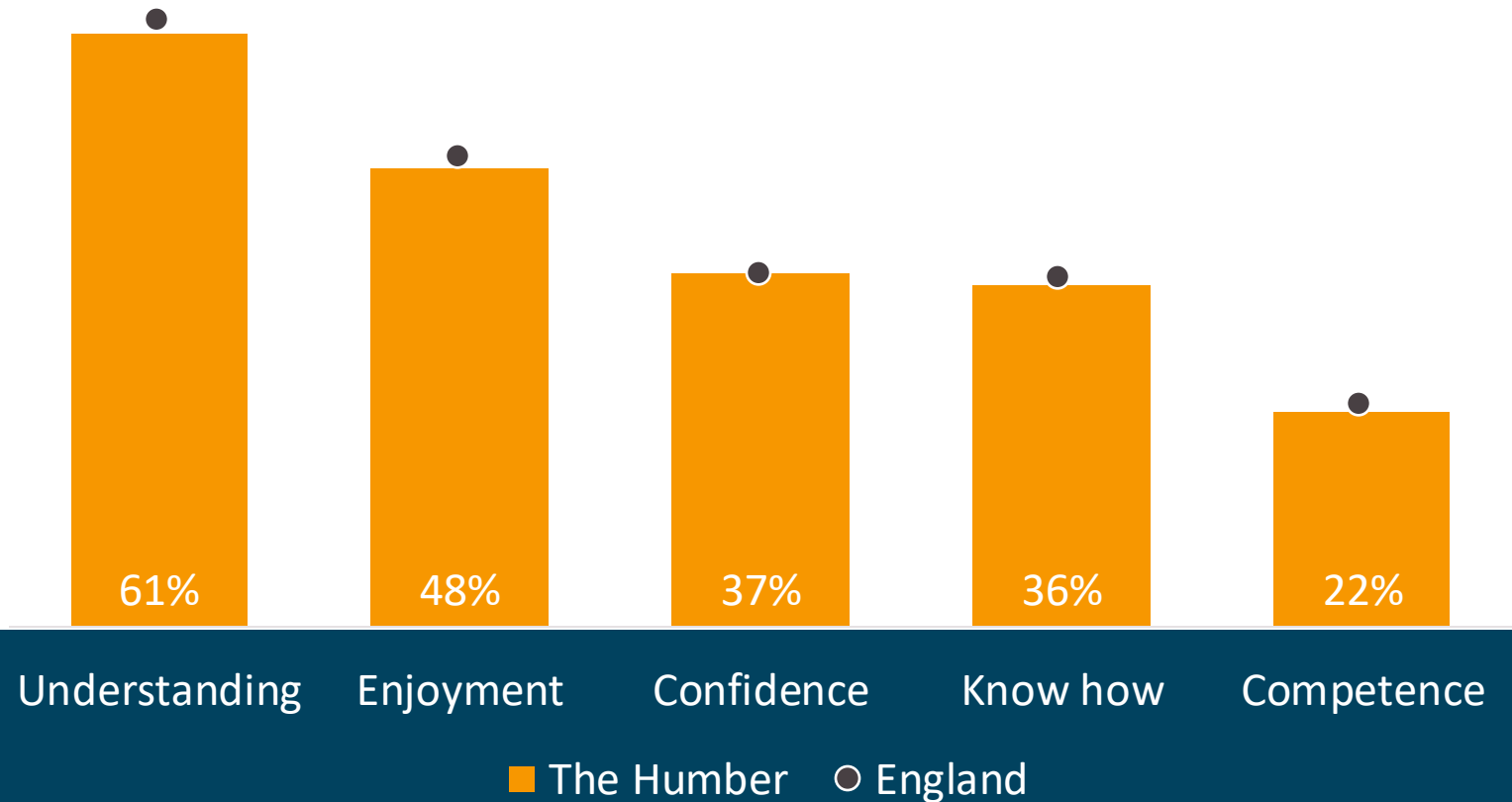
A photograph of three young women looking down at something together, overlaid with a teal filter. A white rectangular box is centered over the image, containing the word "Appendix" in white text. The women are in the foreground, and the background is blurred. The overall mood is collaborative and focused.

