

Participation: Once a week for 30 minutes at moderate intensity

Pivotal to [Sport England's 2008-11 strategy](#) is the funding and delivery of national governing bodies of sport (NGBs). NGBs contribute to Sport England's strategic goals by setting targets to increase the 'once a week' adult participation rates in their sport.

For individual sports, participation is defined as the number of adults (age 16 plus) who have taken part in the sport at moderate intensity for 30 minutes or more at least once in the last week (at least four days out of the previous 28 days).

In the period between 2007/8 (Active People Survey 2) and 2009/10 (Active People Survey 4), four sports (athletics, cycling, netball, and mountaineering) show a statistically significant increase in participation rates:

- Participation in athletics (including running and jogging) has grown from 1.612 million adults (3.9%) in 2007/8 to 1.876 million adults (4.5%) in 2009/10, **an increase of 263,400 participants.**
- Cycling has grown from 1.767 million adults (4.3%) in 2007/8 to 1.866 million adults (4.4%) in 2009/10, **an increase of 99,200 participants.**
- Participation in netball has grown from 118,800 adults (0.29%) in 2007/8 to 145,200 adults (0.34%) in 2009/10, **an increase of 26,400 participants.**
- Mountaineering* has grown from 86,100 adults (0.21%) in 2007/8 to 111,300 adults (0.26%) in 2009/10, **an increase of 25,200 participants.**

19 sports have seen a statistically significant decrease in weekly participation rates between 2007/8 and 2009/10 –swimming, football, golf, tennis, bowls, rugby union, cricket, basketball, snowsport, movement & dance, hockey, weightlifting**, sailing, rugby league, gymnastics, rowing, volleyball, rounders, and fencing (the figure for bowls refers to participants aged 65 and over participating for at least 30 minutes at any intensity).

Sports Participation: Once a week

Sport England NGB 09-13 Funded sports	APS2 (Oct 2007-Oct 2008)		APS3 (Oct 2008-Oct 2009)		APS4 (Oct 2009-Oct 2010)		
	%	n	%	n	%	n	Statistically significant change from APS 2
Swimming	7.83%	3,244,300	7.57%	3,162,400	7.50%	3,156,300	Decrease
Football	5.18%	2,144,700	5.08%	2,122,700	4.96%	2,090,000	Decrease
Athletics	3.89%	1,612,100	4.16%	1,739,700	4.45%	1,875,500	Increase
Cycling	4.26%	1,767,100	4.50%	1,880,000	4.43%	1,866,300	Increase
Golf	2.29%	948,300	2.15%	897,600	2.04%	860,900	Decrease
Badminton	1.29%	535,700	1.29%	539,400	1.24%	520,900	No Change
Tennis ¹	1.18%	487,500	1.27%	530,900	1.04%	437,500	Decrease
Equestrian	0.82%	341,700	0.82%	341,500	0.80%	337,800	No Change
Squash	0.71%	293,900	0.72%	299,500	0.69%	290,100	No Change
Bowls ²	3.40%	277,800	3.07%	254,400	2.92%	246,600	Decrease
Rugby Union ³	0.56%	230,300	0.50%	207,500	0.46%	194,200	Decrease
Cricket	0.49%	204,800	0.49%	206,600	0.41%	171,900	Decrease
Basketball	0.45%	186,000	0.46%	193,100	0.36%	151,800	Decrease
Netball	0.29%	118,800	0.32%	133,500	0.34%	145,200	Increase
Boxing	0.26%	106,800	0.29%	121,400	0.28%	117,200	No Change
Mountaineering ⁴	0.21%	86,100	0.20%	83,700	0.26%	111,300	Increase
Snowsport	0.29%	120,600	0.26%	106,800	0.25%	104,500	Decrease
Hockey	0.24%	99,800	0.23%	95,700	0.21%	86,800	Decrease
Table Tennis ⁵	0.18%	75,600	0.20%	85,600	0.20%	86,200	No Change
Weightlifting	0.29%	118,400	0.28%	116,000	0.18%	77,600	Decrease
Sailing	0.22%	89,900	0.20%	83,000	0.15%	65,100	Decrease
Rugby League ^{3,6}	0.20%	82,000	0.15%	63,000	0.12%	52,300	Decrease
Canoeing	0.10%	43,500	0.15%	62,900	0.12%	51,100	No Change

