

# Studio You

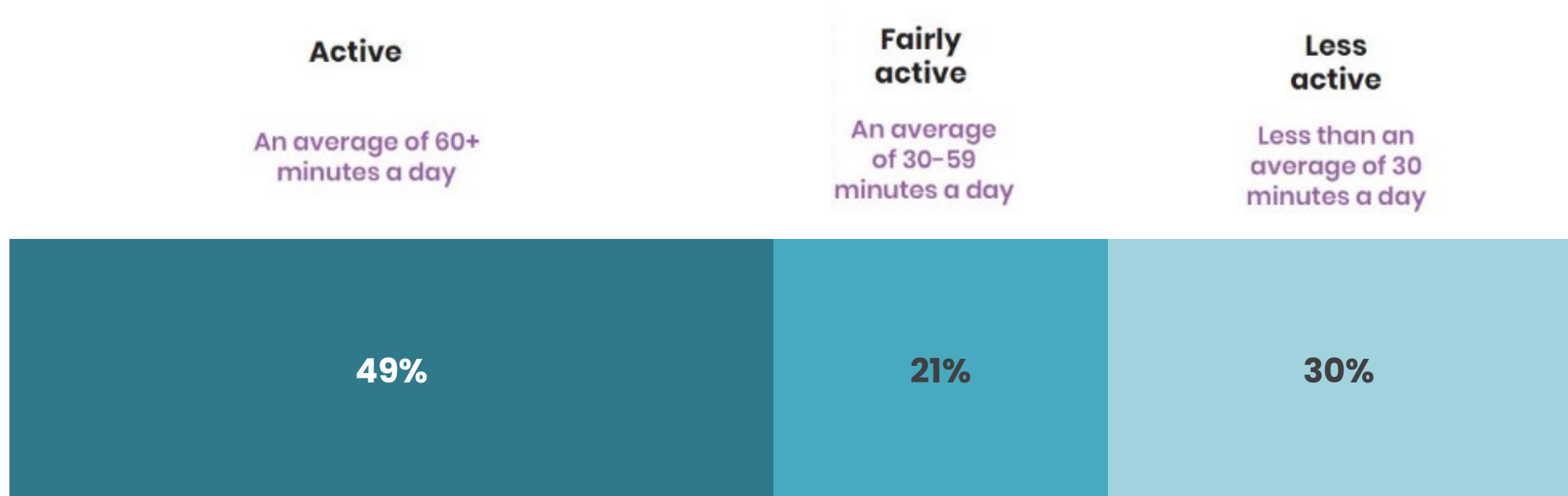
**Academic Year 2023-24**

## Secondary age

Years 7-11

Active Lives Children and Young  
People (CYP) Data

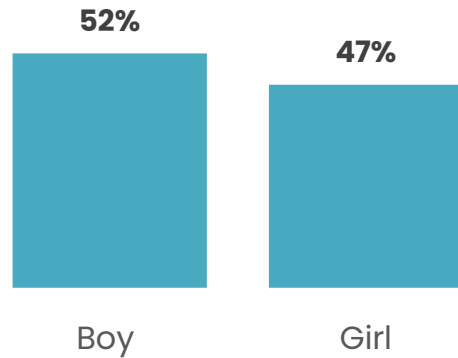
# Active (an average of 60+ minutes of activity a day)



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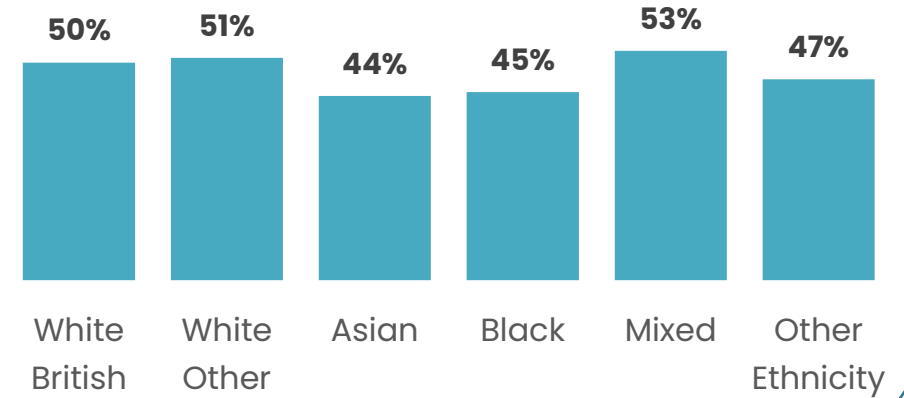
## Gender

Secondary aged boys were more active than girls



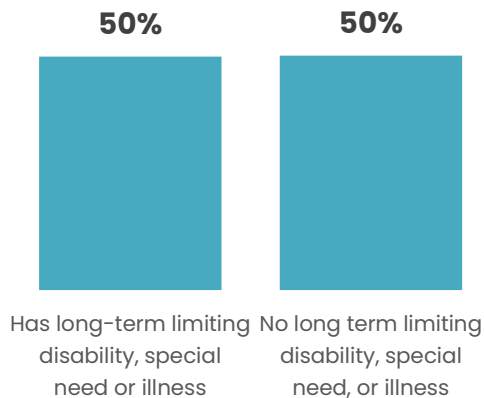
## Ethnicity

Secondary aged young people of Mixed ethnicity were more active than all secondary aged young people, whereas those of Asian and Black ethnicity were less active.



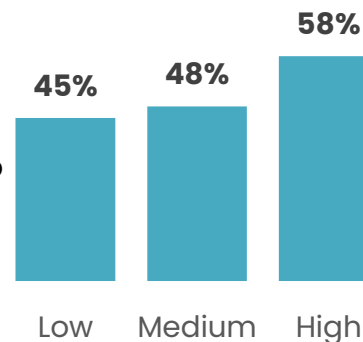
## Disability and long-term health conditions

There were no reportable difference in activity levels for Secondary aged young people with and without a disability



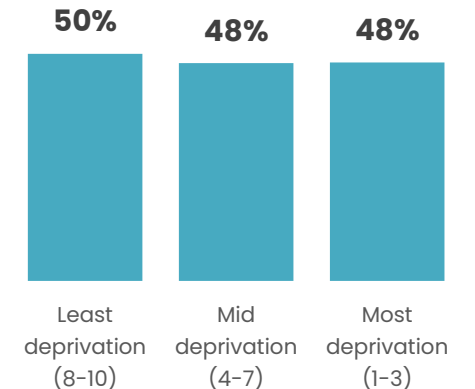
## Family Affluence Scale (FAS)\*

Secondary aged young people in the 'low' affluence group were less likely to be active than those in both the 'medium' and 'high' affluence group



## IDACI

There were no reportable differences in activity levels for secondary aged young people living in different levels of deprivation

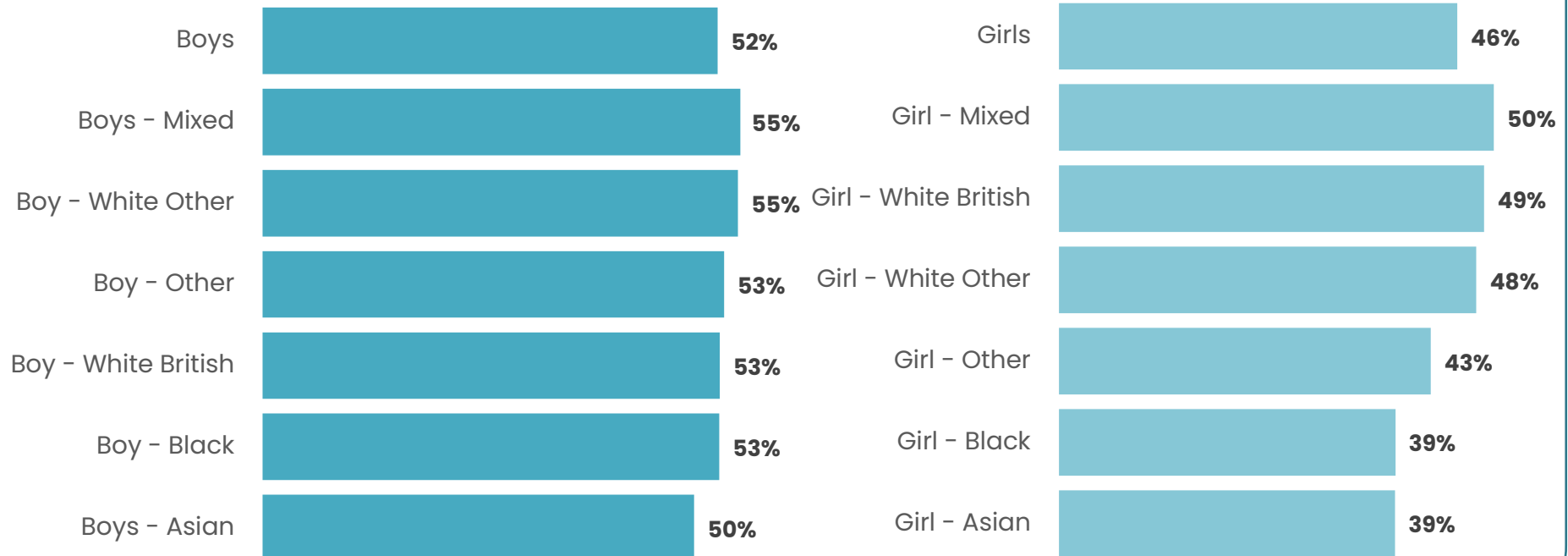


\*Family Affluence Scale scores children's affluence level based on a series of questions, including whether the family travelled outside of England for holiday. More detail can be found in the [Active Lives CYP 2023/24 Year 7 Technical Note](#)

# Active (an average of 60+ minutes of activity a day)

## Gender by ethnicity

- No reportable differences between all secondary aged boys and each specific ethnicity group.
- Secondary aged girls of Asian and Black ethnicity were less active compared with all secondary aged girls, whereas those of White British ethnicity were more active.

