

Children & Young People Physical Activity Behaviour in Hertfordshire



June 2024

Active Lives Children's Survey 2022-23



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
- Types of activities undertaken 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?



The Chief Medical Officer's (CMO) guidelines recommend children and young people engage in at least 420 minutes of activity each week (an average of 60 mins or more a day)

Activity levels in this pack are presented in three categories for overall activity in the last week:

Active

An average of 60 minutes or more a day
(meeting CMO recommendations)

Fairly active

An average of 30-59 minutes a day

Less active

Less than an average of 30 minutes a day

Please note: The majority of the data in this data pack will focus on the 'Active' levels unless otherwise stated

Note: Only activity of at least moderate intensity is included



Measures and definitions

Everywhere*

An average of 60 minutes or more a day, either at school or outside school

This refers to all CYP activities regardless of whether they have taken place 'at school' or 'outside school'.

The 'everywhere' measure does not equate to the total of 'at school' and 'outside school' because the measures are different.

*Unless otherwise stated, data in this pack is for 'Everywhere'

At school

An average of 30 minutes a day in school

Where every day = five days (weekdays and term time only)

This refers to activities 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

An average of 30 minutes a day outside of school

Where every day = seven days

This refers to activities 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 take place at school



National headlines

The following headlines and demographic observations have been extracted from the [full report](#):

- Children and young people's overall activity levels are stable as the initial recovery from the pandemic was maintained across the 2022-23 academic year.
- It means 47% 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 a day.
- The 2022-23 findings reinforce that participation in sport and physical activity varies greatly. Significant inequalities remain in activity levels, with Black (40%) and Asian (40%) children and young people, and those from lower affluent families (44%), still less likely to play sport or be physically active than the average across all ethnicities and affluence groups. Girls are also less likely to be active than boys.
- The release also reveals a number of positive stories, including 1.5% more girls playing football since the Lionesses won Euro 2022.
- There are 11.5% more children and young people walking, cycling or scootering to get places than there were five years ago (academic year 2017-18) as increases to active travel during the pandemic have been maintained since society returned to normal.

Source: Sport England, Active Lives Children and Young People Survey – Academic year 2022-23 Report



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. There's no reportable long-term change.
- The proportion of children and young people classified as active has remained fairly stable over the longer term among young people in school Years 7-8 (ages 11-13).



Activity levels have been stable over the last 12 months for boys and girls with growth over the longer term at a similar rate for both. As a result, the gender gap between boys and girls currently stands at 6.8%, the same as the gap recorded in 2017-18. **There are two notable gender differences when considering specific age groups:**

- **Infant age** (school Years 1-2, ages 5-7) girls have seen no long-term growth in activity levels, whereas boys have seen an increase of 3.5% compared to academic year 2017- 18. As a result, the gender gap for this age group has widened to 9.2% (from 6.3% in 2017-18)
- **Teenage girls** (school Years 9-11, ages 13-16) are seeing slightly stronger growth in activity levels over the longer term compared to teenage boys (10.9% vs 8.7%). Despite this, the gender gap for this age group remains wide at 7.3%



National demographics continued

- **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 three years, but this has been slightly greater for those with a disability or long-term health condition (up 4.5% vs 2.3% for those without).
- **The gap between activity levels among Asian and Black children and young people, and those of all other backgrounds, has widened over the last five years (since academic year 2017-18).** Children and young people of White other ethnicity are now the most active group, having seen the largest increases, while those of Mixed ethnicities remain equally as likely to be active as those who are White British. The gender gap remains widest between Asian girls and boys (11%), followed by Black (9%) and Other (9%) children and young people.
- **Children and young people from the least affluent families are the least likely to be active, with only 44% meeting the Chief Medical Officers' guidelines - compared to 55% of those from the most affluent families.** However, while all groups have seen growth over the last five years (compared to academic year 2017-18), this has been slightly greater among those from the least affluent families (up 5.5% vs 3.5% for most affluent), so the gap in activity levels between those from the most and least affluent families has narrowed slightly.



Census 2021

198,500

Aged 4-16
years

64,500

Minority
ethnic
groups

33%*

14,500

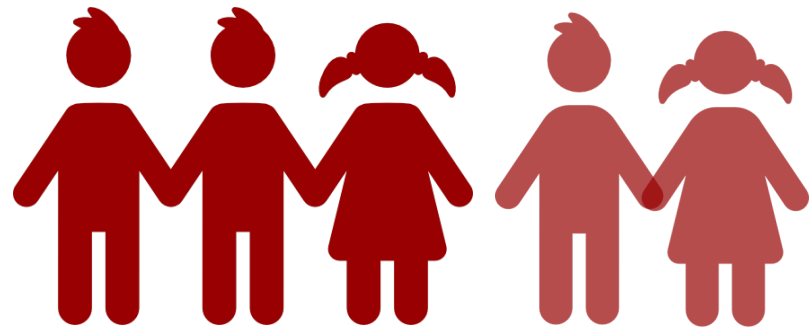
With a
limiting illness
or disability

7%*



Half our children (49.2%) are **not active enough***

Less active (less than 30 mins activity a day)



Fairly active
(30-59 mins a day)



Active (an average of an hour a day)

