

Young People and Sport

National Survey 1999

Nick Rowe/Ross Champion
Sport England Research
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Sport England
16 Upper Woburn Place
LONDON
WC1H 0QP
Tel: **020 7273 1500**
Fax: **020 7383 5740**
Email:
info@english.sports.gov.uk
www.english.sports.gov.uk

Sport England Young People and Sport National Survey 1999

Headline findings

Introduction

Understanding how our nation measures up in terms of its commitment to sport for young people and the place sport plays in their lives is crucial, not just to the development of sport itself, but also in relation to the wide range of positive spin off's that a lifelong involvement in sport can bring. There is a growing body of evidence which shows that sport can make a significant contribution to individuals and society beyond winning medals. Many of these benefits, for example in terms of health, social regeneration, lifelong learning and reductions in criminal behaviour, are not, however, realised if appropriate skills and a positive attitude to sport are not developed at a young age.

In recognition of the importance of early sporting experiences, Sport England has focused many of its policy initiatives on young people and made a significant commitment to obtaining research evidence to shape and underpin this work. This report sets out selected 'headline' findings from Sport England's 1999 National Survey of Young People and Sport carried out by MORI.

This survey was a repeat of the first national survey carried out by the Office of Population Censuses and Surveys in 1994 and enables the changes that have occurred over the five year period since that first survey to be measured and the implications for sport to be assessed. Although there are many surveys that look at young people and their leisure behaviour, the Sport England surveys are unique in providing large scale national representative information that focuses on sport and provides an ability to track changes over time.

Some background to the survey

The survey was carried out with a random sample of young people aged 6 to 16 years across England. The sample was selected to ensure appropriate coverage of different types of schools, English regions and local authorities. The survey did not include young people in special schools as this would require a different sampling method. Sport England is currently carrying out a separate survey of participation in sport by young people with a disability.

In total 3,319 young people were surveyed with those of primary school age sent a self completion questionnaire to their homes and those young people in secondary school completing a questionnaire in a supervised classroom setting (apart from young people aged 16 years who were also sent a questionnaire to their homes to ensure they were not missed due to either having left school or being involved in GCSEs). Questionnaires for primary aged young people were completed by parents in the presence of their children. The overall response rate for the survey was 72% of young people who received a questionnaire.

In addition to surveying young people it was considered important to obtain information from teachers on issues concerning the PE curriculum and the constraints and opportunities for delivering PE in the school. Heads of PE Departments, or where there was no such post, the PE specialist or PE curriculum co-ordinator in the schools in which young people were surveyed, also completed a questionnaire. In total 151 teachers in different schools completed questionnaires.

The survey was carried out during the latter part of the summer term (for both the 1994 survey and 1999 survey). This timing was important as young people were asked to look back and tell us about their sporting experiences over the previous school year. Having the school year as a reference period helped to improve recall and hence the quality of the information collected. The requirement to report on participation over a year was important as this ensured that differences in participation in sport which are seasonally biased are overcome and that peaks and troughs in participation are evened out.

Because of the need to measure involvement in sport over a whole year there were limitations on the amount of detail it was reasonable to collect about the frequency of participation in different sports. In order to simplify this and to obtain as reliable information as possible, young people were asked to identify whether they had taken part in a sport or exercise activity at all in the previous year; on less than 10 days; or 10 days or more. In this report where the term participated 'frequently' is used this refers to participation on 10 days or more.

Young people were given a long list of 39 sport and exercise activities that they could select from but were also allowed to include any others that were not on the list. The range of activities was wide from the more traditional team games, through fitness type activities and outdoor and adventurous activities. It included participation in sport whether 'just for fun' in addition to competitive and organised sport.

The levels and types of sports participated in were identified separately for those done in lesson time and those out of school lesson time. Participation out of school lessons included participation in school lunch breaks or after school or in the holidays even if this was organised by the school. Participation in extra curricular sport is considered part of participation in sport 'out of school lessons' where this is organised by the school.

In addition to asking young people about the sports they participated in, a range of other related questions were asked including questions about memberships of sports and other clubs where they do sport; the highest level of competition participated in; where they do sport out of school; their favourite sports in school lessons; their sporting role models; their attitudes towards sport and the time they spend on leisure activities other than sport. Information on the amount of time provided for PE in the curriculum was obtained from teachers (as this was considered to be the most reliable source for this information) and then applied to young people that were surveyed in their school.

Sport in school lessons

The following sets out some of the headline findings about young people's participation in sport in school lesson time.

Number of sports

The number of sports taken part in by young people in school lessons provides an indicator of the diversity of sporting opportunity available to young people. In 1994 we were impressed with the choice of sports available to young people in their school lesson time. This was tempered, however, by some concern about the limited number of sports where young people have a sufficiently 'frequent' involvement to develop skills and understanding of the sport that they can take with them into their adult years. This picture remains unchanged in 1999. Some of the key findings that illustrate this are shown below:

- in 1999 the average number of sports done at least once in the year in school lessons for all young people was 8 for both boys and girls and this has not changed since 1994
- the average number of sports done 'frequently' (at least 10 times in the year) in school lessons in the last year was 4 and this has not changed since 1994. The average number for girls in 1999 was a little higher than for boys (3.75 to 3.53)
- overall in 1999, over half of all young people did less than four sports on at least 10 occasions in lesson time in the last year, which is consistent with the 1994 finding. There has been no increase in the number of young people participating in 10 or more sports on at least 10 occasions between 1994 and 1999

Types of sports

It is to be expected that the popularity of different sports and the frequency with which they are participated in during school lesson time will change over time. Evidence from our surveys shows, however, that for many sports the amount of change over a five year period is small. The biggest negative changes that took place were a decline in participation in gymnastics in particular, but also in swimming in primary schools and hockey in secondary schools.

On the positive side there were significant increases in participation in rounders, football and to a lesser extent in athletics. All of these statistics must, however, be viewed in the context of the declining time available overall for PE, particularly in primary schools (see later in this report) and that inevitably an increase in participation in one sport in curriculum time must be at 'the expense' of time for another sport.

Set out below and in Tables 1 and 2 and Figures 1 and 2 are some facts and figures about the most popular sports in school lessons and how their 'popularity' has changed over time. The statistics set out below focus on those sports which have been carried out 'frequently' (on at least 10 occasions) in school lessons.

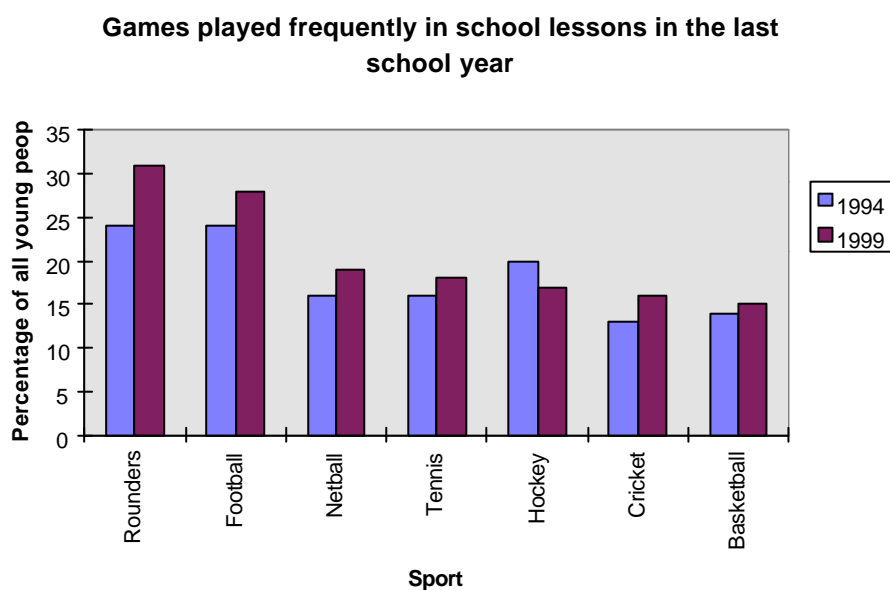
The top five sports played frequently in school lessons in the last year for all young people were:

- athletics (up from 33% in 1994 to 35% in 1999)
- gymnastics (down from 39% in 1994 to 33% in 1999)
- rounders (up from 24% in 1994 to 31% in 1999)
- swimming (down from 32% in 1994 to 30% in 1999)
- football (up from 24% in 1994 to 28% in 1999)

The top five ‘games’ played frequently in school lessons in the last year for all young people were:

- rounders (up from 24% in 1994 to 31% in 1999)
- football (up from 24% in 1994 to 28% in 1999)
- netball (up from 16% in 1994 to 19% in 1999)
- tennis (up from 16% in 1994 to 18% in 1999)
- hockey (down from 20% in 1994 to 17% in 1999)

