



# Children & Young People Physical Activity Behaviour in The Humber

April 2026

Active Lives Children's Survey 2024-25



ACTIVE  
HUMBER



# 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 (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 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 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\*



## **Fairly active**

An average of 30-59 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 **122,000** young people in our area



**13%**

are from global majority groups



**19%**

have Special Educational Needs (SEN) support



**29%**

are eligible for free school meals

## Data tells part of the story – context tells the rest



This pack 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

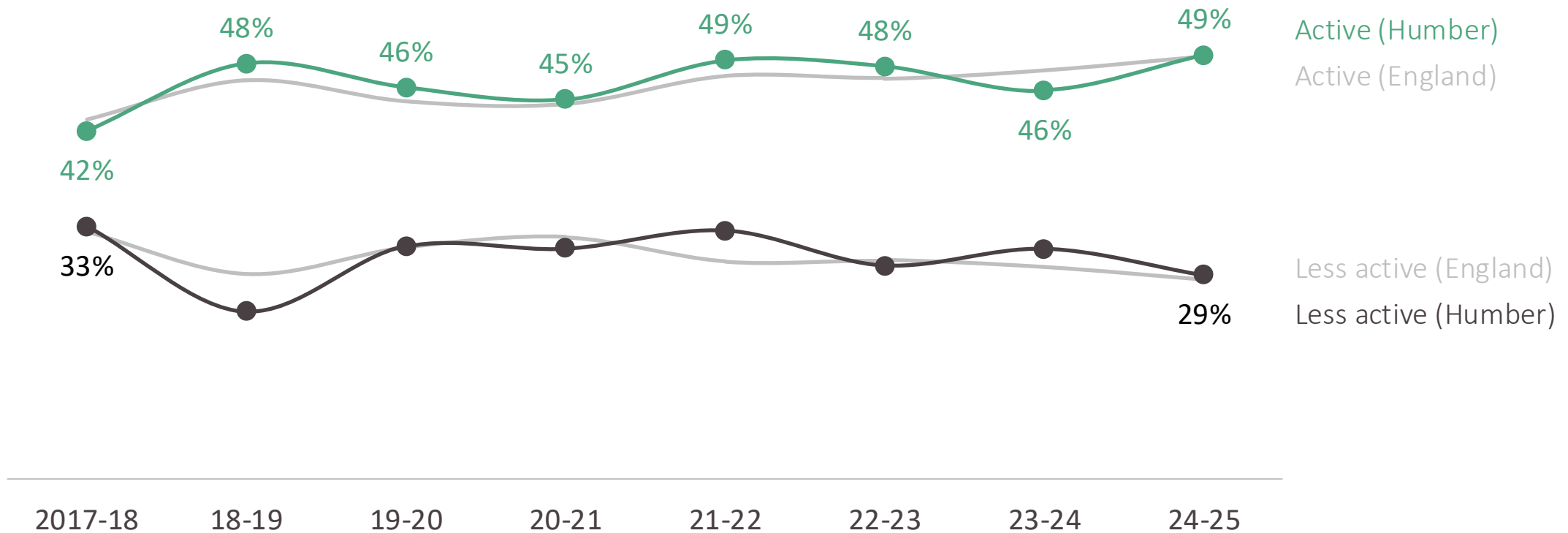


Broader context and young people's own perspectives help us make sense of this data

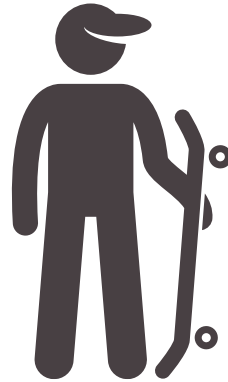
### Coming soon...

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 at an all time high



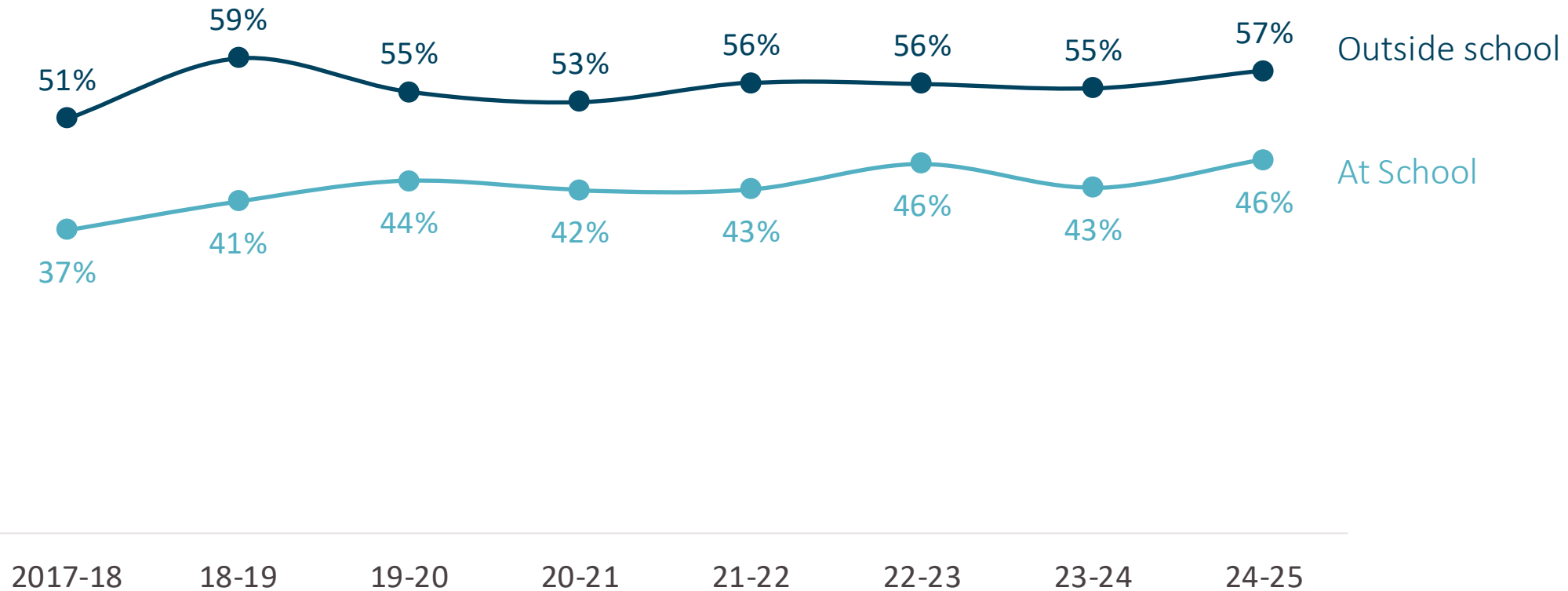
**Half** of our children and young people are **not active enough (51%)**



That's **62,000**

young people not meeting recommended activity levels

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

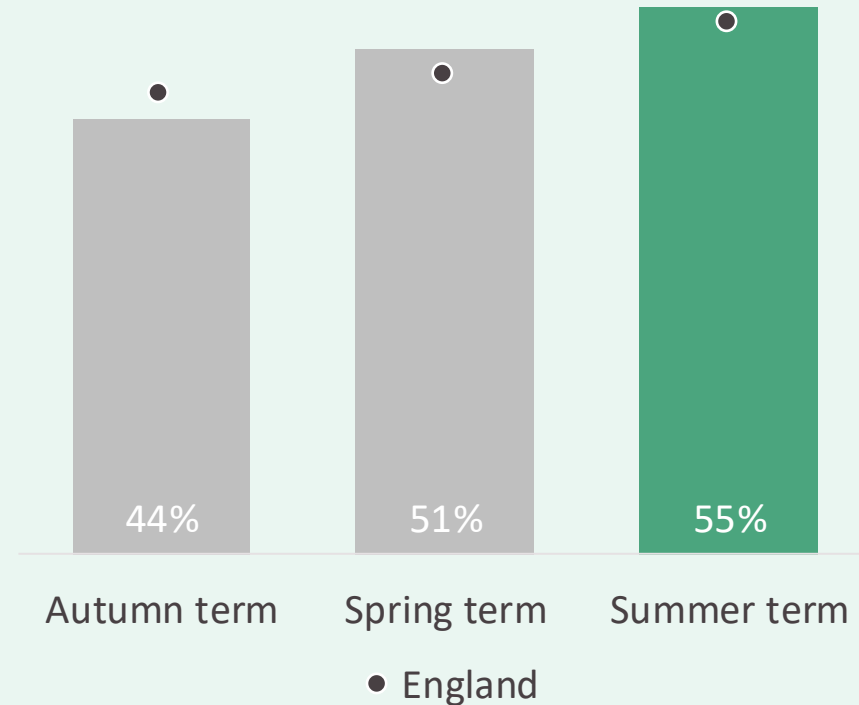


It's important to consider **when surveys were completed** as this can impact overall activity levels

