



Active Lives Children's Survey **2024-25 Headlines**



The Humber
December 2025



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 update

Children's activity levels are rising but inactivity remains too high

The latest Active Lives Children and Young People Survey Report shows that 49.1% 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 (41%) 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 (46%) are also less likely to be active than boys (52%), and the gender gap is widest between boys and girls from Asian (11.2%), Black (10.6%) and other (12.5%) ethnic groups.

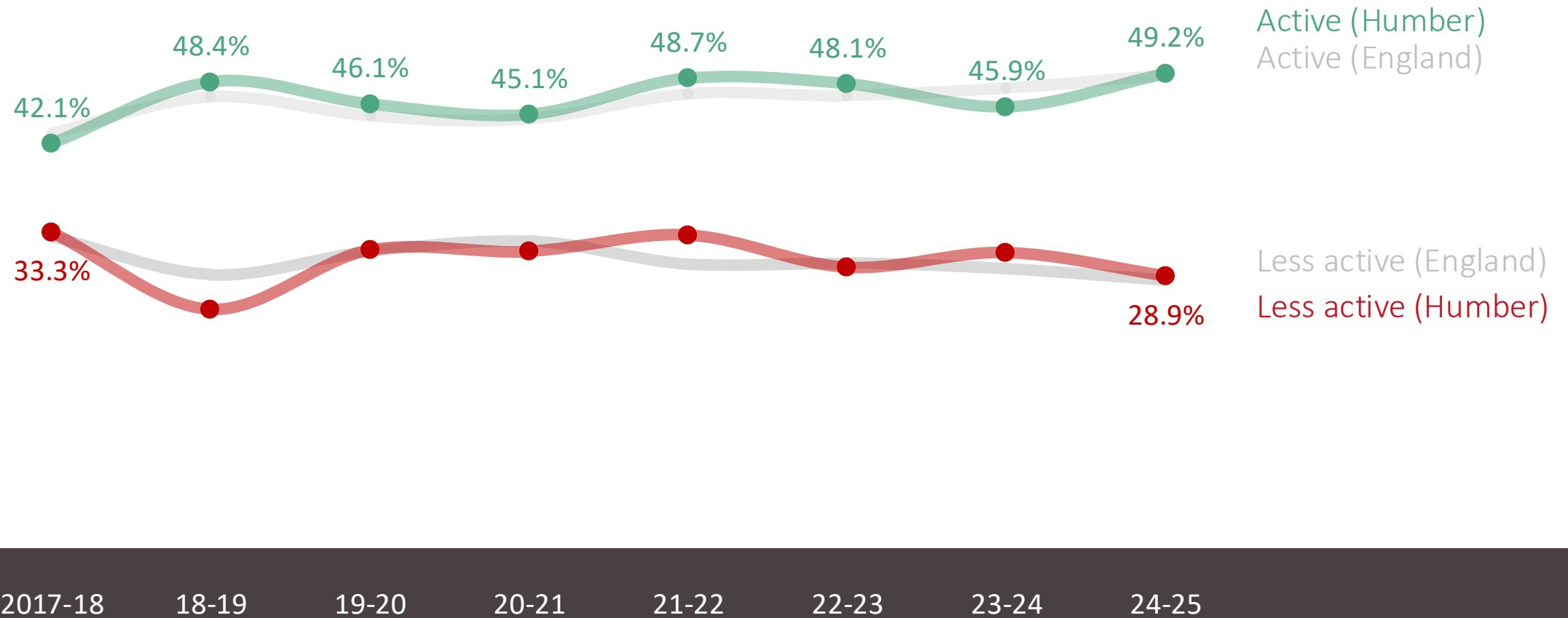
With White British (51%) and White Other (53%) children's activity levels increasing at a faster rate, the gap by ethnic group has widened over the past 12 months.

Children and young people from the least affluent families are the least likely to be active, with only 45% meeting the CMO guidelines, compared to 58% of those from the most affluent families.

