



active  
notts

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Children and young people  
physical activity summary  
January 2021



# Reports explained

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Comparisons between this years data and previous years should be viewed with caution because of the differences outlined below



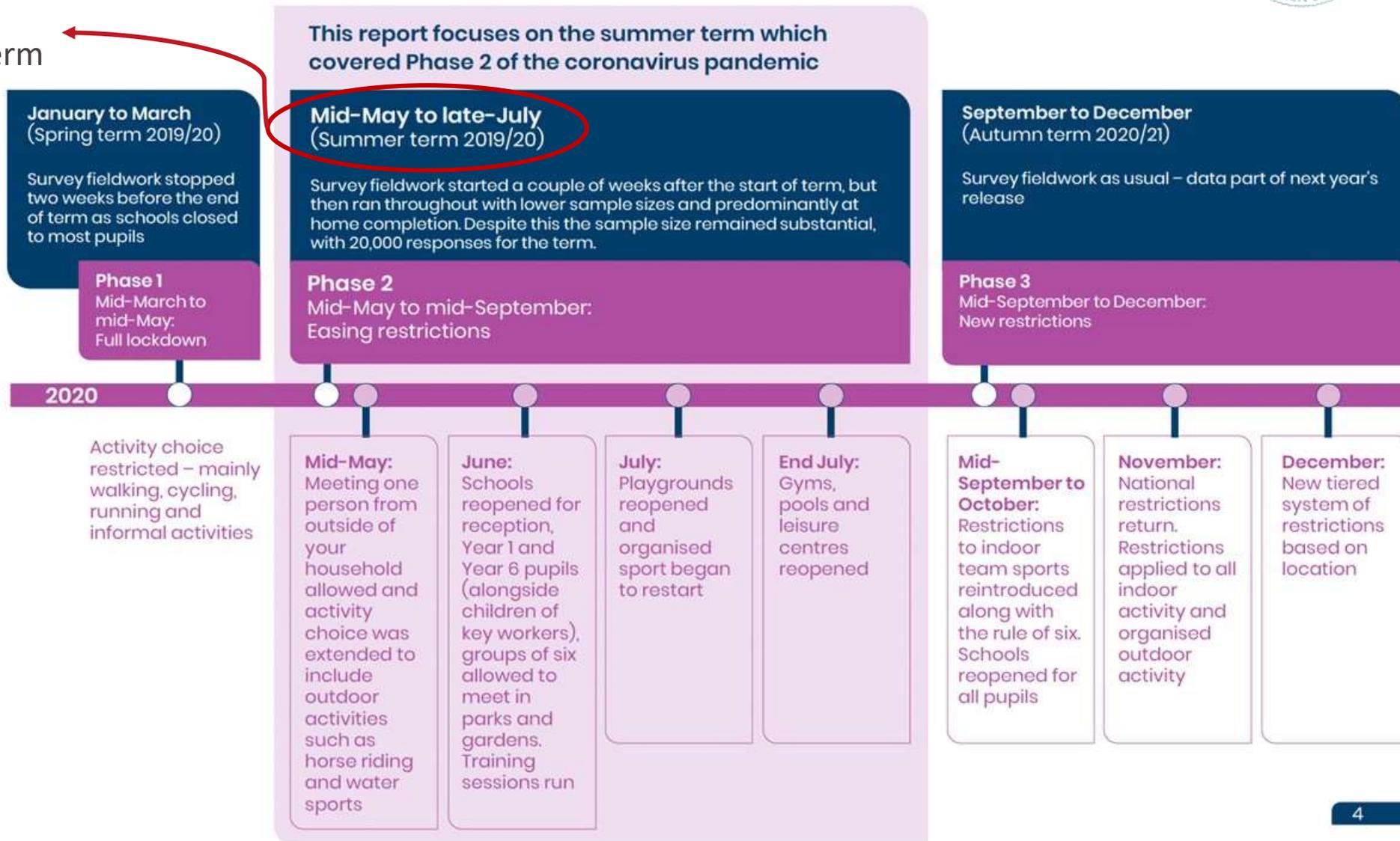
Sport England have published **2 reports** which should be considered together:

- **Main report 2019-2020 (full year results)** – survey conducted as previous 2 years with following differences due to coronavirus restrictions:
  - **No data collected for 6 weeks** which included period of strictest lockdown from late March 2020 until mid May 2020\*
  - Survey switched to home completions for summer term from mid May 2020 instead of at school completion
  - Geographical flags have been added to some partnership level data for the full year where there are school phases (age groups) or terms (across the school year) where data is missing
  - Local authority level data is not included in the data release due to smaller sample sizes
- **Coronavirus report summer term (2020)** – all data included in full year data but looked at separately as well to show impact of coronavirus
  - Data from summer term 2020 (mid May – late July) is compared to the summer term from 2019 (mid Apr – late July) to evaluate impact of coronavirus lockdown/restrictions
  - Only available at national level

\*Some data was gathered for this period and is available via Sport England's [Covid-19 briefing: Exploring attitudes and behaviours in England during the Covid-19 pandemic](#)

# Timeline

Coronavirus restrictions are being eased by the summer term



**Main report -**  
Comparisons are to the same period in previous year (Aug 2018-Sep 2019) ⚠️

**Coronavirus report -**  
Comparisons are to the same term (summer) 12 months before (mid Apr to late July 2019) ⚠️



## Physical activity behaviour

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A summary of available data from the **main report** (Sep 2019- Aug 2020) and **coronavirus report** (summer term 2020)

# Local activity levels



## Full year results

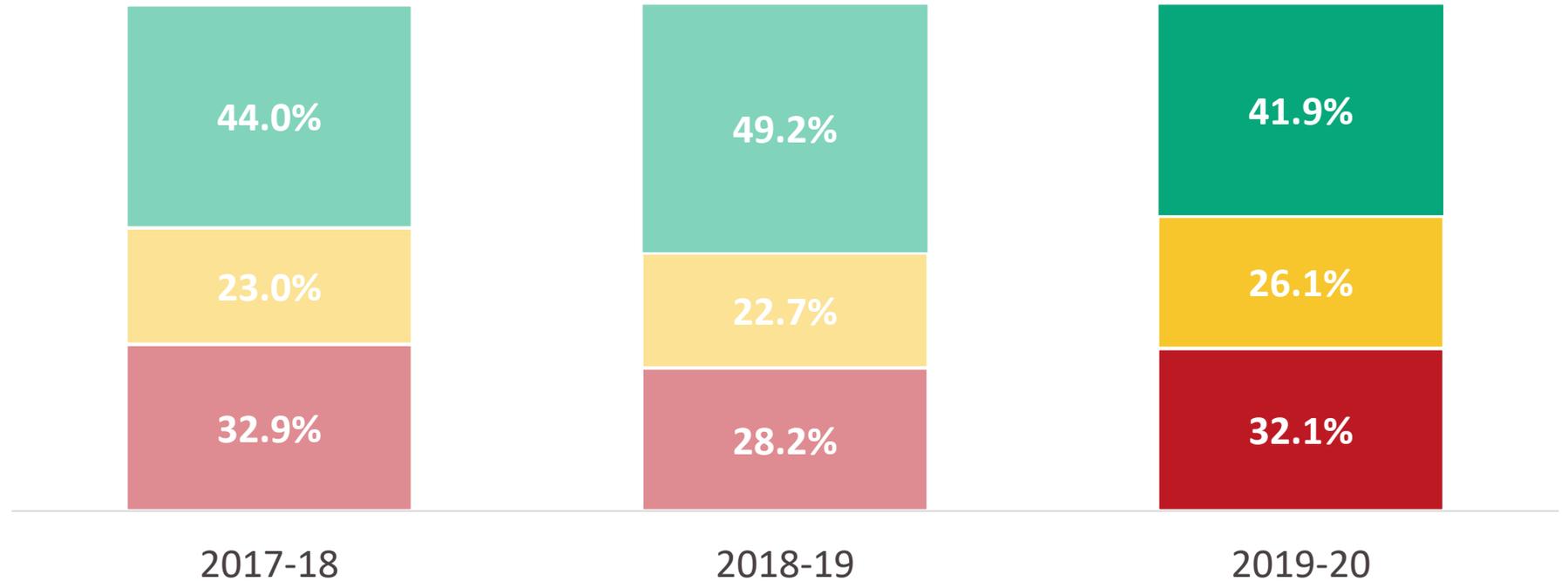
Year	Sample size
2017-18	1,843
2018-19	2,630
2019-20	2,005

