

**STREET
GAMES**

Changing young people's lives through sport



DOORSTEP SPORT

PARTICIPANT SURVEY

2025/26

www.streetgames.org

A registered charity

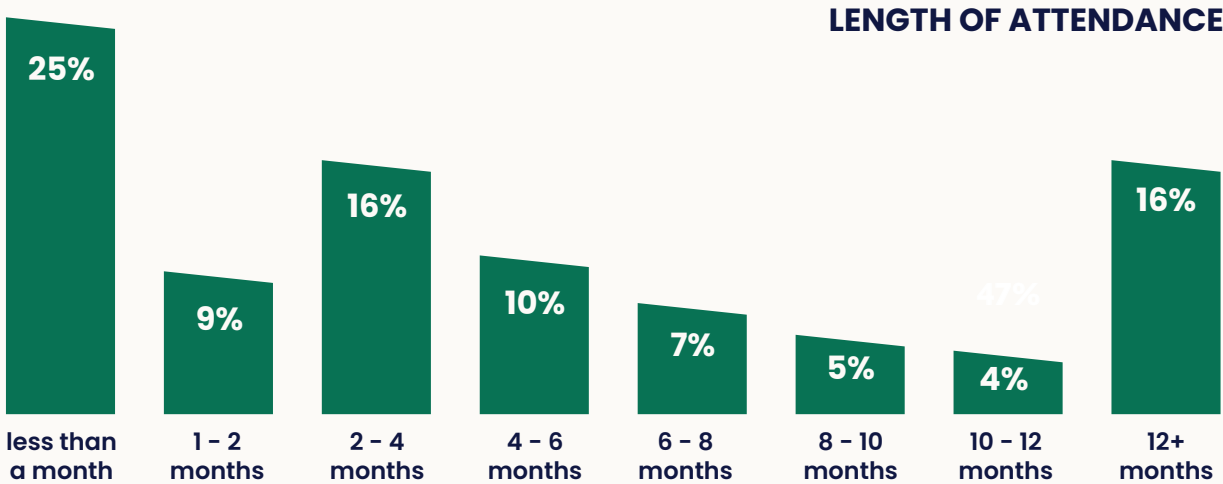
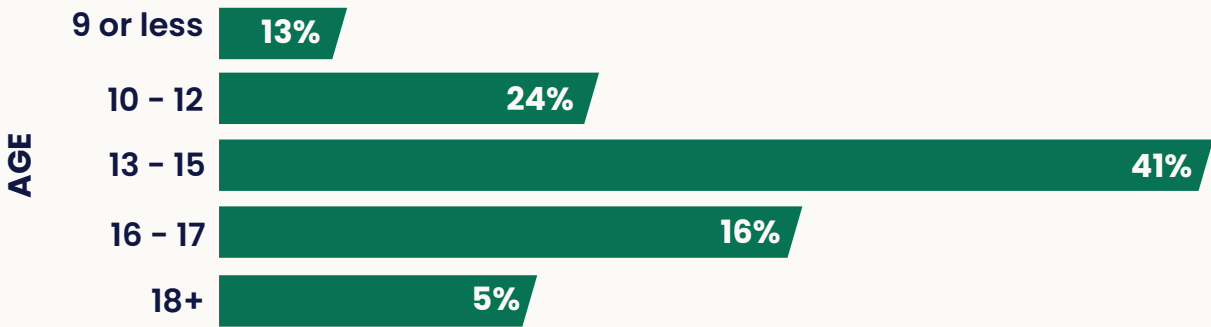
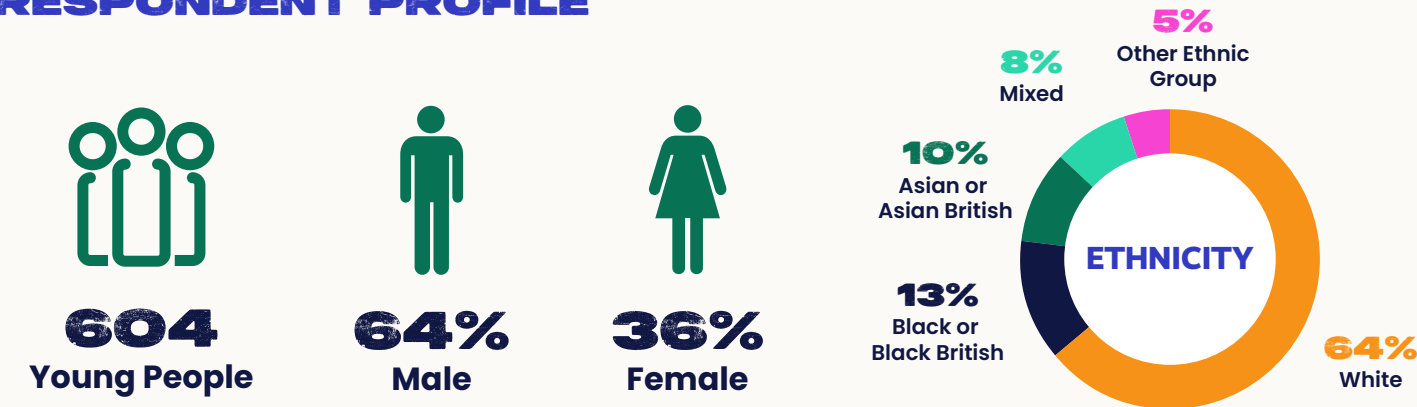
INTRODUCTION