Whilst those from the most and mid-affluence families have seen increases over the last two years, those from the least affluent families have not, indicating inequalities have widened in the short term.



Physical activity for children and young people in the Humber is at an all time high

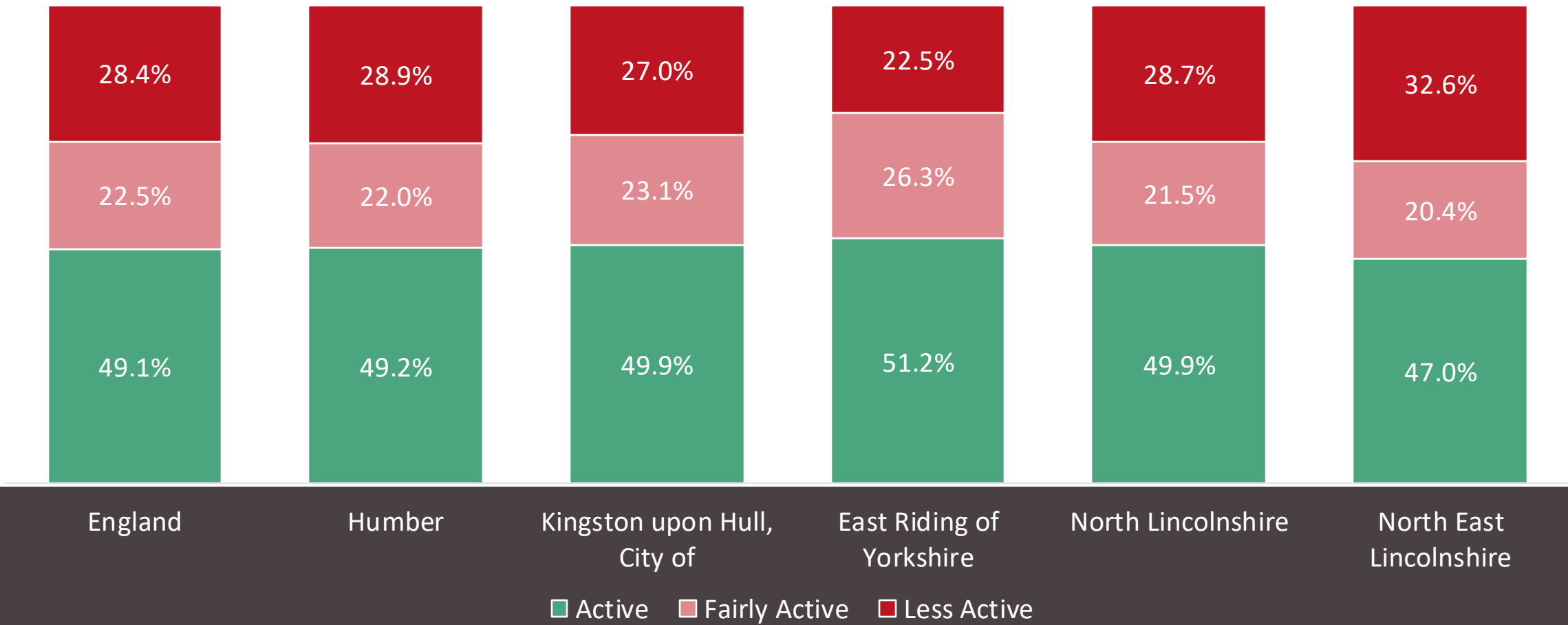


Responses per year

	2017-18	18-19	19-20	20-21	21-22	22-23	23-24	24-25
England	109,503	113,728	89,303	86,828	104,404	122,347	122,480	130,448
The Humber	2,658	1,707	1,470	1,288	2,329	3,085	3,378	2,723
Kingston upon Hull, City of	646	255	^	^	508	983	^	288
East Riding of Yorkshire	605	336	292	^	450	195	572	206
North Lincolnshire	863	619	581	^	261	496	474	978
North East Lincolnshire	544	497	500	1117	1110	1411	1,675	1,251