Sample sizes by term:

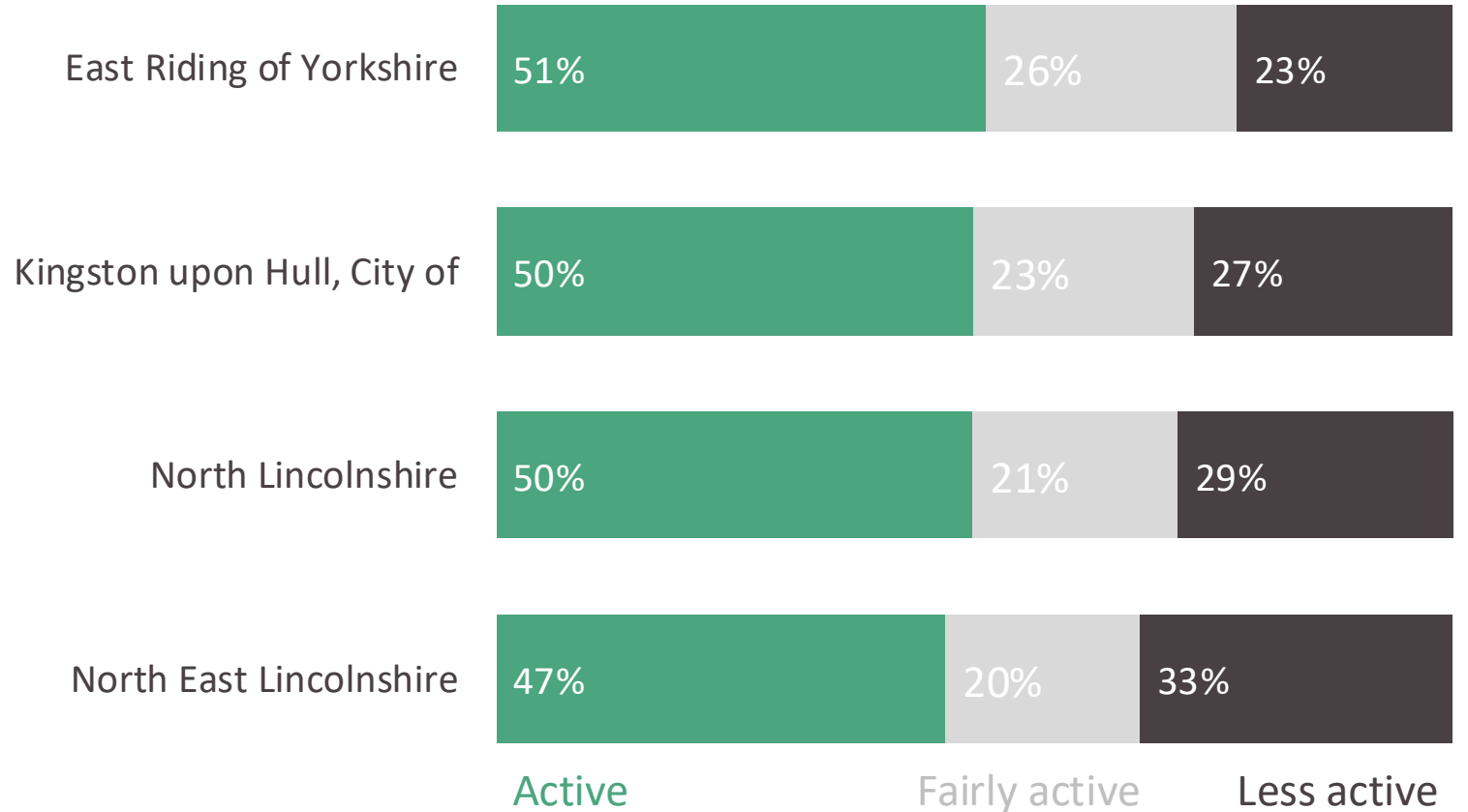
- Autumn term: 1,481
- Spring term: 630
- Summer term: 612

**Activity levels** are higher in the summer

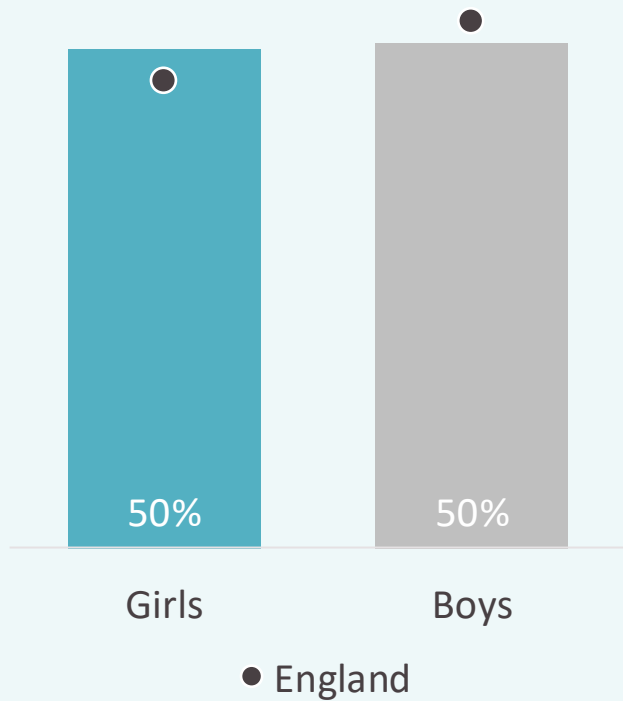


# There is a **4%** difference in activity levels across our local area

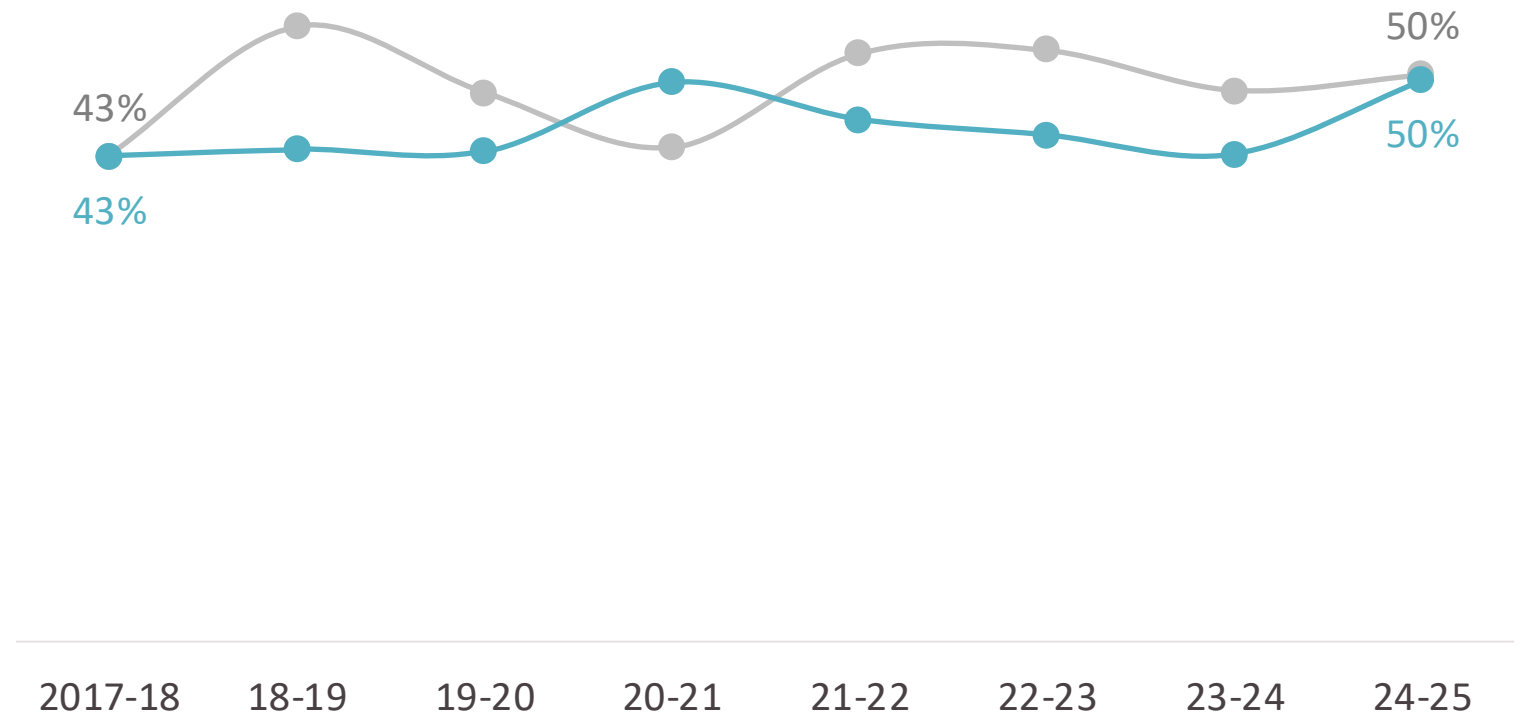
North East Lincolnshire children and young people are least likely to be active



