

# **RISE.**

Active Lives

Children & Young People Survey Results  
2021/2022 Academic Year

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Northumberland and Tyne & Wear Analysis  
Wednesday 14th December 2022

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The Active Lives Children and Young People Survey aims to illustrate a national picture of physical activity in England for five to 16-year-olds.

The UK Chief Medical Officer's physical activity guidelines released in September 2019, state:

***“Children and young people (aged 5 – 18 years) should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports”***

**This report presents information on three levels of activity:**

- Active (an average of at least 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 both inside and outside of school includes:**

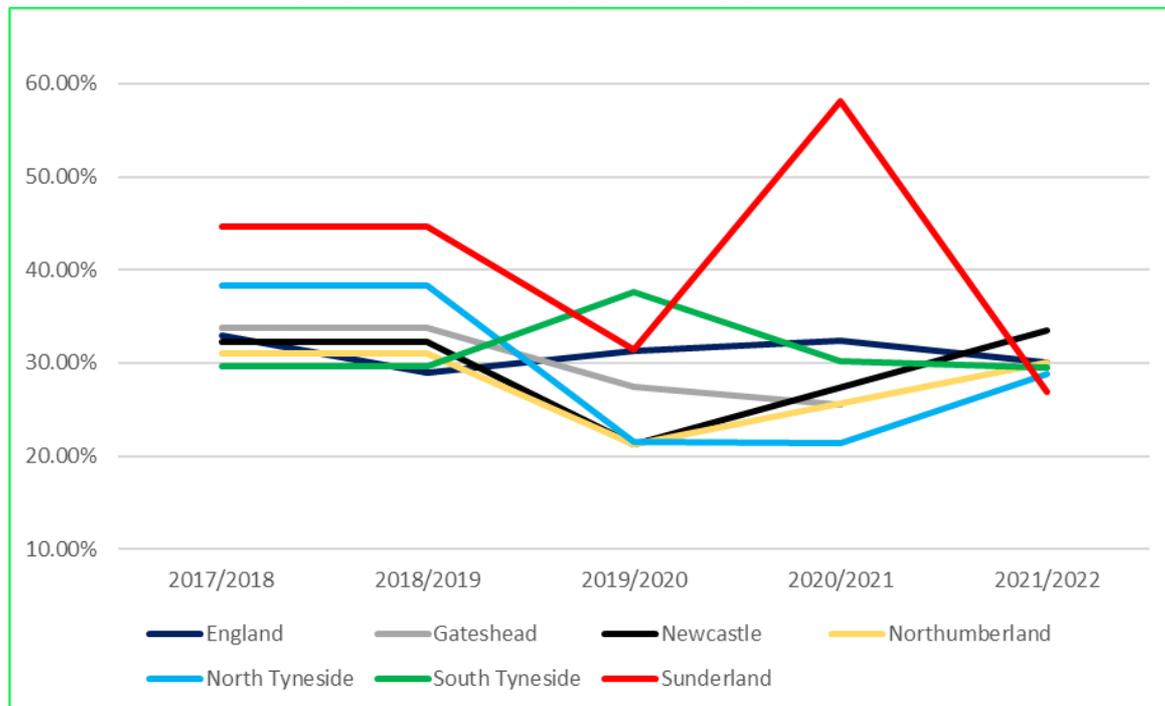
- Dance
- Sporting activities
- Scooting
- Cycling
- Active play and informal activity
- Walking and fitness activities

