

Designing for Movement

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Young People

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Our ambition

Positive Experiences for Children and Young People

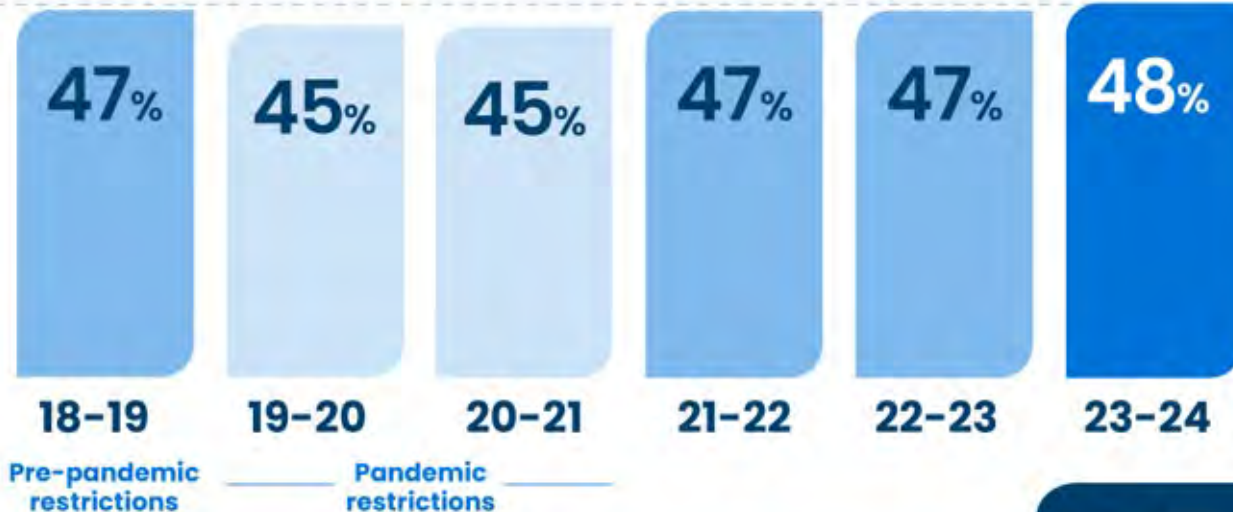
We want **every** child and young person to experience the **enjoyment** and **benefits** that being active can bring. Their **needs, expectations** and **safety** should come **first** in the design and delivery of activity.

Activity levels remain unchanged over the last two years



48%

of children and young people are active*.

