

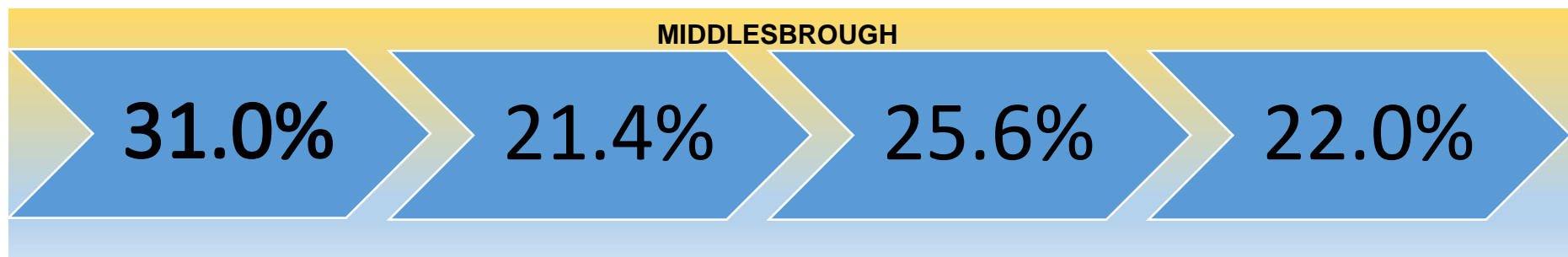
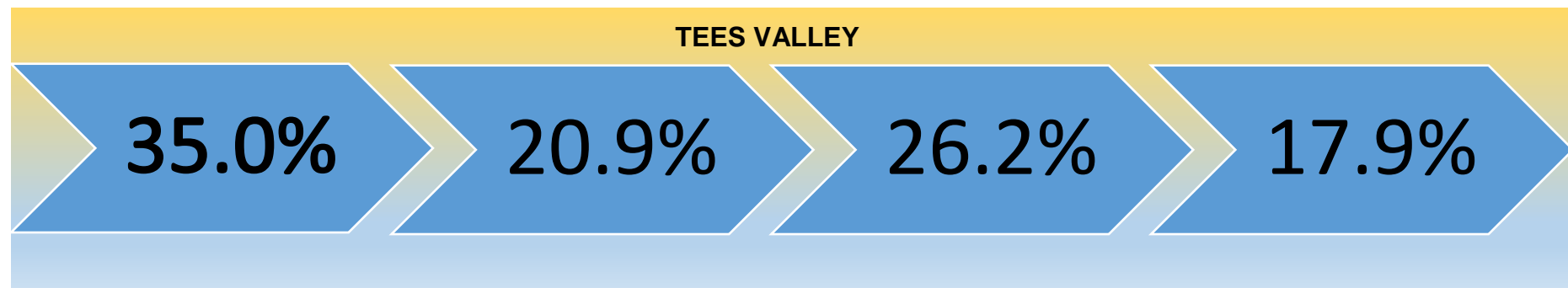
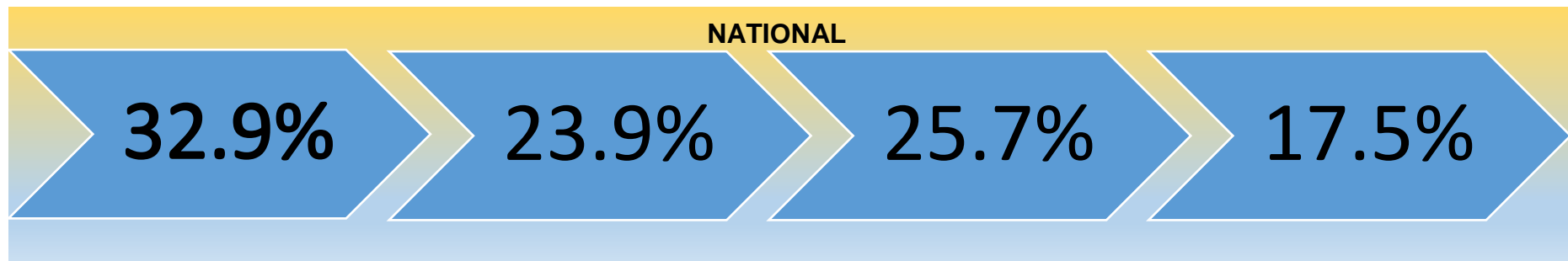
MIDDLESBROUGH Sport and Physical Activity Levels
(Children and Young People in schools years 1-11) Academic Year 2017/18
December 2018 (300 participants)

LESS ACTIVE
Less than an average of 30
minutes a day

FAIRLY ACTIVE
An average of 30-59 minutes
a day

ACTIVE ACROSS THE WEEK
An average of 60+ minutes a
day but not every day

ACTIVE EVERY DAY
60+ minutes every day



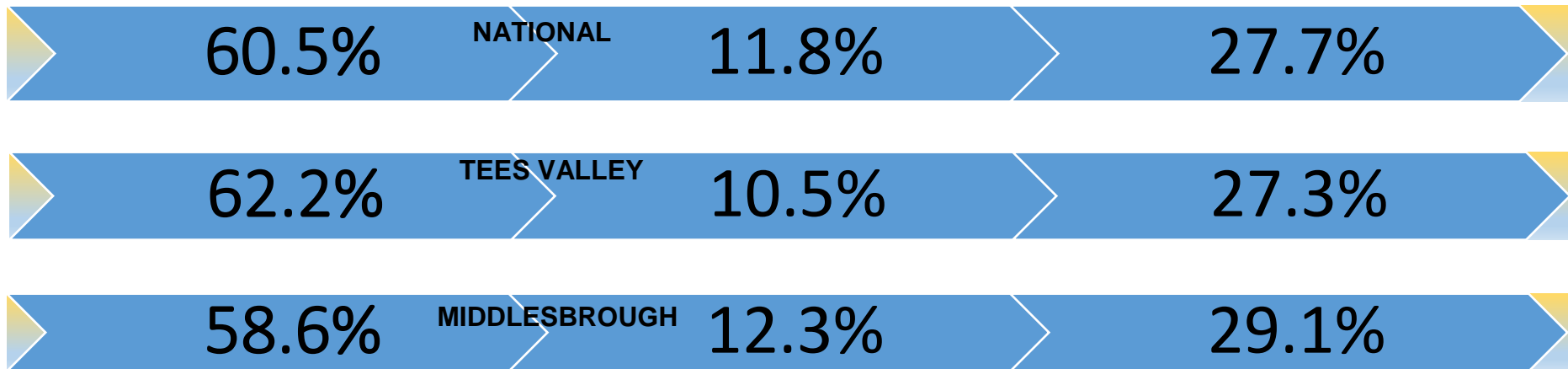
MIDDLESBROUGH

Less active (less than an average of 30 minutes a day)

An average of 30 minutes or more a day but not every day

30 minutes or more every day

At School



Outside School