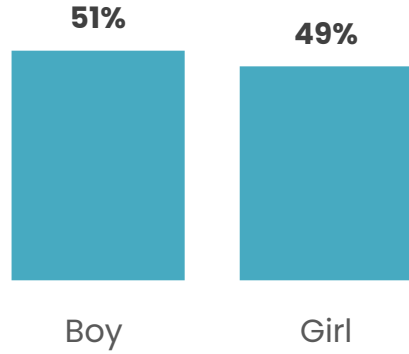


# Active during school hours

(average 30+ mins a day)

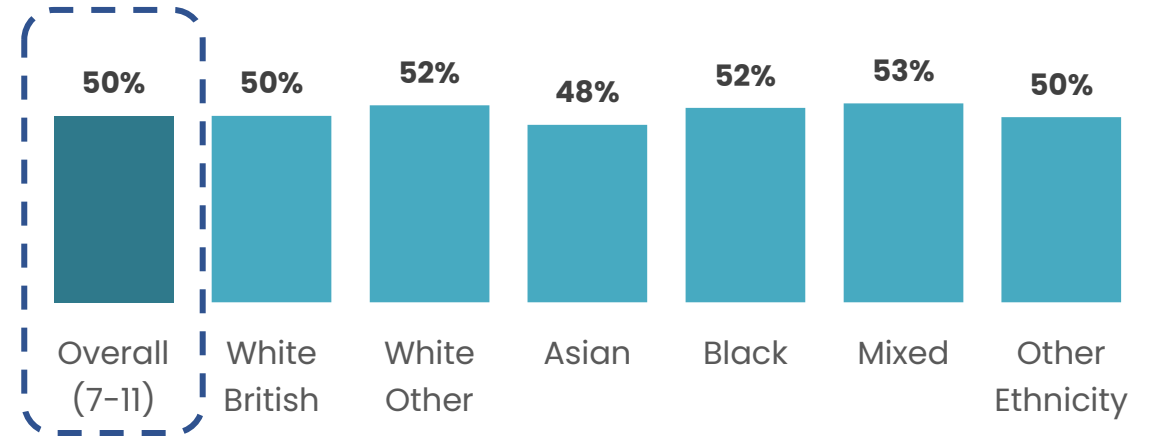
## Gender

Secondary aged boys are slightly more active during school hours relative to girls



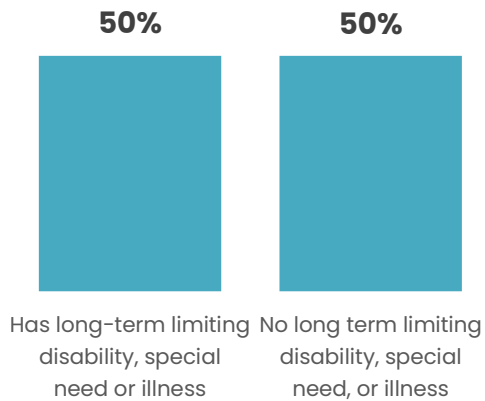
## Ethnicity

Secondary aged young people of Mixed ethnicity were more likely to be active during school hours compared with all secondary aged young people



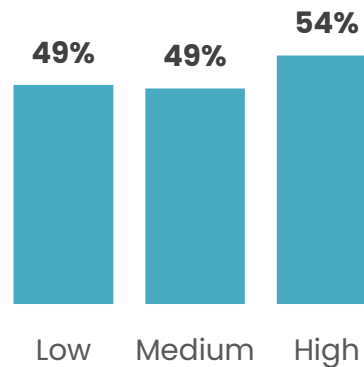
## Disability and long-term health conditions

There were no reportable difference in activity levels for Secondary aged young people with and without a disability



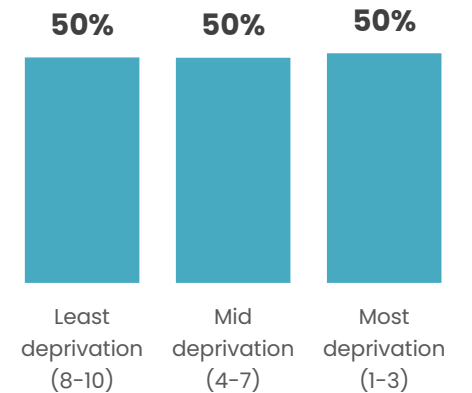
## Family Affluence Scale (FAS)

Secondary aged young people in the 'low' and 'medium' affluence groups were less likely to be active during school hours compared to those in the 'high' affluence group



## IDACI

There were no reportable differences in activity levels for secondary aged young people living in different levels of deprivation

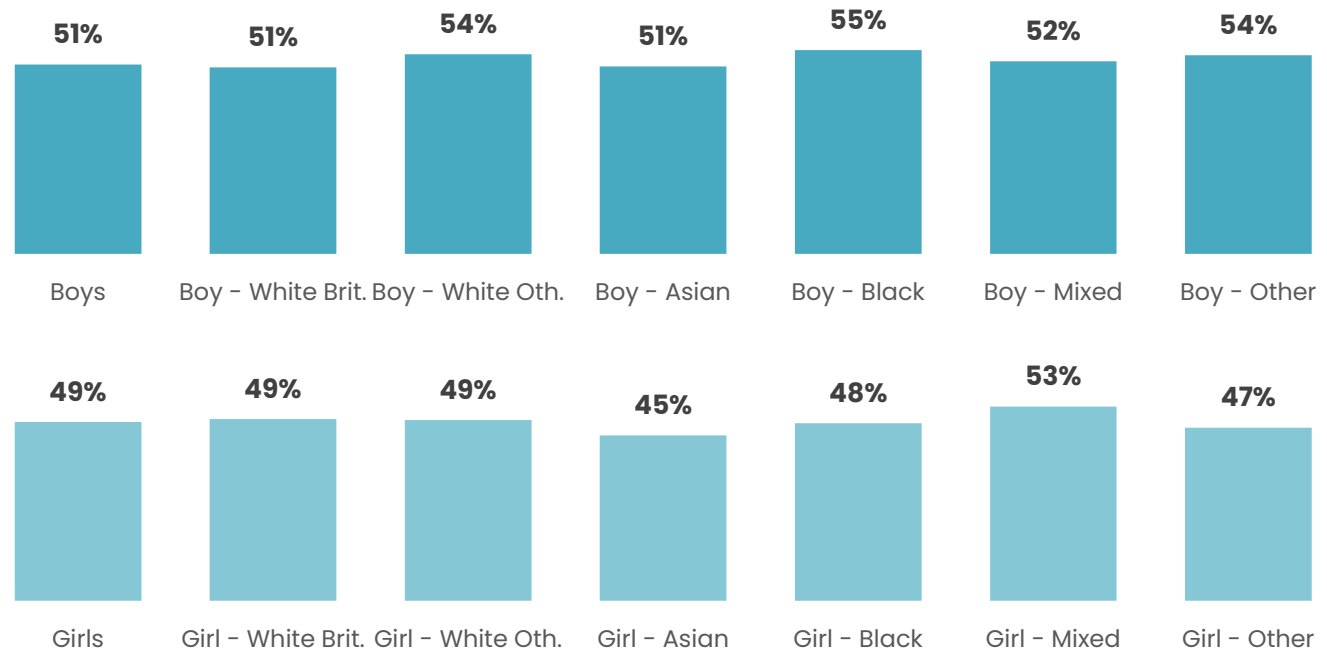


# Active during school hours

(average 30+ mins a day)

## Gender by ethnicity

- No reportable differences between all secondary aged boys and each specific ethnicity group.
- Secondary aged girls of Asian ethnicity were less active during school hours than all secondary aged girls, whereas those of Mixed ethnicity were more active.