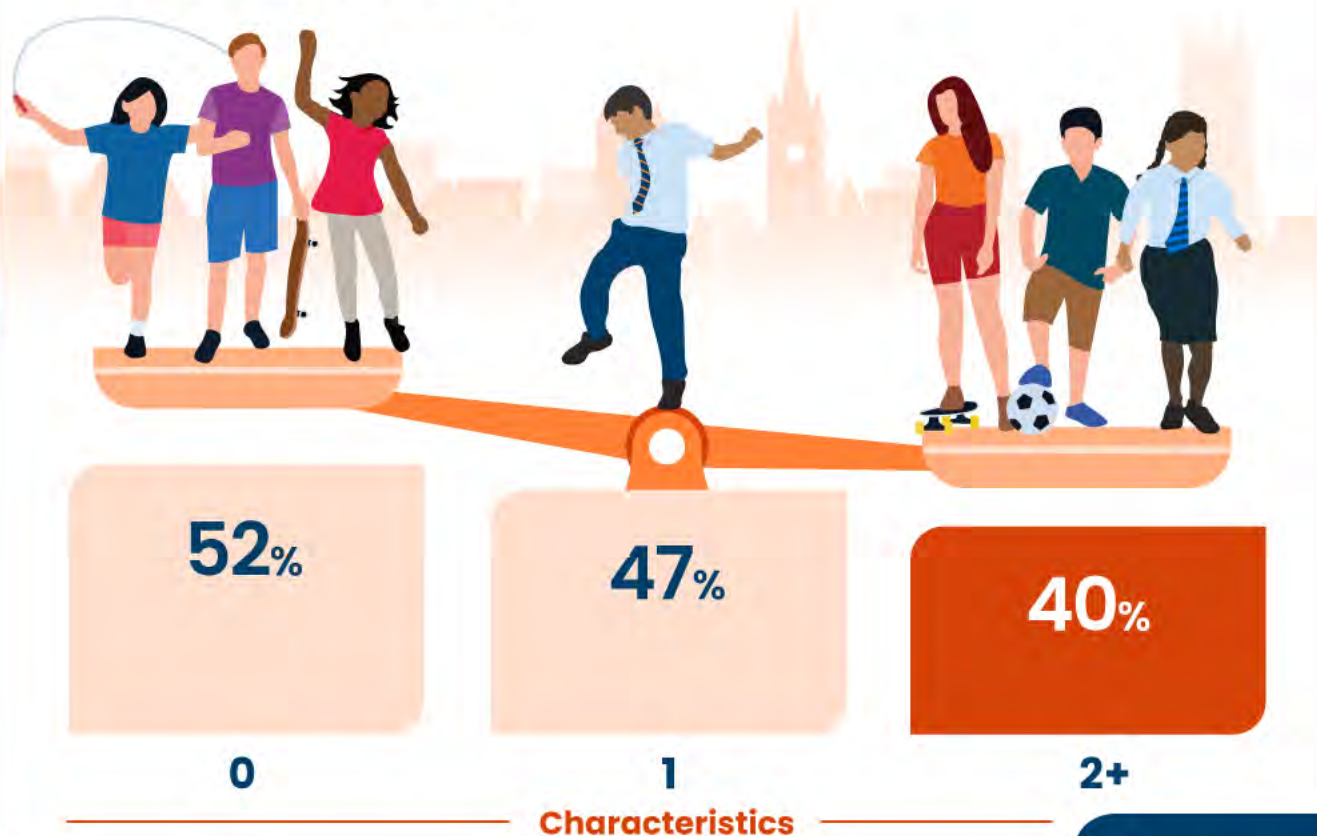


Broken down further;

- **In Year 1-2: 53% of young people are active.**
- **In Year 3-6: 44% of young people are active.**

* Taking part in sport and physical activity for an average of 60+ minutes a day.
Source: Active Lives Children and Young People Academic Year 2023-24

Children and young people with **two or more characteristics of inequality** are the **least likely** to be active.



