

Growing an Island of active children

The Bailiwick of Guernsey Active Healthy Kids Report Card 2026



ACTIVE HEALTHY KIDS GLOBAL ALLIANCE

The Health Improvement Commission

Guernsey Sports Commission

States of Guernsey

Introduction

Guernsey's Report Card on Physical Activity for Children and Youth – Global Matrix 5.0

Led by the Active Healthy Kids Global Alliance, the Global Matrix is a comprehensive global assessment of physical activity for children and adolescents. The 2026 Report Card is Guernsey's contribution to Global Matrix 5.0, which involves 67 countries around the world and is our third report. It synthesises data from multiple local sources and assigns grades to 10 standardised indicators, covering aspects from overall physical activity levels to factors such as school, community, environment and government policies, which influence how active children are.

As well as comparison with other countries, the reports allow comparison over time; Guernsey's previous reports include the 2018 Report Card entitled 'A Golden Opportunity' and 2022 Report Card 'Moving in the Right Direction'.

Together, the reports are intended to inform nations about the policies, practices and planning needed to increase physical activity of children and young people and improve the longer-term health of their communities.

To effectively raise more active generations, sustained action is needed across many different local sectors, to create the conditions in which children and young people can be more active.

The Report Card is a resource that can be used by anyone who is involved in, interested in, committed to, or campaigning for improving the health of children and young people living in the island including health professionals, community groups, third sector organisations, teachers, pupil groups, policy makers, politicians and parents.

This report presents the findings of Guernsey's Report Card on Physical Activity for Children and Youth.





Methodology

The development of the Guernsey Report Card was led by The Health Improvement Commission for Guernsey and Alderney and produced by a multi-disciplinary working group of ten people with diverse expertise in the activity levels of young people in Guernsey, including education, public health, health improvement, sports and leisure sectors, active travel, policy and strategy.

The working group collectively identified the local data available which aligned with the grade indicators. The main data sources included the Guernsey Young People's Survey 2022, primary school-based objective data from studies using wearable accelerometers 2024/25, biannual school active travel audits and the Guernsey and Alderney Wellbeing Survey 2023. It is acknowledged that due to local survey cycles, some available data is several years old. For children with a disability or chronic condition there was a lack of data to confidently provide grades for the indicators.

The working group produced draft grades using the Active Healthy Kids Global Alliance rubric and were then subject to three rounds of independent peer-review/ audit by members of the Active Healthy Kids Global Alliance (AHKGA).

A full description of the AHKGA methodology is available at www.activehealthykids.org.

How are the scores graded?

The grading process followed the recommendations of the Active Healthy Kids Global Alliance (www.activehealthykids.org) and used the standardised grading system shown below. The grades were independently verified and audited by nominated global experts.

A+	94 - 100%	We are succeeding with the majority of children and adolescents
A	87 - 93%	
A-	80 - 86%	
B+	74 - 79%	We are succeeding with well over half of children and adolescents
B	67 - 73%	
B-	60 - 66%	
C+	54 - 59%	We are succeeding with about half of children and adolescents
C	47 - 53%	
C-	40 - 46%	
D+	34 - 39%	We are succeeding with less than half of children and adolescents
D	27 - 33%	
D-	20 - 26%	
F	0 - 20%	We are succeeding with very few children and youth
INC	-	Incomplete: Guernsey data was unavailable, insufficient or inadequate to assign an accurate grade



Overall Physical Activity



	Boys		Girls	
Age	%	Grade	%	Grade
Primary (10–11 years)	66%	B-	60%	B-
Secondary (12–15 years)	68%	B	51%	C
Overall Grade for 2026		B-		

Additional data

- On average **58%** of boys and **51%** of girls met the recommended 30 mins of moderate to vigorous physical activity (MVPA) in school time when measured with wearable accelerometers. Pupils did an average of 35 minutes MVPA in school hours.
- **72%** of 10–11 year olds; **57%** of 12–13 year olds; **54%** of 14–15 year olds reported doing physical activity that strengthens muscles and bones on at least 3 days in the week before the survey.

Year / Global Matrix	Grade
2018 (3.0)	D
2022 (4.0)	C+
2026 (5.0)	B-

KEY HIGHLIGHT

Results show overall physical activity levels are stable as boys move from childhood to adolescence but declines notably in this time amongst girls.

Definition

Daily bodily movements produced by skeletal muscles that requires energy expenditure.

Benchmark

- % of children and adolescents who meet the global recommendations on physical activity for health, which recommend that children and adolescents accumulate at least 60 min of MVPA per day on average.
- When an average cannot be estimated, % of children and adolescents meeting at least 60 min of MVPA on at least 4 days/week. This second benchmark was used.

