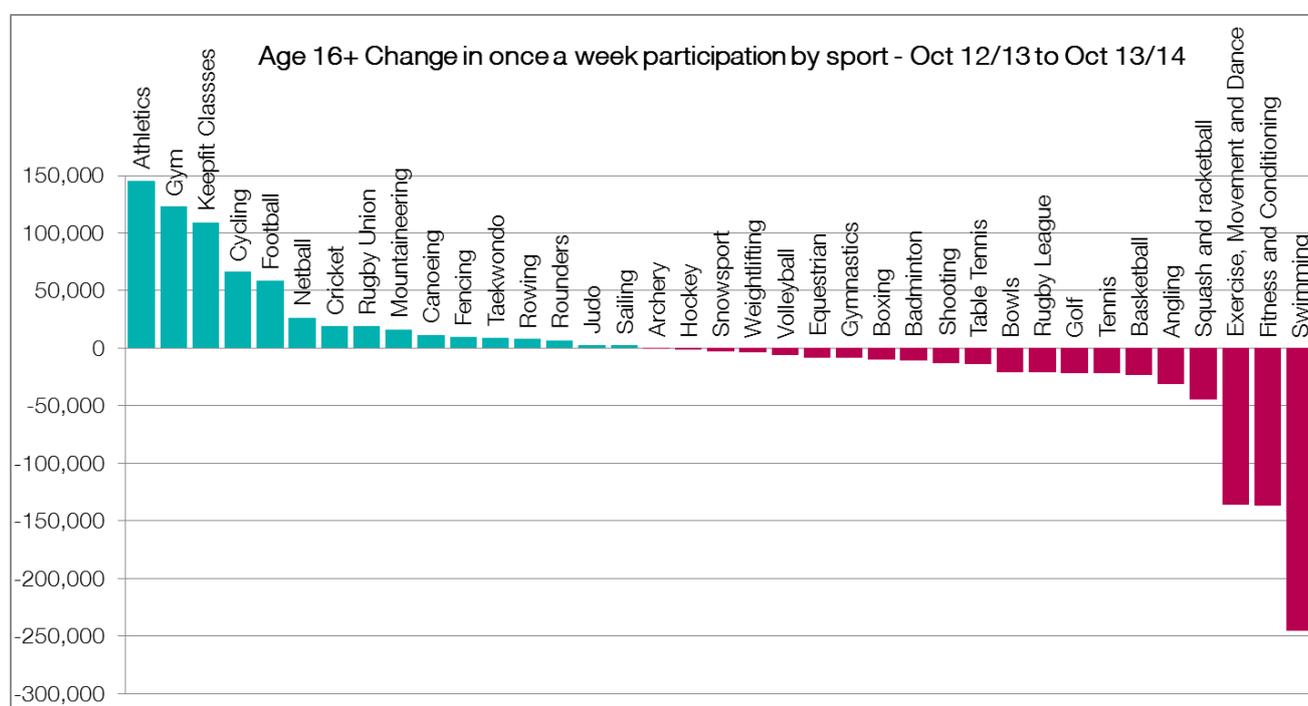


## Once a week participation in funded sports amongst people aged 16 years and over (October 2013 – October 2014)

Sport England monitors the amount of sport people play. As well as overall strategy and insight, this information also underpins performance management of the National Governing Bodies (NGBs) that we fund. As part of their Whole Sport Plans for 2013-17, most NGBs have participation targets based on the number of people playing their sport at least once a week<sup>i</sup>. Currently, 2013-17 performance is judged using data for people aged 16 years and over. Data including the newly available 14-15 year old data is presented in a separate factsheet.

### Change in once a week participation in funded sports (October 2013 – October 2014 compared with October 2012 – October 2013)



Source: Sport England's Active People Survey

Comparison of the latest rolling 12 month period (October 2013 – October 2014) with results from the previous 12 month period (October 2012 – October 2013) shows 14 funded sports have shown a positive change in participation, with 20 funded sports unchanged or showing a negative change. The largest positive change was seen in athletics (including running) participation and the largest negative change was seen in swimming participation. Please note that alongside Whole Sport Plan funded sports, the chart also presents the change in participation over the last 12 months in several key health and fitness activities (gym, keepfit classes and fitness & conditioning).

<sup>i</sup> This is defined as those who have participated at least four days in the previous 28 days.

