

## Explanation of sports participation indicators

### Background

There are a number of key indicators of overall participation which are measured by Sport England's [Active People Survey](#) and which are published on a six monthly basis. This note seeks to explain the difference between the main participation indicators that are published by Sport England.

### '1x30' sport

[Sport England's 2012-17 Youth and Community Strategy](#) aims to create a lifelong sporting habit, so that sport becomes a habit for life for more people and a regular choice for the majority. This is underpinned by an aspiration to increase the number of people (and in particular those age 14-25) participating in at least 30 minutes of sport at least once a week ('1x30' sport).

Central to this strategy is the commissioning of National Governing Bodies of Sport (NGBs) by Sport England. Each NGB has growth targets to increase the 'once a week' participation rates in their sport. These will contribute to the overall target of increasing the number of adults who participate in sport at least once a week ('1x30').

To measure the proportion of adults who take part in sport for at least 30 minutes at least once a week, the '1x30' sport indicator is defined as the *percentage of the adult population participating in sport, at moderate intensity, for at least 30 minutes on at least 4 days out of the last 4 weeks (equivalent to 30 minutes on 1 or more day a week)*.

Any sport included in the '1x30' sport indicator has to be undertaken for at least 30 minutes and at least moderate intensity. The '1x30' sport indicator **does not include recreational walking** (as the former NI8 indicator does, see below). In recognition that there will be elements of cycling and walking that should be counted as 'sport', the '1x30' sport indicator does include recreational cycling if done at least once a week, moderate intensity for 30 minutes. It also includes the following more organised and intense/strenuous walking activities: Backpacking, Hill trekking, Cliff Walking, Gorge Walking, Hill walking, Rambling, Power walking and sport 'walking'.

The '1x30' sport indicator includes the following light intensity activities for those aged 65 and over: (in recognition that for people of this age, they can be considered moderate intensity) yoga, pilates, indoor and outdoor bowls, archery and croquet.

### Sport and Active Recreation: NI8, National Indicator 8 (formerly part of the National Indicator Set)

The national indicator set for local authorities was announced in October 2007. National Indicators were a means of measuring national priorities agreed by Government. National Indicator 8 (**NI8**) was the indicator for sport and active

recreation. Although this indicator for sport and active recreation continues to be referred to as NI8, please note that in 2010, the National Indicator Set ceased to be operative.

The definition for NI8 is: *the percentage of the adult population participating in **sport and active recreation**, at moderate intensity, for at least 30 minutes on at least 12 days out of the last 4 weeks (equivalent to 30 minutes on 3 or more days a week).*

As with the '1x30' sport participation indicators above, any activity included in NI8 has to be undertaken for at least 30 minutes and at least moderate intensity.

NI8 includes recreational walking and cycling, that is, infrequent cycling (less than once a week) and any walking for the purpose of health and recreation (not just to get from place to place).

NI8 also includes five light intensity sports for those aged 65 and over. These sports are: yoga, pilates, indoor and outdoor bowls, archery and croquet. These have been included in NI8 on the basis that these light intensity sports place a degree of physical demand on older participants in recognition of the health benefits for that age group.

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