

Sport England CYP Active Lives Survey Review

September 2024 – July 2025

Released 04/12/2025

UK Chief Medical Officer's Guidelines

The UK Chief Medical Officer's physical activity guidelines released in September 2019, state:

“Children and young people (aged 5 – 18 years) should engage in moderate-to-vigorous intensity physical activity for an average of at least 60 minutes per day across the week. This can include all forms of activity such as physical education, active travel, after-school activities, play and sports.”



CYP Active Lives

This report presents information on three levels of activity:

- Active (an average of at least 60 minutes a day)
- Fairly active (an average of 30-59 minutes a day)
- Less active (less than an average of 30 minutes a day)

Physical activity both inside and outside of school includes:

- Dance
- Cycling
- Sporting activities
- Active play and informal activity
- Scooting
- Walking and fitness activities



CYP Active Lives

2024-25 figures for Northumberland and Tyne & Wear
Combined (excludes County Durham as no data available)

Active – 48.5% (England – 49.1%)

Fairly Active – 22.3% (England – 22.5%)

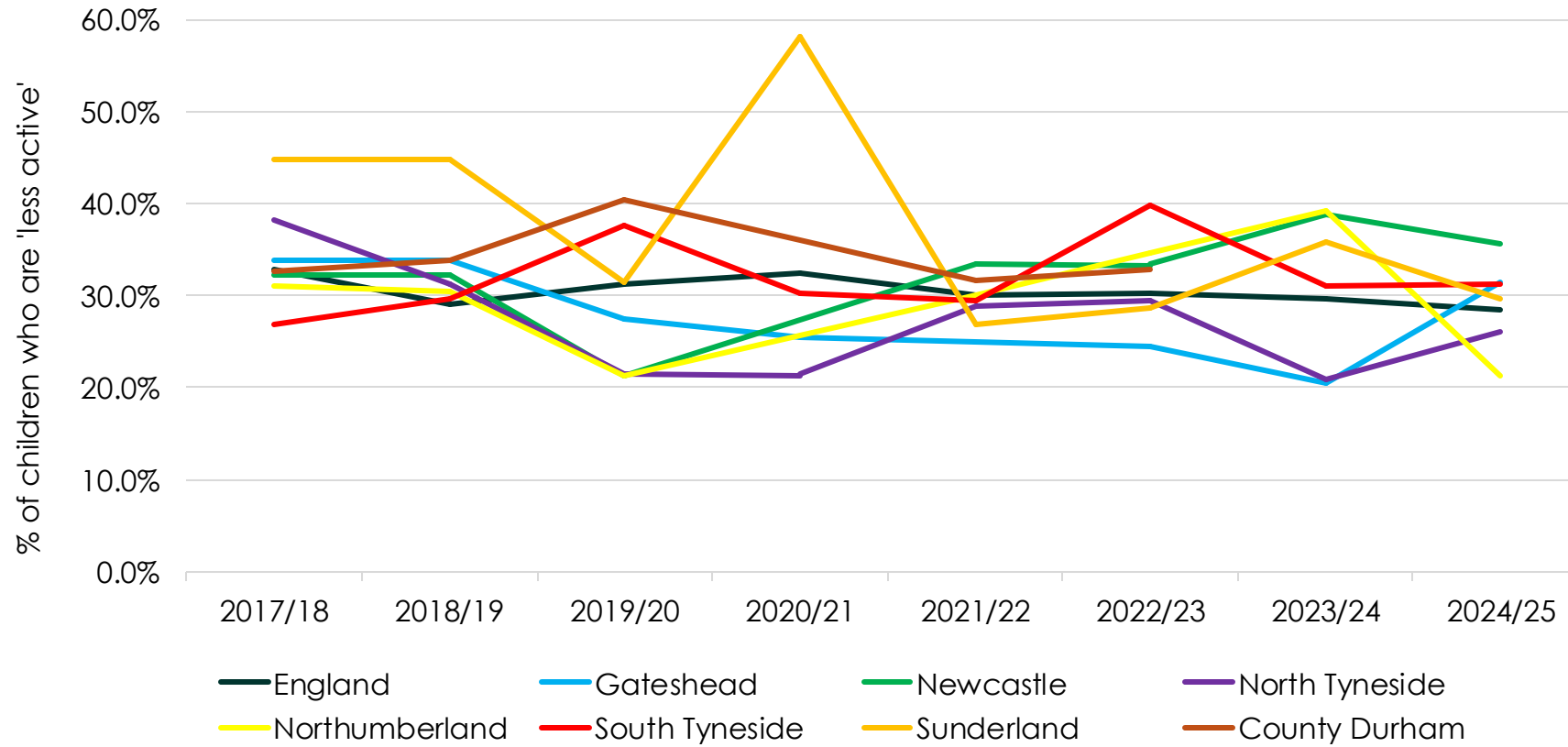
Less Active – 29.2% (England - 28.4%)

