

Council Provision of Sport and Physical Activity for Young People

Committee name	Residents' Services Select Committee
Officer reporting	Priscilla Simpson, Sport & Physical Activity Team Manager Kim Truelove, Senior Officer – Sport & Physical Activity Mekaya Gittens, Sport & Physical Activity Officer
Papers with report	Appendix A – Data and Figures
Ward	All

HEADLINES

This report outlines the provision of the Council's Public Health team sport and physical activity programme for young people, and women and girls, living in Hillingdon covering the period 2024 – 2025.

RECOMMENDATIONS

That the Select Committee:

- 1. Notes the provision of current delivery within the Council's Public Health team; and**
- 2. Notes the Public Health review of the sport and physical activity model that uses a whole systems approach to programme delivery**

SUPPORTING INFORMATION

This report outlines the provision of the Council's sport and physical activity programme for young people, and women and girls, living in Hillingdon. The programme is currently managed by a small team that sits within the Public Health team with the goal of encouraging children and young people and women and girls to move more either through unstructured play, structured programmes in and outside of a school environment, or through opportunities to engage in sport pathways. Officers would like residents of all abilities to develop their skills, abilities and confidence through the healthy and impactful medium of sport and physical activity.

Over the last 9 years, the programme of activities for residents of all ages has been managed by the Sport and Physical activity team, delivered through a model of commissioned instructors and has included the following activities: London Mini Marathon, London Youth Games, Multi-Sport for young people with disabilities, and a new initiative for Hillingdon, Junior parkrun; in addition to Led Walks, Couch to 5k, park run, Our Parks and parks tennis programmes for families and adults. The focus of these activities is inclusion and participation utilising the GLL leisure centre facilities, Hillingdon's numerous parks (team sports) and green spaces (cricket, tennis) and strong links with the Borough's sports clubs and schools. The driving principle is *playground to podium* through which young residents are welcomed and selected as complete beginners and supported into regular participation through to Borough or London wide competition events.

Residents' Services Select Committee – 22 April 2026

Classification: Public

Promotion and publicity of these activities has been through the Council website, Hillingdon People, directly with schools (including PE leads and School Games Organisers), local sports clubs and partners in the Council including our leisure operator GLL.

The team represents Hillingdon at the quarterly held London Physical Activity for Health Network (supported by London Sport) and regularly receives information, latest evidence, publicity and updates on how to improve access and opportunities to improve sport and physical activity in local areas

Over the last 8 years, the Council's scope, provision and funding for children and young people's sport and physical activity programmes have reduced. This follows an approach that seeks to be more outcome focussed, data driven and sustainable as to how resources are used to ensure sport and physical activity programmes for Hillingdon's young residents support inactive residents to be more active. Officers use Active Lives data as the measure and have a process of continuous review to ensure this approach delivers outcomes and is value for money.

PERFORMANCE DATA

Physical Activity and Inactivity data for Children and Young People

The Chief Medical Officer's (CMO) recommendations for physical activity for 6 – 18-year-olds is on average 60 minutes a day across the week¹ and for children and young people with disabilities² 20 minutes of physical activity per day in bitesize chunks with challenging but manageable strength and balance activities three times per week.

To get a better understanding of the metrics and how many young residents are being active or not being active enough, officers can track data provided by the Active Lives Children and Young People Survey. This data source is the most consistently used measure in the UK and captures the following subjective states: 'Physically Active' (an average of 60 minutes a day); 'Fairly Active' (an average of 30 – 50 minutes a day); and 'Inactive' (less than an average of 30 minutes a day). The survey is given to children and young people aged 5 to 16 and is carried out through participating schools and captures how young people engage with physical activity both in and out of school. Schools are selected randomly within each local authority (10 primary and 10 secondary schools) with samples ranging between 105,000 and 125,000; pupils complete the survey online, either at school or at home. The results are published every December. Tables showing physical activity and inactivity data for young Hillingdon residents are in Appendix 1.

