



# Global Matrix 4.0 on physical activity for children and adolescents

## Country rankings and grades by physical activity indicators and aggregated indicators



| Overall Physical Activity |                          | Organised Sports and Physical Activity |    | Active Play              |    | Active Transportation |                          | Sedentary Behaviour |    | Physical Fitness         |    | Family and Peers |                          | School |    | Community and Environment |     | Government |                          | Behavioral average |    | Sources of influence average |    | Overall average |                     |    |    |                      |    |    |                          |    |    |                      |    |    |                        |    |
|---------------------------|--------------------------|--|----|--------------------------|----|-----------------------|--------------------------|---------------------|----|--------------------------|----|------------------|--------------------------|--------|----|---------------------------|-----|------------|--------------------------|--------------------|----|------------------------------|----|-----------------|---------------------|----|----|----------------------|----|----|--------------------------|----|----|----------------------|----|----|------------------------|----|
| 1                         | Slovenia                 | A-                                     | 1  | Denmark                  | A  | 1                     | Spain (Region of Murcia) | B+                  | 1  | Denmark                  | A- | 1                | Indonesia                | B      | 1  | Slovenia                  | A   | 1          | Nepal                    | A+                 | 1  | Hungary                      | A+ | 1               | Singapore           | A+ | 1  | New Zealand          | A  | 1  | Finland                  | B- | 1  | Malaysia             | B+ | 1  | Denmark                | B- |
| 1                         | Finland                  | A-                                     | 2  | Spain                    | B+ | 2                     | Ethiopia                 | B                   | 1  | Japan                    | A- | 1                | Montenegro               | B      | 2  | Japan                     | B   | 2          | Montenegro               | A                  | 2  | Portugal                     | A  | 1               | Slovenia            | A+ | 1  | South Korea          | A  | 1  | Japan                    | B- | 1  | Sweden               | B+ | 1  | Finland                | B- |
| 3                         | Croatia                  | B-                                     | 2  | Sweden                   | B+ | 2                     | Montenegro               | B                   | 3  | Finland                  | B+ | 1                | Philippines              | B      | 2  | Malaysia                  | B   | 2          | Spain (Extremadura)      | A                  | 2  | Slovenia                     | A  | 1               | Sweden              | A+ | 3  | Finland              | A- | 3  | Denmark                  | C+ | 3  | Denmark              | B  | 1  | Japan                  | B- |
| 3                         | Japan                    | B-                                     | 4  | Spain (Region of Murcia) | B  | 2                     | Serbia                   | B                   | 3  | Hong Kong                | B+ | 4                | Spain (Basque Country)   | B-     | 4  | Denmark                   | B-  | 4          | Thailand                 | A-                 | 2  | South Korea                  | A  | 4               | Australia           | A- | 3  | Chile                | A- | 3  | Slovenia                 | C+ | 3  | Finland              | B  | 1  | Slovenia               | B- |
| 3                         | Slovakia                 | B-                                     | 5  | Australia                | B- | 5                     | Denmark                  | B-                  | 3  | South Korea              | B+ | 5                | Ethiopia                 | C+     | 4  | South Africa              | B-  | 5          | Slovenia                 | B+                 | 2  | Vietnam                      | A  | 4               | Chinese Taipei      | A- | 5  | Chinese Taipei       | B+ | 3  | Spain                    | C+ | 3  | France               | B  | 5  | Czech Republic         | C+ |
| 3                         | South Africa             | B-                                     | 5  | Czech Republic           | B- | 5                     | Lithuania                | B-                  | 6  | Colombia                 | B  | 5                | Israel                   | C+     | 6  | Botswana                  | C+  | 5          | Sweden                   | B+                 | 6  | Chinese Taipei               | A- | 6               | Denmark             | B+ | 5  | Denmark              | B+ | 3  | Spain (Basque Country)   | C+ | 3  | Portugal             | B  | 5  | Montenegro             | C+ |
| 3                         | Spain                    | B-                                     | 5  | Estonia                  | B- | 5                     | Spain                    | B-                  | 6  | Serbia                   | B  | 5                | Portugal                 | C+     | 6  | Estonia                   | C+  | 7          | France                   | B                  | 6  | Ethiopia                     | A- | 6               | Estonia             | B+ | 5  | United Arab Emirates | B+ | 3  | Spain (Region of Murcia) | C+ | 3  | Singapore            | B  | 5  | Singapore              | C+ |