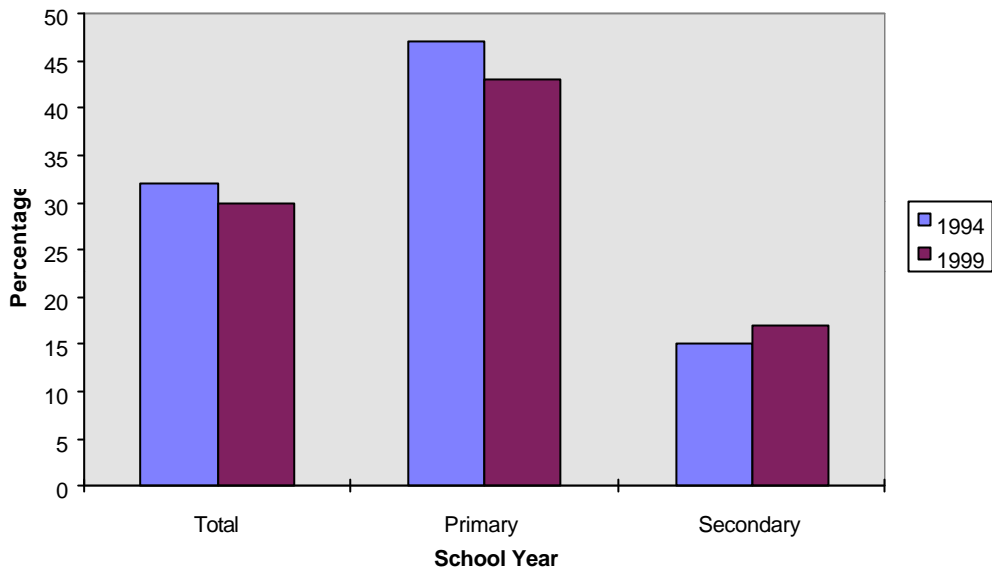
Figure 1



- there was an increase in the amount of cricket played frequently in lessons from 13% of young people to 16% whilst the amount of basketball played frequently in schools remained about the same (14% in 1994 to 15% in 1999)
- swimming was participated in frequently in school lessons by 30% of all young people, a slight decline from 32% in 1994. Frequent participation by young people of primary school age in swimming lessons declined from 47% in 1994 to 43% in 1999, while for secondary school age young people it increased from 15% to 17%

Figure 2

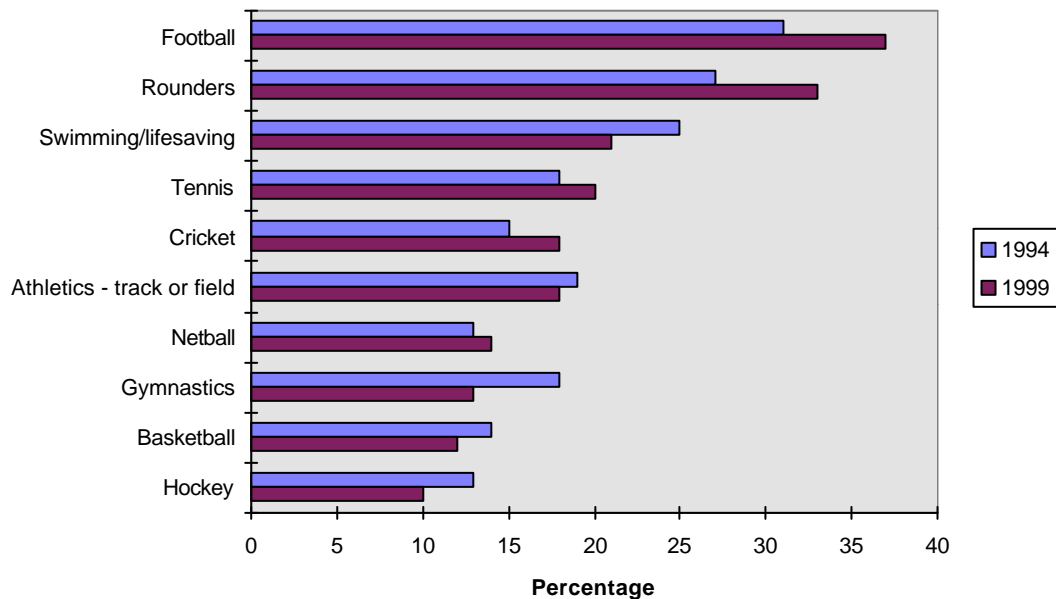
Participation of young people in swimming on a frequent basis in school lessons in the last school year



- when asked to nominate up to three sports young people enjoyed most in lesson time, football topped the list, mentioned by over a third (37%), an increase from 31% in 1994. This is followed by rounders (33%) and swimming/lifesaving (21%) which is a drop from 25% in 1994. Gymnastics shows the biggest fall in 'popularity', dropping from 18% in 1994 to 13% in 1999

Figure 3

Sports and exercise enjoyed in school lesson time this year



Time spent on PE in the school curriculum

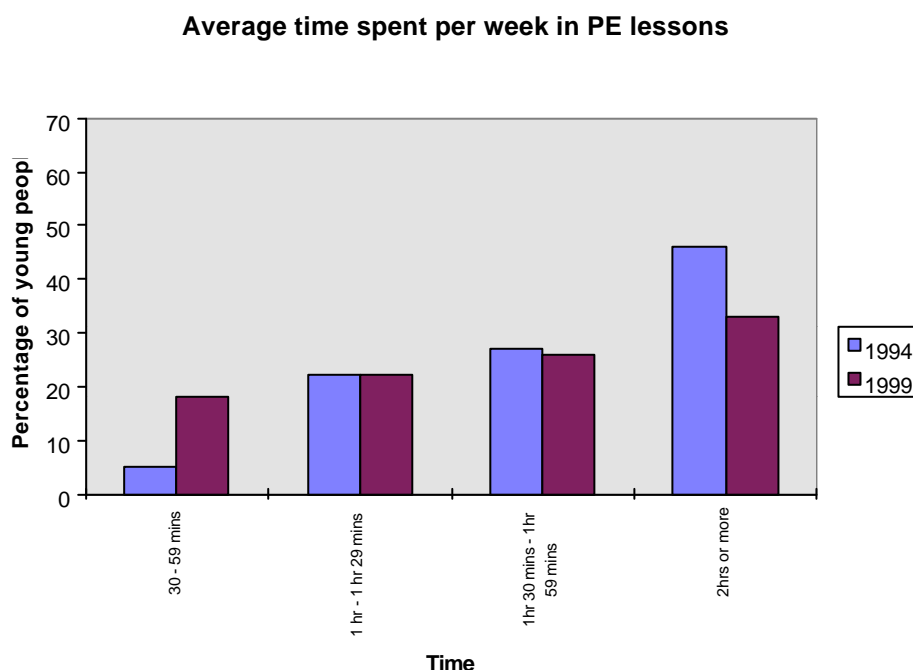
The amount of time offered for PE in the curriculum is important in providing young people with the opportunity for a rounded education that addresses their physical as well as intellectual development. For many, and particularly for those from socially deprived backgrounds, the opportunities provided for PE and sport in school curriculum time are particularly important and may in part make up for a lack of opportunity or lack of a positive environment for sport that is available to them in their everyday life outside of school.

Since the 1994 survey was carried out there have been increasing demands made on teachers to raise standards of education particularly in the areas of literacy and numeracy and particularly amongst young people of primary school age. Anecdotal evidence has suggested that PE in primary schools has been impacted by these developments and has been squeezed out by what have been seen as competing priorities.

The headline findings from the survey provide for the first time empirical evidence of the impact of the changing policies and priorities in education on PE and are summarised below and in Table 1.

- overall the proportion of young people spending on average between 30 minutes and 59 minutes a week in PE lessons increased from 5% in 1994 to 18% in 1999. At the other end of the spectrum, the proportion of young people spending 2 hours or more on PE and sport decreased from 46% in 1994 to 33% in 1999

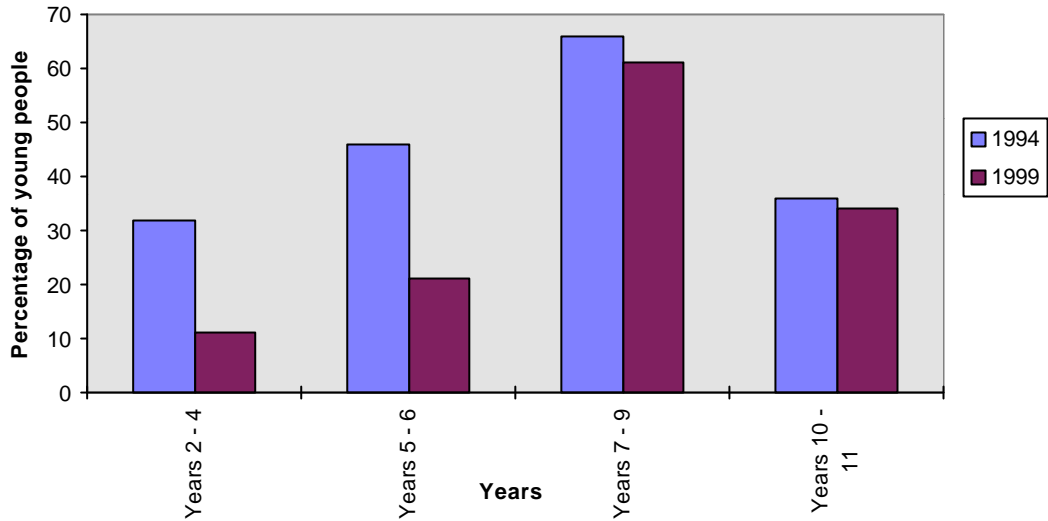
Figure 4



- for young people in primary years 2-4 the proportion spending on average 2 hours or more per week taking part in PE declined from 32% in 1994 to 11% in 1999, and for primary years 5-6 from 46% in 1994 to 21% in 1999

