

# Children and Young People Active Lives Report

Levels of activity for young people ages 5-16  
years from September 2020 to July 2021.

(Published December 2021)



leap

# Overview



- What is the Active Lives Survey
- The 2020-21 academic year results
- National data year on year comparisons and emerging trends
- County data year on year comparisons and emerging trends

# What is the Active Lives survey?



It shows sport and physical activity levels of children and young people in school years 1 to 11, highlighting activity in school and activity outside of the school environment.

It is an online survey carried out by Ipsos MORI and involves young people completing it during school lesson time (including at home when school sites were closed to most pupils), with secondary schools being given the option to complete it at as homework.

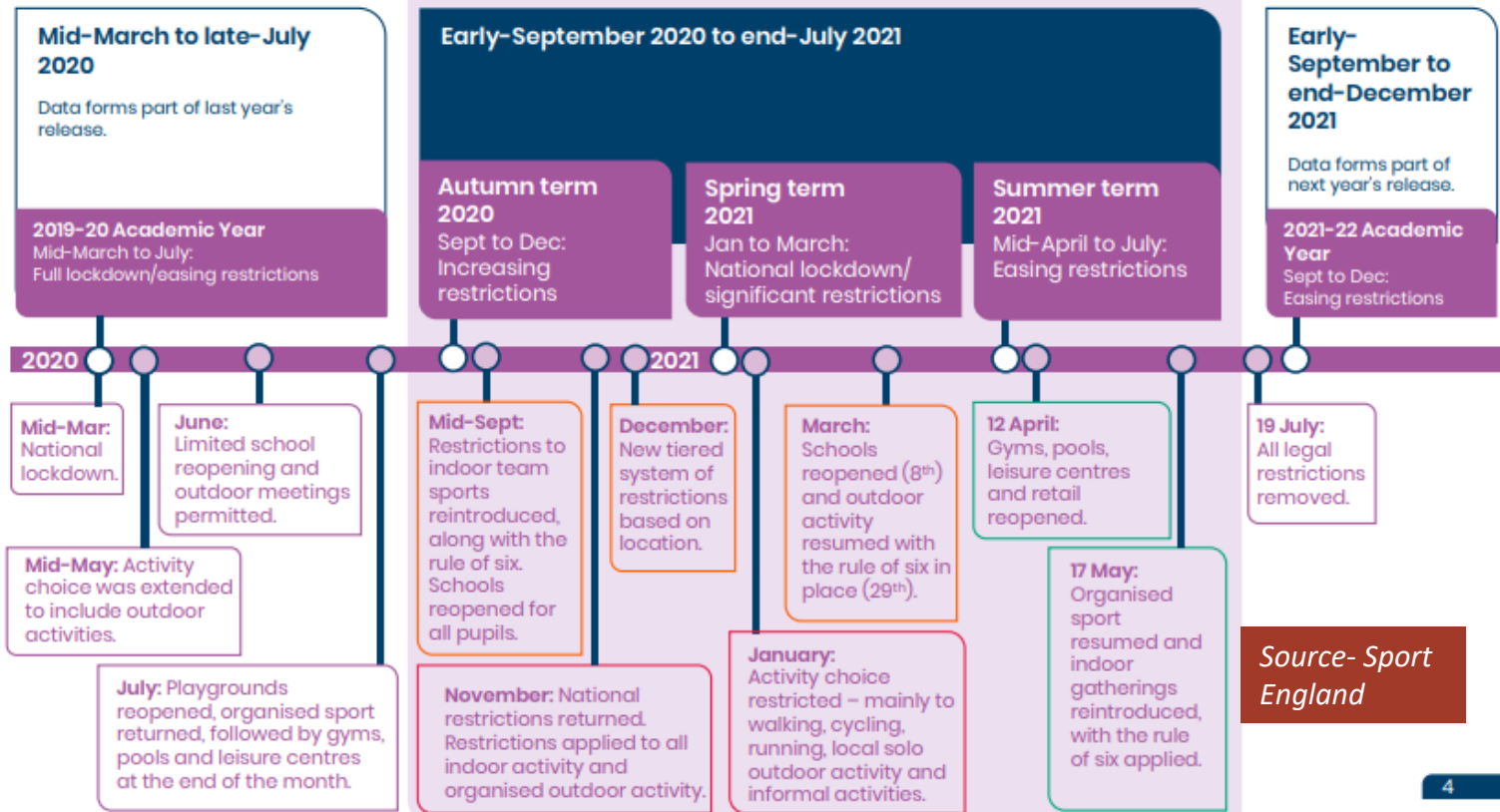
Parents of Years 1-2 children are asked to complete a separate online questionnaire providing behavioural data for these children – the children themselves answer basic questions about their attitudes only.

