
Methods: 9 indicators of PA were assessed using the most recently available data on children’s PA levels in England. An expert panel awarded grades to each indicator according to the % of children and young people meeting specific benchmarks, using the following grade boundaries:

- **A** 81%–100%
- **B** 61%–80%
- **C** 41%–60%
- **D** 21%–40%
- **F** 0%–20%
- **INC** Incomplete

### Results: Five Behavioural Indicators

**Overall PA Levels**
- **D-** 19%
  - of young people are doing at least 60 minutes moderate-to-vigorous intensity PA per day.

**Organised Sport**
- **D** 34%
  - of children and youth are doing organised sport outside of school.

**Active Play**
- **INC**
  - There is a lack of data measuring the % of children engaging in daily active play.

**Active Travel**
- **C-** 47%
  - of children walk or cycle to school, though fewer use active means to get to other places.

**Sedentary Behaviour**
- **INC**
  - There are no specific UK sedentary behaviour guidelines, thus there is no suitable benchmark to assess this indicator.

### Results: Four Levels of Influence

**Family & Peers**
- **INC**
  - A lack of nationally representative data on family and peer support are available to grade this indicator.

**Schools**
- **B+**
  - 57%–86% of schools allocate 2 h/week of PE, & with specialist teachers
  - >85% of schools offer extra-curricular PA
  - 46%–100% of pupils have access to PA facilities at school

**Neighbourhood & the Built Environment**
- **B**
  - 61%–93% of families have access to and use parks/outdoor spaces
  - 50% of the public think their parks are in good condition
  - 72% of young people think their neighbourhood is safe

**Government Strategies & Investment**
- **INC**
  - Although a number of strategies are currently in place, we still do not know how effective these are due to a lack of independent evaluation.

### Cover Story:

Our Front Cover was chosen to portray the lack of freedom to roam among children and youth of today. Not only are there more cars on the road but children are more likely to be driven to places, and parental-perceived safety concerns may be creating an indoor culture of kids, where sedentary screen-based technologies are now readily available. Strategies which promote time, space and freedom for safe but informal outdoor physical activity are needed. Nationally representative data on the proportion of parents who allow their children to roam freely are also required, in order to understand the extent of the issue.