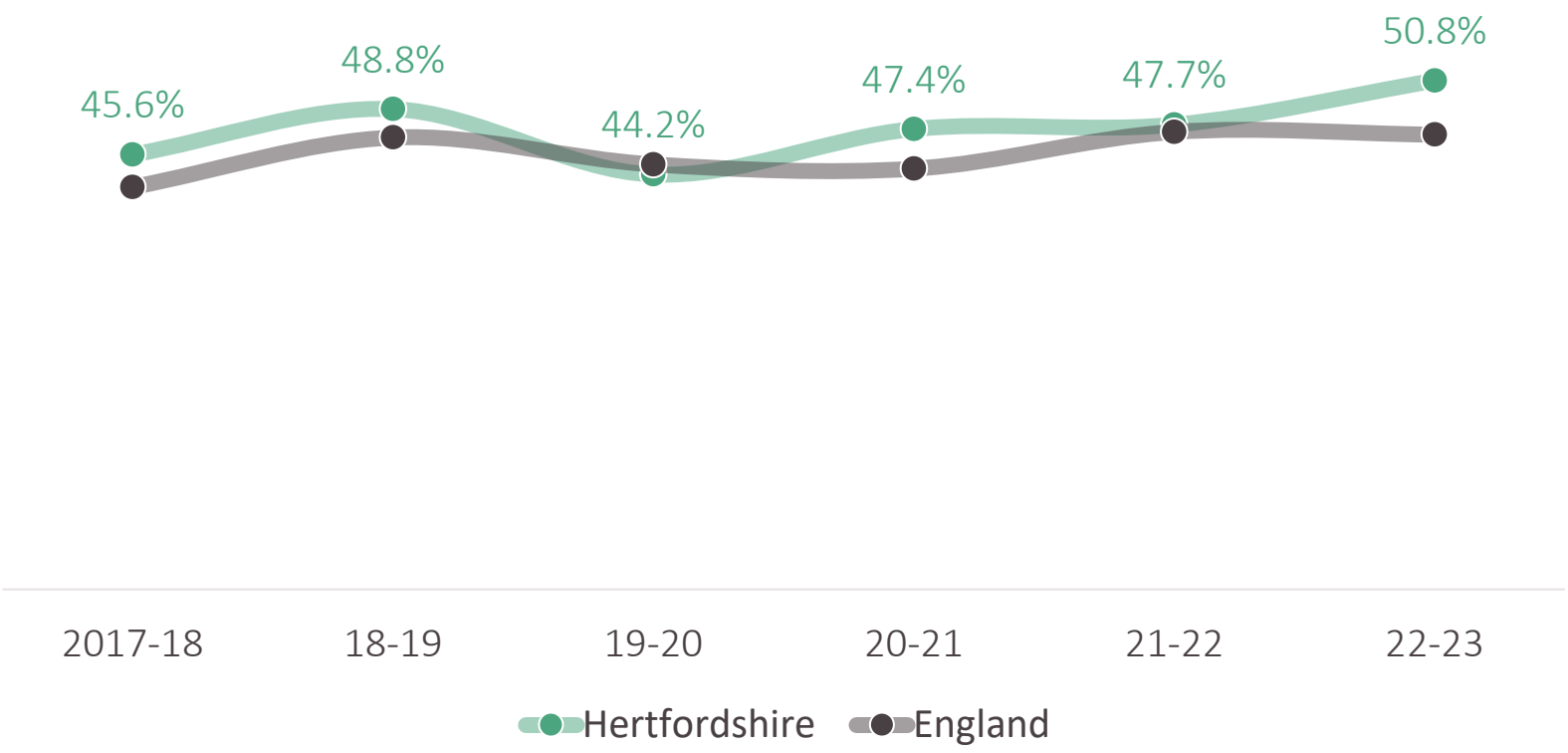
That's around
97,500
children and young
people in Hertfordshire
not meeting
recommended activity
levels