The survey covers both state and independent schools.



# The coronavirus timeline and fieldwork

This report covers the academic year 2020-21. The summer term provides a comparison with the early stages of the coronavirus pandemic that were covered in last year's report.



885 young people from years 1-11 were surveyed in Bucks and Milton Keynes during 2020-21



Secondary Schools:

- Denbigh School
- Wycombe Abbey School
- Ousedale School
- Amersham School
- Royal Latin School
- The Radcliffe School
- Shenley Brook End school
- Lord Grey Academy
- Sir Henry Floyd Grammar School

Primary Schools:

- Hughenden Primary School
- Olney Middle School
- Wavendon Gate School



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**561** young people from years 1-11 were surveyed in Milton Keynes during 2020-21 academic year

Secondary Schools:

- Lord Grey Academy
- Denbigh School
- Shenley Brook End School
- Ousedale School
- The Radcliffe School

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- Wavendon Gate School
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Leap<sup>+</sup>

**324** young people from years 1-11 were surveyed in Bucks during 2020-21 academic year

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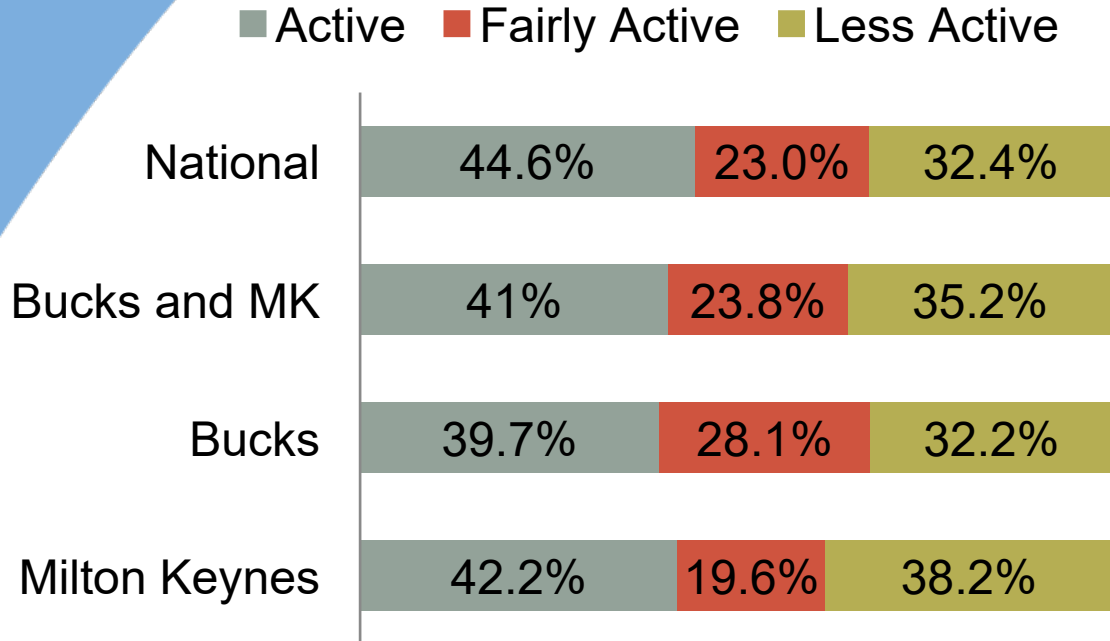
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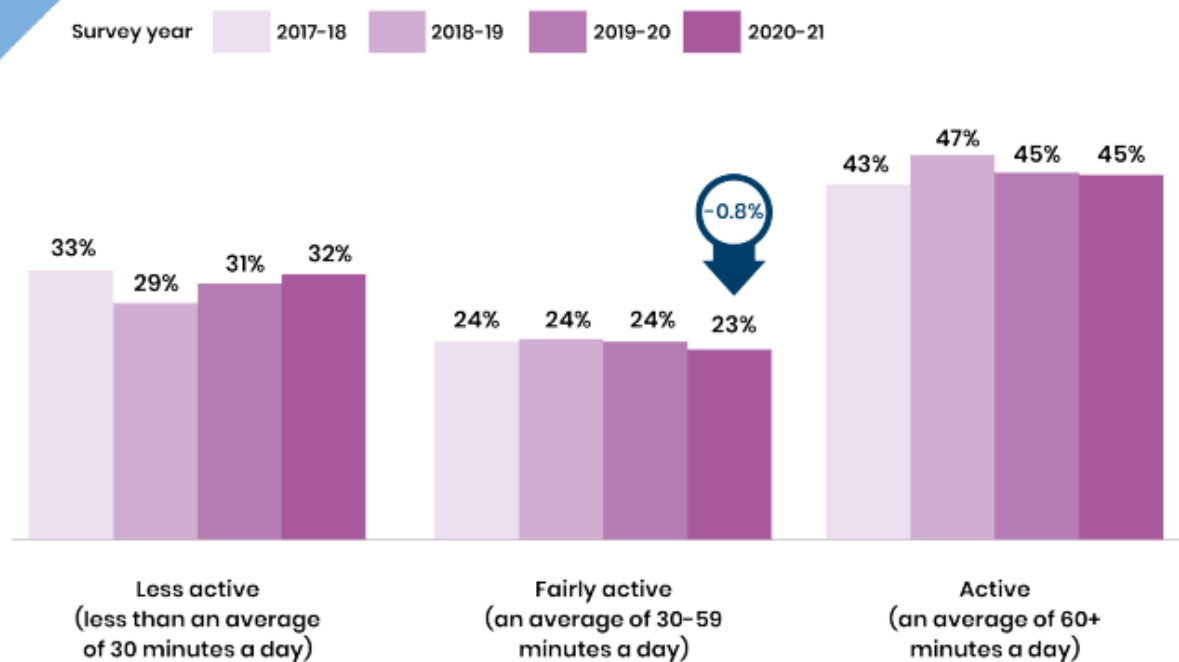


