

ACTIVE HUMBER

Children and young people
physical activity behaviour




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 - At and outside of school
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Measures

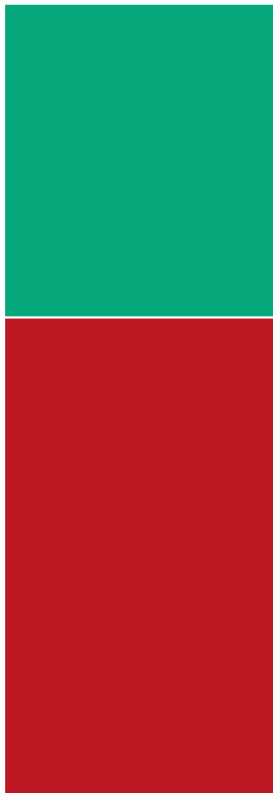
Sport and physical activity levels



Data is presented for three categories for overall activity in the last week. Only activity of at least moderate intensity is included. The first category includes pupils who meet the Chief Medical Officer's (CMO) [guidelines](#) for young people of doing *an average of at least 60 minutes per day across the week*. The second category includes children who do an average of 30-59 minutes a day and the third category the children do less than 30 minutes a day.

- Active (an average of 60+ minutes a day)
- Fairly active (an average of 30-59 minutes a day)
- Less active (less than an average of 30 minutes a day)

At school/outside school



At school refers to activity done while at school, during normal school hours. It includes activities in PE lessons and break times, but excludes activities at before and after school clubs, even if these take place at school

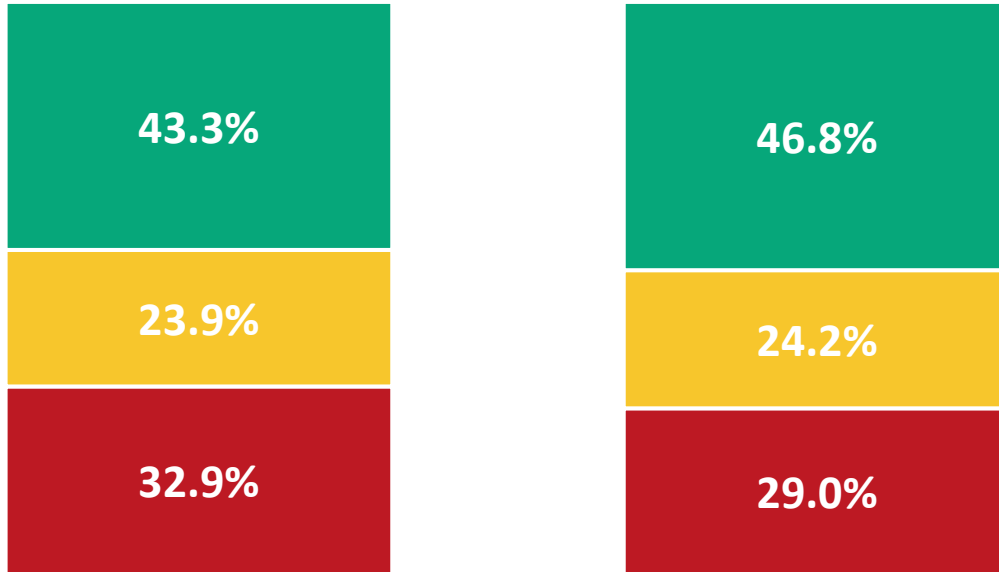
Outside school refers to activity done outside of school hours. It includes anything done before getting to school and after leaving school (including travel to/from), as well as activity done at the weekend, on holiday days and at before and after school clubs, even if these took place at school

- Active (an average of 30 minutes or more a day)
- Less active (less than an average of 30 minutes a day)

Physical activity behaviour



England

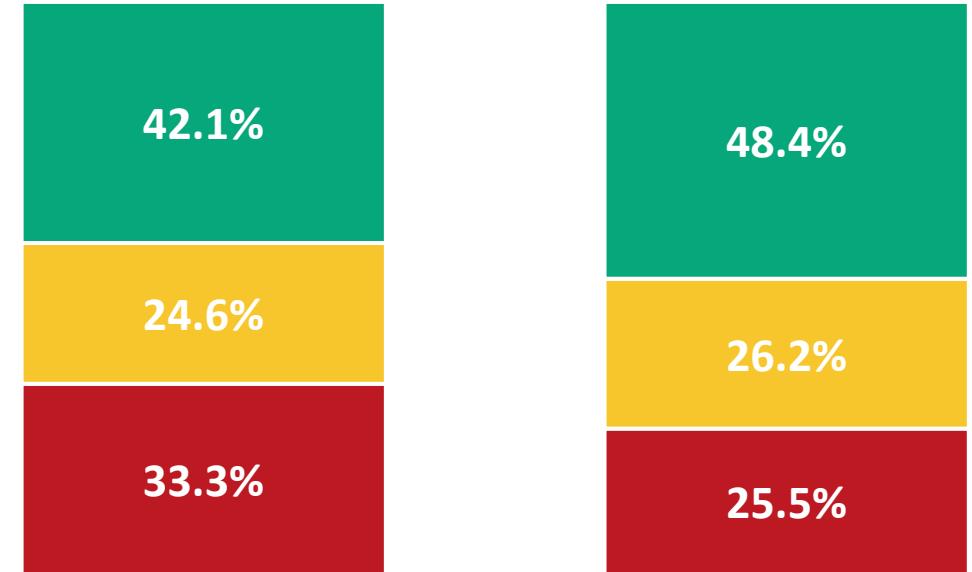


2017-18

2018-19

- Active (an average of 60+ minutes a day)
- Fairly active (an average of 30-59 minutes a day)
- Less active (less than an average of 30 minutes a day)

Humber



2017-18

2018-19

- Active (an average of 60+ minutes a day)
- Fairly active (an average of 30-59 minutes a day)
- Less active (less than an average of 30 minutes a day)

Physical activity behaviour

Full year results

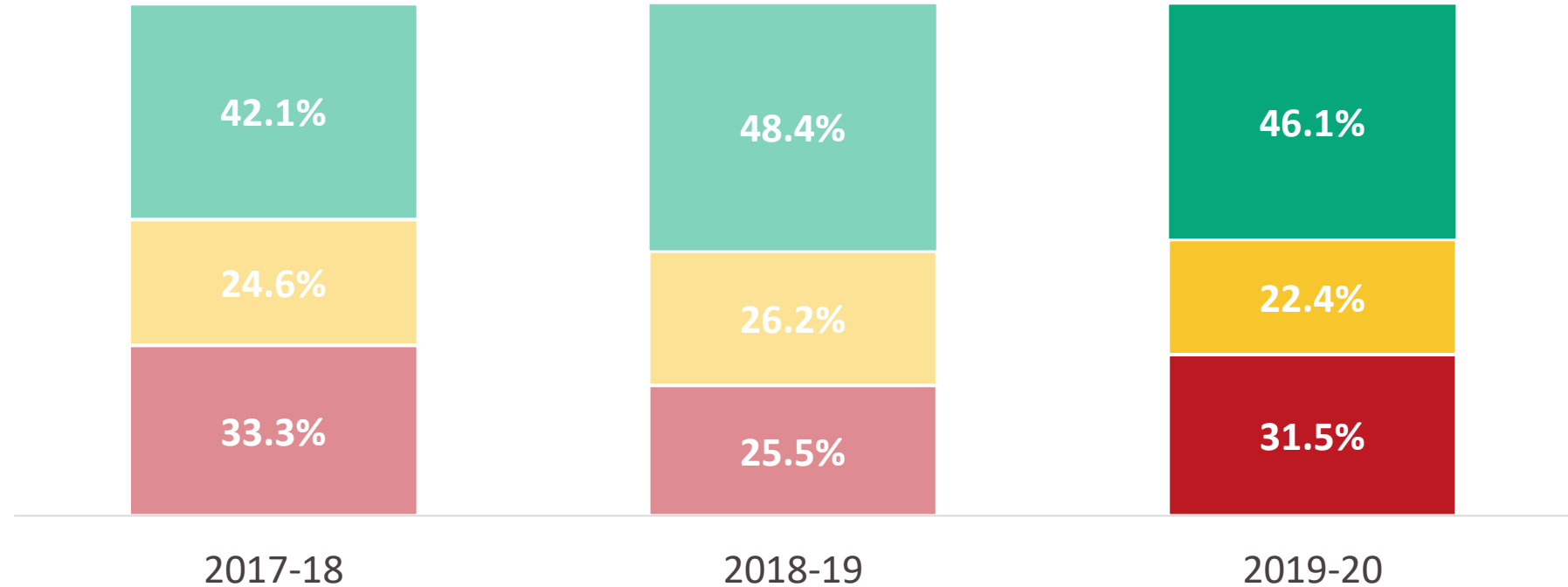
Year	Sample size
2017-18	2,658
2018-19	1,707
2019-20	1,470