## Active Lives Survey Results 2021/22 Academic Year

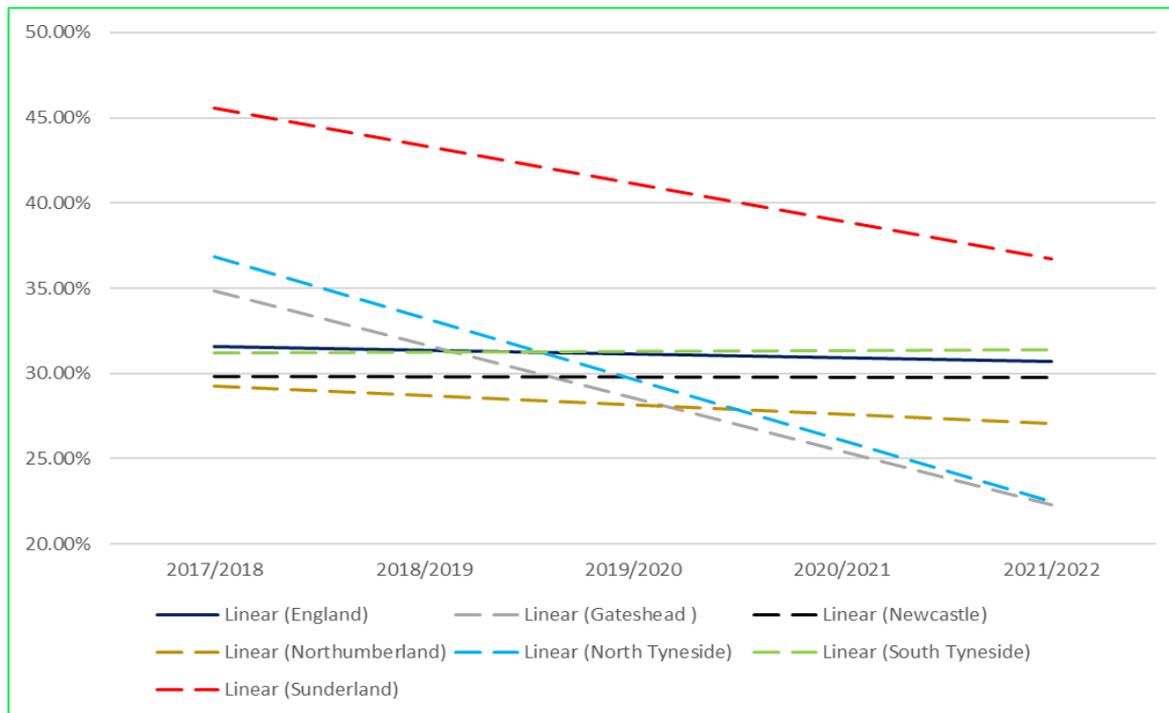
	Active (average of 60 minutes or more per day)	Fairly Active (average of 30-59 minutes per day)	Less Active (less than an average of 30 minutes per day)
	2021/2022	2021/2022	2021/2022
England	47.2%	22.7%	30.1%
North East	47.2%	21.6%	31.3%
Gateshead	Not available	Not available	Not available
Newcastle	38.8%	27.6%	33.5%
Northumberland	52.7%	17.3%	30.1%
North Tyneside	51.0%	20.2%	28.8%
South Tyneside	49.1%	21.5%	29.5%
Sunderland	56.5%	16.7%	26.9%

## Less Active (less than an average of 30 minutes of physical activity per day)

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## Trends for Less Active (less than an average of 30 minutes of physical activity per day)

