



RESEARCH

PE and School Sport

The Annual Report 2026

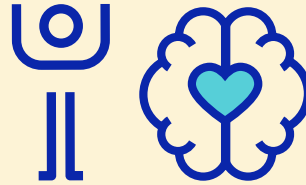
***State of the nation –
executive summary***



State of the nation – executive summary

2.1 million

young people in England are not active enough and do less than an average of 30 minutes of activity per day, this is reflected across the UK



Young people's physical and mental health are suffering

1 in 8

young people aged 16-24 in the UK are not in education, employment or training and these young people are likely to report the lowest wellbeing scores

6.9%



of school sessions are missed due to absence. Absence rates are higher for pupils who are eligible for free school meals and who have special educational needs



Young people with particular characteristics of inequality, such as being from a low affluence family, are less likely to be active enough

Parents are concerned that young people

today are not getting enough physical activity. However, their awareness of how active young people should be is still low



Only 36%

of teachers are aware that young people should be active for an average of 60 minutes per day. This is despite being aware of the benefits of sport for young people



Just 46%

of young people are active for 30 minutes within the school day

State of the nation – executive summary



PE is the by far the most cancelled subject, mostly due to the teacher or space not being available

Only 57%

of teachers report that their school provides a minimum of 2 hours of PE a week. This was higher amongst schools in more affluent areas than those in more deprived areas

Just

1/3



of young people strongly agree that they feel listened to by adults who organise their exercise and sports activities

1 in 3

young people spend at least 3 hours per day in front of a screen excluding schoolwork



77%

of parents agree that young people are spending too much time online and not enough time with each other in person

Increasingly, use of screens has been linked to lack of school readiness amongst younger children, including reduced vocabulary development and increased emotional and behavioural problems

1 in 6

parents agree that their child has stopped doing exercise or sport because they are too busy on a screen

69%

of teachers agree that when students have access to their mobile phones at break and lunchtime they are less physically active



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