

Results From England's 2022 Report Card on Physical Activity for Children and Youth



PURPOSE

To provide an updated “state of the nation” assessment of how England is performing in relation to engaging and facilitating physical activity in children and young people.

METHOD

10 indicators were assessed using best current data. An Expert Panel assigned grades to each indicator using the Active Healthy Kids Global Alliance (AHKGA) grade boundaries for the % of children meeting specific benchmarks.



SUMMARY OF RESULTS

1. Overall Physical Activity	C-	6. Physical Fitness	INC
2. Organised Sport and Physical Activity	D	7. Family and Peers	INC
3. Active Play	INC	8. School	B+
4. Active Transportation	C+	9. Community and Environment	C
5. Sedentary Behaviours	D+	10. Government	INC

Core Members of the 2022 Expert Panel:
 Professor Martyn Standage (University of Bath)
 Dr Anna Chalkley (Western Norway University of Applied Sciences)
 Professor Stuart Fairclough (Edge Hill University)
 Professor Charlie Foster (University of Bristol)
 Professor Fiona Gillison (University of Bath)
 Professor Lauren Sherar (Loughborough University)
 Dr Tessa Strain (University of Cambridge)

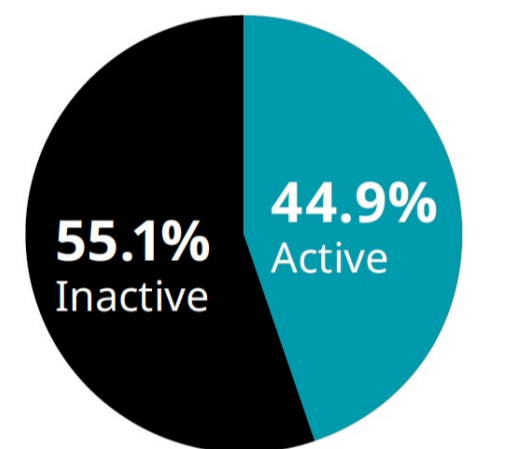
DATA SUPPORTIVE OF THE KEY FINDINGS



1. Overall Physical Activity

Data collected from English schoolchildren between 2017 and 2021 show that 44.9% reported meeting the accumulation of 60-min moderate-to-vigorous-intensity physical activity per day on average.

Trends for inequality in overall physical activity were seen for age (school year), ethnicity, family affluence, gender, and across different regions/counties.



% of English school children getting an average of 1 hour of moderate intensity physical activity per day



2. Organised Sport and Physical Activity

Data collected between 2018 and 2020 showed that on average 33% of children took part in organised competitive sport outside of school.

Participation rates were significantly higher for boys than girls.



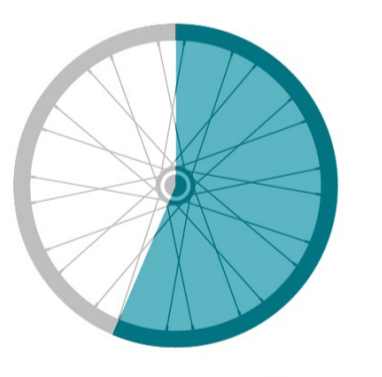
33% of children took part in organised competitive sports outside of school



4. Active Transportation

Nationally representative survey data collected between 2017 and 2021 showed that 56.6% of children and youth used active transportation to get to and from school and other places.

Cycling is higher in 11-16-year-olds and walking higher in 10-16-year-olds.



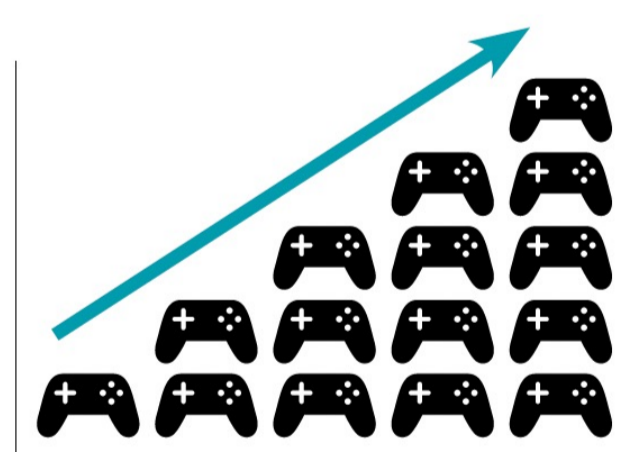
56.6% of children regularly using active transportation



5. Sedentary Behaviours

62% of English children engage in more than 2 hours of recreational screen time per day. Boys engage with computer games (2+ hours p/day) more than girls.

% of children engaged with computer games (2+ hours p/day) increases with age.



Computer game engagement increases with age



8. School

The overall grade suggested (B+) is compiled from the following individual benchmarks: 85% of secondary and 97% primary schools promote physical activity as part of the school day; 58-86% of schools have the provision of at least 2 hours PE per week; 57% of schools have a PE Specialist (KS1-2 = 44%; KS3-4 = 86%); >97% of schools have extracurricular physical activity and sport opportunities; 46% of schools have access to outdoor courts; 64-78% have access to a sports hall, playing field or swimming pool; and 100% have access to a playground.



9. Community and Environment

57% of children reported visiting parks, playing fields, or playgrounds. 69% of children under 16 reported visiting urban green spaces in the past month.

Older data (2014 and 2016) data showed: (1) 30% of 11–15-year-olds use facilities once a week; ~50% satisfaction with facilities; and (3) 72% of parents endorsed their community/environment as safe



385.46m Average distance to nearest park, public garden, or playing field in England

CONCLUSION

The 2022 Report Card findings are very similar to previous iterations (i.e., 2014, 2016, and 2018). The provision to engage children and youth in physical activity in England remains good, yet more effort is required to maximise the use of the existing resources, monitor progress, and subsequently improve the physical activity engagement of English children and youth.

RECOMMENDATIONS

Our ability to grade all indicators, and our confidence in these grades, would benefit greatly from a stratified and targeted survey designed to directly assess the 10 core AHKGA indicators. Such an approach would overcome several research gaps that led to the awarding of INC grades. Similarly, nationally representative monitoring with device-measured physical activity in England is required (i.e., nationally representative data are currently derived from self-report measures).