Organised Sport



	Boys		Girls	
Age	%	Grade	%	Grade
Individual Sports	52%	C	49%	C
Team Sports	52%	C	34%	D+
Overall Grade for 2026		C		

Additional data

- **43%** of primary pupils and **51%** of secondary pupils reported doing team sport at least once a week as a leisure activity. **51%** of primary pupils also do an individual sport at least once a week, compared to **53%** of secondary pupils.
- Local sport projects target inequalities including sports vouchers (158 in 2024), and subsidized active holiday club (493 children in 2025).

Year / Global Matrix	Grade
2018 (3.0)	C+
2022 (4.0)	C+
2026 (5.0)	C

KEY HIGHLIGHT

Sport participation is higher amongst boys than girls, particularly in team sports (however local data are limited).

Definition

Structured, supervised, and goal-orientated forms of physical activity, including competitive sports and non-competitive activities, such as fitness classes, dance, and recreational clubs.

Benchmark

- % of children and adolescents who participate in organized sport and/or physical activity programs (local data represents participation at least once per week).

Active Play



	Boys		Girls	
Age	%	Grade	%	Grade
Global	-	INC	-	INC
Overall Grade for 2026		INC		

Year / Global Matrix	Grade
2018 (3.0)	INC
2022 (4.0)	INC
2026 (5.0)	INC

KEY HIGHLIGHT

Although there were some data to consider, and extensive play-based physical activity in early years, schools and community groups, the Report Card team found too little relevant data to confidently issue a grade and that could be considered against the benchmark.

Definition

Play is voluntary engagement in activity that is fun and/or rewarding and usually driven by intrinsic motivation. Active play is a form of play that involves physical activity of any intensity.

Benchmark

- % of children and adolescents who engage in indoor or outdoor unstructured/unorganized active play at any intensity for more than 2 h/d.
- % of children and adolescents who report being outdoors for more than 2 h/d.

Active Transportation



	Boys		Girls	
Age	%	Grade	%	Grade
Primary (10–11 years)	56%	C+	47%	C
Secondary (12–15 years)	42%	C-	26%	D-
Overall Grade for 2026		C		

Additional data

- Biannual whole school self-reported travel audits show active travel to and from schools either increasing or maintaining recent levels. In October 2025 **58%** and **43%** active travel in primary and secondary schools respectively.
- **66%** of Year 6 pupils want to walk to school, 6% points higher than in 2019.

Year / Global Matrix	Grade
2018 (3.0)	D
2022 (4.0)	C-
2026 (5.0)	C

KEY HIGHLIGHT

Recent data show an upward trend in walking and cycling locally amongst young people, supported by infrastructure and policy changes alongside awareness, promotion and changing norms.

Definition

Active transportation refers to any form of human-powered transportation eg. walking, cycling, using a wheelchair, in-line skating, skateboarding, scootering, kayaking, cross-country skiing.

Benchmark

- % of children and adolescents who use active transportation to get to and from places eg. school, park, friend's house.

School Data

- Data is taken from biannual active travel audits in schools and relates to school travel mode only.

Sedentary Behaviour



Age	%	Grade
Primary (10–11 years)	60%	C
Secondary (12–15 years)	33%	D
Overall Grade for 2026		C-

Additional data

- Equivalent data from 2019 was:
  Primary (10–11 years): **66%** (B-)
  Secondary (12–15 years): **42%** (C-)

Year / Global Matrix	Grade
2018 (3.0)	C
2022 (4.0)	C
2026 (5.0)	C-

KEY HIGHLIGHT

Sedentary screen time amongst local children increases markedly with age and has increased over time.

Definition

Any waking behaviour characterised by an energy expenditure ≤1.5 metabolic equivalents, while in a sitting, reclining or lying posture.

Due to the lack of official time limits for non-screen related sedentary behaviours, this indicator is evaluated using a proxy measure: recreational screen time, defined as time spent on screen behaviours that are not related to school or work.

Benchmark

- % of children and adolescents who meet sedentary behaviour guidelines (no more than two hours of recreational screen time per day).

*Note that local survey reports % who do 'less than 3 hours total screen time'. Grades were down-rated due to this less stringent benchmark.

Physical Fitness



	Boys		Girls	
Age	%	Grade	%	Grade
Global	-	INC	-	INC
Overall Grade for 2026		INC		

Year / Global Matrix	Grade
2018 (3.0)	INC
2022 (4.0)	INC
2026 (5.0)	INC

KEY HIGHLIGHT

Physical fitness of children and young people is not measured in Guernsey at a population level.

Definition

Characteristics that permit a good performance of a given physical task in a specified physical, social, and psychological environment.