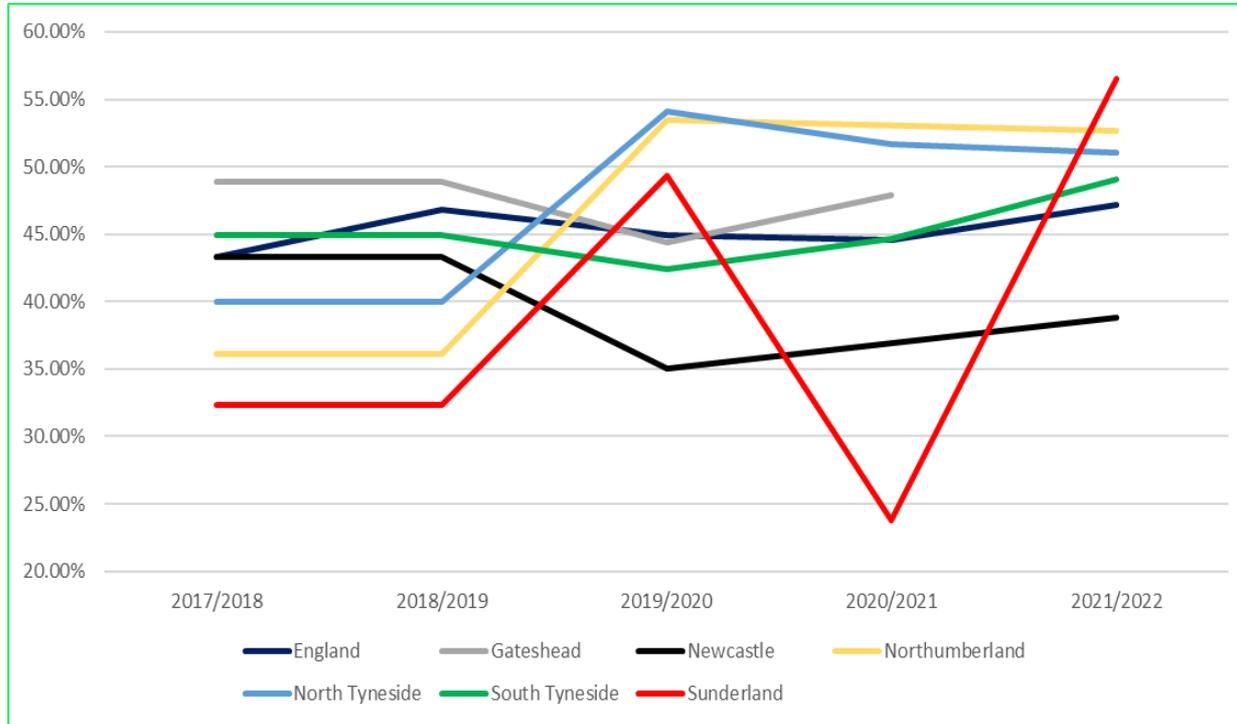


**Less Active**  
**(less than an average of 30 minutes of physical activity per day)**

	<b>2017/2018</b>	<b>2018/2019</b>	<b>2019/2020</b>	<b>2020/2021</b>	<b>2021/2022</b>
England	32.90%	29.00%	31.30%	32.40%	30.10%
Gateshead	33.80%	33.80%	27.40%	25.50%	Not available
Newcastle	32.30%	32.30%	21.30%	Not available	33.50%
Northumberland	31.00%	31.00%	21.20%	Not available	30.10%
North Tyneside	38.30%	38.30%	21.50%	21.40%	28.80%
South Tyneside	29.60%	29.60%	37.60%	30.20%	29.50%
Sunderland	44.70%	44.70%	31.40%	58.10%	26.90%