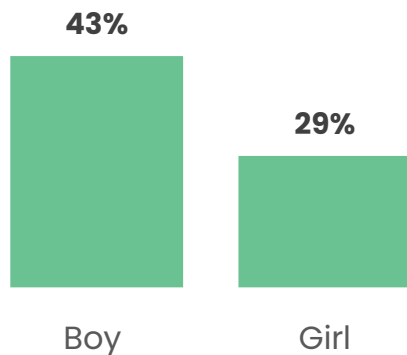


# Knowledge

“I know how to get involved and improve my skills in lots of different types of exercise and sports”

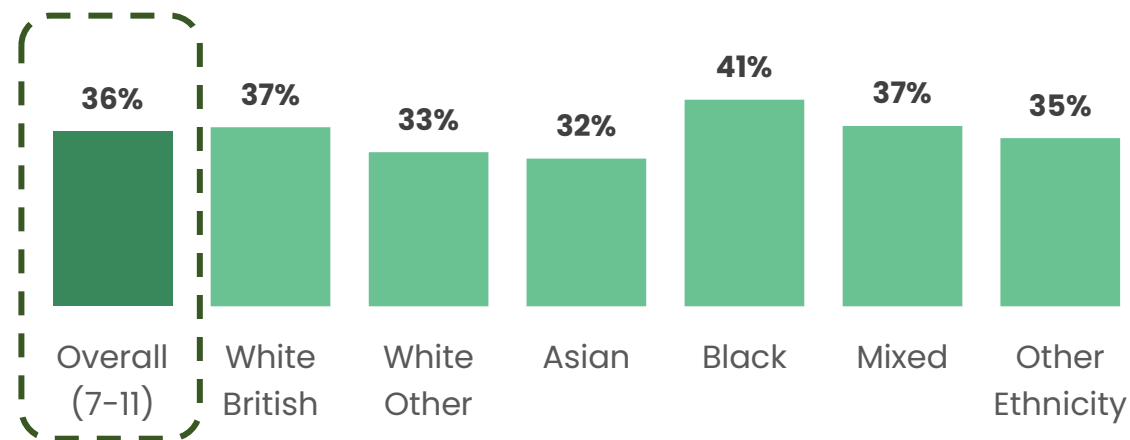
## Gender

Secondary aged boys had higher levels of knowledge than girls



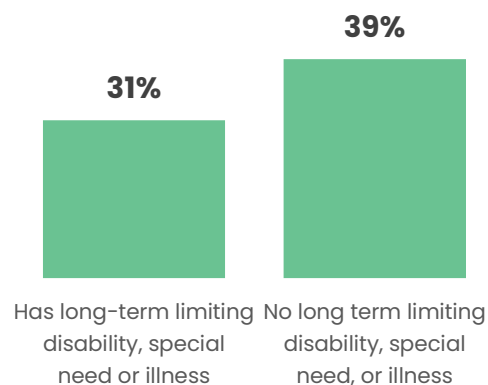
## Ethnicity

- Secondary aged young people of Asian and White Other ethnicity had lower levels of knowledge compared with all secondary aged young people, whereas those of Black ethnicity had higher levels of knowledge.



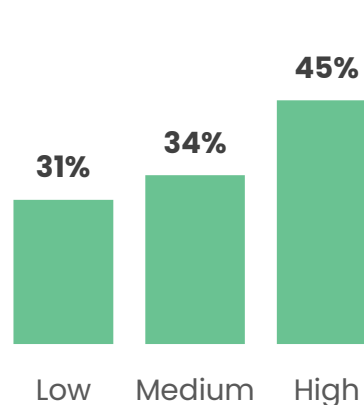
## Disability and long-term health conditions

Secondary aged young people with a disability had lower levels of knowledge than those without a disability



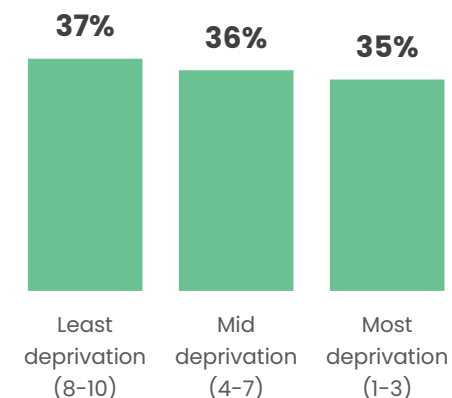
## Family Affluence Scale (FAS)

Secondary aged young people in the 'high' affluence group had the highest levels of knowledge followed by the 'medium' and then the 'low' groups.



## IDAC1

Secondary aged young people in the least deprived group had higher levels of knowledge than those in the most deprived group.



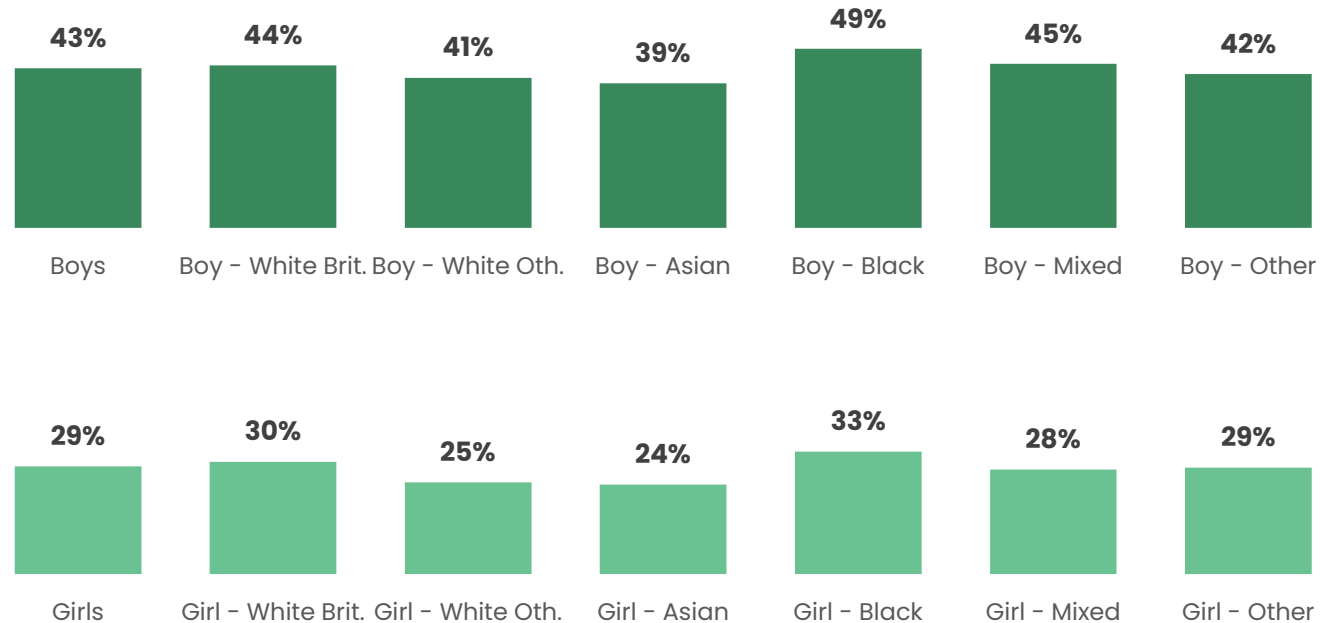


# Knowledge

“I know how to get involved and improve my skills in lots of different types of exercise and sports”

## Gender by ethnicity

- Secondary aged boys of Asian ethnicity had lower levels of knowledge compared with all secondary aged boys, whereas those of Black ethnicity had higher levels of knowledge.
- Secondary aged girls of Asian and White Other ethnicity had lower levels of knowledge compared with all secondary aged girls, whereas those of Black ethnicity had higher levels of knowledge.

