**BBC Radio 5 Live**

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* [U.K. National Radio](https://scout.tveyes.com/)

is claimed children start to reduce the amount of exercise they do from the age of 7 and knocked in adolescence researchers at the University of Strathclyde track the activity levels of girls and boys over an 8 year period to the age of 15 Professor John Ryley led the study the Orthodox view is that this adolescent decline is not only is something which happens a lesson so coincides with puberty or worth transition to a high-school but also some of that article FX girls in our study shows that is clearly not the case programmes and policies and practices all have to focus much earlier probably around at the time children go to school