## The **gender activity gap** has closed in 2024-25



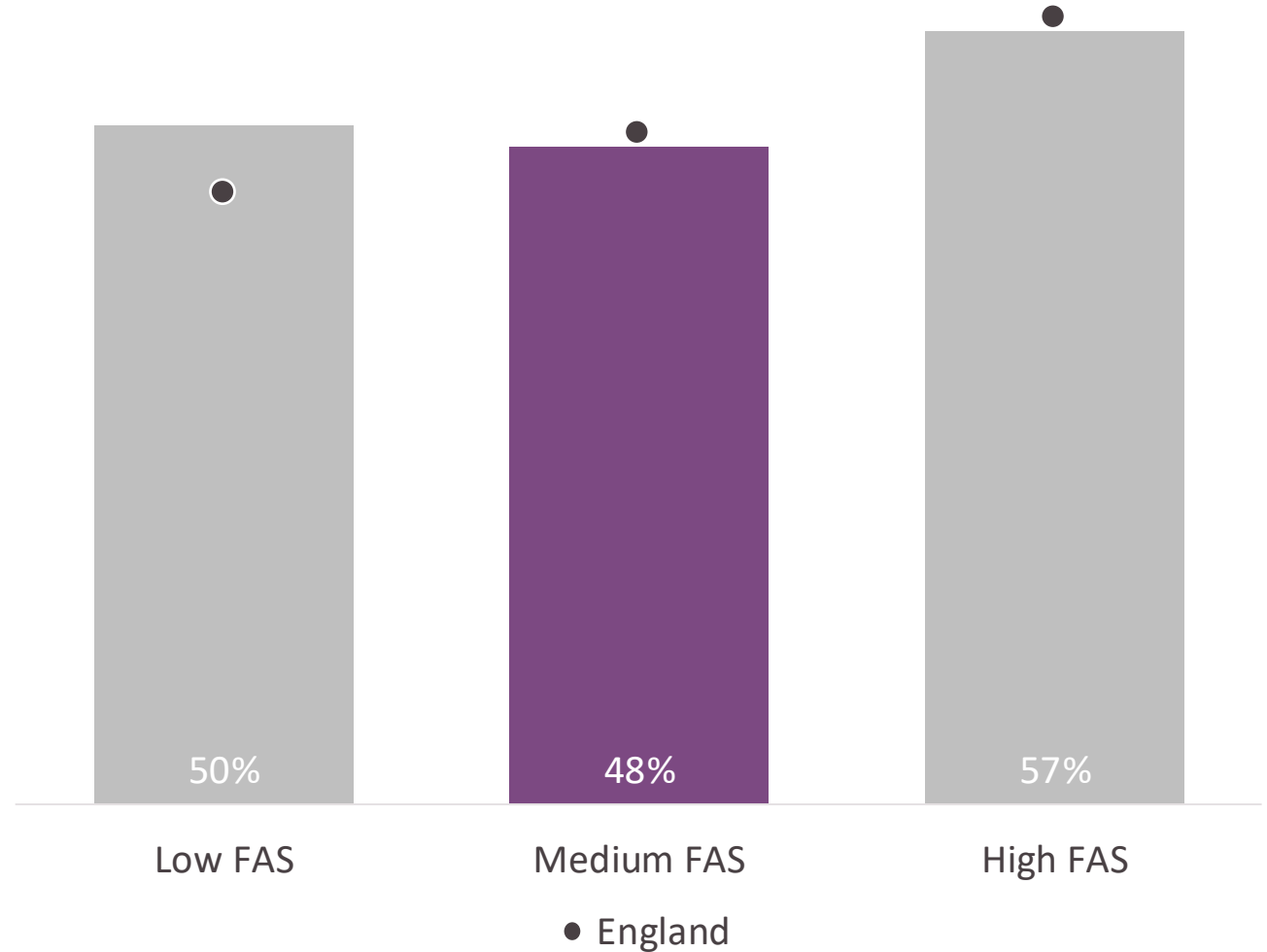
## Over time, **girls are less likely to be active** compared to **boys**





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

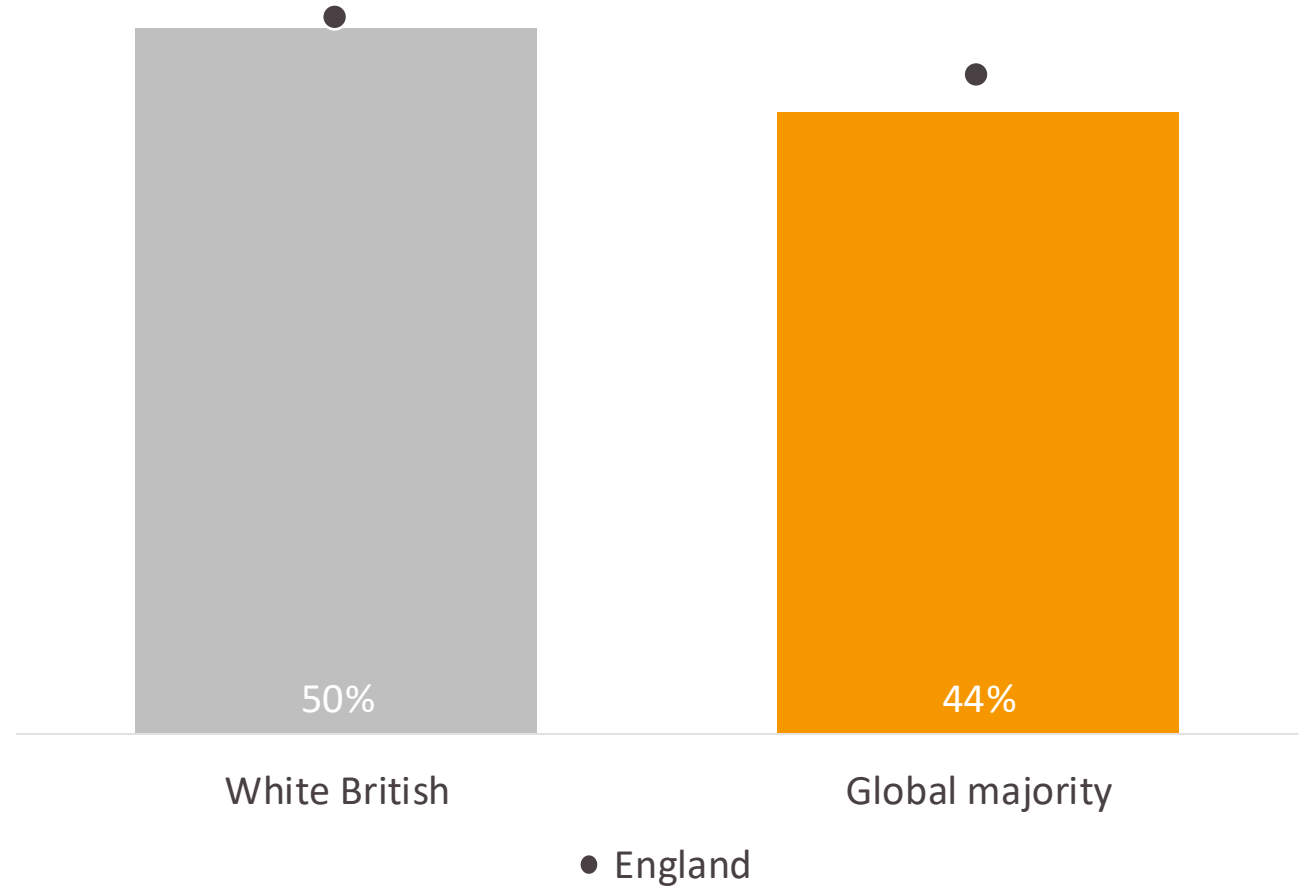
Activity levels of children living in low affluence families are higher than national





