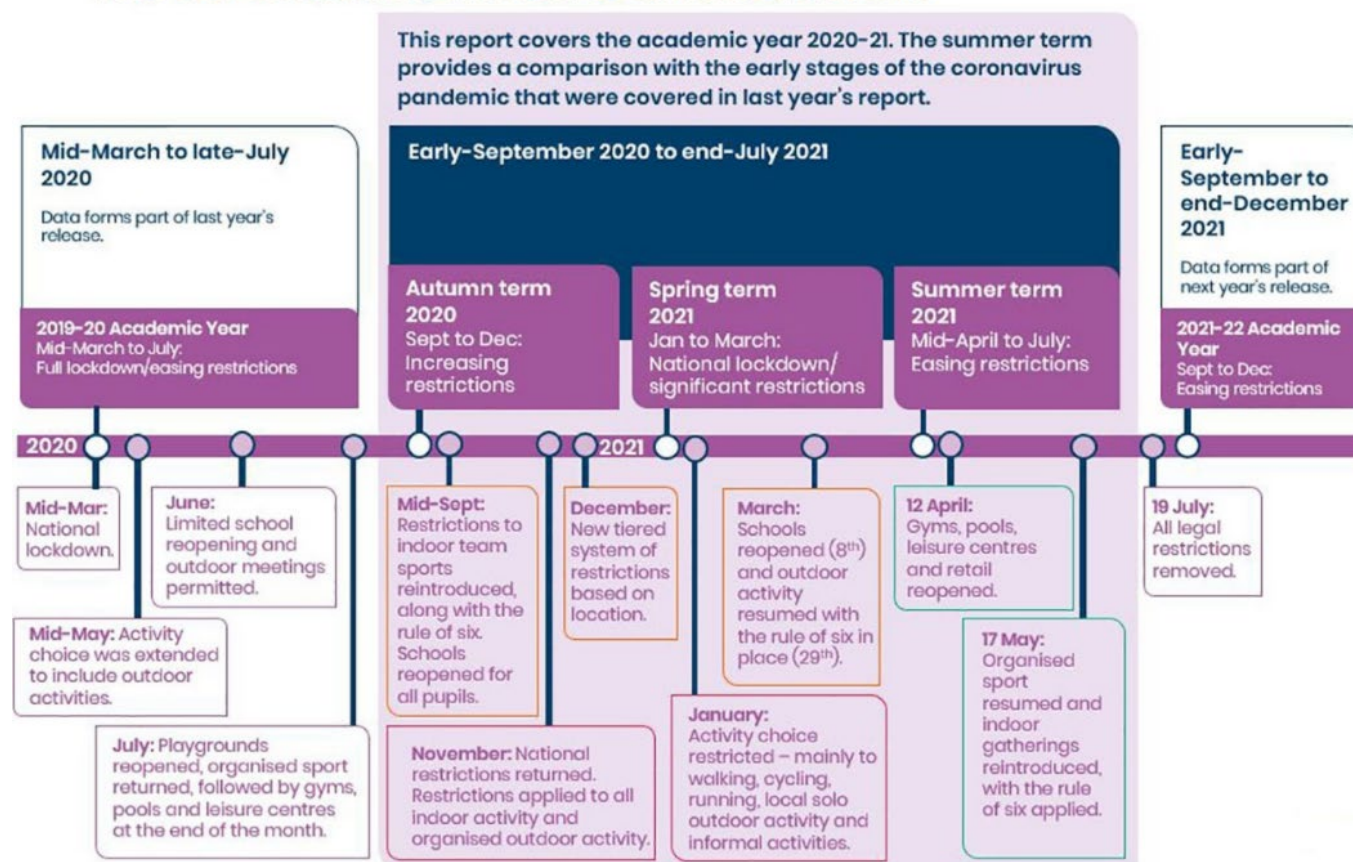


## Active Lives Children and Young People Survey: September 2020 – July 2021

### Headline Figures for Leicestershire, Leicester and Rutland

The latest Active Lives Children and Young People Survey data for the 2020/21 academic year has been released by Sport England. Data is presented for children and young people in school years 1-11 (ages 5-16) in England. This period includes a full year of coronavirus restrictions impacting on indoor activity and organised outdoor activities during the autumn term, and then the national lockdown during the spring term when school sites were closed to most pupils. To help set this context, Sport England has produced a coronavirus timeline that is presented below:

### The coronavirus timeline and fieldwork



The 2020/21 behavioural data is based on responses from, and on behalf of, 86,828 children sampled that Sport England has scaled up to provide an England-wide picture. This means there will naturally be small fluctuations when comparing the figures now, with 12 months ago. This full data set (national and local) is available to view and download from Sport England's website, available here: [www.sportengland.org/know-your-audience/data/active-lives/active-lives-data-tables?section=children\\_and\\_young\\_people\\_surveys](http://www.sportengland.org/know-your-audience/data/active-lives/active-lives-data-tables?section=children_and_young_people_surveys)

At a local level, data for overall levels of sport and physical activity and volunteering at least twice in the last 12 months is available. The latest data is also compared to baseline (2017/18 academic year) and the previous 12 months (2019/20 academic year). If you would like to run your own analysis of the data, Sport England's Active Lives Online Tool allows users to explore the data further by looking at specific trends over time, audiences not covered in this report and more specific activities: <https://activelives.sportengland.org/>

### Data Considerations

Within this document, the available local data has been summarised into a series of tables and charts for the areas of Leicestershire, Leicester and Rutland (LLR) and includes local and national comparisons. Where applicable, Active Together has RAG rated the results to indicate whether any statistically significant differences exist amongst the local data when compared with the national average. Arrows have been used by Sport England to indicate significant changes and direction of change over time (see keys below). Due to small sample sizes and large variations in the data, overlapping confidence intervals have been used to test for statistical significance. Please ensure that when referring to differences existing among the data that you state whether these are statistically significant.

#### Key: Local summary tables

**Red:** Significantly worse than national average  
**Green:** Significantly better than national average  
**Amber:** No significant difference (similar to the national average)

#### Key: Changes since baseline and over the previous 12 months

**(↑)** = Significant increase  
**(↓)** = Significant decrease  
**[No symbol]** = No significant change

In some instances, data is missing and this is due to the sample sizes being too small. ^ indicates that the data has been suppressed as 2 or fewer schools have contributed to the results or the unweighted base for the question is less than 150 responses in a local authority or active partnership area. \* indicates insufficient data to report a result which is because of a low number of respondents answering the question (<30).

Within the trend tables, **yellow highlights** indicate where a change value needs to be treated with caution. This is because one or both of the years data for that geographical area either does not include responses from all school phases or does not include all terms. This means there is a difference in the response profile between the survey years.

### [Sport and Physical Activity Levels](#)

The table below presents the sport and physical activity levels amongst children and young people (school years 1-11) for the 2020/21 academic year. These estimates include the activities of walking, cycling, dance, fitness activities, sporting activities, riding a scooter, and active play and informal activities.

The Chief Medical Officer recommends, across the week, children and young people do an average of 60-plus minutes of at least moderate activity a day. This effectively means they need to do at least 420 moderate minutes a week to meet the guidelines.

Moderate activity is defined as activity where you raise your heart rate and feel a little out of breath. Vigorous activity is defined as activity which either makes you out of breath or makes you sweat - you may not be able to say more than a few words without pausing for breath.

