

**STREET
GAMES**

Changing young people's lives through sport



CHILDREN & YOUNG PEOPLE

AFFLUENCE & ACTIVITY

**SOURCE : SPORT ENGLAND ACTIVE LIVES CHILDREN
AND YOUNG PEOPLE SURVEY**

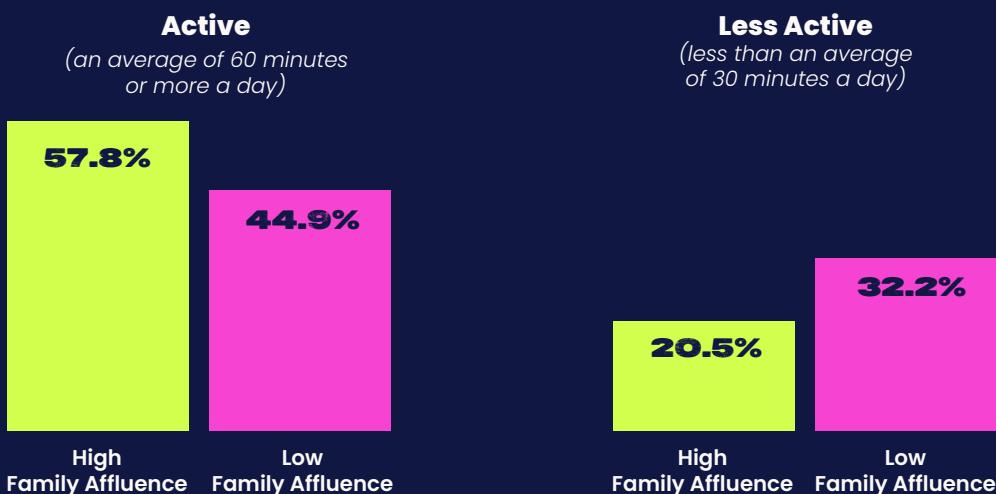
ACADEMIC YEAR 2024-25

INTRODUCTION

This summary draws on the latest findings from Sport England's 2024/25 Active Lives Children and Young People survey which shows significant disparities between children and young people (CYP) from low and high affluence families across a range of indicators – including physical activity, volunteering, swimming ability, sport spectating, physical literacy, and wellbeing.

The data reveals persistent and sometimes stark inequalities, reinforcing the need for targeted, accessible opportunities that reach those who stand to benefit most.

SPORT AND PHYSICAL ACTIVITY LEVELS



Children and young people from high affluence families are significantly more likely to meet recommended daily activity levels, with **57.8%** achieving 60+ minutes a day compared to **44.9%** of those from low affluence families – a gap of 12.9 percentage points.

Conversely, low affluence CYP are more likely to be classed as 'less active' (under 30 minutes/day), at **32.2%**, compared to **20.5%** of their more affluent peers – an 11.7 percentage point gap. These inequalities point to structural differences in access, opportunity and support to be active, especially outside of school settings.

SWIMMING CAPABILITY

can swim 25m unaided

The proportion of children and young people from **high family affluence families** that can swim 25m unaided:



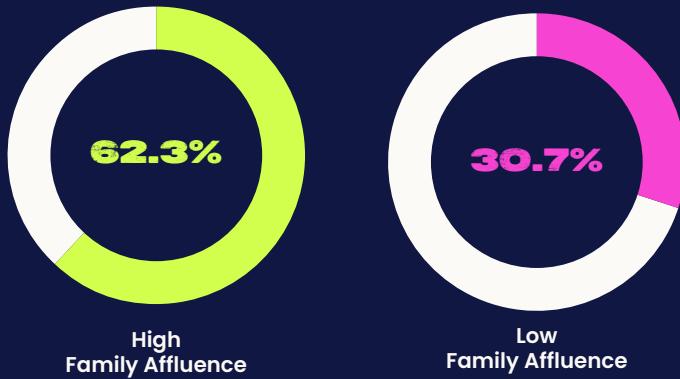
The proportion of children and young people from **low family affluence families** that can swim 25m unaided:



A substantial **83.3%** of CYP from high affluence families can swim 25 metres unaided compared with just **37.5%** from low affluence families, resulting in a 45.8 percentage point gap. This stark inequality emphasises how affordability and access to structured lessons can shape fundamental physical skills.