Figure 5

Percentage of all young people who spent 2 hours or more per week in PE lesson, by year



- the changes in time spent on PE in secondary schools was less marked with a decrease for those in years 7-9 spending at least 2 hours (from 66% in 1994 to 61% in 1999) and a marginal decrease of 2 percentage points for those in years 10-11 (from 36% in 1994 to 34% in 1999)

Figure 6

Average time spent in PE lessons per week for Primary Years 2 - 4

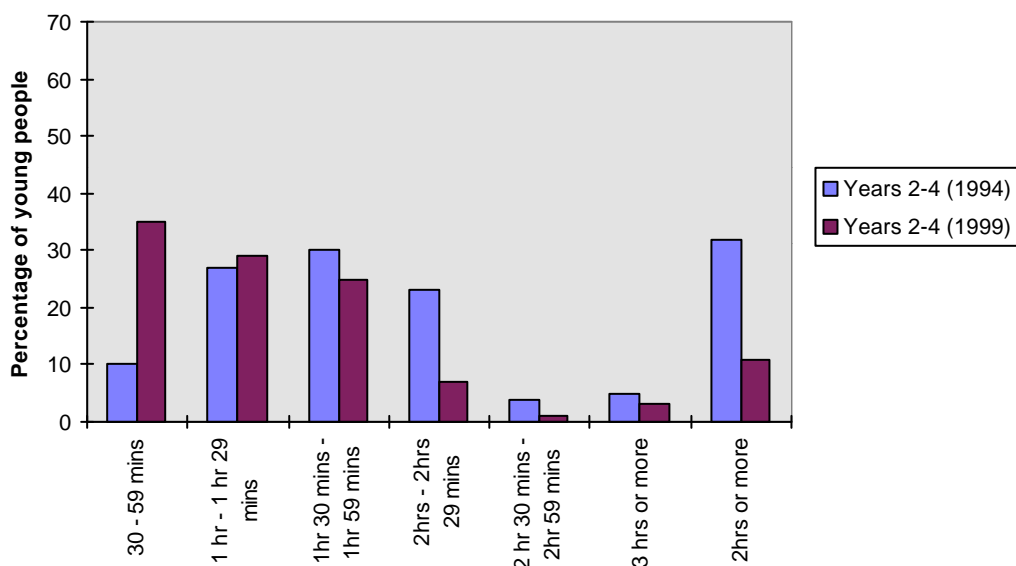


Figure 7

**Average time spent in PE lessons per week for
Primary Years 5-6**

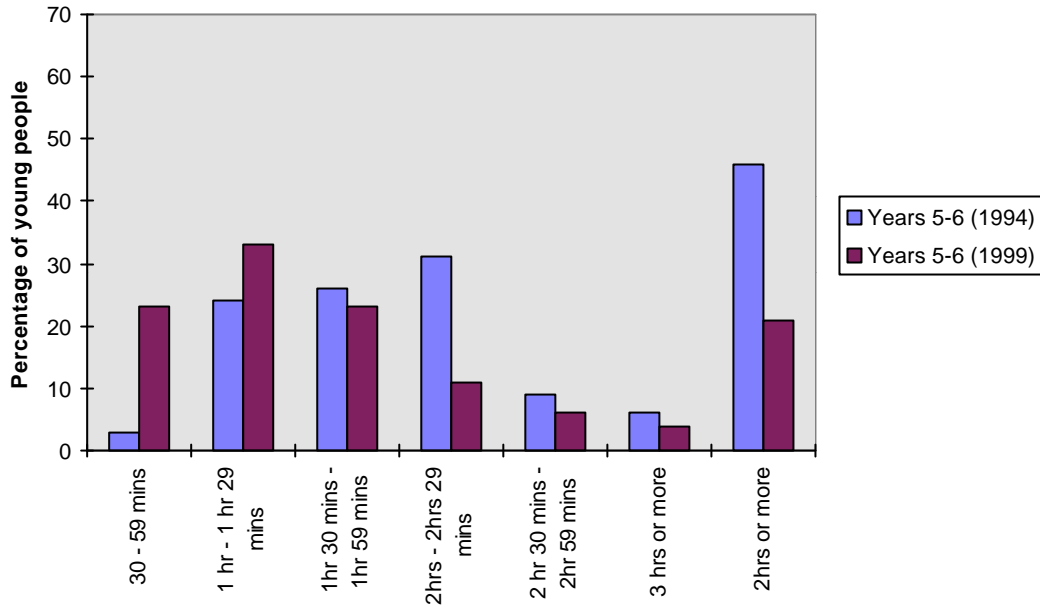


Figure 8

**Average time spent in PE lessons per week for
Secondary Years 7-9**

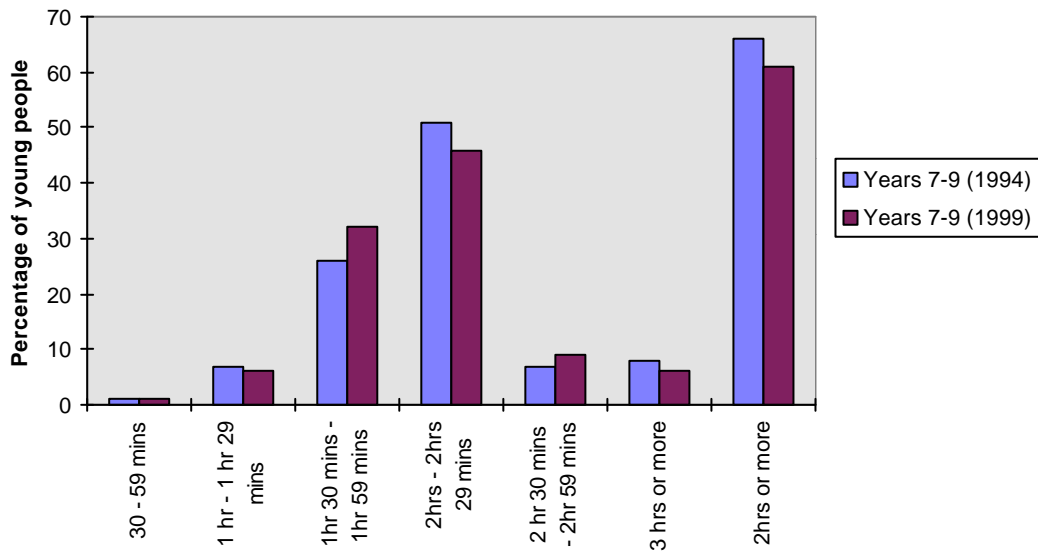
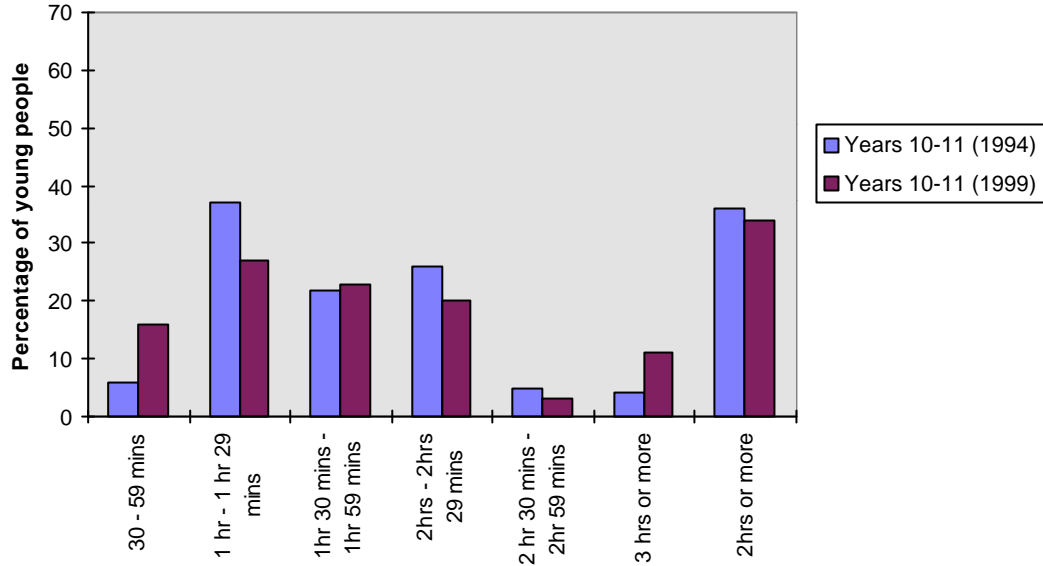