Physical activity levels for children and young people differ across our area

Academic Year 2024-25



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

Local authority physical activity levels

Active

	2017-18	18-19	19-20	20-21	21-22	22-23	23-24	24-25
England	43.3%	46.8%	44.9%	44.6%	47.2%	47.0%	47.8%	49.1%
Active Humber	42.1%	48.4%	46.1%	45.1%	48.7%	48.1%	45.9%	49.2%
Kingston upon Hull, City of	49.6%	60.2%	^	^	47.6%	45.3%	46.3%	49.9%
East Riding of Yorkshire	38.3%	60.3%	48.3%	^	49.3%	52.2%	46.6%	51.2%
North Lincolnshire	40.2%	38.0%	41.6%	41.2%	47.4%	47.9%	46.6%	49.9%
North East Lincolnshire	39.0%	46.5%	49.5%	^	55.4%	51.4%	39.0%	47.0%

Local authority physical activity levels

Less active

	2017-18	18-19	19-20	20-21	21-22	22-23	23-24	24-25
England	32.9%	29.0%	31.3%	32.4%	30.1%	30.2%	29.6%	28.4%
Active Humber	33.3%	25.5%	31.5%	31.3%	32.9%	29.7%	31.2%	28.9%
Kingston upon Hull, City of	30.2%	20.0%	^	^	31.3%	31.0%	29.6%	27.0%
East Riding of Yorkshire	29.0%	16.8%	30.5%	^	33.2%	24.3%	30.1%	22.5%
North Lincolnshire	36.8%	31.5%	37.3%	35.4%	35.3%	30.0%	30.8%	28.7%
North East Lincolnshire	37.3%	26.8%	25.9%	^	24.0%	29.6%	39.8%	32.6%

Change in physical activity levels

Between 2017-18 and 2024-25 (baseline)

		Active	Less Active
England	5.8%	Significant increase	-4.4% Significant decrease
Active Humber	7.1%	Significant increase	-4.5% No change
Hull	0.3%	No change	-3.1% No change
East Riding of Yorkshire	12.9%	Significant increase	-6.5% No change
North Lincolnshire	9.6%	Significant increase	-8.1% Significant decrease
North East Lincolnshire	8.0%	Significant increase	-4.7% No change

Change in physical activity levels

Change in the last 12 months (2023-24 to 2024-25)

	Active		Less Active	
England	1.3%	Significant increase	-1.1%	Significant decrease
Active Humber	3.3%	No change	-2.4%	No change
Hull	3.5%	No change	-2.6%	No change
East Riding of Yorkshire	4.6%	No change	-7.6%	Significant decrease
North Lincolnshire	3.3%	No change	-2.1%	No change
North East Lincolnshire	8.0%	Significant increase	-7.2%	Significant decrease

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 2024-25 data shows 49.2% of children and young people in The Humber are classed as active. The active rate is now higher (better) than the last 12 months.
- The active rate for The Humber is now 0.1pp better than England (49.1%)

