

Headline Children & Young People Statistics

Attitudes Towards Sport and Physical Activity

Academic Year 2017-2018
Sport England

CYP Active Lives Published March 2019

5 KEY FINDINGS:

Physically literate children do twice as much activity. The more of the 5 elements of physical literacy children have, the more active they are.



Enjoyment is a key driver of activity levels, those who strongly agree that they enjoy taking part do 33% more minutes of activity than those who don't.



Physically literate children and young people are happier, more trusting of other children and report higher levels of resilience.



Physical literacy decreases with age. As children grow older, they report lower levels of enjoyment, confidence, competence and understanding.



The results also reveal important inequalities among certain groups of children which must be tackled. These include:



Girls are less likely to say they enjoy or feel confident about doing sport and physical activity; 58% of boys enjoy it and 43% of girls 47% of boys feel confident compared to 31% of girls.



Children from least affluent families are less likely to enjoy activity than those from the most affluent families, from previous research we also know they are less likely to be active.



Black children are more physically literate than other ethnic groups, with boys being more active than girls, but they are less active than the population as a whole.



Coming later this year: Market Segmentation of Children and Young People in England, based on their sport and physical activity behaviours and attitudes, supplemented by wider market insight from Sport England.



UNDERSTANDING - "I UNDERSTAND WHY EXERCISE & SPORTS ARE GOOD FOR ME"

68%

Strongly Agree

29%

Agree

2%

Disagree

1%

Strongly Disagree

ENJOYMENT - "I ENJOY TAKING PART IN EXERCISE & SPORTS"

51%

Strongly Agree

42%

Agree

5%

Disagree

2%

Strongly Disagree

CONFIDENCE - "I FEEL CONFIDENT WHEN I EXERCISE & PLAY SPORT"

39%

Strongly Agree

47%

Agree

10%

Disagree

4%

Strongly Disagree

COMPETENCE - "I FIND EXERCISE AND SPORT EASY"

23%

Strongly Agree

50%

Agree

23%

Disagree

5%

Strongly Disagree

*KNOWLEDGE - "I KNOW HOW TO GET INVOLVED AND IMPROVE MY SKILLS..."

37%

Strongly Agree

53%

Agree

7%

Disagree

2%

Strongly Disagree

These four attitudes are taken from Years 3-11.

*This is only asked to years 7-11