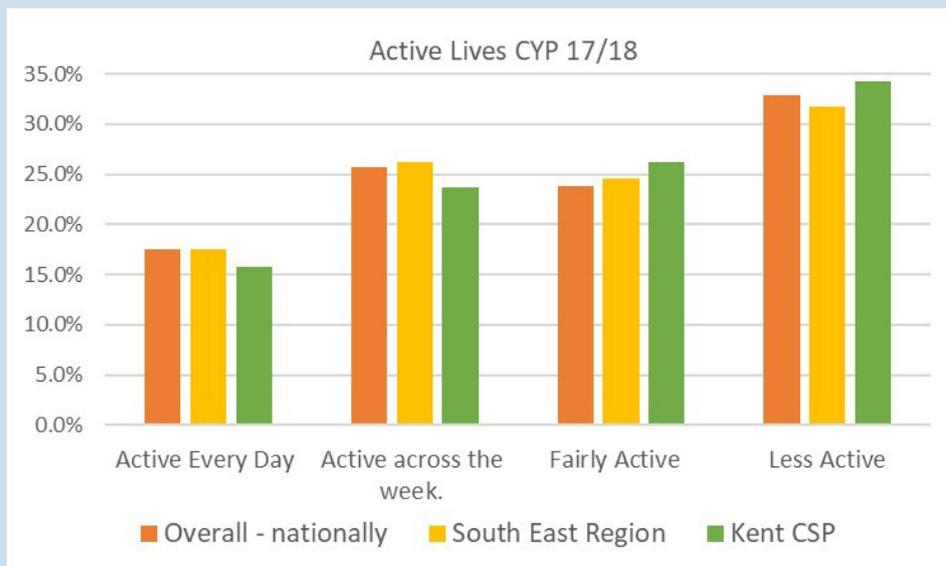


This national survey measures levels of participation in physical activity, volunteering, and wellbeing outcomes for 5-16 year olds. Over 130,000 surveys were collected nationally, with 5,763 in Kent & Medway. The national report can be found at [www.sportengland.org/activelives](http://www.sportengland.org/activelives)

**Schools are randomly selected to take part and receive a bespoke report, for further information contact Louise Milne [louise.milne@kent.gov.uk](mailto:louise.milne@kent.gov.uk)**



## Key Findings

56.8% / 4 million children and young people do not achieve an average of 60 mins of activity a day.

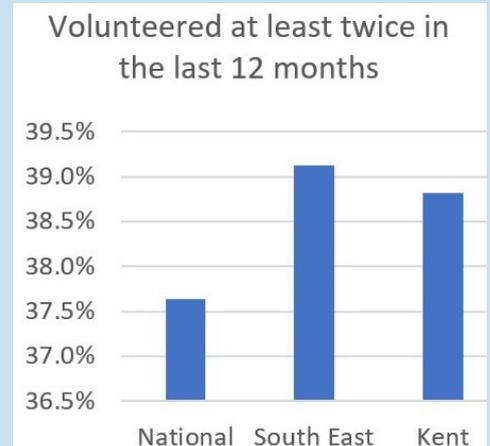
Children and young people who are more active are happier than those who are least active.

There is a positive association between all mental wellbeing measures and volunteering.

Chief Medical Officer guideline is 60 mins of activity every day.

## National Physical Activity Levels of Children and Young People

- **Active Every Day:** 60 mins or more every day = 17.5% / 1.2m.
- **Active Across the Week:** An average of 60 mins or more a day, but not every day = 25.7% / 1.8m.
- **Fairly Active:** An average of 30-59 mins a day = 23.9% / 1.7m.
- **Less Active:** Below an average of 30 mins a day = 32.9% / 2.3m.

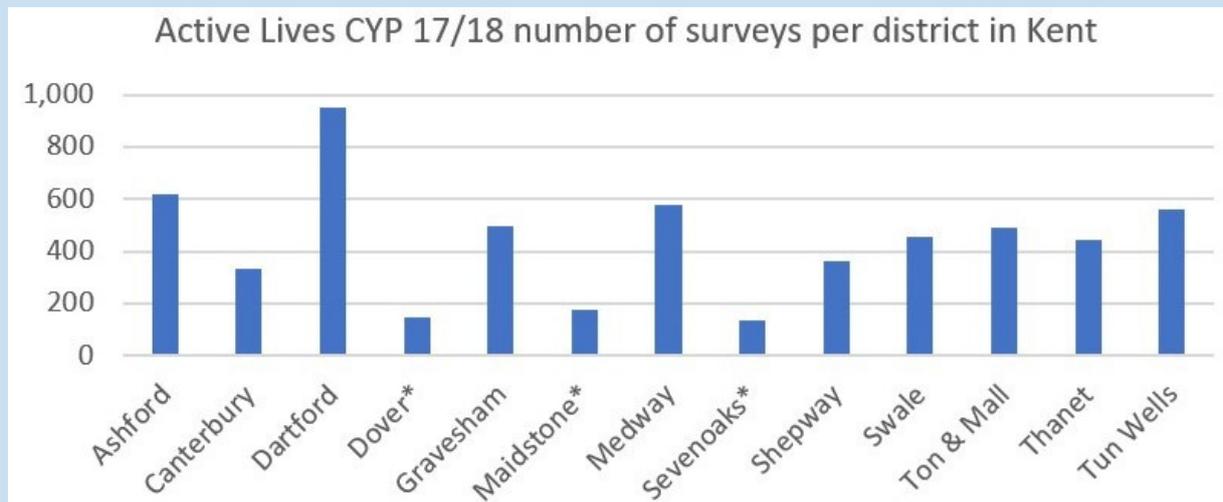


## Variables which affect levels of activity, volunteering and wellbeing

- Those from the least affluent families are less likely to be active and volunteer than those from more affluent families.
- More than double the number of CYP from the most affluent families can swim 25 metres unaided compared to those from the least affluent families.
- There is no real difference in levels of activity by CYP with and without a disability.
- 20% of boys are 'active every day' compared to 14% of girls.
- Activity levels peak at the end of primary to the beginning of secondary school.
- Those in primary school prefer informal activity, this changes to team sport once they move to secondary school.
- Girls are more likely to volunteer as coaches than boys who prefer being a sports leader or volunteer.
- There is a positive association between engagement in sport and physical activity and levels of mental wellbeing.

