Participation: Once a week for 30 minutes at moderate intensity

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).

Comparison of the 2007/8 (Active People Survey 2) and the latest results to October 2011 (Active People Survey 5), shows four sports (athletics, boxing, table tennis and mountaineering) have seen a statistically significant increase in participation rates:

- Participation in athletics (including running and jogging) has grown from 1.612 million adults (3.89%) in 2007/8 to 1.899 million adults (4.47%), an increase of 287,300 participants.
- Participation in boxing has grown from 106,800 adults (0.26%) in 2007/8 to 149,700 adults (0.35%), an increase of 42,900 participants.
- Participation in mountaineering has grown from 86,100 adults (0.21%) in 2007/8 to 109,600 adults (0.26%), an increase of 23,500 participants.
- Participation in table tennis has grown from 75,600 adults (0.18%) in 2007/08 to 134,900 adults (0.32%), an increase of 59,300 participants.

Nineteen sports have seen a statistically significant decrease in weekly participation rates between 2007/8 and the 12 months to October 2011 – swimming, football, golf, badminton, tennis, equestrian, bowls, rugby union, basketball, snowsport, hockey, weightlifting, sailing, rugby league, gymnastics, rowing, volleyball, rounders and judo (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)		APS5 (Oct 2010 - Oct 2011)		
	%	n	%	n	Statistically significant change from APS 2
Swimming	7.83%	3,244,300	6.62%	2,809,300	Decrease
Football	5.18%	2,144,700	4.98%	2,117,000	Decrease
Athletics	3.89%	1,612,100	4.47%	1,899,400	Increase
Cycling	4.26%	1,767,100	4.15%	1,761,200	No change
Golf[1]	2.29%	948,300	1.96%	833,200	Decrease
Badminton	1.29%	535,700	1.20%	510,300	Decrease
Tennis[2]	1.18%	487,500	0.88%	375,800	Decrease
Equestrian	0.82%	341,700	0.74%	312,600	Decrease
Squash and racketball	0.71%	293,900	0.67%	284,800	No change
Bowls[3]	3.40%	277,800	2.55%	219,800	Decrease
Cricket[4]	0.49%	204,800	0.51%	215,500	No change
Rugby Union[5 6]	0.56%	230,300	0.42%	178,900	Decrease
Basketball [7]	0.45%	186,000	0.36%	151,500	Decrease
Boxing	0.26%	106,800	0.35%	149,700	Increase
Table Tennis[8]	0.18%	75,600	0.32%	134,900	Increase

Sport England NGB 09-13 Funded sports	APS2 (Oct 2007-Oct 2008)		APS5 (Oct 2010 - Oct 2011)		
	%	n	%	n	Statistically significant change from APS 2
Angling[9]	-	-	0.32%	134,100	-
Netball	0.29%	118,800	0.31%	131,700	No change
Mountaineering[10]	0.21%	86,100	0.26%	109,600	Increase
Snowsport	0.29%	120,600	0.25%	106,500	Decrease
Hockey	0.24%	99,800	0.19%	79,200	Decrease
Weightlifting[11]	0.29%	118,400	0.17%	73,400	Decrease
Sailing	0.22%	89,900	0.12%	52,300	Decrease
Rugby League[5,12, 13]	0.20%	82,000	0.12%	51,000	Decrease
Gymnastics[13]	0.15%	61,200	0.11%	48,000	Decrease
Canoeing[14]	0.10%	43,500	0.11%	46,900	No change
Rowing[15]	0.13%	54,900	0.09%	40,300	Decrease
Volleyball	0.12%	48,400	0.07%	31,500	Decrease
Taekwondo[13]	0.06%	23,500	0.06%	27,100	No change
Rounders	0.06%	25,900	0.04%	18,300	Decrease
Fencing	0.04%	15,000	0.03%	13,700	No change
Archery	*	*	0.03%	13,000	-
Judo	0.05%	18,700	0.03%	11,800	Decrease
Basketball (Wheelchair)[16]	*	*	*	*	-
Baseball & Softball[11]	*	*	*	*	-
Boccia[16]	*	*	*	*	-
Goalball[16]	*	*	*	*	-
Handball[16]	*	*	*	*	-
Lacrosse[16]	*	*	*	*	-
Modern Pentathlon[16]	*	*	*	*	-
Orienteering[16]	*	*	*	*	-
Shooting[17]	*	*	*	*	-
Triathlon[16,18]	*	*	*	*	-
Waterskiing[16]	*	*	*	*	-
Wheelchair Rugby[16]	*	*	*	*	-
Wrestling[16]	*	*	*	*	-

1 Following a renegotiation of their grow target the new baseline for golf will be 852,200 (based on data from April 2010-April 2011)
2 Since publication of the APS3 results in December 2009, tennis figures have been recalculated to include wheelchair sports - tennis.
3 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 (APS5 base: 47,103)
4 Following a renegotiation of their grow target the new baseline for cricket will be 196,500 (based on data from April 2010-April 2011)
5 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
6 Following a renegotiation of their grow target the new baseline for rugby union

will be 178,000 (based on data from Jan 2010-Jan 2011)
7 Following a renegotiation of the grow target their new baseline for basketball will be 153,700 (based on data from April 2010-April 2011)
8 Since publication of the APS3 results in December 2009, table tennis figures have been recalculated to include wheelchair sports - table tennis.
9 Figures for moderate intensity angling are not available for Active People Surveys 1 & 2. Since publication of the APS3 results in December 2009, angling figures have been recalculated to include wheelchair sports - fishing. The Active People Survey 5 result for angling includes respondents who reported angling participation in response to the fishing check questions that were added to the survey. APS 5 data is not consistent with earlier data points.
10 Since publication of the APS3 results in December 2009, mountaineering figures have been recalculated to exclude ice climbing but include bouldering and mountain walking.
11 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.
12 Following a renegotiation of their grow target the new baseline for rugby league will be 44,100 (based on data from April 2010-April 2011)
13 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).
14 Since publication of the January 2010 - January 2011 results in March 2011, canoeing figures have been recalculated to include rafting.
15 Since the third quarter of APS4 indoor rowing has been routed out of the overall rowing number. APS5 data and some APS4 data is not consistent with data before the third quarter of APS4.
16 Insufficient sample size for once a week participation result
17 Light intensity only sport
18 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
APS5 (Oct 2010-Oct 2011): 166,805
Source: Sport England's Active People Survey

Reducing the drop off in sports participation

A key strategic target off Sport England has been to reduce the drop off in participation in nine key sports. The nine sports 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 Active People Survey 5 (2010/11), once a week participation amongst 18 year olds across the 9 drop off sports has decreased* from 189,100 18 year olds (28.2%) to 172,500 18 year olds (25.6%), a decrease of 16,600.

Sport England NGB 09-13 Funded sports	APS2 (Oct 2007-Oct 2008)		APS5 (Oct 2010-Oct 2011)		
	%	n	%	n	Statistically significant change from APS 2
18 year olds - Overall	28.2%	189,100	25.6%	172,500	No change

Base sizes (number of respondents) are as follows:
APS2 (Oct 2007-Oct 2008): 1,751
APS5 (Oct 2010-Oct 2011): 1,568

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

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 were 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.

The latest rolling 12 month results from Active People Survey 5 cover the period October 2010 to October 2011. 166,000 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 5 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-2010 projections for APS 5 results) 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: 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 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, 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
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: snowboarding, skiing, skiing (barefoot), skiing (extreme), skiing (free), skiing (mono), skiing (parachute), skiing (ribbing), skiing (speed), skiing (grass or dry slope), telemark
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'