Appendix

Positive attitudes towards sport and physical activity

The proportion of children and young people reporting that they:

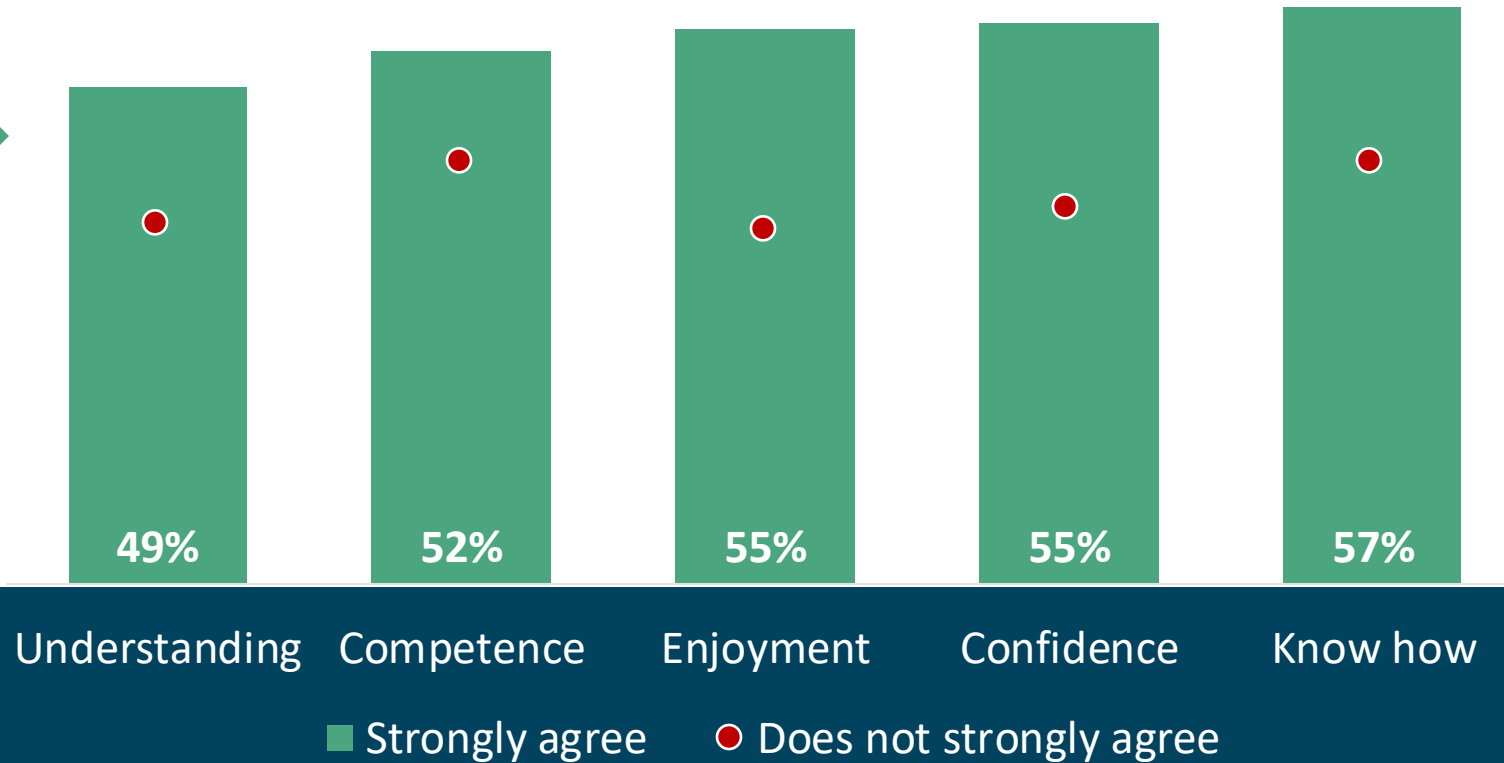
- **Understand** why being active is good for them (understanding)
- **Enjoy** taking part (enjoyment)
- **Feel confident** when doing so (confidence)
- **Know how** to get involved (know how)
- **Find it easy** (competence)



