



Active Lincolnshire

Children and young people
physical activity behaviour



What we're going to cover

- How the data is presented and the measures used
- Overall CYP activity levels Lincolnshire wide and by local authority area
- Lincolnshire demographic breakdown
- Impact of COVID
- Physical literacy
- Activities
- Summary

How the data is presented



Year 2 (2018/19 academic year)

This document focuses on Active Lincolnshire data collected during year 2 of the Active Lives Children and Young People survey, between September 2018 and July 2019 (2018/19 academic year)



Latest data

This label is used when we present multiple years of data for comparison but don't combine the data



Combined years (2017/18 and 2018/19 academic years)

Where the year 2 sample size is not large enough we have combined year 1 and 2 data



Year 3 (2019/2020 academic year)

Year 3 survey data is now available but just at partnership level and without demographic breakdowns. Due to the impact of the pandemic some data was collected differently. We therefore need to be cautious with comparisons to previous years data

Sport and physical activity

Measures

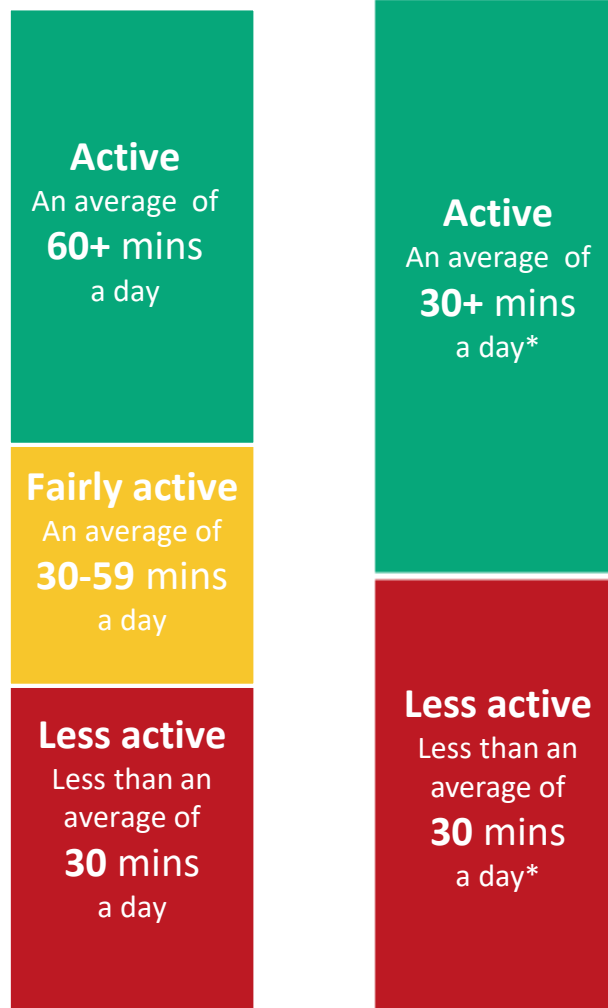
Everywhere

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 at least 60 minutes of activity on average per day across a week.

The second category includes children who do an average of 30-59 minutes a day.

The third category the children do less than 30 minutes a day.



At school and outside school

Government policy aims that children and young people should get 30 minutes of their daily physical activity through the school day and 30 minutes outside of school. Only activity of at least moderate intensity is included. For at school activity, every day is five days (weekdays). For outside school activity, every day is seven days.

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.

