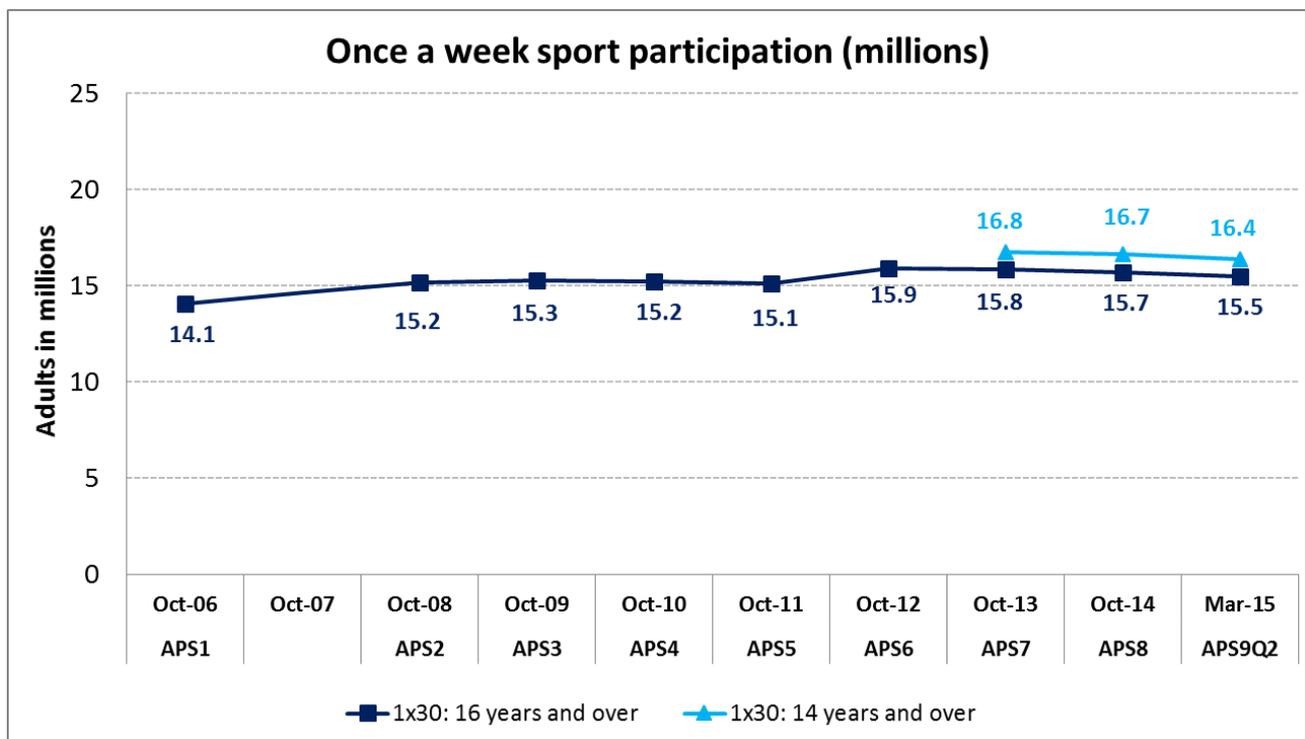


## Once a week participation in sport (1 x 30 minutes moderate intensity)

Following the extension of the age range covered by the Active People Survey (APS), survey results now include estimates of the percentage of people aged 14 years or over playing sport. To allow useful comparison of the latest sports participation data with previous periods, while we are still establishing time series data for this age range, results for people aged 16 years or over remain the main focus of this factsheet.

During the interim period from April 2014 to March 2015, 15.49 million people aged 16 years or over (35.5%) played sport for at least 30 minutes of sport at moderate intensity at least once a week<sup>i</sup>. This represents an increase of 1.4 million compared with 2005/06 (APS1) but a decrease of 222,000 compared with the October 2014 (APS8) result.



A further 914,600 people aged 14-15 years old (73.3%) played sport at least once a week. Overall during this latest, interim period (April 2014 – March 2015), 16.41 million people aged 14 years or over (36.5%) played sport at least once a week.