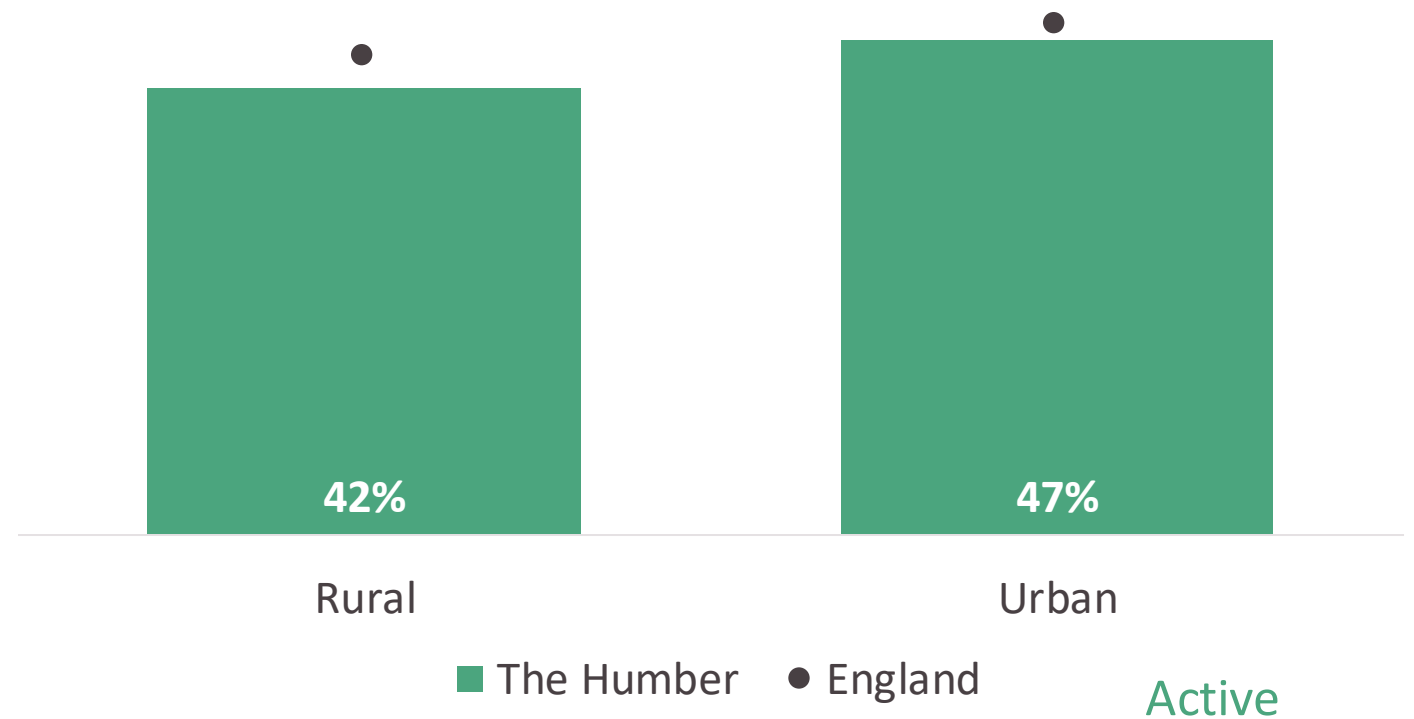
Activity levels by physical literacy

Children and young people who have a **positive association with movement** and physical activity are **more likely to be active**