At StreetGames we are always keen to learn more about the most important part of our work: the young people. As such, we look to gather feedback from young people through a variety of methods, including undertaking visits to sessions to observe activities and speak informally with young people, volunteers and coaches as well as undertaking interviews and surveys.

This document presents a summary of the aggregated data from surveys captured from young people attending 13 different doorstep sport interventions delivered by community partners operating in areas of high deprivation during 2025-2026.

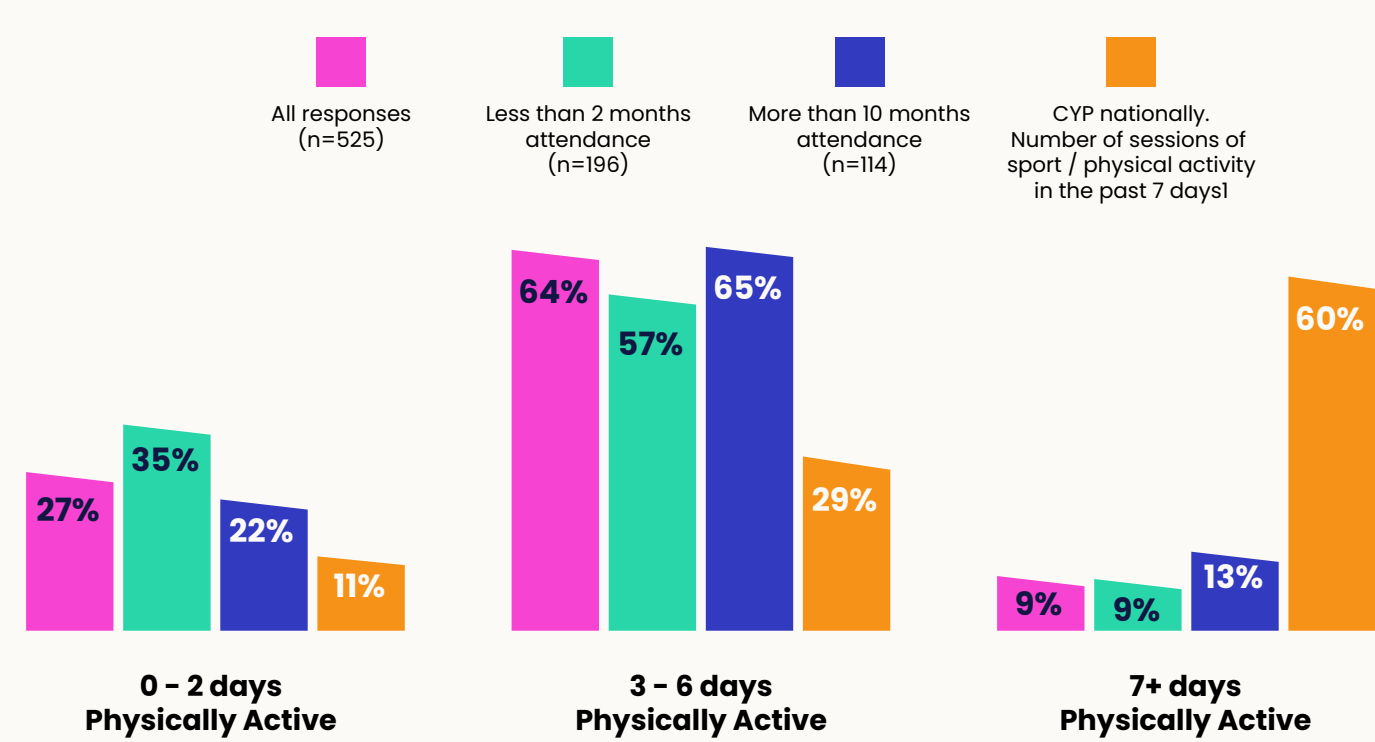
The surveys were designed to capture insights across a range of key outcomes, including physical activity levels, personal wellbeing, individual development, socio-emotional skills, as well as providing young people with the opportunity to share their views about the Doorstep Sport sessions. The survey used nationally validated questions to measure many of the outcomes.