Sample size lower than previous year



Geographical flags: None

## Active Notts



- 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)

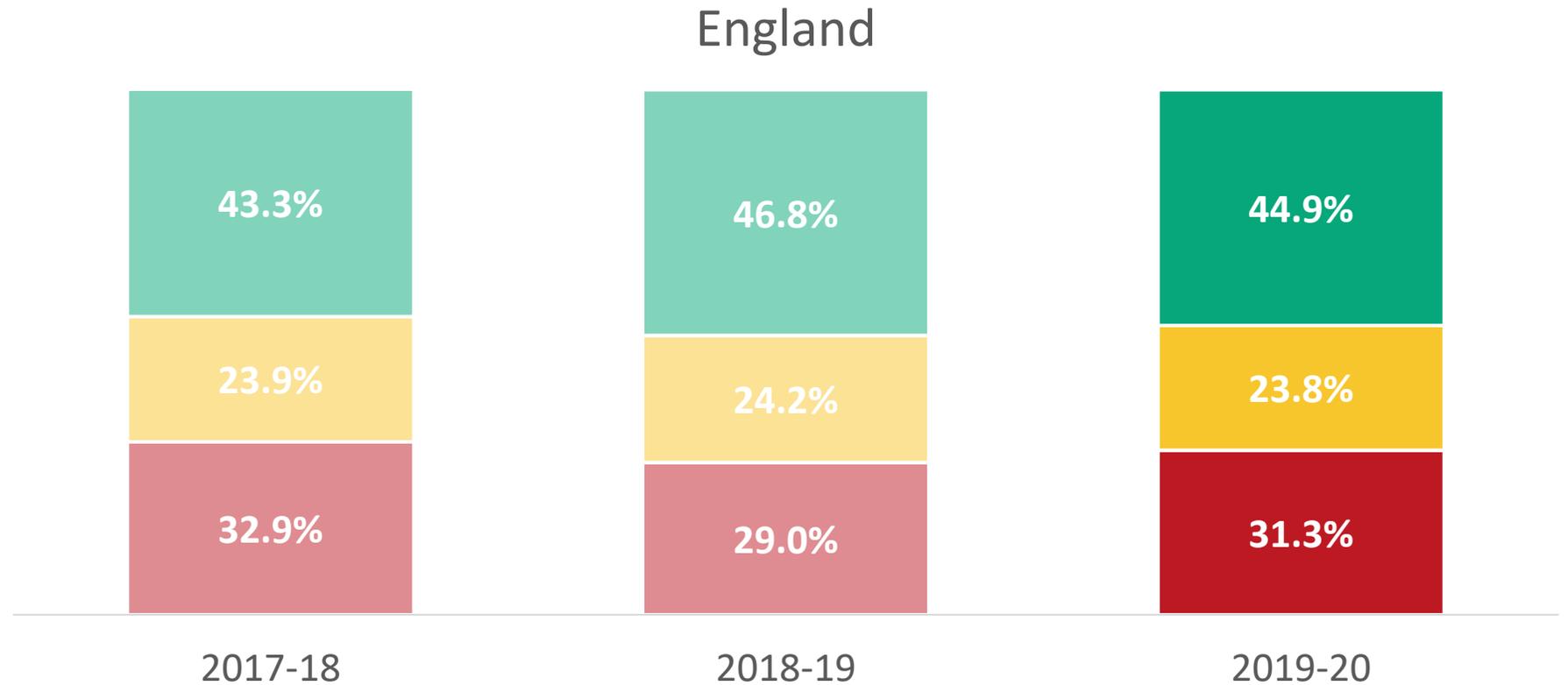
# National activity levels



**Main report**

Year	Sample size
2017-18	109,503
2018-19	113,728
2019-20	89,303

Sample size smaller than previous year ⚠



- 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)