Northumberland and Tyne & Wear, during the year September 2024 to July 2025

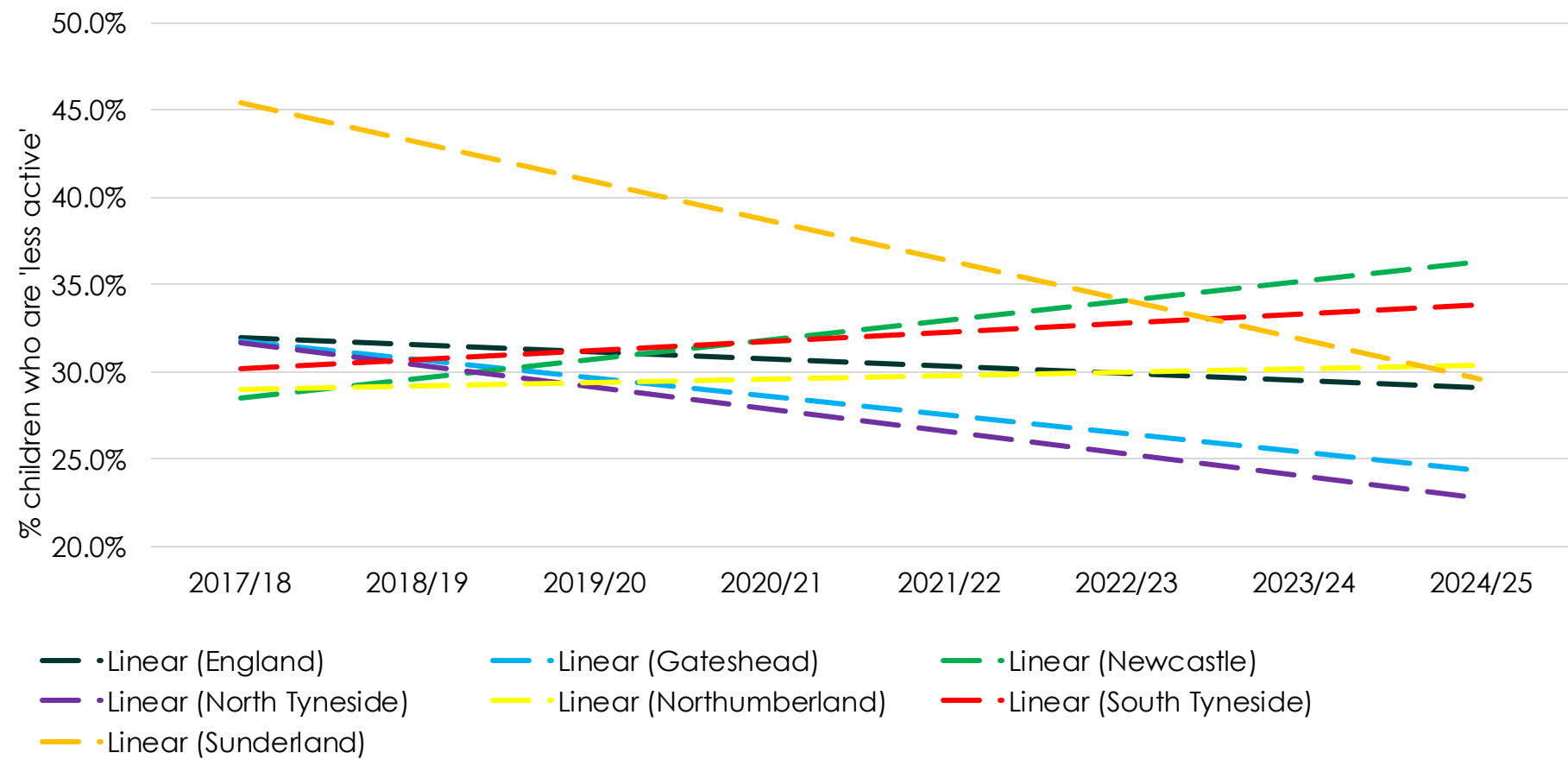
	England	County Durham	Gateshead	Newcastle	North Tyneside	Northumberland	South Tyneside	Sunderland
Active: >60 minutes per day	49.1%	Not available	43.0%	41.1%	49.3%	58.0%	48.2%	50.2%
Fairly Active: 30-59 minutes per day	22.5%	Not available	25.5%	23.3%	24.7%	20.8%	20.5%	20.1%
Less Active: <30 minutes per day	28.4%	Not available	31.5%	35.6%	26.0%	21.3%	31.3%	29.7%