The most recent data - Academic Year 24/25 - from the Active Lives Children and Young People Survey shows the following headlines:

- Hillingdon has slightly lower Physical Activity levels than the London average:44.6% Hillingdon, 47.1% London
- Hillingdon has marginally higher Physical Inactivity levels than the London average:30.9% Hillingdon, 30.2% London.

¹ [Physical activity guidelines: children and young people \(5 to 18 years\) - GOV.UK](#)

² [Physical activity guidelines: disabled children and disabled young people - GOV.UK](#)

- Over the last 8 Academic years, Hillingdon’s physical activity rates and inactivity rates have not improved (compared to the London average); however, there has been a small improvement in levels of young residents being ‘Fairly Active’: an increase of 0.5%
- The trend shows a decline in physical activity levels, attributable to the pandemic; however, those achieving the required physical activity levels has returned to pre-pandemic levels
- Physical Activity levels for girls in Hillingdon are lower than boys. This follows the national trend; however, the rate for Hillingdon girls is comparatively the same as the London average: 44.1% Hillingdon, 44.4% London
- Levels of inequality across Hillingdon impact how physically active young people are. These rates have been negatively impacted by the pandemic and follow a similar pattern across London: Least Deprived 52.2%, Most Deprived 24.0%

RESIDENT BENEFIT

The table below shows the current provision, the insights captured and opportunities for making improvements to deliver on the Council’s priority of making movement, play, physical activity and sport accessible and easier for young residents.

Provision for children and young people in Hillingdon

Disability Sport: 6 – 12-year-olds.

Physical disabilities, wheel-chair users, living with autism and neurodivergence

Demonstration of Inclusivity	Outputs and Impact
Multi-sport provision offered free to provide activities designed to improve coordination, strength, balance and fitness for children living with disabilities including autism. Weekly sessions are held at Botwell Leisure Centre and Hillingdon Sport and Leisure Centre	16 young people attend each session with two specialist instructors Number of sessions between Jan – Dec 2025: -80 sessions -1280 attendance throughout figures -12 referral pathway into sports club settings -2 new ‘Friends Of’ groups established -3 instructor CPDs achieved -4 new sports trialled
<p>Benefit to Residents</p> <p>Social and communication Skills: Improved peer interactions during sessions, increased attention – taking turns, having conversations, enhanced non-verbal communication (eye contact, gestures), greater willingness to participate in group activities and team-based tasks.</p> <p>Motor Skills and Physical Health: Development in motor skill abilities (coordination, balance, running, jumping), improved fine motor skills through activities like ball handling, throwing and catching, better overall fitness, endurance and energy</p> <p>Emotional Regulation: provision of structure which can reduce anxiety and improve emotional regulation, the sessions aid with coping strategies and frustration levels through tasks</p> <p>Self Esteem: a sense of achievement through participants completing goals and challenges, participants feel a positive self-perception as they achieve as an individual or as a team in</p>	

Residents’ Services Select Committee – 22 April 2026

Classification: Public

activities. Through attending the weekly sessions participants feel motivated to engage with wider interests.

Parent quote: *“As a parent of three children, each with their own disabilities, these sessions have been invaluable. Being able to bring two of my children at the same time has made a huge difference to our family routine. The sessions are truly inclusive and adaptable, carefully considering each of my children’s individual needs.*

Not only do the children benefit, but I do as well. While staying present in the session, I still get a sense of respite. I have the chance to talk with other parents who are in similar situations, sharing challenges and supporting one another. This connection and understanding give me real reassurance. These sessions don’t just support my children — they support me as a parent too.”

London Youth Games: 11 – 17-year-olds

23 sports trials and training for new and experienced young athletes competing against the 32 other London Boroughs. Up to 900 young residents go through the trials, training and competitions utilising GLL facilities at Botwell and Hillingdon Sport and Leisure Complex (HSLC) along with local sports clubs and school facilities

