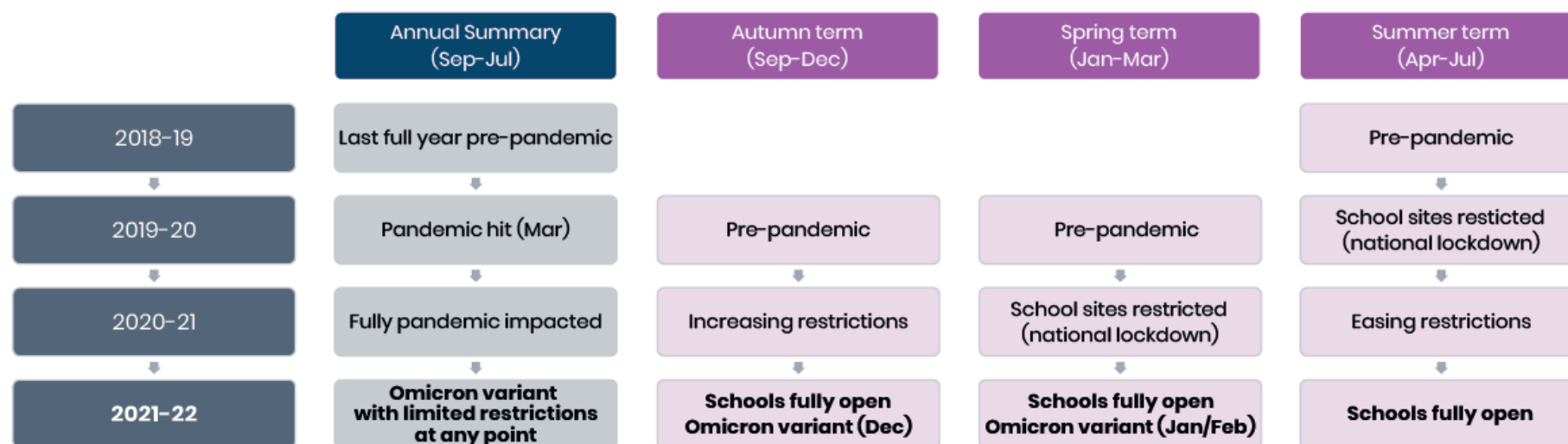


## Active Lives Children and Young People Survey: September 2021 – July 2022

### Headline Figures for Leicestershire, Leicester and Rutland

The latest Active Lives Children and Young People Survey data for the 2021/22 academic year has been published by Sport England. Data is presented for children and young people in school years 1-11 (ages 5-16) in England. While no legal restrictions were in place across most of the 2021-22 academic year, concerns over the Omicron variant led to a small number of restrictions being implemented from December to February. While schools remained open, disruption continued at an individual pupil and class level due to isolation requirements. Comparisons are generally made with the academic year 2020-21 (12 months ago), where some form of disruption was seen throughout the year with restrictions and school closures occurring, and to academic year 2018-19 as the last full year's data pre-pandemic. To help set this context, Sport England has produced a coronavirus timeline that is presented below:



Source: [Active Lives Children and Young People Survey - Academic year 2021-22](#)

At a local level, data for overall levels of sport and physical activity is available and presented within this report. Volunteering data (volunteering at least twice in the last 12 months) is also available and can be downloaded here:

[https://www.sportengland.org/research-and-data/data/active-lives/active-lives-data-tables?section=children\\_and\\_young\\_people\\_surveys](https://www.sportengland.org/research-and-data/data/active-lives/active-lives-data-tables?section=children_and_young_people_surveys)

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) as well as England. Where applicable, arrows have been used by Sport England to indicate significant changes and direction of change over time within the data (see keys below).

#### 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.

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 2021/22 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.

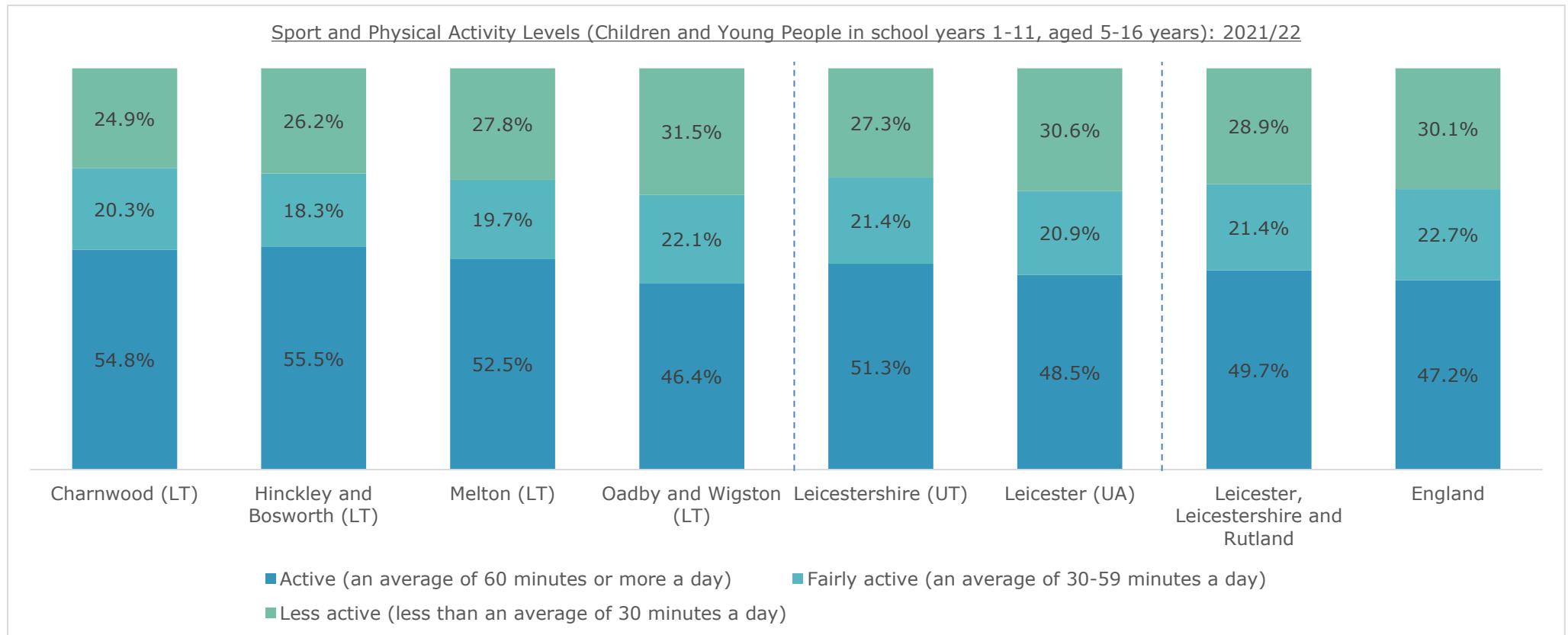
Depending on the number of moderate or vigorous minutes of sport and physical activity, children and young people are described as:

- 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

2021/22	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)	^	^	^	-
Charnwood (LT)	54.8%	20.3%	24.9%	299
Harborough (LT)	^	^	^	-
Hinckley and Bosworth (LT)	55.5%	18.3%	26.2%	188
Melton (LT)	52.5%	19.7%	27.8%	238
North West Leicestershire (LT)	^	^	^	-
Oadby and Wigston (LT)	46.4%	22.1%	31.5%	197
Leicestershire (UT)	51.3%	21.4%	27.3%	1,166
Leicester (UA)	48.5%	20.9%	30.6%	310
Rutland (UA)	^	^	^	-
Leicester, Leicestershire and Rutland	49.7%	21.4%	28.9%	1,532
England	47.2%	22.7%	30.1%	104,404

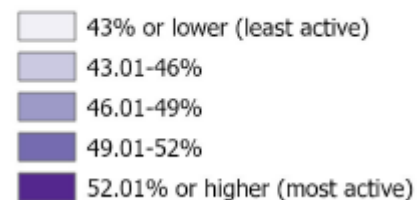


*Note: Data is not presented for Blaby, Harborough, North West Leicestershire or Rutland as this was not published by Sport England due to small sample sizes.*

## [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.

**Active**  
(an average of 60+ minutes per day)



## [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 2021/22, when compared to the baseline data (2017/18) and the previous 12 months (2020/21).

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

2021/22	% Active (2021/22)	Change compared to 2017/18	Change compared to 2020/21
Blaby (LT)	^	-	-
Charnwood (LT)	54.8%	7.9%	14.5% (↑)
Harborough (LT)	^	-	-
Hinckley and Bosworth (LT)	55.5%	7.7%	14.3% (↑)
Melton (LT)	52.5%	14.2% (↑)	14.6% (↑)
North West Leicestershire (LT)	^	-	-
Oadby and Wigston (LT)	46.4%	-7.6%	-9.2%
Leicestershire (UT)	51.3%	6.2% (↑)	5.8% (↑)
Leicester (UA)	48.5%	7.6%	3.1%
Rutland (UA)	^	-	-
Leicester, Leicestershire and Rutland	49.7%	6.0% (↑)	3.7%
England	47.2%	3.9% (↑)	2.6% (↑)

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

2021/22	% Fairly Active (2021/22)	Change compared to 2017/18	Change compared to 2020/21
Blaby (LT)	^	-	-
Charnwood (LT)	20.3%	-0.8%	-2.7%
Harborough (LT)	^	-	-
Hinckley and Bosworth (LT)	18.3%	-4.3%	-1.4%
Melton (LT)	19.7%	-3.5%	-6.3%
North West Leicestershire (LT)	^	-	-
Oadby and Wigston (LT)	22.1%	5.2%	4.8%
Leicestershire (UT)	21.4%	-2.6%	-2.6%
Leicester (UA)	20.9%	4.6%	0.9%
Rutland (UA)	^	-	-
Leicester, Leicestershire and Rutland	21.4%	-1.6%	-1.4%
England	22.7%	-1.2% (↓)	-0.3%

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

2021/22	% Less Active (2021/22)	Change compared to 2017/18	Change compared to 2020/21
Blaby (LT)	^	-	-
Charnwood (LT)	24.9%	-7.1% (↓)	-11.9% (↓)
Harborough (LT)	^	-	-
Hinckley and Bosworth (LT)	26.2%	-3.4%	-12.9% (↓)
Melton (LT)	27.8%	-10.7% (↓)	-8.3%
North West Leicestershire (LT)	^	-	-
Oadby and Wigston (LT)	31.5%	2.4%	4.4%
Leicestershire (UT)	27.3%	-3.6%	-3.2%
Leicester (UA)	30.6%	-12.3% (↓)	-4.0%
Rutland (UA)	^	-	-
Leicester, Leicestershire and Rutland	28.9%	-4.4%	-2.3%
England	30.1%	-2.8% (↓)	-2.3% (↓)

END