



Active Healthy Kids England

**Active Healthy Kids
England presents:**

The 2022 Report Card on Physical Activity for Children & Youth



INTRODUCTION

The ‘Active Healthy Kids England 2022 Report Card’ provides an updated and comprehensive “state of the nation” assessment of child and youth physical activity in England.

Who is the Report Card for?

The Report Card is a ‘go to’ source for knowledge, insight, and understanding of the state of child and youth physical activity in England. It aims to influence thinking and action among stakeholders to help them build better programmes, campaigns, and policies in order to increase physical activity among children and youth. In addition to academic audiences, it is an important “real world tool” for numerous stakeholders including Government, Local Authorities, teachers, coaches, public health promoters, recreation professionals, community development leaders, and funders.

Methods

The best available sources of data including national surveys and peer-reviewed research were identified for the period of January 2016 to April 2022. These data were then consolidated, synthesised, and assessed by members of an Expert Panel who collectively assigned grades to each of the Active Healthy Kids Global Alliance (AHKGA) indicators (i.e. agreed, and standardised international criteria). Following detailed discussions and in some instances secondary data analyses, the panel assigned the grades of A, B, C, D, F, or INC (incomplete) to each indicator based on whether children across England were achieving the AHKGA benchmarks.



METHODOLOGY

The 10 Graded Indicators of Physical Activity



1. Overall Physical Activity



2. Organised Sport and Physical Activity



3. Active Play



4. Active Transportation



5. Sedentary Behaviours



6. Physical Fitness



7. Family and Peers



8. School



9. Community and Environment



10. Government

Grade Boundaries

Grade		% of children and youth that we are succeeding with
A	A+	94% - 100%
	A	Succeeding with a large majority (87% - 93%)
	A-	80% - 86%
B	B+	74% - 79%
	B	Succeeding with well over half (67% - 73%)
	B-	60% - 66%
C	C+	54% - 59%
	C	Succeeding with about half (47% - 53%)
	C-	40% - 46%
D	D+	34% - 39%
	D	Succeeding with less than half but some (27% - 33%)
	D-	20% - 26%
F		We are succeeding with very few (<20%)
INC		Incomplete – Insufficient or inadequate information to assign a grade

SUMMARY OF RESULTS

 1. Overall Physical Activity	C-	 6. Physical Fitness	INC
 2. Organised Sport and Physical Activity	D	 7. Family and Peers	INC
 3. Active Play	INC	 8. School	B+
 4. Active Transportation	C+	 9. Community and Environment	C
 5. Sedentary Behaviours	D+	 10. Government	INC

Conclusions and Recommendations

The 2022 Report Card findings are very similar to previous iterations (i.e. those released in 2014, 2016, and 2018). The provision to engage children and youth in physical activity in England remains good, yet more effort is required to maximise the use of the existing resources, monitor progress, and subsequently improve the physical activity engagement of English children and youth.

Our ability to grade all indicators, and our confidence in these grades, would benefit greatly from a stratified and targeted survey designed to directly assess the 10 core AHKGA indicators. Such an approach would overcome several research gaps that led to the awarding of INC grades. Similarly, nationally representative monitoring with device-measured physical activity in England is required (i.e. nationally representative data are currently derived from self-report measures).

RESULTS

The grades assigned to the AHKGA indicators were as follows



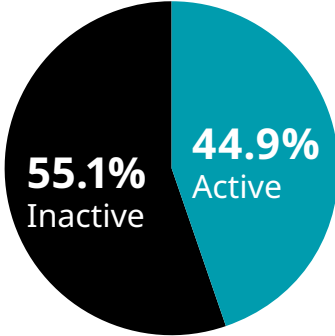
1. Overall Physical Activity

Grade C-

Data collected from English schoolchildren between 2017 and 2021 show that 44.9% reported meeting the accumulation of 60-min moderate-to-vigorous-intensity physical activity per day on average.

Trends for inequality in overall physical activity were seen for age (school year), ethnicity, family affluence, gender, and across different regions/counties.