Less active

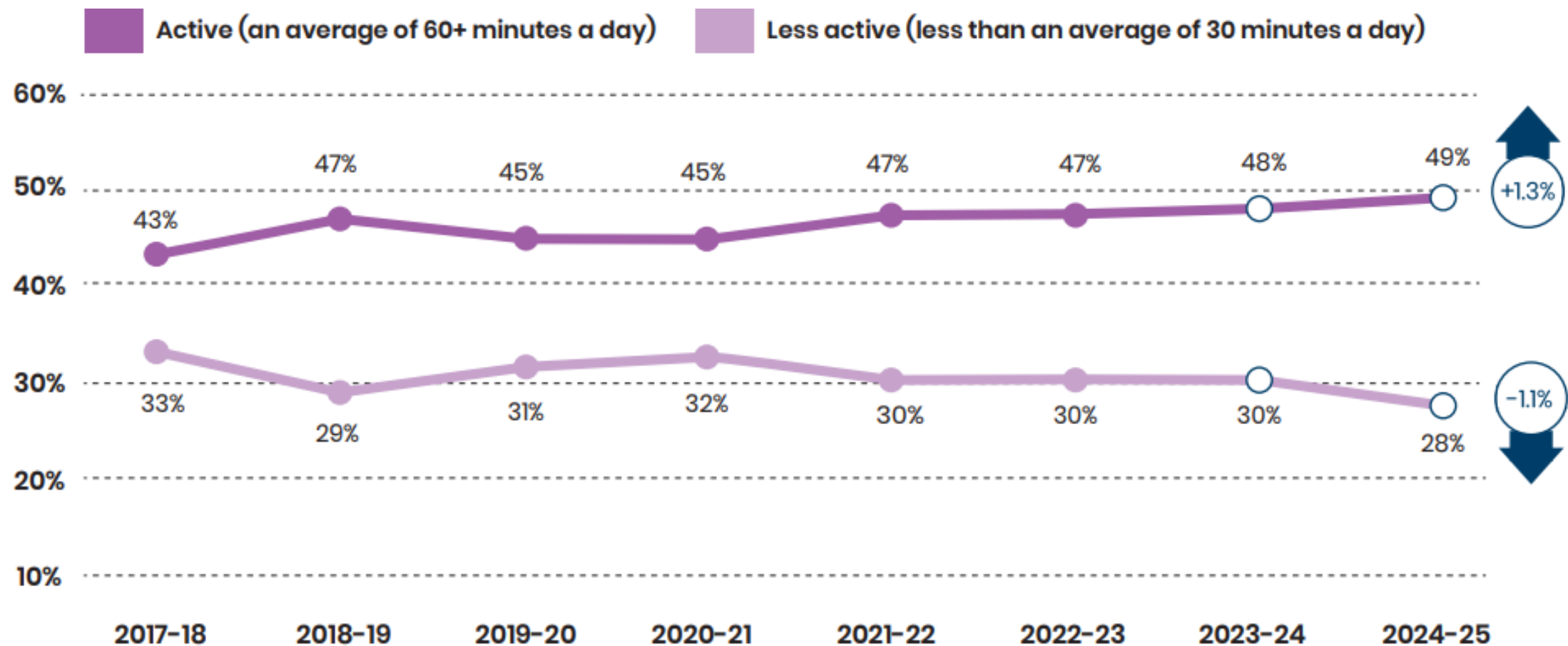
- The latest 2024-25 data shows 28.9% of children and young people in The Humber are classed as less active. This rate is lower (better) than the last 12 months.
- The Humber figures are now 0.5pp worse than England (28.4%)