Demonstration of Inclusivity	Outputs and Impact
<p>Engagement, participation and performance</p> <p>Across the two-year period, Hillingdon engaged:</p> <ul style="list-style-type: none"> -1,984 young people in trials and training -663 athletes in LYG finals competitions <p>This demonstrates strong sustained reach across the Borough’s youth population, ensuring broad and inclusive access to sports.</p> <ul style="list-style-type: none"> -Entered 44 competitions across the two years, averaging high participation despite operational and budgetary pressures. -Continued engagement across a wide sporting programme including team, individual, and pathway sports. -Achieved Most Improved Borough in 2024, highlighting significant growth in performance and coordinated delivery. -In 2025, Hillingdon improved its West London regional ranking to 2nd, reinforcing competitive strength despite entering fewer competitions 	<p>2024 Participation</p> <ul style="list-style-type: none"> -Sports Competitions Offered: 28 -Events Entered by Hillingdon: 23 -Young People Attending Trials & Training: 1,041 -Athletes Competing at Finals: 361 -Overall, Borough Ranking: 15th of 33 -West London Ranking: 4th -Awards: Most Improved Borough – 1st across all London boroughs <p>2025 Participation</p> <ul style="list-style-type: none"> -Sports Competitions Offered: 28 -Events Entered by Hillingdon: 21 -Young People Attending Trials & Training: 943 -Athletes Competing at Finals: 302 -Overall, Borough Ranking: 19th of 33 -West London Ranking: 2nd -Talent & Leadership: 3 young people selected for the LYG33 development programme

Benefit to Residents:

Coach: *As a cricket coach working within the London Youth Games pathway, I support young people of all backgrounds and abilities, including those who have experienced the UK care system and faced significant challenges in their personal lives. **Quote circulated separately to Members for data protection reasons.***

Mini Marathon: 11 – 17-year-olds

33 London boroughs and the home nations are invited to compete at the 2.6km event (part of the actual marathon route) for females and males in the following categories: Under 12s, 14s, 16s and 18.

Demonstration of Inclusivity	Outputs and Impact
<p>Hillingdon supports the aim to provide a fair, inclusive route for talented children and young people to compete at a London wide level, representing their Borough with pride. A total of 36 athlete spaces is available, distributed across three age categories, male and female, and covering six race groups. (these categories are changing for 2026)</p> <p>Hillingdon's purpose to enter</p> <ul style="list-style-type: none"> -identify emerging talents -provides competitive opportunities -promotes long term engagement in physical activity -increases Borough representation in major sporting events 	<p>2025</p> <ul style="list-style-type: none"> -83 athletes submit entry forms -36 athletes selected to represent -2 staff and 6 volunteers and 3 organisations/clubs supporting the event
<p>Benefit to Residents Young athlete: <i>"Being selected to represent Hillingdon in the TCS London Mini Marathon is a really proud moment for me. It's an opportunity to push my limits, experience a major sporting event, and run against athletes I wouldn't normally compete with. Most of all, it makes me feel connected to my community and proud to represent the place I call home."</i></p>	

NEW Junior parkrun: 4 – 14-year-olds

Junior parkrun is a free, weekly, timed 2k running, jogging, or walking event for children aged 4 to 14, held on Sunday mornings at Lake Farm Country Park. It is a supportive, community-focused event organised by volunteers

Demonstration of Inclusivity	Outputs and Impact
<p>A soft launch in January 2026 and official launch on 22nd February 2026 held at Lake Farm Country Park.</p>	<p>Four practice events held - 39 children and young people have participated and 33 adult volunteers.</p>
<p>Benefit to Residents: Newly launched; evaluation feedback being collected.</p>	

Free Park Tennis: Open to all – children under the age of 11 must be supervised by an adult.

A volunteer led free weekly tennis sessions for residents to turn up and play as individuals, as a family or group.

Coached Tennis sessions in park tennis courts: All age groups

The council's tennis operators NTA deliver paid coaching opportunities at 3 out of the 10 newly renovated courts