Figure 9

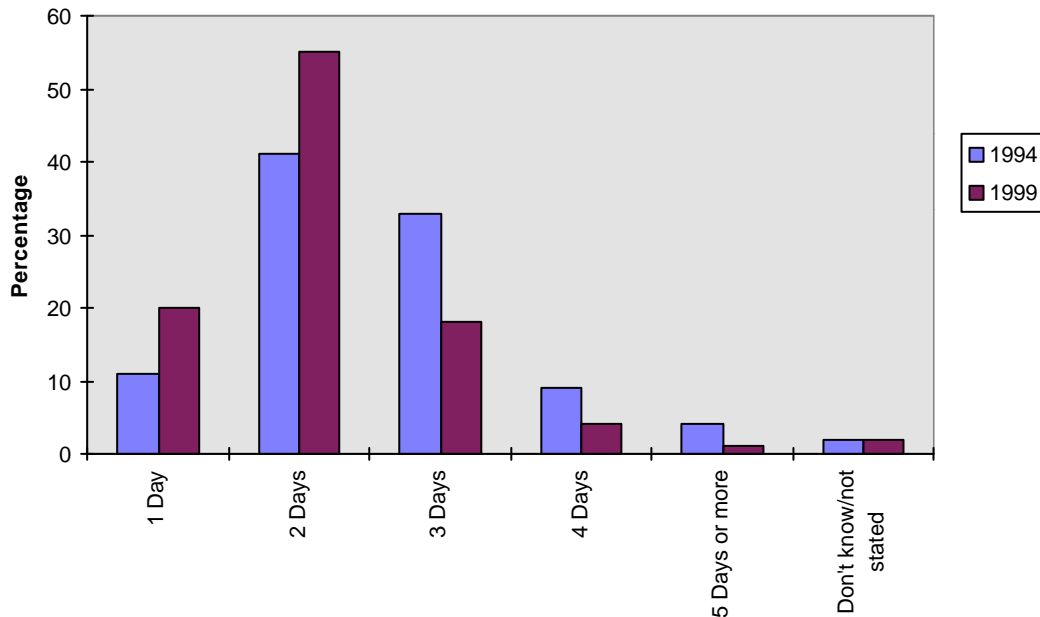
Average time spent in PE lessons per week for Secondary Years 10-11



- one in 5 (20%) of primary school children in 1999 had usually done PE on one day a week compared with 11% in 1994, while 23% of primary school pupils had usually done PE on at least 3 days a week in 1999 compared with 46% in 1994
- in 1994, 4% of primary school children had usually done PE on 5 days a week compared with 1% in 1999

Figure 10

Number of days per week on which young people had done PE, games, swimming, dance or sport lessons in this school year (Base : all primary children)



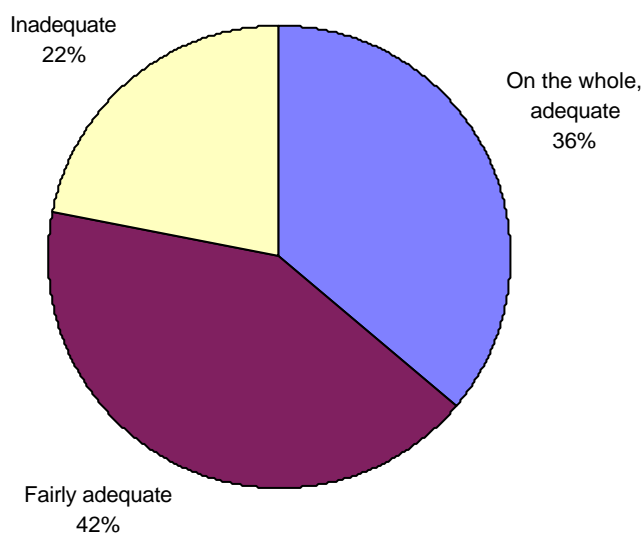
Facilities and resources for sport in schools

Having sufficient facilities available to the school of an appropriate quality is obviously crucial to the sporting experience that can be offered to young people. Perhaps more importantly, however, is the availability of experienced and qualified PE teachers who can motivate and help young people acquire the skills and knowledge that will enable them to go on to maximise their sporting potential and develop a lifelong love of sport. Teachers in the participating schools were asked a series of questions about the qualified PE staff available in the school and on the sporting facilities available to them. The headline findings were as follows:

- all secondary schools surveyed had at least one member of staff with a specialist PE qualification while only half (51%) of primary schools did. This had not changed since 1994
- the majority of primary schools surveyed had no full time staff or part time specialist teaching staff for PE lessons (95% no full time and 86% no part time)
- 72% of primary schools surveyed had access to an indoor swimming pool compared with 40% of secondary schools
- 17% of primary schools had access to a multi-purpose sports hall compared with 68% of secondary schools
- a quarter of all teachers surveyed felt that sports facilities at their schools are inadequate. One in five (22%) of primary school teachers and a third (33%) of secondary school teachers felt that given their school's overall teaching requirements and the number of pupils in the school the sports facilities were inadequate

Figure 11

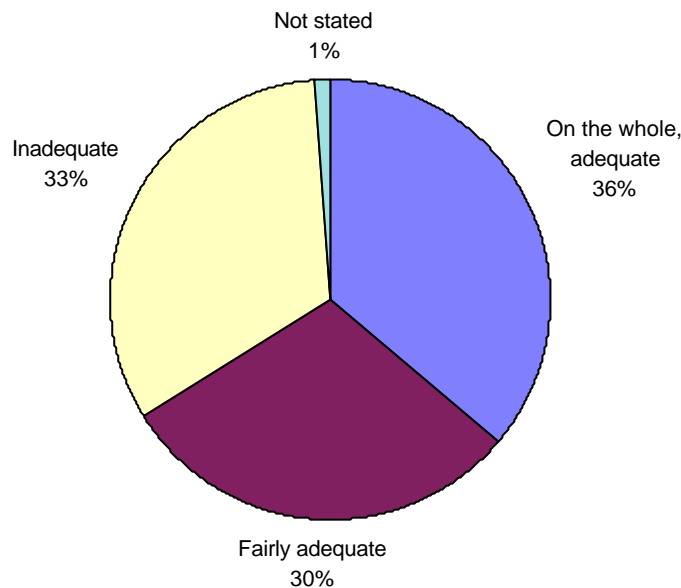
Teacher rating of adequacy of primary school facilities given the school's overall teaching requirements and the number of young people in the school



- over 4 in 5 (84%) of the secondary schools surveyed make their facilities available for community use compared with 53% of primary schools

Figure 12

Teacher rating of adequacy of secondary school facilities given the school's overall teaching requirements and the number of young people in the school



Sport out of school lessons

Participation in sport out of school lessons in their 'free time' in many ways provides a better indicator of young people's commitment and enthusiasm for sport than participation in school lessons where the freedom to choose is not so great. The single overriding message from both the 1994 and 1999 surveys is that there are few if any areas of leisure which have such a pervasive impact on young people's lives, whether it be playing sport themselves or watching their heroes take part on television.

However, levels of involvement in sport vary considerably between individuals and between different groups in society. Crucially, for many young people participation in sport does not extend into their adult years where we see significant drops in the levels of participation particularly in the early post school years and particularly, but not exclusively, amongst young women.

The following (with reference to Tables 3 and 4) provides some headline findings from the 1994 and 1999 surveys.

Overall participation

- the proportion of young people taking part (whether organised or 'just for fun') after school on school days increased from 74% in 1994 to 79% in 1999. There was a similar increase in those taking part in lunch breaks on school days from 62% in 1994 to 67% in 1999
- during the summer holidays a quarter of all young people (26%) in 1999 said that they had taken part in sport and exercise for over 15 hours per week on average, up from a fifth (21%) in 1994

Number of sports

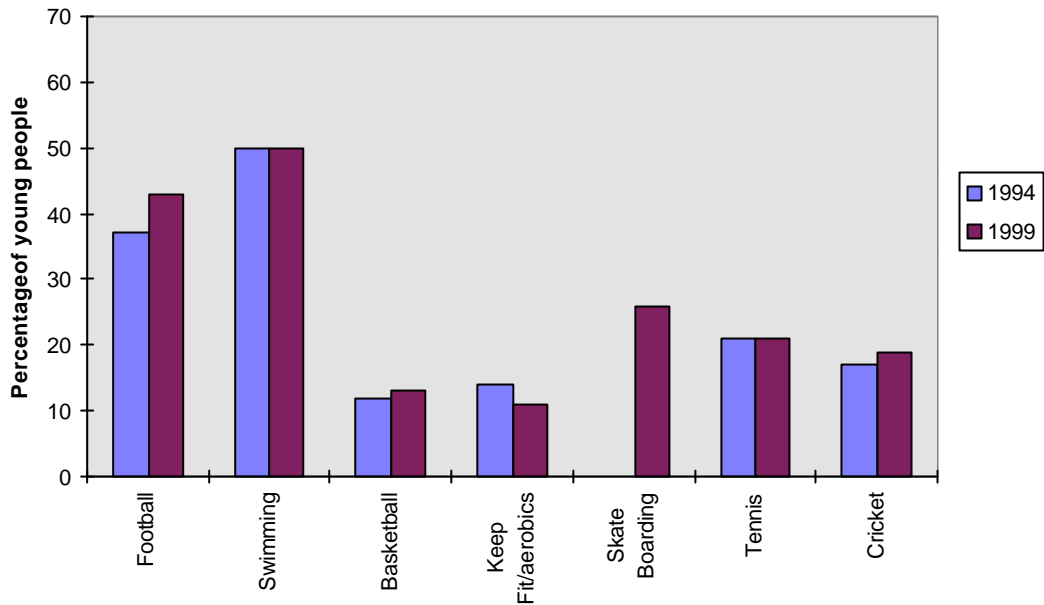
- in 1999 87% of young people had played at least one type of sport 'frequently' in the last year in their leisure time which is the same proportion as in 1994
- the average number of sports done frequently by all young people out of lessons has increased slightly from 4.2 in 1994 to 4.5 in 1999. The average number for boys 1999 was 4.9 an increase from 4.7 in 1994. The average number for girls in 1999 was lower than for boys at 4.1 but had also increased on the 1994 figure of 3.7