Less Active (less than an average of 30 minutes of physical activity per day)



Trends for Less Active (less than an average of 30 minutes of physical activity per day)



County Durham is not included on this trend graph because data was not available for County Durham for 2020/21, 2023/24 or 2024/25

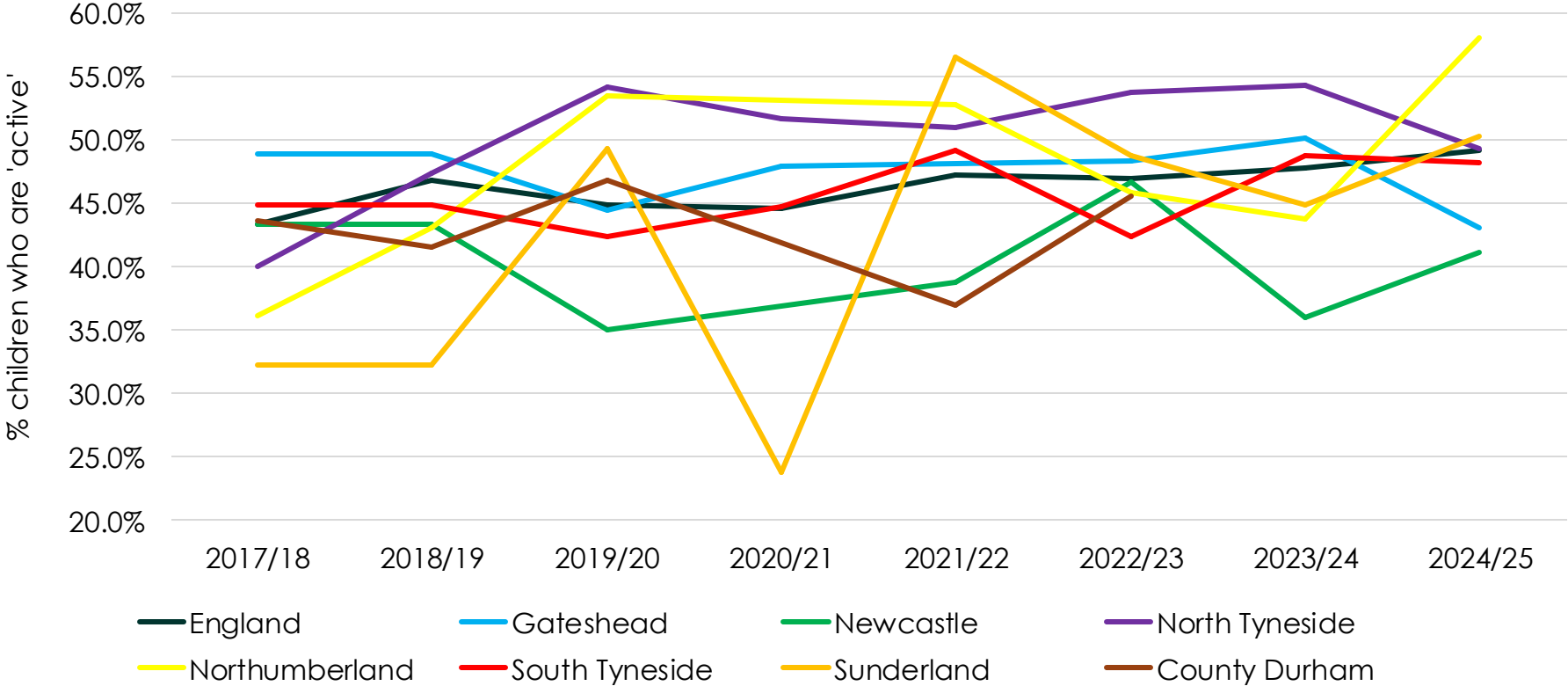


Less Active (less than an average of 30 minutes of physical activity per day)