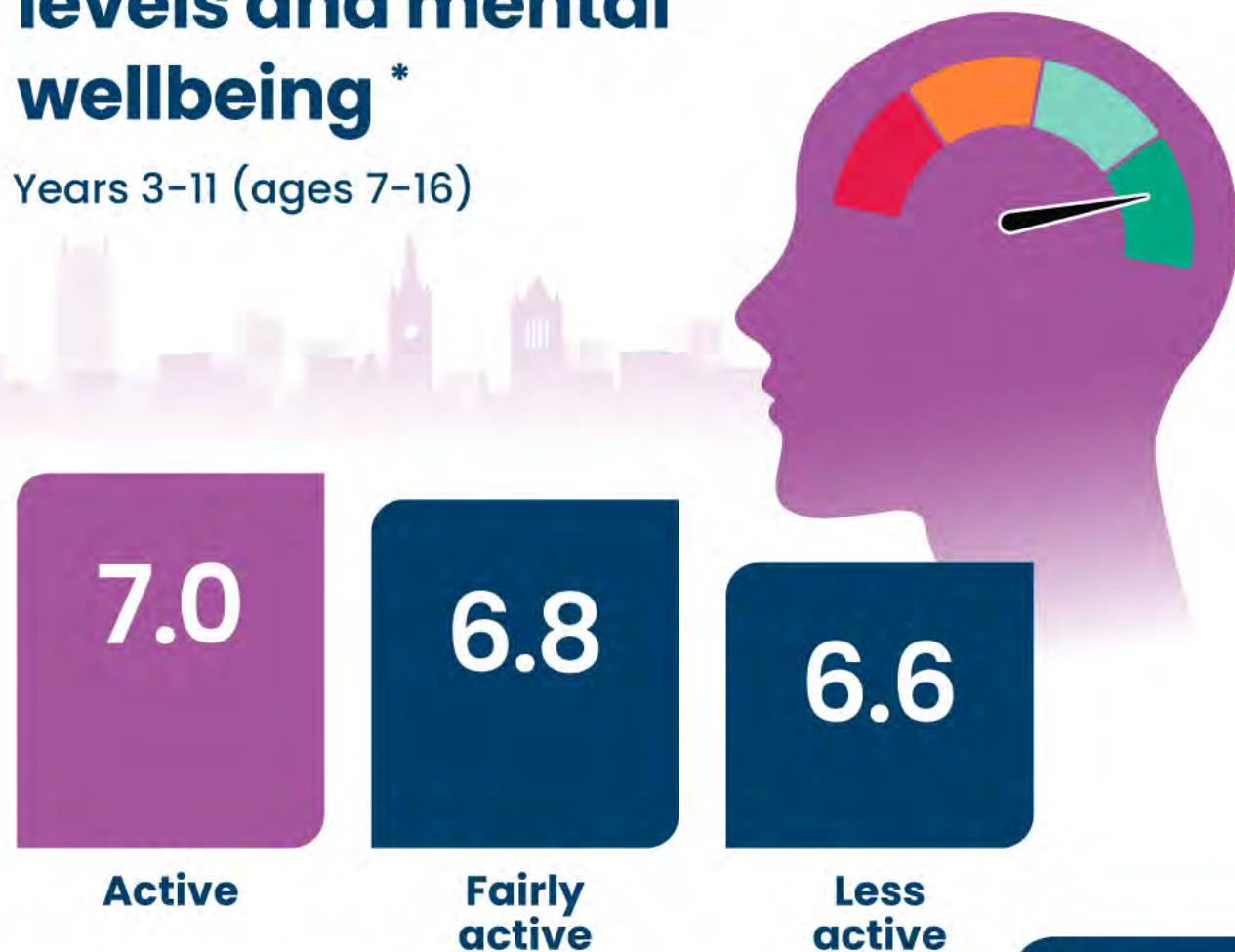
Characteristics of inequality*;

- Low family affluence
- Girls
- Black ethnicity
- Asian ethnicity
- Lack of access to parks, fields or open spaces (secondary)
- Other gender (secondary)

* There may be other priority audiences who are less likely to be active in your area, for example disabled children and young people. We'd encourage you to use local insight and lived experience.

We continue to see a positive association between activity levels and mental wellbeing *

Years 3-11 (ages 7-16)



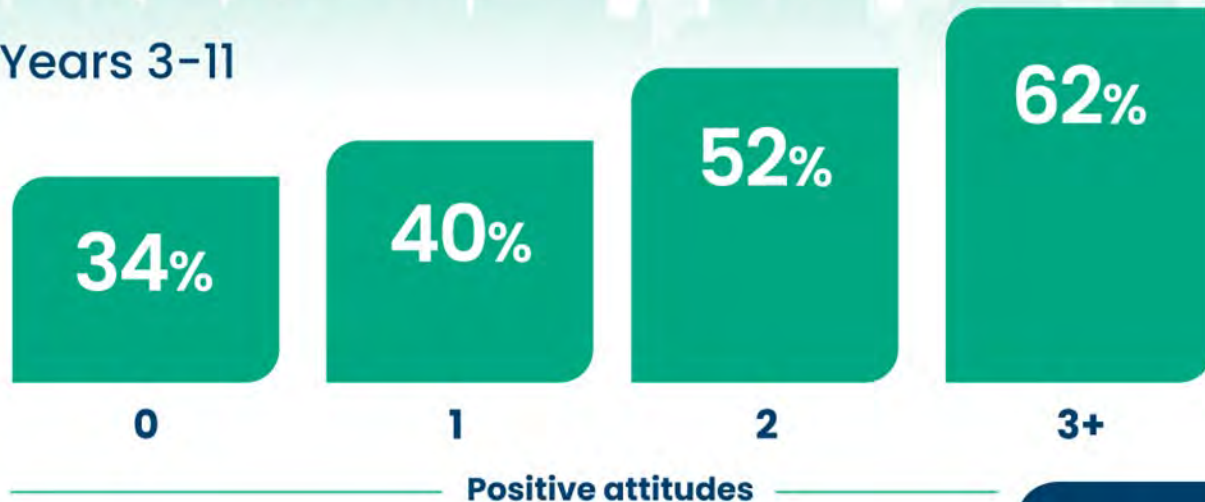
There's also a positive association between levels of activity and other outcomes;