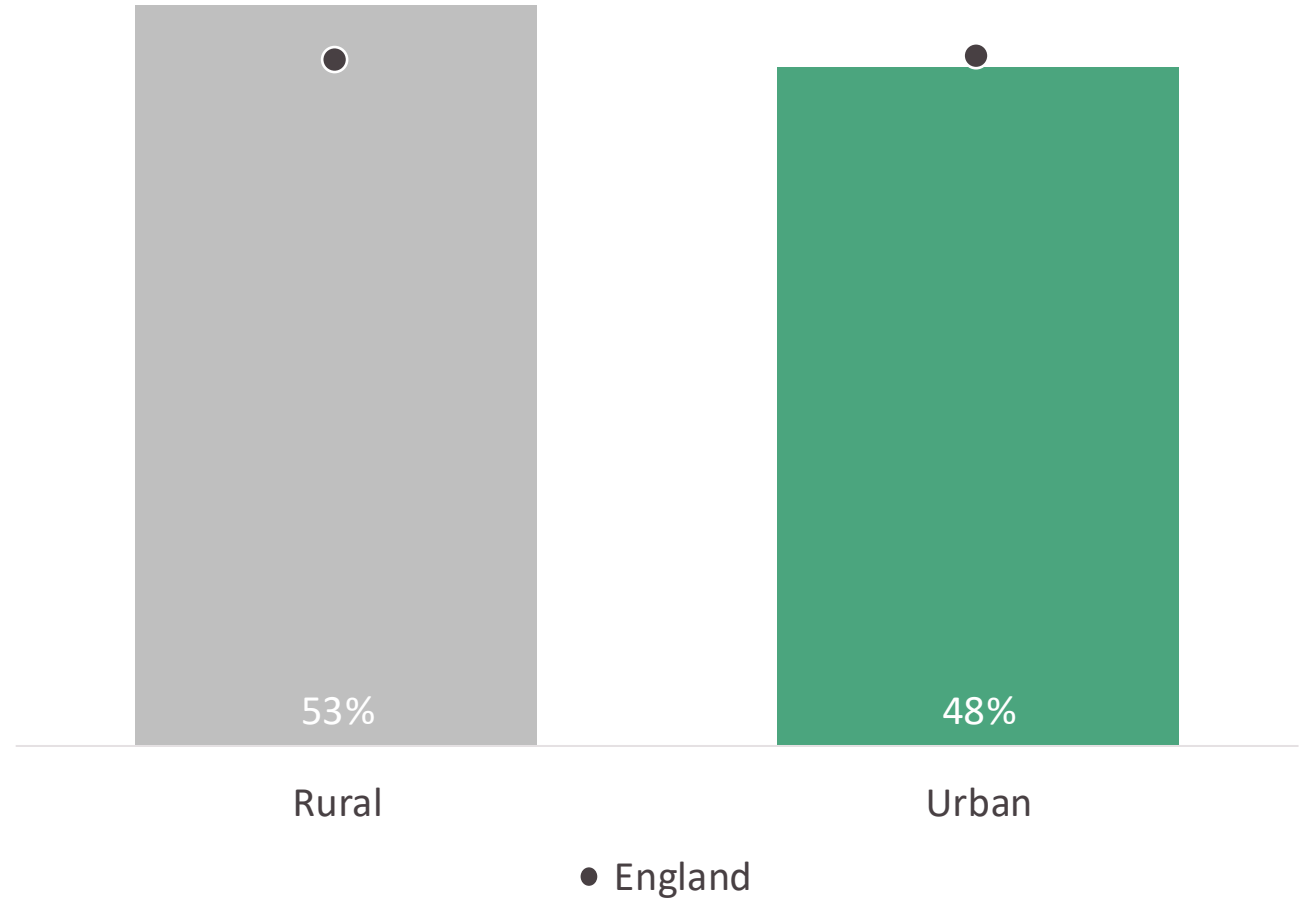
**Activity levels are lower** among children from global majority groups than their White British peers

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



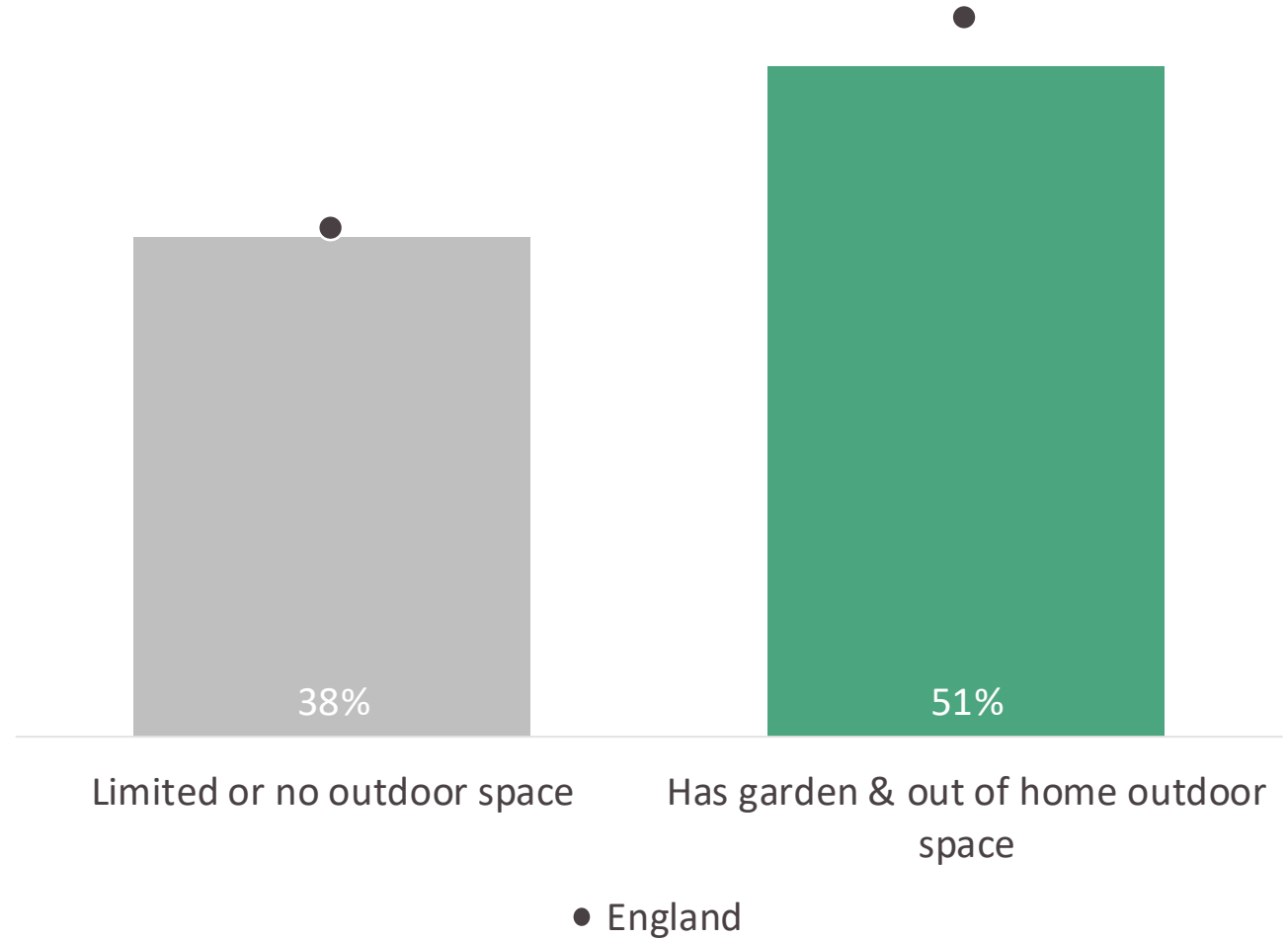


Children and young people living in **urban communities are less likely to be active** than their peers in rural settings