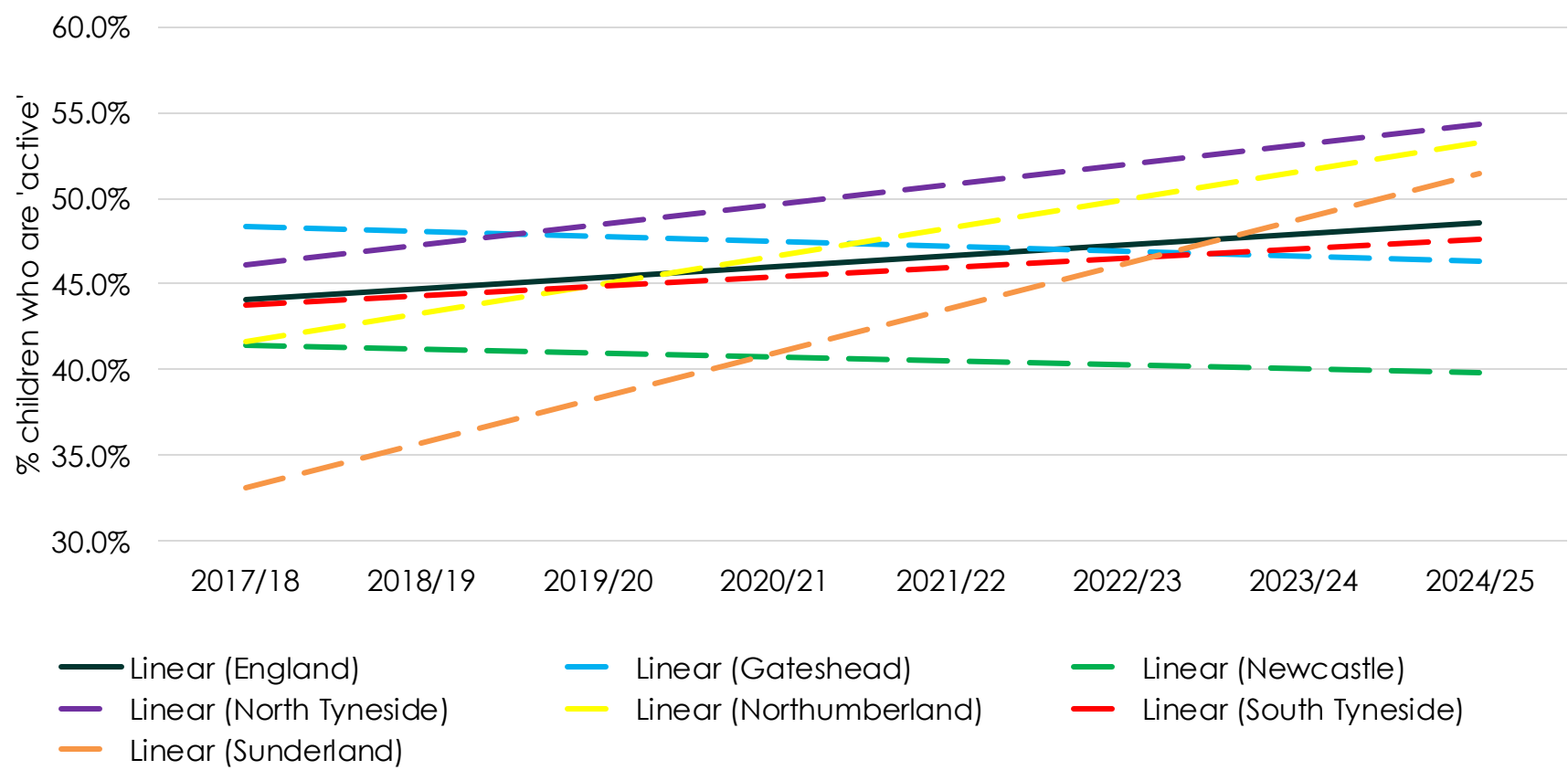
	2017/2018	2018/2019	2019/2020	2020/2021	2021/2022	2022/2023	2023/2024	2024/25
England	32.9%	29.0%	31.3%	32.4%	30.1%	30.2%	29.6%	28.4%
County Durham	32.6%	33.8%	40.4%	Not available	31.7%	32.9%	Not available	Not available
Gateshead	33.8%	33.8%	27.4%	25.5%	Not available	27.4%	20.5%	31.5%
Newcastle	32.3%	32.3%	21.3%	Not available	33.5%	33.4%	38.9%	35.6%
North Tyneside	38.3%	31.3%	21.5%	21.4%	28.8%	29.5%	20.9%	26.0%
Northumberland	31.0%	30.4%	21.2%	Not available	30.0%	34.6%	39.3%	21.3%
South Tyneside	29.6%	29.6%	37.6%	30.2%	29.5%	29.9%	31.0%	31.3%
Sunderland	44.7%	44.7%	31.4%	58.1%	26.9%	28.6%	35.8%	29.7%