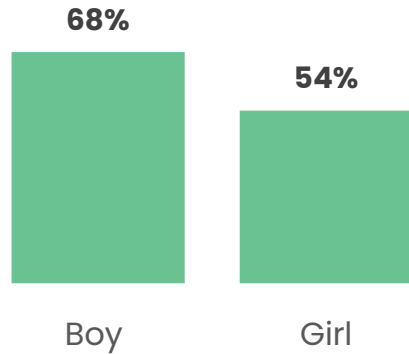


# Understanding

“I understand why exercise and sports are good for me”

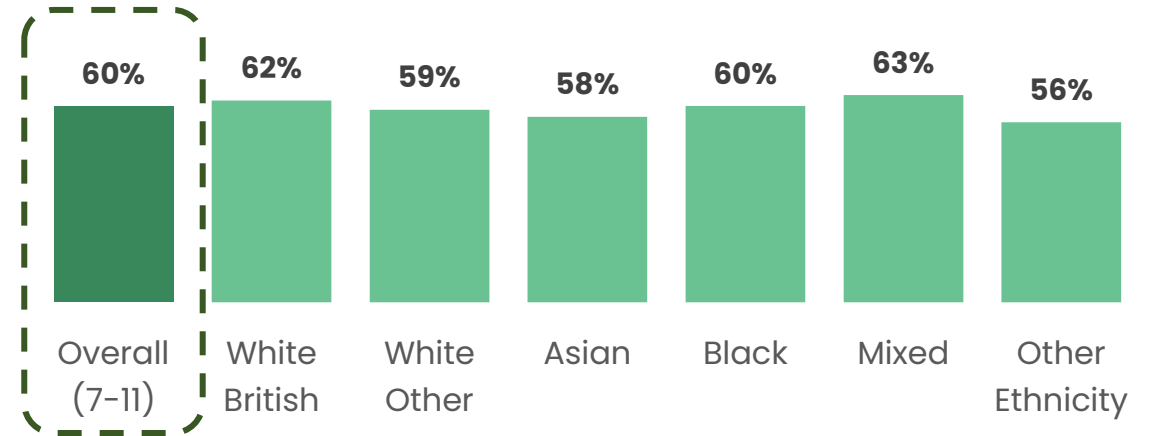
## Gender

Secondary aged boys had higher levels of understanding than girls



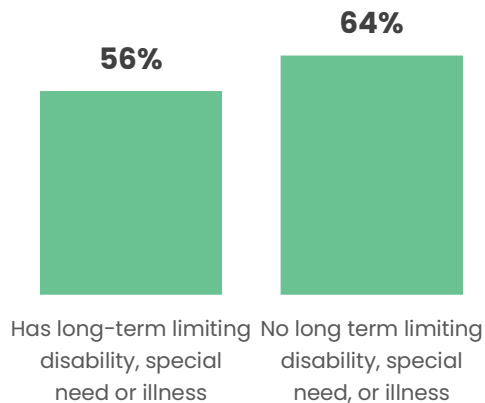
## Ethnicity

Secondary aged young people of Asian and other ethnicities had lower levels of understanding compared with all secondary aged young people, whereas those of White British and Mixed ethnicity had higher levels.



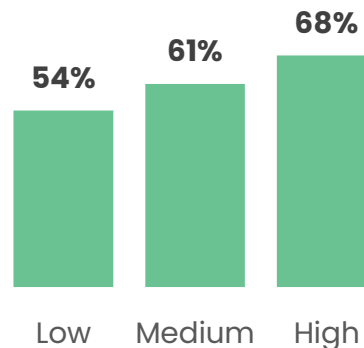
## Disability and long-term health conditions

Secondary aged young people with a disability had lower levels of understanding than those without a disability



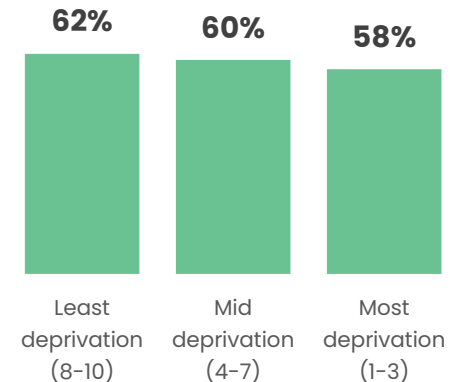
## Family Affluence Scale (FAS)

Secondary aged young people from the lowest affluence group had the lowest level of understanding followed by those from the medium affluence group then those from the higher affluence group



## IDAC1

Secondary aged young people attending school in the least deprived places had higher levels of understand than those attending school in the most deprived places

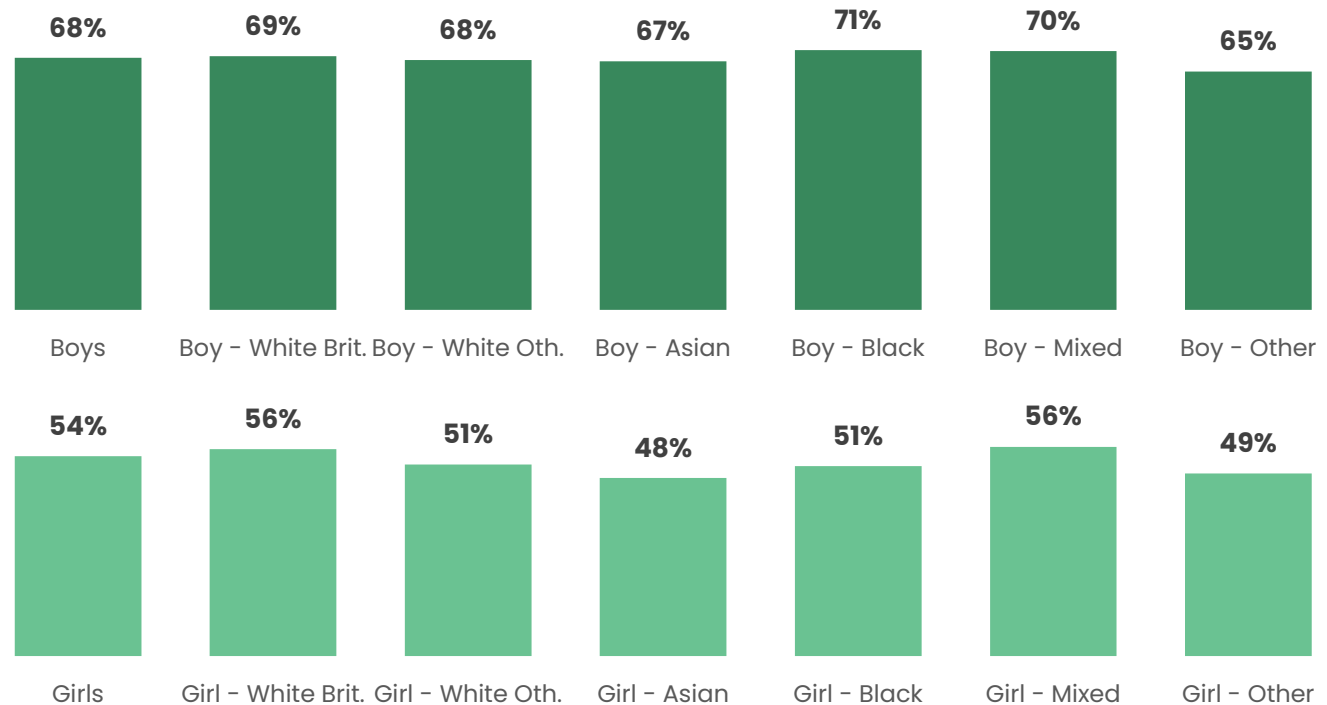


# Understanding

“I understand why exercise and sports are good for me”

## Gender by ethnicity

- There were no reportable differences between secondary aged boys by ethnicity.
- Secondary aged girls of Asian ethnicity had lower levels of understanding compared with all secondary aged young people.

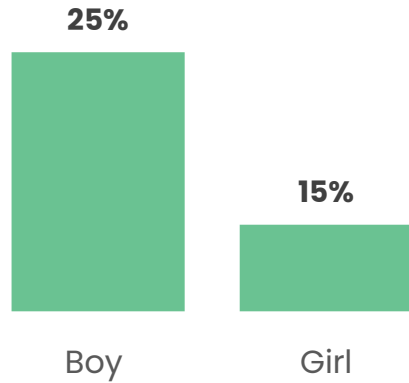


# Competence

“I find exercise and sports easy”