*Includes less active and fairly active



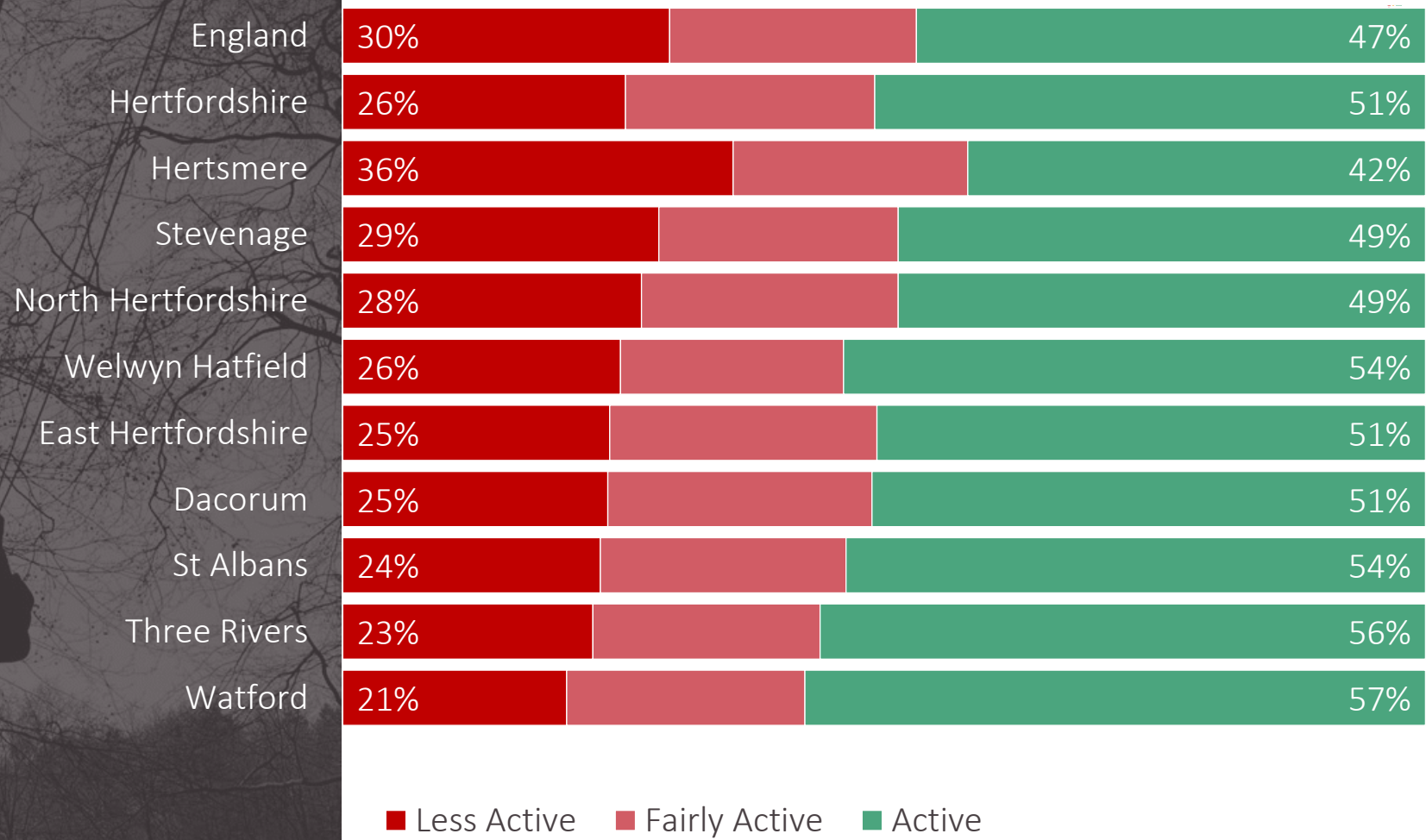
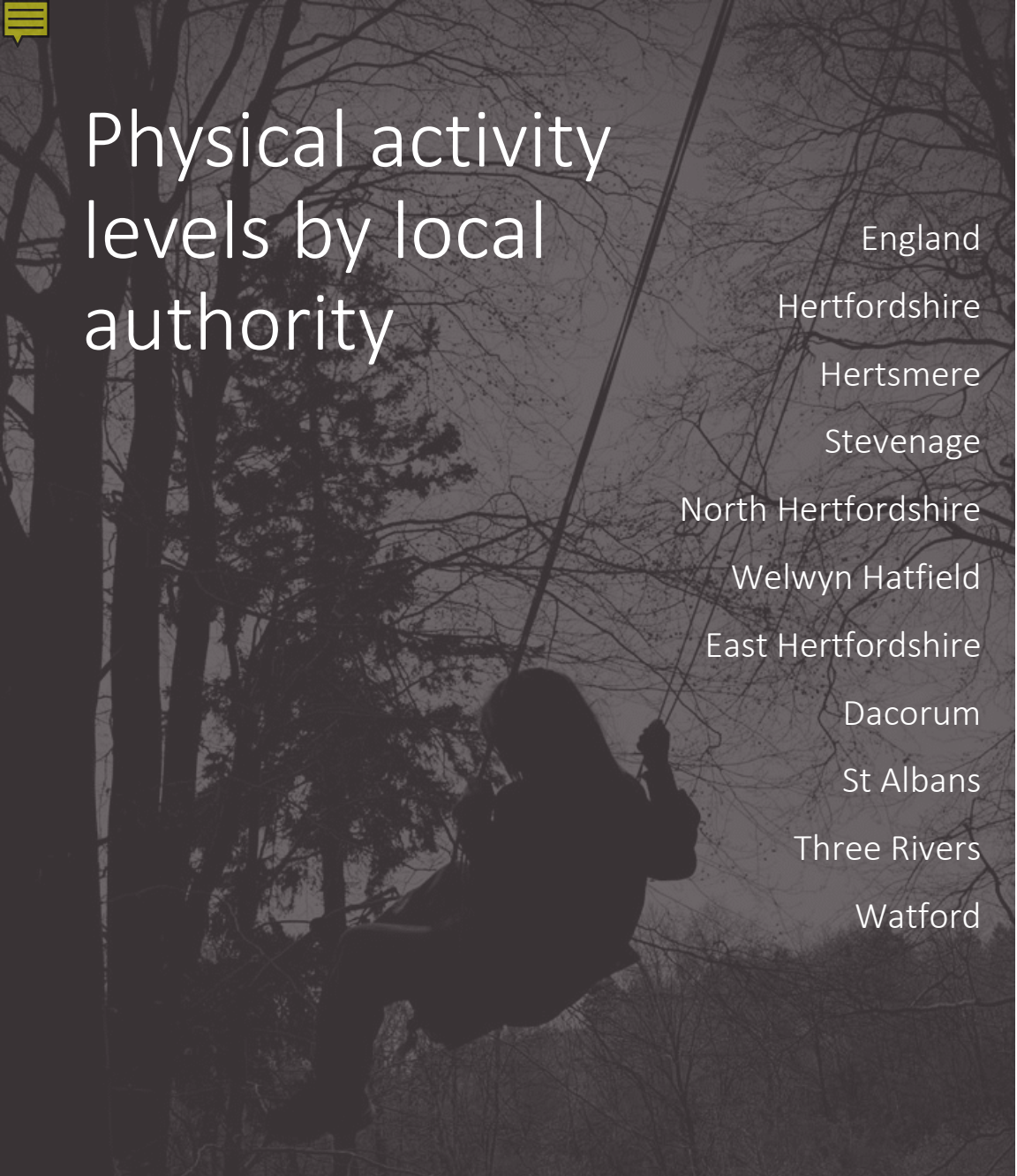


