Active Lives
Children and Young People
Survey 2017-18

Findings for Sussex
Summary

The Active Lives Children and Young People Survey 2017/18, carried out nationally, asked children aged between five and 16 years old about how much physical activity they take part in, both in and out of school.

The Chief Medical Officer’s guidelines are for children to take part in at least 60 minutes of sport and physical activity every day. Children meeting this guideline are counted as ‘Active every day’. Children doing more than 60 minutes of activity a day, but not every day a week, are counted as ‘Active across the week’ whereas those who do between 30 and 59 minutes a day are counted as ‘Fairly active’ and children doing less than 30 minutes a day are counted as ‘Less active’.

Results showed that:

- 47% of children and young people in Sussex lead active lives, compared with 43% nationally. This equates to 92,900 children and young people.
- 22% of children and young people in Sussex (43,200) are fairly active.
- 31% of children and young people in Sussex (60,000) are less active, slightly lower than the national average.
### Activity rates by local authority

<table>
<thead>
<tr>
<th>Authority</th>
<th>Active every day</th>
<th>Active across the week</th>
<th>Fairly active</th>
<th>Less active</th>
</tr>
</thead>
<tbody>
<tr>
<td>England</td>
<td>18%</td>
<td>26%</td>
<td>24%</td>
<td>33%</td>
</tr>
<tr>
<td>East Sussex</td>
<td>18%</td>
<td>26%</td>
<td>23%</td>
<td>33%</td>
</tr>
<tr>
<td>West Sussex</td>
<td>19%</td>
<td>30%</td>
<td>22%</td>
<td>29%</td>
</tr>
<tr>
<td>Brighton and Hove</td>
<td>17%</td>
<td>32%</td>
<td>18%</td>
<td>33%</td>
</tr>
<tr>
<td>Adur</td>
<td>16%</td>
<td>34%</td>
<td>29%</td>
<td>21%</td>
</tr>
<tr>
<td>Arun</td>
<td>19%</td>
<td>22%</td>
<td>23%</td>
<td>37%</td>
</tr>
<tr>
<td>Chichester</td>
<td>17%</td>
<td>25%</td>
<td>26%</td>
<td>33%</td>
</tr>
<tr>
<td>Crawley</td>
<td>19%</td>
<td>32%</td>
<td>17%</td>
<td>32%</td>
</tr>
<tr>
<td>Eastbourne</td>
<td>24%</td>
<td>25%</td>
<td>38%</td>
<td>22%</td>
</tr>
<tr>
<td>Hastings</td>
<td>17%</td>
<td>37%</td>
<td>24%</td>
<td>22%</td>
</tr>
<tr>
<td>Horsham</td>
<td>26%</td>
<td>37%</td>
<td>18%</td>
<td>19%</td>
</tr>
<tr>
<td>Lewes</td>
<td>20%</td>
<td>26%</td>
<td>27%</td>
<td>33%</td>
</tr>
<tr>
<td>Mid Sussex</td>
<td>28%</td>
<td>36%</td>
<td>18%</td>
<td>18%</td>
</tr>
<tr>
<td>Rother</td>
<td>18%</td>
<td>28%</td>
<td>22%</td>
<td>32%</td>
</tr>
<tr>
<td>Wealden</td>
<td>19%</td>
<td>17%</td>
<td>24%</td>
<td>39%</td>
</tr>
<tr>
<td>Worthing</td>
<td>16%</td>
<td>25%</td>
<td>23%</td>
<td>37%</td>
</tr>
</tbody>
</table>

*insufficient sample size for Eastbourne ‘Active every day’

### Activity rates at local authority level

Wealden had the highest proportion of ‘less active’ children and young people at 39.5%, equivalent to 6,800 less active children and young people in the district and a higher rate than the national average (32.9%).

Eastbourne, Arun and Worthing all had a higher proportion of ‘less active’ children and young people than the national average. Hastings, Adur, Horsham and Mid Sussex had significantly lower proportions of less active children and young people than the national average.

### Methodology

4,691 children and young people responded to the survey in Sussex. Around 80 schools are randomly selected each term to complete the survey. Around half of the schools selected have completed the survey each term. Schools which complete the survey receive a bespoke report with a breakdown of activity levels in their school.
Activity rates at School

Government guidelines say that children and young people should get 30 minutes of their daily physical activity at school and 30 minutes outside of school. Only 41% of children and young people in Sussex are active every day, or on average for 30 minutes per day in Sussex.

