

Play, move, belong:

Active futures for young disabled people

**activity
alliance**

disability
inclusion
sport

Survey research by Activity Alliance and supporting partners: Sport England, Access Sport, Loughborough University, ParalympicsGB, Youth Sport Trust (November 2025).

We heard from over 1,000 children aged 5 to 16 – including 521 disabled and 506 non-disabled young people – and their parents, supporters or caregivers. The research told us more about young disabled people's experiences of playing sport and being physically active.

How active are young disabled people?



Every day young disabled people move less than young non-disabled people.



Only 3% are considered active, moving for 60+ minutes per day.



Half (52%) are fairly active, moving between 30 and 59 minutes per day.



Four in ten (43%) are considered less active, moving for less than 30 minutes per day.

How do young disabled people feel about sports and activities?



Not many feel it is 'for them'.



Not many see 'people like them' playing or taking part.



Only half say sports are easy or that they feel confident doing them.



Four in ten want to be more active.



Just one in four can always join in PE or school sports.

What motivates them to be active?



To be more healthy.



To have fun.



To feel more confident.

What stops young disabled people, or makes it more difficult for them to be active?



Not feeling confident or comfortable.



Not wanting to go on their own.



Fear of not fitting in.



Impairments or health conditions.

Who do young disabled people like to be active with?



A mixture of disabled and non-disabled children.



A mixture of girls and boys.

Where do young disabled people most like to be active?



At school.



At home.



In outdoor spaces like the park, seaside or street.

What type of sports and activities do young disabled people like?



Quiet activities.



Activities just for fun.



Activities with others.



Outdoor activities.

Infographic published in November 2025.

Activity Alliance is the operating name for the English Federation of Disability Sport. Registered Charity No. 1075180.

This document is a summary of key findings. The full research report with additional findings and data to support the insight presented here is available on Activity Alliance's website:



activityalliance.org.uk/research

Please contact our research team to discuss how to access, interpret and use the data:



info@activityalliance.org.uk



0808 175 6991