Latest Lincolnshire activity levels



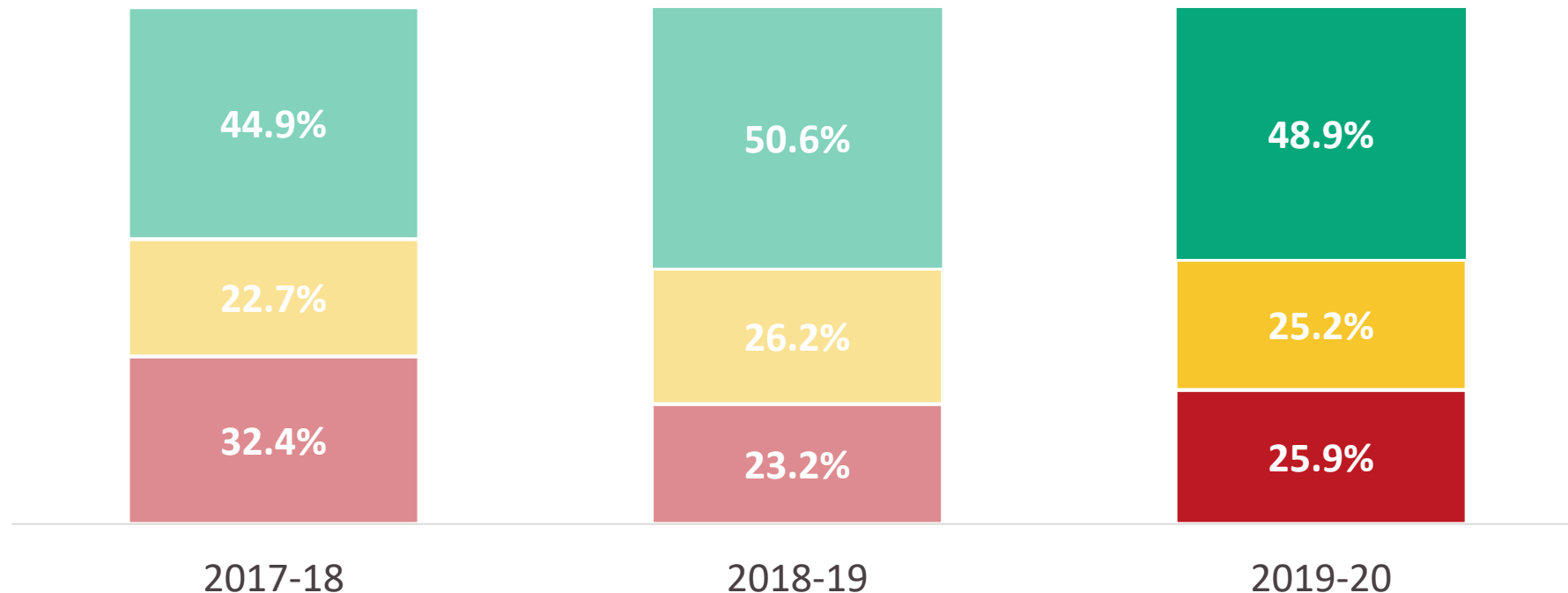
Full year results

Year	Sample size
2017-18	1,434
2018-19	1,739
2019-20	2,381

Sample size
higher than
previous year

Geographical flags: None

Active Lincolnshire

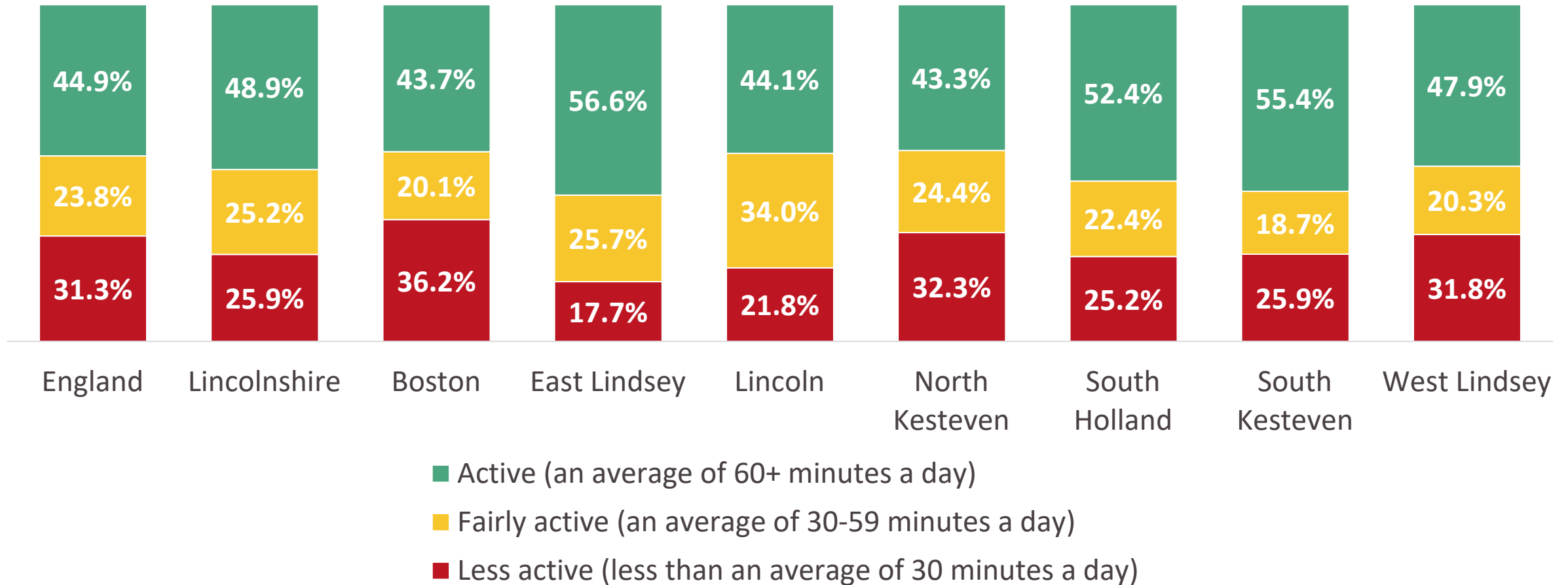


- Active (an average of 60 minutes or more every day)
- Fairly Active (an average of 30-59 minutes per day)
- Less Active (less than an average of 30 minutes per day)

Local authority activity levels



2019/20



Question

Why are we seeing such differences between the different local authority areas?

Please submit answers via Padlet

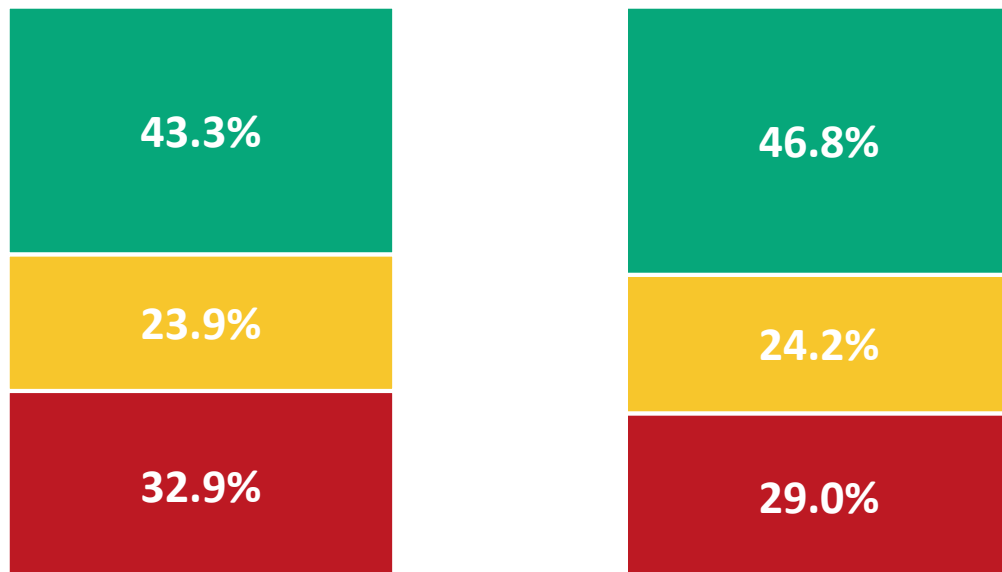
<https://padlet.com/NavazSutton/ActiveLincsCYPInsight>