SPECTATING

Attended 2+ live sports events in the last 12 months

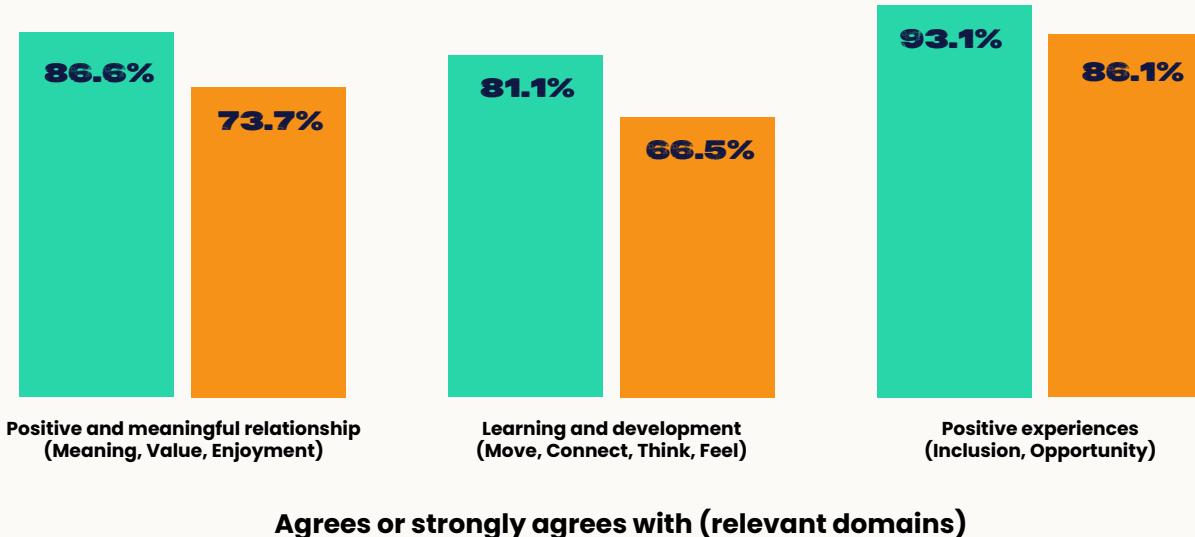


Over six in ten CYP from high affluence families (**62.3%**) have attended two or more live sport events in the past year, compared with **30.7%** from low affluence families, a 31.6 percentage point gap. Beyond fun, this can reflect broader inequalities in cultural exposure to sport and community engagement opportunities.

PHYSICAL LITERACY

Physical literacy is a way of describing a person's relationship with sport and physical activity. The Active Lives Survey captures a variety of data on positive attitudes and opportunities to be active, that combine to provide a good indicator of a person's relationship with sport and physical activity.

High Family Affluence Low Family Affluence



A higher percentage of children and young people from high affluence families agree with all of the domains of physical literacy.

- **86.6%** of high affluence CYP agree they have positive and meaningful relationships, compared to **73.7%** of low affluence CYP.
- For learning and development, the gap is even wider: **81.1%** vs **66.5%**.
- And **93.1%** of high affluence CYP agree they have positive experiences through sport and physical activity, compared to **86.1%** of those from low affluence families.

This matters, because those who have a positive relationship in each of these themes are more likely to be active than those who don't – the more domains they strongly agree with, the better.

WELLBEING

Happiness, life satisfaction and feeling that life is worthwhile

(measured on a scale of 0 to 10 where 0 is not at all and 10 is completely)

High Family Affluence Low Family Affluence

Happiness - "How happy did you feel yesterday?"



CYP from high affluence families report higher average happiness (**7.23**) than those from low affluence families (**6.67**), a gap of 0.56 points on a 0–10 scale.

Life Satisfaction - "Overall, how satisfied are you with your life nowadays?"



Life satisfaction is higher among CYP from high affluence families (**7.12**) than low affluence families (**6.19**), with a 0.93 point gap.

Worthwhile - "To what extent are the things you do in your life worthwhile?"



CYP from high affluence families rate things they do in their life as more worthwhile on average (**7.31**) than those from low affluence families (**6.35**), a 0.96 point gap.

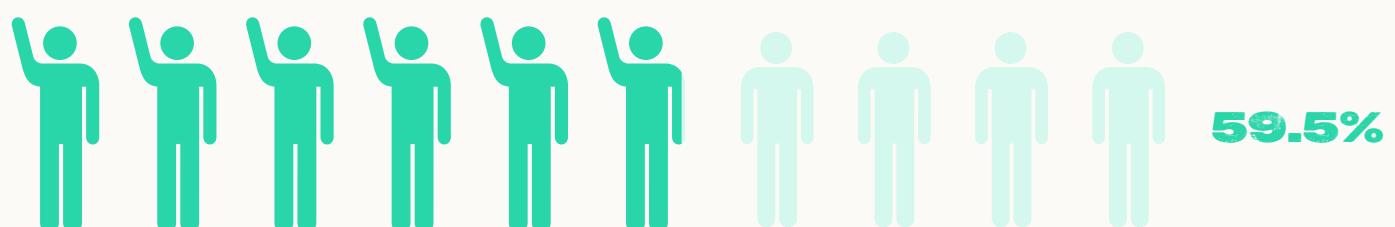




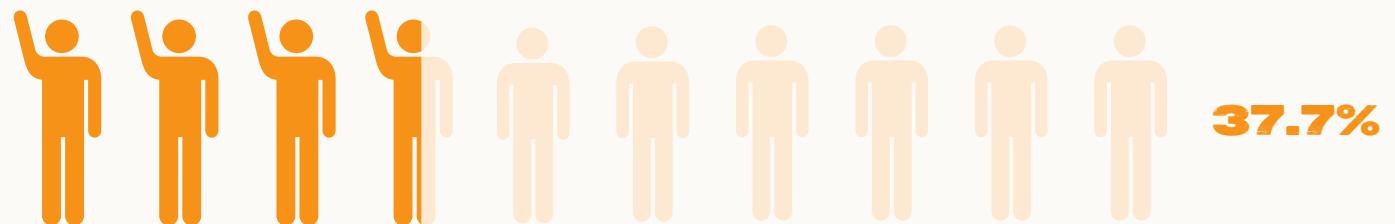
VOLUNTEERING

Taken part in volunteering to support sport or physical activity in the last 12 months

Children and young people from **high family affluence families** that have taken part in volunteering to support sport or physical activity in the last 12 months:



Children and young people from **low family affluence families** that have taken part in volunteering to support sport or physical activity in the last 12 months:



Young people from higher affluence families (**59.5%**) are significantly more likely to have taken part in volunteering than those from low affluence families (**37.7%**), reflecting wider inequalities in access to leadership and development opportunities.

SUMMARY

Across all indicators, the data shows significant disparities by family affluence – from activity levels and physical literacy to wellbeing and wider experiences of sport (such as volunteering and spectating).

These gaps reflect deeper inequalities in access, opportunity and lived experience. Structured environments like swimming lessons or attending live sport events are more common among high affluence CYP.

The data reinforces the need for targeted action to reduce barriers and support positive physical, social and emotional outcomes for all CYP – especially those from underserved communities.