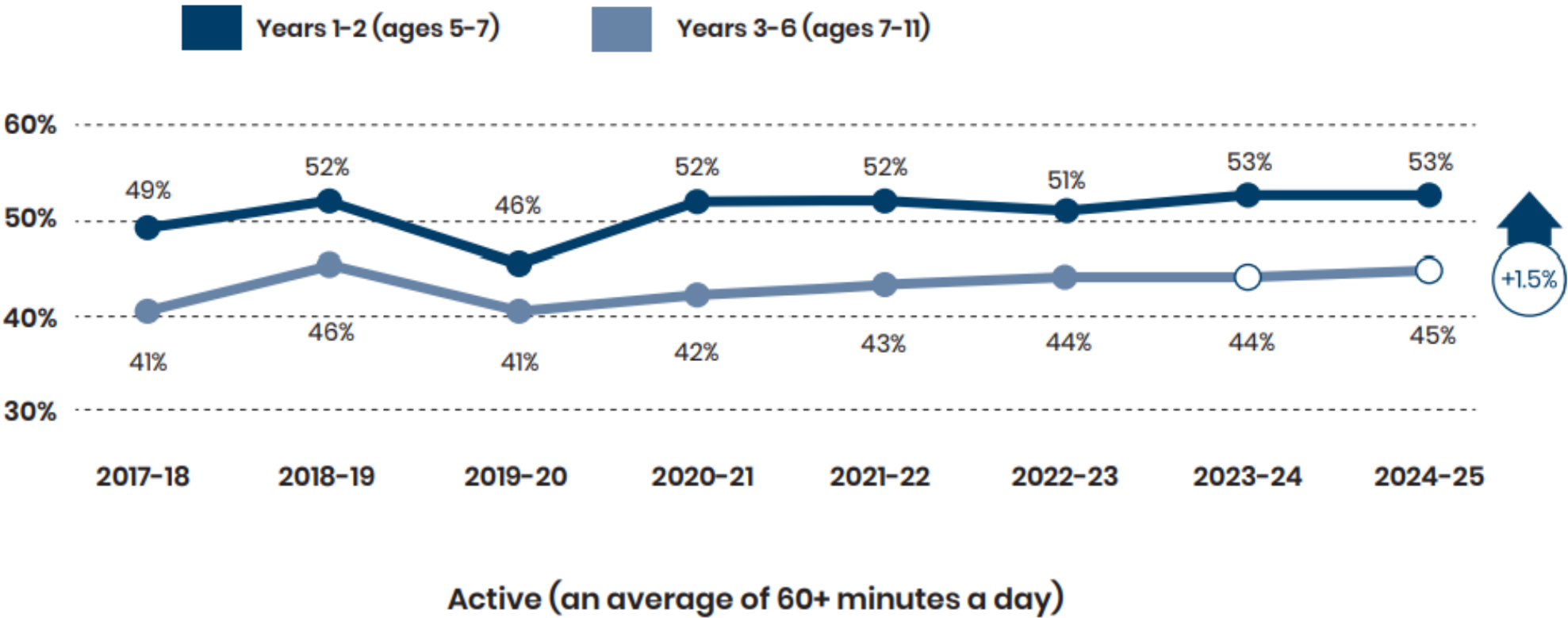
National findings



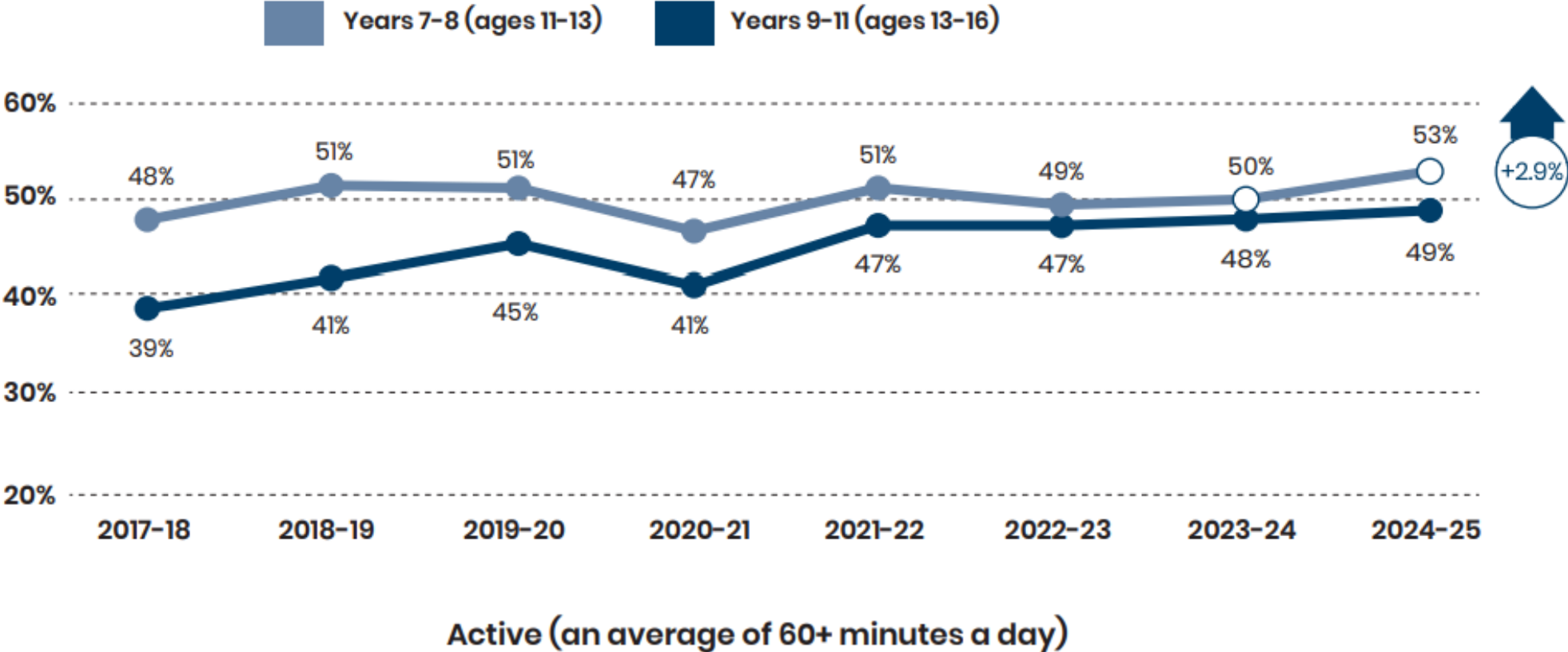
Overall, activity levels have increased