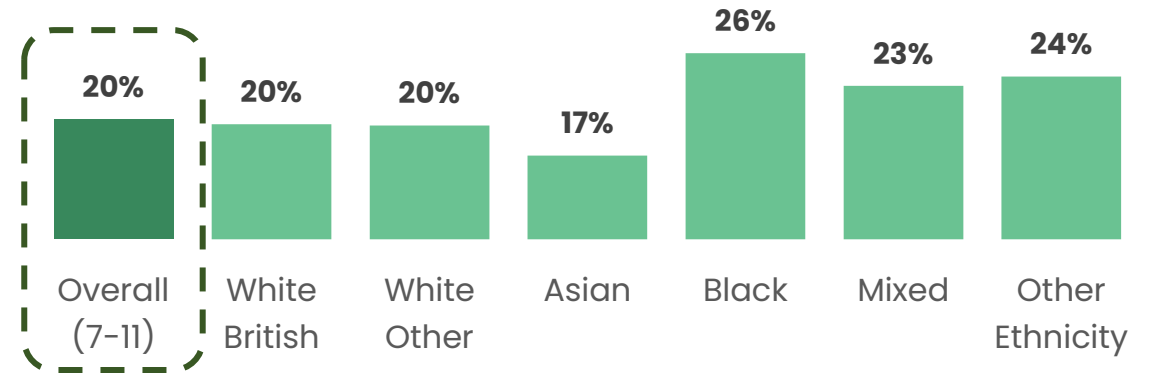
## Gender

Secondary aged boys had higher levels of competence than girls



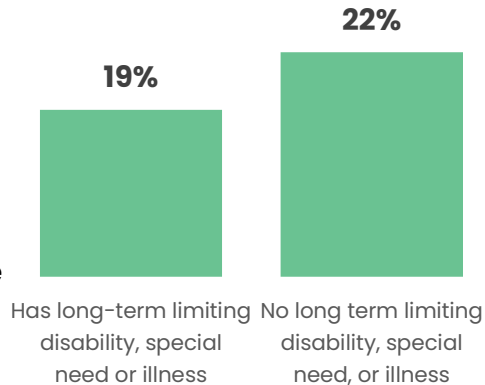
## Ethnicity

Secondary aged young people of Asian ethnicity had lower levels of competence compared with all secondary aged young people, whereas those of Black ethnicity had higher levels of competence



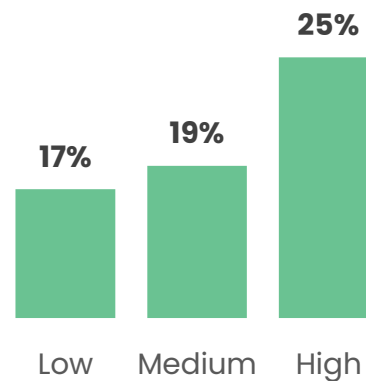
## Disability and long-term health conditions

Secondary aged young people with a disability had lower levels of competence than those without a disability



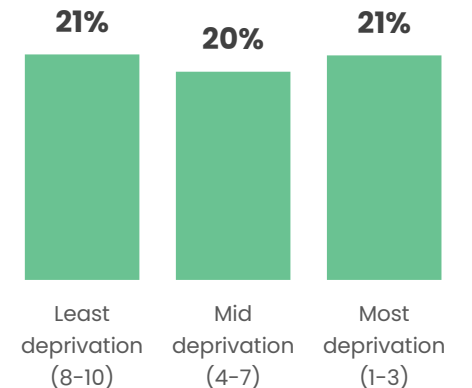
## Family Affluence Scale (FAS)

Secondary aged young people from the 'low' and 'medium' affluence groups had lower levels of competence compared to the 'high' affluence group



## IDACI

There were no reportable differences in competence for secondary aged young people by levels of deprivation



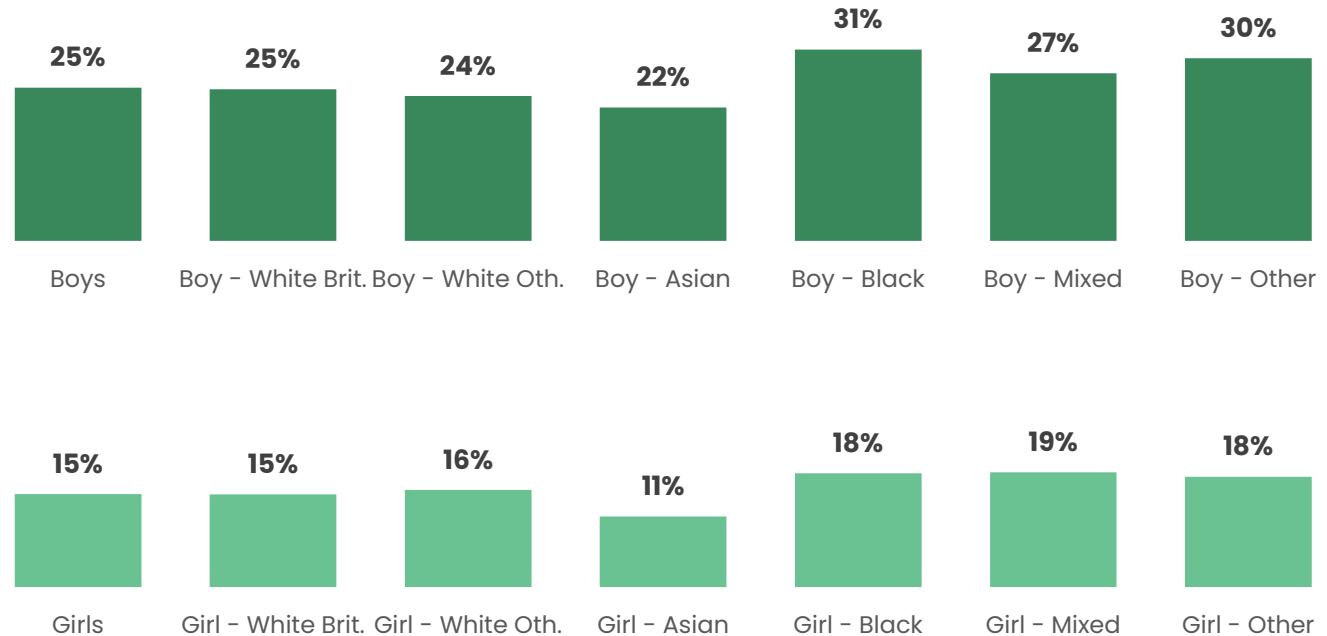
# Competence

“I find exercise and sports easy”

## Gender by ethnicity

Secondary aged boys of Asian ethnicities had lower levels of competence and boys of Black and other ethnicities had higher levels than all secondary aged boys.

Secondary aged girls of Asian ethnicities had lower levels of competence than all secondary aged girls, meanwhile same-aged girls of Black and Mixed ethnicities had higher.

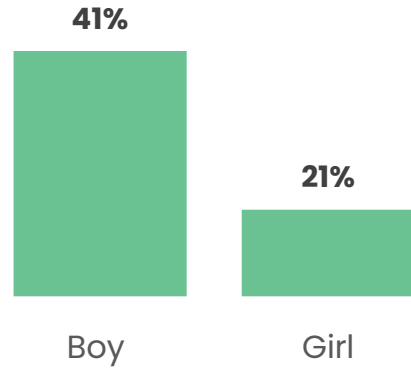


# Confidence

“I feel confident when I exercise and play sport”

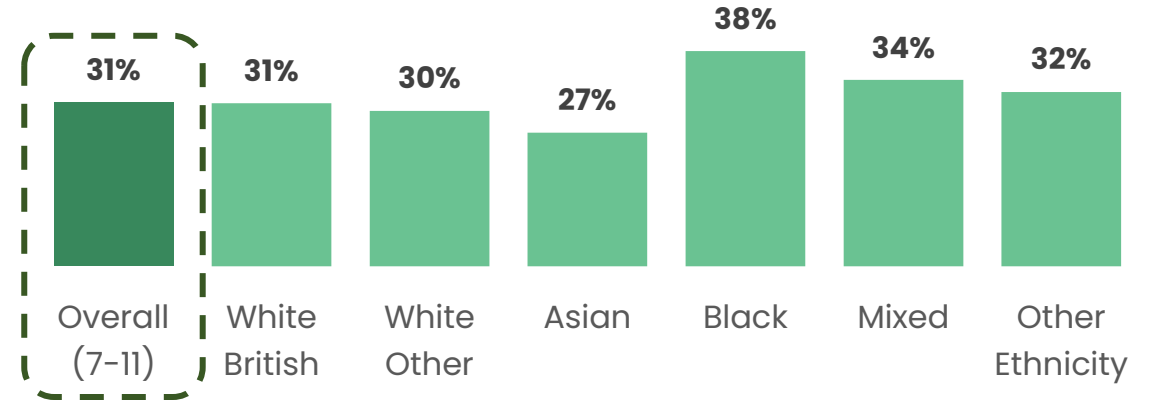
## Gender

Secondary aged boys had higher levels of confidence than girls



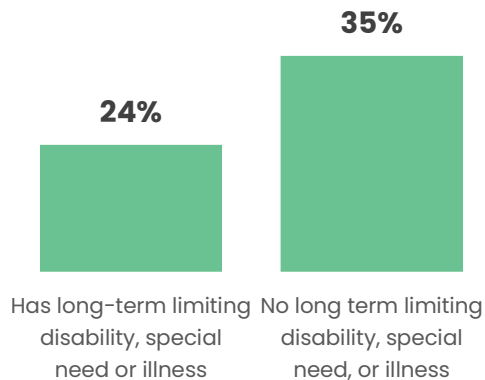
## Ethnicity

Secondary aged young people of Asian ethnicities had lower levels of confidence and secondary aged young people of Black and Mixed ethnicities had higher levels compared to all secondary aged young people



