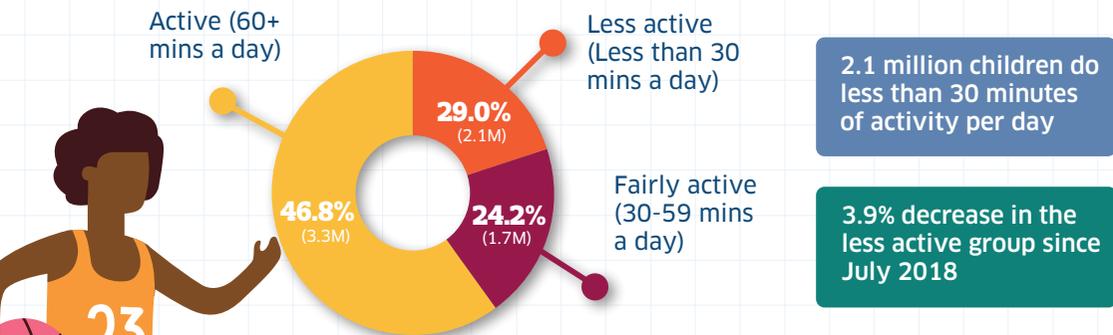


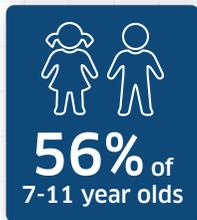
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Children in the UK are recommended to take part in an average of at least 60 minutes of moderate to vigorous intensity exercise a day per week. Although there has been a 3.6% increase in the proportion of children who meet the guidelines since the 2017/18 academic year¹, many young people are not active enough. This factsheet outlines the current state of the nation and factors influencing the activity levels of children in the UK.

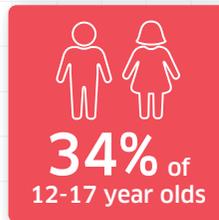
Levels of activity



Activity levels of children aged 5-16 in England September 2018-July 2019¹



45% of children aged 7-17 take part in sport or physical activity every day or most days²



2.1 million children do less than 30 minutes of activity per day

3.9% decrease in the less active group since July 2018

Location of physical activity

Children aged 7-17 tend to take part in²:

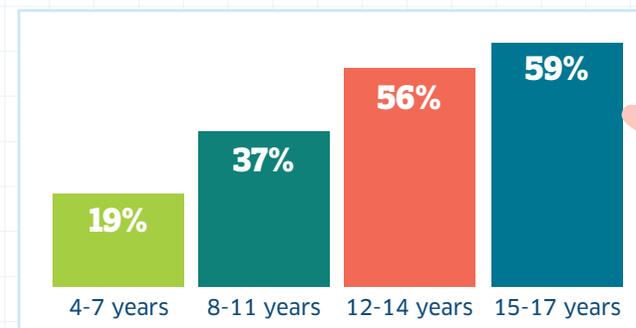


Coach-led activity

An estimated 3.8 million children in the UK are in receipt of coaching outside of school PE².



54% of children aged 7-17 take part in coached activity once a week³.



Proportion of children who take part in more than one coached session a week by age³

Older children are more likely to take part in more than one coached session a week

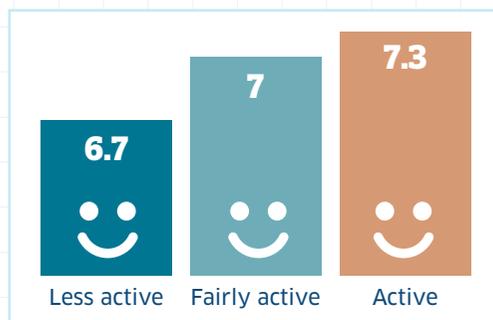
References

- ¹ Sport England. (2019) Active lives children and young people survey: Academic year 2018/19
- ² UK Coaching. (2020) Coaching in the UK: Participant survey
- ³ UK Coaching. (2019) Parent survey summary report
- ⁴ Bailey et al (2013) Why do children take part in and remain involved in sport?

State of the Nation: A Spotlight on Children and Young People

Physical activity and well-being

Children who are active report higher well-being scores than those who are less active¹



Children who are active every day report higher well-being scores than those active across the week

Happiness ratings by activity levels (10 = very happy, 0 = not at all happy)¹

Children who receive coaching are²:

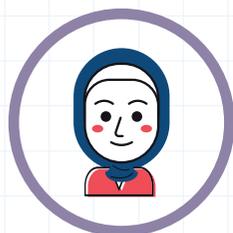
- Happier
- More likely to feel the things they do in life are worthwhile
- More satisfied with their life

Which children are less active?

Certain groups are less likely to be active than others. These groups include¹:



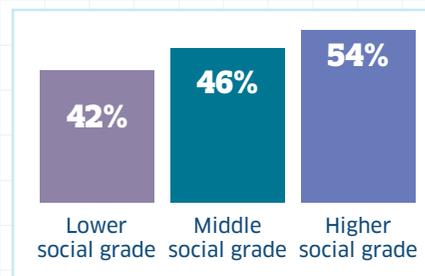
43% of girls vs 51% of boys are active



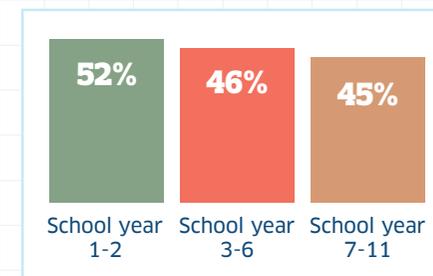
35% of Asian and 34% of Black ethnic groups are less active vs 27% of White British and 29% of White other/Mixed ethnic groups



Children's activity levels increase with social grade



Activity levels decrease with age



How can coaching be used to get children more active?

There are a number of ways that coaches can encourage children to get involved in coach-led activity to become more active

- Make sessions fun**
Fun and enjoyment:
• Are key influencers^{2,4}
- Promote the social aspects**
Opportunity to make friends:
• Increases motivation to participate⁴
- Focus on developing skills**
Desire to learn new skills increases participation⁴:
• Girls prefer developing skills than focusing on winning⁵
- Provide role models**
Inspire children to think they can be active too:
• Female role models for girls⁶
• Active parents = increased motivation to participate⁴

¹ Women's Sports Foundation (2019) Coaching through a gender lens: Maximising girls' play and potential
² Women in Sport. (2019) Reframing sport for teenage girls: Building strong foundations for their futures