| 3                         | United States            | B-                                     | 5  | Germany                  | B- | 8                     | Mexico                   | C+                  | 6  | Spain (Region of Murcia) | B  | 5                | Slovenia                 | C+     | 6  | Montenegro                | C+  | 7          | Jersey                   | B                  | 6  | Malaysia                     | A- | 6               | Ireland             | B+ | 8  | Estonia              | B  | 3  | Zimbabwe                 | C+ | 3  | Slovenia             | B  | 5  | South Korea            | C+ |
| 8                         | New Zealand              | C+                                     | 5  | Hong Kong                | B- | 8                     | Nepal                    | C+                  | 6  | Zimbabwe                 | B  | 9                | Germany                  | C      | 6  | Spain (Extremadura)       | C+  | 7          | Portugal                 | B                  | 6  | Montenegro                   | A- | 9               | Canada              | B  | 8  | France               | B  | 9  | Czech Republic           | C  | 3  | South Korea          | B  | 5  | Spain                  | C+ |
| 8                         | Czech Republic           | C+                                     | 5  | Japan                    | B- | 8                     | Wales                    | C+                  | 10 | Czech Republic           | B- | 9                | Guernsey                 | C      | 6  | Sweden                    | C+  | 10         | Czech Republic           | B-                 | 6  | United Arab Emirates         | A- | 9               | Czech Republic      | B  | 8  | Greenland            | B  | 9  | Guernsey                 | C  | 10 | Chinese Taipei       | B- | 5  | Spain (Basque Country) | C+ |
| 8                         | Estonia                  | C+                                     | 5  | Lithuania                | B- | 8                     | Zimbabwe                 | C+                  | 10 | Ethiopia                 | B- | 9                | Lebanon                  | C      | 11 | France                    | C   | 10         | Finland                  | B-                 | 11 | Czech Republic               | B+ | 9               | Finland             | B  | 8  | Hungary              | B  | 9  | Montenegro               | C  | 10 | England              | B- | 5  | Sweden                 | C+ |
| 8                         | Guernsey                 | C+                                     | 5  | New Zealand              | B- | 12                    | Croatia                  | C                   | 10 | Hungary                  | B- | 9                | Malaysia                 | C      | 11 | Lithuania                 | C   | 10         | Mexico                   | B-                 | 11 | Denmark                      | B+ | 9               | France              | B  | 8  | Ireland              | B  | 9  | Serbia                   | C  | 10 | Hong Kong            | B- | 12 | Estonia                | C  |
| 8                         | Zimbabwe                 | C+                                     | 5  | Scotland                 | B- | 12                    | Czech Republic           | C                   | 10 | India                    | B- | 9                | Nepal                    | C      | 11 | Poland                    | C   | 10         | Spain                    | B-                 | 11 | England                      | B+ | 9               | Hong Kong           | B  | 8  | Japan                | B  | 13 | Colombia                 | C- | 10 | Hungary              | B- | 12 | France                 | C  |
| 14                        | China                    | C                                      | 5  | Singapore                | B- | 12                    | France                   | C                   | 10 | South Africa             | B- | 9                | Zimbabwe                 | C      | 11 | Portugal                  | C   | 14         | Australia                | C+                 | 11 | Japan                        | B+ | 9               | Japan               | B  | 8  | Malaysia             | B  | 13 | Croatia                  | C- | 10 | Japan                | B- | 12 | Guernsey               | C  |
| 14                        | India                    | C                                      | 5  | Spain (Basque Country)   | B- | 12                    | Hungary                  | C                   | 10 | Spain                    | B- | 15               | Botswana                 | C-     | 15 | Finland                   | C-  | 14         | Denmark                  | C+                 | 11 | Jersey                       | B+ | 9               | Lithuania           | B  | 8  | Philippines          | B  | 13 | Ethiopia                 | C- | 10 | Jersey               | B- | 12 | Hong Kong              | C  |
| 16                        | England                  | C-                                     | 5  | Zimbabwe                 | B- | 12                    | Slovenia                 | C                   | 16 | England                  | C+ | 15               | Ireland                  | C-     | 15 | Spain                     | C-  | 16         | Canada                   | C                  | 11 | Poland                       | B+ | 9               | Portugal            | B  | 8  | Portugal             | B  | 13 | Germany                  | C- | 10 | Montenegro           | B- | 12 | Hungary                | C  |