- Individual development (I keep trying if something is difficult).
- Community development (I trust people of a similar age to me).

Those with a greater number of positive attitudes towards sport and physical activity are more likely to be active than those with no positive attitudes*.



Years 3-11



THE ENJOYMENT GAP....

49% of children and young people

32% of adults

Physical literacy is our relationship with movement and physical activity throughout life.

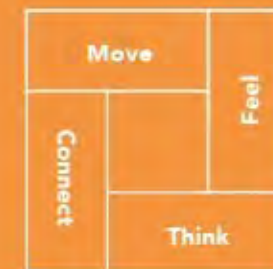
A personal relationship

Having a positive and meaningful association with movement and physical activity.



Movement and physical activity

How we move (physical), connect (social), think (cognitive) and feel (affective) during movement and physical activity plays a crucial role.



Throughout life

Influenced across the lifecourse by individual, social and environmental factors.



**Tailored**

I want my movement experiences to be right for me – designed around what I enjoy, what matters to me, and my strengths, needs, and circumstances.

**Holistic**

I want my experiences to support how I move (physical), connect (social), think (cognitive) and feel (affective) in and through sport, physical activity and movement.

**Reflective**

I want to think about how I'm developing, what I enjoy, what feels important to me, and what I want to do next – so I can make choices that help me be and stay active.

**Inclusive**

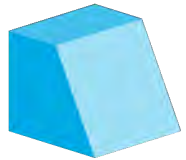
I want to feel welcome, supported, safe and included – and have the chance to join in, with opportunities that are open to everyone, no matter our age, gender, ethnicity, ability, health, where we live, or how much money we've got.

**Varied**

I want to explore different ways to move – trying out all kinds of activities, places and spaces, and levels of challenge – so I can enjoy myself, keep learning, and stay interested.

**Empowering**

I want to have choice, voice and ownership of my movement experiences so they are positive and help to foster a lifelong love of movement and physical activity.