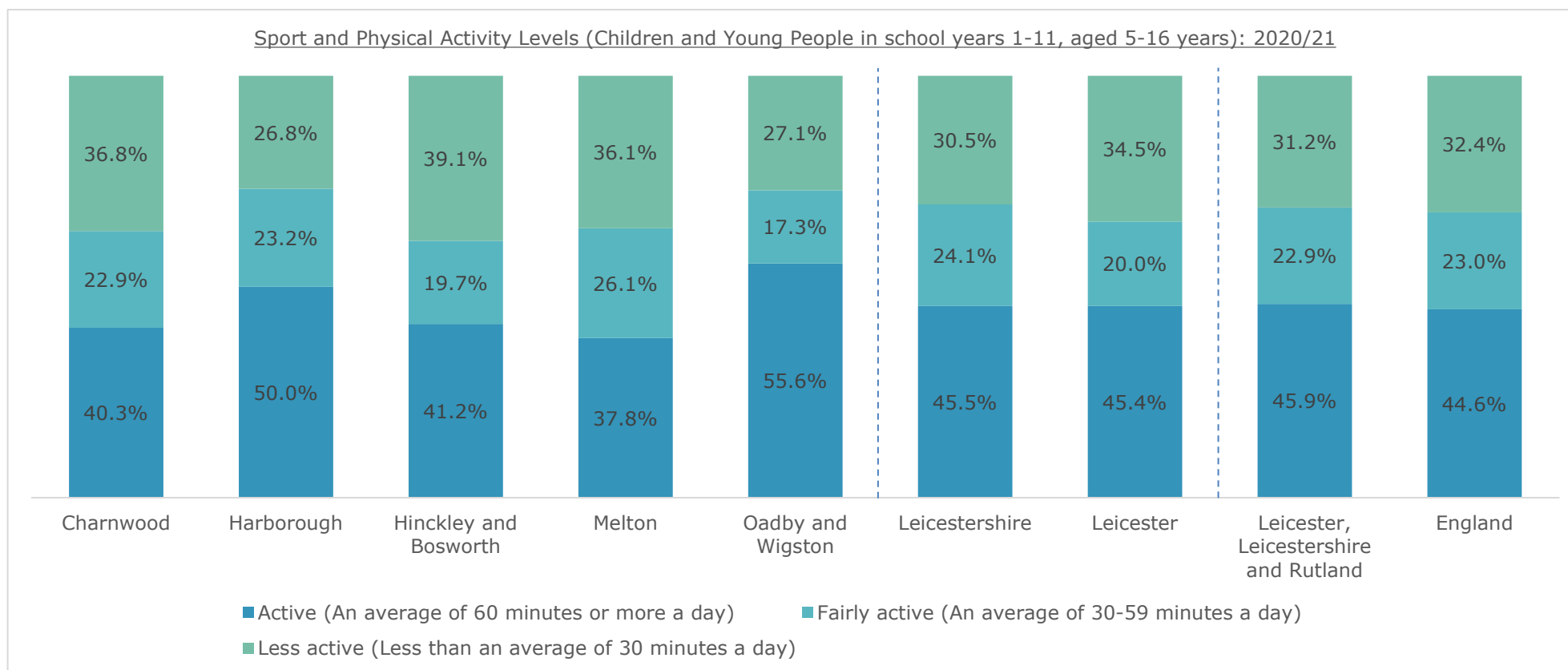
Depending on the number of moderate or vigorous minutes of sport and physical activity, children and young people are described as:

- Active: Doing an average of 60 minutes or more a day across the week (420+ minutes a week)
- Fairly active: Doing an average of 30-59 minutes a day across the week (210-419 minutes a week)
- Less active: Doing less than an average of 30 minutes a day across the week (less than 210 minutes a week).

#### Key

LT = Lower Tier Local Authority  
UT = Upper Tier Local Authority  
UA = Unitary Authority

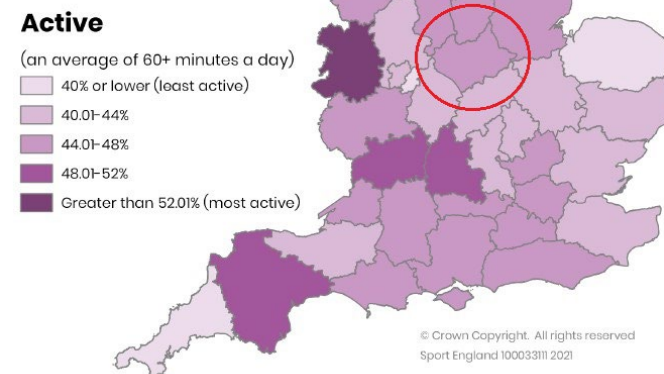
2020/21	Active (an average of 60 minutes or more a day)	Fairly active (an average of 30-59 minutes a day)	Less active (less than an average of 30 minutes a day)	Response rate
Blaby (LT)	^	^	^	0
Charnwood (LT)	40.3%	22.9%	36.8%	153
Harborough (LT)	50.0%	23.2%	26.8%	424
Hinckley and Bosworth (LT)	41.2%	19.7%	39.1%	297
Melton (LT)	37.8%	26.1%	36.1%	181
North West Leicestershire	^	^	^	149
Oadby and Wigston (LT)	55.6%	17.3%	27.1%	188
Leicestershire (UT)	45.5%	24.1%	30.5%	1,392
Leicester (UA)	45.4%	20.0%	34.5%	370
Rutland (UA)	^	^	^	115
Leicester, Leicestershire and Rutland	45.9%	22.9%	31.2%	1,877
England	44.6%	23.0%	32.4%	86,828



*Note: Data is not presented for Blaby, North West Leicestershire and Rutland as this was not published by Sport England due to small sample sizes.*

## [National Overview](#)

Sport England has published a heat map showing the percentages of active children and young people (school years 1-11) across local authority areas in England. The combined areas of Leicestershire, Leicester and Rutland are indicated by the red circle.