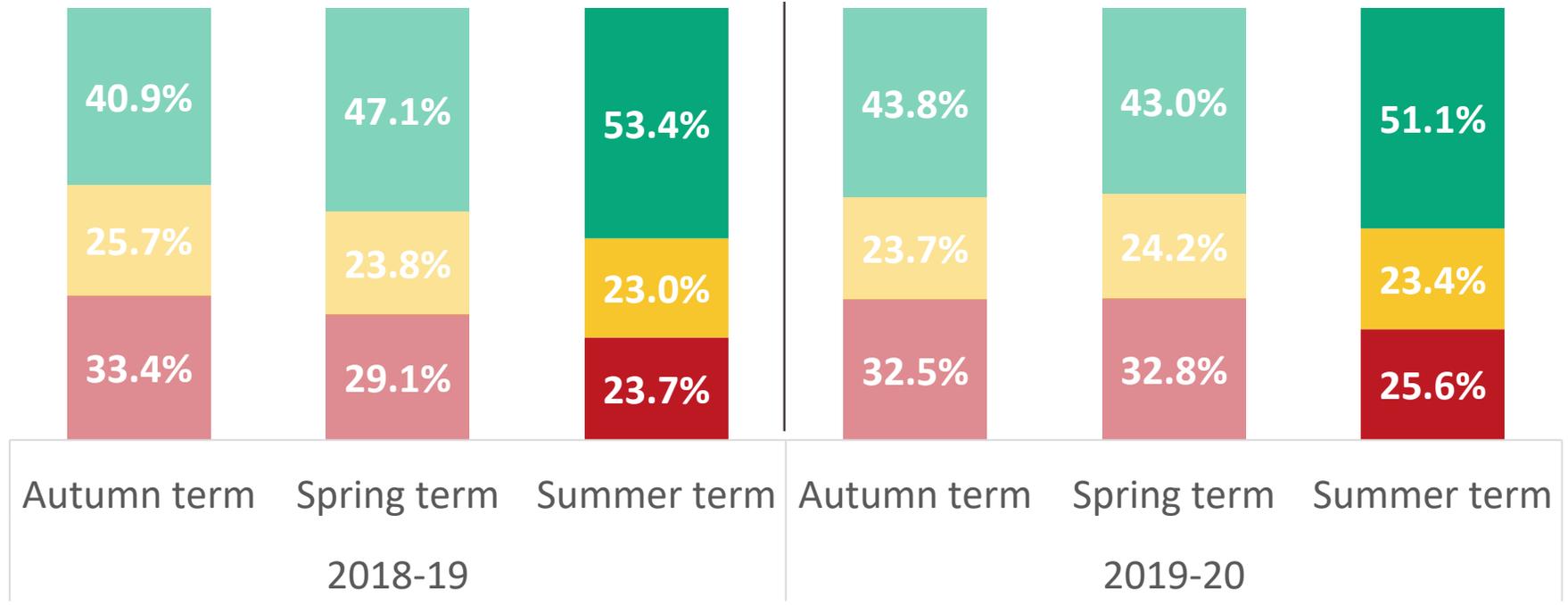
# Summer term comparisons



## Activity levels by term - England

Coronavirus report	
Term (year)	Sample size
Summer term (mid April-late July 2019)	35,038
Summer term (mid May-late July 2020)	19,917

Sample size much smaller ⚠ than previous year



- 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

**Active Nottinghamshire** have seen (**Main report**) ...

- A slight increase (**worsening**) of 3.9pp in those who are **less active**:
  - compared\* to last year
  - compared to a statistically significant increase (worsening) nationally of 2.4pp
- A **statistically significant** decrease (**worsening**) in **active** levels of 7.3pp:
  - compared\* to last year
  - compared to a statistically significant decrease (worsening) of 1.9pp nationally

**Nationally** the **coronavirus report** shows, when compared\* to the **summer term** last year:

- those who are **less active** increased (**worsened**) by 1.9pp (to 25.6%)
- **active** levels reduced (**worsened**) by 2.3pp during the summer term (to 51.1%)

Switching of **activity types** prevented a much larger drop in activity levels\*

- Sporting activities (such as swimming and team sports) down by 16pp during the summer term
- Walking (22pp), cycling (18pp) and fitness activities (22pp) have all shown increases



\* Need to be cautious with comparisons to last year due to sampling differences

# Wider outcomes

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Over the year (**main report**), there is a positive association between **levels of engagement in sport and physical activity** and...