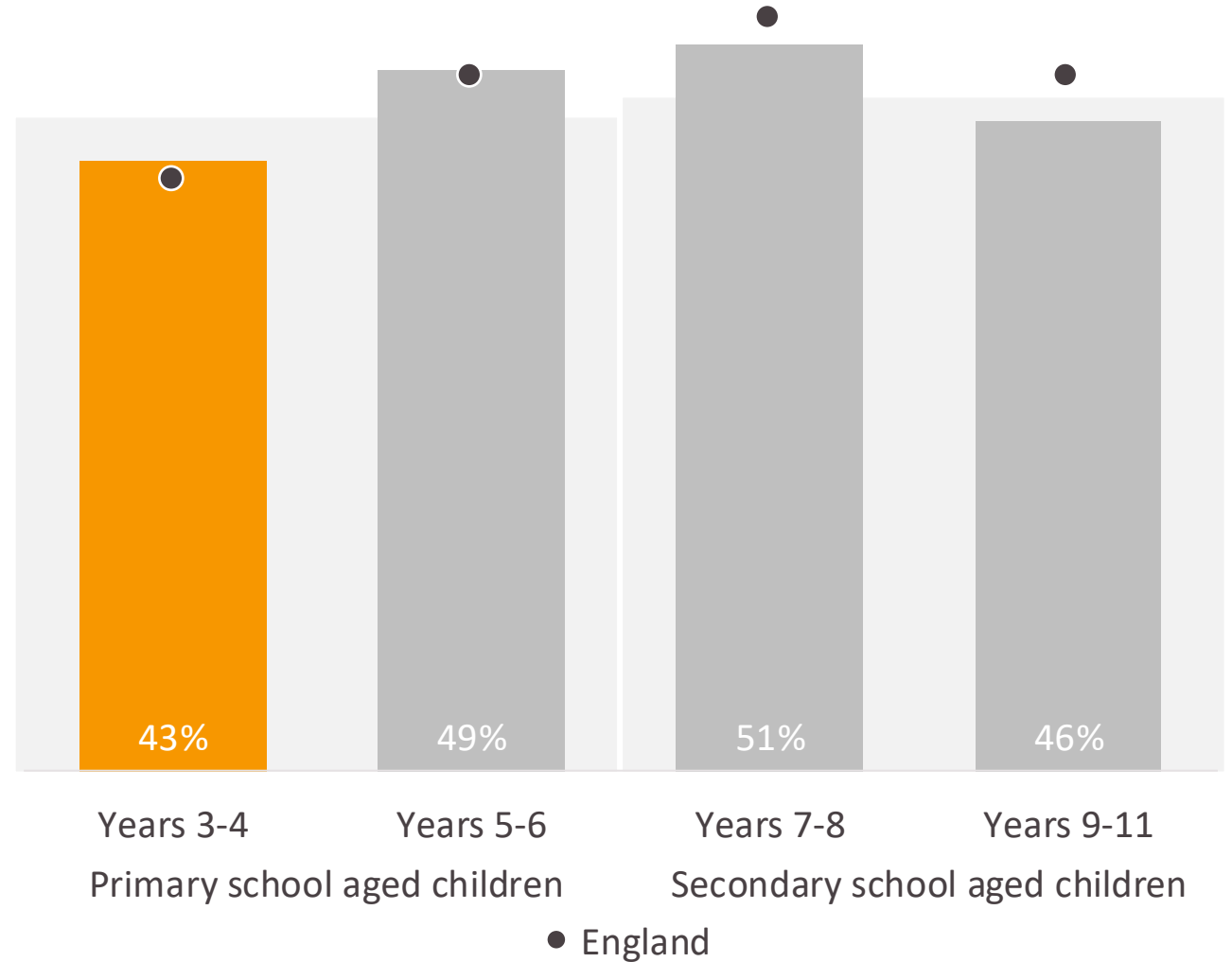
Having access to outdoor space has a positive impact on activity levels





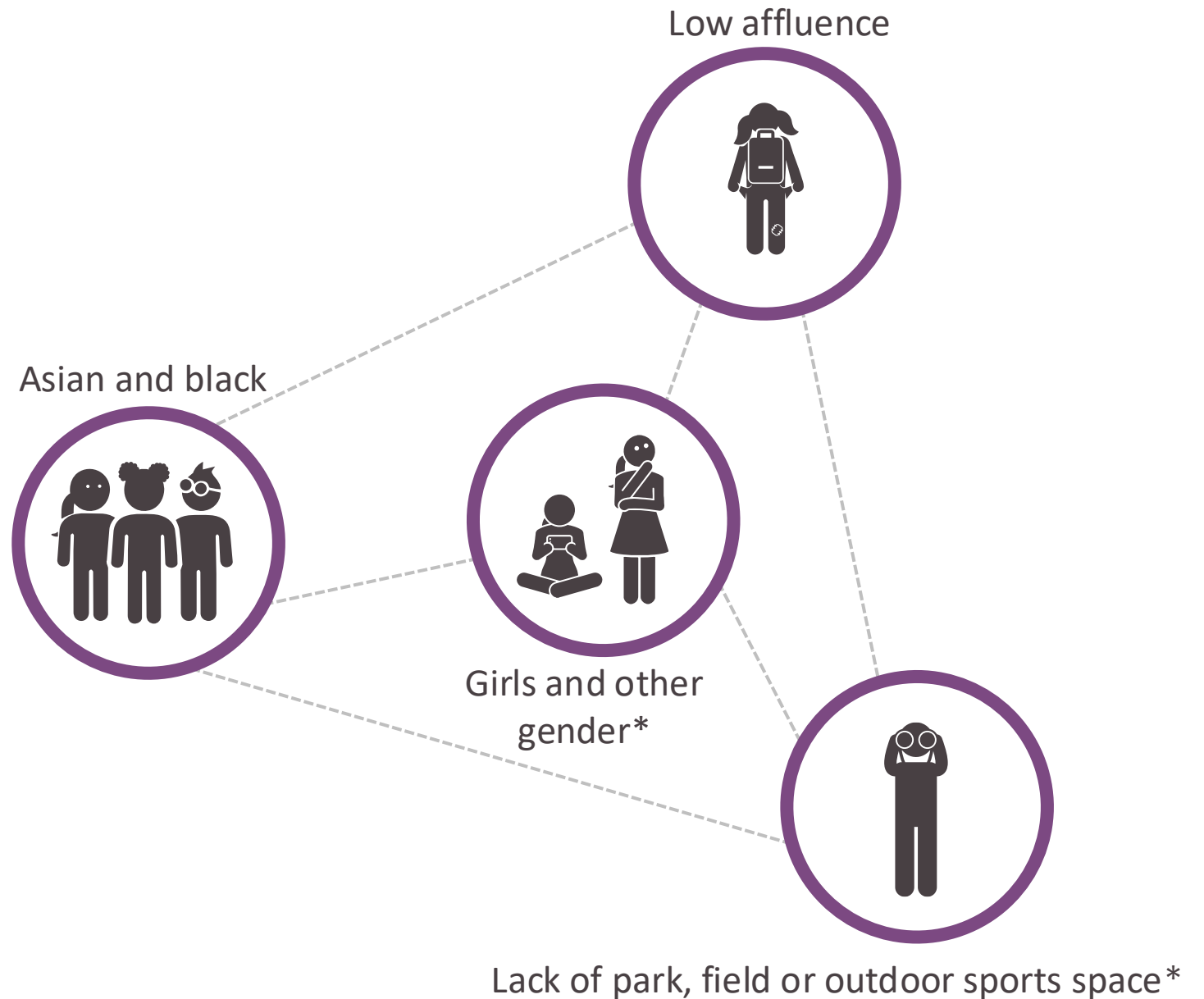
## Activity levels are at their lowest for children in years 3-4

