

Active Lives Children and Young People Survey: September 2022 – July 2023

Headline Figures for Leicestershire, Leicester and Rutland

The latest Active Lives Children and Young People Survey data for the 2022/23 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. In the academic year 2022-2023 (Year 6 of the survey), schools operated without any disruptions in all three terms. Unlike previous years, where the COVID-19 pandemic caused significant disruptions, students were no longer required to self-isolate if they had COVID-19 or were in close contact with someone who had it. In academic years 2020-21 and 2021-22 of the study, the survey had been modified to account for COVID-19 disruptions starting from 2020, as various activities and provisions, such as access to facilities and the mixing of year groups for clubs were affected. Comparisons are generally made with the academic year 2021-22 (12 months ago), where some form of disruption was seen throughout the year with the emerging omicron variant and to academic year 2018-19 as the last full year's data pre-pandemic.

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

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 2022/23 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:

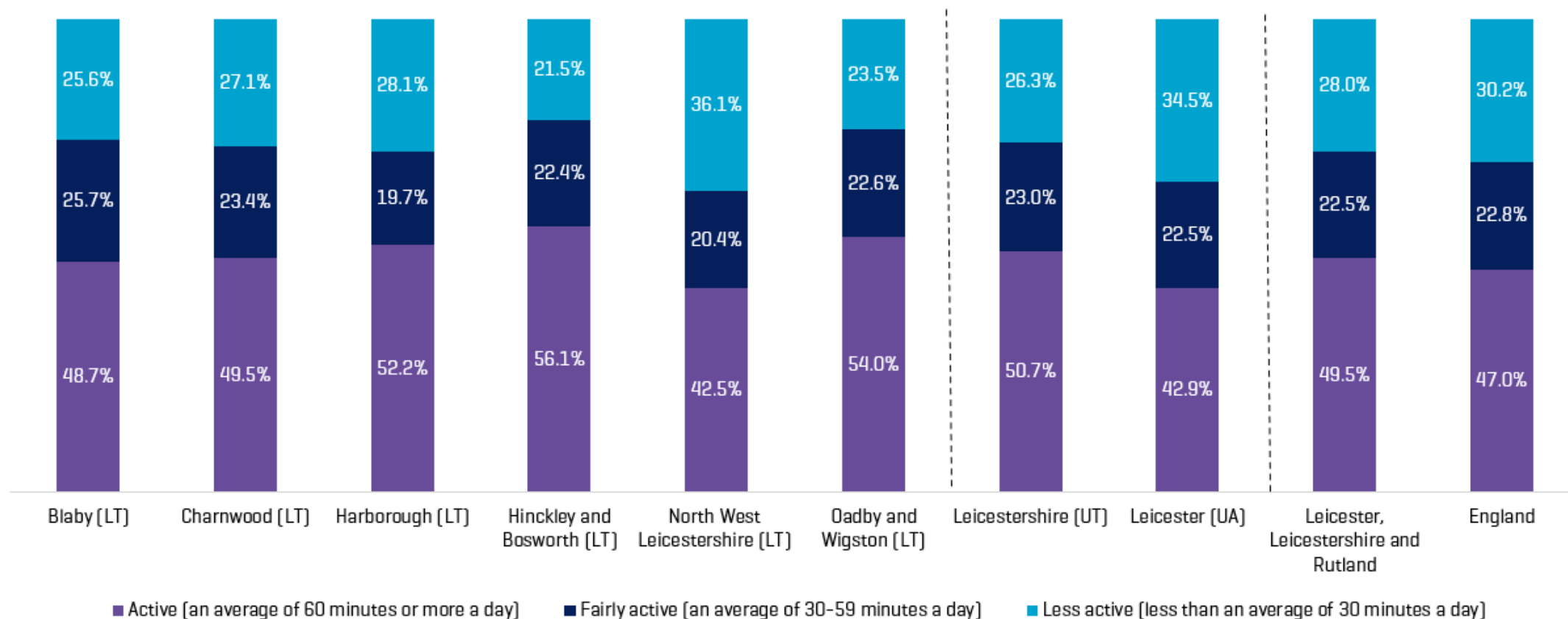
- Active: Doing an average of 60 minutes or more a day across the week (420+ minutes a week)
- Fairly active: Doing an average of 30-59 minutes a day across the week (210-419 minutes a week)
- Less active: Doing less than an average of 30 minutes a day across the week (less than 210 minutes a week).