The majority (59%) of children and young people in Sussex do an average of less than 30 minutes a day of activity in school.

This lack of activity at school is highest in Years 3-4 and lowest in Years 7-8.

Primary schools have higher reported inactivity at school than secondary schools.

See page 7 for recommendations on how to get primary school children more active in school.

*Missing values for ‘An average of 30 minutes or more a day but not every day’ due to insufficient sample size for Arun, Crawley, Eastbourne and Mid Sussex.
56% of children and young people in Sussex are active every day or on average for 30 minutes per day outside of school. This is a little higher than the national average (53%) and the South East average (54%). 44% of children and young people in Sussex are active for less than 30 minutes on average per day outside of schools. This is slightly lower than the national average (47%) and South East average (46%).

Years 1-2 were reported to be the most active outside of school, while Years 3-4 and 9-11 were the least active. While activity levels outside of school were higher in Sussex than nationally, they followed the same pattern across year groups.

Secondary school students have higher reported inactivity outside of school than primary school students.

See page 10 for recommendations on how to get secondary school children more active outside of school.
Activity rates of Primary school-age children

Half of primary school-age children in Sussex were active every day, or active across the week. This was slightly higher than the average for the South East. One in four primary school-age children were active for less than 30 minutes per day on average.

Primary school-age children were more likely to be active outside of school than in-school.

The majority of Primary school children in all year groups were active for less than an average of 30 minutes a day in school.

See page 7 for recommendations on how to get primary school children more active in school.

*Missing values where the sample size for primary school students in the activity bracket was insufficient to provide a reliable figure at local authority level.
## Recommendations on how to get primary school children more active in school

### 1 Give Children Breaks
When children get physical activity breaks they are better able to learn for 30-60 minutes following the activity. Allowing time for physical activity breaks throughout the school day, introducing physical activity into lesson time and rewarding children with extra physical activity time are great ways to get started.

### 2 Get their heart rates up
Cardio fitness is essential for improved learning so try to get them to move more and sit less. Make sure that the activity they are doing is moderate-vigorous intensity to ensure they raise their heart rate.

### 3 Whole School Approach
Make physical activity a priority at school. The benefits of physical activity are well documented and there is clear evidence to show the positive impact it can have on academic attainment, active schools achieve more! Speak to the Senior Leadership Team about making it a priority for school, discuss it in staff meetings and encourage all staff to incorporate physical activity into the school day. It is important to celebrate high quality delivery and innovative practice to inspire staff to do more.

### 4 Active Breaks & Lunchtimes
Allow free play at breaks and lunchtimes for pupils to develop their fundamental movement skills. Pupils spend nearly a quarter of their school life on the playground at breaks and lunchtimes, can you organise your breaks and lunchtimes to have opportunities for pupils to take part in physical activity and sport. For example using sports leaders to deliver fun activities to younger pupils or providing equipment that encourages pupils to be active during breaks and lunchtimes.

### 5 Mix it up
Give children a variety of opportunities to be physically active and allow them to have input on which activities are available to them. This will stop them from getting bored and increases engagement.

### 6 Celebrate high quality delivery
It is important to celebrate high quality delivery and innovative practice to inspire staff to do more. Encourage staff to join in to lead by example and show them how it’s done.
Resources for getting primary school children more active in school

Active School Planner
activeschoolplanner.org
A tool for Primary Schools to track and improve physical activity levels in their pupils

School Games Organiser
Advice and Support
bit.ly/sgoadvice

Impact
School Games Mark
bit.ly/yerschoolgames
Quality Start KS1 Award
qualitystartaward.weebly.com

Designed to Move
designedtomove.org/resources
Provides a complete physical activity Playbook, including research, case study examples, and the benefits of creating a more active generation.

Tech Know Trail Active Learning App
Tech-KnowTrail is a new, exciting treasure hunt style game developed by Wildgoose, in partnership with Active Sussex, designed to get primary school pupils more physically active throughout the school day by making Maths and English lively and fun!