# Physical activity levels 2020-21





# National Physical Activity Levels



Source- Sport  
England 2020-21  
Active Lives report

# Trends emerging nationally



Activity levels are quite flat considering the disruption

- Positives within data
  - Resilience amongst teenage girls
  - Growth of Gym and Fitness
  - Willingness to find alternatives
  
- However-
  - activity levels remains down on pre pandemic.
  - Inequalities are seen and have increased,
  - enjoyment and confidence have been badly impacted
  - CYP are doing fewer activities.
  - Volunteering has fallen

# Inequalities from national data



## **Gender**

- There is currently no gender gap
- A worrying drop in secondary boys achieving 60+ mins activity.
- Whilst secondary age boys have seen activity levels drop, they have held for girls.
- Activity preference has a lot to do with the gender differences as activity choice may have suited teenage girls better.
- Organised sport is a key contributor to activity levels among secondary age boys. The continued disruption has impacted habits, which are taking time to recover

## **Ethnicity**

- Black boys' activity levels continue to be severely impacted by the pandemic.
- Black boys tend to be more likely to do activities most impacted.

## **Affluence**

- Children and young people from the least affluent families remain the least active. and this gap has widened since the start of the pandemic – in part because low affluence families have less access to outdoorspace

# Inequalities from national data



## **Disability**

Activity levels among children and young people with a disability or long-term health condition are the same as for those without one.

## **School phase**

- Infant age children (Year 1-2, ages 5-7) have seen activity levels recover
- Junior age children (Years 3-6, age 7-11) have seen activity levels remain down following drops 12 months ago
- Secondary age young people (Years 7-11, ages 11-16) have seen activity levels fall having initially been resilient.