Demonstration of Inclusivity	Outputs and Impact
<p>Three sessions take place weekly in Harmondsworth, Rosedale in Hayes and Northwood Recreation Ground, ensuring a good spread of North, South and Central opportunity. Sessions are free, equipment is provided.</p>	<p>40% of participants have been families with children under the age of 14.</p> <p>888 people attended Free Park Tennis in 2025 (386 at Northwood / 502 at Rosedale), up from 483 total in 2024.</p> <p>NTA linked with 17 schools following successful relationship building in 2025 with the School Games Organiser with the help of Council (up from 0 in 2024 where provision was getting established)</p> <p>NTA have delivered 91 coaching sessions in 2025, and 451 junior participants have received coaching sessions</p> <p>Big Tennis Weekends (free open days) delivered at all 3 venues with 163 participants across the events.</p>
<p>Benefit to Residents</p> <ul style="list-style-type: none"> - Increased use of green spaces in the Borough – feeling safe while exercising in a group and an improved knowledge of the area in which they live in. - Increased levels of fitness and mobility - An opportunity to meet new people within the same community - Increase self-efficacy and confidence to exercise independently with facilities provided – e.g. tennis courts and outside gyms <p>“I have always wanted to learn tennis, we tried Free Park Tennis as a family for the first time in 2025, me and my son are now attending weekly sessions with a coach. It’s given me confidence to just book courts and play with my friends and family. I still drag my family out on weekends to the Free Park Tennis sessions and to think I didn’t even know that Rosedale (Park) was around the corner from us a couple of years ago.”</p>	

Schools: Primary School Aged children

Walking and running pathways from school premises to local parks.

Demonstration of Inclusivity	Outputs and Impact
<p>Schools were selected using the multiple indices of deprivation data and inactive rates inside and outside of school.</p>	<p>Two schools engaged with the Mayor of London’s Healthy School London Programme to develop their Daily Mile offer. This formed</p>

Residents’ Services Select Committee – 22 April 2026

Classification: Public

	<p>part of their whole school approach to improving child healthy weight prevalence, specifically increasing physical activity levels inside and outside of school, in line with CMO guidelines.</p> <p>A cohort of 180 pupils in school year 5 were actively engaged and their participation monitored and evaluated. This cohort was chosen as the schools wanted to adopt a universal approach to try and impact the number of children identified as above a healthy weight in the following year 6 National Child Measurement Programme data.</p> <p>In addition, both schools delivered a targeted led Couch to 2k programme to 60 children identified as high risk, meaning they were already above a healthy weight.</p>
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Benefit to Residents

- Increased use of green spaces in the Borough – children improving their walking/jogging/running skills in school and then going on to try the Junior Park Run in the park next door.
- Increased levels of fitness, mobility, energy levels, concentration and access to external PA opportunities.
- The incentivisation programme educated parents on where they could find opportunities for their children to exercise – so an increased level of awareness of opportunities to improve physical activity outside of school.
- Improved activity levels of children within school as well as outside of school.

Play Day Annual Event: up to 8-year-olds and their families

Celebration of National Play Day held early August. Recognises and promotes a child’s right to play. Held at Hillingdon Sports Athletics track, it offers parking and public transport access with several partners and service providers hosting stalls

Demonstration of Inclusivity	Outputs and Impact
<p>Encouragement and opportunities for children and families to play (structured and unstructured), a free day event is held at the Athletics track at HSLC each year.</p> <p>Health & Wellbeing Outputs -Various NHS and community health services delivered screenings, demos, and advice. (E.g., blood pressure checks, asthma support, dietitian activities, breastfeeding support.)</p> <p>Activity & Engagement Outputs</p>	<p>2024: 2,777 tickets booked; 1,872 arrived. 2025: 3,460 tickets sold; 2,123 arrivals; 519 cars parked.</p> <p>Stallholder Engagement -2024: 76 invited, 55 confirmed, 43 attended. -2025: 83 invited, 57 confirmed, 47 attended.</p>

<p>-Wide mix of sports (BMX, squash, basketball), creative zones, storytelling, eco activities, and more.</p> <p>-High engagement with stamp card reward system in both years.</p>	
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Benefit to Residents

Both years saw high resident engagement, with 1,872 attendees in 2024 and 2,123 in 2025, demonstrating Playday’s continued value as a borough-wide family event. There is consistently positive feedback from the event supported by the Mayor’s attendance each year.

-Significant health promotion coverage, with various NHS partners and health providers offering screenings, advice, demonstrations, and wellbeing activities, blood pressure checks, diabetes and asthma advice, and mindfulness activities.