There is a peak in years 7-8, but this is low compared to **England**



# What drives inactivity in children and young people?

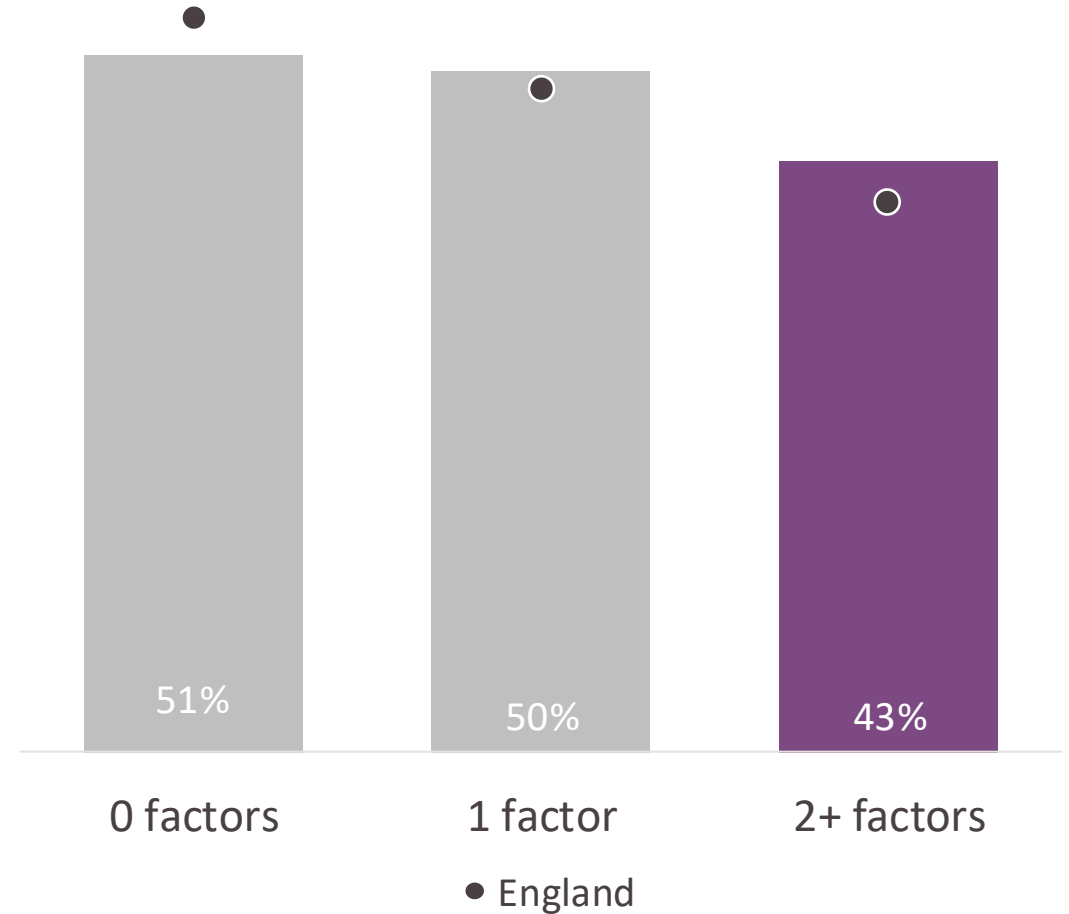
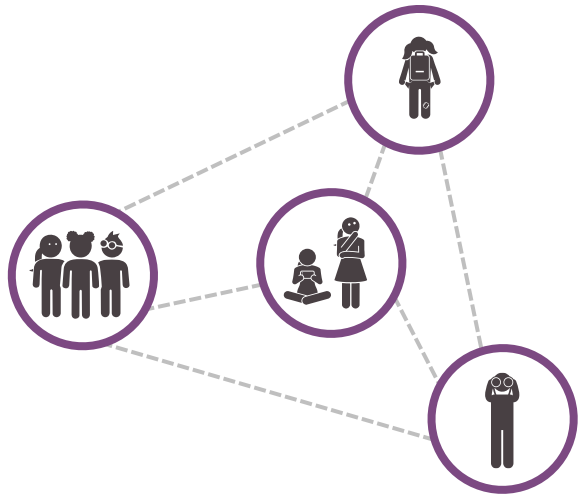
Each of these four factors is associated with lower activity levels on its own, but the impact is greatest when factors are combined



\*for secondary school aged children and young people



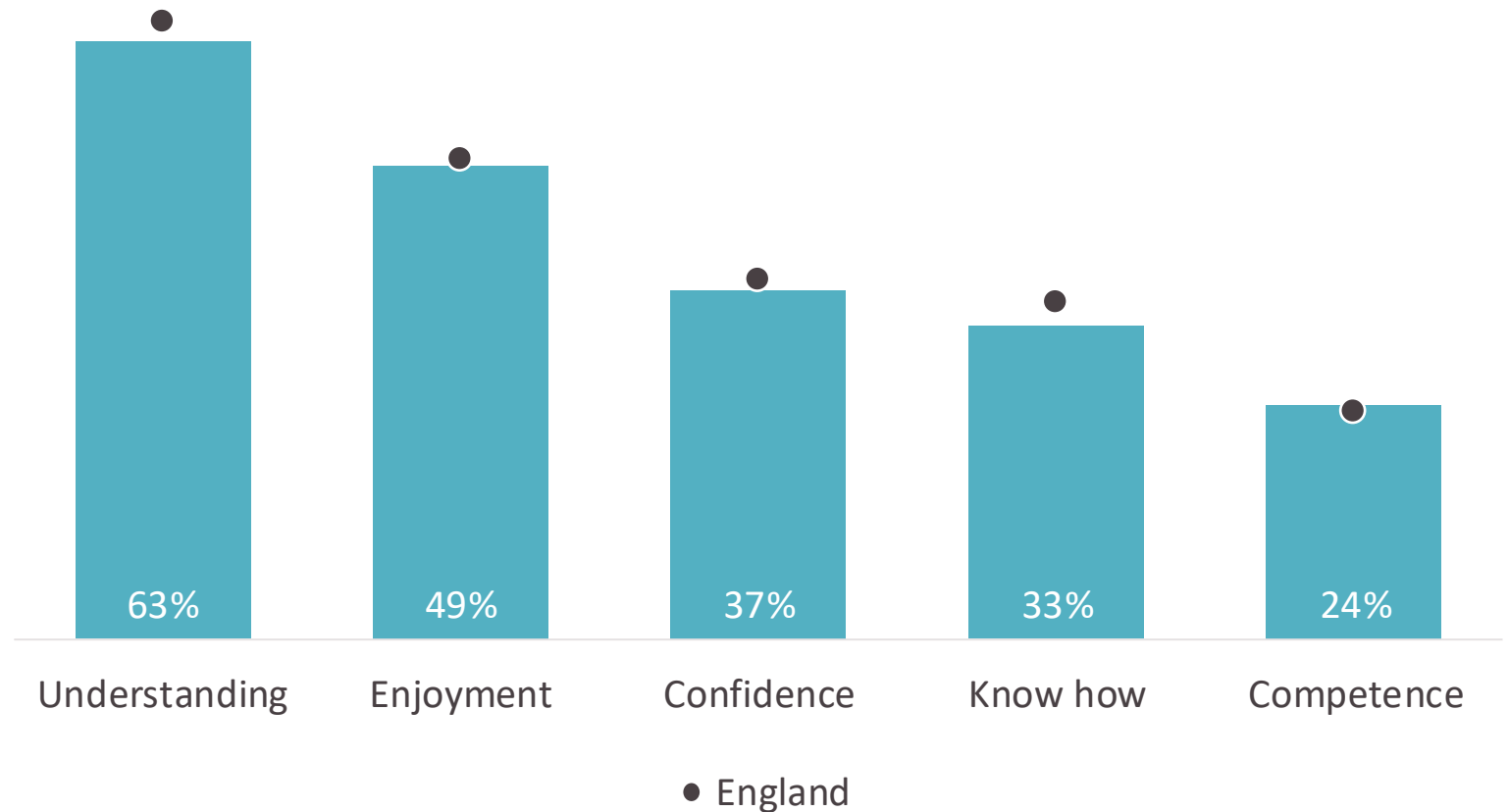
**Activity levels fall** when a child or young person experiences two or more factors from the Inequalities Metric



