

Play, move, belong:

Young disabled people from low social grades

activity
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disability
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sport

This infographic shares insight from the report **on young disabled people from low social grades' experiences of sport and activity.**

Nearly one in four (23%) of the disabled people who took part were from a low social grade background.

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

Our **Play, move, belong report** looks at young disabled people's experiences of playing sport and being physically active. Over 1,000 children aged 5 to 16 took part in the project – including 521 disabled and 506 non-disabled young people – and their parents, supporters or caregivers.

How active are young disabled people from low social grades?



They are less active than young disabled people from higher social grade backgrounds.



Four in ten (39%) do less than 30 minutes of activity per day over an average week.



How do they feel about sports and activities compared to young disabled people from higher social grade backgrounds?



They are less likely to feel like sport and activity is for them.



Less likely to feel confident doing exercise and playing sports.



Less likely to want to be more active.



One in five can always join in PE and school sports. One third can sometimes join in.

What motivates young disabled people from low social grades to be active?



To have fun and enjoy it.



To stay healthy.



To build their confidence.



To make new friends.



To support their mental wellbeing.

What stops them, or make it more difficult for them to be active?



Lack of confidence.



They don't feel comfortable.



They don't want to go/do it on their own.



It costs too much money.



Feeling like they won't belong.

What type of sports and activities do they like?



Fun activities.



Activities with others.



Quiet activities.



Outdoor activities.

Who do they like to be active with?



A mix of disabled and non-disabled children. They are also more likely to want to be active by themselves.



A mix of girls and boys.

Where do they like to be active?



At school.



Outdoor spaces like the park, seaside or street.



At home.



At a leisure centre or swimming pool.

What would young disabled people from low social grade backgrounds like to do more of?



Go to a park or play area.



Go to a leisure centre or swimming pool.



Play at home or in their street.



Play at a friend's house.



Do more PE at school.

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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

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



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