-The focus on healthy eating and active play (e.g., smoothie bikes, sports activities) aligns strongly with Hillingdon’s public health priorities, especially tackling childhood obesity.

-Cultural and creative activities (crafts, performances, clay making, storytelling, puppet shows) encouraged creative expression and cultural engagement.

-Environmental education was enhanced through recycling challenges and sustainability initiatives.

Attendee quotes: “Excellent interactions and super engaged children and heartwarming event. Great talks about asthma and healthy eating with whole families” - Local Health provider
 - "It was heartwarming to see so many people from different backgrounds coming together. My kids made new friends, and I connected with other parents too. It truly felt like a celebration of our community." - parent

WOMEN AND GIRLS

Our Parks: 18+

Free instructor lead fitness sessions that take part in parks for residents to access

Demonstration of Inclusivity	Outputs and Impact
<p>Predominantly attended by women, these sessions are free for participants to attend and located in areas of deprivation or where inactivity levels are lowest.</p>	<p>3 sessions delivered weekly – in Barra Hall, Hillingdon Court Park and Harefield Green. 1059 attendances between April and December 2025, 83% of the participants have been female</p>
<p>Benefit to Residents</p> <ul style="list-style-type: none"> - Increased use of green spaces in the Borough – feeling safe while exercising in a group and an improved knowledge of the area in which they live in. - Increased levels of fitness and mobility - Managing long term health conditions or weight without medical invention. 	

“The Our Parks classes have become my weekly escape...We have now formed a family, and honestly, I would have never known how enjoyable exercise could be!”

Couch to 5k: 18+ although younger participants (secondary school age) have been accepted with adult supervision.

Couch to 5K is an 8-week coach led running plan for absolute beginners which helps them to gradually work up towards running 5 kilometres. This supported programme aids residents to build confidence in exercising independently and in their local area

Demonstration of Inclusivity	Outputs and Impact
Predominantly attended by women, these sessions are free for participants to attend and located in an area of deprivation or where inactivity levels are lowest. Sessions are regularly attended by service users such as Talking Therapies and used by patients referred by their GPs.	For each course, an average of 30 participants (over 70% who have not exercised for more than 30 mins a week) attend per course. 9 local volunteers upskilled to expand capacity and access.
<p>Benefit to Residents</p> <p><i>"I was struggling with mental health. In August I decided to start running again after 10 years, I joined the HHRR C25K programme which I successfully completed ..HHRR are an amazing group of people with a mixture of different running capabilities and made me feel welcome. They have given me the confidence to keep on running and I'm now a member of the club. I'm looking forward to signing up to runs in the future with HHRR and I can confidently say that without the club I would still be struggling with my mental health. "</i></p> <p><i>" Thanks for all your support these 8 weeks, I couldn't have achieved the run without the group"</i></p>	

FINANCIAL IMPLICATIONS

The Hillingdon Public Health Grant has funded the Sport and Physical Activity programme. The total funding allocation which includes provision for all age delivery, is up to £250k.