Benchmark

- Average percentile achieved on specific standardised physical fitness tests (20m shuttle run, handgrip strength, and standing long jump) compared to international normative values.

Family and Peers



Overall Grade for 2026	D+

Additional data

- **35%** of respondents (32% in 2018) with 1 or more children aged under 16 years in the household reported doing 5 or more x 30 minutes daily physical activity (enough to raise their breathing rate) in the week before the survey.

Year / Global Matrix	Grade
2018 (3.0)	INC
2022 (4.0)	D
2026 (5.0)	D+

KEY HIGHLIGHT

There has been a small increase in the activity levels of adults who live with children and young people under 16 years. Better data is needed for this indicator.

Definition

Any member within the family (eg. parents, siblings) or social circle (eg. peers, friends) who can control or influence the physical activity opportunities and participation of children and adolescents in this environment.

Benchmark

- % of family members (parents, guardians) who facilitate physical activity and sport opportunities for their children and who are physically active with their children.
- % of parents who meet the global recommendations on physical activity for health.
- % of children and adolescents with friends and peers who encourage and support them to be physically active, and who they encourage and support to be active.
- (Note that local data represent the physical activity levels of adults with 1 or more child under 16 years in the home. Whilst this does not perfectly fit the benchmark, it is a proxy for it).

School



Overall Grade for 2026	A

Additional data

- 100% of schools have the Physical Activity, Physical Education and School Sport in Bailiwick of Guernsey Schools Directive, based on a whole school approach to physical activity.
- 100% of primary schools offer the mandated amount of PE and physical activity opportunities. A PE entitlement document also exists for all schools and they have access to Get Set for PE resources.
- 100% of secondary schools have PE specialists. The model in primary schools is that every teacher is supported by a PE specialist employed by The Guernsey Sports Commission.
- 100% of schools allow students regular access to sporting facilities and equipment.
- There has been significant progress in opportunities for activity for children attending Early Years Settings and work continues to create healthy environments, with plenty of opportunities for children to be physically active in their day.
- Objective data using Moki wearable accelerometers in primary schools show Guernsey students were 23% more active than the average in UK schools using the same measure, showing strong in-school activity levels.
- On average 58% of boys and 51% of girls met the recommended 30 mins of moderate to vigorous physical activity (MVPA) in school time when measured with wearable accelerometers. Pupils did an average of 35 minutes MVPA in school hours.

Year / Global Matrix	Grade
2018 (3.0)	INC
2022 (4.0)	C+
2026 (5.0)	A

KEY HIGHLIGHT

Schools, including the special schools, positively support their students to be active by taking a whole school approach to physical activity, which is supported by policy. Next step is to evidence the approach in secondary schools.

Definition

Any policies, organisational factors (eg. physical education curriculum), or student factors (eg. physical activity options based on age, gender or ethnicity) in the school environment that can influence the physical activity opportunities and participation of children and adolescents in this environment.

Benchmark

- % of schools with active school policies (eg. daily PE, daily physical activity, recess, “everyone plays” approach, bike racks at school, traffic calming on school property, outdoor time).
- % of schools where the majority (≥80%) of students are taught by a PE specialist.
- % of schools where the majority (≥80%) of students are offered the mandated amount of PE (for the given state/territory/region/country).
- % of schools that offer physical activity opportunities (excluding PE) to the majority (≥80%) of students.
- % of parents that report their children and adolescents have access to physical activity opportunities in school in addition to PE classes.
- % of schools with students who have regular access to facilities and to the equipment (eg. gymnasium, outdoor playgrounds, sporting fields, multipurpose space for physical activity, equipment in good condition).

(Data relates to State-maintained schools only)

Community and Environment



Local data: % who reported going to parks and open spaces in the 4 weeks before the survey:

Age	%	Grade
Primary (10–11 years)	80%	A-
Secondary (12–15 years)	66%	B-

Overall Grade for 2026	B

Additional data

- Primary age children also reported feeling 'Quite' or 'Very' safe: 'In the playground at playtime/ lunchtime' (93%)", 'On the way to and from school' (94%), 'In the area where I live' (95%) and 'In the park/open spaces near my home' (89%).

Year / Global Matrix	Grade
2018 (3.0)	INC
2022 (4.0)	INC
2026 (5.0)	B

KEY HIGHLIGHT

Children and adolescents in Guernsey have lots of opportunities to be active in their community and report feeling safe.

Definition

Any policies or organisational factors (eg. infrastructure, accountability for policy implementation) in the local (eg. town, city, or neighbourhood) environment and residents' perceptions about their local environment (eg. safety, access to green spaces) that can influence the physical activity opportunities and participation of children and adolescents in this environment.

