Active People Survey[1] Headline Results

SPORT BY SPORT FACT SHEET

- The survey shows England's diverse sporting interests. In total we identified over 230 sports that people took part in, ranging from the traditional to the unusual to the extreme.

- Walking is the most popular recreational activity for people in England. Over 8 million adults aged 16 and over (20%) did a recreational walk for at least 30 minutes in the last 4 weeks[2].

- 5.6 million people (13.8%) swim at least once a month while 4.7 million people (11.6%) go to the gym or use exercise machines (e.g. bikes, rowing machines, spinning).

- Fitness related activities, often done on an individual basis or in classes, dominate but more traditional sports such as football (2.9 million people), golf (1.4 million), badminton (900,000) and tennis (874,000) feature in the 'sporting top 10'.

- 3.1 million adults cycled for at least 30 minutes in the previous 4 weeks at levels of intensity that are beneficial for health[3].

- 5% of the adult population (2 million people) take part in athletics, including informal road running and jogging in addition to 'track and field'.

- Sports that feature high on the table tend to have a wide appeal across men and women, and people of different ages. Swimming and badminton are good examples of such sports.

- Other sports such as cricket, rugby union and netball have a narrower participant base – but still rank in the top 25.

- The popularity of different sports varies substantially among men and women. For example, more men (13.4%) play football than women (1.2%); similarly more men (6%) play golf than women (0.9%). By contrast, many more women (17.1%) swim than men (10.3%). Going to the gym is however more or less equally popular among men and women.

- Levels of participation in different sports varies across regions - for example London has the highest proportion playing tennis (3%) with North East the lowest (1.2%); while golf participation is highest in the South East (4.5%) and lowest for London residents (2.4%).

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LIST OF SPORTS AND RECREATIONAL ACTIVITIES		% of the adult population (16 plus) taking part at least once a month	Number of adults (16 plus) taking part at least once a month[4]
Recreational walking (mod intensity 30+ mins)	1	20.0	8,142,693
Swimming (all)	2	13.8	5,625,539
Gym (incl. exercise bikes/rowing machines)	3	11.6	4,722,762
Recreational cycling (mod intensity 30 + mins)	4	7.8	3,175,650
Football (all)	5	7.1	2,910,684
Running/jogging	6	4.6	1,872,819
Golf/Pitch and Putt/Putting	7	3.6	1,457,347
Badminton	8	2.2	900,332
Tennis	9	2.1	874,040
Aerobics	10	1.5	608,671
Yoga	11	1.4	559,250
Squash	12	1.2	500,679
Keep fit/sit ups	13	1.1	437,840
Bowls (all)	14	1.0	407,135
Horse Riding (Any)	15	1.0	401,916
Weight training	16	1.0	393,932
Cricket	17	0.9	380,366
Fishing (all)	18	0.7	281,083
Basketball	19	0.7	275,028
Pilates	20	0.7	270,071
Rugby Union	21	0.7	267,817
Athletics (track and field)	22	0.6	244,281
Dance Exercise	23	0.5	204,737
Netball	24	0.4	163,540
Snooker	25	0.4	163,504
Table tennis	26	0.4	162,941
Weightlifting	27	0.4	153,672
Boxing	28	0.4	148,659
Aquafit/ Aquacise/ Aqua Aerobics	29	0.4	148,587
Hockey-field	30	0.3	141,351
Martial Arts	31	0.3	141,250
Conditioning activities/ circuits	32	0.3	140,066
Tenpin bowling	33	0.3	136,868
Skiing	34	0.3	124,782
Health and fitness	35	0.3	122,450
Darts	36	0.3	119,850
Rugby League	37	0.3	110,553
Tai Chi	38	0.3	102,141
Pool	39	0.2	97,889
Climbing - rock	40	0.2	95,063
Trampolining	41	0.2	94,476
Karate	42	0.2	93,019
Sailing - dinghy	43	0.2	81,051
Rowing	44	0.2	79,669
Body Combat/ Cardio Kick	45	0.2	76,656
Ice skating	46	0.2	70,415

LIST OF SPORTS AND RECREATIONAL ACTIVITIES		% of the adult population (16 plus) taking part at least once a month	Number of adults (16 plus) taking part at least once a month
Volleyball	47	0.2	68,518
Canoeing	48	0.2	66,491
Cross training	49	0.1	59,110
Surfing	50	0.1	58,439
Step Machine	51	0.1	57,108
Rounders	52	0.1	56,810
Sub aqua/ scuba diving	53	0.1	56,152
Skateboarding	54	0.1	55,296
Shooting	55	0.1	48,869
Shooting - clay pigeon	56	0.1	47,077
American football	57	0.1	45,542
Archery	58	0.1	44,606
Roller blading/ roller skating	59	0.1	44,369
Skipping	60	0.1	43,476
Snowboarding	61	0.1	37,310
Climbing - indoor	62	0.1	37,170
Gymnastics	63	0.1	34,205
Kayaking	64	0.1	34,083
Motorcycling - motocross	65	0.1	33,072
Skittles	66	0.1	28,102
Martial Arts - chinese	67	0.1	27,089
Windsurfing or boardsailing	68	0.1	26,919
Body Pump	69	0.1	26,385
Frisby/ Frisbee	70	0.1	25,202
Walking - hill walking	71	0.1	25,043
Fencing	72	0.1	21,833
Taekwondo	73	0.1	21,551
Paintball	74	0.1	20,731

Notes

[1] The Active People Survey was carried out by Ipsos MORI on behalf of Sport England. It is the largest sport and recreation survey ever undertaken. In total 363,724 people were interviewed (a minimum of 1,000 in each local authority area) by telephone across England between the period mid October 2005 to mid October 2006. The sample was random stratified and the results are representative of the total adult population in England, the English regions and local authorities in England.

[2] To be included walking had to be defined by the respondent as 'primarily for recreational purposes', had to be continuous for 30 minutes and had to be at least moderate intensity – i.e. described by the respondent as either 'a fairly brisk' or a 'fast pace'.

[3] To be included cycling had to be defined as 'primarily for recreational purposes', had to be continuous for 30 minutes and had to be at least moderate intensity i.e.'enough to raise the breathing rate'.

[4] Population figures are based on ONS mid 2005 estimates.