Activity levels have shown an overall increase and are now at an all-time high





Physical activity levels by local authority



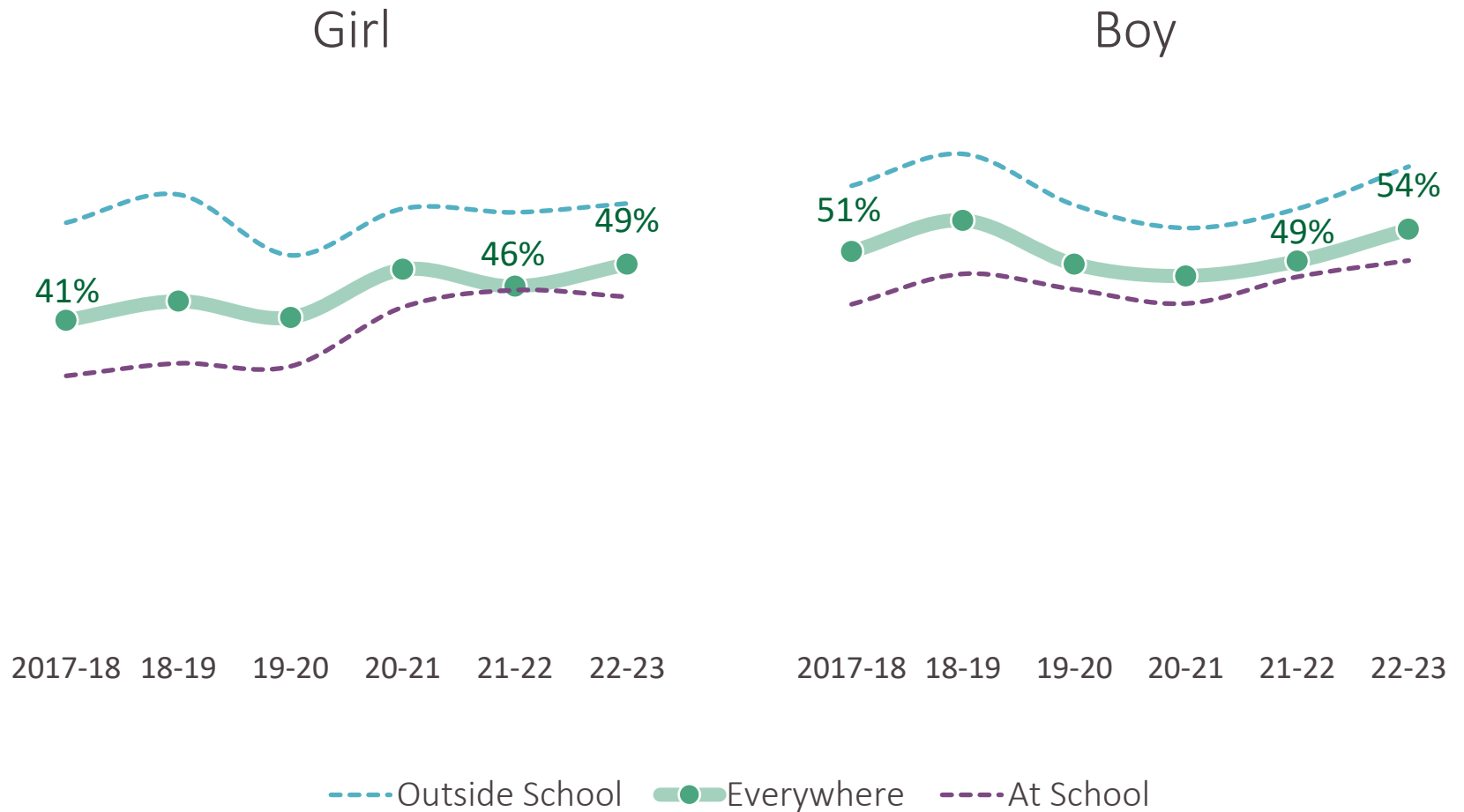
Data is for: Hertfordshire

Source: Sport England Active Lives, Children and Young People survey 2022-23
Measure: An average of 60 minutes or more a day, either at school or outside school (everywhere)



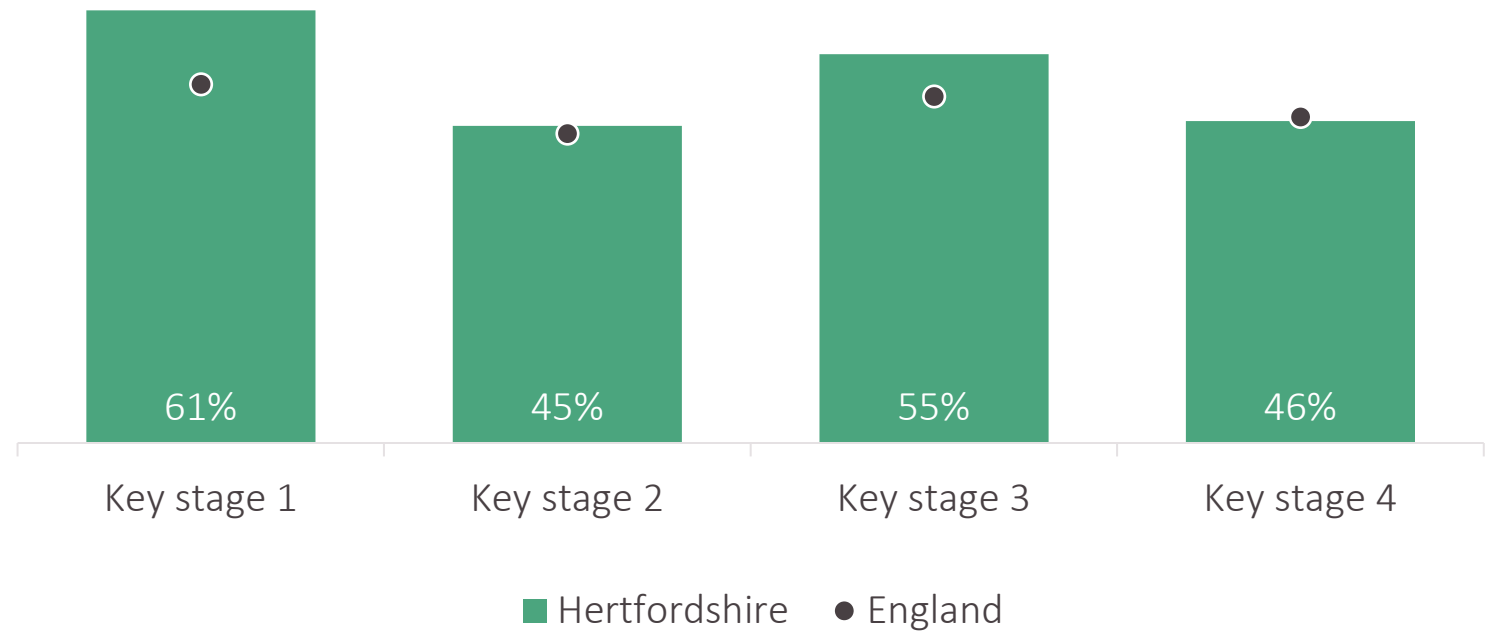
Girls' activity levels have risen overall, narrowing the inequality gap in recent years