Sample size
lower than
previous year



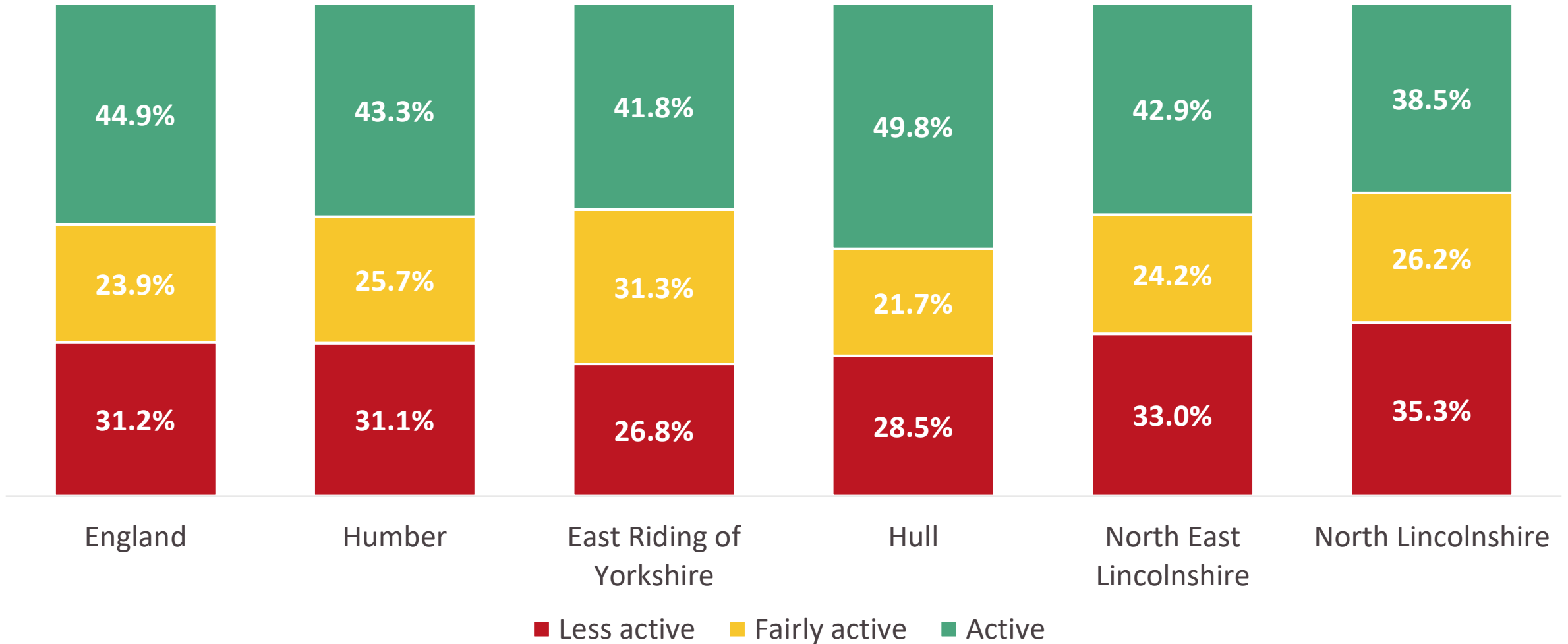
Geographical flags: None

Humber



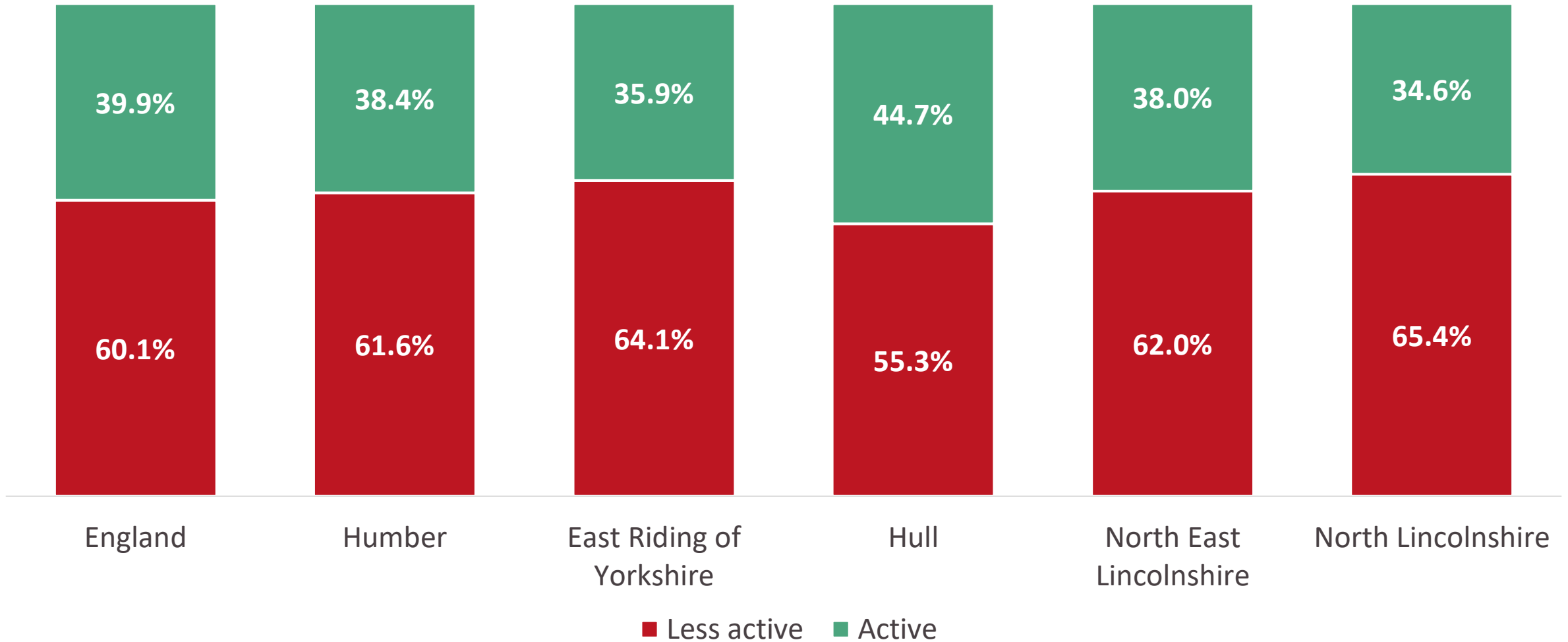
- Active (an average of 60 minutes or more every day)
- Fairly Active (an average of 30-59 minutes per day)
- Less Active (less than an average of 30 minutes per day)

Physical activity behaviour



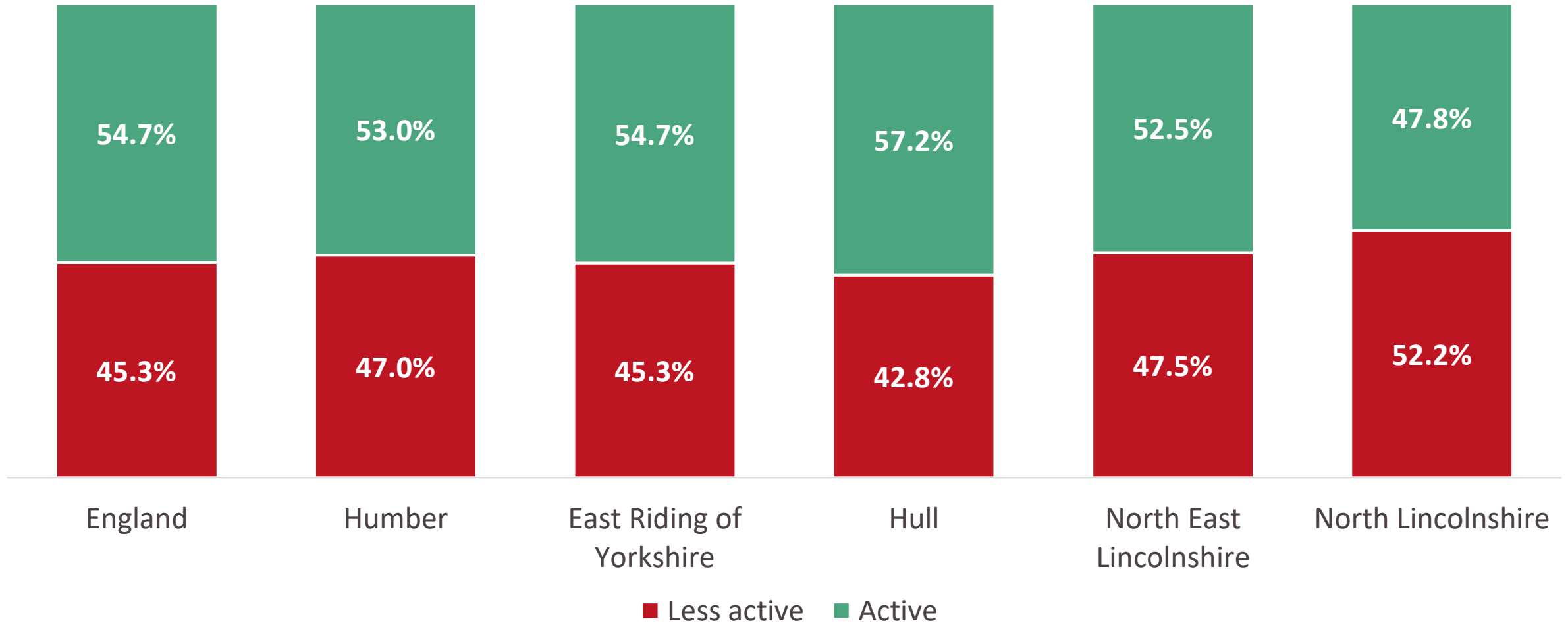
Physical activity behaviour

At school



Physical activity behaviour

Outside school



Demographics

Identify as needing extra support (disability)