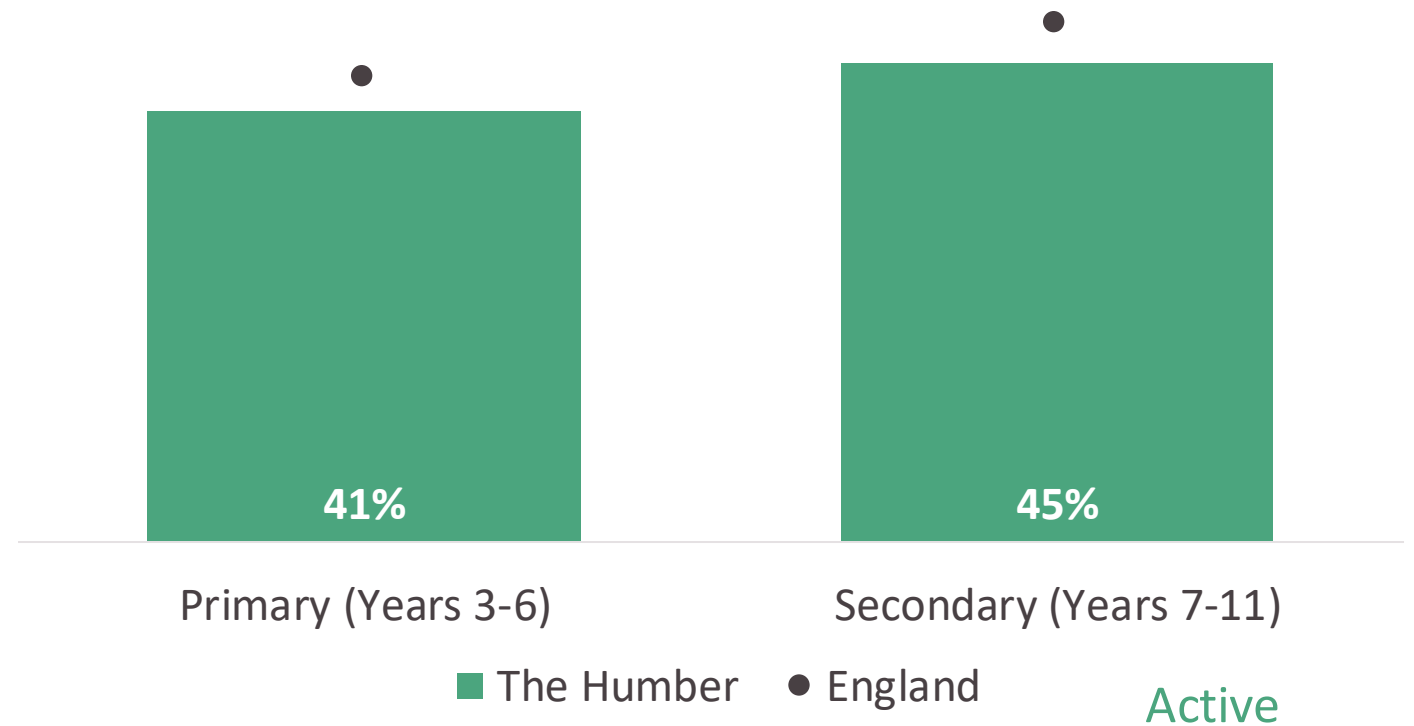
...than young people who don't



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



Activity levels are lower
in primary than
secondary schools

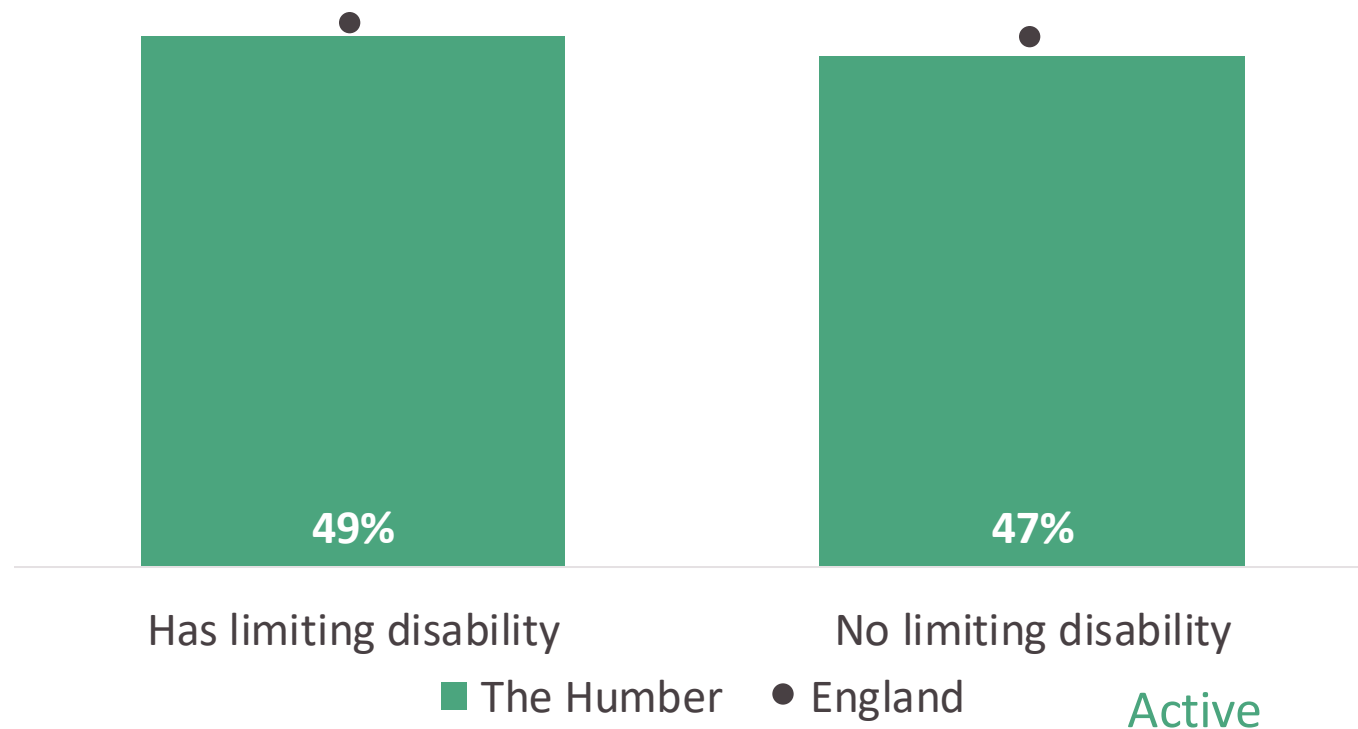


Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: An average of 60 minutes or more a day, either at school or outside school (**everywhere**)

The disability questions may not accurately capture the experiences of children and young people

Some children may misinterpret the questions when completing the survey

Additionally, special school responses are not included in the results



Source: Sport England Active Lives, Children and Young People survey 2023-24
Measure: An average of 60 minutes or more a day, either at school or outside school (**everywhere**)

Active levels everywhere

Primary (Years 3-6)

41%

Girl

43%

Secondary (Years 7-11)