Types of sports

- football experienced the biggest growth in any sports participation out of school lessons, from 37% of all young people participating 'frequently' in 1994 to 43% in 1999. The growth amongst boys was from 60% to 67% and amongst girls 13% to 18%
- participation in a range of other 'games' on a 'frequent basis out of school lessons remained fairly static between 1994 and 1999 (tennis the same at 21%, snooker/billiards and pool insignificant decrease from 22% to 21% (secondary only), cricket slight increase from 17% to 19%, rounders insignificant increase from 13% to 14%, and basketball insignificant increase from 12% to 13%)

Figure 13

Frequent participation in sport out of lesson time in the last school year



- generally boys were more likely to play team games out of school lessons than girls. The percentage of boys taking part ‘frequently’ in at least one team game increased from 72% in 1994 to 75% in 1999 while increases were also seen for girls from 34% to 42% (see Figures 14 and 15)

Figure 14

Participation of boys on a frequent basis in certain sports
out of school lessons

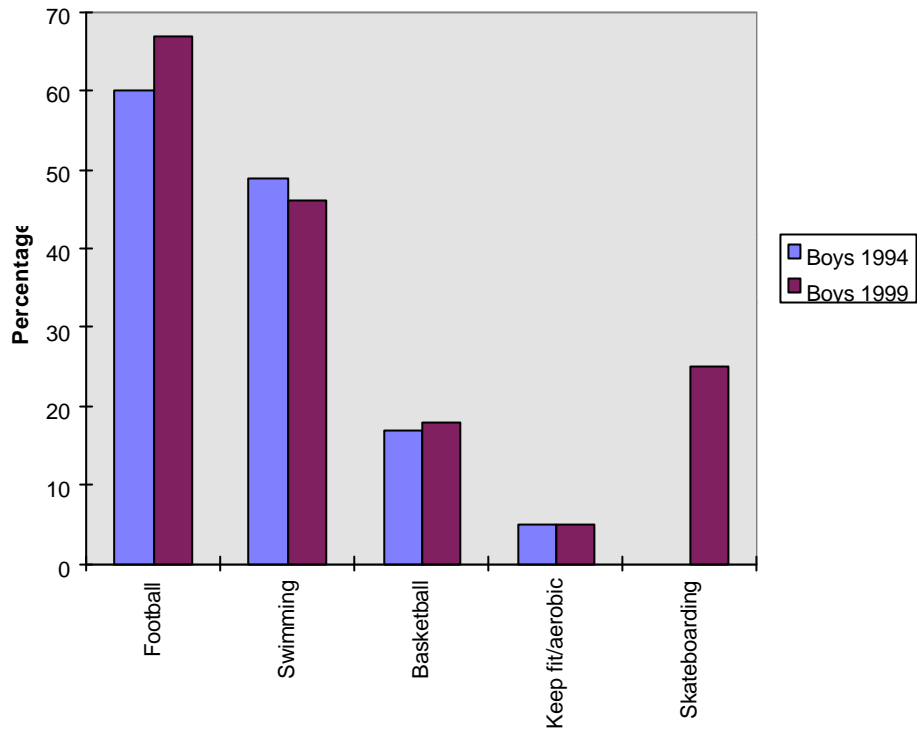
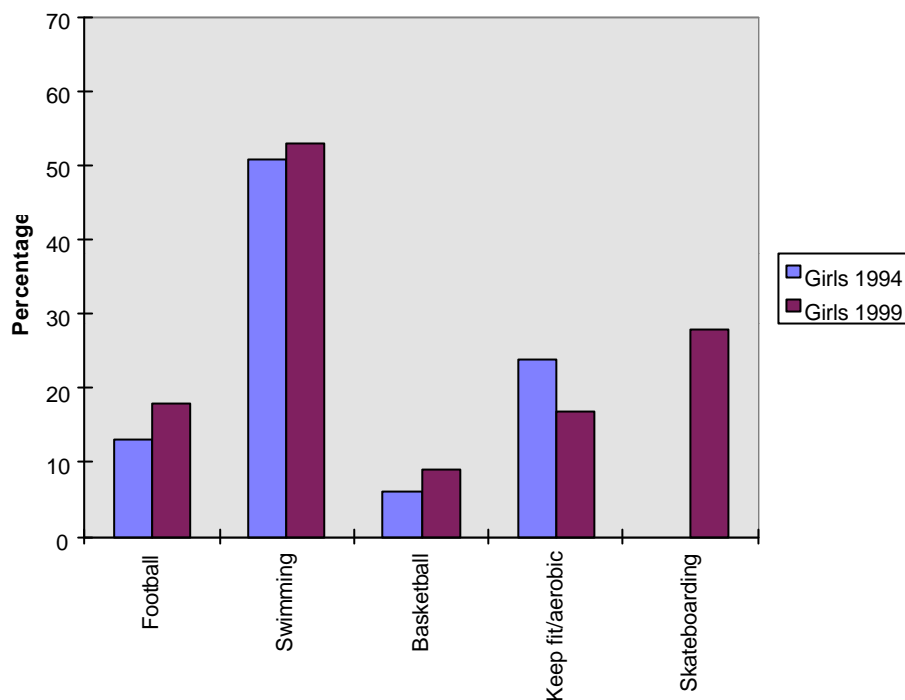


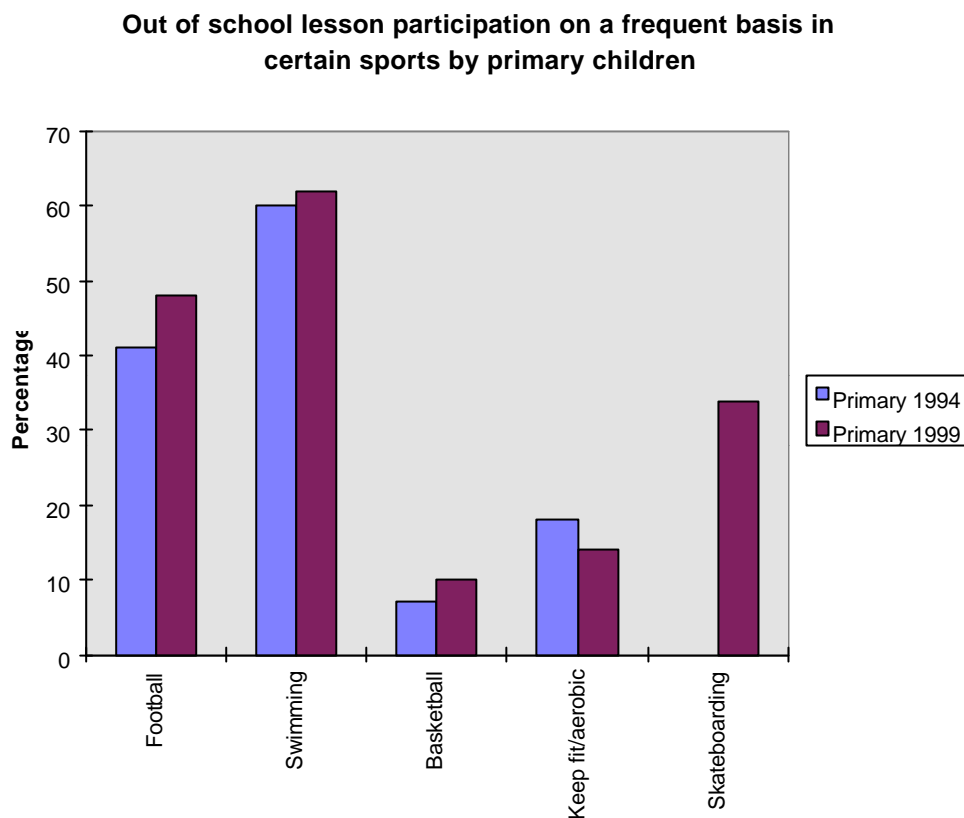
Figure 15

Participation of girls on a frequent basis in certain sports out of school lesson time