The questions asked about disability varied by age. It is possible that some children may have identified a disability due to a lack of comprehension of the question therefore we have referred to this as 'needing extra help'

No extra help

Extra help

Family affluence (FAS)

This is a standard scale developed for the Health Behaviour in School Aged Children Survey (an international study of 11-15 year olds) which involves asking a series of questions and provides an overall score between 0-13

Low family affluence – Score range 0-6

Medium family affluence – Score range 7-10

High family affluence – Score range 11-13

Year groups

Years 1-2 Aged 4-6 (survey completed by parents)

Years 3-4 Aged 7-9

Years 5-6 Aged 9-11

Years 7-9 Aged 11-13

Years 9-11 Aged 13-16

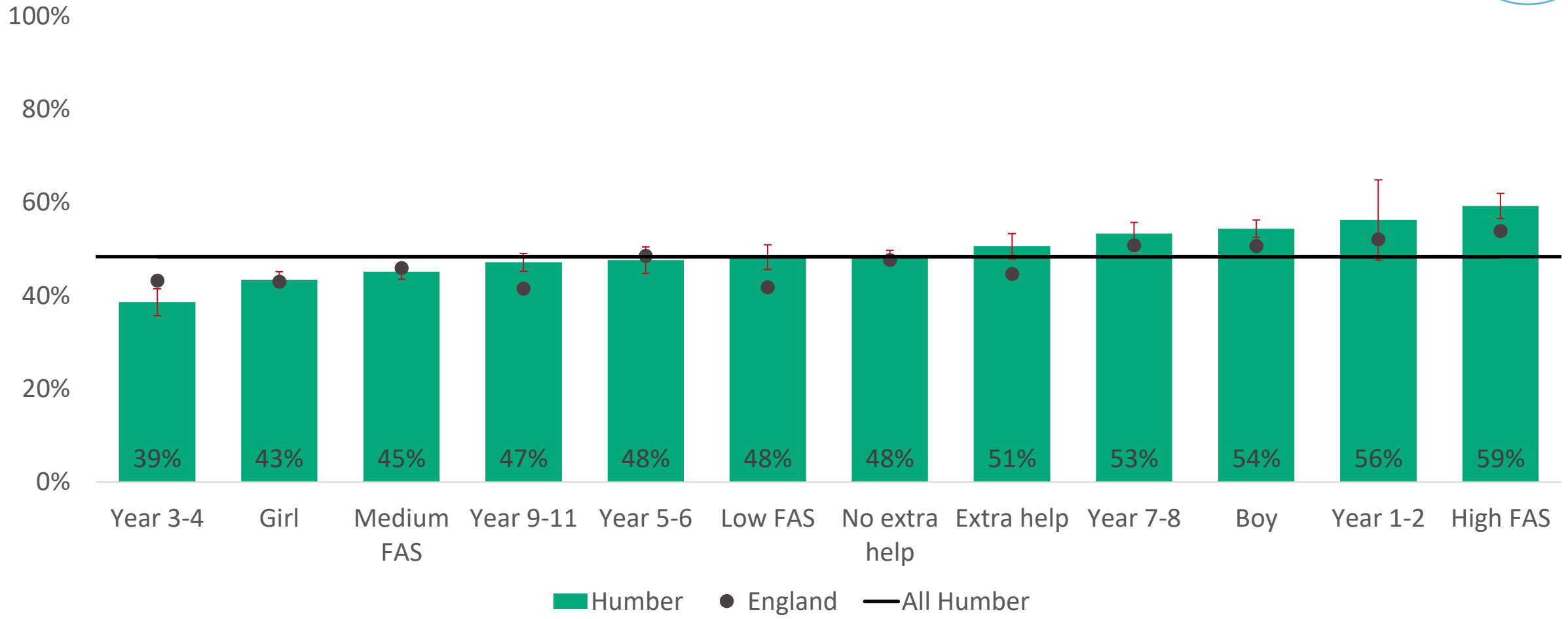


Physical activity behaviour

By demographic group



Percentage who are active, achieving an average of 60 minutes or more a day