Key

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

2022/23	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)	48.7%	25.7%	25.6%	249
Charnwood (LT)	49.5%	23.4%	27.1%	647
Harborough (LT)	52.2%	19.7%	28.1%	285
Hinckley and Bosworth (LT)	56.1%	22.4%	21.5%	1,081
Melton (LT)	^	^	^	^
North West Leicestershire (LT)	43.5%	20.4%	36.1%	291
Oadby and Wigston (LT)	54%	22.6%	23.5%	175
Leicestershire (UT)	50.7%	23%	26.3%	2,855
Leicester (UA)	42.9%	22.5%	34.5%	578
Rutland (UA)	45.6%	17.6%	36.8%	619
Leicester, Leicestershire and Rutland	49.5%	22.5%	28%	4,052
England	47%	22.8%	30.2%	122,347

Sport and Physical Activity Levels [Children and young people in school years 1-11, aged 5-16 years]: 2022/23



Note: Data is not presented for Melton as this was not published by Sport England due to small sample sizes.

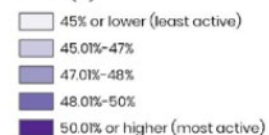
The picture across England

[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)

Rate (%)



[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 2022/23, when compared to the baseline data (2017/18, year 1) and the previous 12 months (2021/22). Where 'no data to compare' is referenced, the sample size for this area was too small last year.

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

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Sport England 100033111 2023

2022/23	% Active (2022/23)	Change compared to 2017/18	Change compared to 2021/22
Blaby (LT)	48.7%	4.8%	No data to compare
Charnwood (LT)	49.5%	2.6%	-5.3%
Harborough (LT)	52.2%	4.7%	No data to compare
Hinckley and Bosworth (LT)	56.1%	8.3% (↑)	+0.6%
Melton (LT)	^	^	^
North West Leicestershire (LT)	43.5%	0.5%	No data to compare
Oadby and Wigston (LT)	54%	-0.1%	+7.6%
Leicestershire (UT)	50.7%	5.6% (↑)	-0.6%
Leicester (UA)	42.9%	2.0%	-5.6%
Rutland (UA)	45.6%	4.6%	No data to compare
Leicester, Leicestershire and Rutland	49.5%	5.9%	-0.1%
England	47%	3.8% (↑)	-0.2%

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

2022/23	% Fairly Active (2022/23)	Change compared to 2017/18	Change compared to 2021/22
Blaby (LT)	25.7%	-3.3%	No data to compare
Charnwood (LT)	23.4%	+2.3%	+3.1%
Harborough (LT)	19.7%	-5.5%	No data to compare
Hinckley and Bosworth (LT)	22.4%	-0.2%	+4.1%
Melton (LT)	^	^	^
North West Leicestershire (LT)	20.4%	-5.7%	No data to compare
Oadby and Wigston (LT)	22.6%	+5.7%	+0.5%
Leicestershire (UT)	23%	-1.1%	+1.6%
Leicester (UA)	22.5%	+6.3% (↑)	+1.6%
Rutland (UA)	17.6%	-7.9%	No data to compare
Leicester, Leicestershire and Rutland	22.5%	-0.6%	+1.1%
England	22.8%	-1.1% (↓)	+0.1%

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

2022/23	% Less Active (2022/23)	Change compared to 2017/18	Change compared to 2021/22
Blaby (LT)	25.6%	-1.5%	No data to compare
Charnwood (LT)	27.1%	-4.9%	+2.2%
Harborough (LT)	28.1%	+0.8%	No data to compare
Hinckley and Bosworth (LT)	21.5%	-8.2% (↓)	-4.8%
Melton (LT)	^	^	^
North West Leicestershire (LT)	36.1%	+5.1%	No data to compare
Oadby and Wigston (LT)	23.5%	-5.6%	-8%
Leicestershire (UT)	26.3%	-4.6% (↓)	-1%
Leicester (UA)	34.5%	-8.3% (↓)	+4.0%
Rutland (UA)	36.8%	+3.3%	No data to compare
Leicester, Leicestershire and Rutland	28%	-5.3% (↓)	-1%
England	30.2%	-2.7% (↓)	+0.1%

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