Sport England NGB 09-13 Funded sports	APS2 (Oct 2007-Oct 2008)		APS3 (Oct 2008-Oct 2009)		APS4 (Oct 2009-Oct 2010)		
	%	n	%	n	%	n	Statistically significant change from APS 2
Angling ⁷	-	-	0.14%	60,500	0.12%	51,000	-
Gymnastics ⁶	0.15%	61,200	0.12%	48,300	0.12%	50,300	Decrease
Rowing ⁸	0.13%	54,900	0.12%	49,000	0.11%	45,300	Decrease
Volleyball	0.12%	48,400	0.09%	39,200	0.09%	37,500	Decrease
Taekwondo ⁶	0.06%	23,500	0.06%	27,000	0.06%	25,900	No Change
Judo	0.05%	18,700	0.04%	15,100	0.06%	24,500	No Change
Rounders	0.06%	25,900	0.04%	18,000	0.05%	19,900	Decrease
Baseball & Softball	0.02%	6,700	*	*	0.02%	9,100	No Change
Fencing	0.04%	15,000	0.03%	12,200	0.02%	8,000	Decrease
Archery ⁹	*	*	*	*	*	*	*
Basketball (Wheelchair) ⁹	*	*	*	*	*	*	*
Boccia ⁹	*	*	*	*	*	*	*
Goalball ⁹	*	*	*	*	*	*	*
Handball ⁹	*	*	*	*	*	*	*
Lacrosse ⁹	*	*	*	*	*	*	*
Modern Pentathlon ⁹	*	*	*	*	*	*	*
Orienteering ⁹	*	*	*	*	*	*	*
Shooting ¹⁰	*	*	*	*	*	*	*
Triathlon ¹¹	*	*	*	*	*	*	*
Waterskiing ⁹	*	*	*	*	*	*	*
Wheelchair Rugby ⁹	*	*	*	*	*	*	*
Wrestling ⁹	*	*	*	*	*	*	*

1 Since publication of the APS3 results in December 2009, tennis figures have been recalculated to include wheelchair sports - tennis.

2 The participation rate for bowls refers to the proportion of the population aged 65 or over participating for at least 30 minutes at any intensity

3 From the beginning of APS4 respondents that play touch and tag rugby are asked which code of rugby they play and are included in the relevant sports results

4 Since publication of the APS3 results in December 2009, mountaineering figures have been recalculated to exclude ice climbing but include bouldering and mountain walking.

5 Since publication of the APS3 results in December 2009, table tennis figures have been recalculated to include wheelchair sports - table tennis.

6 Following a review of weighting procedures three sports (rugby league, gymnastics, and taekwondo) have had their APS2 results restated (from 88,300 to 82,000, 64,000 to 61,200, and 24,200 to 23,500 respectively). The changes reflect the weighting cap now applied to results meeting the necessary criteria (see the notes page for further details).

7 Figures for moderate intensity angling are not available for Active People Surveys 1&2. Since publication of APS3 results in December 2009, angling figures have been recalculated to include wheelchair sports - fishing.

8 The latest data point for Rowing includes only Water-based Rowing as Indoor Rowing has been coded out separately and combined with 'Rowing Machine'. An adjustment will be made once a full years data is available but until then the reported figure is not directly comparable with previous data points.

9 Insufficient sample size for once a week participation result

10 Light intensity only sport

11 As triathlon participants are unlikely to compete every week there is insufficient sample size to report a result. Built up from the three disciplines of running, swimming and cycling, triathlon contributes to the participation numbers for each of these activities.

Base sizes (number of respondents) are as follows:

APS2 (Oct 2007-Oct 2008): 191,324

APS3 (Oct 2008-Oct 2009): 193,947

APS4 (Oct 2009-Oct 2010): 188,354

Source: Sport England's Active People Survey

Reducing the drop off in sports participation

One of Sport England's key strategic targets is to reduce the drop off in participation in nine key sports. The nine sports that will be tackling 16-18 drop off in their 2009-13 Whole Sport Plans are: badminton, basketball, football, gymnastics, hockey, netball, rugby league, rugby union, and tennis.

In the period between 2007/8 (Active People Survey 2) and 2009/10 (Active People Survey 4), once a week participation amongst 18 year olds across the 9 drop off sports has increased*** from 189,100 18 year olds (28.23%) to 204,700 18 year olds (29.81%), **an increase of 15,600**.

Sport England NGB 09-13 Funded sports	APS2 (Oct 2007- Oct 2008)		APS3 (Oct 2008- Oct 2009)		APS4 (Oct 2009-Oct 2010)		Statistically significant change from APS 2
	%	n	%	n	%	n	
Overall	28.23%	189,100	30.52%	206,000	29.81%	204,700	No Change

Base sizes (number of respondents) are as follows:

APS2 (Oct 2007-Oct 2008): 1,751

APS3 (Oct 2008-Oct 2009): 1,856

APS4 (Oct 2009 - Oct 2010): 1,659

Footnotes:

* Since publication of the APS3 results in December 2009, mountaineering figures have been recalculated to exclude ice climbing but include bouldering and mountain walking.

** Since publication of the APS3 results in December 2009, weightlifting figures are now calculated from the following activities Weightlifting (Olympic) - Snatch / Clean & Jerk, Powerlifting Paralympic - Bench press, Weight training (free weights) - for specific sport.

*** Not statistically significant (i.e. we cannot say with 95% confidence that there has been a real change in the participation rate).

Notes

Participation in each sport is defined as the number of adults in England (age 16 plus) who have taken part in the sport at moderate intensity for 30 minutes or more at least once in the last week (at least four days out of the previous 28 days).

The 46 sports were selected by Sport England based on the following criteria: whether they are an Olympic or Paralympic sport; whether they are already designated as a development sport by Sport England; and whether they have more than 75,000 adult participants (age 16 and over) in England. 46 sports satisfied these criteria and were therefore asked to prepare a plan on which funding assessments were made.