- Levels of **mental wellbeing** (happiness)
- Levels of **individual development** (*if I find something difficult, I keep trying until I can do it*)
- **Community development** (trust of people of a similar age)
- Not feeling **lonely**\*

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

- There was an unprecedented drop in individual development scores
  - Meaning less positive responses to *“if I find something difficult, I keep trying until I can do it”*
  - Particularly severe drop in Years 3-6

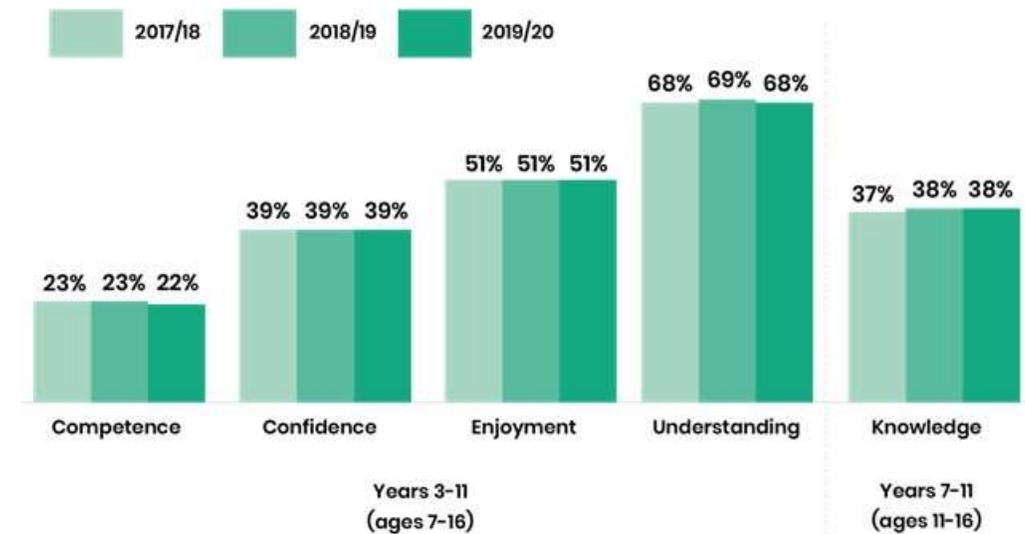
\* Loneliness is a new measure for 19/20

# Physical literacy



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

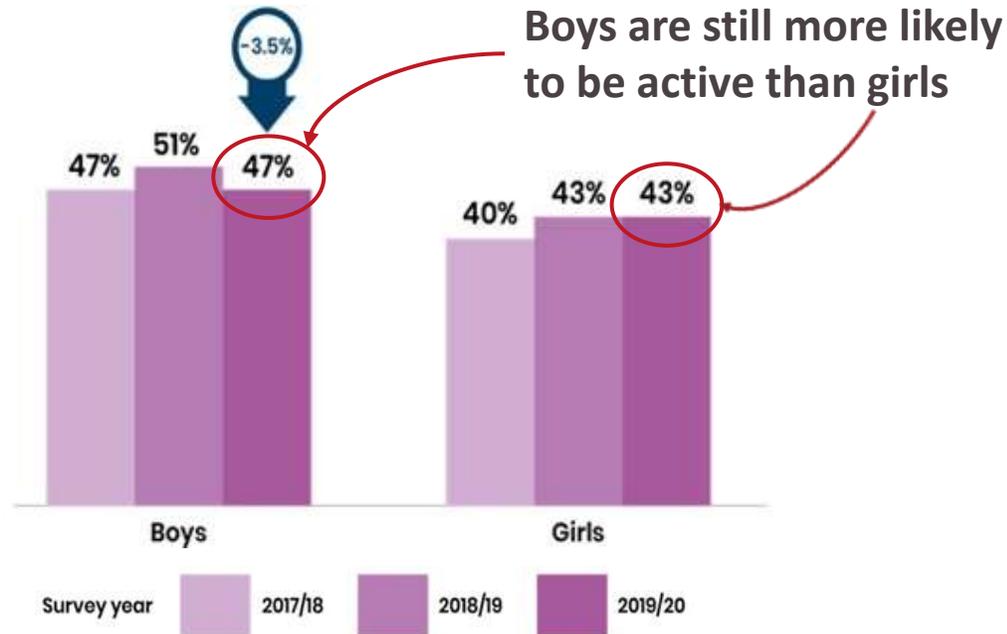


## Observations

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Observations across demographic groups for behaviour and wider outcomes