RESPONDENT PROFILE



ACTIVITY LEVELS

We were keen to explore participant’s activity levels, we therefore asked participants as part of the survey to share: IN THE PAST WEEK, on how many days have you done a total of 30 minutes or more of physical activity? (i.e. using the single item physical activity measure)



The results show that many of the young people have low activity levels prior to/when they start attending doorstep sport sessions – illustrated by the fact that 35% of those who have been attending for less than two months are physically active for 30 minutes on just 0–2 days per week and very few (9%) are active for 30 minutes or more 7 days a week.

However, amongst those who have been attending for 10 months or longer the results show much higher activity levels – with 65% active on 3–6 days, 13% being active on 7 days or more and just 22% being active on 0–2 days per week. Highlighting a positive association between attending doorstep sport sessions and increased activity levels over time.

Using data captured in Sport England’s activity check-in, which asks a similar question in terms of the number of sports/physical activity sessions children and young people nationally have undertaken in the previous 7 days¹, it can be seen that young people who attend doorstep sport sessions tend to be physically active on fewer days per week – with most undertaking activity on between 3–6 days per week.

However, these results also reflect that doorstep sport sessions are successfully engaging young people who are typically less active, including those from low-affluence backgrounds who are less likely to meet recommended activity levels. This highlights the important role of these sessions in reaching and supporting those who may otherwise face the greatest barriers to participation and in enabling them to be physically active/take part in sport – with over half (52%) of respondents also indicating that they do more than half of their activity at these sessions.