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

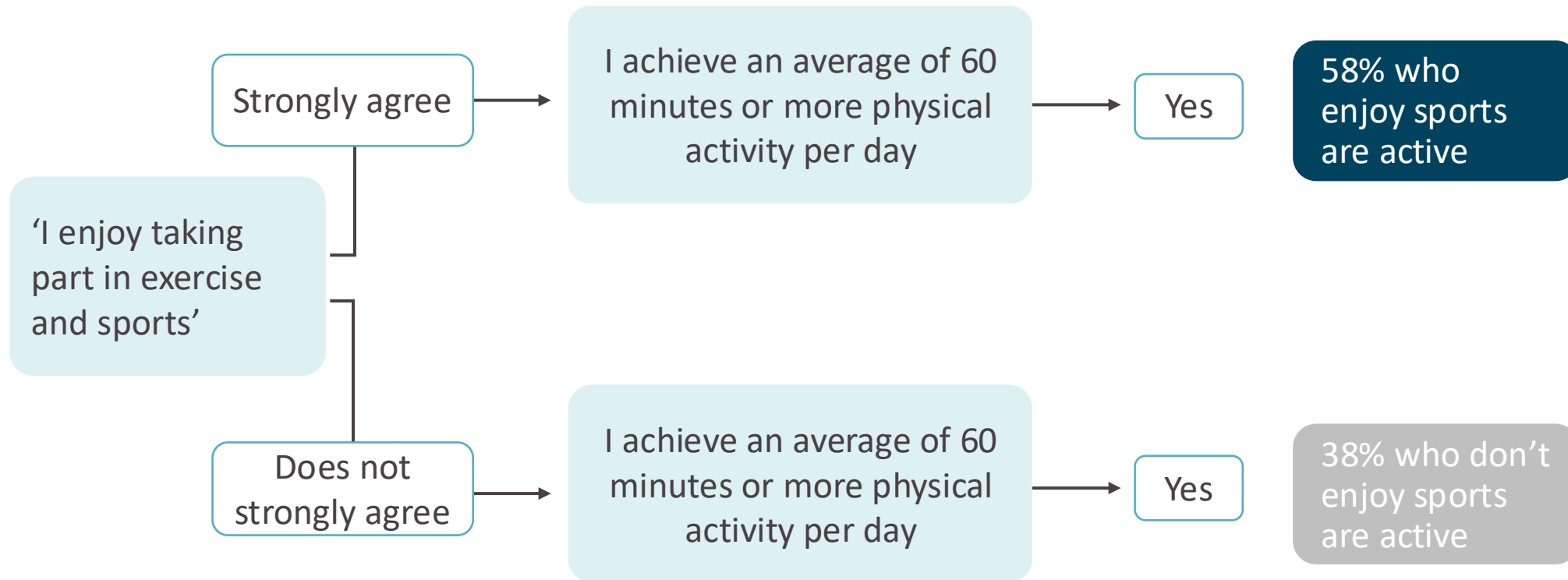
The proportion of children and young people reporting they **strongly agree** that they:

- **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)

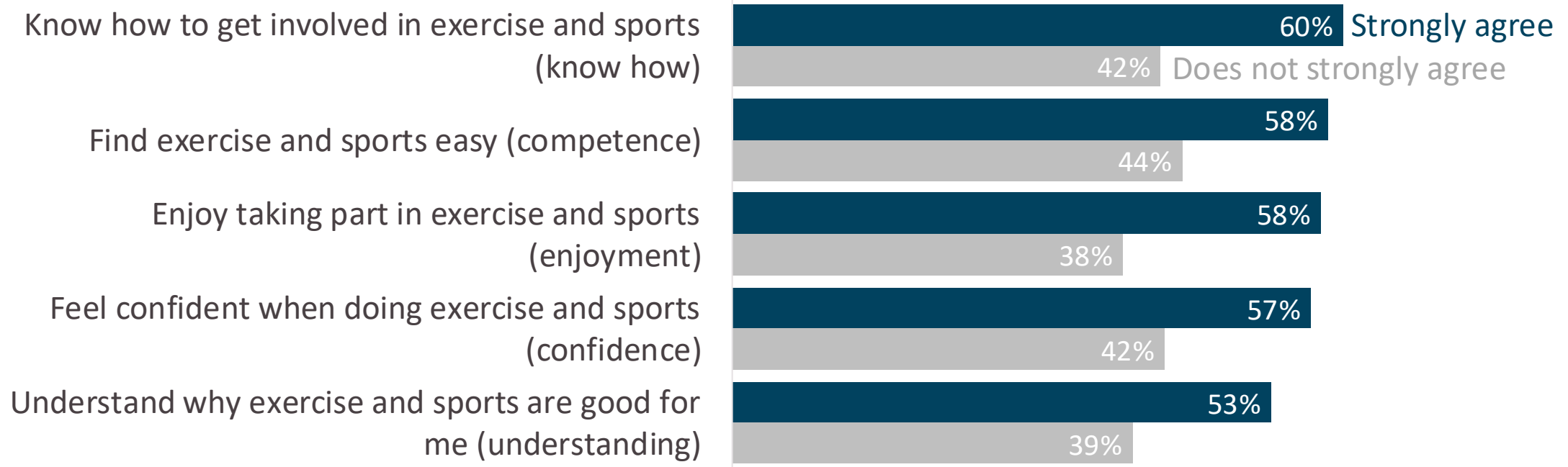


# Children and young people are more likely to be active if they enjoy exercise and sports

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

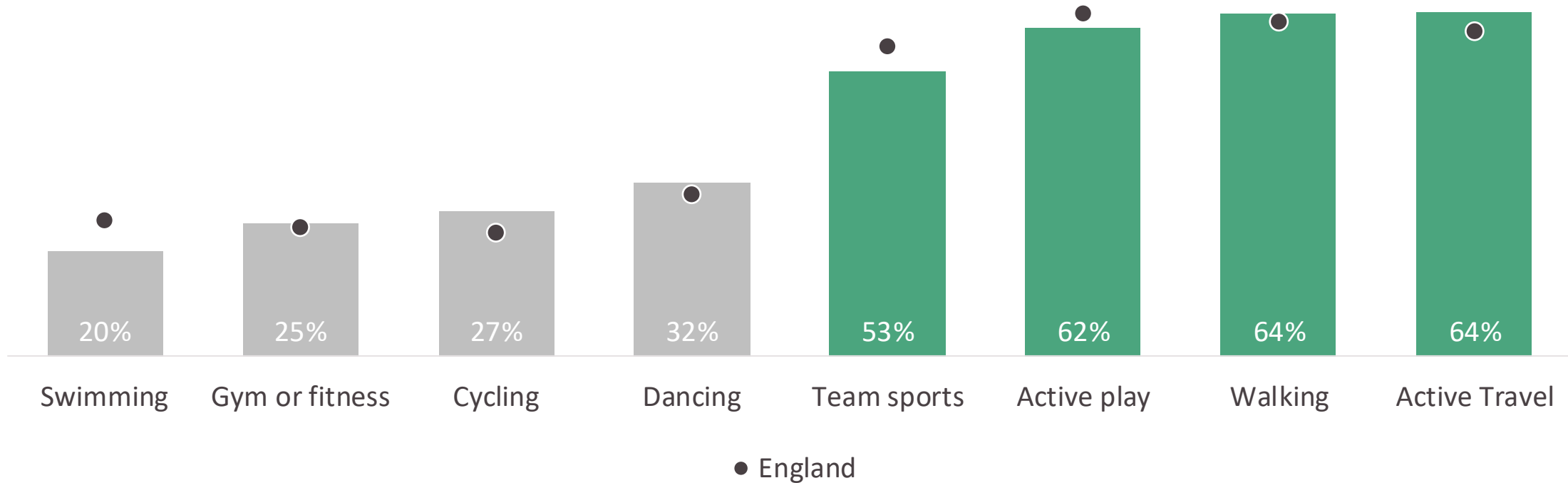


I am more likely to be **active** if I **strongly agree** that I...