# Gender



- Over the last year (**main report**) boys physical activity levels have decreased (4pp) whilst girls have remained the same
- Boys saw a large drop in activity levels (down 6.4pp overall) during the summer term (**coronavirus report**) with the highest reduction amongst those in school years 5-6 (14.6pp)

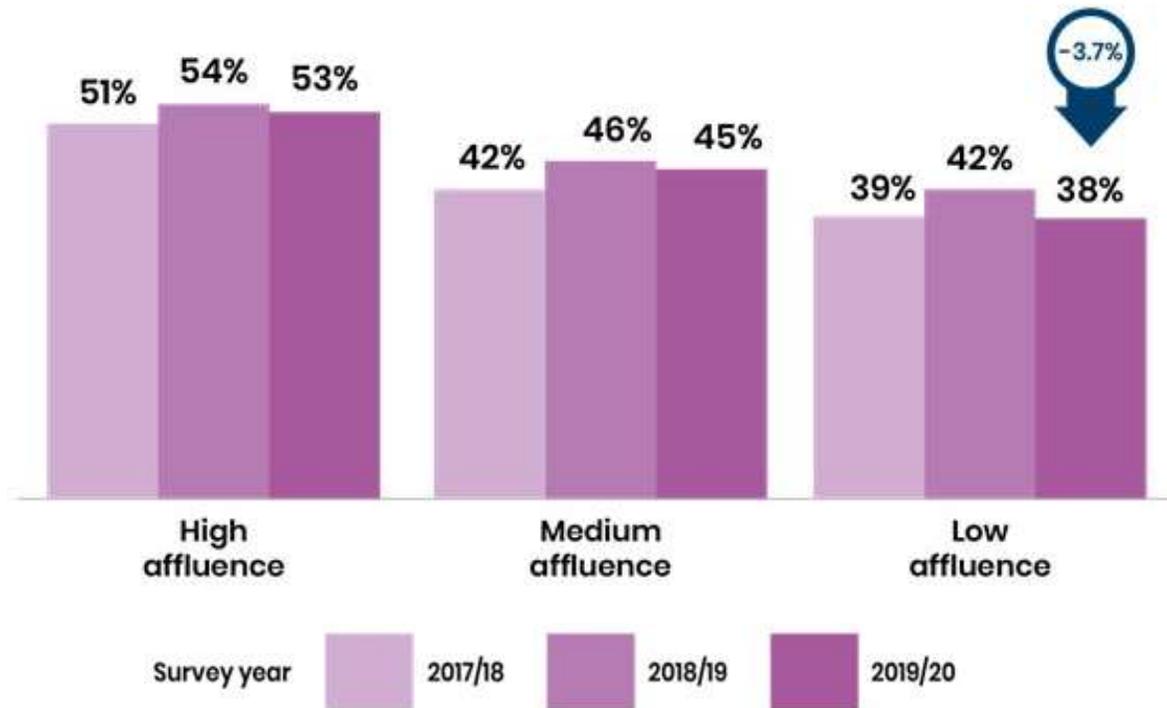
## Boys...

- Enjoyment and confidence scores have dropped during the summer term
- Possible drivers – missing organised sport, lacking independence to switch activities

## Girls...

- Confidence and competence has dropped for those in school years 3-8 however enjoyment has increased amongst teenage girls
- Possible drivers – fitness and walking choices suiting girls better

