



Helen Fisher

Strategic Lead – Physical
Activity



An Overview of Physical Activity Levels in Children and Young People

The national context



Local context



Being active will be the easy choice for our children and young people

**AIM 4: Inspire our children and young people to form an active habit for life
Improve levels of physical activity among children and young people**

The Strategy was developed at the point that the Active Lives Survey was being expanded to collect data on physical activity and sporting behaviour of 5-16 year olds.

Concern is evident when looking at the younger age group of 2-4 years, with only 9% meeting the recommended level of 3 hours of activity every day. 1

In children aged 0-5 years, lower levels of physical activity are associated with increased levels of obesity.¹

CMO Physical Activity Guidelines

Physical activity for early years (birth – 5 years)

Active children are healthy, happy, school ready and sleep better

- BUILDS RELATIONSHIPS & SOCIAL SKILLS
- MAINTAINS HEALTH & WEIGHT
- CONTRIBUTES TO BRAIN DEVELOPMENT & LEARNING
- IMPROVES SLEEP
- DEVELOPS MUSCLES & BONES
- ENCOURAGES MOVEMENT & CO-ORDINATION

Every movement counts

Aim for at least **180** Minutes per day for children 1-5 years

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity for children and young people (5 – 18 Years)

- BUILDS CONFIDENCE & SOCIAL SKILLS
- MAINTAINS HEALTHY WEIGHT
- DEVELOPS CO-ORDINATION
- STRENGTHENS MUSCLES & BONES
- IMPROVES SLEEP
- IMPROVES CONCENTRATION & LEARNING
- IMPROVES HEALTH & FITNESS
- MAKES YOU FEEL GOOD

Be physically active

Spread activity throughout the day

Aim for an average of at least **60** minutes per day across week

All activities should make you breathe faster & feel warmer

Get strong **Move more**

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Sport England Active Lives Children and Young People Survey

Active Lives Children and Young People provides a world-leading approach to gathering data on how children engage with physical activity and sport.

It provides anyone working with children aged 5-16, key insight to help understand attitudes and behaviours around physical activity and sport.

The survey includes measures of children's activity levels, physical literacy, swimming proficiency, wellbeing, self-efficacy and levels of social trust.



% of Children and Young People doing 60 mins a day

2017-18

Nationally 17.5%
Hampshire 18.5%
Southampton 14.2%

2018-19

Nationally 19.6%
Hampshire 18.3%
Southampton 18.3%

**Southampton have seen a 4.1% increase across
the 2 data sets and now mirror the Hampshire
data but are below the National figure.**

% of Children and Young People doing an AVERAGE of 60 mins a day

2017-18

Nationally 43.2%
Hampshire 44.7%
Southampton 39.9%

2018-19

Nationally 46.8%
Hampshire 43.4%
Southampton 40%

Southampton have seen a 0.1% increase across the 2 data sets but are lower than both the National and Hampshire figures in both years.

30 minutes of Sport and Physical Activity AT SCHOOL all years 1-11

2017-18

Nationally 39.5%
Hampshire 38.7%
Southampton 36.6%

2018-19

Nationally 40.4%
Hampshire 35.2%
Southampton 36.7%

Southampton have seen a 0.1% increase across the 2 data sets and are lower than the National figures in both years.

30 minutes of Sport and Physical Activity OUTSIDE SCHOOL all years 1-11

2017-18

Nationally 52.6%
Hampshire 54.5%
Southampton 47.5%

2018-19

Nationally 57.2%
Hampshire 56.5%
Southampton 47.8%

**Southampton have seen a 0.1% increase across
the 2 data are lower than the National figures in
both years.**

The story behind the

statistics

When the data was released in December last year, the message was essentially that this was not good enough. Although there have been some improvements in year 2, there are still insufficient numbers reaching the 60 minutes a day target.

This year the rise nationally was driven by more children getting active outside school but Southampton figures only show a marginal improvement in this area comparatively.

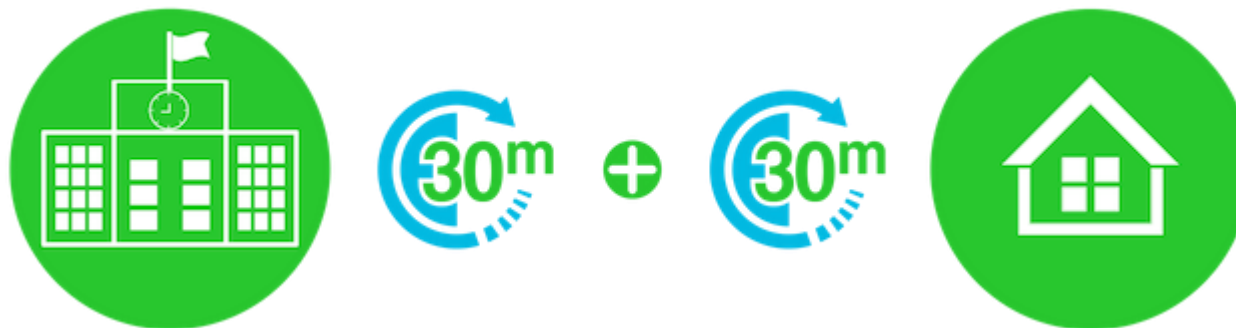
It is also worth noting that significant and stubborn inequalities remain in areas of family affluence, gender and race. The survey also highlights that active children are happier, more resilient and more trusting of others and have greater mental wellbeing.

Active play and informal activities remain the most common way for children in years 1-6 to be active

Activity levels peak when children are ages 5-7 and again at the end of Primary School

Active children are more likely to report higher levels of mental wellbeing and the number of 'positive attitudes' is a key driver for levels of activity.

Working together to support schools to build physical Activity into their school day



- **Active Bursts**
- **Active Learning**
- **Active Travel**
- **Active Playtime**
- **Active Home**

Active Travel



Helping pupils to arrive at school energised and ready to learn with active travel. Encouraging pupils to walk, scoot or cycle to school can have a positive impact on their health and wellbeing. Plus, it's a great way to cut pollution and reduce traffic at the school gate!

Active Learning



Active Learning can help bring a subject to life. Imagine teaching maths with dance moves or history through walking. There are plenty of ways to energise a classroom while delivering the core curriculum

Active Bursts



Active Bursts are physical activities that give pupils a brief break from learning in order to increase their focus in class. They can enhance memory, behaviour and physical and mental well-being. Delivered in the classroom or outside – the more spontaneous and engaging the better.

Active Playtime



Active Playtime can help ensure children come to the classroom with happy faces ready to learn. It helps improve playground behavior and reduce incidents, develop social skills, enrich imagination, activity and emotions and improve mental well being.

Active Home



Happy



Healthy



Ready to learn

Active Home lives can make a big difference to a child's ability to learn and engage in school. From active homework to workshops that promote family play, there are simple ways for schools to encourage physical activity outside of school.



- Local sport or physical activity opportunity
- Focused on inactive & vulnerable 14-19 year olds
- Designed and shaped with young people to meet their needs
- Build confidence & provide a positive, enjoyable experience
- Potential to be developed into a habit of regular activity

THANK YOU

helen.fisher@energiseme.org

www.energiseme.org