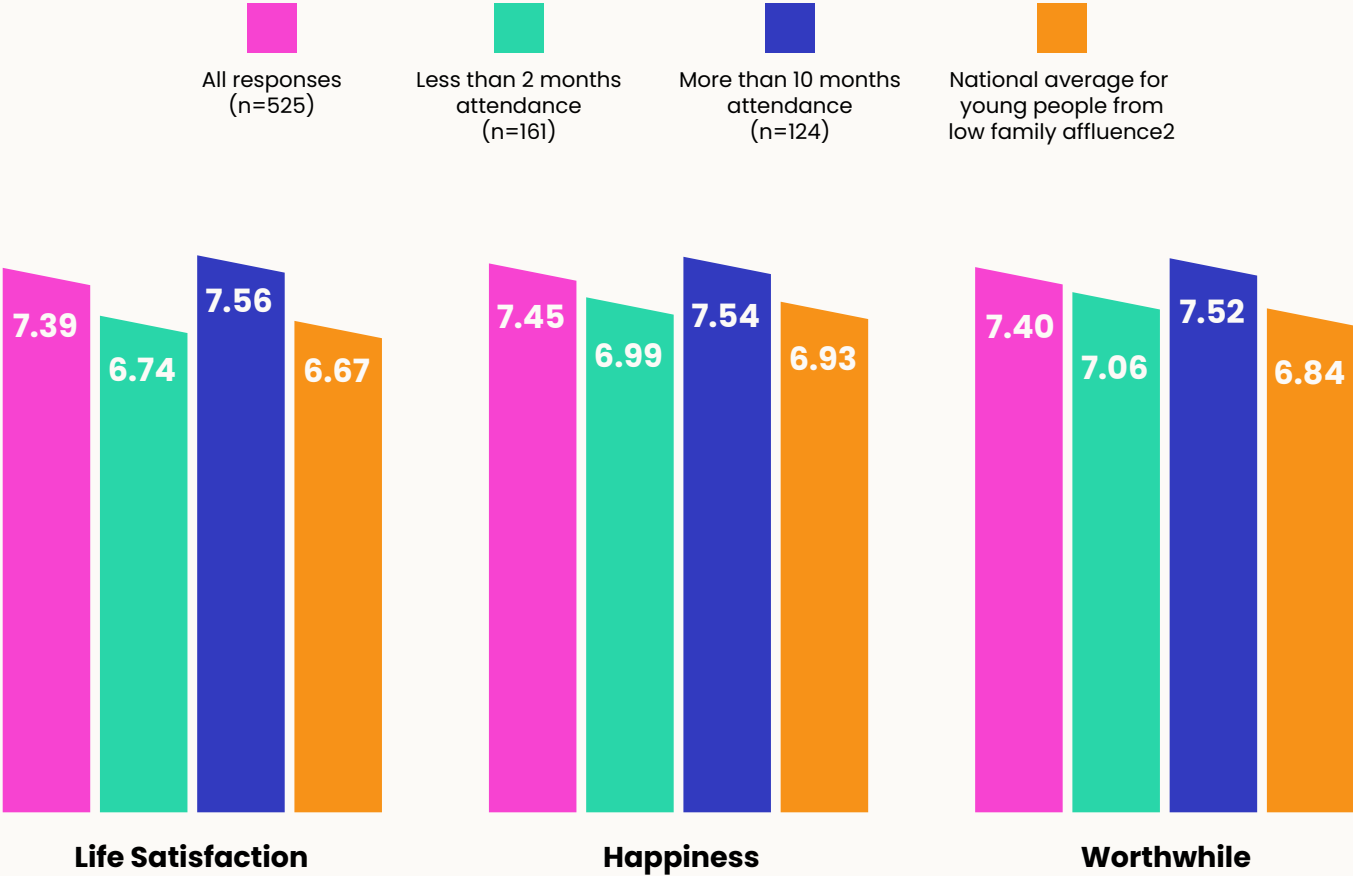
¹) Source: Sport England Activity Check-in 2025 (Waves 15–19)

Sport England Activity Check-in measures number of sessions in the past 7 days, whereas StreetGames surveys capture the number of days with 30+ minutes of activity. Comparisons should therefore be interpreted with caution.

MENTAL WELLBEING

The participant surveys also include questions from the Active Lives Survey and the Office for National Statistics (ONS) that relate to subjective well-being and individual development.

To measure respondents’ personal wellbeing, we include three ONS wellbeing questions that ask participants to respond to a set of questions on a scale from 0 to 10 where 0 is “not at all” and 10 is “completely” relating to happiness, life satisfaction and feeling things in their life are worthwhile. The chart below shows average scores for participants compared to average scores for young people nationally from low affluence families.



The chart above shows that participants in Doorstep Sport sessions consistently report higher wellbeing scores than the national average for young people from low-affluence families across all three measures.