Despite this, boys consistently remain more active than girls

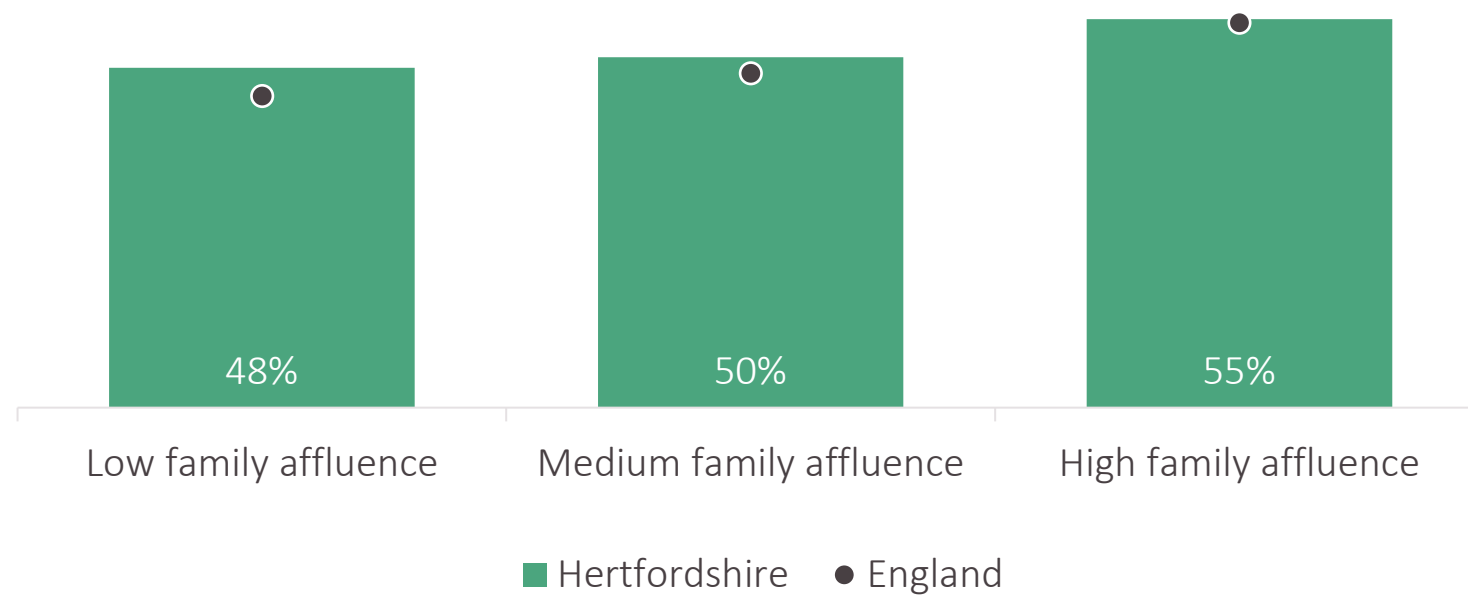


Activity levels vary by key stage

This follows a similar
pattern to England



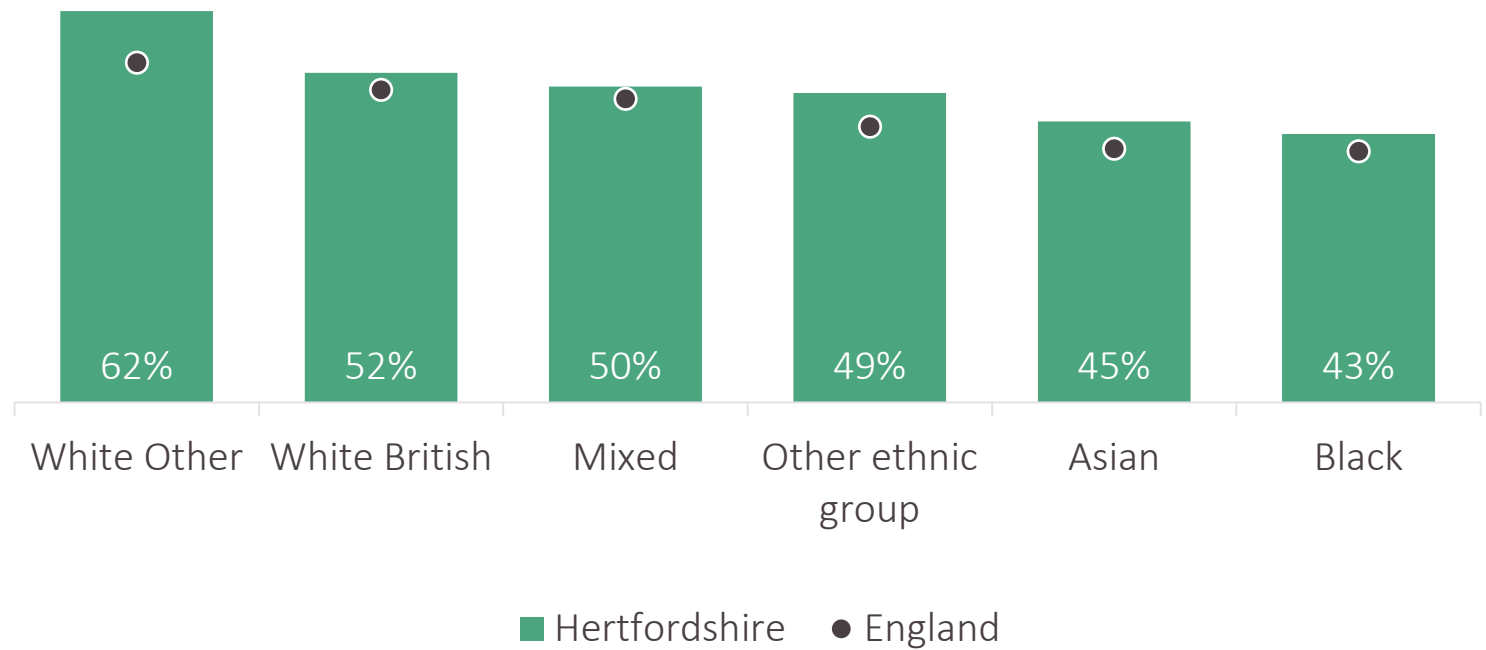
Children and young people from our least affluent families are least likely to be active