Physical activity behaviour

First two years of data



England

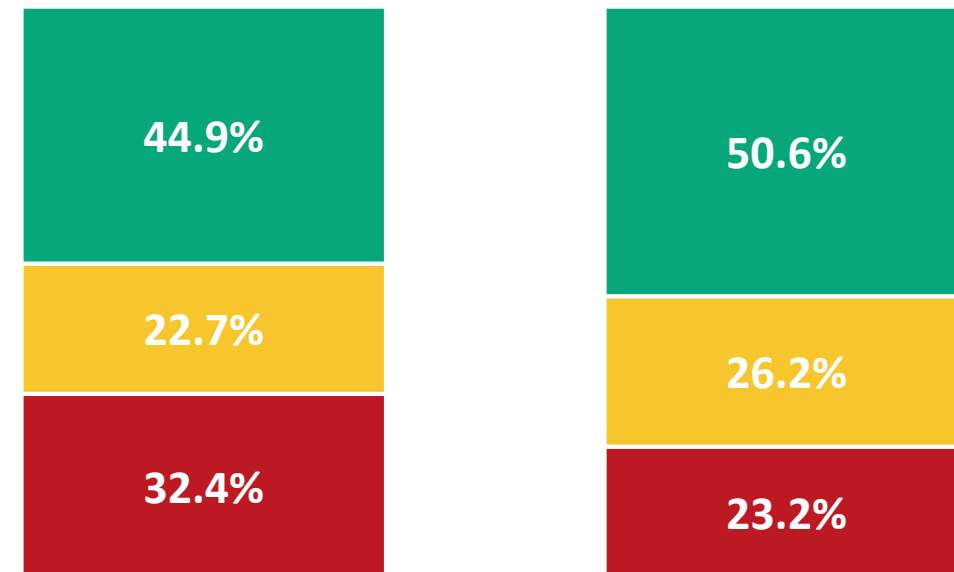


2017-18

2018-19

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

Active Lincolnshire



2017-18

2018-19

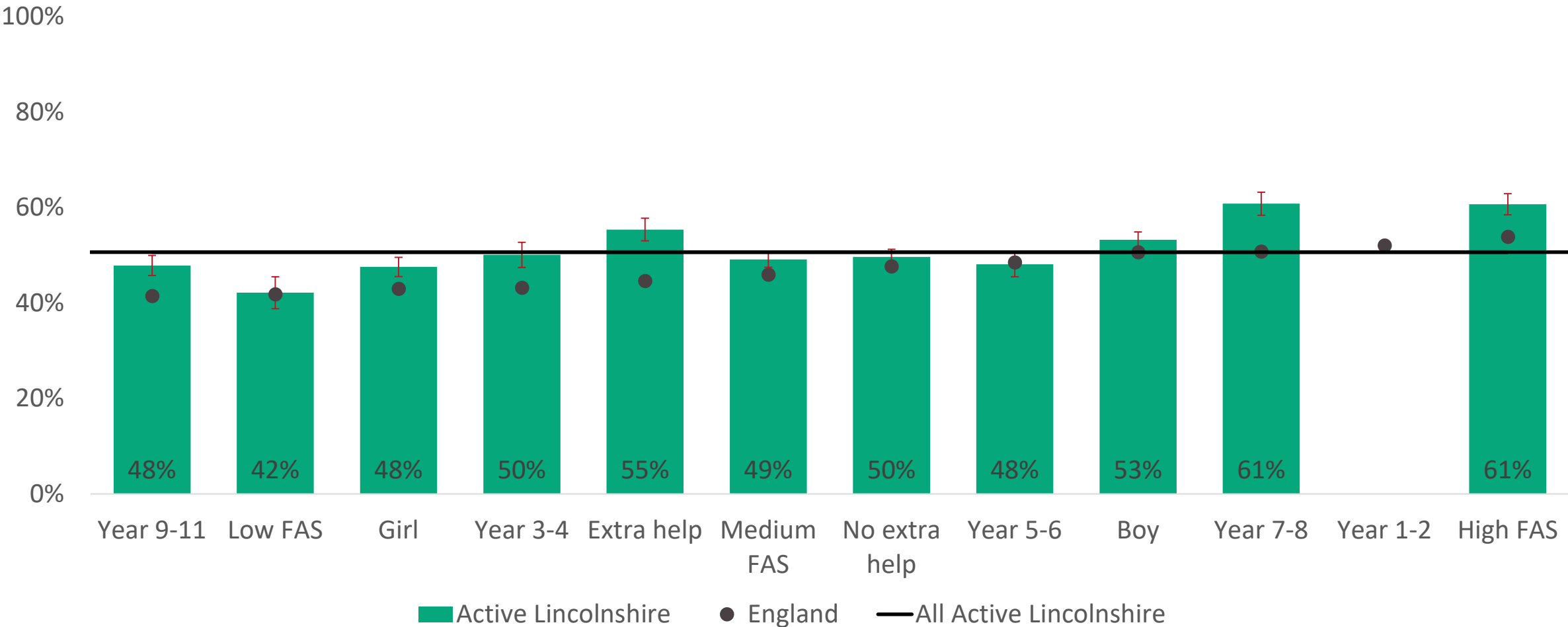
- Active (an average of 60+ minutes a day)
- Fairly active (an average of 30-59 minutes a day)
- Less active (less than an average of 30 minutes a day)