Brain Breaks
BBC Supermovers bbc.co.uk/sport/football/supermovers
Go Noodle gonoodle.com
Daily Mile thedailymile.co.uk
Cosmic Kids cosmickids.com

For further information or advice please visit the Primary PE section of the Active Sussex Website: bit.ly/activesussex-pe

### Activity rates of secondary age young people

<table>
<thead>
<tr>
<th>District</th>
<th>Active every day (60 minutes or more every day)</th>
<th>Active across the week (an average of 60 minutes or more a day but not every day)</th>
<th>Fairly active (an average of 30-59 minutes a day)</th>
<th>Less active (less than an average of 30 minutes a day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>East Sussex</td>
<td>18%</td>
<td>33%</td>
<td>22%</td>
<td>35%</td>
</tr>
<tr>
<td>West Sussex</td>
<td>17%</td>
<td>33%</td>
<td>20%</td>
<td>36%</td>
</tr>
<tr>
<td>Brighton and Hove</td>
<td>17%</td>
<td>27%</td>
<td>31%</td>
<td>34%</td>
</tr>
<tr>
<td>Adur</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arun</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chichester</td>
<td>17%</td>
<td>27%</td>
<td>22%</td>
<td>34%</td>
</tr>
<tr>
<td>Crawley</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eastbourne</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hastings</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Horsham</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lewes</td>
<td>18%</td>
<td>26%</td>
<td>19%</td>
<td>37%</td>
</tr>
<tr>
<td>Mid Sussex</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rother</td>
<td>17%</td>
<td>32%</td>
<td>23%</td>
<td>29%</td>
</tr>
<tr>
<td>Wealden</td>
<td>17%</td>
<td>19%</td>
<td>29%</td>
<td>36%</td>
</tr>
<tr>
<td>Worthing</td>
<td>15%</td>
<td>25%</td>
<td>20%</td>
<td>38%</td>
</tr>
</tbody>
</table>

*Missing values where the sample size for primary school students in the activity bracket was insufficient to provide a reliable figure at local authority level.

44% of secondary school students in Sussex were active every day, or active across the week. Again this was slightly higher than the average for the South East, but there does seem to be a fall in activity between primary and secondary school. One in three secondary school students were active for less than an average of 30 minutes a day.

See page 10 for recommendations on how to get secondary school children more active.
Recommendations on how to get secondary-age young people more active outside of school

Satellite clubs provide an opportunity for young people to access physical activity.

**Mid Sussex Active**
**Target group:** Inactive Girls

Using a focus group of young people to co-design the project, Mid Sussex Active have linked with their local leisure facility and provide a variety of exercise classes for girls outside of school hours. The programme is based on what young people want, led by inspirational coaches in an environment that is comfortable for the participants.

**East Sussex College and Wave Leisure**
**Target group:** Young People with Disabilities

Wave Leisure work with East Sussex College to provide a range of activities before the college day that are open to all foundation learners. By engaging the group in a safe location and working with the college to understand the needs of the cohort, the activities was designed to engage them no matter their ability.

**Go Sketch**
**Target group:** Inactive Young People

Using a combination of art, design and sport, programmes have been set up in schools to engage the least active into physical activity sessions. Targeted young people design their own sports equipment, to be later given the opportunity to receive the equipment and be coached in their new activity.

For information and guidance on developing a Satellite Club in your area visit: [bit.ly/activesussex-satelliteclubs](bit.ly/activesussex-satelliteclubs)

**Taking Part**
Check out the A-Z of National Governing Bodies of Sport to find out what sports clubs are near you. Many National Governing Bodies have ideas and initiatives for Schools and teacher training: [activesussex.org/get-active/a-z-of-sport/](activesussex.org/get-active/a-z-of-sport/)

**Competitive opportunities for a range of abilities**

The School Games comprises both intra and inter-school competitions as well as an annual National Finals event. The School Games events consist of four unique types of competition: intra-school competitions, local inter-school competitions, county finals, and the School Games National Finals. These are open to a range of abilities. There are 9 School Games Organiser areas in Sussex. Contact your School Games Organiser to see how your school can participate in the School Games: [activesussex.org/sport-in-education/contacts/schools/](activesussex.org/sport-in-education/contacts/schools/)
Contact Active Sussex

**Primary schools and the PE premium**

**Nick Chellel**  
School Sport Officer  
01273 644106 / 07766 894494  
nchellel@activesussex.org  
Twitter: @activechellel

**Secondary schools, School Games and Satellite Clubs**

**Jo Ashworth**  
Strategic Relationship Manager  
01273 644139 / 07760 156122  
jashworth@activesussex.org

**Active Lives Survey: Children and Young People**

**Henry McLaughlin**  
Data Analysis & Services Officer  
01273 643838  
hmclaughlin@activesussex.org  
Twitter: @activesussex