

**activity
alliance**

disability
inclusion
sport

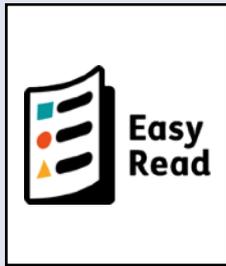
Play, move, belong

A report about young disabled people and being active



**Easy
Read**

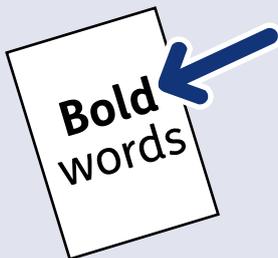
Easy Read



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 to give disabled people more chances to do sport and **be active**, in the way they want to.

To **be active** means to move your body to keep fit.



An important part of this is making sure that young disabled people have a good experience of being active.



This booklet will tell you more about what they told us about their experiences.

What we did

We worked with other organisations to find out more about:



- Young people's experience of sport and being active.



- What young people think about sport and being active.



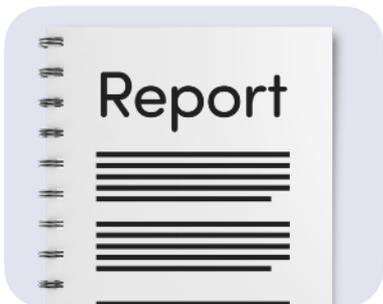
We did a survey with more than 1,000 young disabled and young non-disabled people.



The young people were aged between 5 and 16.



We also did the survey with their parents, carers or other people who support them.



We wrote a report about what we found out.



We told people about the report and put it on our website in November 2025.



This booklet is about what young disabled people from different groups told us.



The groups are of young people who do not have the same fair chance to take part in the world around them, for different reasons.

What we found out

All groups



Some of what we found out was the same for all young disabled people who did our survey.



They are less likely to think that sport and activity is for them than young non-disabled people.



They feel less confident when they are active.



Not feeling comfortable stops a lot of them from being active.



Not wanting to do activities on their own stops a lot of them from being active.



Only 1 in 5 young disabled people can do PE or sport at school all the time.

They want to be active to:



- Stay healthy and have fun.



- Be more confident, happier and less stressed.

They want to be active with:



- Other young disabled and young non-disabled people.



- Boys and girls.

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.

Young disabled people want to be active:



- At school.



- In outdoor places like a park.



- At home.



- At a leisure centre or swimming pool.



And they want to play at a friend's house or in their street.

Disabled girls



4 in 10 disabled girls usually do less than 30 minutes of activity a day.



They do not see people like themselves being active very often.



They do not find sports easy.



Many of them want to be active because it makes them feel good.



1 in 4 want to be active with other girls.



Many disabled girls would like to go to classes like karate or dance.



Many disabled girls say being active costs too much money.



They also say they feel like they will not belong.

People with more than 1 type of disability



4 in 10 young people in this group usually do less than 30 minutes of activity a day.



They do not see people like themselves being active very often.



Many young people with more than 1 type of disability want to be active to get fit, but they are scared of getting hurt.



They also said that being active costs too much money.



1 in 3 would like to be active with other disabled people who are similar to themselves.



Some young people with more than 1 disability would prefer to be active indoors, and go to after-school clubs.

People with mental health problems



Mental health is the way you think, feel and behave.



Young disabled people with mental health problems are the least active.



Almost half are usually active for less than 30 minutes a day.



They want to be active to get fit, but often feel like they will not belong.



Some young people with mental health problems would like to go to classes like karate or dance.

People from families without much money



4 in 10 people from this group usually do less than 30 minutes of activity each day.



They want to be active to help them make new friends.



A lot of them would like to do more PE at school.



A lot of them say being active costs too much.



They also say they feel like they will not belong.

Find out more



You can read more about what we found out on the Activity Alliance website:

www.activityalliance.org.uk/research

You can contact us by:



- Phone: 0808 175 6991

It is free to phone this number.



- Email:

research@activityalliance.org.uk

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