Activity rates vary between ethnicities

Activity levels are lowest for Black and Asian children and young people



Summary

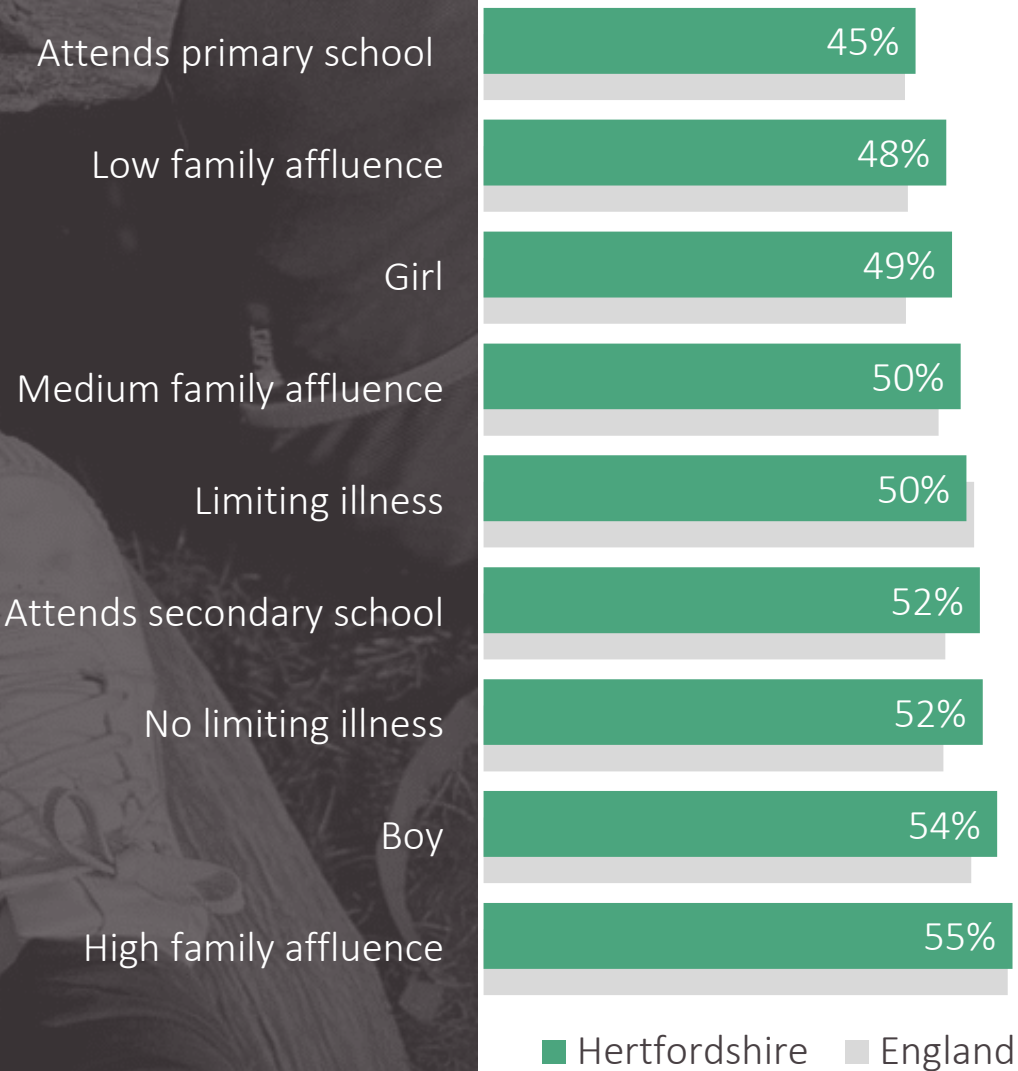
- Active levels by demographic group for:
 - Everywhere
 - At school
 - Outside school
- Key messages



Active levels everywhere

Children and young people from our most deprived communities are less likely to be active, with those from low affluence families having the lowest activity levels (48% compared to 55% for high affluence)

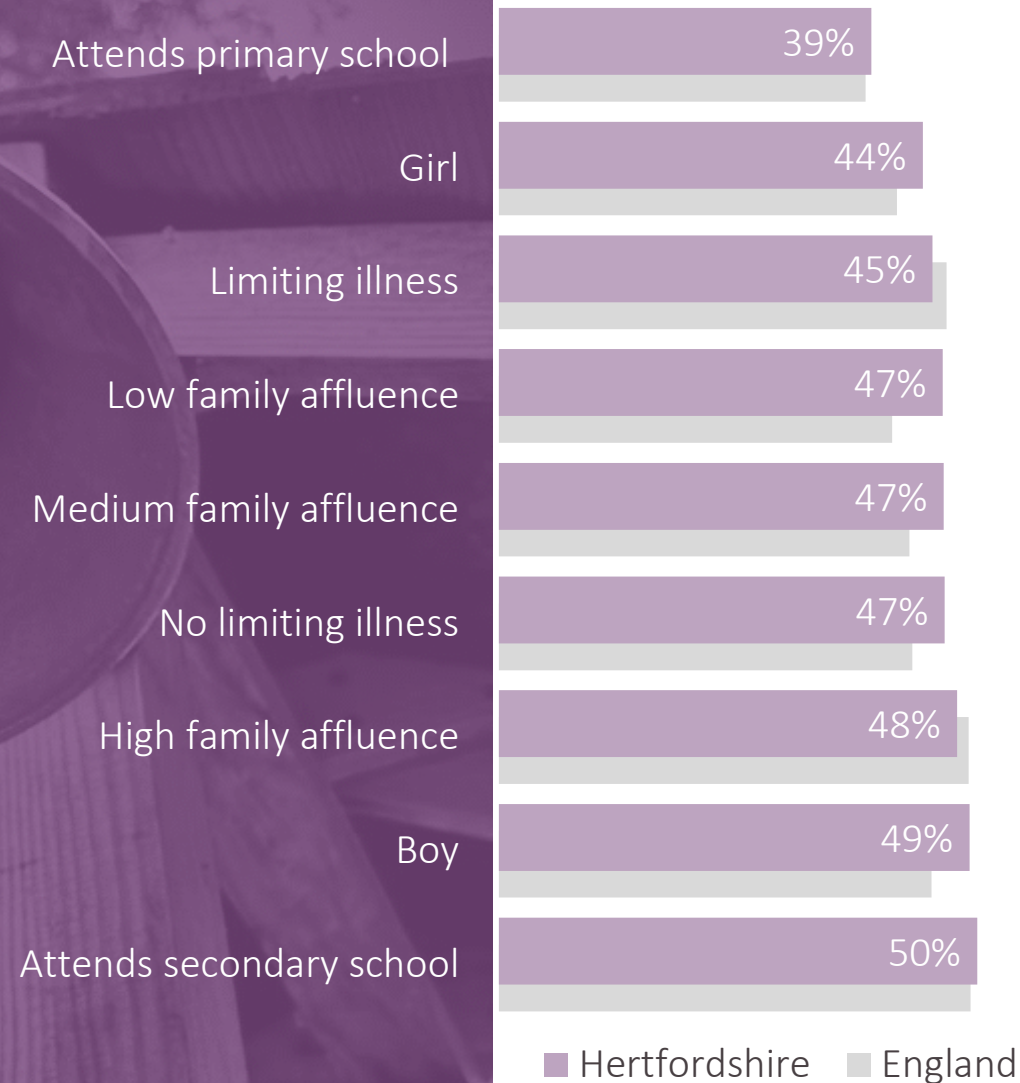
Girls (49%) are also less likely to be active compared to boys (54%)