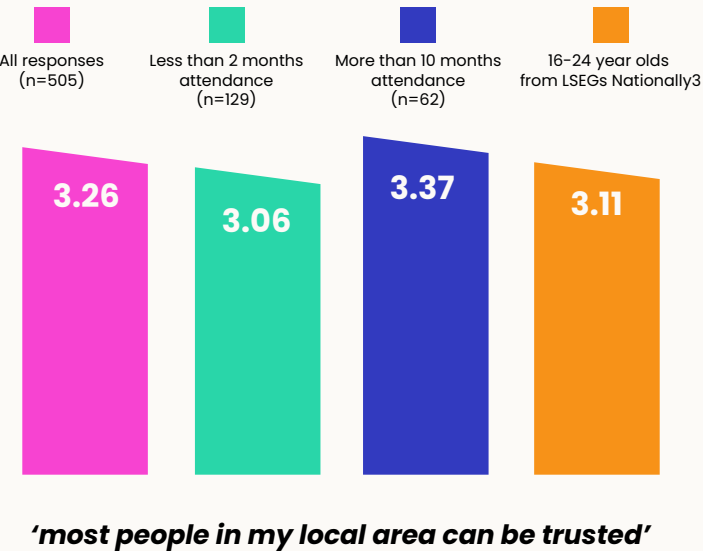
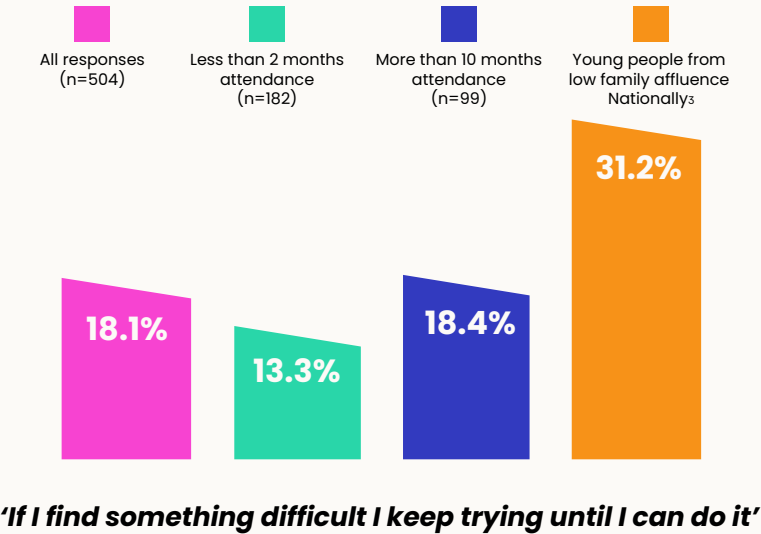
When looking at responses by length of attendance, there is a clear upward trend; those who have been involved for more than 10 months score higher across all wellbeing measures compared to those who have attended for less than 2 months. This suggests that longer-term engagement is likely to have a positive impact on young people's wellbeing. Across all three measures, average scores from early-stage participants are already above the national average and increase further among those with over 10 months of participation, highlighting the added value of sustained engagement.

To measure respondents' individual development/resilience, the surveys also include two questions from the Sport England Active Lives Surveys.

2) Source: Sport England Active Lives Children & Young People Survey, Academic Year 2024-25

Participants are asked to indicate how strongly they agree or disagree with two statements. The results for the statement "If I find something difficult, I keep trying until I can do it" are presented as the proportion of respondents who strongly agreed. For the statement 'most people in my local area can be trusted' an average score is calculated, with 5 representing "strongly agree" and 1 representing "strongly disagree."

The data shows that participants in Doorstep Sport sessions report lower levels of strong agreement with the statement "If I find something difficult, I keep trying until I can do it" compared to the national average for young people from low-affluence households. However, a positive increase is visible when comparing responses by length of attendance, with those who have been attending for longer more likely to strongly agree. This suggests that continued engagement in the sessions may support the development of perseverance and resilience over time.



