

Play, move, belong:

Young people with multiple impairments

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This infographic shares insight from the report on young people with multiple impairments' experiences of sport and activity. One in eight (13%) disabled people who took part had three or more impairments.

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 people with multiple impairments?



Four in ten (44%) do less than 30 minutes of activity per day over an average week.



How do they feel about sports and activities compared to young people with one impairment?



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



Less likely to feel sport and exercise is easy.



Less likely to see people like themselves being active.



They would like to be more active.



Less likely to feel confident playing sport and exercising.



Just one in five can always join in PE or school sports. Four in ten can join in some of the time.

What motivates young people with multiple impairments to be active?



To have fun and enjoy it.



To stay healthy.



To get fit.



To support their mental wellbeing.



To build their confidence.

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



Lack of confidence.



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



It costs too much money.



They don't feel comfortable.



Fear of getting hurt or injured.

What type of sports and activities do they like?



Fun activities.



Quiet activities.



Activities with others.



Outdoor activities. However, four in ten prefer indoor activities.

Who do they like to be active with?



A mix of disabled and non-disabled children. However, one in three would like to be active with people with similar impairments.



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 people with multiple impairments like to do more of?



Go to a leisure centre or swimming pool.



Play at home or in their street.



Park or play area.



Play at a friend's house.



Go to after school clubs.

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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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