LEGAL IMPLICATIONS

NIL

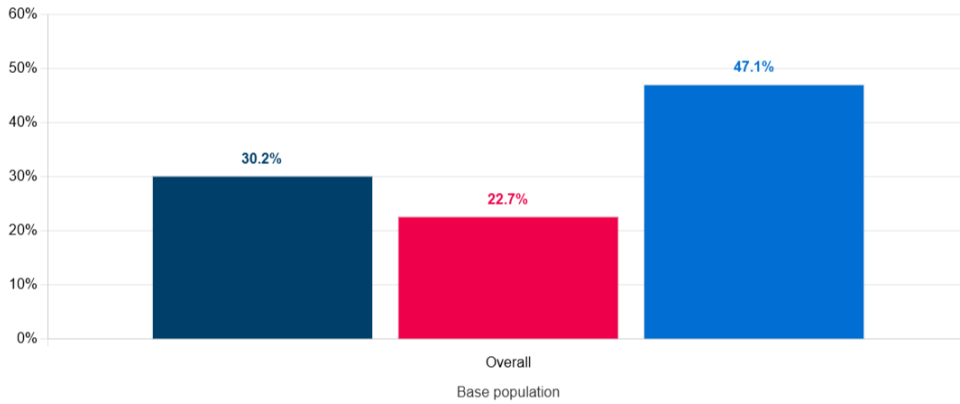
BACKGROUND PAPERS

NIL

APPENDIX A

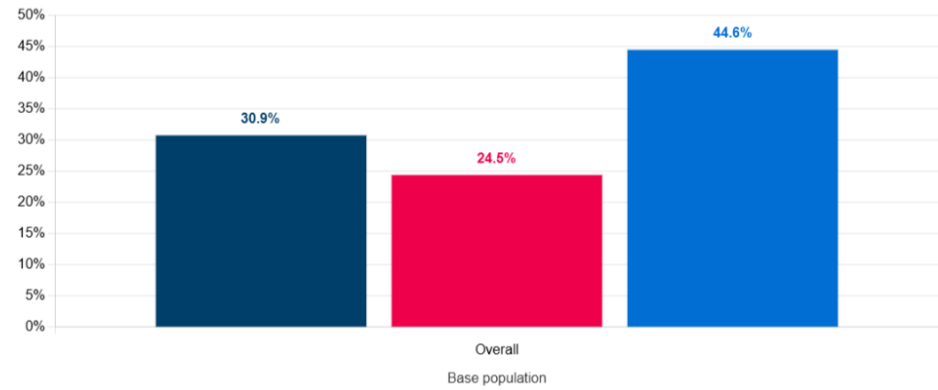
Figure 1: Levels of Physical Activity: Hillingdon and London

Levels of activity
Base population - London Region
Academic Year 24-25



% Levels of activity:
■ Less active: less than an average of 30 minutes a day ■ Fairly active: an average of 30-59 minutes a day
■ Active: an average of 60+ minutes a day

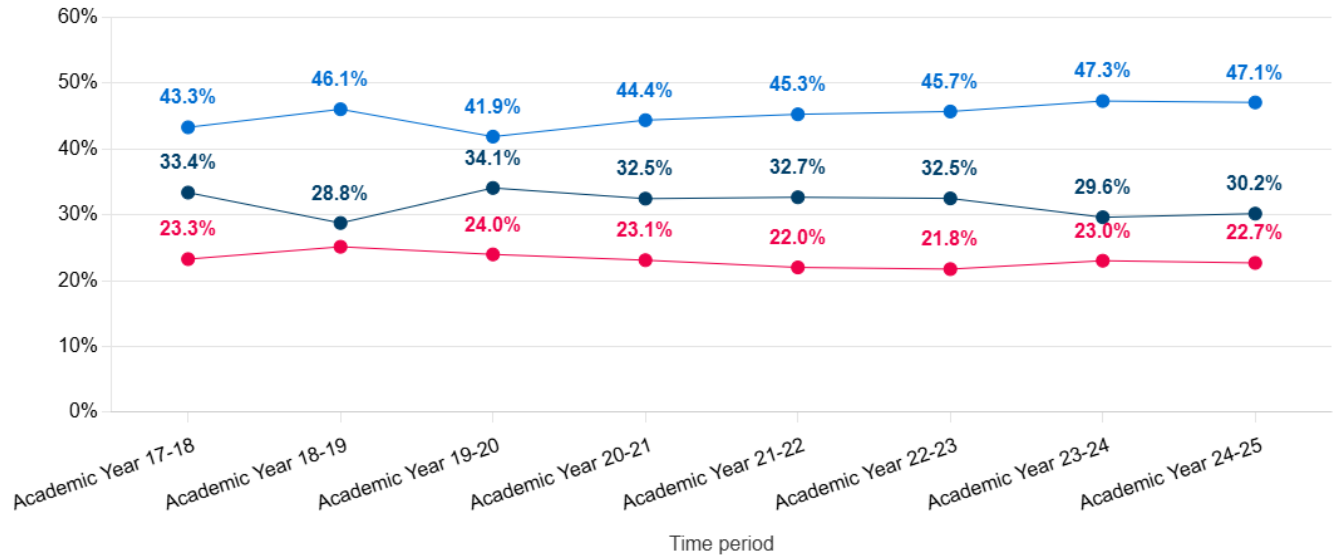
Levels of activity
Base population - Hillingdon LA
Academic Year 24-25