Physical activity behaviour

By demographic group



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

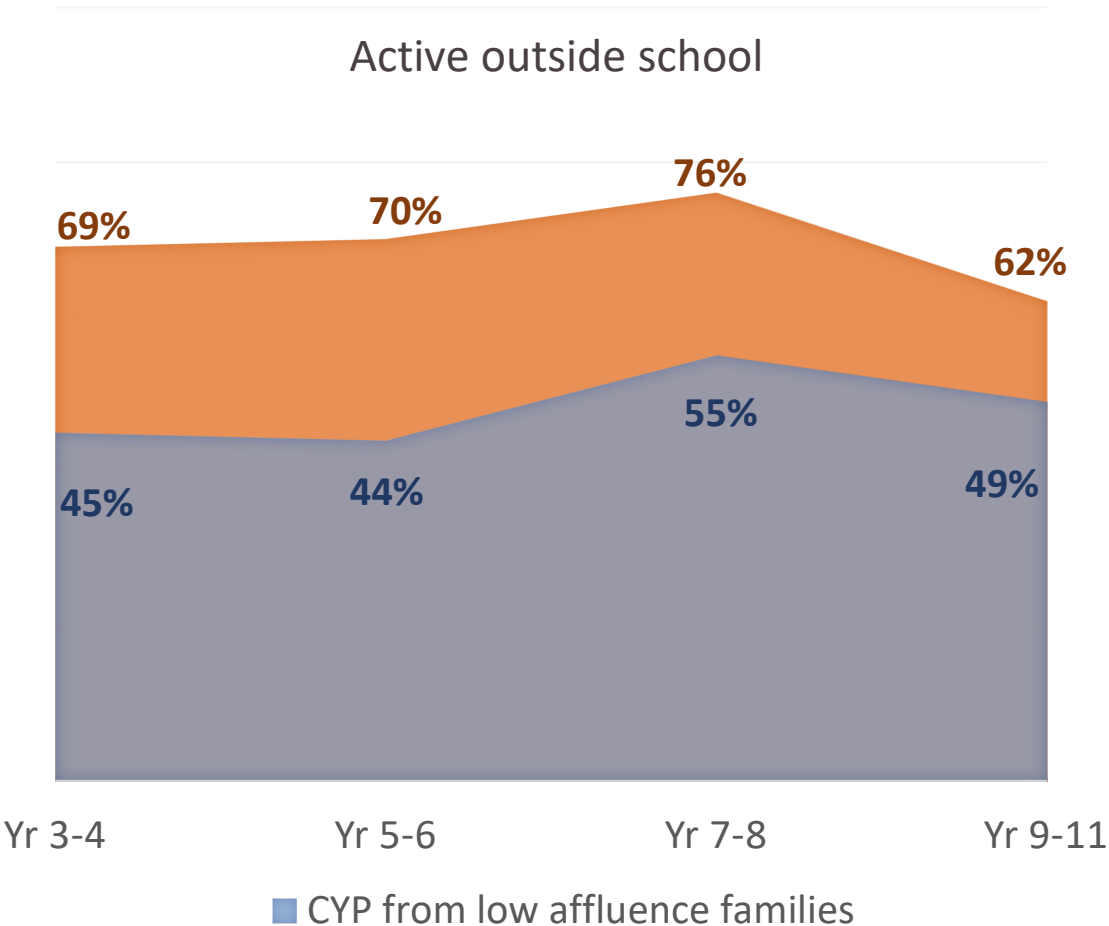
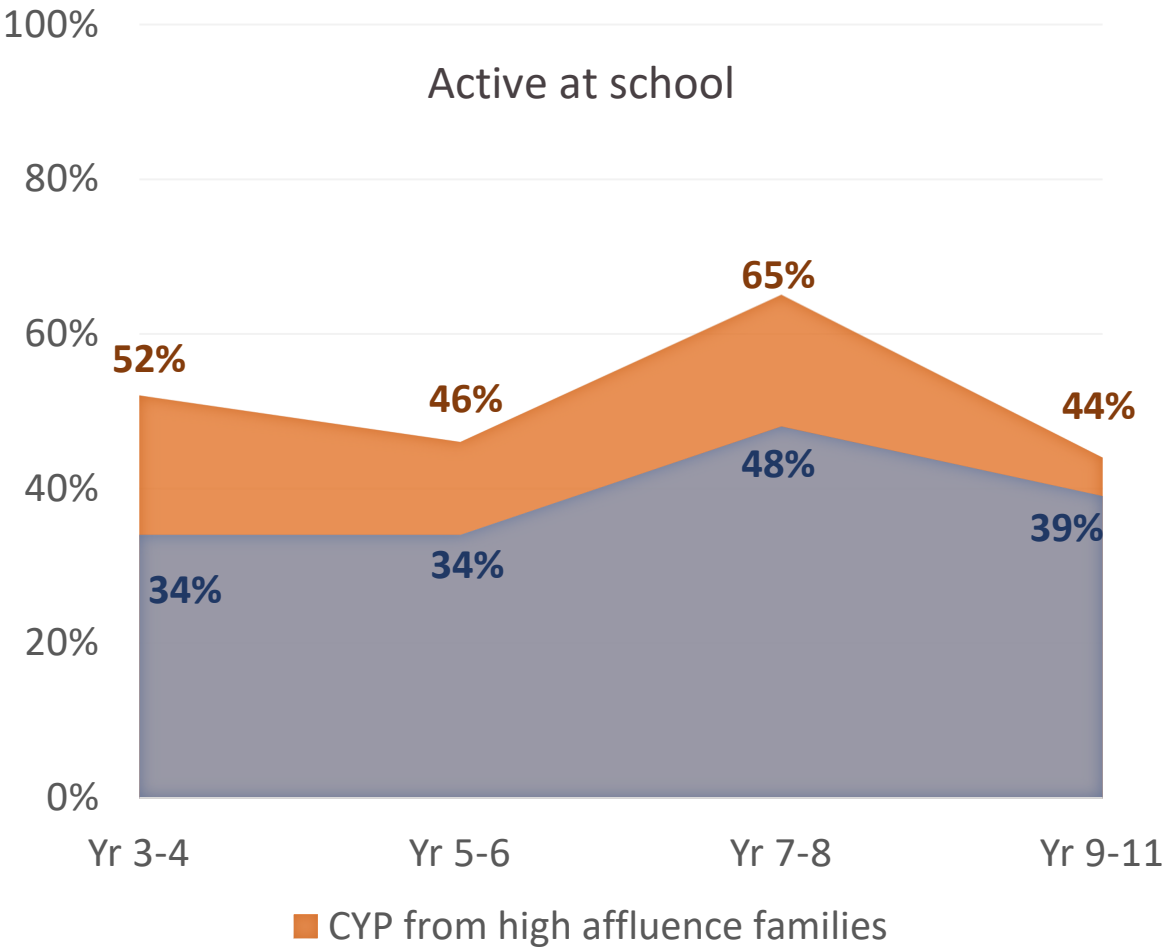


Physical activity behaviour

By year group and FAS



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



Question

Why are we seeing such differences between low and high family affluence children at school?