# Attitudinal trends



- Huge increase of mental health issues in CYP identified as a big issue.
- Worryingly CYP are reporting fewer positive attitudes.
  - Positive attitudes towards sport and physical activity have fallen across the board.
  - The enjoyment and confidence of taking part in physical activity and sport has fallen. The more restrictions in place, the more positive attitudes fell.
  - 230,000 CYP are feeling less confident taking part in sport and physical activity and sport.
  - 1/4 of a million CYP have no positive attitudes towards sports and physical activity.

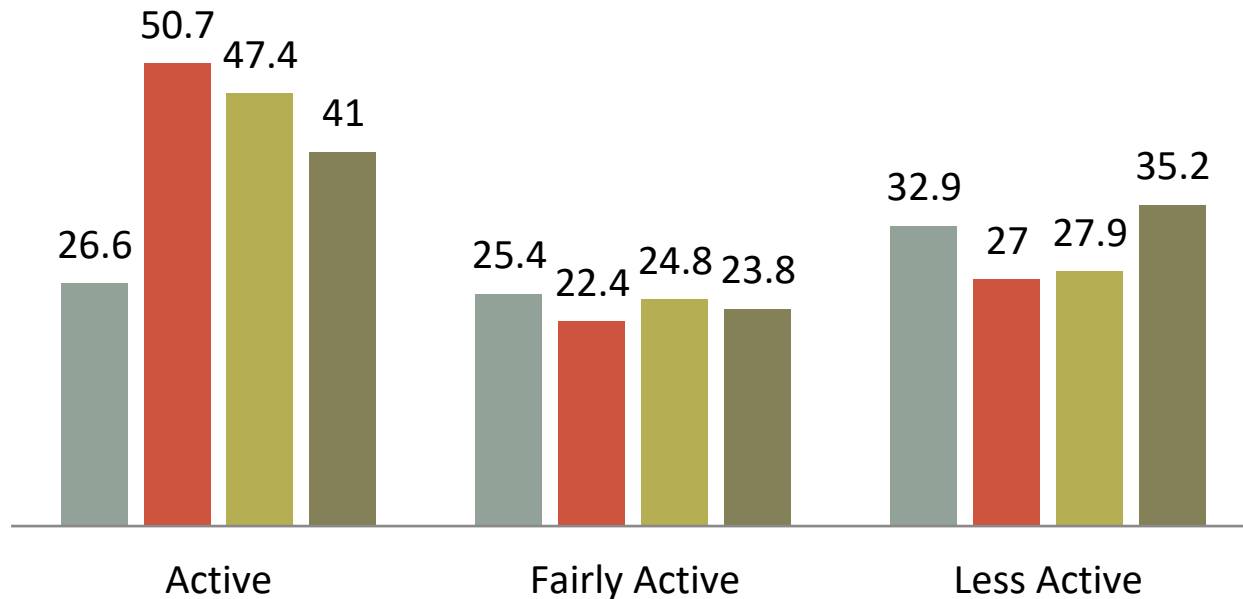
This supports the outcome and importance of positive experiences for CYP in sport and physical activity.