**Table 1: Once a week participation in funded sports (16 years and over)**

1 x 30 sport indicator (16+)	APS1 (Oct 2005-Oct 2006)		APS7 (Oct 2012 - Oct 2013)		APS8 (Oct 2013 - Oct 2014)		Change from APS 7
	%	n	%	n	%	n	
<b>Sport England NGB 13-17 Funded sports</b>							
Swimming	8.04%	3,273,800	6.77%	2,934,200	6.16%	2,689,200	Decrease
Athletics	3.33%	1,353,800	4.65%	2,016,400	4.96%	2,161,600	Increase
Cycling	4.02%	1,634,800	4.62%	2,003,000	4.75%	2,069,200	No change
Football	4.97%	2,021,700	4.25%	1,839,100	4.40%	1,897,400	Increase
Golf	2.18%	889,100	1.73%	751,900	1.67%	730,300	No change
Badminton	1.27%	516,700	1.16%	500,500	1.13%	490,200	No change
Exercise, Movement and Dance <sup>1</sup>	*	*	1.34%	580,800	1.02%	444,900	Decrease
Tennis	1.12%	457,200	0.94%	406,000	0.89%	384,200	No change
Equestrian	0.77%	314,600	0.72%	312,700	0.70%	304,400	No change
Bowls <sup>2</sup>	2.21%	309,800	1.73%	264,300	1.58%	243,400	Decrease
Squash and racketball	0.74%	299,800	0.55%	240,700	0.45%	196,500	Decrease
Rugby Union	0.46%	185,600	0.37%	159,900	0.42%	178,800	Increase
Cricket	0.48%	195,200	0.34%	148,300	0.39%	167,200	Increase
Netball	0.27%	111,700	0.28%	122,200	0.35%	148,700	Increase
Boxing	0.28%	115,500	0.36%	154,800	0.33%	145,100	No change
Basketball	0.39%	158,300	0.36%	154,700	0.31%	131,100	Decrease
Angling <sup>3</sup>	*	*	0.33%	141,700	0.25%	110,900	Decrease
Snowsport	0.31%	127,400	0.25%	107,100	0.24%	104,600	No change
Weightlifting <sup>4</sup>	*	*	0.24%	104,600	0.23%	100,700	No change
Table Tennis	0.17%	69,400	0.25%	110,100	0.22%	96,200	No change
Mountaineering <sup>5</sup>	0.16%	67,000	0.18%	77,000	0.21%	93,000	Increase
Hockey	0.23%	93,900	0.20%	86,900	0.20%	85,500	No change
Rowing <sup>6</sup>	*	*	0.15%	66,300	0.17%	74,400	No change
Sailing	0.16%	64,000	0.14%	60,800	0.15%	63,500	No change
Canoeing	0.09%	36,500	0.10%	43,000	0.13%	54,700	Increase
Shooting <sup>7</sup>	0.14%	58,200	0.15%	66,100	0.12%	52,900	Decrease
Gymnastics	0.14%	58,900	0.11%	45,500	0.09%	37,000	No change
Archery <sup>7</sup>	0.06%	23,400	0.08%	36,300	0.08%	36,100	No change
Rugby League	0.18%	73,700	0.12%	53,500	0.08%	32,500	Decrease
Taekwondo	0.05%	19,000	0.05%	19,800	0.07%	29,100	Increase
Volleyball	0.08%	32,700	0.07%	31,000	0.06%	25,000	No change
Judo	0.04%	17,200	0.04%	17,000	0.05%	19,800	No change
Fencing	0.03%	13,600	0.02%	10,400	0.05%	20,000	Increase
Rounders	0.04%	16,500	0.03%	11,300	0.04%	18,100	Increase
Baseball & Softball	0.02%	9,300	*	*	*	*	*
Waterskiing	0.01%	3,600	*	*	*	*	*
Basketball (Wheelchair) <sup>8</sup>	*	*	*	*	*	*	*
Boccia <sup>8</sup>	*	*	*	*	*	*	*
Goalball <sup>8</sup>	*	*	*	*	*	*	*
Handball <sup>8</sup>	*	*	*	*	*	*	*
Lacrosse <sup>8</sup>	*	*	*	*	*	*	*
Modern Pentathlon <sup>8</sup>	*	*	*	*	*	*	*
Orienteering <sup>8</sup>	*	*	*	*	*	*	*
Triathlon <sup>8,9</sup>	*	*	*	*	*	*	*
Wheelchair Rugby <sup>8</sup>	*	*	*	*	*	*	*
Wrestling <sup>8</sup>	*	*	*	*	*	*	*

Source: Sport England's Active People Survey

## Notes

Unless otherwise stated, 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).

Notes on individual sports (referenced in the sport table):

1 From APS5 onwards results for exercise, movement and dance include dance exercise, body jam, medau, zumba

2 The participation rate for bowls refers to the proportion of the population aged 55 or over participating at any intensity.

3 Angling results include respondents who reported angling participation in response to the fishing check questions that were added to the survey in APS5.

4 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.

5 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 From APS5 onwards rowing figures include both rowing - water based and rowing - indoor / rowing machine.6 For the latest and future publications of results for shooting and archery include participation of any intensity.

6 From APS5 onwards rowing figures include both rowing - water based and rowing - indoor / rowing machine.

7 Results for shooting and archery include participation of any intensity.

8 Insufficient sample size for once a week participation result.

9 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.

The latest results are based on interviews conducted between October 2013 and October 2014. 164,000 adults in England (age 16+) were interviewed by telephone.

Please note that this report highlights where changes 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'.

ONS population data from 2005 (APS1), 2012 (APS7), and 2013 (APS8) has been used to provide population numbers.

Individual weights are 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'.

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

**Angling:** game fishing, coarse 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

**Badminton:** badminton - indoor, badminton - outdoor

**Baseball/softball:** baseball and softball

**Basketball:** basketball - indoor, basketball - outdoor

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

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

**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 (including BMX, cyclo-cross and mountain biking) but excludes any cycling which is exclusively for travel purposes only.

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

**Exercise, movement and dance:** dance exercise, body jam, medau, zumba

**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, futsal, football (outdoors) – Other

**Golf:** full course, golf - short course / par 3 / pitch and putt, golf - driving range, golf – putting

**Gymnastics:** gymnastics and trampolining

**Hockey:** Hockey - field (indoor), Hockey - field (outdoor)

**Judo:** Judo - contact, Judo - non contact

**Netball:** netball - indoor, netball – outdoor

**Rowing:** rowing - water based, rowing - indoor / rowing machine

**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), powerboat racing

**Snowsport:** Alpine skiing, freestyle skiing, Nordic skiing, snowboarding

**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 - indoor, table tennis - outdoor, 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 - freestyle, wrestling - olympic greco-roman, wrestling - olympic freestyle, wrestling - westmoreland, wrestling - cornish, wrestling - grappling, wrestling - beach, wrestling - lancashire or 'catch as catch can'