Active People Survey 2 took place between October 2007 and October 2008. 191,000 adults in England (age 16+) were interviewed by telephone. Active People Survey 3 took place between October 2008 and October 2009. 194,000 adults in England (age 16+) were interviewed by telephone.

Active People Survey 4 took place between October 2009 and October 2010. 188,000 adults in England (age 16+) were interviewed by telephone.

Please note that this report highlights whether changes from Active People Survey 2 to Active People Survey 4 results are *statistically significant*. A statistically significant increase is indicated by 'increase', and a statistically significant decrease is indicated by 'decrease'. This means that we are 95% certain that there has been a real change (increase or decrease) in the participation rate. Where there has been no statistically significant change, this is indicated by 'no change'.

For more information on measuring statistically significant change between Active People Surveys, see the briefing note on Sport England's website:

http://www.sportengland.org/research/active_people_survey/active_people_survey_2/idoc.ashx?docid=c2da16fe-f44b-4715-a798-5cd4f62fc422&version=3

ONS population data (mid 2007 estimates for APS 2 data, and mid 2008 estimates for APS 3 data and mid 2009 estimates for APS 4) has been used to provide population numbers.

Following a review of the original survey weighting procedures individual weights are now capped at 7 where the following criteria are met: 1) a sport has more than 1% of participants with a weight greater than 7; 2) the index of difference between uncapped result and revised result where the maximum weight has been reduced to 7 is greater than 98 to 102; 3) the participant base is sufficient to measure 'change'. These new weighting procedures are now reflected in the reporting of new survey results and have led to some restatement of earlier

results for a limited number of sports (noted in the "Sports Participation: Once a week" table above).

For sports which have multiple disciplines, the following list highlights the disciplines currently included within each sport:

Angling: angling, fishing, sea fishing, wheelchair sports – fishing

Archery: archery, wheelchair sports – archery

Athletics: athletics field, athletics track, running track, running cross-country/road, running road, running ultra marathon, jogging.

Baseball/softball: baseball and softball

Bowls: Bowls - Crown green, Bowls - Flat green outdoor, Bowls - Flat green indoor, Bowls - Short mat, Bowls - Carpet

Canoeing & kayaking: canoeing, canoe polo, kayaking, whitewater kayaking

Climbing & mountaineering: climbing indoor, climbing rock, mountaineering, mountaineering high altitude, hill trekking, hill walking, bouldering, mountain walking

Cricket: Cricket (outdoors) - match, cricket (indoors) - match, cricket (outdoor) - nets / practice, cricket (indoors) - nets / practice, cricket – other

Cycling: Cycling is defined as adult participation at least once a week (four times in the previous four weeks), for 30 minutes at moderate intensity. Cycling includes recreational and competitive cycling but excludes any cycling which is exclusively for travel purposes only. Also includes BMX, cyclo-cross and mountain biking.

Equestrian: horse riding, dressage, pony trekking, show jumping, three-day eventing, trotting, polocrosse

Football: Football (indoors) – small sided (e.g. 5-a-side), football (indoors) - other, football (outdoors) – small sided (e.g. 5-a-side), football (outdoors) – 11-a-side, football (outdoors) - Other

Gymnastics: gymnastics and trampolining (excludes 'garden trampolining')

Rugby League: Rugby league - 13 a side game, rugby league - tag rugby, rugby league - touch rugby, rugby league – other

Rugby Union: Rugby union - 15 a side game, rugby union – sevens, rugby union - tag rugby, rugby union - touch rugby, rugby union – other

Sailing: Windsurfing or Boardsailing, Jet ski-ing / aquabike / personal water craft, Sailing – dinghy racing (inc. multihull), sailing – dinghy cruising (inc. multihull), sailing – keelboat racing, sailing – keelboat cruising, sailing – yacht racing (inc. multihull), sailing – yacht cruising (inc. multihull)

Skiing & snowboarding: snowboarding, skiing, skiing (barefoot), skiing (extreme), skiing (free), skiing (mono), skiing (parachute), skiing (ribbing), skiing (speed), skiing (grass or dry slope)

Shooting: shooting, shooting (air rifle), shooting (clay pigeon), shooting (pistol)

Squash: squash and racketball

Swimming: all swimming and diving (indoor and outdoor), water polo, deep water swimming, open water swimming, deep water diving

Table tennis: Table tennis, wheelchair sports - table tennis

Tennis: Tennis, wheelchair sports – tennis

Waterskiing: waterskiing, skiing barefoot (water), wakeboarding

Weightlifting: Weightlifting (Olympic) - Snatch / Clean & Jerk, Powerlifting Paralympic - Bench press, Weight training (free weights) - for specific sport

Wrestling: wrestling - cumberland, wrestling - olympic greco-roman, wrestling - olympic freestyle, wrestling - westmoreland, wrestling - cornish, wrestling - grappling, wrestling - beach, wrestling - lancashire or 'catch as catch can'