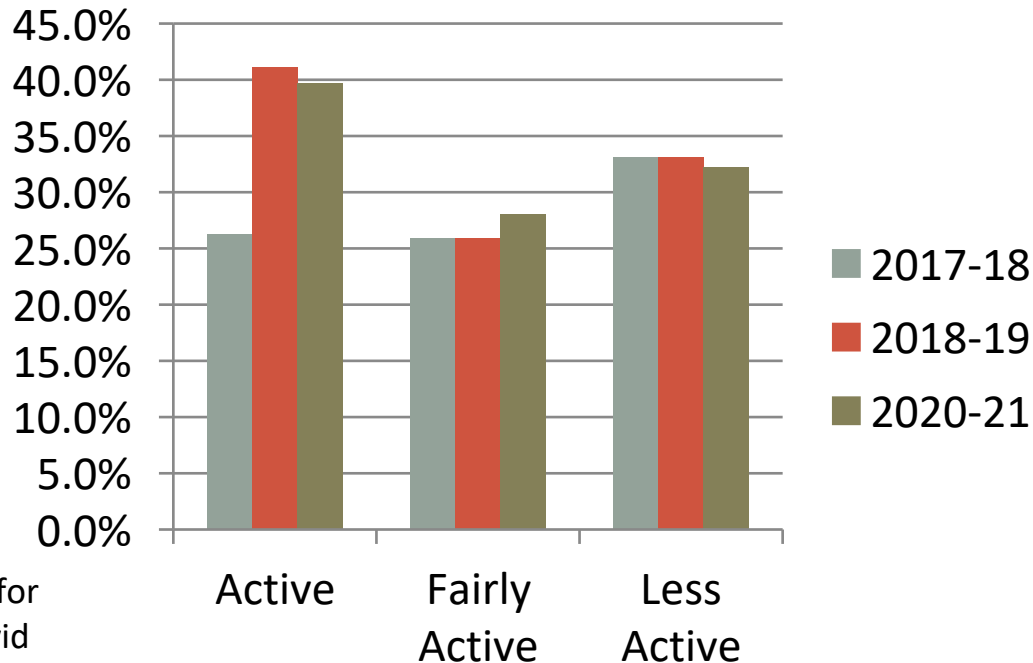
# Bucks and MK year on year comparisons



■ 2017-18 ■ 2018-19 ■ 2019-20 ■ 2020-21



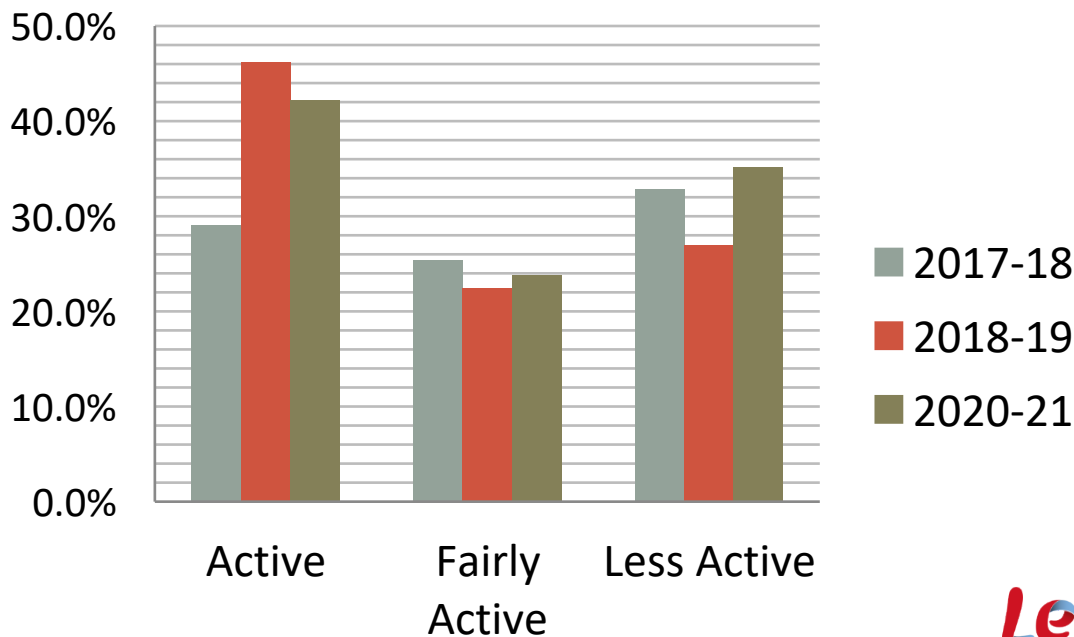
# Bucks year on year comparisons



\*No data available for 2019-20 due to Covid



# Milton Keynes year on year comparisons



\*No data available for 2019-20 due to Covid



# County trends



From Sport England Report-

- Bucks and MK, and Kent recorded a significant decrease (-6.4%) in the proportion of active children when compared to 2019-20, both are also down compared to pre-pandemic(2018-19).
- Bucks and MK were one of six areas who had a significant increase (7.3%) in the percentage of less active children when compared to 2019-20.

Points to note:

- 2019-20 to 2020-21 -Buckinghamshire and Milton Keynes: a small shift from schools in the 30% least deprived deciles (IMD 8-10) to those in the middle deprived deciles (IMD 4-7) and the 30% most deprived deciles (IMD 1-3).
- This is the first reported year where Bucks is considered as one area due to the formation of the unitary authority. In the last two years we have had over 2500 responses for Bucks and this year had 324.

Any questions