Active (average of 60 minutes or more of physical activity per day)



Trends for Active (average of 60 minutes or more of physical activity per day)



County Durham is not included on this trend graph because data was not available for County Durham for 2020/21 , 2023/24 or 2024/25



Active (average of 60 minutes or more of physical activity per day)

	2017/2018	2018/2019	2019/2020	2020/2021	2021/2022	2022/2023	2023/2024	2024/2025
England	43.3%	46.8%	44.9%	44.6%	47.2%	47.0%	47.8%	49.1%
County Durham	43.6%	41.6%	46.8%	Not available	36.9%	45.6%	Not available	Not available
Gateshead	48.9%	48.9%	44.4%	47.9%	Not available	48.3%	50.1%	43.0%
Newcastle	43.3%	43.3%	35.0%	Not available	38.8%	46.6%	36.0%	41.1%
North Tyneside	40.0%	47.3%	54.1%	51.7%	51.0%	53.8%	54.3%	49.3%
Northumberland	36.1%	43.0%	53.5%	Not available	52.7%	45.8%	43.8%	58.0%
South Tyneside	44.9%	44.9%	42.4%	44.7%	49.1%	42.4%	48.8%	48.2%
Sunderland	32.3%	32.3%	49.3%	23.8%	56.5%	48.8%	44.9%	50.2%



Significant Changes – Local

Sport England's analysis identifies the following changes are statistically significant:

COUNTY DURHAM

Data not available

GATESHEAD

A significant increase in 'less active' children in Gateshead in the last 12 months

NEWCASTLE

No statistically significant changes

NORTH TYNESIDE

A significant increase in 'active' children in North Tyneside since 2017/18

A significant decrease in 'less active' children in North Tyneside since 2017/18

NORTHUMBERLAND

A significant increase in 'active' children in Northumberland since 2017/18

A significant decrease in 'less active' children in Northumberland since 2017/18

A significant increase in 'active' children in Northumberland in the last 12 months

A significant decrease in 'less active' children in Northumberland in the last 12 months

SOUTH TYNESIDE

No statistically significant changes

SUNDERLAND

A significant increase in 'active' children in Sunderland since 2017/18

A significant decrease in 'less active' children in Sunderland since 2017/18



Local Summary

The percentage of children who are **'active'** is above national average in:

- North Tyneside
- Northumberland
- Sunderland*

The percentage of children who are **'less active'** is above national average in:

- Gateshead
- Newcastle
- South Tyneside
- Sunderland*

*Note – Sunderland has both above national average levels of activity, and above national average levels of inactivity, with just 20.1% of children 'fairly active'.

Note – Data was not available for County Durham for 2020/21, 2023/24, and 2024/25

National Summary

- Compared to 12 months ago, there are 1.3% more active children and young people in England
- Compared to 2017/18, 5.8% more children are active
- Children in school years 3-4 are least likely to be active (42%)
- Boys (52%) are more likely to be active than girls (46%)
- Children from the least affluent families are less active (45%) than those from the most affluent families (58%)
- A similar proportion of children with disabilities are active (49%) compared to children without disabilities (50%)
- Children from Black (41%), Asian (43%), and 'Other' ethnicities (42%) are less active than children from White British (51%), Mixed (52%) or 'White Other' (53%) ethnicities.

For more information

More information is available here: [Active Lives data tables](#)

The latest Active Lives Children & Young People Report is in the Rise Research Library here: [Active Lives Children and Young People Survey - academic year 2024-25 report-.pdf](#)