Please submit answers via Padlet

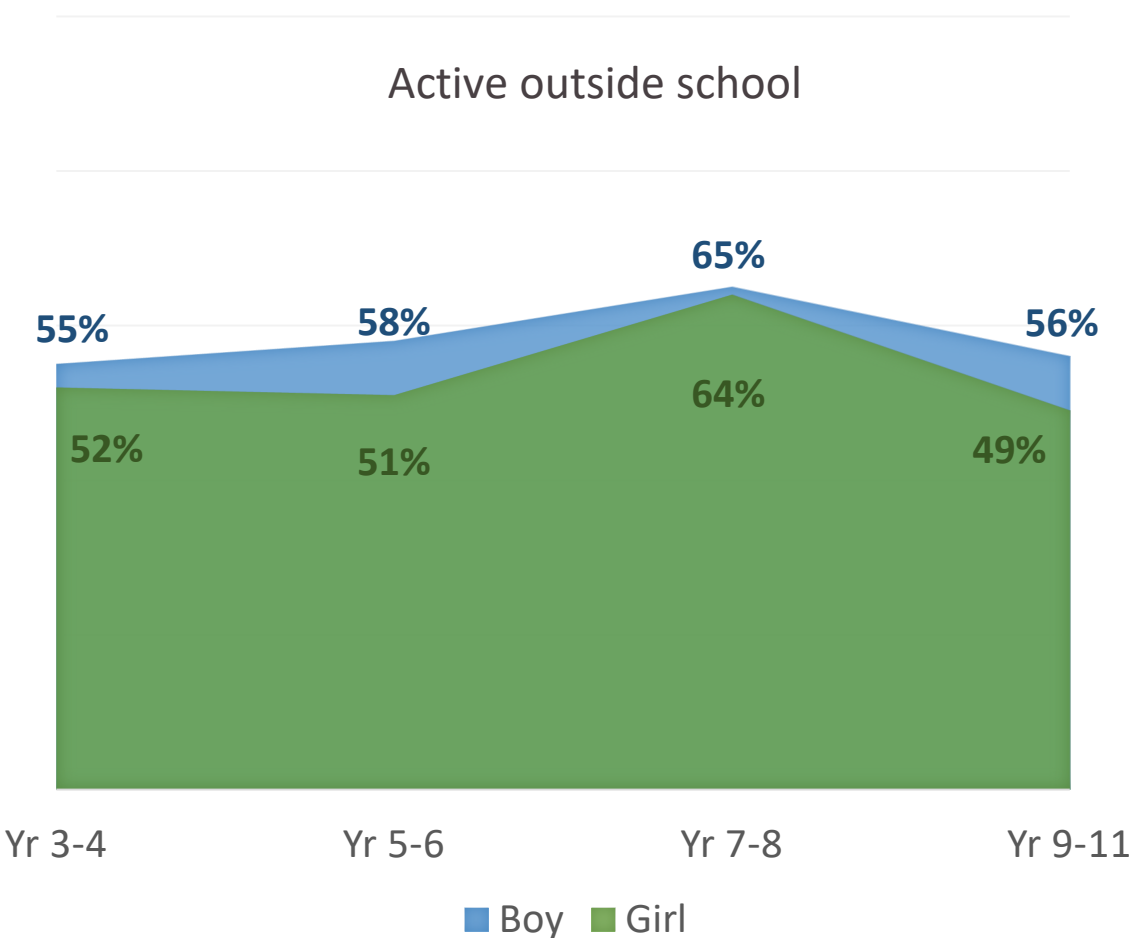
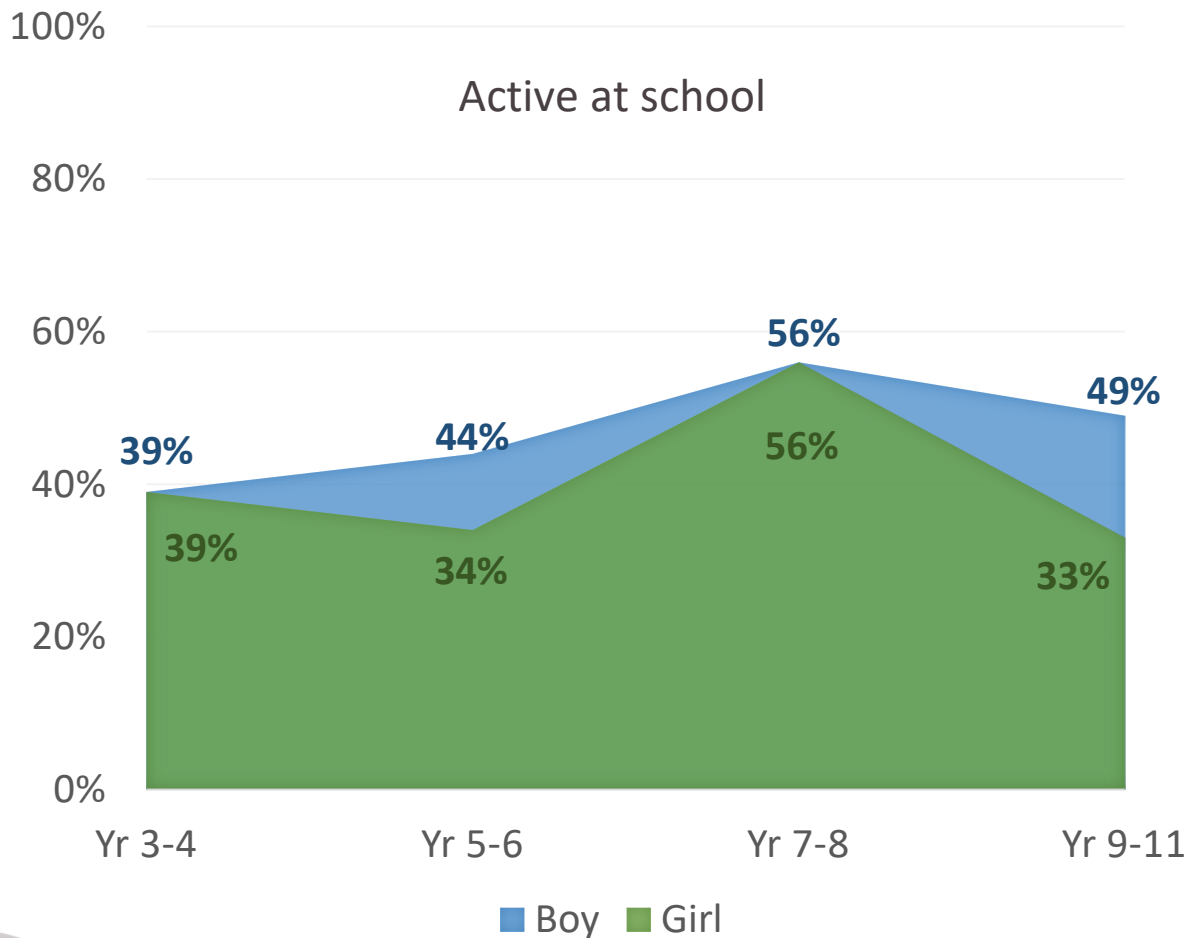
<https://padlet.com/NavazSutton/ActiveLincsCYPIinsight>

