

**activity  
alliance**

disability  
inclusion  
sport

# How young disabled people feel about sports and activities



**Easy  
Read**

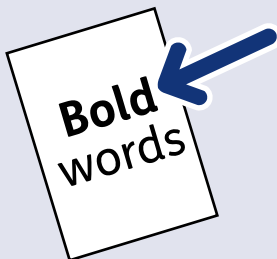
# Easy Read



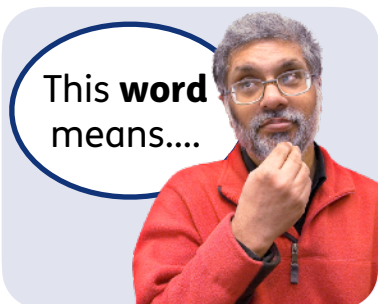
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



[Blue and underlined](#) words show links to websites and email addresses. You can click on these links on a computer.

# What is in this booklet

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You can fill in a quick survey to say what you think about this Easy Read booklet:  
<https://www.easy-read-online.co.uk/easy-read-feedback-survey>

# About this booklet



This booklet is from **Activity Alliance**.

**Activity Alliance** is a charity that helps disabled people take part in sports and activities.



We want every young person with a disability to have good experiences of sports and activities.



We asked some young people and their families about their experiences of sports and activities.



This booklet will tell you about what we learned from their answers.

# About the survey



We asked young people and their families to fill out a survey about sports and activities.



The young people were all aged from 5 to 16 years old.



521 young disabled people took part in the survey.

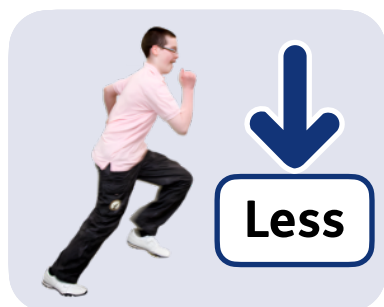


506 young non-disabled people took part in the survey.



We used what we learned to help us understand how to make sports and activities fairer for young disabled people.

# What we found out



We found out that young disabled people spend less time moving around than young non-disabled people.



3 out of 100 young disabled people said they move around for 60 minutes or more every day.



Half of young disabled people said they move around between 30 and 59 minutes every day.



Almost half of young disabled people said they move around for less than 30 minutes every day.

Most of the young disabled people said that:



- They do not feel like sports and activities are made for them.



- They do not see disabled people like them taking part in sports and activities.



Only half of young disabled people said that they find sports easy, or that they feel confident doing sports.



Only 1 in 4 young disabled people said they can always take part in PE or sports at school.





Almost half of young disabled people said they wanted to do more sports and activities.

This was because they wanted to:



- Be healthier.



- Have fun.



- Feel more confident.





Young disabled people told us what makes it harder for them to take part in sports and activities.

This included:



- Not feeling confident or comfortable.



- Not wanting to go to sports or activities on their own.



- Feeling worried that they will not fit in with everyone else.



- Health conditions and disabilities.

We found out that young disabled people like to take part in:



- Quiet activities.



- Sports and activities that are just about having fun.



- Activities they can do with other people.



- Outdoor activities.

We found out that young disabled people like to do sports and activities with:



- A mix of disabled and non-disabled children.



- A mix of girls and boys.

We found out that young disabled people like to do sports and activities:



- At school.



- In outdoor spaces like the park, the street or the seaside.



- At home.

# Find out more



You can look at our website here:

<https://www.activityalliance.org.uk>



You can contact us by email:

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