% Levels of activity:
■ Less active: less than an average of 30 minutes a day ■ Fairly active: an average of 30-59 minutes a day
■ Active: an average of 60+ minutes a day

Figure 2: Physical Activity Levels for London over 8 Academic years

Levels of activity
London Region

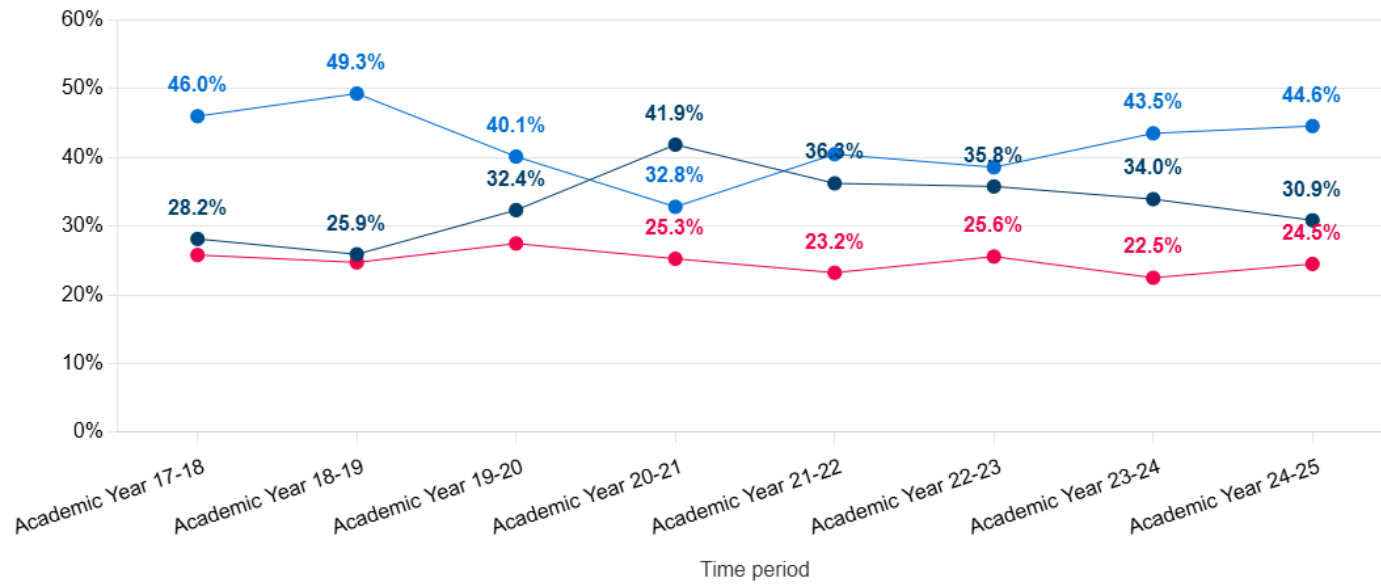


% Levels of activity:

- Less active: less than an average of 30 minutes a day
- Fairly active: an average of 30-59 minutes a day
- Active: an average of 60+ minutes a day