Physical activity behaviour

By year group and gender



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

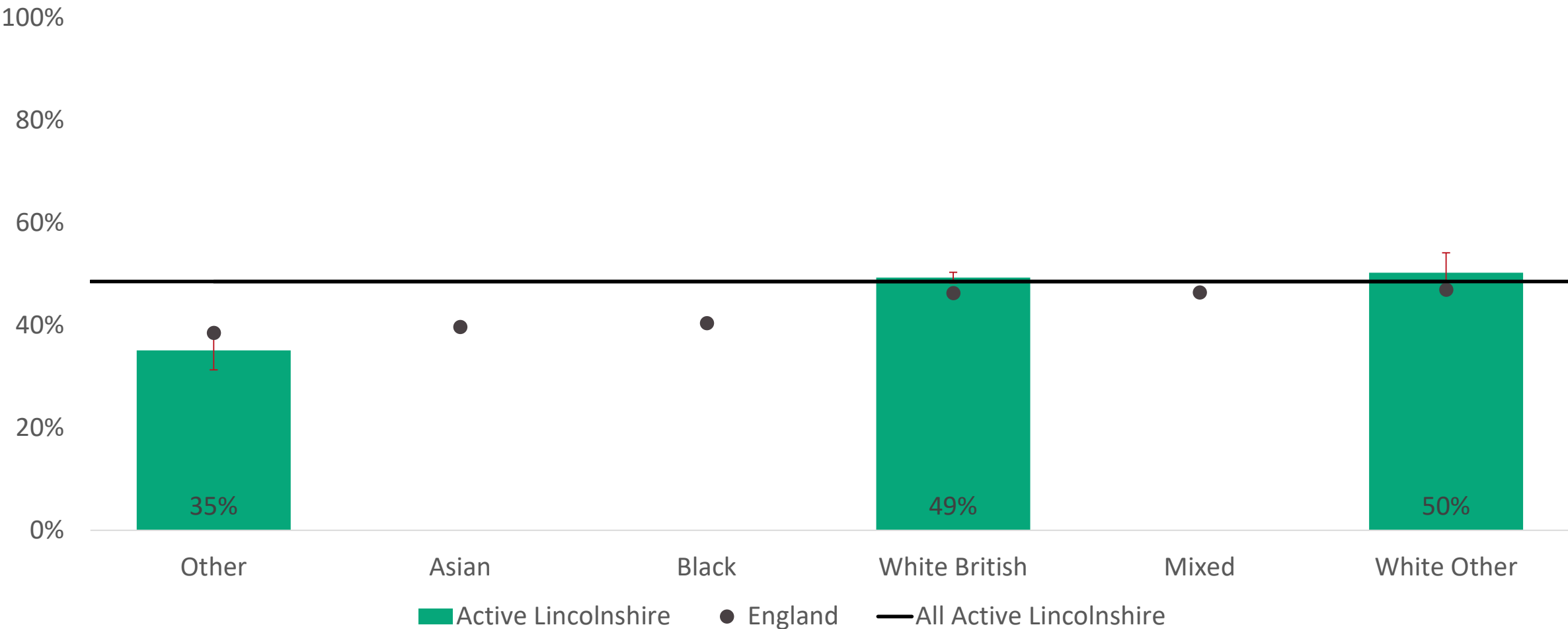


Physical activity behaviour

By ethnic group

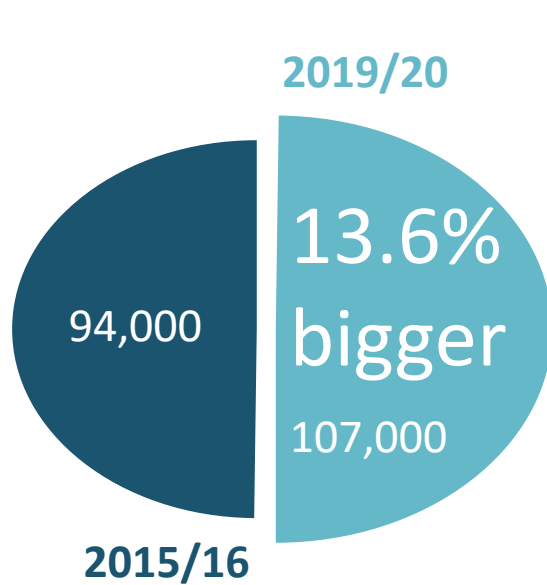


Percentage who are active, achieving an average of 60 minutes or more a day

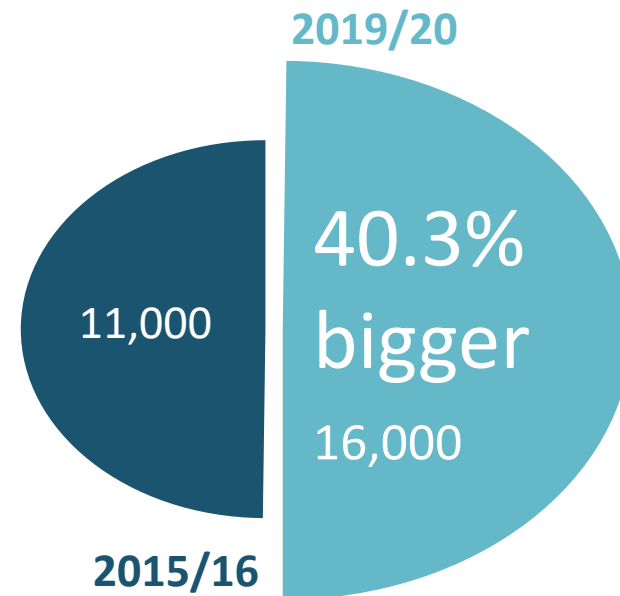


Diversity in school

How the school population is becoming more diverse



Total school population



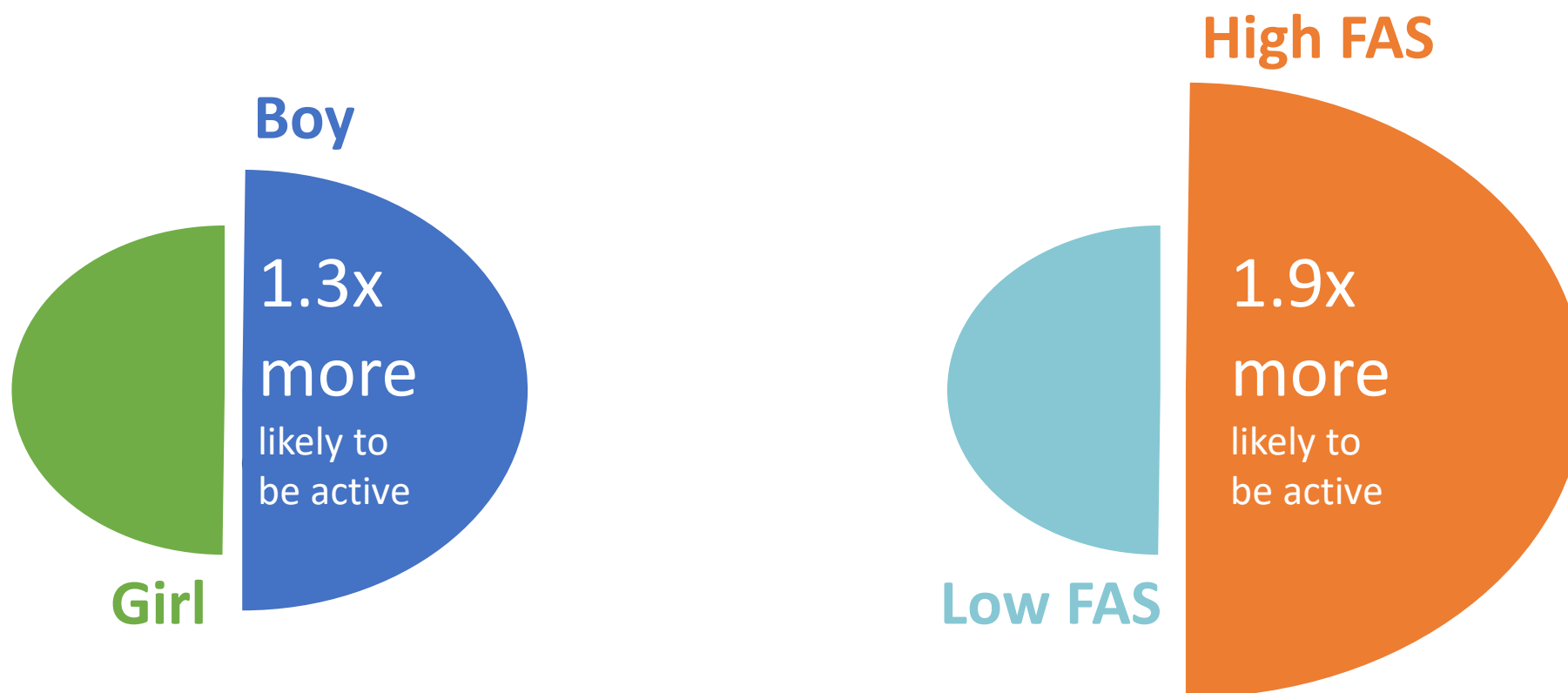
BAME school population

Pupil populations rounded to nearest 1,000

Source: DfE school pupil characteristics 2015/16 to 2019/20

Impact on activity levels

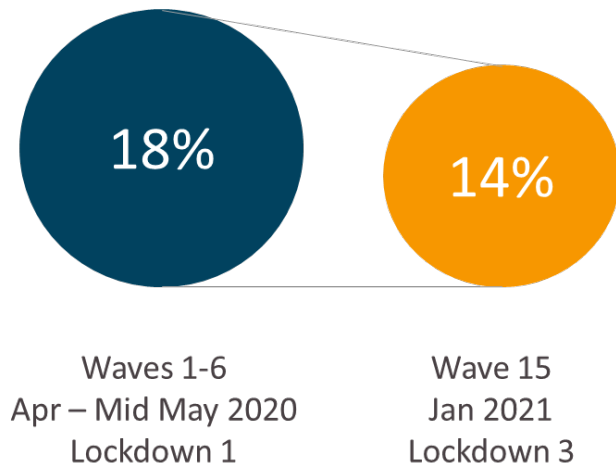
Level of family affluence has a greater impact than gender on activity levels



Impact of Covid-19

National data from Active Lives for Mid May – July 2020 (summer term) indicates:

- **There has been a negative impact on physical literacy** which is of concern because strong positive attitudes are associated with higher levels of activity
- **Boys are still more likely to be active than girls** despite boys seeing a bigger drop during the summer term
- A **large gap** remains between children from **low affluence families** and **high affluence families**