Benchmark

- % of children or parents who perceive their local community is doing a good job at promoting physical activity.
- % of local communities that report they have policies promoting physical activity and infrastructure specifically geared towards promoting it.
- % of children or parents who report having facilities, programs, parks, and playgrounds available to them in their community.
- % of children or parents who report living in a safe neighbourhood where they can be physically active and having well-maintained facilities, parks and playgrounds that are safe to use.

Government



Overall Grade for 2026	B-

Evidence for this indicator is drawn from the panel's collective collation of local progress on government leadership, strategy and action on physical activity.

Throughout the last and the current political terms there has been increasing interest and appreciation for the role of prevention of ill-health in the Bailiwick's future prosperity. This is supported by a suite of strategies across different government departments that appropriately include aims and objectives linked to physical activity, active travel, sport and the health and well-being of young people (eg. The Children and Young People's Plan, Active-8: A Plan for Sport-2021–2030; Disability, Equality, and Inclusion Strategy; Strategy for Nature 2020; Healthier Weight Strategy 2023 – 2026 and the Integrated On Island Transport Strategy).

The Active-8: A plan for Sport 2021–2030 is a comprehensive plan for sport and physical activity including a range of actions which reflect the WHO Global Action Plan for Physical Activity designed to be delivered in collaboration between government and the third sector. However, the plan is only partially funded and has an end date of 2030.

There remains work to do to advance this but nonetheless there are encouraging signs. Evidence of government or policy leadership impacting physical activity include policy and plans around housing and infrastructure, with planning that values physical activity and development frameworks that include improved cycling and walking infrastructure. Other examples are the school-based physical activity policy directive and the government backed community-led regeneration of Guernsey's intertidal public swimming pools. There is also strong operational provision for physical activity and sport from government-supported third sector organisations.

Year / Global Matrix	Grade
2018 (3.0)	D
2022 (4.0)	B-
2026 (5.0)	B-

KEY HIGHLIGHT

An increasing interest and commitment from leaders and amongst the community for the role of prevention of ill-health in the Bailiwick's current and future prosperity should support strategies and actions to increase levels of physcial activity in young people.

Definition

Any governmental body with authority to influence physical activity opportunities or participation of children and youth through policy, legislation or regulation.

Benchmark

- Consensus-based grade taking into account the following: Evidence of leadership and commitment in providing physical activity opportunities for all children and adolescents; Allocated funds and resources for the implementation of physical activity promotion strategies and initiatives for all children and adolescents; Demonstrated progress through the key stages of public policy making (ie, policy agenda, policy formation, policy implementation, policy evaluation, and decisions about the future).

Final Grades



Overall Physical Activity	B-
Organized Sport Participation	C
Active Play	INC
Active Travel	C
Sedentary Behaviours	C-
Physical Fitness	INC

Family and Peers	D+
School	A
Community and Environment	B
Government	B-

This is Guernsey's third contribution to the Active Healthy Kids Global Alliance Global Matrix project, summarising local data on physical activity and related measures and allowing comparisons to previous reports and other countries around the world.

For children and youth with a disability, inconclusive grades were given, reflecting the qualitative nature of the data currently available. Other than for special schools, provision around children with disabilities is an area that needs to be better understood.

Our recommendations

- Maintain positive momentum in areas such as physical activity levels in schools, active travel and creating active environments that support children to be active in all spheres of their life, contributing to overall physical activity levels.
- Continue to build on government leadership on the importance of prevention, ensuring that physical activity is understood as a ‘best buy’ for community health and prosperity and purposefully embedded in cross-government strategies and planning.
- Continue to enable all children and young people to experience and sample a range of activities including individual and team sports, with particular focus on retaining girls in sport and activity as they age.
- Consider the cost of playing sport being a barrier to some families and the challenge of hiring suitable facilities at times outside of school hours.
- The impact of sedentary screen time amongst children and young people on physical activity and health should be included in cross-government approaches to addressing electronic device use.
- Ensure that physical activity opportunities are shaped by the voices of children and young people and address social and physical activity inequalities.
- It is important to support families to be active together, promoting active travel, informal opportunities for play and active recreation – Guernsey’s natural environment presents great opportunities for increased physical activity and improved mental health.
- Improve physical activity surveillance. Continue to complement self-report data with objective measurement of physical activity where possible; ensure continued regular measurement of key physical activity indicators amongst children and young people and consider extending to include active play, family physical activity and more comprehensive measures of sport participation; address data gaps amongst children and adolescents with disabilities. Investment in local health intelligence is needed.





References

AUTHORS

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DATA SOURCES

Guernsey Young People's Survey 2022

Guernsey and Alderney Wellbeing Survey 2023

Health Improvement Commission's biannual school active travel audits

Guernsey primary school-based objective data from studies using wearable Moki accelerometers 2024/25

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