

# ACTIVE LIVES: CHILDREN AND YOUNG PEOPLE SURVEY

## WHAT IS IT?

The results from the first Active Lives Children and Young People Survey – Sport England’s world-leading study into children’s activity levels in England – were published in December 2018.

It tracked engagement, activity and volunteering levels among more than 130,000 children aged 5-16, giving us a comprehensive insight into how children in England take part in sport and physical activity, both in and out of school.

We’re now publishing attitudinal data from the survey, showing how children feel about sport and physical activity within school and out of school, with a focus on their physical literacy.

**ACTIVE  
LIVES**

## THE REPORT HAS FIVE KEY FINDINGS:

- 1 Physically literate children and young people are more likely to be active**  
Physical literacy has five elements – enjoyment, confidence, competence, understanding and knowledge. The more elements present, the more active a child or young person is likely to be.
- 2 Enjoyment is the biggest driver of activity**  
While all of the reported attitudes make a difference, enjoying sport and physical activity makes the biggest difference to activity levels.
- 3 Physically literate children and young people are happier, more resilient and more trusting of other children and young people**  
The more elements of physical literacy present, the higher the levels of happiness, resilience and social trust.
- 4 Physical literacy declines with age**  
As children and young people grow older, they report lower levels of enjoyment, confidence, competence and understanding.
- 5 There are important inequalities that must be tackled**  
Girls and those from less affluent families are less likely to enjoy being active.

## WHY ARE THE LATEST RESULTS IMPORTANT?

The landmark Active Lives Children and Young People survey revealed that a third of children in England are less active, doing less than an average of 30 minutes of activity a day. It's the strongest evidence yet that not enough is being done to support our youngsters, and change is needed if we're to increase activity levels. In the words of Sport England's Chief Executive Tim Hollingsworth: "This research is the first of its kind anywhere in the world and is a big wake-up call for all of us".

This new attitudinal research shows that if we want to increase the activity levels of children and young people and how much they benefit, we need to focus on physical literacy – which means ensuring they enjoy taking part, feel confident in

their own ability, find sport easy, understand why taking part is beneficial, and know where to go to access opportunities and develop their skills.

Compiled on behalf of the Department for Education, the Department for Health and Social Care and the Department for Digital, Culture, Media and Sport, these findings will be used across government to understand and appeal to the drivers that enable children and young people to lead active lives.

This information will be relevant to parents, schools, sport and leisure providers and any other organisation interested in helping children and young people to develop a lifelong passion for sport and physical activity.

## WHAT ARE POSITIVE ATTITUDES:

Children and young people were asked about their attitudes to sport and physical activity. The five attitudes that make a person physically literate are defined by the [International Physical Literacy Association](https://www.internationalphysicalliteracyassociation.org/) as:



### COMPETENCE

(FINDING SPORT EASY)



### CONFIDENCE

(FEELING CONFIDENT WHEN TAKING PART)



### ENJOYMENT

(HAVING AN ENJOYABLE EXPERIENCE TAKING PART)



### UNDERSTANDING

(UNDERSTANDING WHY TAKING PART IS BENEFICIAL)



### KNOWLEDGE

(KNOWING HOW TO GET INVOLVED OR IMPROVE)

## MORE INFORMATION

See [www.sportengland.org/cypattitudes](https://www.sportengland.org/cypattitudes) to read the full findings and to download the report.

If you'd like to get in touch with Sport England's External Affairs Team, email [external.affairs@sportengland.org](mailto:external.affairs@sportengland.org), or call Joel Cohen on 020 7273 1866