- **Black CYP are now the least active group** having seen a staggering 17 percentage points (pp) drop in active levels during the summer term
- **Activity levels for younger age groups have decreased whilst those for older ages have increased**
- **Big shifts in the types of activities.** Children are doing more walking (an increase of 22pp), cycling (18pp) and fitness activities (22pp) whilst sporting activities (eg swimming and team sports) reduced by 16pp



The Savanta ComRes Tracker data indicates that the latest lockdown (3) continues to impact on CYP physical activity levels with parents reporting that only 14% of children are active (compared to 18% during lockdown 1)



Need to be cautious with comparisons to previous years Active Lives data (see notes)



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

Percentage of young people in **Active Lincolnshire** who ‘strongly agree’ with the statement*

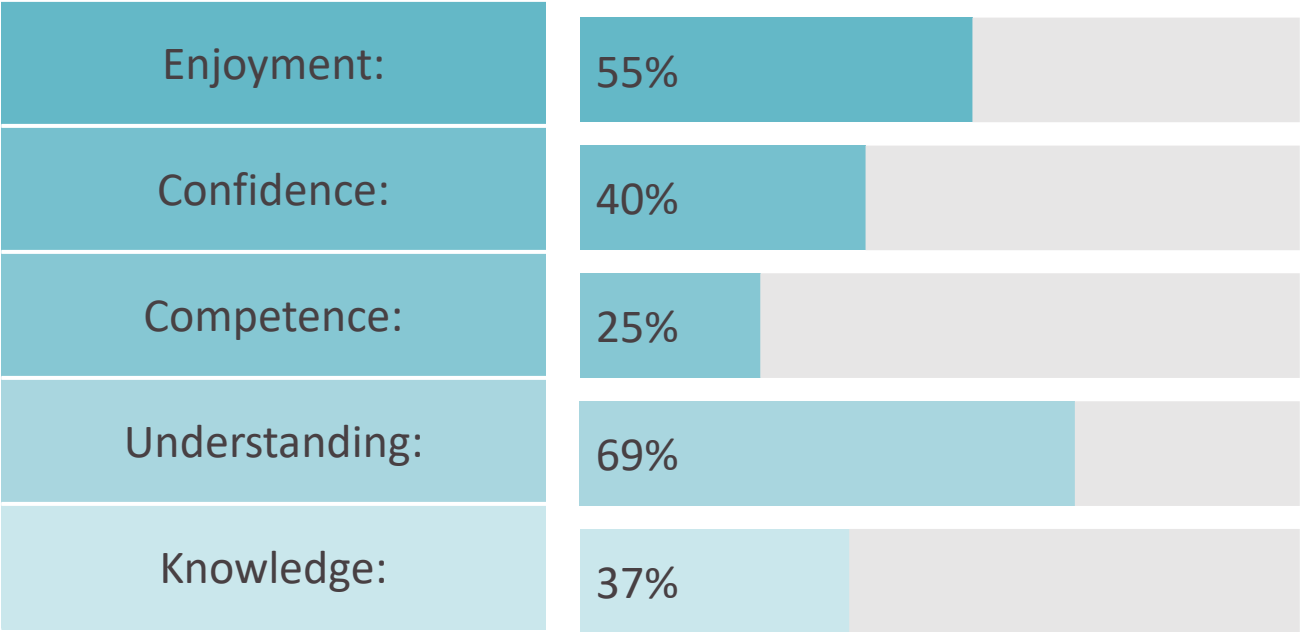
‘I like playing sport’ and ‘I like being active’ Years 1-2
‘I enjoy taking part in exercise and sports’ Years 3-11

‘I feel confident when I exercise and play sports’ Years 3-11

‘I find sport easy’ Years 1-2
‘I find exercise and sport easy’ Years 3-11

‘I understand why exercise and sports are good for me’ Years 3-11

‘I know how to get involved and improve my skills in lots of different types of exercise and sports’ Years 7-11