- fewer young people cycled on a 'frequent' basis in their leisure time in 1999 than in 1994 (54% compared with 57%) with participation by primary aged children remaining the same (67%) and secondary school participation decreasing from 47% in 1994 to 41% in 1999 (see Figures 16 and 17). In 1999 boys were more likely to ride a bike than girls (59% to 50%) compared with 62% of boys and 52% of girls in 1994. The number of young people walking or hiking for more than an hour stayed the same between 1994 and 1999

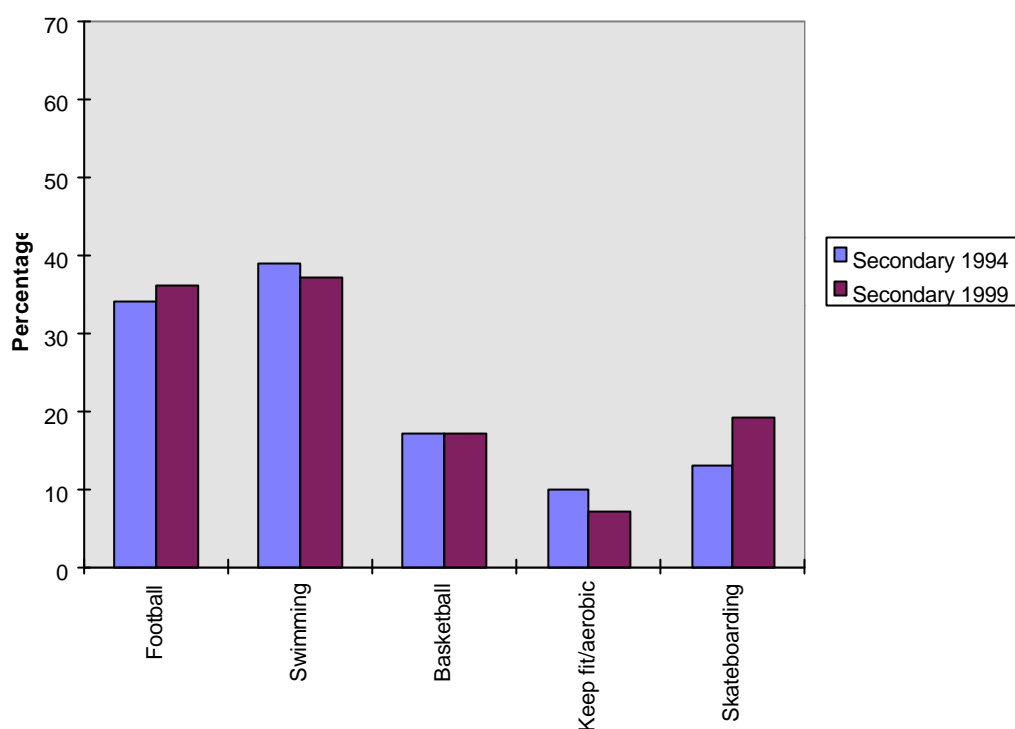
Figure 16



- in 1999, 12% of girls rode horses on at least 10 occasions in the previous year compared with 3% of boys and these percentages had not changed significantly between 1994 and 1999
- half of all young people had participated in swimming on 10 or more occasions in the last year in their leisure time which was the same proportion as in 1994
- swimming on a 'frequent' basis in leisure time was much higher for primary school age young people than secondary age (62% compared with 37%). Between 1994 and 1999 participation by primary age young people had increased by 2% and for secondary age had decreased by 2%

Figure 17

**Out of school participation on a frequent basis in certain sports
by secondary school aged young people**



- frequent participation in swimming amongst girls increased slightly between 1994 and 1999 from 51% to 53% while for boys it decreased from 49% to 46%
- the proportion of young people participating 'frequently' in aerobics/keep fit in their leisure time decreased from 14% to 11%. Participation by boys remained unchanged between 1994 and 1999 at 5% while participation by girls decreased by 7% from 24% in 1994 to 17% in 1999
- frequent participation in roller 'skating/blading, skateboarding' by secondary school age young people increased from 13% in 1994 to 19% in 1999. Overall 26% of all young people took part and this included 34% of primary school age young people. It was particularly popular amongst girls with 28% of all girls taking part frequently in 1999 compared with 25% of boys

Extra Curricular Sport

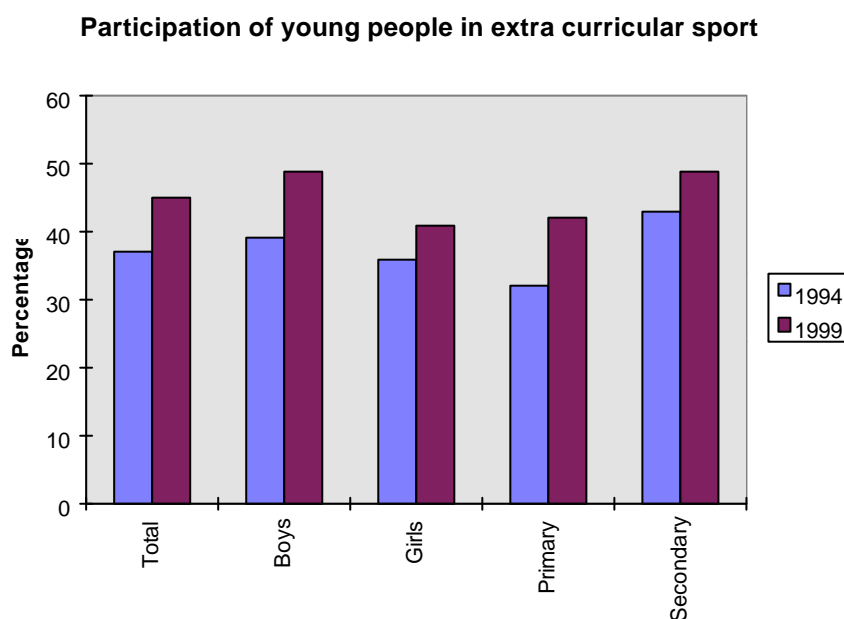
Extra curricular sport has been defined in the survey as sport that young people take part in that is outside of normal school lessons but organised by the school (it is included in the overall figures for participation 'out of school lessons'). There has been a long tradition of extra curricular provision for sport in schools in England but this was put under significant pressure during the 1980s when disputes with teachers over payment for extended hours led to a widespread decline in the amount of time teachers were prepared to devote to sport outside of their normal contracted hours of work.

Comparison between the results from the 1994 and 1999 surveys show that the opportunities offered to young people through extra curricular sport have improved significantly during this period and this is to be welcomed. Care should be taken, however, in concluding that this makes up for the decline in the time devoted to PE in the primary school curriculum. By its nature extra curricular opportunities are likely to appeal to the more enthusiastic and skilled sports participants and be more accessible to middle class families with flexible work arrangements and high levels of personal mobility.

The headline findings from the survey show that:

- there has been a significant increase in the percentage of all young people taking part in extra curricular sport between 1994 and 1999 from 37% to 45%
- the percentage of girls taking part in extra curricular sport increased from 36% in 1994 to 41% in 1999 while for boys the percentage increased from 39% to 49%. For primary age young people the increase was from 32% to 42% and for secondary age young people from 43% to 49%

Figure 18



- of the young people who said they had taken part in extra curricular sport, football continued to be the most popular and had the greatest increase in participation from 31% of young people who took part in extra curricular sport in 1994 to 35% in 1999. In 1999, 53% of boys and 12% of girls who did extra curricular sport took part in football
- netball retained second place but saw participation decrease from 16% of those who did extra curricular sport in 1994 to 14% in 1999
- participation in outdoor activity holidays organised by the school remained the same as in 1994 at 15% and there was no significant change in the proportions taking skiing holidays (2% in 1994 and 3% in 1999) or having sporting trips organised by the school that involved an overnight stay (4% in both years)

Participation in organised sport in clubs

- Voluntary sports clubs have an important role to play in providing opportunities for participation by young people both while they are still at school and crucially when they leave school and become dependent upon community provision. Schools should play a part in facilitating young people's involvement in club sport by improving school and club links, whilst it is in the long term interests of clubs to develop junior sections and provide improved opportunities for young people.