## [Changes in Sport and Physical Activity Levels](#)

The tables below present changes to sport and physical activity levels amongst children and young people (school years 1-11) for 2020/21, when compared to the baseline data (2017/18) and the previous 12 months (2019/20).

### [Active \(an average of 60 minutes or more a day across the week\)](#)

2020/21	% Active (2020/21)	Change compared to 2017/18	Change compared to 2019/20
Blaby (LT)	^	^	^
Charnwood (LT)	40.3%	-6.7%	^
Harborough (LT)	50.0%	2.5%	^
Hinckley and Bosworth (LT)	41.2%	-6.6%	-8.5%
Melton (LT)	37.8%	-0.4%	-5.9%
North West Leicestershire	^	^	^
Oadby and Wigston (LT)	55.6%	1.6%	^
Leicestershire (UT)	45.5%	0.4%	-1.3%
Leicester (UA)	45.4%	4.5%	9.6% (↑)
Rutland (UA)	^	^	^
Leicester, Leicestershire and Rutland	45.9%	2.3%	1.5%
England	44.6%	1.4% (↑)	-0.3%

Fairly Active (an average of 30-59 minutes a day across the week)

2020/21	% Fairly Active (2020/21)	Change compared to 2017/18	Change compared to 2019/20
Blaby (LT)	^	^	^
Charnwood (LT)	22.9%	1.9%	^
Harborough (LT)	23.2%	-2.0%	^
Hinckley and Bosworth (LT)	19.7%	-2.9%	-3.7%
Melton (LT)	26.1%	2.8%	4.1%
North West Leicestershire	^	^	^
Oadby and Wigston (LT)	17.3%	0.4%	^
Leicestershire (UT)	24.1%	0.0%	2.0%
Leicester (UA)	20.0%	3.8%	-6.6%
Rutland (UA)	^	^	^
Leicester, Leicestershire and Rutland	22.9%	-0.2%	-0.6%
England	23.0%	-0.9% (↓)	-0.8% (↓)

Less Active (less than an average of 30 minutes a day across the week)

2020/21	% Less Active (2020/21)	Change compared to 2017/18	Change compared to 2019/20
Blaby (LT)	^	^	^
Charnwood (LT)	36.8%	4.8%	^
Harborough (LT)	26.8%	-0.5%	^
Hinckley and Bosworth (LT)	39.1%	9.4% (↑)	12.2% (↑)
Melton (LT)	36.1%	-2.4%	1.8%
North West Leicestershire	^	^	^
Oadby and Wigston (LT)	27.1%	-2.0%	^
Leicestershire (UT)	30.5%	-0.4%	-0.7%
Leicester (UA)	34.5%	-8.3% (↓)	-3.0%
Rutland (UA)	^	^	^
Leicester, Leicestershire and Rutland	31.2%	-2.1%	-0.9%
England	32.4%	-0.5%	1.0%

### Volunteering Levels

The table below presents the percentage of children and young people (school years 5-11) volunteering to support sport and physical activity at least twice in the last 12 months. Changes to volunteering levels when compared to the baseline data (2017/18) and the previous 12 months (2019/20) are also presented.

Examples of volunteering activities include being a sports leader or ambassador, coaching, refereeing, umpiring and stewarding, helping with set up and clearing away, helping with refreshments and any other activities which support exercise and sport. Activities which only help family members or those that involve sport and activity to raise money are not included.

Volunteering	2020/21	Change compared to Academic Year 2017-18	Change compared to Academic Year 2019-20	Response rate
Blaby (LT)	^	^	^	Unknown
Charnwood (LT)	*	*	*	Unknown
Harborough (LT)	26.1%	-36.2% (↓)	*	307
Hinckley and Bosworth (LT)	13.5%	-16.7% (↓)	-19.6% (↓)	294
Melton (LT)	^	^	^	Unknown
North West Leicestershire (LT)	^	^	^	Unknown
Oadby and Wigston (LT)	^	^	^	Unknown
Leicestershire (UT)	19.2%	-20.0% (↓)	-18.1% (↓)	1,023
Leicester (UA)	20.4%	-11.2% (↓)	-9.4% (↓)	328
Rutland (UA)	^	^	^	Unknown
Leicester, Leicestershire and Rutland	20.1%	-21.9% (↓)	-15.2% (↓)	1,430
England	24.1%	-13.6% (↓)	-12.1% (↓)	65,087

END