Supporting References/Data Sources:
1. Sport England. Active lives children and young people survey. Academic year 2017/18. London, UK: Sport England, 2018.
2. Sport England. Active lives children and young people survey. Academic year 2018/19. London, UK: Sport England, 2019.
3. Sport England. Active lives children and young people survey. Academic year 2019/20. London, UK: Sport England, 2020.
4. Sport England. Active lives children and young people survey. Academic year 2020/21. London, UK: Sport England, 2021.



% of English school children getting an average of 1 hour of moderate intensity physical activity per day



2. Organised Sport and Physical Activity

Grade D

Data collected between 2018 and 2020 showed that on average 33% of children took part in organised competitive sport outside of school.

Participation rates were significantly higher for boys than girls.

Supporting References/Data Sources:
5. Department for Digital, Culture, Media and Sport. (2019). Taking Part: the National Survey of Culture, Leisure and Sport, 2018-2019; Adult and Child Data. [data collection]. UK Data Service.
6. Department for Digital, Culture, Media and Sport. (2020). Taking Part: the National Survey of Culture, Leisure and Sport, 2019-2020; Adult and Child Data. [data collection]. UK Data Service.



33% of children took part in organised competitive sports outside of school



3. Active Play

A lack of nationally representative data is available to grade the Active Play indicator

Grade INC

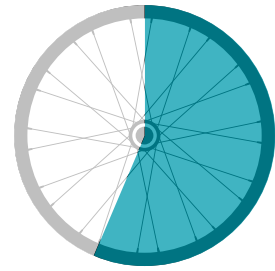


4. Active Transportation

Grade
C+

Nationally representative survey data collected between 2017 and 2021 showed that 56.6% of children and youth used active transportation to get to and from school and other places.

Cycling is higher in 11-16-year-olds and walking higher in 10-16-year-olds.



56.6%
of children regularly using
active transportation

Supporting References/Data Sources:

7. Department for Transport. National Travel Survey: England 2017. Statistical Release.
8. Department for Transport. National Travel Survey: England 2018. Statistical Release.
9. Department for Transport. National Travel Survey: England 2019. Statistical Release.
10. Department for Transport. National Travel Survey: England 2020. Statistical Release.
11. Sport England. Active lives children and young people survey. Academic year 2017/18. London, UK: Sport England, 2018.
12. Sport England. Active lives children and young people survey. Academic year 2018/19. London, UK: Sport England, 2019.
13. Sport England. Active lives children and young people survey. Academic year 2019/20. London, UK: Sport England, 2020.
14. Sport England. Active lives children and young people survey. Academic year 2020/21. London, UK: Sport England, 2021.

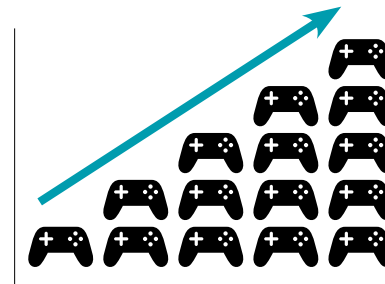


5. Sedentary Behaviours

Grade
D+

62% of English children engage in more than 2 hours of recreational screen time per day. Boys engage with computer games (2+ hours p/day) more than girls.

% of children engaged with computer games (2+ hours p/day) increases with age.



Computer game
engagement increases
with age

Supporting References/Data Sources:

15. Currie C, Inchley J, Molcho M, Lenzi M, Veselska Z & Wild F (eds.) (2014). Health Behaviour in School-aged Children (HBSC) Study Protocol: Background, Methodology and Mandatory items for the 2013/14 Survey. St Andrews: CAHRU.
16. Brooks, F., Magnusson, J., Klemra, E., Chester, K., Spencer, N., and Smeeton, N. (2015) HBSC England National Report 2014. University of Hertfordshire; Hatfield, UK.
17. Brooks, F., Klemra, E., Chester, K., Magnusson, J. & Spencer, N. (2020). HBSC England National Report: Findings from the 2018 HBSC study for England. Hatfield, England: University of Hertfordshire.



6. Physical Fitness

Grade
INC

No new nationally representative data to enable the assignment of a grade to this indicator



7. Family and Peers

Grade
INC

No new nationally representative data to enable the assignment of a grade to this indicator.