Figure 3: Physical Activity Levels for Hillingdon over 8 Academic years

Levels of activity
Hillingdon LA



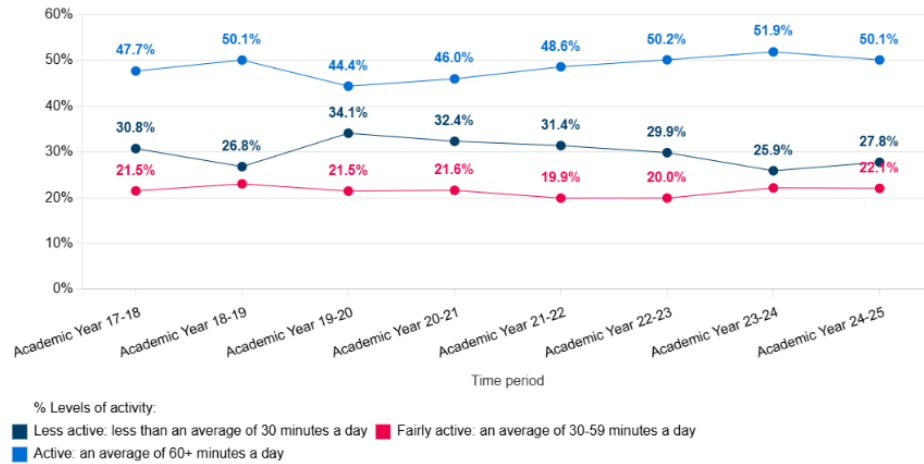
% Levels of activity:

- Active: an average of 60+ minutes a day
- Less active: less than an average of 30 minutes a day
- Fairly active: an average of 30-59 minutes a day

Figure 4: Physical Activity Levels for Boys

This shows that boys levels of activity is slightly lower than the London average: 50.1% London and 46% Hillingdon

Levels of activity - Gender - London Region
Boy



Levels of activity - Gender - Hillingdon LA
Boy

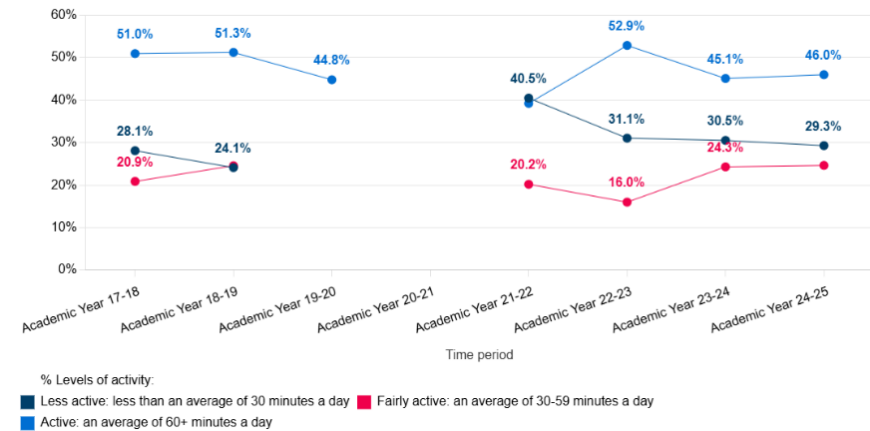
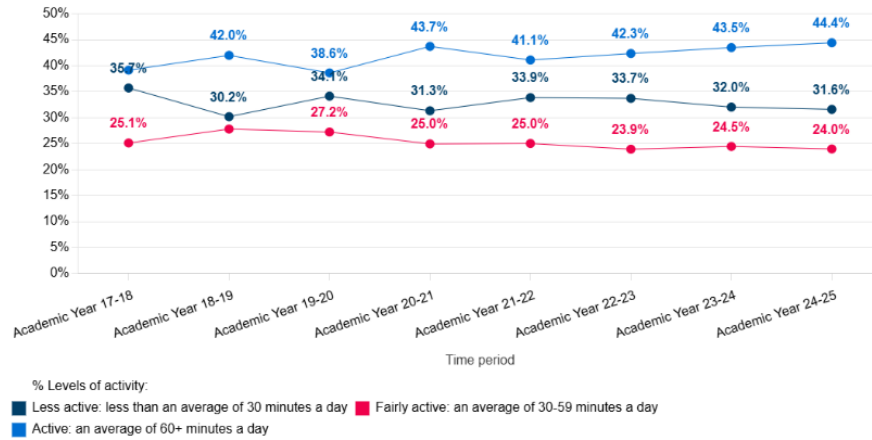


Figure 5: Physical Activity Levels for Girls

This shows the levels of activity for girls in Hillingdon is like the London Average: 44.4% London and 44.1% Hillingdon

Levels of activity - Gender - London Region
Girl



Levels of activity - Gender - Hillingdon LA
Girl