Patchwork
Programme

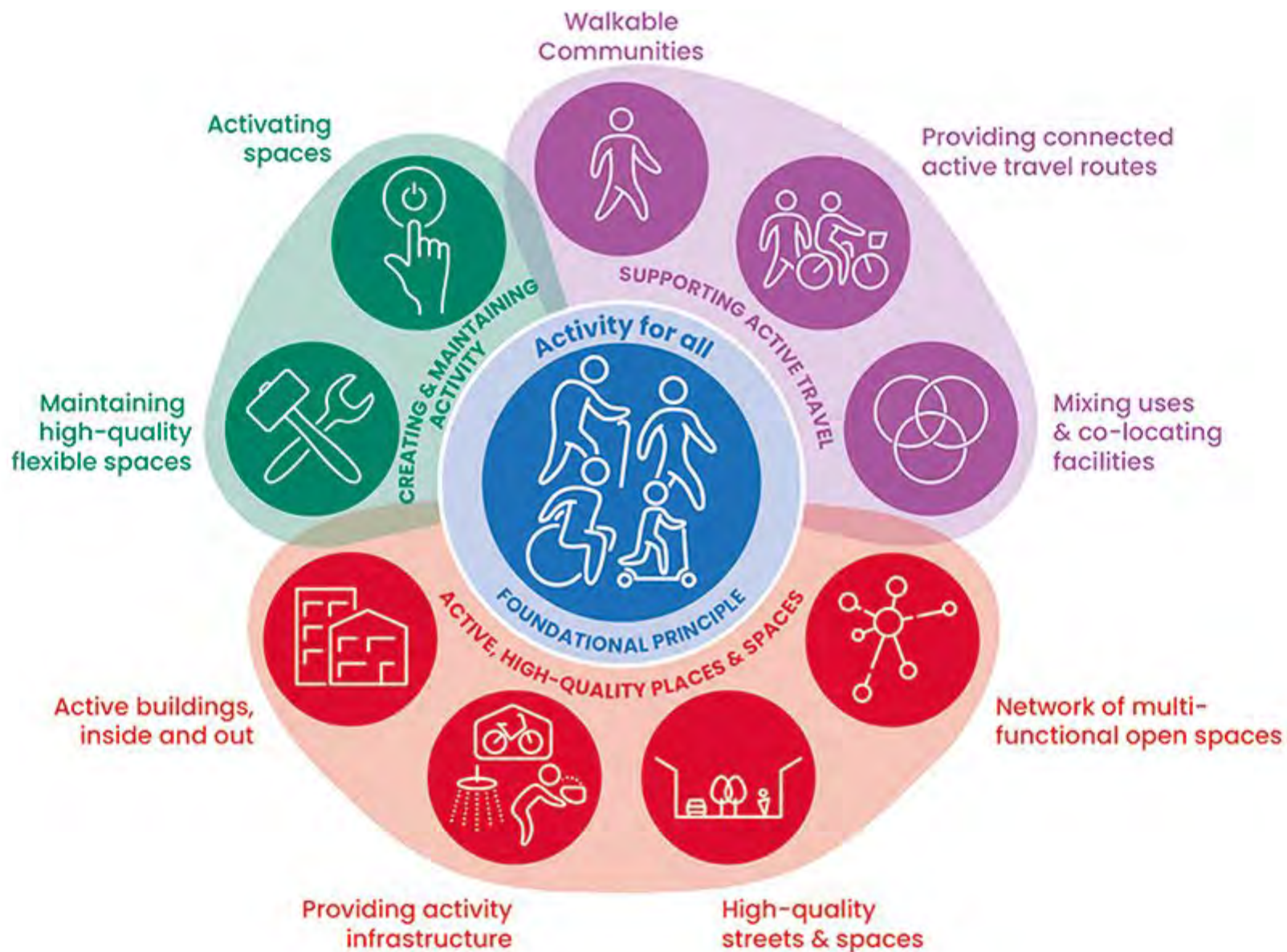
LISTENING
CIRCLES



Positive
Experiences
Collective.org

Creating Active Environments







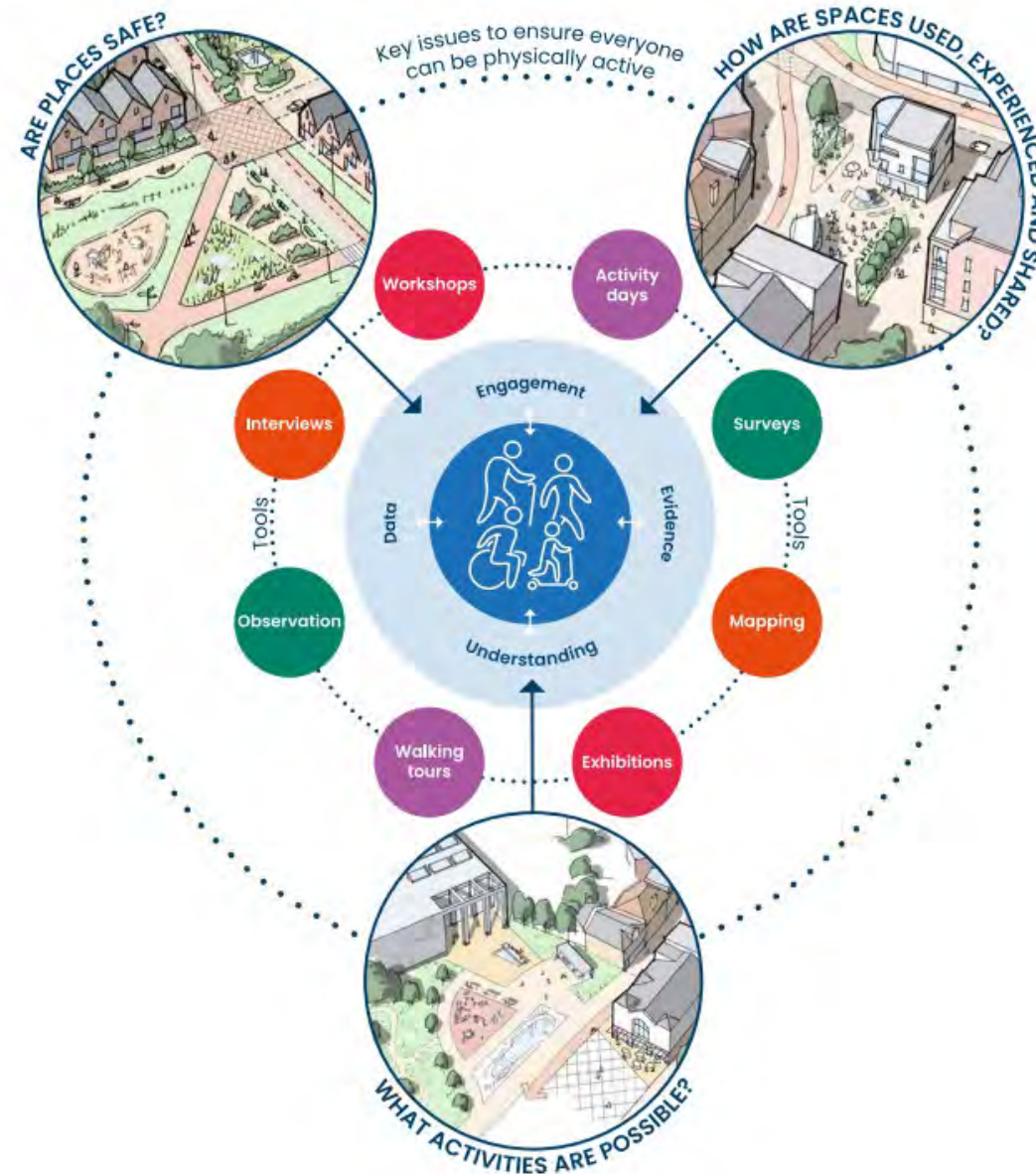
FOUNDATIONAL PRINCIPLE

Activity for all

Active Design



- Supporting physical activity for all.
- Must consider issues that affect physical activity participation.
- We must therefore understand the needs of all individuals.
- We can do this through an effective consultation process.





VOICE OPPORTUNITY POWER

A TOOLKIT TO INVOLVE YOUNG PEOPLE IN THE MAKING AND MANAGING OF THEIR
NEIGHBOURHOODS.

Kidlington Zoo Trails



Table 1. Estimating the social value of monthly use of the Zoo Trails

Estimated impact on Life Satisfaction of using the trails (at least once a month)	0.275
WELLBY value of 1 increase in Life Satisfaction	£13,000
Estimated monetary value of trails, per person who uses monthly	£3,575
Average estimated no. of people who trails at least monthly	579
Estimated monetary value of trails	£2,068,790

Table 2. Estimating the net social value of monthly use of the Zoo Trails

Estimate monetary value of trails	£2,068,790
Cost (Project Management, Community Engagement and Physical Infrastructure)	£113,500
Net Value	£1,955,290
Benefit-Cost Ratio	18.23



Kashmir Park, Bradford

- **Key takeaways**
- Early engagement and co-creation with children
- On the doorstep
- Flexible mixture of formal and informal play space
- Part of a wider network connecting residents to schools and other places



Creating interaction – Gruffalo and Glow Trails, Forestry England



<https://www.forestryengland.uk/shaunthesheep>

<https://www.forestryengland.uk/gruffalo>

Ageing in new communities – children to Young Adults