# Family affluence



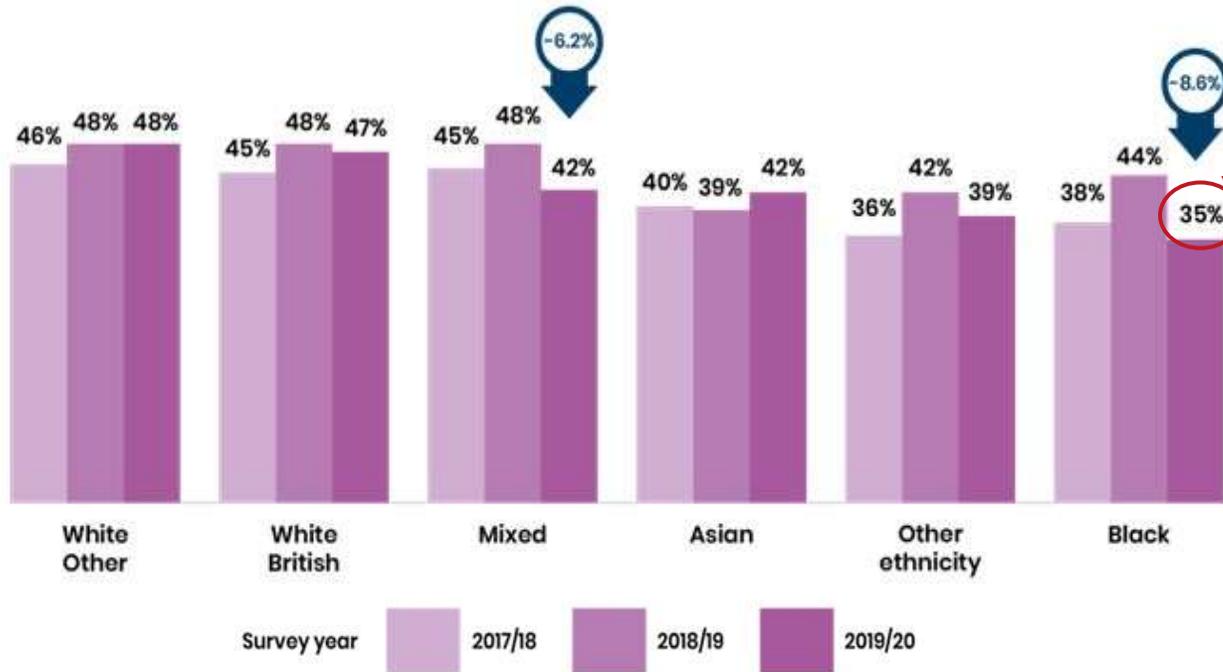
**A large gap remains between activity levels of poorer children compared to wealthier children**

- CYP from low affluence families saw the biggest drop in activity levels (**main report**)
- The inequality gap has widened from 12pp to 15pp
- This is despite activity levels of CYP from high affluence families dropping during the summer term (**coronavirus report**) while activity levels of CYP from low affluence families remained the same

**Physical literacy...**

**Enjoyment, confidence and competence** all dropped for CYP from low affluence families during the summer term, despite their levels of activity remaining the same

# Ethnicity



## Black CYP are now the least active ethnic group

- CYP from Black backgrounds have seen the largest drop in activity levels of all ethnic groups (8.6pp) across the year (**main report**)
  - This is likely to have been driven by the summer term (**coronavirus report**) when activity levels for this group saw a staggering 17pp drop. This drop was evident in both girls and boys
  - The drop was accompanied by a drop in those strongly agreeing with all five positive attitudes for physical literacy
  - Possible drivers: this group rely on the school setting for activity. The data suggests they have been unable to adapt whilst schools closed
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- Boys from a mixed ethnic background also saw a dramatic reduction of 17pp in activity levels during the summer term (**coronavirus report**). It is likely that restricted access to activities such as football, athletics, swimming and dance may have particularly affected this group
  - CYP from Other (9.6pp) and Asian (3.3pp) ethnic groups also saw activity levels reducing during the summer term

# Age group



Over the last year (**main report**) activity levels for primary school children (ages 5-11) have decreased whereas activity levels for those in secondary schools have increased

Activity levels are lowest for those in school years 3-4 (ages 7-9, 38%) and highest for those in school years 7-8 (ages 11-13, 51%)

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

- Enjoyment decreased for those in school years 5-6 (ages 9-11) and increased for those in school years 9-11 (ages 13-16)
- Understanding why exercise and sport are good for you decreased for years 5-6 but increased for years 7-11 (ages 11-16)