### Once a week sport: key demographics

The following shows the April 2014 to March 2015 results for key demographic groups.

#### Age Groups

During the period:

- **3.80 million 16-25 year olds (54.8%) played sport once a week, 119,300 more than APS1.** During this period, 4.72 million 14-25 year olds (57.5%) played sport once a week, 7,000 more than the October 2014 result for this age group.
- **11.69 million adults aged 26 years or older (31.9%) played sport once a week.** This result is a 1.29 million increase on APS1 result for this age group.

<sup>i</sup> Please note that the latest results now include moderate intensity participation in several activities that had previously only been included for people aged 65 years or over and all recreational cycling. For comparison purposes, these changes have been consistently applied to results for the entire time series. Fuller details can be found in the notes section of this factsheet.

### Disability

During the interim period April 2014 – March 2015

- 1.56 million people aged 16 years and over with a long term limiting illness or disability (17.2%) played sport once a week, an increase of 224,700 compared with APS1 but 37,300 fewer than the October 2014 result. Amongst people with a long term limiting illness or disability aged 14 years and over 1.65 million (17.7%) played sport once a week.
- During the interim period April 2014 – March 2015, 13.93 million people aged 16 years and over without a long term limiting illness or disability (39.3%) played sport once a week, an increase of 1.18 million compared with APS1 but 184,700 fewer than the October 2014 result.

### Gender

During the interim period April 2014 – March 2015:

- 8.63 million males aged 16 years or over (40.6%) played sport once a week, an increase of 853,100 compared with APS1 but 118,000 fewer than the October 2014 result for this group. During this period 9.15 million males aged 14 years or over (41.7%) played sport once a week.
- 6.86 million females aged 16 years or over (30.7%) played sport once a week, this is 555,100 more than APS1 but 104,000 fewer than the October 2014 result for this group. During this period 7.26 million females aged 14 years or over (31.6%) played sport once a week.

### Ethnicity

During the interim period April 2014 – March 2015:

- 2.92 million people from black and minority ethnic groups (37.9%) aged 16 years or over played sport once a week, 768,200 more than APS1 and 37,600 more than the October 2014 result for this group. During this period 3.08 million people from black and minority ethnic groups aged 14 years or over (38.8%) played sport once a week.
- 12.57 million people describing themselves as white – British (35.1%) aged 16 years or over played sport once a week, an increase of 640,000 compared with APS1 but 259,600 fewer than the October 2014 result for this group. During this period 13.32 million white – British people aged 14 years or over (36.1%) played sport once a week.

### Socio-economic groups

The table below shows that since APS1 the rate of participation amongst people aged 16 years and over is greater amongst people from higher socio-economic groups than those from lower socio-economic groups. It also shows that since APS1, rates of participation have decreased amongst the lowest socio-economic groups.

1 session a week (at least 4 sessions of at least moderate intensity for at least 30 minutes in the previous 28 days)	APS1 (Oct 2005-Oct 2006)		APS8 (Oct 2013-Oct 2014)		APS9 Q2 (April 2014-Mar 2015)		Statistically significant change from APS 1
	%	n*	%	n*	%	n*	
NS SEC1-4	37.8%	6,460,500	39.5%	9,695,000	38.7%	9,357,500	Increase
NS SEC5-8	27.2%	3,253,800	26.1%	4,421,200	25.7%	4,343,700	Decrease