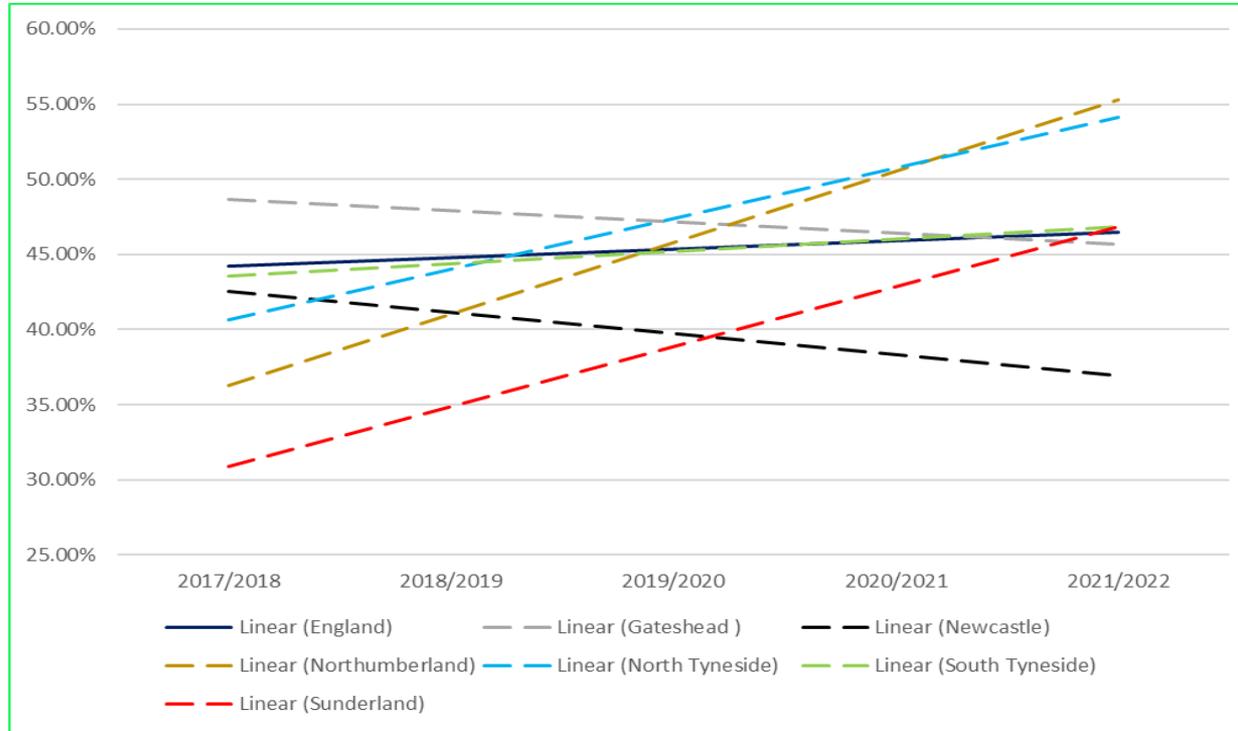
## Active (average of 60 minutes or more of physical activity per day)

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## Trends for Active (average of 60 minutes or more of physical activity per day)

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**Active**  
**(average of 60 minutes or more of physical activity per day)**

	<b>2017/2018</b>	<b>2018/2019</b>	<b>2019/2020</b>	<b>2020/2021</b>	<b>2021/2022</b>
England	43.30%	46.80%	44.90%	44.60%	47.20%
Gateshead	48.90%	48.90%	44.40%	47.90%	Not available
Newcastle	43.30%	43.30%	35.00%	Not available	38.80%
Northumberland	36.10%	36.10%	53.50%	Not available	52.70%
North Tyneside	40.00%	40.00%	54.10%	51.70%	51.00%
South Tyneside	44.90%	44.90%	42.40%	44.70%	49.10%
Sunderland	32.30%	32.30%	49.30%	23.80%	56.50%

## Highlights - Local

Much of our area is above the national average for those children and young people who are active, including Northumberland, North Tyneside, South Tyneside and Sunderland.

Sunderland has seen significant progress over the last year, with the proportion of children and young people who are active increasing sharply from 23.8% to 56.5%. This now makes Sunderland the LA with the highest rates of active children and young people in our area.

Conversely, figures for Newcastle show that only 38.8% of children and young people are active, making it the only LA in our area that is performing below the national average. Newcastle is also the only LA that has a higher proportion of people that are less active than the national average (33.5% compared to the national average of 30.1%).

## Highlights - National

Active play and informal activity, team sports, and walking to get to school or other places are the most common activities that children and young people are involved with, with at least 50% of respondents engaging in each.

Nationally, those from the least affluent families remain the least active, and this gap has widened since the start of the pandemic – in part because low affluence families have less access to outdoor space.

After falling during the pandemic, boys' activity levels have now surpassed pre-pandemic levels (+2.7%. Similarly, girls are also more active than pre-pandemic (+2.2%), though this year's figures have seen a slight drop from last year (-0.5%).

Children and young people from White British (49.6%), White Other (50.4%) and Mixed (47.1%) backgrounds are more likely to be active than those from Asian (40.8%), Black (40.5%) and Other ethnic (41.8%) backgrounds.

More than 1 in 10, or over 365,000 young people (Years 7-11, ages 11-16), reported feeling lonely often or always, up from just over 350,000 the previous year.

Positively, results do provide further evidence that active children have higher levels of mental wellbeing and illustrate the role sport and physical activity can play in supporting them.