Active levels at school

At school, the primary-secondary gap is most notable, with primary pupils (39%) being less active than their secondary peers (50%)

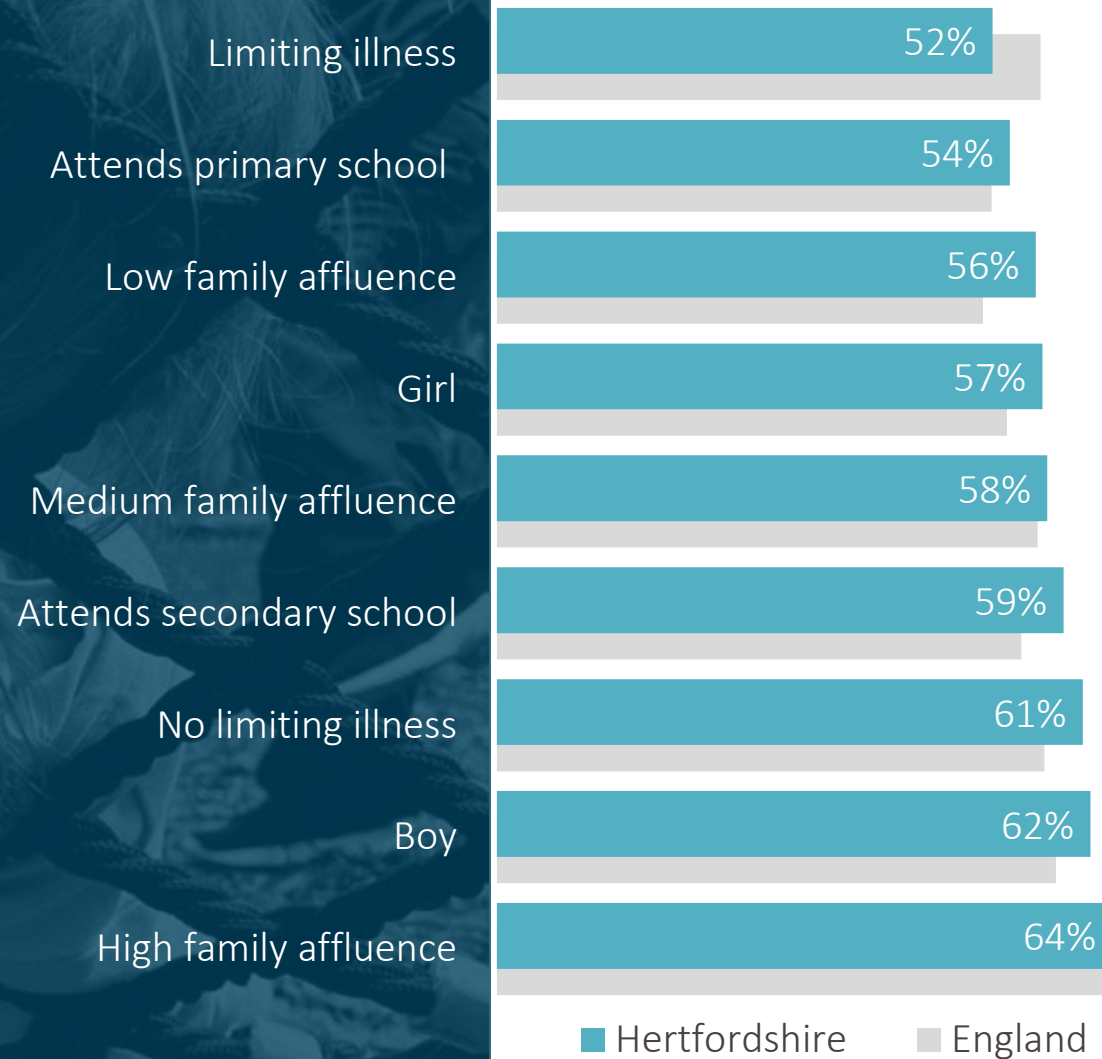
Girls (44%) also have lower activity levels at school compared to boys (49%)



Active levels outside school

Outside school, there is an inequality gap between our most and least deprived communities, with those from low (56%) and medium (58%) affluence families having lower activity levels than their high affluence peers (64%)

The gender gap persists, with girls (57%) less active than boys (62%)