| 16                        | Montenegro               | C-                                     | 17 | Canada                   | C+ | 15                    | Botswana                 | C-                  | 17 | Canada                   | C+ | 15               | Mexico                   | C-     | 15 | Japan                     | C-  | 16         | Germany                  | C                  | 11 | Serbia                       | B+ | 9               | Spain               | B  | 8  | Singapore            | B  | 13 | Hong Kong                | C- | 10 | Spain (Extremadura)  | B- | 12 | Lithuania              | C  |
| 16                        | Singapore                | C-                                     | 17 | Finland                  | C+ | 15                    | China                    | C-                  | 16 | Spain (Basque Country)   | C+ | 15               | New Zealand              | C-     | 15 | Wales                     | C-  | 16         | Lithuania                | C                  | 11 | Uruguay                      | B+ | 9               | Spain (Extremadura) | B  | 8  | Sweden               | B  | 13 | India                    | C- | 10 | Thailand             | B- | 12 | Malaysia               | C  |
| 16                        | Ireland                  | C-                                     | 17 | Guernsey                 | C+ | 15                    | Finland                  | C-                  | 16 | Thailand                 | C+ | 15               | Serbia                   | C-     | 19 | Australia                 | D+  | 16         | Spain (Region of Murcia) | C                  | 19 | Brazil                       | B  | 19              | Colombia            | B- | 8  | Thailand             | B  | 13 | Lithuania                | C- | 10 | Vietnam              | B- | 12 | New Zealand            | C  |
| 20                        | Argentina                | D+                                     | 17 | Poland                   | C+ | 15                    | Germany                  | C-                  | 20 | Botswana                 | C  | 15               | Singapore                | C-     | 19 | Brazil                    | C   | 19         | Vietnam                  | C                  | 19 | Finland                      | B  | 19              | Croatia             | B- | 20 | Canada               | B- | 13 | Mexico                   | C- | 20 | Australia            | C+ | 12 | Poland                 | C  |
| 20                        | Botswana                 | D+                                     | 21 | France                   | C  | 15                    | Singapore                | C-                  | 20 | Brazil                   | C  | 15               | Slovakia                 | C-     | 19 | Germany                   | D+  | 21         | Botswana                 | C-                 | 19 | France                       | B  | 19              | Germany             | B- | 20 | Indonesia            | B- | 13 | Nepal                    | C- | 20 | Canada               | C+ | 12 | Portugal               | C  |
| 20                        | Chile                    | D+                                     | 21 | Ireland                  | C  | 15                    | Slovakia                 | C-                  | 20 | China                    | C  | 15               | South Africa             | C-     | 19 | Slovakia                  | D+  | 21         | Brazil                   | C-                 | 19 | Hong Kong                    | B  | 19              | Scotland            | B- | 20 | Slovakia             | B- | 13 | New Zealand              | C- | 20 | Czech Republic       | C+ | 12 | Serbia                 | C  |
| 20                        | Colombia                 | D+                                     | 21 | Mexico                   | C  | 23                    | Portugal                 | D+                  | 20 | Germany                  | C  | 15               | Vietnam                  | C-     | 23 | Hong Kong                 | D   | 21         | China                    | C-                 | 19 | Slovakia                     | B  | 19              | Slovakia            | B- | 20 | Vietnam              | B- | 13 | Poland                   | C- | 20 | Estonia              | C+ | 12 | Slovakia               | C  |
| 20                        | Lithuania                | D+                                     | 21 | Montenegro               | C  | 24                    | Estonia                  | D                   | 20 | Nepal                    | C  | 24               | Argentina                | D+     | 24 | Spain (Region of Murcia)  | D-  | 21         | Estonia                  | C-                 | 19 | Sweden                       | B  | 19              | South Korea         | B- | 24 | Colombia             | C+ | 13 | Singapore                | C- | 20 | Germany              | C+ | 12 | Zimbabwe               | C  |
| 20                        | Nepal                    | D+                                     | 21 | Slovenia                 | C  | 24                    | Hong Kong                | D                   | 20 | Singapore                | C  | 24               | China                    | D+     | 24 | Thailand                  | D-  | 21         | Japan                    | C-                 | 25 | Canada                       | B- | 25              | Serbia              | C+ | 24 | Guernsey             | C+ | 13 | Slovakia                 | C- | 20 | Ireland              | C+ | 25 | Australia              | C- |