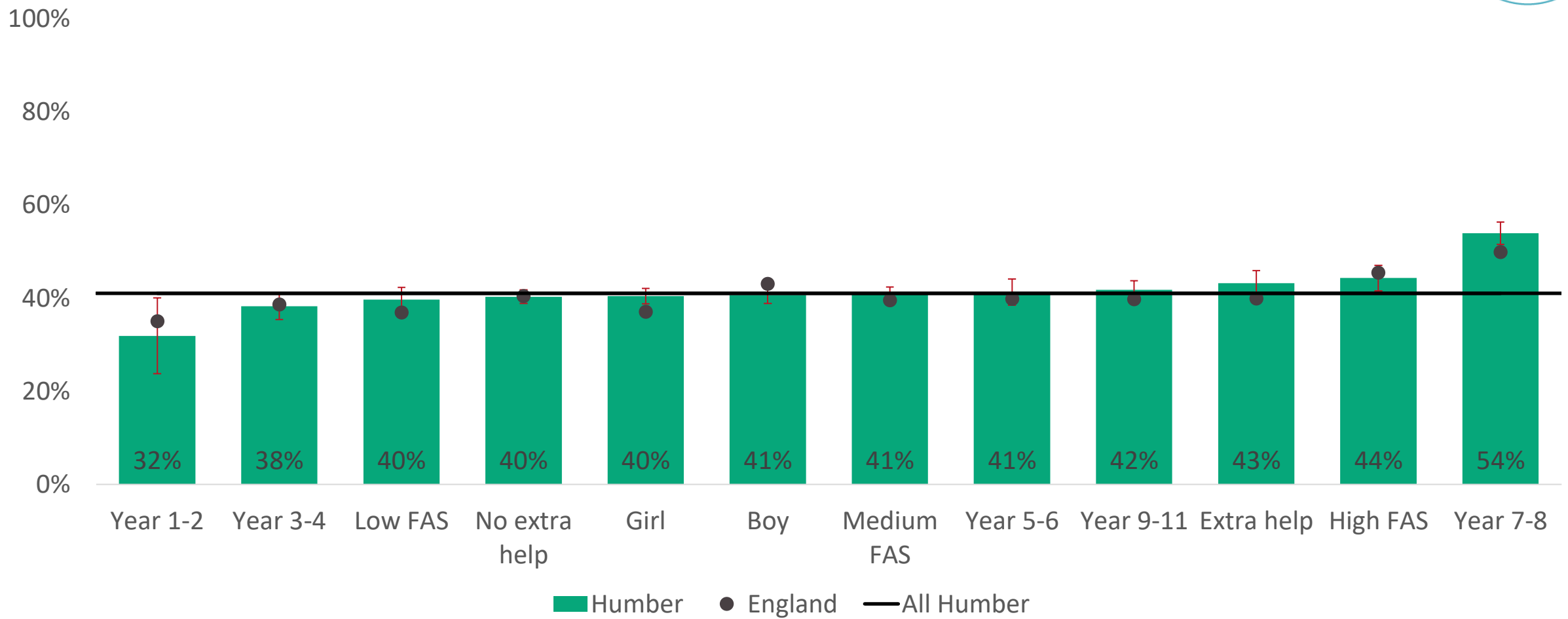
Physical activity behaviour

By demographic group

At school



Percentage who are active, achieving an average of 30 minutes or more a day

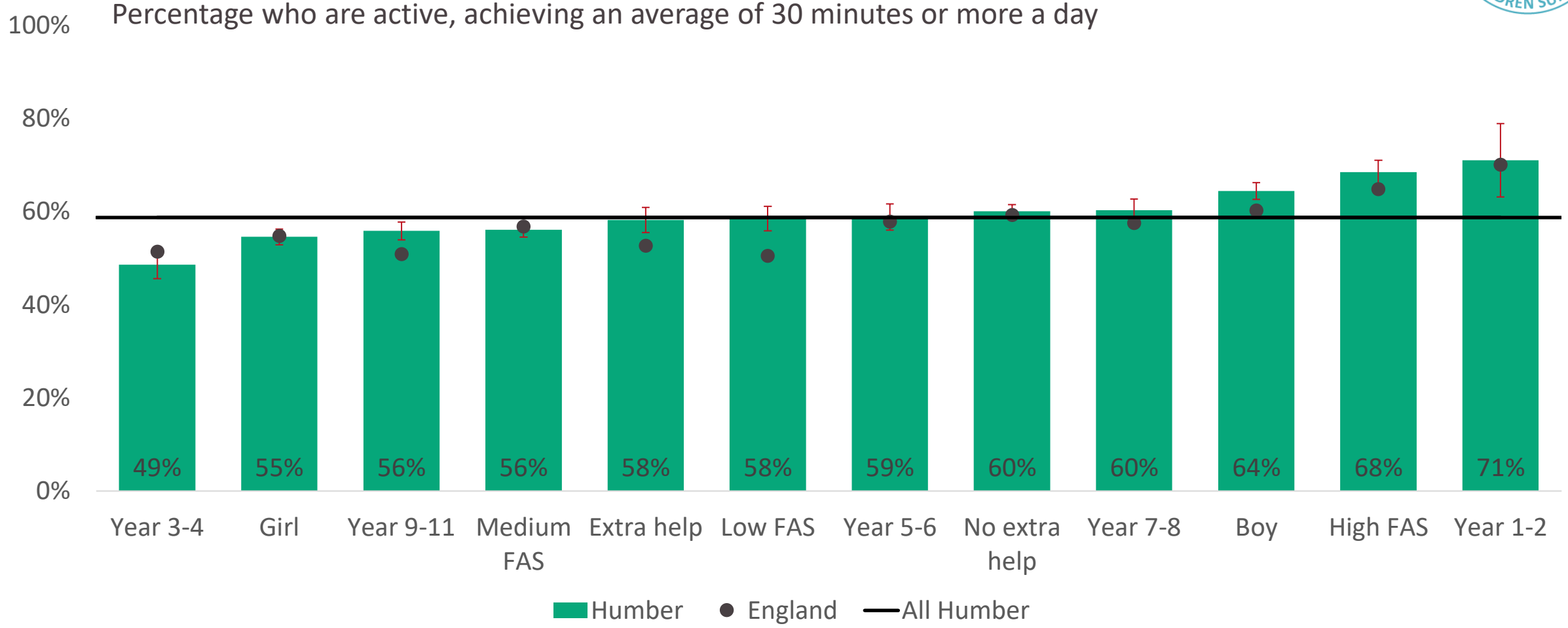


Source: Sport England Active Lives Children and Young People Survey 2018-19

Physical activity behaviour

By demographic group

Outside school

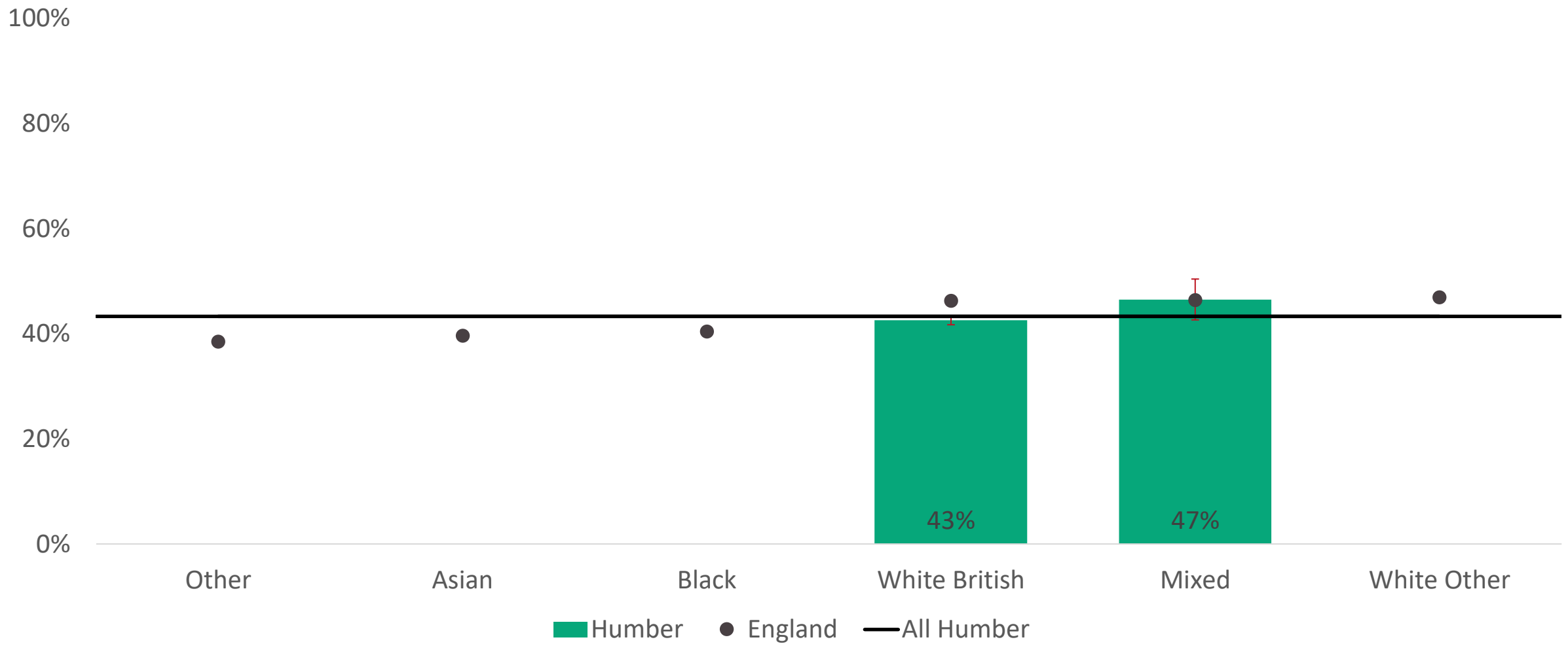


Physical activity behaviour

By ethnic group



Percentage who are active, achieving an average of 60 minutes or more a day



Source: Sport England Active Lives Children and Young People Survey combined years 2017-18 and 2018-19

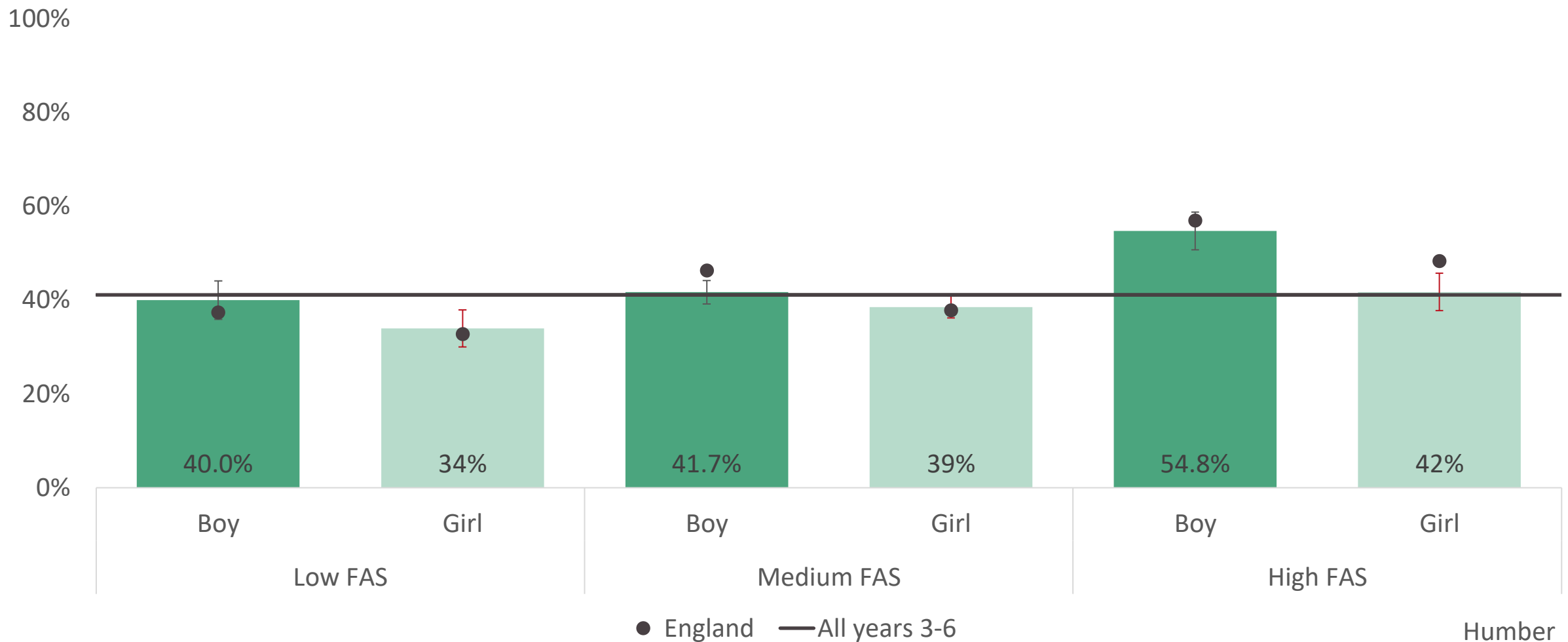
Physical activity behaviour

By multiple demographic group

Years 3-6



Percentage who are active, achieving an average of 60 minutes or more a day



Source: Sport England Active Lives Children and Young People Survey combined years 2017-18 and 2018-19