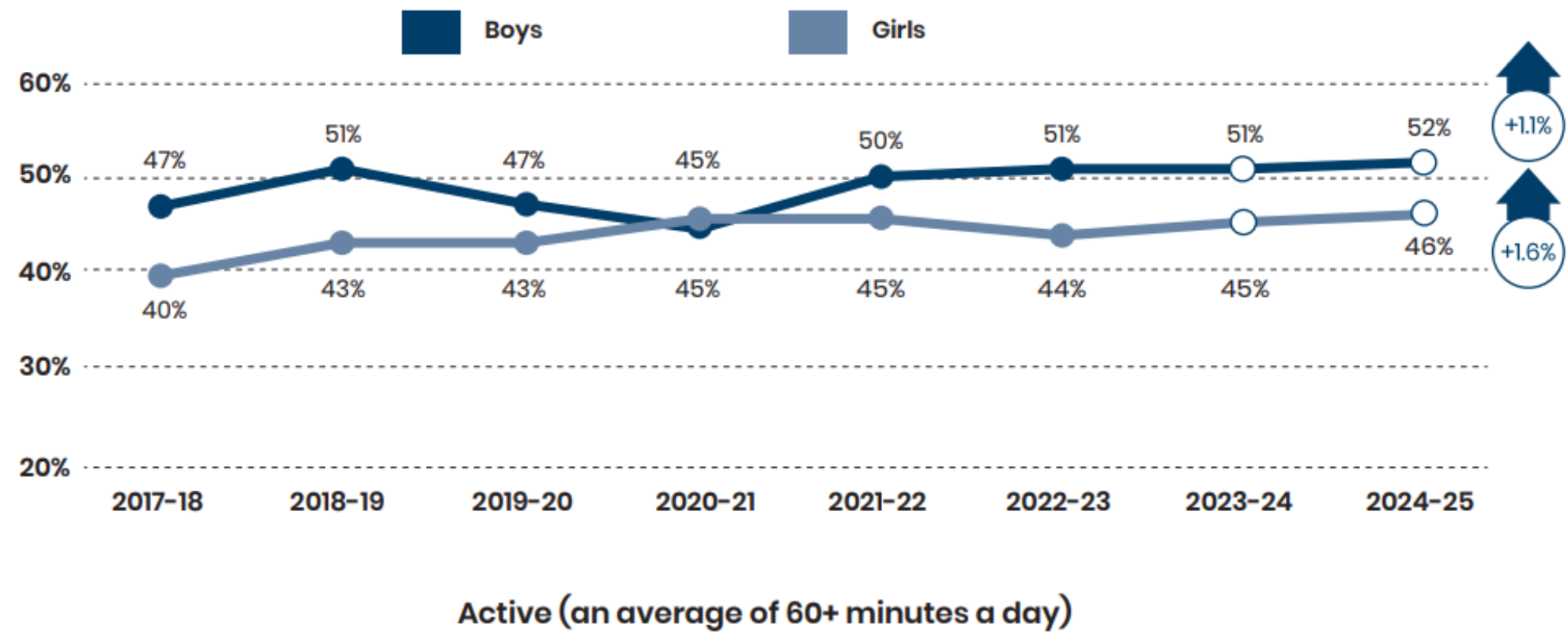
Activity levels among junior-age children continue to recover slowly