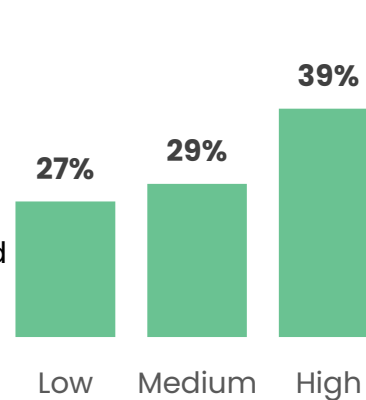
## Disability and long-term health conditions

Secondary aged young people with a disability had lower levels of confidence than those without a disability



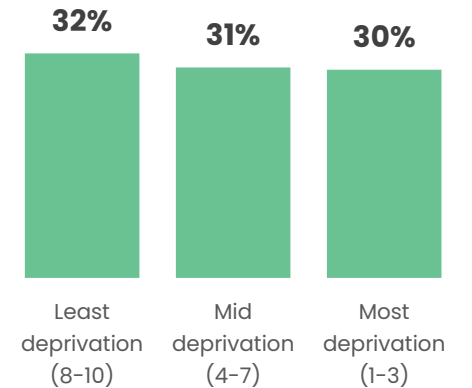
## Family Affluence Scale (FAS)

Secondary aged pupils from the 'low' and 'medium' affluence groups had lower levels of confidence than those in the 'high' affluence group



## IDAC1

There were no reportable differences in competence for secondary aged young people by levels of deprivation



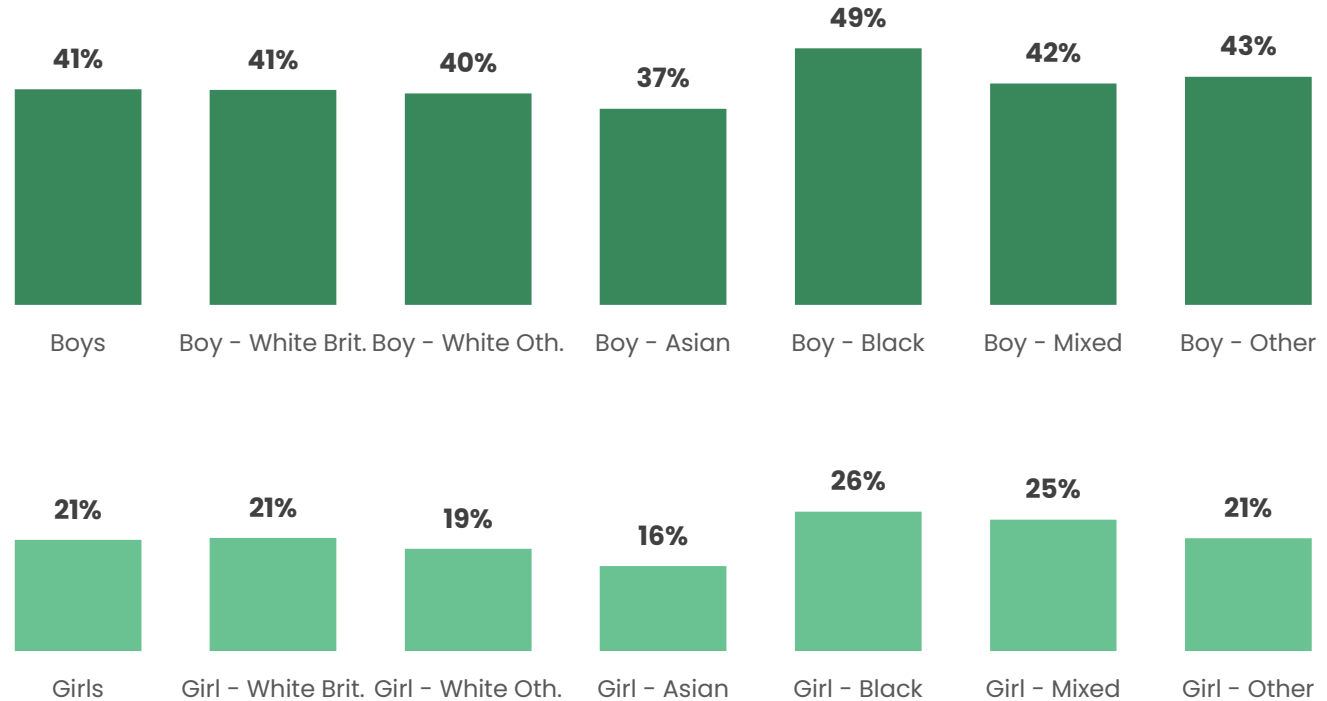
# Confidence

“I feel confident when I exercise and play sport”

## Gender by ethnicity

Secondary aged boys of Asian ethnicities had lower levels of confidence and boys of Black ethnicities had higher levels than all secondary aged boys.

Secondary aged girls of Black and Mixed ethnicities had higher levels of confidence than all secondary aged girls, meanwhile girls of Asian backgrounds had lower levels.

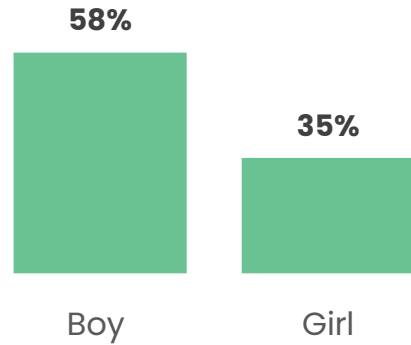


# Enjoyment

“I enjoy taking part in sport and exercise”

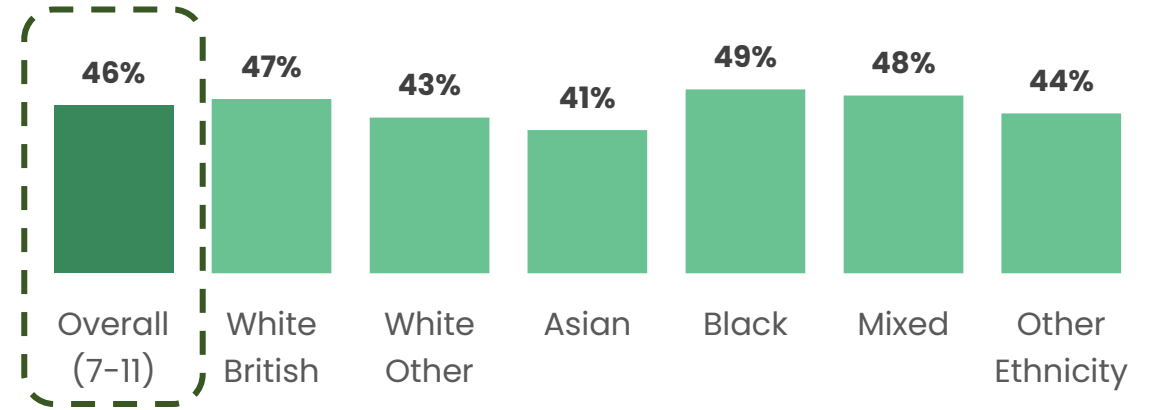
## Gender

Secondary aged boys had higher levels of enjoyment than girls



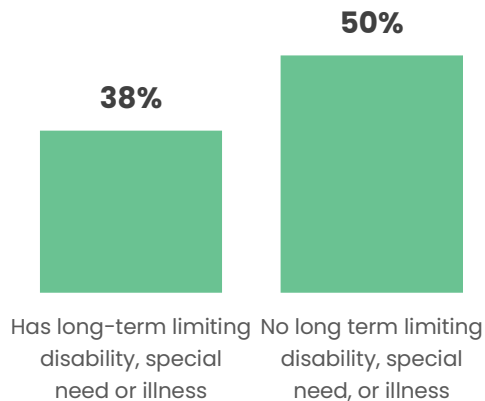
## Ethnicity

Secondary aged young people of Asian ethnicities had lower levels of enjoyment compared to all secondary aged young people



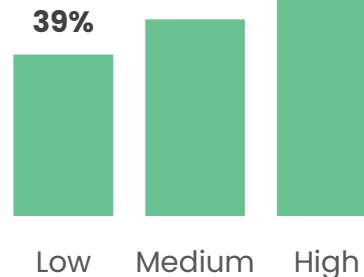
## Disability and long-term health conditions

Secondary aged young people with a disability had lower levels of enjoyment than those without a disability