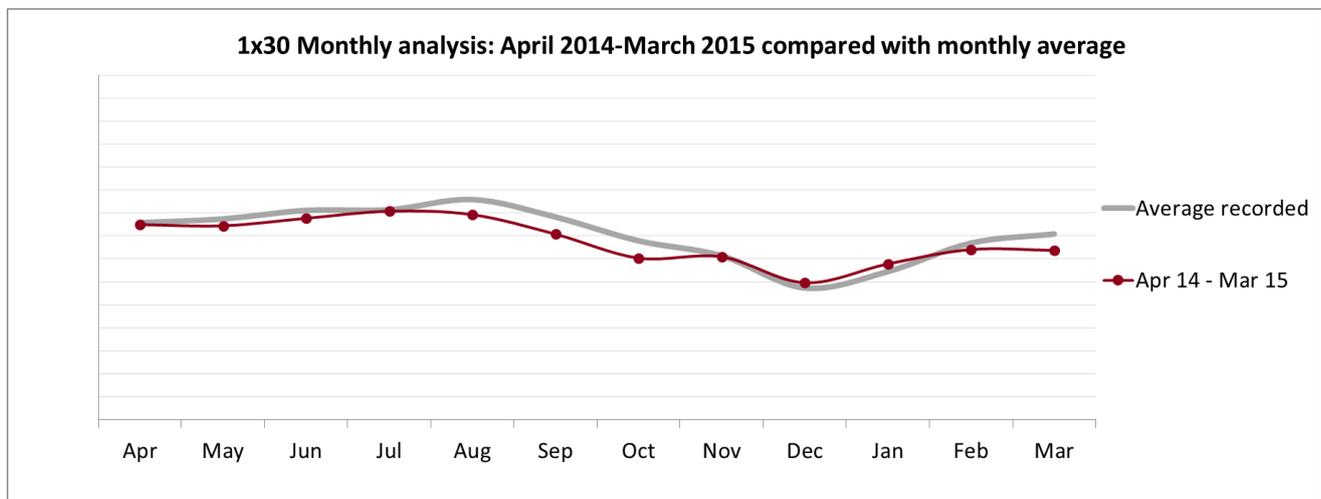
\* APS1 participant numbers are based on figures derived from the 2001 Census, APS8 and April 2014-March 2015 numbers are based on figures derived from the 2011 Census. The latest Census results saw a shift in the proportion of the population categorised as NSSEC9 (unclassified) into groups NSSEC1-8. Rates of participation (%) are unaffected but comparison of participant numbers by NSSEC group between early survey waves (APS1-5) and later survey waves (APS6-) should be made with caution.

Source: Sport England's Active People Survey

### Seasonality of sports participation (16 years and over)

Overall sports participation has a natural seasonal pattern with more people playing during the summer and fewer playing during the winter. Monthly comparison of the latest APS once a week sports participation among people aged 16 years and over with the average for the equivalent month reveals:

- Sports participation was lower in the late summer and autumn of 2014. This corresponds with lower levels of participation in swimming and fitness and conditioning activities being reported during this period.
- Sports participation was also lower in March 2015. This corresponds with lower levels of participation for cycling, equestrian and badminton being reported during this month.



### Notes

For further information on the 1x30 indicator, visit Sport England's website:

<http://www.sportengland.org/research/about-our-research/'1x30'-indicator/>

Please note that the latest results now include:

- Moderate intensity participation in a full range of keepfit classes amongst people aged 14-65 years (previously for some keepfit classes, results had only included participation amongst people aged 65 years or over)
- Moderate intensity participation in bowls and croquet (previously participation in these activities had only been included for people aged 65 years or over)
- All recreational cycling (previously infrequent recreational cycling - less than once a week - had not been included)

For comparison purposes, these changes have been consistently applied to results for the entire time series.

The latest, interim APS results are based on the 12 month period April 2014 – March 2015. 165,000 adults in England (age 14 years or over) were interviewed by telephone.

Office for National Statistics 2005 (APS1) and 2013 (APS8 and April 2014-March 2015) population data has been used in this report.

Please note that this report highlights differences between APS1 (October 2005-October 2006) and the latest, interim results (April 2014-March 2015) that are statistically significant. A statistically significant increase means that we are 95% certain that there has been a real increase in the participation rate.

The National Statistics Socio-economic Classification (NS-SEC) is derived from information on occupation and employment status. NS-SEC: 1. Higher managerial and professional occupations; 2. Lower managerial and professional occupations; 3. Intermediate occupations; 4. Small employers and own account workers; 5. Lower supervisory and technical occupations; 6. Semi-routine occupations; 7. Routine occupations; 8. Never worked and long-term unemployed; 9. Full time students and Occupations not stated or inadequately described.