Strongly agree Don't strongly agree

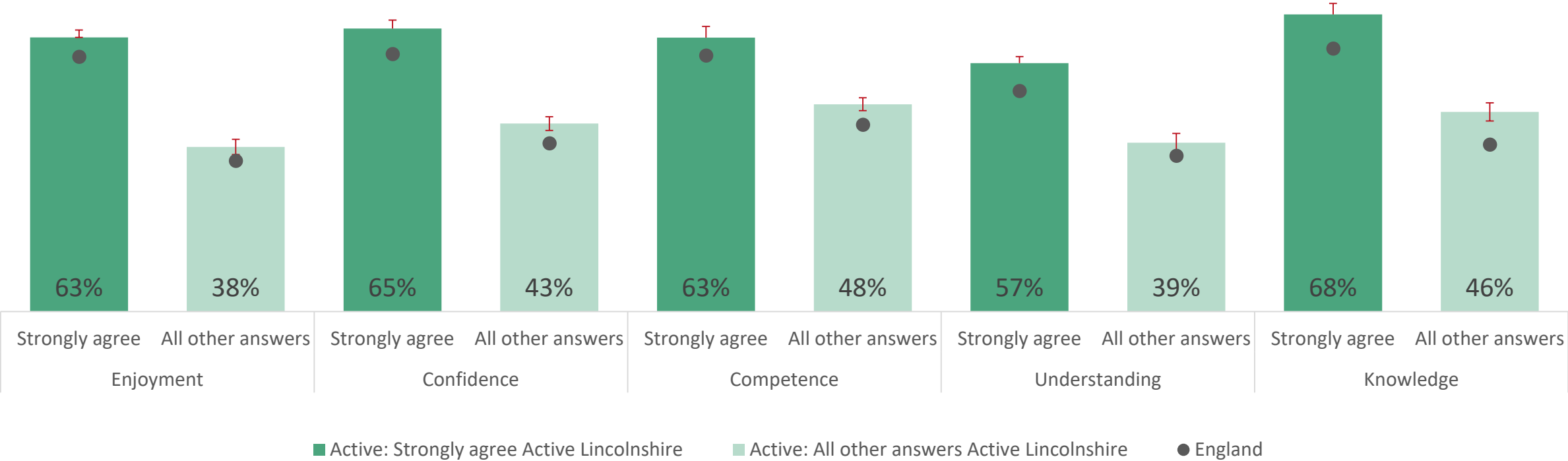


*Don't strongly agree includes agree/disagree/strongly disagree

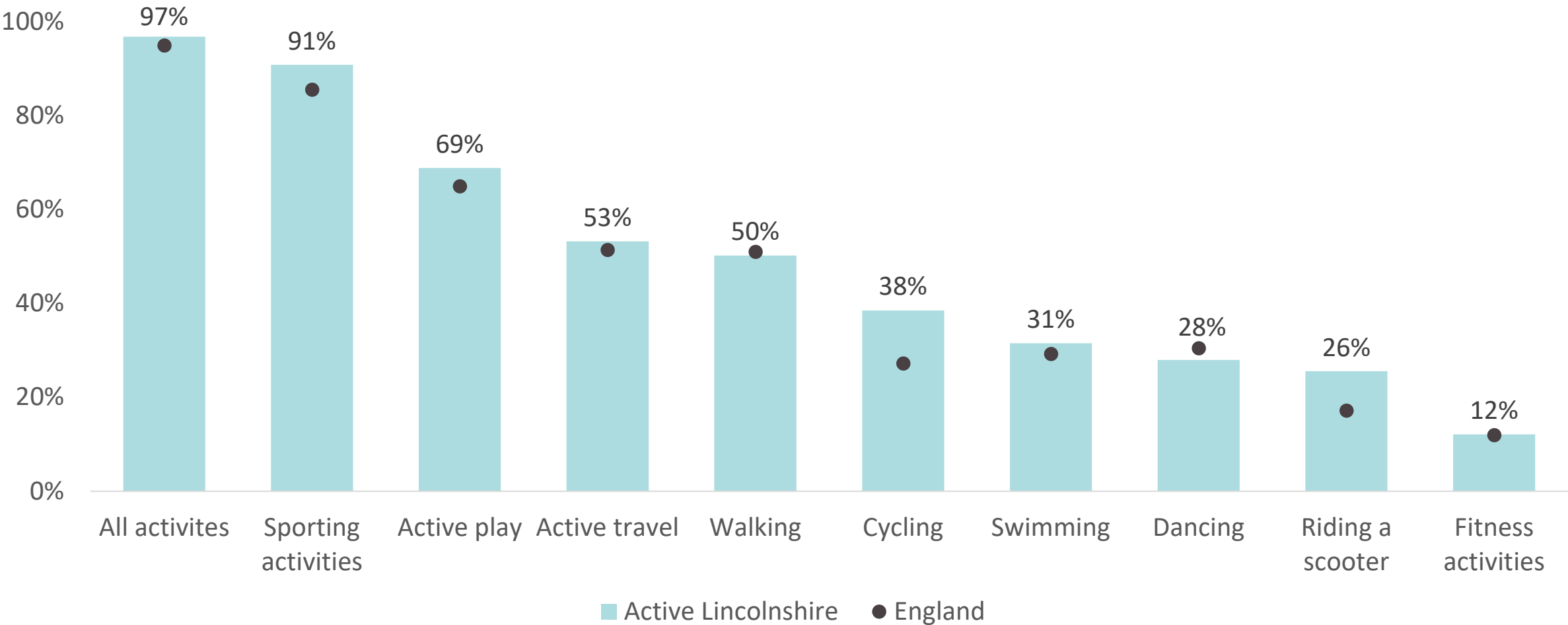
Source: Sport England Active Lives Children and Young People Survey 2018-19



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



Summary

Only half of our children and young people are doing enough physical activity for it to benefit their health and development. Year 2 Lincolnshire: 51%, England: 47% Year 3 Lincolnshire 49%, England: 45%

Across Lincolnshire inequalities are present between different groups of children and young people

- Children and young people from **low family affluence** are doing the least amount of activity across all demographic groups
- **Girls** of all ages are doing less activity than boys
- There are some indications that children and young people from **Asian** and **Other** ethnic backgrounds are doing less activity than any other ethnic groups
- Children and young people that **strongly agree with physical literacy statements** are doing more activity than others. It is the firmness of the agreement that is vital to impact on behaviour

And

- The latest data suggests that **COVID** has had, and will continue to have, **a big impact on physical activity behaviour** particularly amongst those groups who are already underrepresented

Question

How can we capture the voices of the children and young people in the identified groups?

Please submit answers via Padlet

<https://padlet.com/NavazSutton/ActiveLincsCYPIinsight>