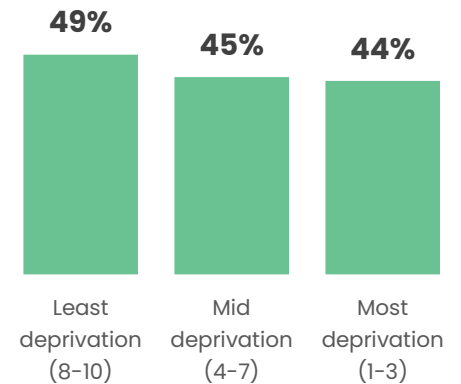
## Family Affluence Scale (FAS)

Secondary aged pupils from the 'high' affluence group had the highest level of enjoyment followed by the 'medium' group and then the 'low' group



## IDAC1

Secondary aged young people going to school in the least deprived places had higher levels of enjoyment than those going to school in the mid and most deprived places





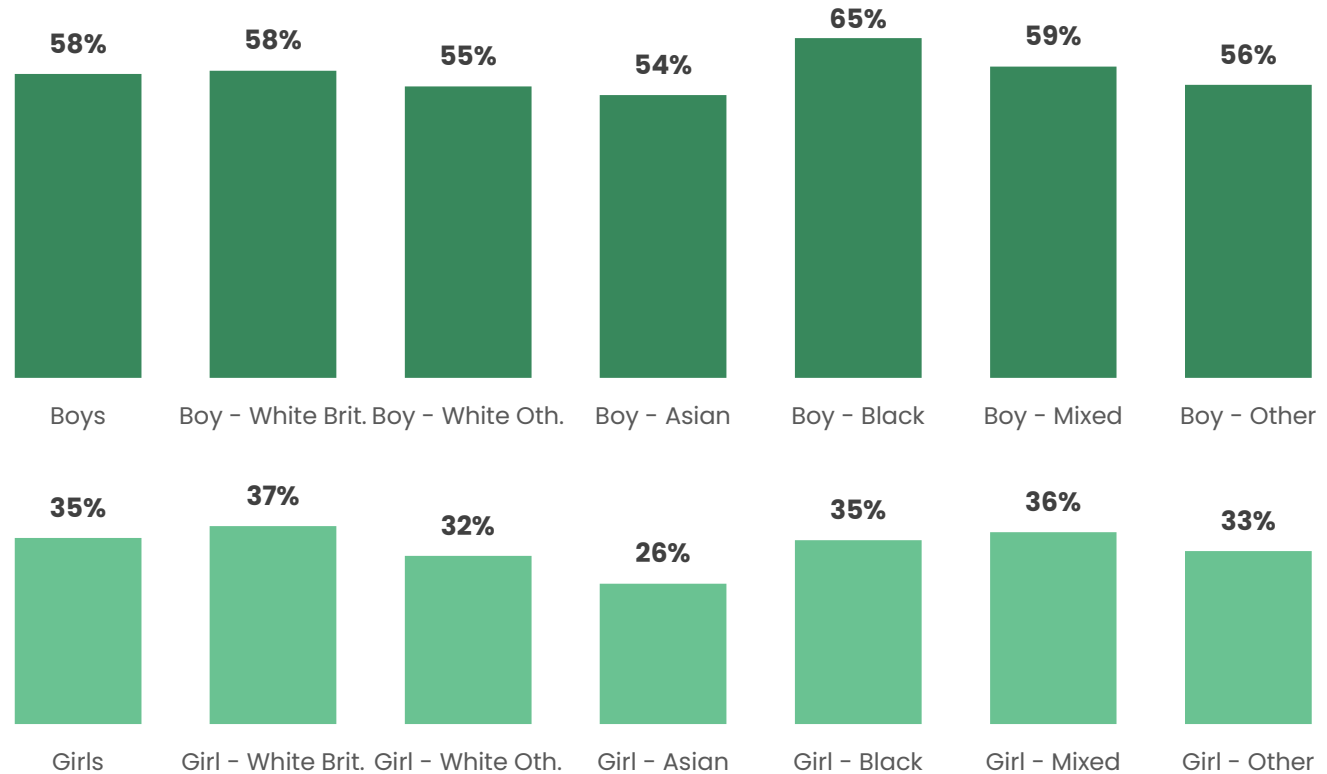
# Enjoyment

“I enjoy taking part in sport and exercise”

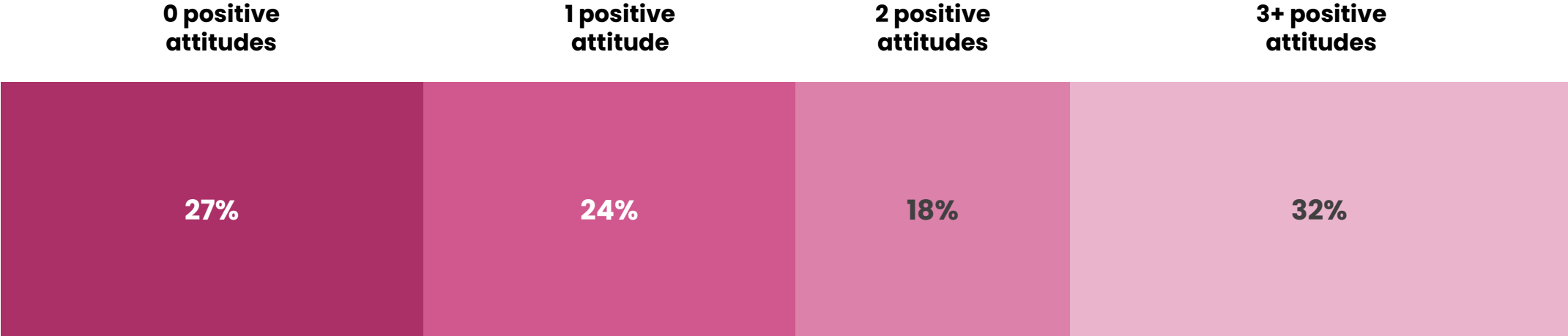
## Gender by ethnicity

Secondary aged boys of Asian ethnicities had lower levels of enjoyment and boys of Black ethnicities had higher levels than all secondary aged boys.

Secondary aged girls of Asian ethnicities had lower levels of enjoyment and girls of White British ethnicities had higher levels than all secondary aged girls.



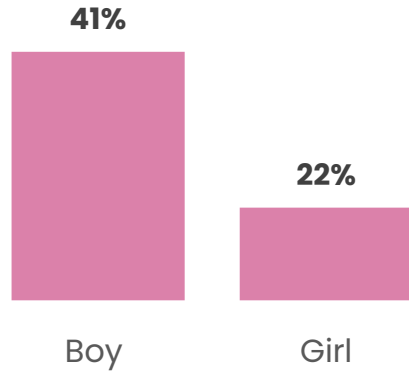
# Number of positive attitudes



# 3+ positive attitudes

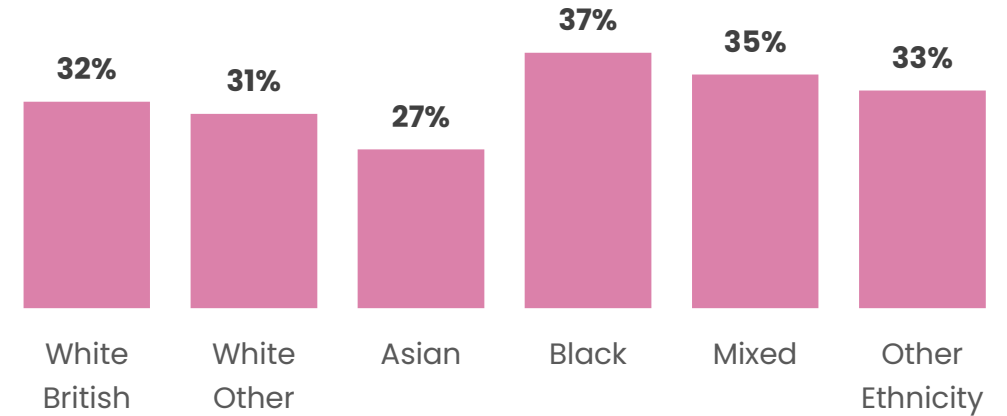
## Gender

Secondary aged boys were more likely to hold positive attitudes than girls



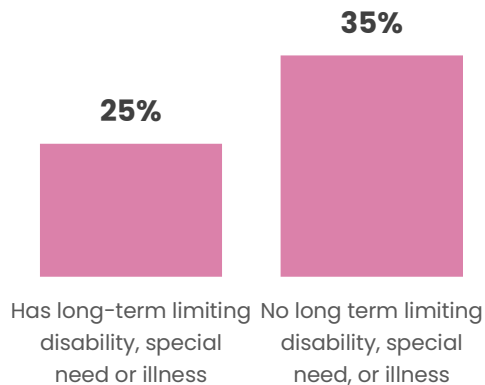
## Ethnicity

Secondary aged young people of Asian ethnicities were less likely to hold positive attitudes and those of Black and Mixed ethnicities were more likely compared to all secondary aged young people