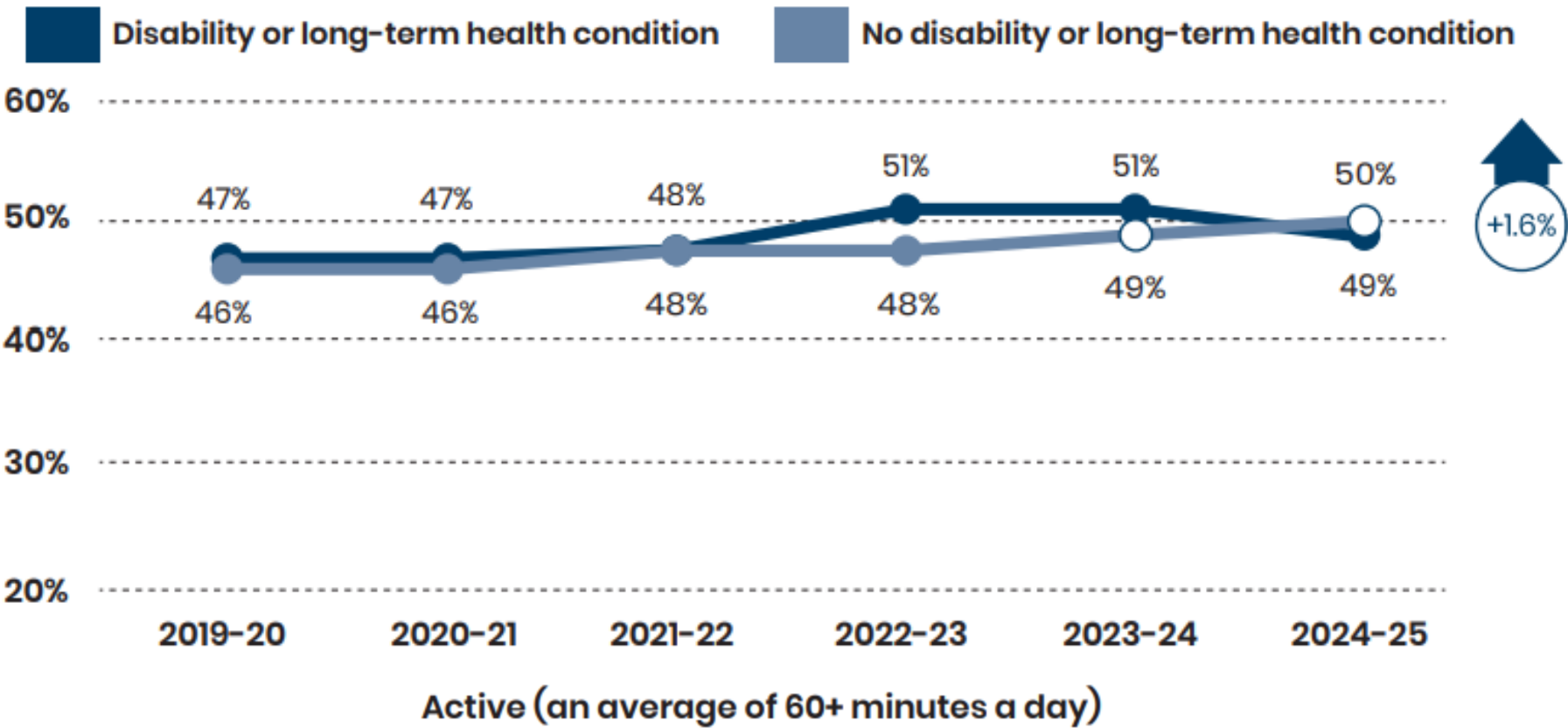
Activity levels are broadly unchanged over the last two years among secondary-age young people