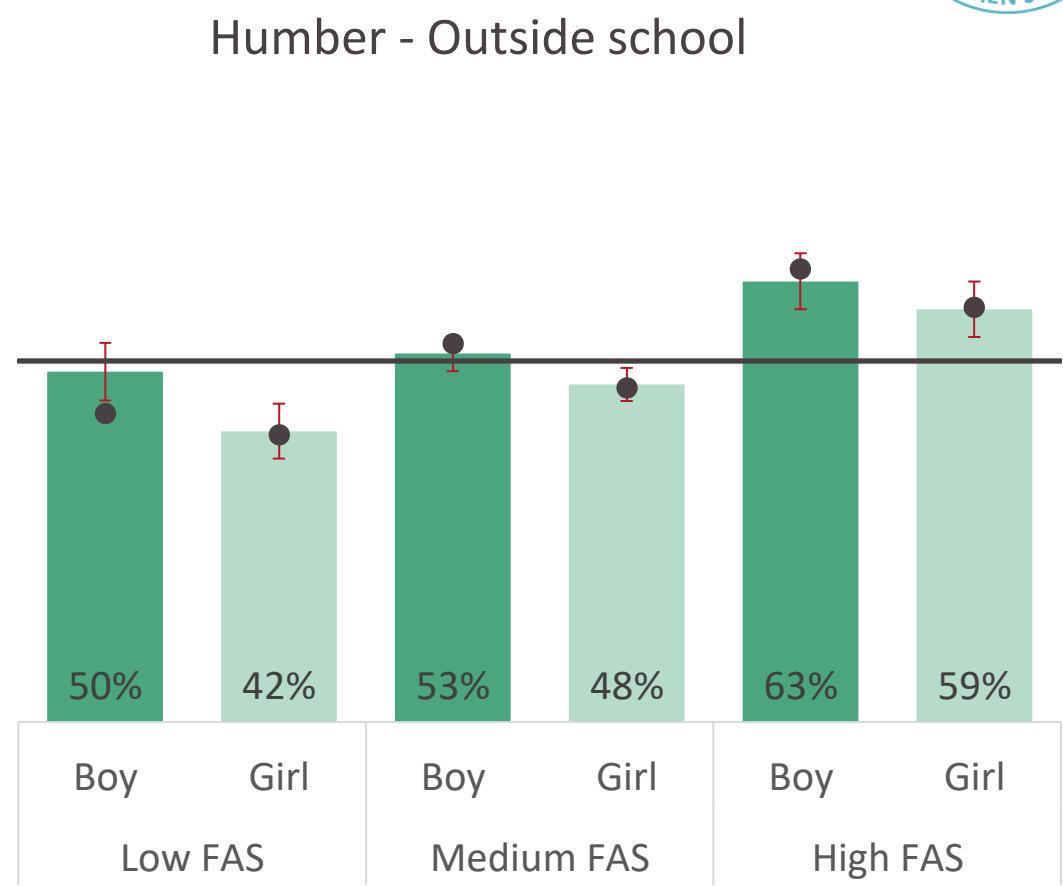
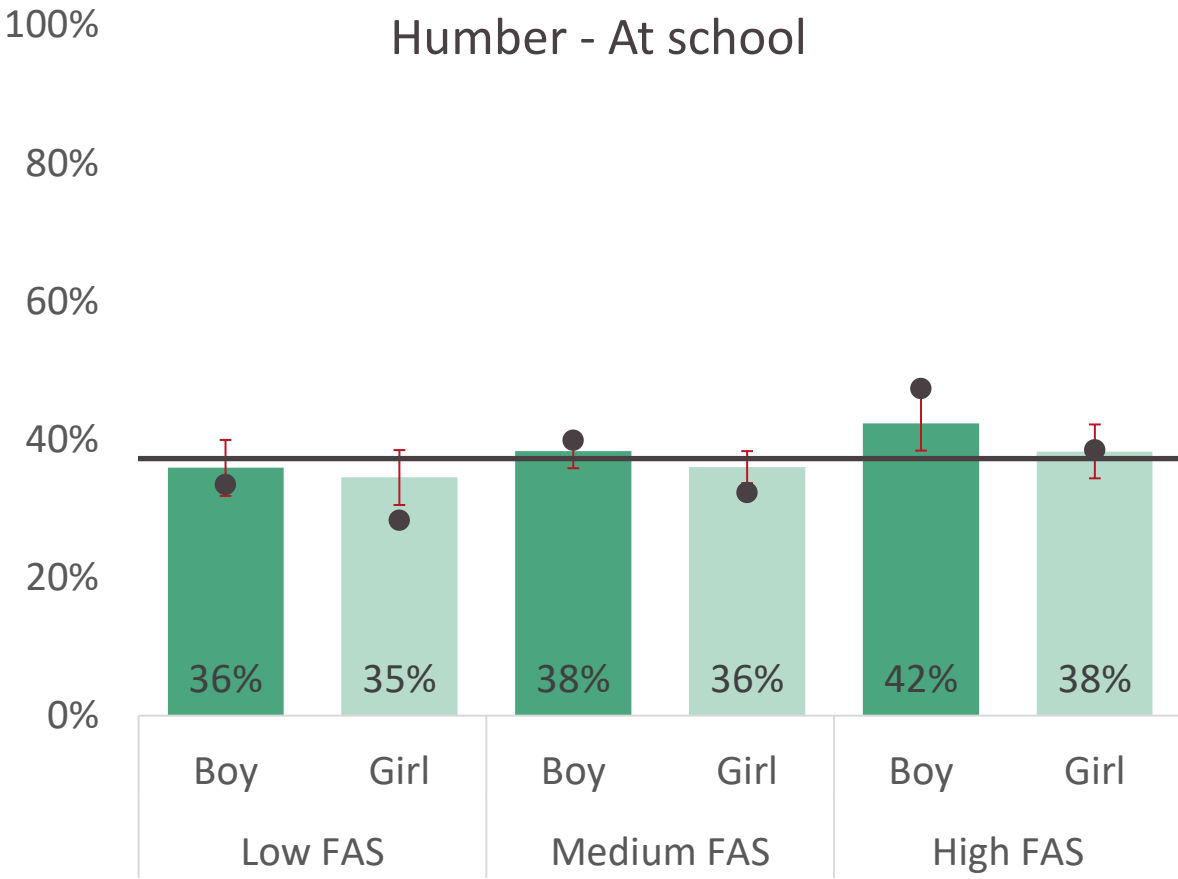
Physical activity behaviour

By multiple demographic group

Years 3-6



Percentage who are active, achieving an average of 30 minutes or more a day



● England All years 3-6



Source: Sport England Active Lives Children and Young People Survey combined years 2017-18 and 2018-19

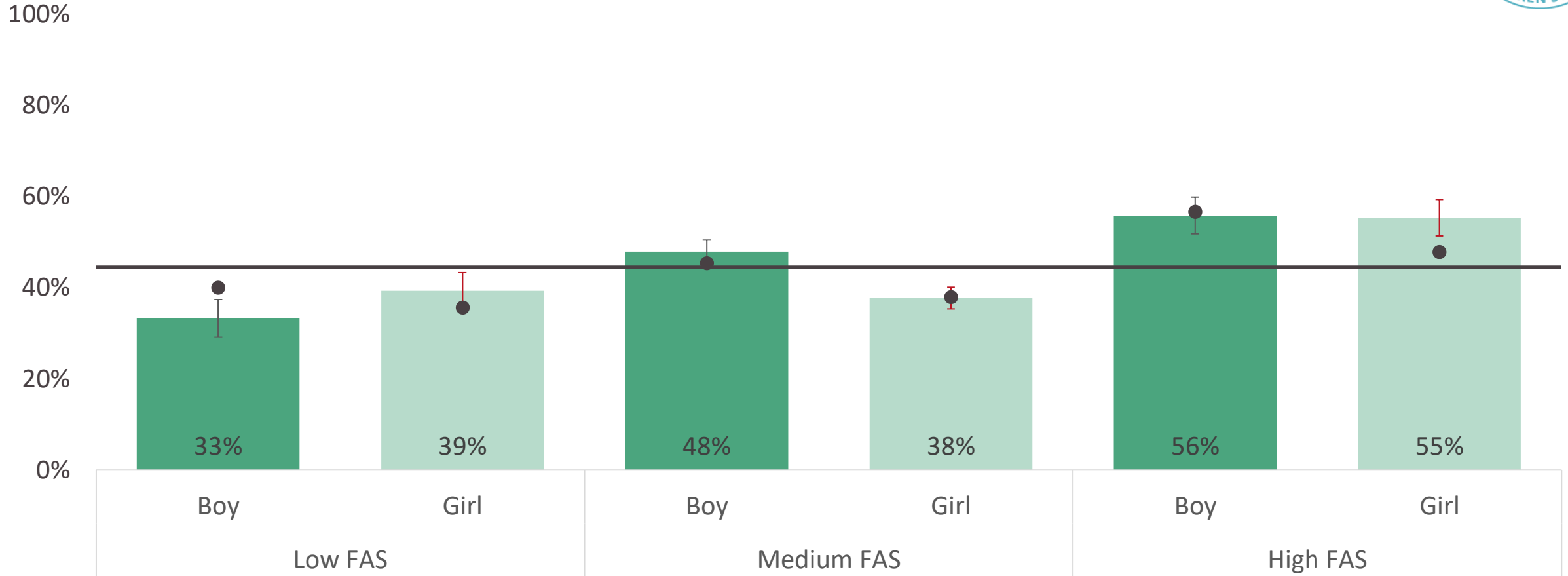
Physical activity behaviour

By multiple demographic group

Years 7-11



Percentage who are active, achieving an average of 60 minutes or more a day



● England All years 7-11 Humber



Source: Sport England Active Lives Children and Young People Survey combined years 2017-18 and 2018-19