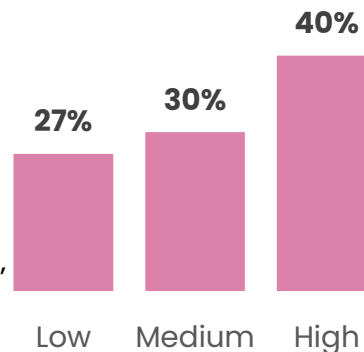
## Disability and long-term health conditions

Secondary aged young people with a disability were less likely to hold positive attitudes than those without a disability



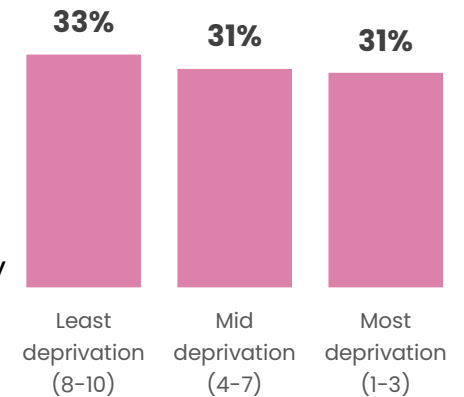
## Family Affluence Scale (FAS)

Secondary aged pupils from the 'high' affluence group had the most positive attitudes followed by those in the 'medium' group then the 'low' group



## IDAC1

There were no reportable differences in secondary aged young people's positive attitudes by level of deprivation

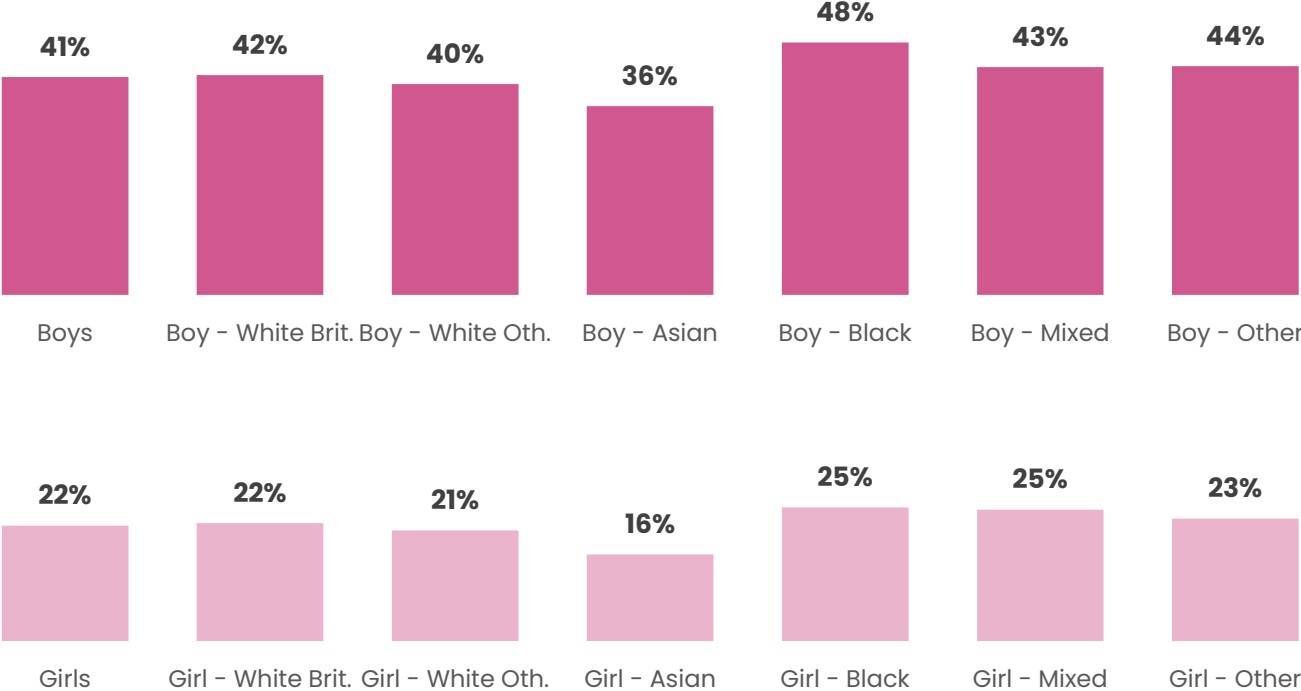


# 3+ positive attitudes

## Gender by ethnicity

Secondary aged boys of Black ethnicities were more likely to hold positive attitudes than all secondary aged boys. Those of Asian ethnicity were less likely.

Secondary aged girls of Black ethnicities were more likely to hold positive attitudes than all secondary aged girls. Those of Asian ethnicity were less likely.



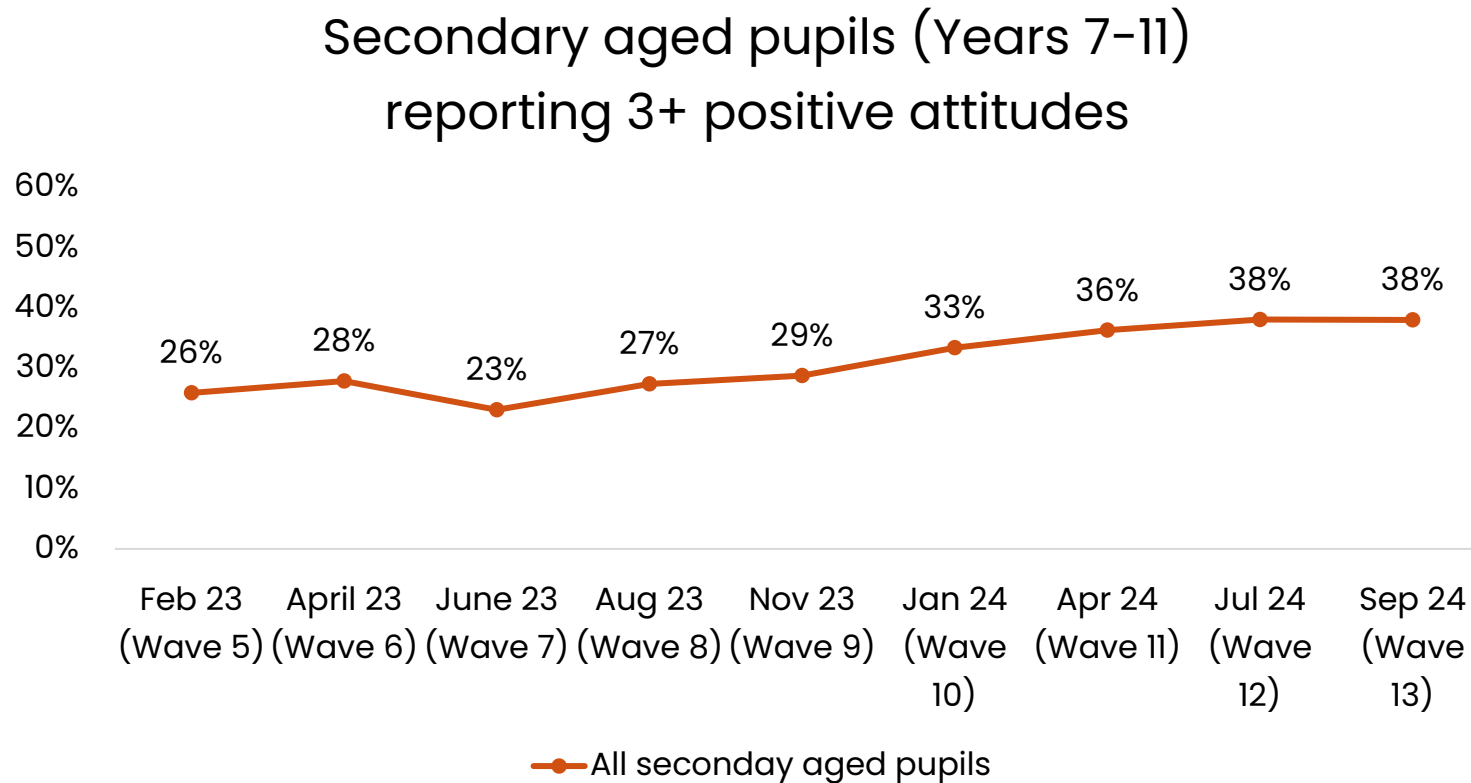
Secondary age

Years 7-11

**Activity Check-In Data**

# 3+ positive attitudes

- The number of positive attitudes reported has generally increased between Feb 2023 and Sep 2024.



**Note:** due to methodological differences values should not be compared with Active Lives, however this data does let us see relative changes within the last year