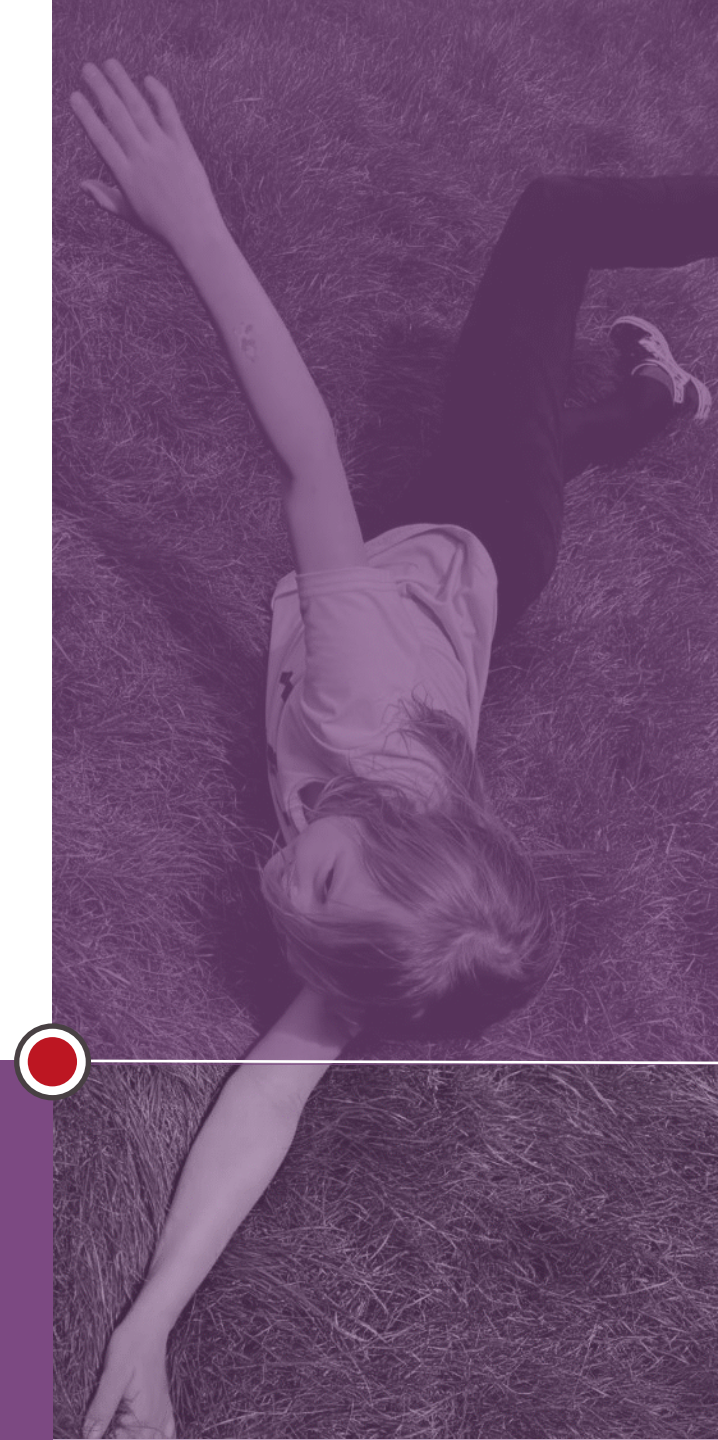


Key messages

- Half our children (49.2%) are not active enough. That's around 97,500 children and young people in Hertfordshire not meeting recommended activity levels.
- Activity levels have shown an overall increase
- Children and young people from Hertsmere experience the lowest activity levels within Hertfordshire (42.3%)*
- Girls' activity levels have risen overall, narrowing the inequality gap
- Children and young people from our least affluent families are least likely to be active
- Activity levels are lowest for Black and Asian children and young people



Appendix

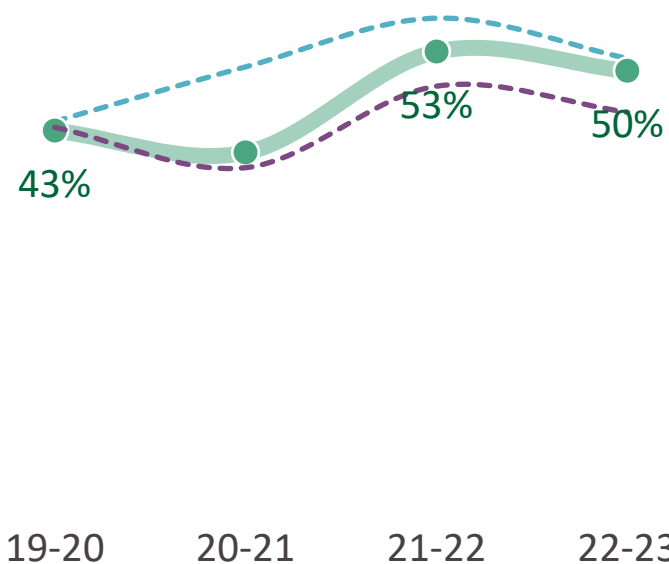


The disability questions may not accurately capture the experiences of children and young people

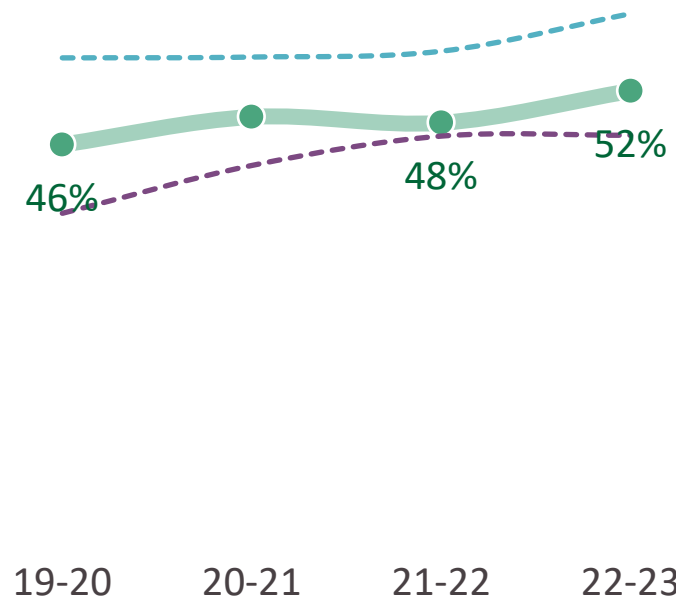
Some children may misinterpret the questions when completing the survey

Additionally, special school responses are not included in the results

Has limiting disability



No limiting disability



--- Outside School ● Everywhere --- At School

Acknowledgement

This data pack has been created by Press Red

We have leveraged the power of AI to assist in crafting the narrative for this presentation, ensuring consistency in language and style

The AI-generated content has been carefully curated and reviewed by our team

For further information please contact us at martin@pressred.co.uk or liz@pressred.co.uk