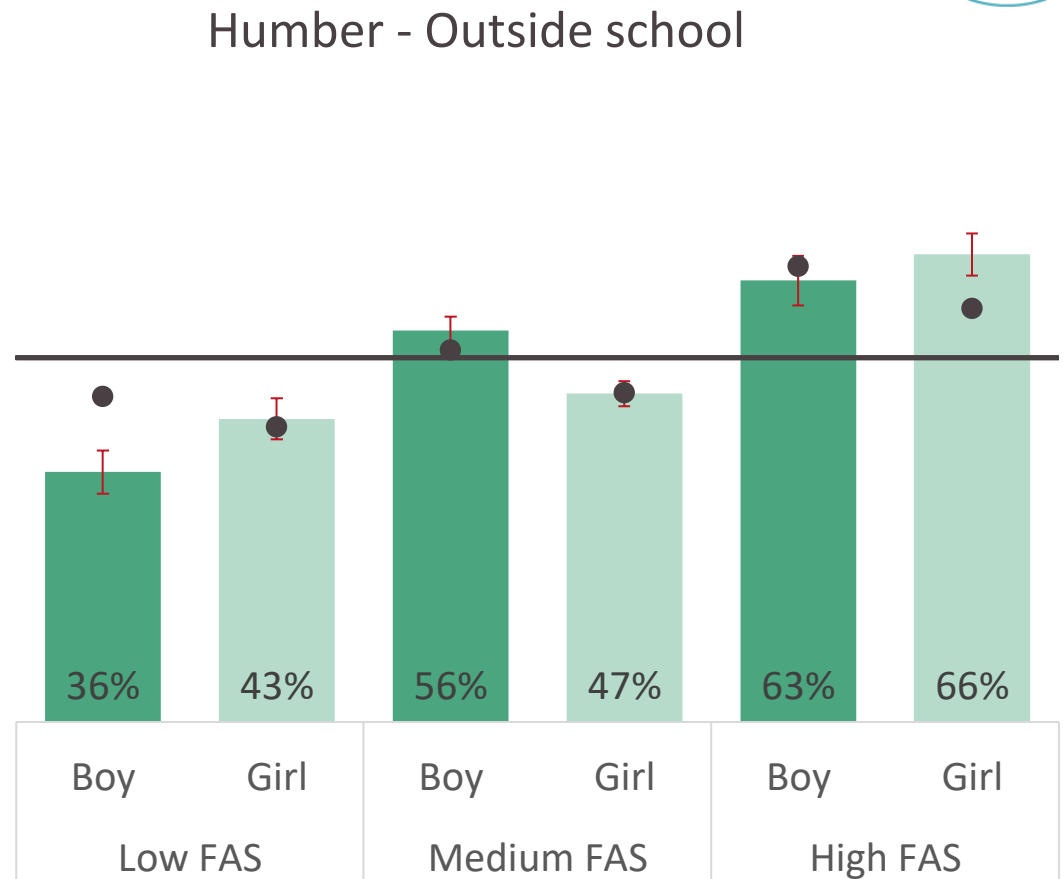
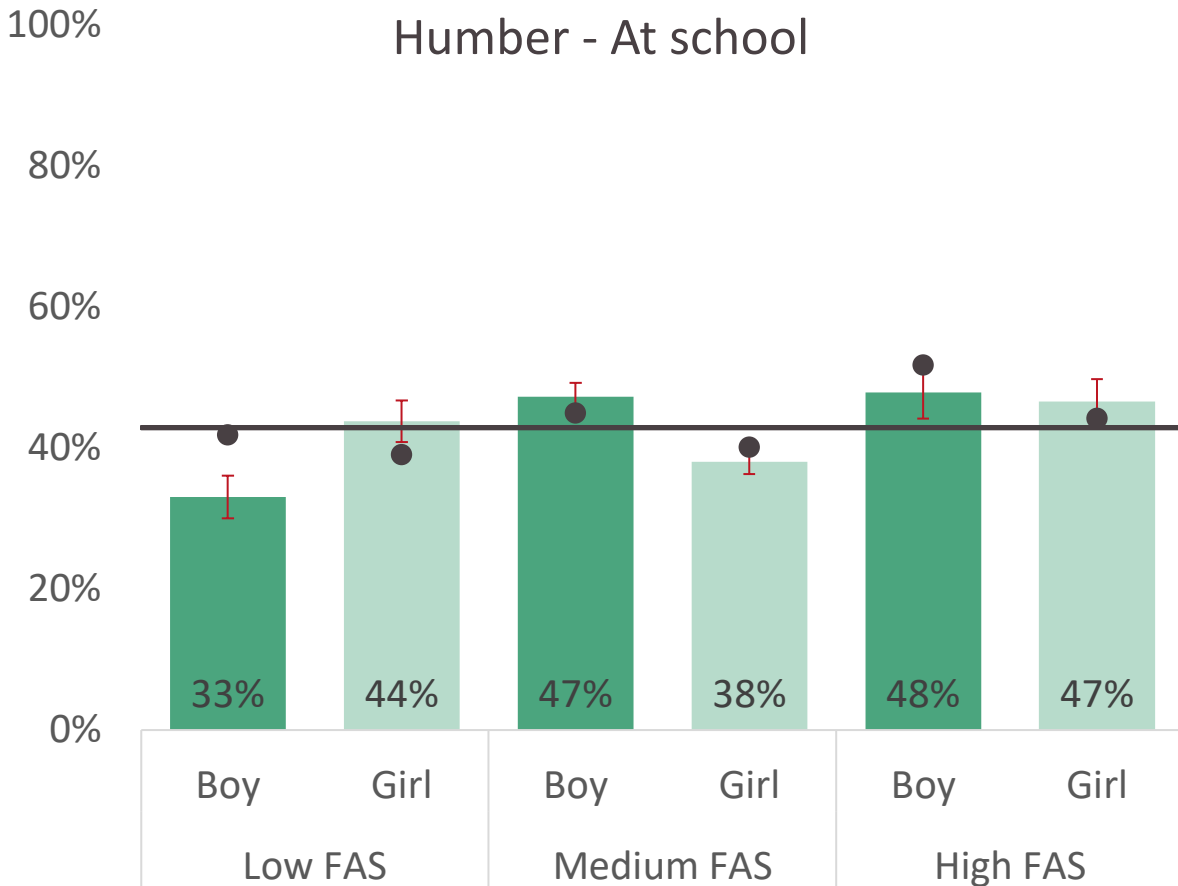
Physical activity behaviour

By multiple demographic group

Years 7-11



Percentage who are active, achieving an average of 30 minutes or more a day



● England All years 7-11



Source: Sport England Active Lives Children and Young People Survey combined years 2017-18 and 2018-19



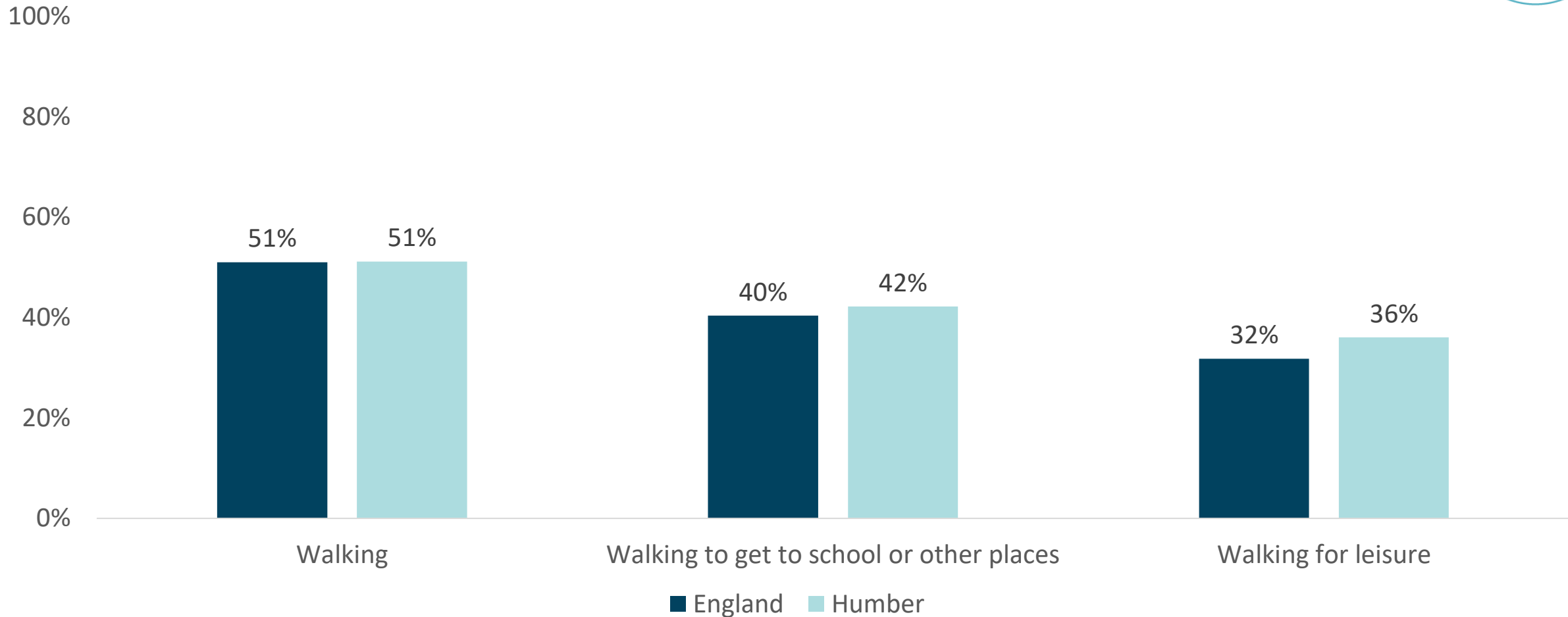
Activities

Information is presented on whether or not the pupil has done each activity for any duration with at least moderate intensity in the last week for groups of activities and specific activities