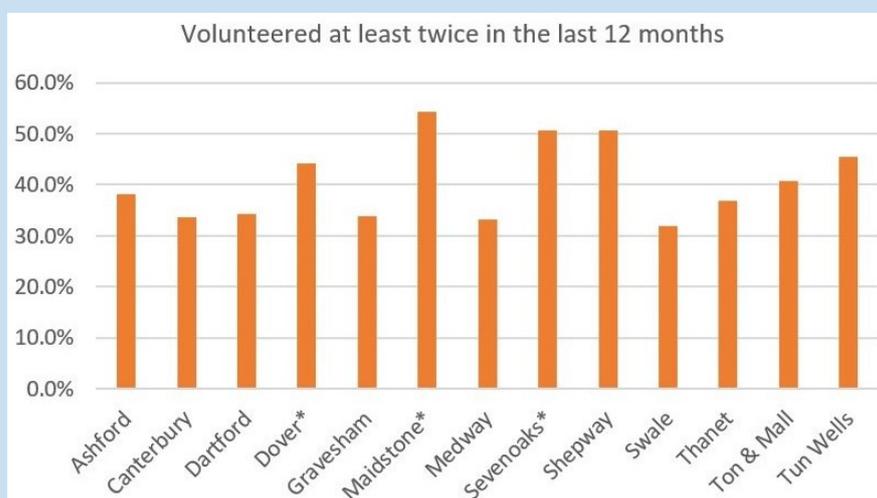
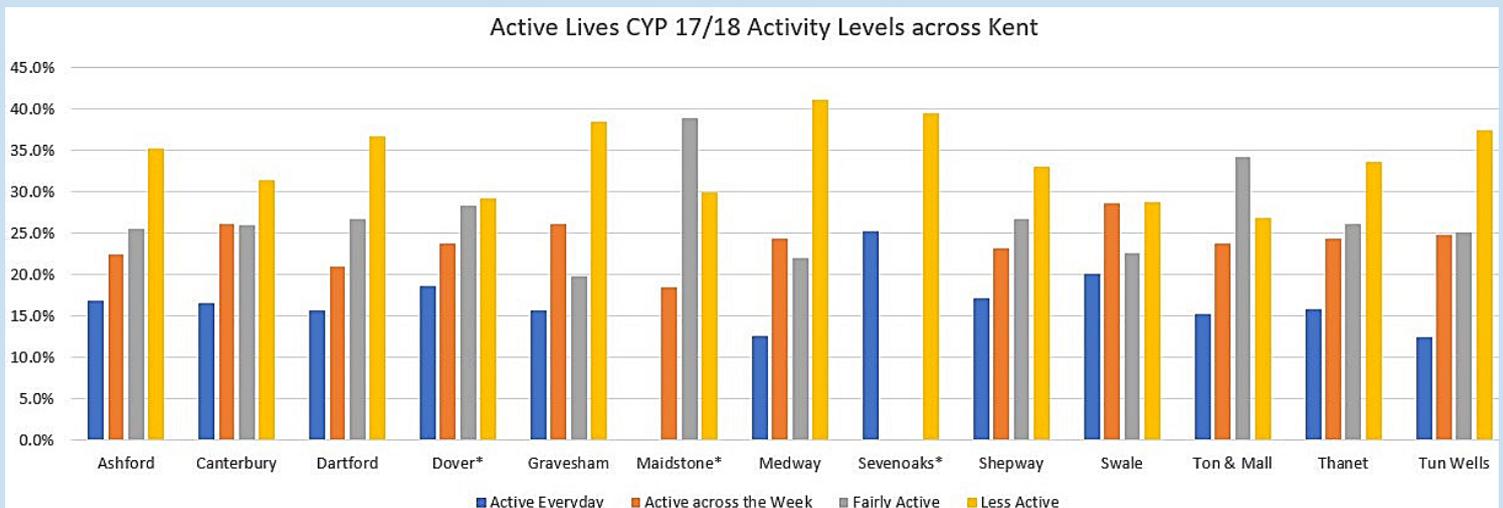
## Kent & Medway District Data

The graphs below show the levels of activity and volunteering in each of the 13 areas in Kent & Medway. Less than 200 surveys were completed in three of the districts\* which means their data is less representative than those with a higher number of surveys.



## Levels of Activity and Volunteering across Kent & Medway

Please note: At a district level the survey sample size is relatively low and therefore less accurate than the information provided by the national data. However the findings from the national data can be applied at a local level when using demographic data such as gender, age, ethnicity, disability and socio-economic groups.



## Other Information

Questions were also asked relating to mental wellbeing, individual development and social and community development. A summary can be found in the full report on the Sport England website.

In addition questions around attitudes to sport and physical activity were included in the surveys and a report on these will be published in March 2019.