



## ***Class of 2035 Commission***

### Final report and recommendations

Children's lives are changing – they are less active and spend less time outdoors than previous generations.

If current trends in children's movement, play and sport continue, low participation levels will increasingly affect their health and wellbeing, development and life chances.

In response to this concerning picture, Youth Sport Trust initiated the Class of 2035 Commission, chaired by Dr Paula Franklin and bringing together leaders from across healthcare.

Following a series of discussions sharing data and insights, the Commission has proposed recommendations designed to prioritise movement, play and sport to deliver the best outcomes for children and young people.

Youth Sport Trust's latest Class of 2035 report warned if current trends continue, by 2035:

**48%**

**of children** will spend three or more hours on screens for entertainment each day.

**34%**

will be active for **less than 30 minutes a day.**

**500  
new cases**

**of Type II diabetes diagnosed** in children each year, double current rates.

To tackle the childhood inactivity crisis and prevent the personal, societal and economic consequences – already evident today and set to grow in the future – the Class of 2035 Commission recommends action to:

- 1** Raise awareness of the UK Chief Medical Officers' physical activity guidance for children among healthcare professionals.
- 2** Strengthen and expand the social prescribing pathway for children and young people.
- 3** Deliver a minimum amount of physical activity within every school and early years setting.
- 4** Increase skills and competence for staff in the PE and School Sport Network.
- 5** Implement a national wellbeing measurement programme for children and young people.
- 6** Create a national, cross-government Children and Young People's Physical Activity Strategy.

These low-cost, high-impact proposals aim to bring healthcare, education and government together to deliver a commitment which prioritises getting children moving, playing and spending time outdoors to improve their life chances.

Find out more:  
[www.youthsporttrust.org/commission](http://www.youthsporttrust.org/commission)