Physical activity behaviour

Once a week participation

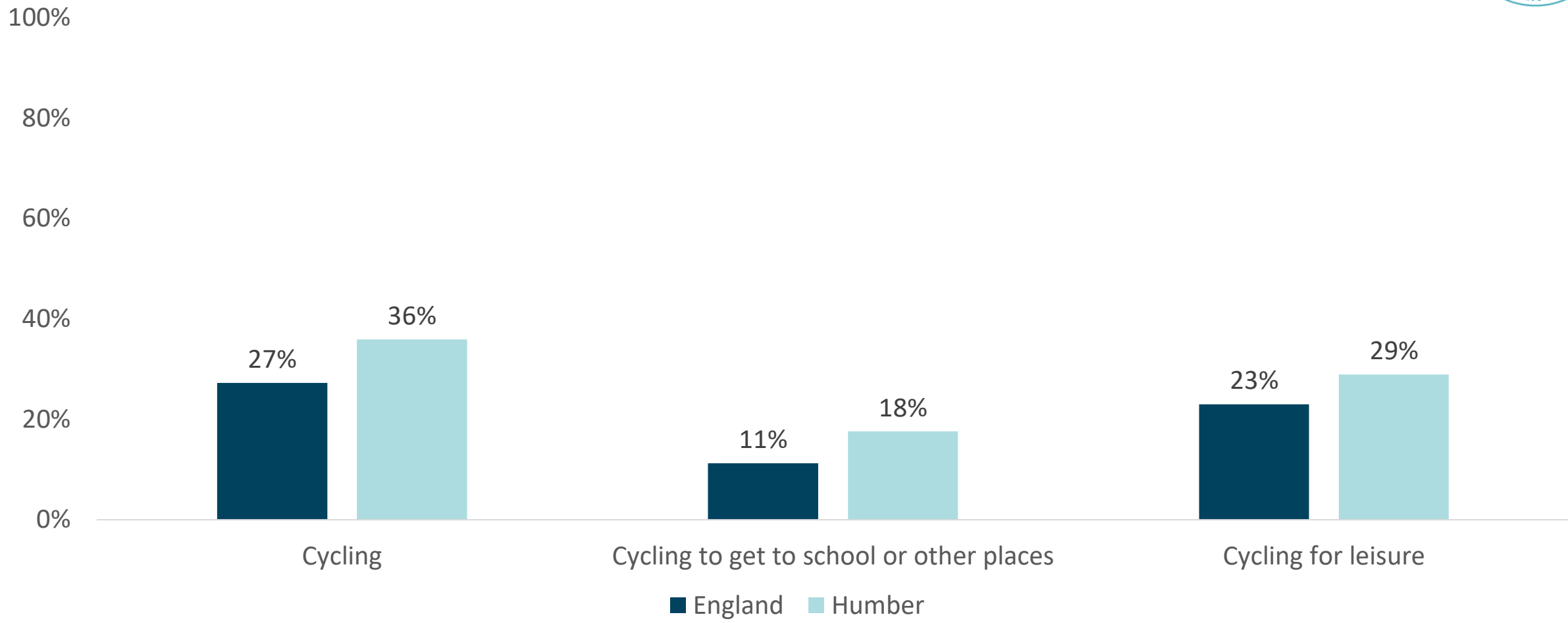
Walking



Physical activity behaviour

Once a week participation

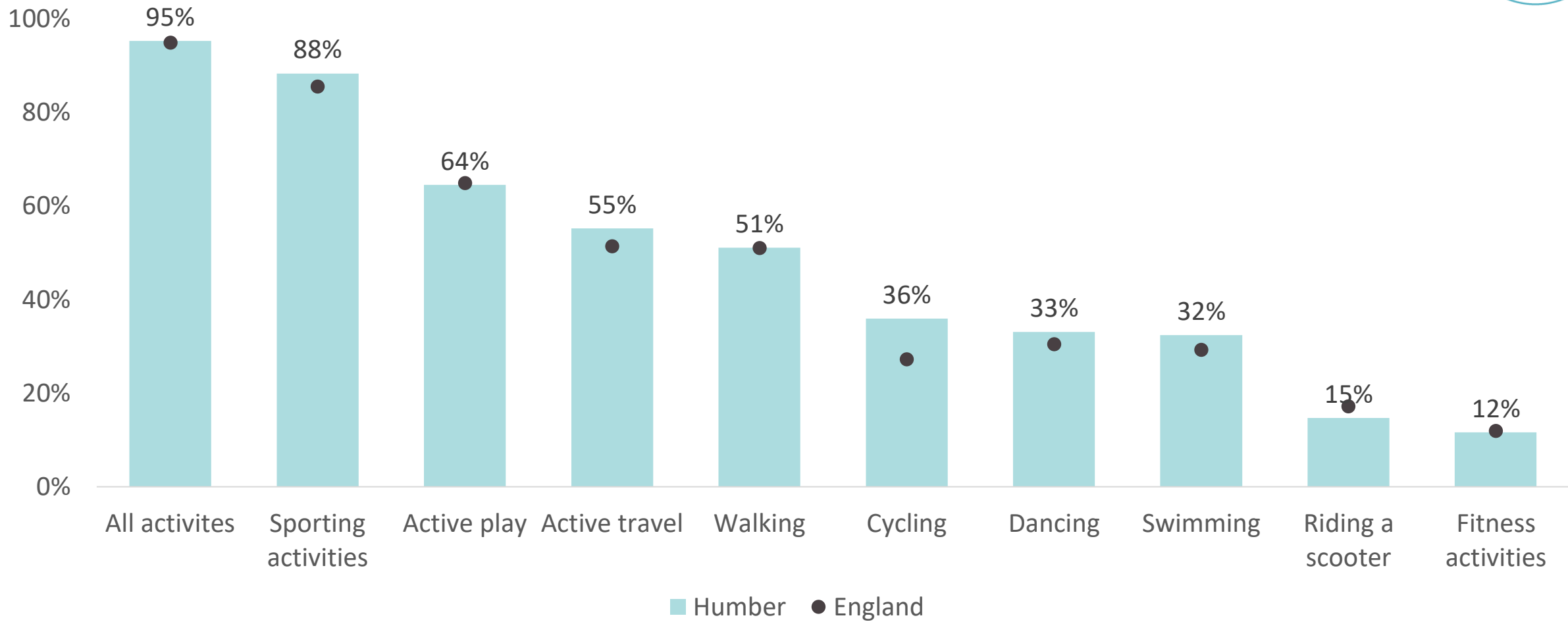
Cycling



Physical activity behaviour

Once a week participation

By activity



Source: Sport England Active Lives Children and Young People Survey 2018-19



Physical literacy

Physical literacy is about developing the fundamental movement skills that all children need. We measure it by gauging children's positive feelings towards five elements: competence, understanding, enjoyment, knowledge and confidence, i.e. how strongly they agree that they enjoy being active or feel confident when they exercise etc.

When talking about individual attitude statements, we report where a child strongly agrees with a statement as evidence of positive feelings towards it. For example, when a child strongly agrees that they enjoy taking part in sport, we describe that child as enjoying sport and physical activity.

Physical literacy

Positive attitudes

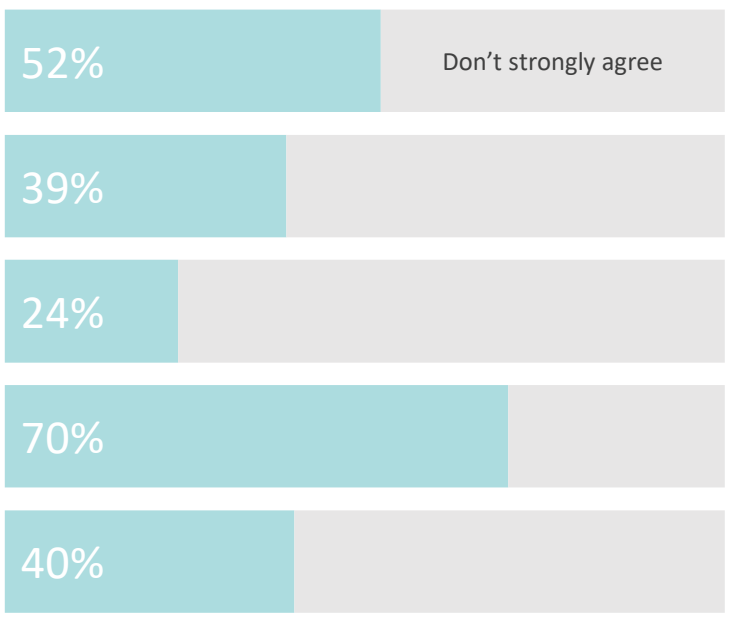


The international Physical Literacy Association’s definition of physical literacy has four elements: motivation, confidence, competence and knowledge and understanding

The organisation says these help as individual “value and take responsibility for engagement in physical activities for life”