45%

White British

46%

Low FAS

46%

Medium FAS

47%

No limiting disability

47%

High FAS

48%

Minority ethnic group

48%

Boy

49%

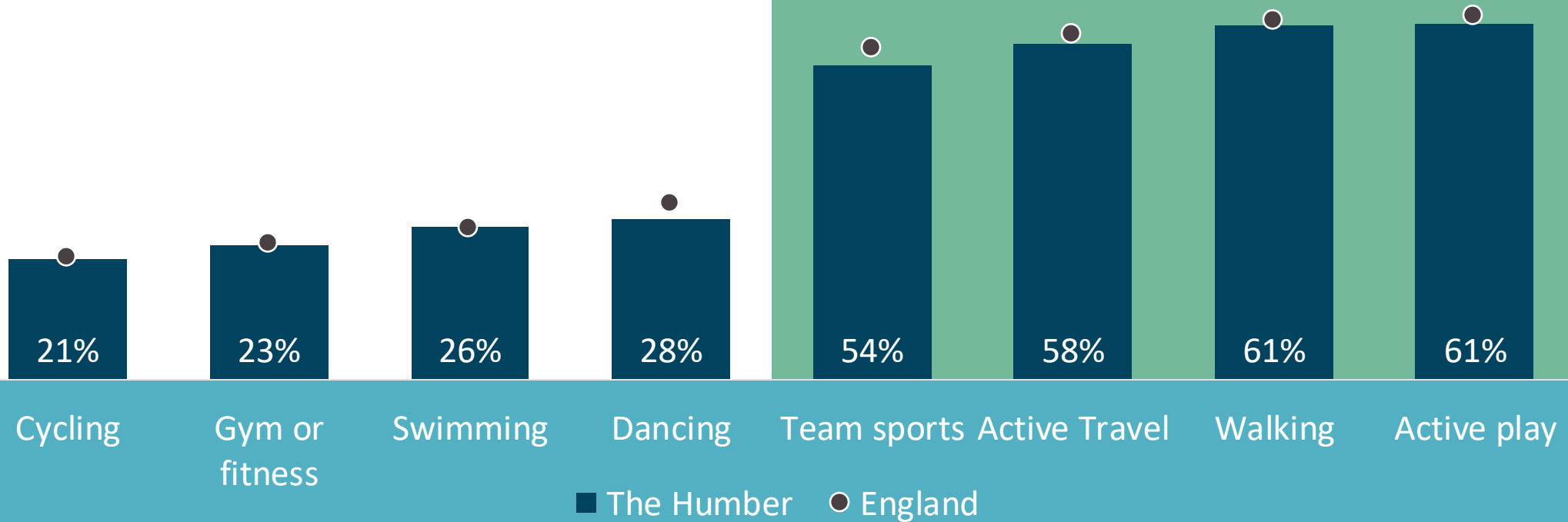
Has limiting disability

49%

■ The Humber ■ England ---- All CYP: The Humber



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



Sample size table: Demographics

| | 17-18 | 18-19 | 19-20 | 20-21 | 21-22 | 22-23 | 23-24 |
|-------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| All CYP | 2658 | 1707 | 1470 | 1288 | 2329 | 3085 | 3378 |
| Boy | 1168 | 707 | 571 | 579 | 1124 | 1332 | 1428 |
| Girl | 1284 | 867 | 790 | 603 | 988 | 1422 | 1475 |
| Low FAS | 586 | 350 | 413 | 341 | 517 | 633 | 576 |
| Medium FAS | 1475 | 957 | 787 | 722 | 1318 | 1454 | 1468 |
| High FAS | 470 | 332 | 214 | 139 | 297 | 435 | 553 |
| White British | 2188 | 1382 | 1128 | 983 | 1889 | 2313 | 2368 |
| Minority ethnic group | 391 | 188 | 226 | 207 | 233 | 479 | 545 |
| Has limiting disability | - | - | 108 | 112 | 193 | 255 | 244 |
| No limiting disability | - | - | 917 | 812 | 1366 | 1682 | 1724 |
| Primary (Years 3-6) | 918 | 585 | 463 | 198 | 505 | 582 | 954 |
| Secondary (Years 7-11) | 1605 | 1089 | 964 | 1060 | 1720 | 2389 | 2329 |
| 0 characteristics | - | - | - | - | - | 1194 | 1360 |
| 1 characteristic | - | - | - | - | - | 1351 | 1511 |
| 2+ characteristics | - | - | - | - | - | 540 | 507 |

Sample size table: Local authorities

| | 17-18 | 18-19 | 19-20 | 20-21 | 21-22 | 22-23 | 23-24 |
|-----------------------------|-------|-------|-------|-------|-------|-------|-------|
| The Humber | 2658 | 1707 | 1470 | 1288 | 2329 | 3085 | 3378 |
| Kingston upon Hull, City of | 646 | 255 | 97 | 105 | 508 | 983 | 657 |
| East Riding of Yorkshire | 605 | 336 | 292 | 40 | 450 | 195 | 572 |
| North Lincolnshire | 544 | 497 | 500 | 1117 | 1110 | 1411 | 1675 |
| North East Lincolnshire | 863 | 619 | 581 | 26 | 261 | 496 | 474 |



Key messages



- **Over half (54%) of our children and young people are not active enough.** That's around 66,000 children and young people in The Humber not meeting recommended activity levels
- Activity levels appear stable over time
- Children and young people in **North East Lincolnshire experience the lowest activity levels** (39% active) and those in North Lincolnshire the highest (47% active)
- The **Inequalities metric** shows activity rates are much lower for young people with two or more characteristics
- There is a gender inequality gap, **girls are less likely to be active**
- Children and young people from our **low affluence families are less likely to be active.** However, there is a big difference in active levels between The Humber and National for young people from high FAS households
- **Primary school** aged children experience lower levels of activity
- Children and young people in our **rural communities are less likely to be active**
- Young people who report that they do not have **access to outdoor space** are less likely to be active
- Having a strong positive association to movement and physical activity contributes to higher active levels