Both boys and girls have seen activity levels increase over the last 12 months



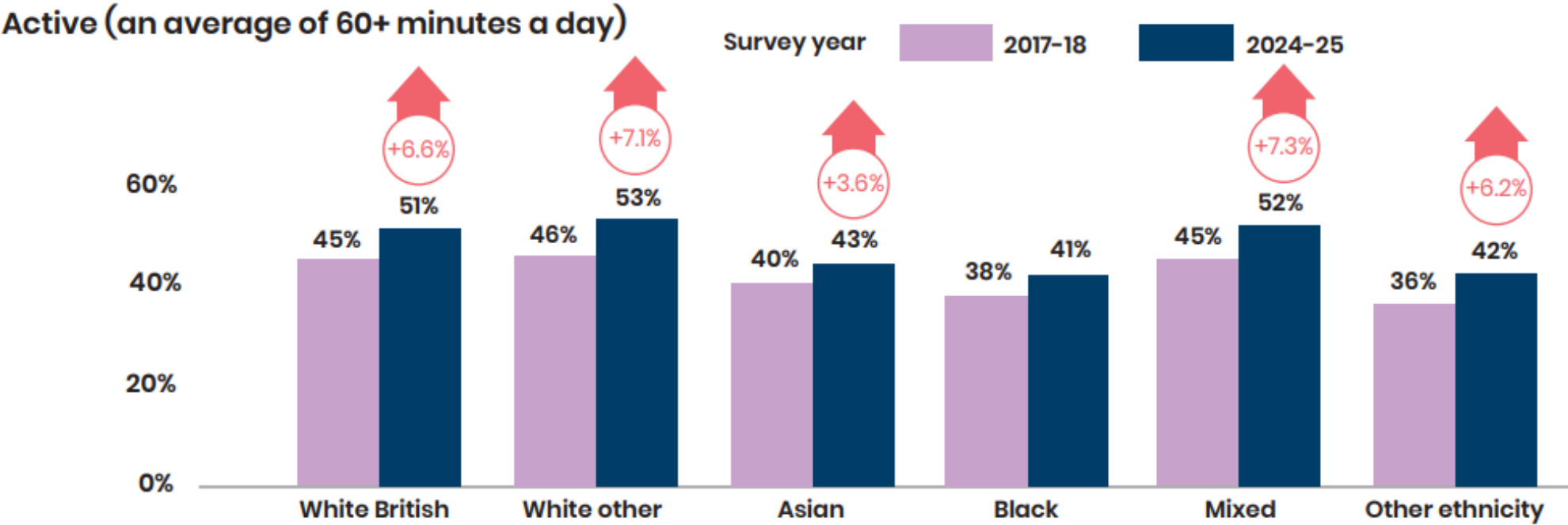
There is little difference in activity levels between children and young people with and without a disability or long-term health condition



The gap in activity levels by ethnic group has widened

Arrows show change from seven years ago.
%
No arrows indicates no statistically reportable change

Note: After White British, the largest ethnic groups within the child population are Asian (11%) and Mixed (7%), with White other (7%), Black (6%) and Other ethnic groups (1%) 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.



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. See the [definitions](#) page for more details.