For the statement "most people in my local area can be trusted," on average, participants report slightly higher levels of agreement overall to the national benchmark. When broken down by length of attendance, there is a clear upward trend, with those attending for more than 10 months reporting higher levels of trust compared to those attending for less than 2 months. This indicates that longer-term involvement in Doorstep Sport sessions may help to strengthen young people's sense of trust in others and belonging in their local communities.



3) Source: Sport England Active Lives Adults Nov 2024-2025
4) Source: Sport England Active Lives Children & Young People Survey, Academic Year 2024-25

SOCIO-EMOTIONAL SKILLS

The Youth Report of Socio-emotional Skills (YRSS) is used to measure young people’s socio-emotional skills. YRSS is a self-report survey used to assess young people’s functional mental and behavioural skills (i.e. how they feel and behave in life) in terms of Emotion Management, Empathy, Problem Solving, Initiative, Teamwork, & Responsibility.

YRSS measures this by asking how they think, feel and behave in different situations, not just the youth provision setting but also their home, community or school. StreetGames participant surveys incorporated the 24 core YRSS items, each rated on a 5-point scale, with higher scores indicating more positive socio-emotional functioning.

These questions were included on some of the participant surveys undertaken over the past year – used typically on interventions where we are working with partners from the community safety / youth justice sectors who are particularly interested in understanding the development of pro-social behaviours amongst young people attending doorstep sport sessions.



The chart shows that participants in Doorstep Sport sessions report improvements across all YRSS domains over time, with those attending for more than 10 months consistently scoring higher than those with less than 2 months of participation. While all areas show positive change, the largest improvements are seen in Teamwork and Problem Solving. Responsibility has the highest score both at 10 months+ and overall, highlighting strengths in this area among participants.

FEEDBACK

Feedback from young people continues to highlight their strong appreciation of the sessions for being free of charge, local, and easy to access. Many participants emphasised the importance of having a consistent, welcoming space where they can take part in sport and physical activity, often describing the sessions as something reliable they can look forward to each week.

A key theme across responses is the value placed on relationships – both with peers and trusted adults. Young people frequently spoke about making friends, feeling part of a community, and building positive connections with coaches who listen, understand and support them. This support extends beyond sport, with many participants highlighting help with personal challenges, education and mental health as an important part of their experience.

The sessions are also valued as safe and positive environments that provide structure, purpose and a break from other pressures. Young people described benefits including improved confidence, feeling happier and more motivated, and having opportunities to develop new skills, stay active and work towards personal goals. Together, these findings highlight the important role doorstep sport plays not just in increasing activity levels, but in supporting wider wellbeing, personal development and a sense of belonging.

WHAT DO YOU LIKE MOST ABOUT THESE SESSIONS?



"The fact that anyone can play, no matter their ability"

"How welcoming people are, no egos just playing"

"The fact that it's the same staff every week"

"It gets me out my house more"



WHAT KEEPS YOU COMING BACK TO THESE SESSIONS?

"I've made real friends and they keep me coming back"

"It keeps me focused and busy"

"It's part of my routine now"

"The sessions are always there every week"

WHAT DO YOU GET OUT OF ATTENDING?



"I feel better and stronger and I make friends"

"It's a release from everyday life"

"I feel more confident in myself and meet new people"

"It gives me something to do and keeps me out of trouble"

"I get to talk to people about my life and struggles"

"It helps me stay focused and not get into more trouble"

"It's one of a few places that I trust"

SURVEY NOTES

Please note, that not all of the surveys collected data across every outcome area, so the charts in this document indicate the number of responses for each domain to provide clarity on coverage.

In some projects, young people complete multiple surveys at different stages of their participation to help track changes over time. As a result, the data presented below reflects the total number of survey responses rather than the number of individual respondents. Please note that this means some individuals may be represented more than once in the aggregated results. To illustrate change over time, responses from less than 2 months and after 10 months of participation are included separately.