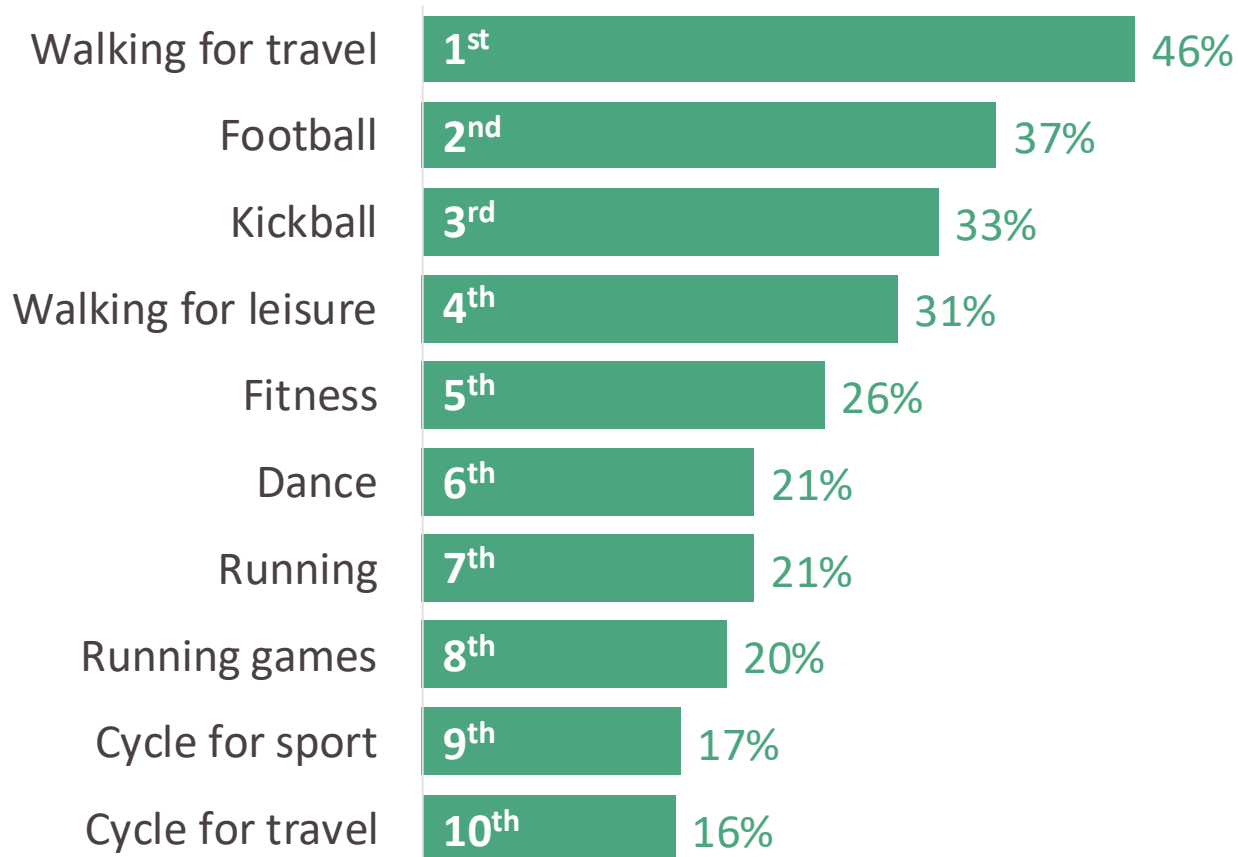




Over half of young people **participate in team sports, active travel, walking or active play** each week



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



11 <sup>th</sup>	Trampolining	14%
12 <sup>th</sup>	Swimming	10%
13 <sup>th</sup>	Netball	10%
14 <sup>th</sup>	Boxing	10%
15 <sup>th</sup>	Climbing games	9%
16 <sup>th</sup>	Rounders	8%
17 <sup>th</sup>	Badminton	7%
18 <sup>th</sup>	Basketball	7%
19 <sup>th</sup>	Rugby	7%
20 <sup>th</sup>	Dodgeball	7%
21 <sup>st</sup>	Gymnastics	7%
22 <sup>nd</sup>	Scooter	5%
23 <sup>rd</sup>	Throwing and skipping	5%
24 <sup>th</sup>	Field athletics	5%
25 <sup>th</sup>	Martial arts	4%

## Key messages



- **Half (51%) of our children and young people are not active enough.** That's around 62,000 children and young people in The Humber 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 4% difference in activity levels **across our local area**
- 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. However, over time, girls are less likely to be active compared to boys
- The biggest difference in activity levels is between medium and high **affluence** families
- Activity levels are at their lowest for children in **years 3-4**



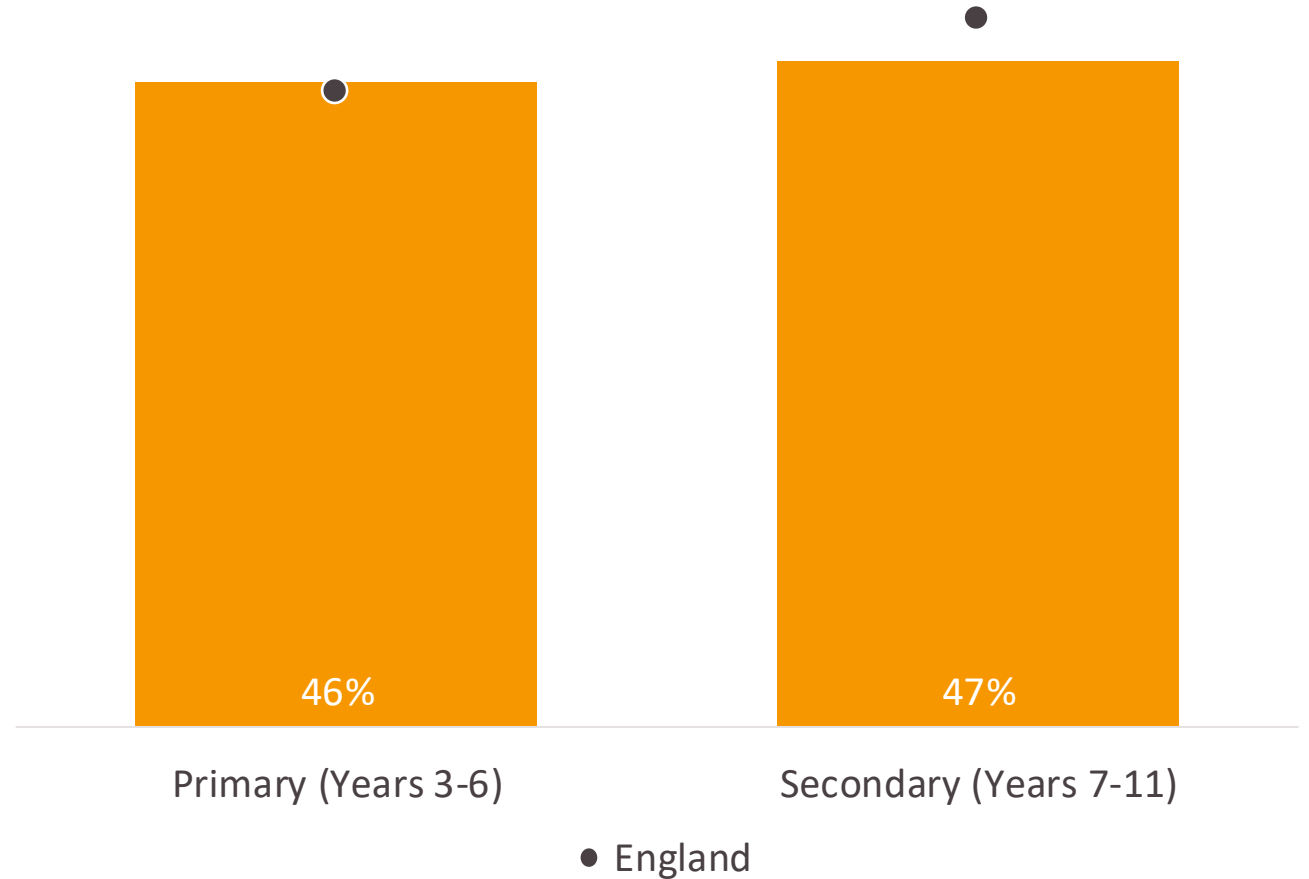
# Appendix





## There is little difference in activity levels

between primary and secondary school age children and young people





## 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