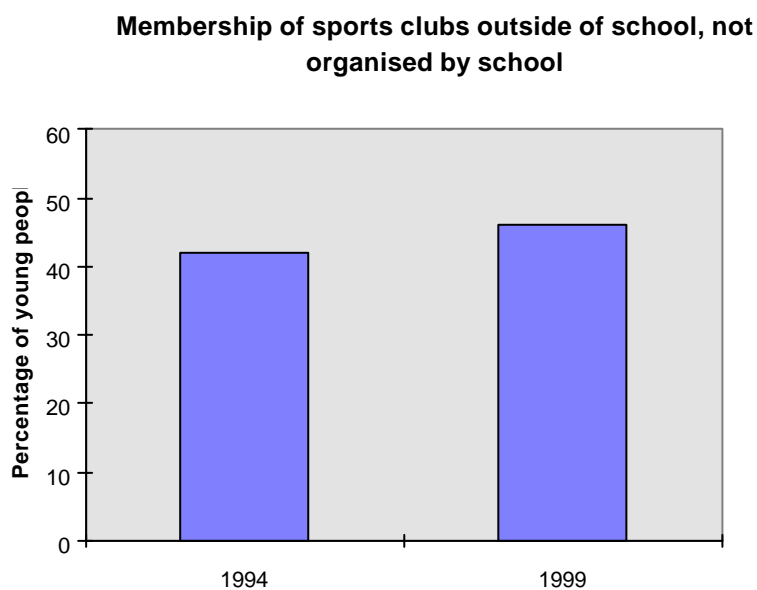
For those who have the ability and motivation sports clubs are critical in providing the route to serious competition and achievement. However, for the vast majority who will never reach high levels of sporting achievement, club sport can still provide an enjoyable social environment and the supporting network that encourages a lifelong involvement in sport.

For young people there are many opportunities for taking part in sport in clubs other than in mainstream sports clubs. The survey demonstrates the importance to sport of this 'alternative' club network which includes youth clubs, uniformed organisations and church/religious groups. However, sports clubs are uniquely place to offer sporting opportunities that extend into later life.

The following (including Table 5) provide the headline findings from the survey. The relatively high and growing levels of sports club membership are to be welcomed but concerns remain about continuing gender inequities.

- in 1999 nearly half of all young people (46%) had been a member of a sports club not organised by their school an increase from 42% in 1994

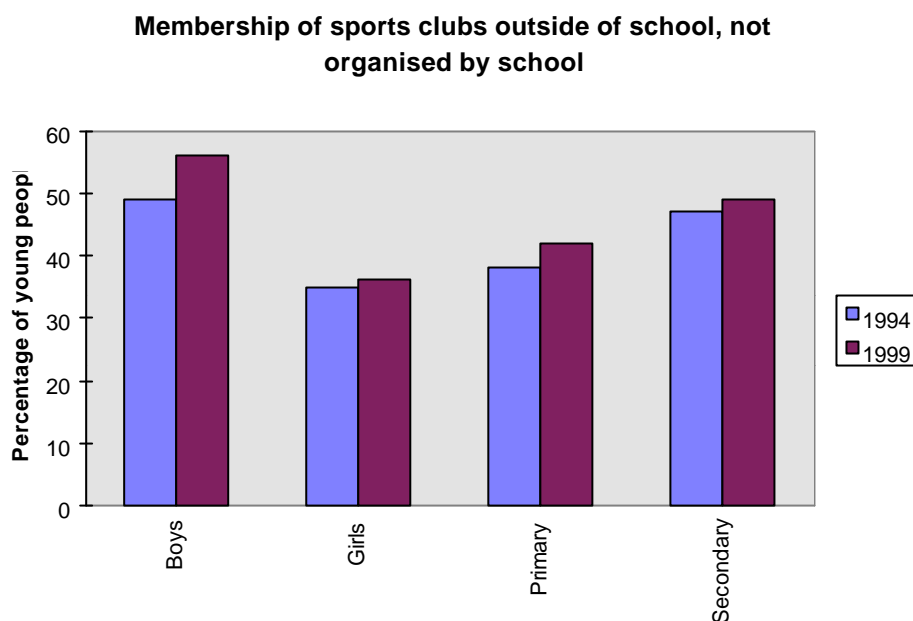
Figure 19



- most of this increase has been amongst boys with sports membership amongst boys increasing from 49% to 56% between 1994 and 1999 and membership amongst girls showing no statistically significant change at 35% in 1994 and 36% in 1999

- club membership amongst primary age young people increased from 38% to 42% and amongst secondary age young people from 47% to 49%

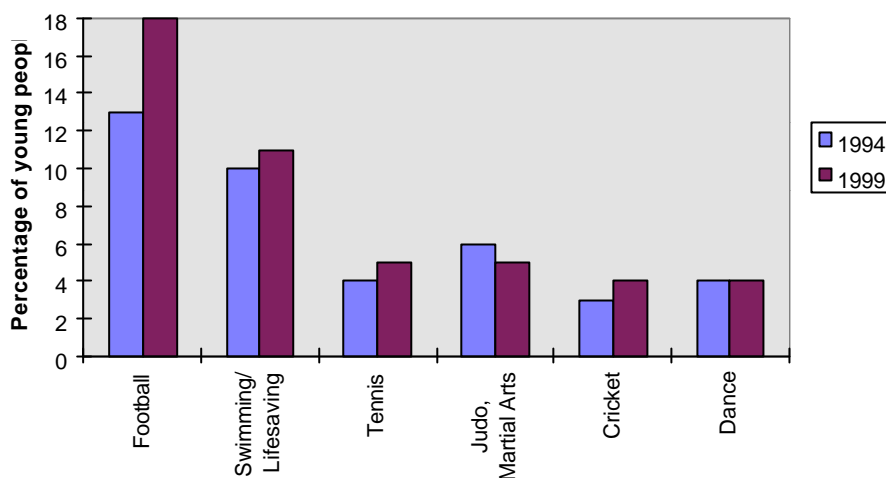
Figure 20



- football retained its position at the top of the 'league' as being the most popular club membership sport for young people. Furthermore, the biggest increase in membership was in clubs which offer football from 13% of all young people in 1994 to 18% in 1999. Football in clubs is still dominated by boys. In 1999 32% of boys were members of a football club compared with 24% in 1994 while 3% of girls were members compared with 2% in 1994
- membership of swimming clubs stayed in second place to football with membership amongst young people remaining at about the same levels at 10% in 1994 and 11% in 1999. More girls than boys were members of a swimming club in 1999 (13% compared with 9%)

Figure 21

Membership of sports clubs outside of school, not organised by school



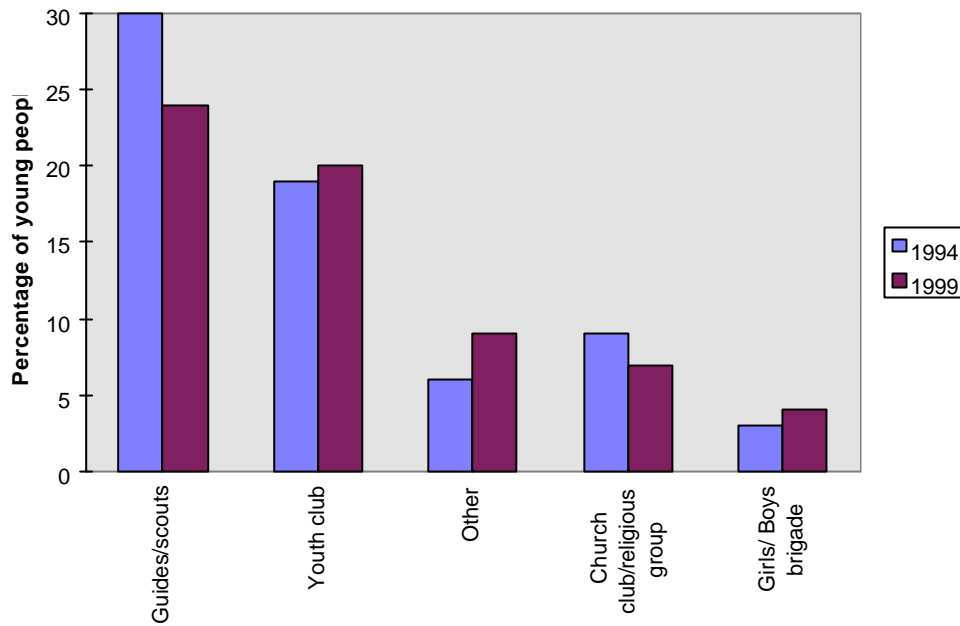
- the next most popular club sports for young people were tennis (5%), judo/martial arts (5%), cricket (4%) and dance (4%) and these had experienced no statistically significant change in their numbers since 1994
- membership of rugby clubs amongst boys had increased between 1994 and 1999 from 4% to 6%
- membership of ‘dance clubs’ amongst girls has not experienced any statistically significant change (8% in 1994 to 7% in 1999). The same applied to girls membership of gymnastics clubs with membership levels at 4% in 1994 compared with 5% in 1999

Membership of other clubs where young people take part in sport

- the proportion of young people taking part in sport in the guides/brownies/ rainbows or scouts/cubs/beavers dropped from 30% in 1999 to 24% in 1994. Primary school aged young people were much more likely than secondary age to take part in sport in this context (30% compared with 19%) with the equivalent figures for 1994 being 38% and 21%

Figure 22

Membership of other clubs not organised by school where young people did sport or exercise