‘I like playing sport’ and ‘I like being active’ Years 1-2 ‘I enjoy taking part in exercise and sports’ Years 3-11	Enjoyment:
‘I feel confident when I exercise and play sports’ Years 3-11	Confidence:
‘I find sport easy’ Years 1-2 ‘I find exercise and sport easy’ Years 3-11	Competence:
‘I understand why exercise and sports are good for me’ Years 3-11	Understanding:
‘I know how to get involved and improve my skills in lots of different types of exercise and sports’ Years 7-11	Knowledge:

Percentage of young people who ‘strongly agree’ with the statement



Humber

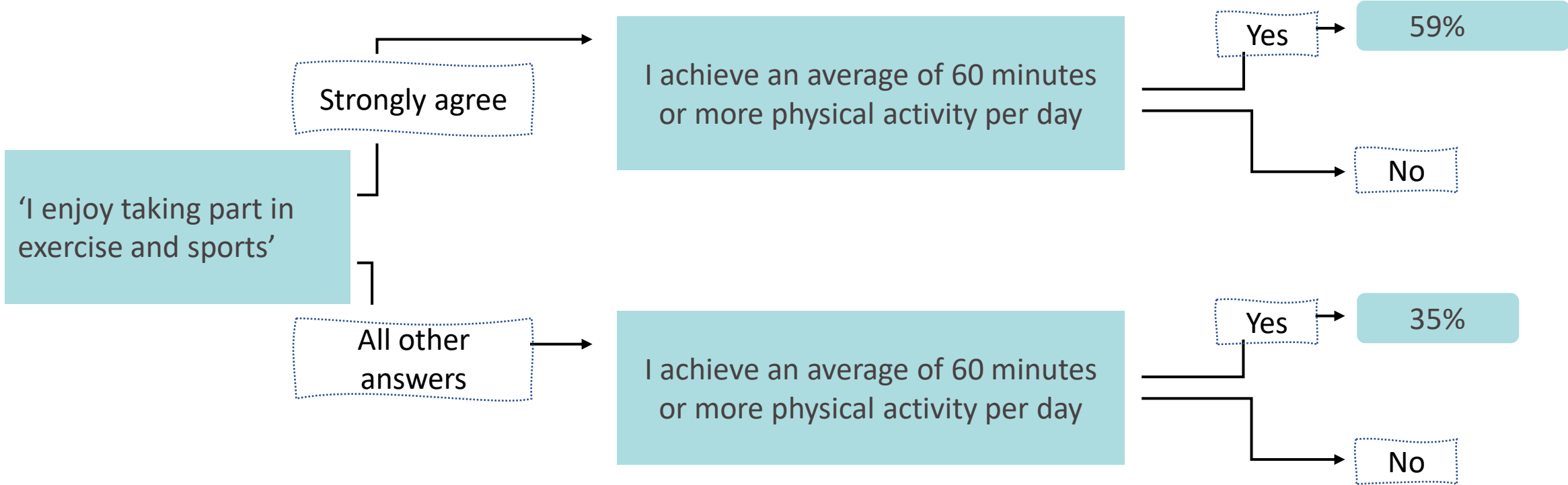
Sport England: When talking about individual attitude statements, we report where a child strongly agrees with a statement as evidence of positive feelings towards it. For example, when a child strongly agrees that they enjoy taking part in sport, we describe that child as enjoying sport and physical activity

Source: Sport England Active Lives Children and Young People Survey 2018-19





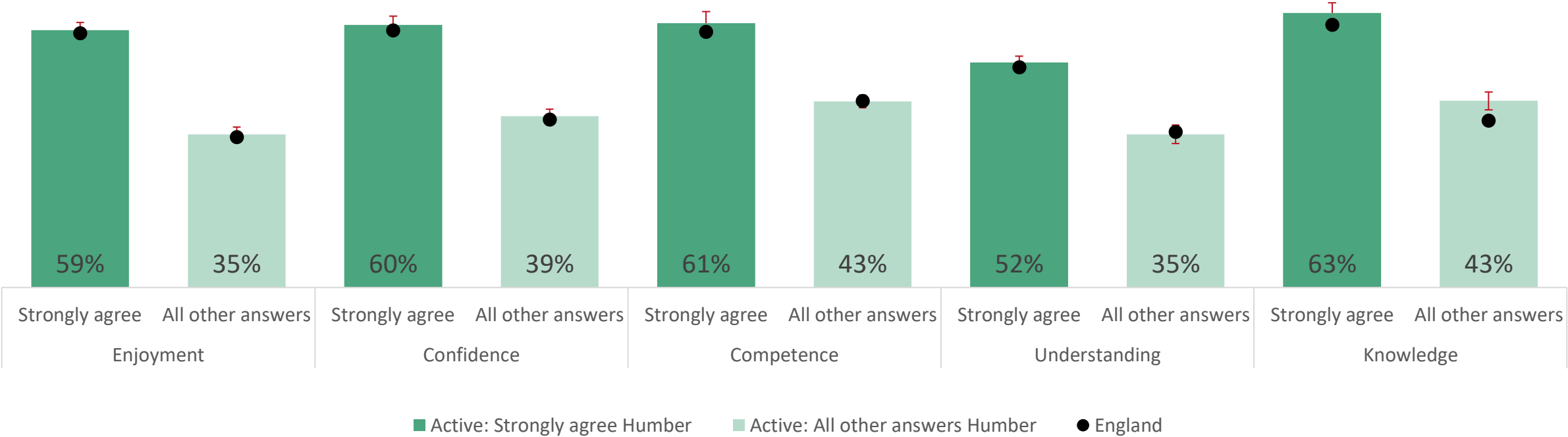
Example of how physical literacy affects children and young peoples physical activity levels



- 59% of those who enjoy taking part in sport and exercise are active
- Only 35% of those who do not enjoy taking part in sport and exercise are active
- You are more likely to be active if you enjoy sport and exercise



Percentage who are active, achieving an average of 60 minutes or more a day, by whether or not they 'strongly agree' with the statement



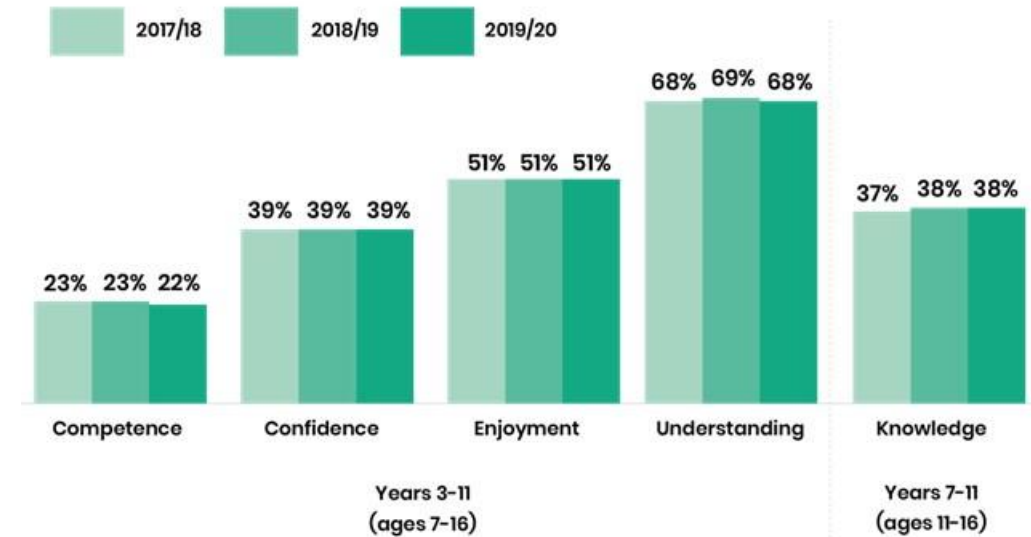
Sport England: When talking about individual attitude statements, we report where a child strongly agrees with a statement as evidence of positive feelings towards it. For example, when a child strongly agrees that they enjoy taking part in sport, we describe that child as enjoying sport and physical activity

Source: Sport England Active Lives Children and Young People Survey 2018-19



Attitudes towards sport and physical activity remain unchanged over the last 3 years (**main report**)

- Physically literate children and young people are more likely to be active
- Physically literate children and young people are:
 - Happier
 - Have higher levels of individual development
 - Have higher levels of community development



During the summer term (**coronavirus report**)

There has been an overall negative impact on physical literacy

- This is concerning because only strong positive attitudes are associated with higher levels of activity
- Drops in perceived positive attitudes for **competence** (-3.5%), **confidence** (-4.6%) and **enjoyment** (-1%)
- **There is a lot of variance among different demographic groups – Pay attention to this!**
- It is vital that teachers, coaches and leaders recognise that CYP may be returning to activities feeling less confident, competent and without enjoyment. How activities are reintroduced will be important

Summary

- Some inequalities appear to be smaller than those nationally
 - Still have concern around lower levels of activity for **girls** and **children in lower affluence families**
- Rates of weekly participation in different activities seemed relatively robust
 - Cycling participation levels healthy and something to build upon
- While there is limited data around children from a BAME background, some attention should be paid to CYP within our Black communities particularly due to the impact of the pandemic
- Likewise, primary aged CYP activity levels also require some attention
- There's a need to explore the implications of the early signs of decreasing physical literacy among children due to the pandemic