What little data that do exist are at a regional level or the assessment is not specific enough to map onto the AHKGA benchmarks (e.g., % adults meeting physical activity guidelines are not mapped to parent status).



8. School

Grade
B+

The overall grade suggested for this indicator is B+ and is compiled from the following individual benchmarks:

- 85% of secondary and 97% primary schools promote physical activity as part of the school day (A)
- 58-86% of schools have the provision of at least 2 hours PE per week (B)
- 57% of schools have a PE Specialist (KS1-2 = 44%; KS3-4 = 86%). (B-)
- >97% of schools have extracurricular physical activity and sport opportunities (A+)
- 46% of schools have access to outdoor courts; 64-78% have access to a sports hall, playing field or swimming pool; and 100% have access to a playground (B+)

Supporting References/Data Sources:

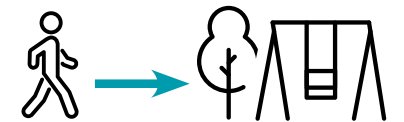
18. Brooks, F., Magnusson, J., Klemra, E., Chester, K., Spencer, N., and Smeeton, N. (2015) HBSC England National Report 2014. University of Hertfordshire; Hatfield, UK.
19. Brooks, F., Klemra, E., Chester, K., Magnusson, J. & Spencer, N. (2020). HBSC England National Report: Findings from the 2018 HBSC study for England. Hatfield, England: University of Hertfordshire.
20. Callanan M, Fry A, Plunkett M, Chanfreau J, Tanner E. The PE and sport premium: an investigation in primary schools. NatCen Social Research; 2015.
21. https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/489477/DFF-RR489-PE_and_sport_premium_an_investigation_in_primary_schools_-_final_report.pdf
22. Department for Digital, Culture, Media and Sport. (2019). Taking Part: the National Survey of Culture, Leisure and Sport, 2018-2019; Adult and Child Data. [data collection]. UK Data Service.
23. Department for Digital, Culture, Media and Sport. (2020). Taking Part: the National Survey of Culture, Leisure and Sport, 2019-2020; Adult and Child Data. [data collection]. UK Data Service.



9. Community and Environment

Grade
C

57% of children reported visiting parks, playing fields, or playgrounds. 69% of children under 16 reported visiting urban green spaces in the past month.



385.46m

Average distance to nearest
park, public garden, or
playing field in England

Older data (2014 and 2016) data showed:

- 30% of 11-15-year-olds use facilities once a week)
- ~50% satisfaction with facilities was reported
- 72% of parents endorsed their community/ environment as safe

Supporting References/Data Sources:

24. Natural England. (2021). The People and Nature Survey for England: Children's survey. The People and Nature Survey for England: Children's survey. Office of National Statistics. <https://www.gov.uk/government/statistics/the-people-and-nature-survey-for-england-child-data-wave-1-experimental-statistics/the-people-and-nature-survey-for-england-childrens-survey-experimental-statistics>
25. <https://www.gov.uk/government/statistics/the-people-and-nature-survey-for-england-child-data-wave-1-experimental-statistics/the-people-and-nature-survey-for-england-childrens-survey-experimental-statistics>
26. Platt L. Millennium Cohort Study: initial findings from the age 11 survey. Centre for Longitudinal Studies. 2014. www.cls.ioe.ac.uk.
27. Heritage Lottery Fund. State of UK public parks 2021. Available at <https://www.apse.org.uk/apse/?LinkServID=6F6C3880-FBA4-259F-18889D4F13AC7765>



10. Government

Grade
INC

Many policies to promote physical activity to children have been developed and implemented in England. Despite this positive progress, the lack of robust monitoring and evaluation of local and national policies remains a key issue. Without this, we lack suitable evidence against which to evaluate the efficacy of government spending.

National policy efforts to increase physical activity and reduce sedentary time could be strengthened through; establishing prevalence targets, streamlining surveillance systems, investing in public education, maintaining supportive policies, environments, and opportunities for more children to keep active.



Active Healthy Kids England

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