| 20                        | Serbia                   | D+                                     | 21 | United States            | C  | 26                    | Canada                   | D-                  | 20 | Slovakia                 | C  | 24               | Chinese Taipei           | D+     | 26 | Indonesia                 | F   | 21         | Poland                   | C-                 | 25 | Croatia                      | B- | 26              | Brazil              | C  | 24 | Hong Kong            | C+ | 13 | South Africa             | C- | 20 | Lithuania            | C+ | 25 | Canada                 | C- |
| 20                        | Sweden                   | D+                                     | 21 | Wales                    | C  | 27                    | Brazil                   | F                   | 20 | Slovenia                 | C  | 24               | Colombia                 | D+     | 25 | Argentina                 | INC | 21         | Serbia                   | C-                 | 25 | Germany                      | B- | 26              | England             | C  | 24 | India                | C+ | 13 | South Korea              | C- | 20 | New Zealand          | C+ | 25 | Chinese Taipei         | C- |
| 28                        | Brazil                   | D                                      | 28 | Argentina                | C- | 27                    | Chinese Taipei           | F                   | 20 | Sweden                   | C  | 24               | Croatia                  | D+     | 25 | Canada                    | INC | 21         | Singapore                | C-                 | 25 | Guernsey                     | B- | 26              | Montenegro          | C  | 24 | Lithuania            | C+ | 13 | Sweden                   | C- | 20 | Philippines          | C+ | 25 | Colombia               | C- |
| 28                        | Canada                   | D                                      | 28 | Brazil                   | C- | 27                    | Indonesia                | F                   | 20 | Uruguay                  | C  | 24               | Denmark                  | D+     | 25 | Chile                     | INC | 21         | Slovakia                 | C-                 | 25 | Thailand                     | B- | 26              | Nepal               | C  | 29 | Ethiopia             | C  | 29 | Argentina                | D+ | 20 | Slovakia             | C+ | 25 | Croatia                | C- |
| 28                        | Denmark                  | D*                                     | 28 | Chile                    | C- | 27                    | Thailand                 | F                   | 30 | Canada                   | C- | 24               | England                  | D+     | 25 | China                     | INC | 21         | South Africa             | C-                 | 25 | Wales                        | B- | 26              | Poland              | C  | 29 | Israel               | C  | 29 | Australia                | D+ | 20 | Spain                | C+ | 25 | England                | C- |
| 28                        | Mexico                   | D                                      | 28 | Croatia                  | C- | 28                    | Argentina                | INC                 | 30 | Chinese Taipei           | C- | 24               | Lithuania                | D+     | 25 | Lithuania                 | INC | 21         | South Korea              | C-                 | 31 | Australia                    | C+ | 26              | United States       | C  | 29 | Jersey               | C  | 29 | Botswana                 | D+ | 20 | United Arab Emirates | C+ | 25 | Ethiopia               | C- |
| 28                        | Spain (Region of Murcia) | D                                      | 28 | Ethiopia                 | C- | 28                    | Australia                | INC                 | 30 | Croatia                  | C- | 24               | Spain (Region of Murcia) | D+     | 32 | Colombia                  | INC | 32         | Croatia                  | D+                 | 31 | Estonia                      | C+ | 26              | Vietnam             | C  | 29 | Mexico               | C  | 29 | China                    | D+ | 20 | Uruguay              | C+ | 25 | Germany                | C- |
| 28                        | Thailand                 | D                                      | 28 | Hungary                  | C- | 28                    | Chile                    | INC                 | 30 | Guernsey                 | C- | 24               | Uruguay                  | D+     | 32 | Croatia                   | INC | 32         | Hungary                  | D+                 | 31 | Israel                       | C+ | 26              | Wales               | C  | 29 | Montenegro           | C  | 29 | England                  | D+ | 33 | Brazil               | C  | 25 | India                  | C- |
| 34                        | Australia                | D-                                     | 28 | Nepal                    | C- | 30                    | Colombia                 | INC                 | 30 | Israel                   | C- | 34               | Brazil                   | D      | 32 | Czech Republic            | INC | 32         | Ireland                  | D+                 | 31 | Lithuania                    | C+ | 34</            |                     |    |    |                      |    |    |                          |    |    |                      |    |    |                        |    |