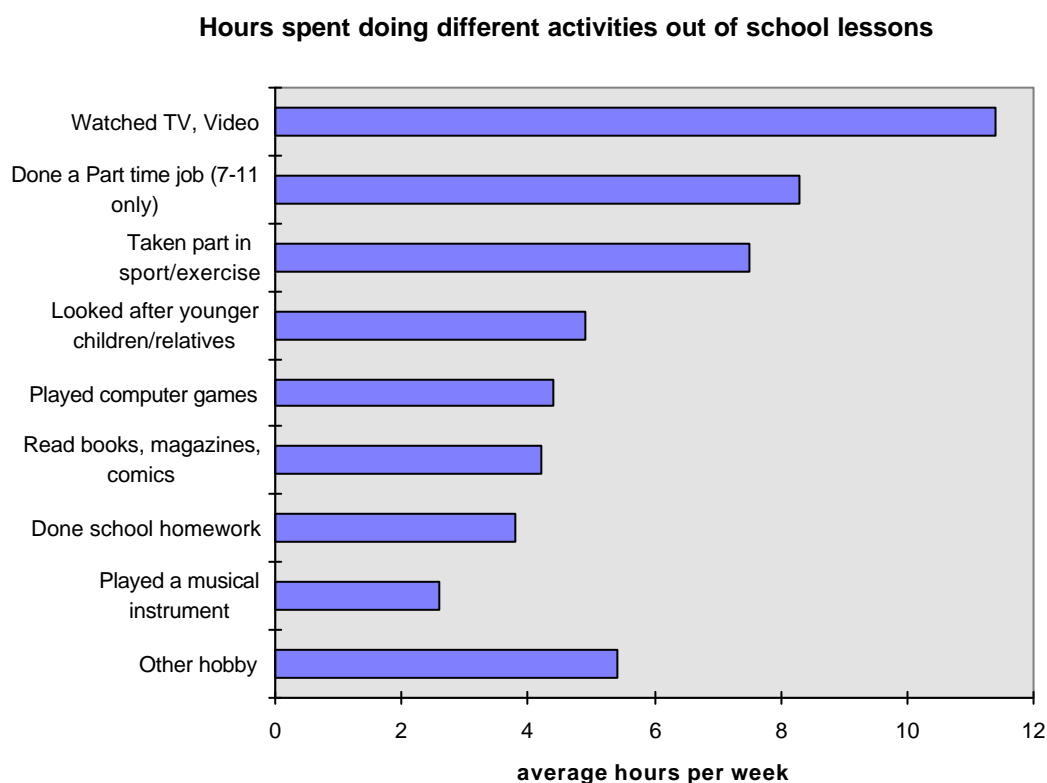
- equal proportions of boys and girls took part in sport in a youth club in 1999 (19% boys and 20% girls) and these proportions remained about the same as in 1994. Secondary school age young people were most likely to take part in sport in a youth club with 29% (from 27% in 1994) doing so compared with 10% (from 12% in 1994) of primary aged young people
- 75% of young people took part in sport in the last year in an indoor facility mainly used for sports while 65% had done some sport at home or someone else’s home

Sport in a wider leisure context

The importance of sport as part of young people's leisure was referred to earlier. Some indications of how important sport is to many young people are provided from the survey:

- 27% of all young people said that they prefer to do sport (over all other activities) in their leisure time which was up from 22% in 1994
- however, girls were less likely to hold such a positive view with 21% disagreeing strongly with the statement that they prefer to do other things than sport in their leisure time compared with 32% of boys. Primary school young people were also more likely to hold a positive view than secondary school age young people with 30% expressing the view that they would rather do sport than other any leisure time activity compared with 24% of secondary age young people
- on average, young people had spent 7.5 hours on sport/exercise in the last week. This was less than the time spent watching TV/video (11.4 hours) and doing a part time job (8.3 hours) but more than playing computer games (4.4 hours), reading (4.2 hours), homework (3.8 hours) and playing a musical instrument (2.6 hours)

Figure 23



- when asked about role models, 70% of young people named one sporting figure that they particularly admire or look up to. Overall, Michael Owen and David Beckham were most frequently mentioned (10%), followed by Tim Henman (5%), Linford Christie and Alan Shearer (both 3%), and Sally Gunnell (2%)

Conclusions

This report of the headline findings provides both some good news and some bad news for young people's sport in England. The good news is that amongst secondary school aged young people in particular the range of opportunities and levels of sporting involvement remain impressively high. Over the last 5 years sports like cricket, tennis and rugby although not seeing significant increases in participation at least held their own and there are no signs of these sports being 'in crisis' as far as young people's participation is concerned. We have also witnessed significant growth in the popularity of football and, importantly, started to see a growth in participation by girls which may herald the opening up of a major new sporting opportunity in what has historically been a male dominated sport.

Additional good news is the significant increase in extra curricular sporting opportunities that have become available to secondary school aged young people over the last 5 years - providing a basis of optimism that we have well and truly put behind us the serious declines that were witnessed during the early 1980's. The other welcome finding is the continuing and seemingly growing contribution of organised clubs where young people can take part in sport, whether this be through what we would traditionally know as a voluntary sports club or through youth clubs, church clubs, uniformed groups or clubs organised in local leisure centres.

The good news is tempered, however, by the worrying decline in the time available for PE in our primary schools. Being physically active is something that comes naturally to young people and yet over a third of our 6 to 8 year olds are doing less than an hour a week of PE. Even where PE is being provided in primary schools it is usually with teachers who do not have a specialist PE qualification and do not have access to good quality sports facilities. Within the general decline in time for PE there is a specific concern about the declining levels of participation in swimming in the school curriculum particularly given the fact that learning to swim is the one aspect of PE for which there is a national curriculum requirement.

The decline in PE curriculum time in primary schools will affect children from less well off backgrounds the most. These are the young people who will be least likely to be able to take up the opportunities offered by extra curricular and club sport. The costs to individuals and society of this declining commitment to primary school PE may not be felt now. They will, however, be measured in the years to come in terms of heart disease and increasing obesity, osteoporosis and stroke, and levels of vandalism and anti-social behaviour that lifelong involvement in sport may have negated. In addition of course we must not forget the potential waste of sporting talent and missed medal opportunities that will see us continue to lose ground to our international sporting rivals.

Note: publication of the full report of the findings and access to the archived dataset will be available from Sport England by June 2000

Table 1 - Most popular sports in school lessons 1999 and changes from 1994

(participated on 10 or more times in last year -
young people in England aged 6 to 16 years)

Sport	Total (%) 1999	Total Ranking 1999	Total % 1994	Primary % 1999	Primary Ranking 1999	Primary % 1994	Secondary % 1999	Secondary Ranking 1999	Secondary % 1994
Athletics	35	1	33	32	4	32	37	1	34
Gym/Gymnastics/ Tramp	33	2	39	39	2	49	26	=5	27
Rounders	31	3	24	36	3	30	25	8	17
Swimming	30	4	32	43	1	47	17	=12	15
Football	28	5	24	28	5	22	29	2	26
Netball	19	6	16	12	8	11	26	=5	22
Tennis	18	7	16	9	=11	7	28	3	27
Hockey	17	8	20	9	=11	9	27	4	32
Cricket	16	9	13	16	7	11	17	=12	16
Basketball	15	=10	14	4	15	3	26	=5	27
Aerobics/keep fit	15	=10	18	21	6	24	8	=15	11
Cross country running	14	12	16	11	=9	10	18	=10	23
Rugby	12	13	12	6	13	5	18	=10	20
Dance Classes	11	14	11	11	=9	12	11	14	11
Badminton	10	15	10	1	=18	1	20	9	20
Volleyball	5	16	6	1	=18	1	8	=15	11
Orienteering	4	=17	3	1	=18	1	7	17	5
Baseball/softball	4	=17	5	2	17	2	6	18	8
Cycling	4	=17	4	5	14	5	4	=19	4
Walking/hiking	3	20	2	3	16	2	4	=19	2

Table 2 - Most popular sports in school lessons 1999 and changes from 1994

(participated on 10 or more times in last year -
young people in England aged 6 to 16 years)

Sport	Total (%) 1999	Total Ranking	Total (%) 1994	Boys % 1999	Boys Ranking	Boys % 1994	Girls % 1999	Girls Ranking	Girls % 1994
Athletics	35	1	33	33	2	34	36	=2	32
Gym/Gymnastics/ Tramp	33	2	39	30	=3	36	36	=2	41
Rounders	31	3	24	23	6	19	39	1	29
Swimming	30	4	32	30	=3	32	31	5	32
Football	28	5	24	44	1	40	12	=11	7
Netball	19	6	16	4	=16	3	34	4	30
Tennis	18	7	16	16	9	13	20	=7	20
Hockey	17	8	20	12	11	16	23	6	24
Cricket	16	9	13	24	5	20	8	14	7
Basketball	15	=10	14	18	8	19	12	=11	10
Aerobics/keep fit	15	=10	18	10	12	12	20	=7	24
Cross country running	14	12	16	15	10	17	14	10	15
Rugby	12	13	12	19	7	20	4	=17	3
Dance Classes	11	14	11	7	14	7	15	9	16
Badminton	10	15	10	8	13	9	12	=11	11
Volleyball	5	16	6	4	=16	5	6	15	7
Cycling	4	=17	4	4	=16	4	5	16	4
Orienteering	4	=17	3	3	=19	3	4	=17	2
Baseball/softball	4	=17	5	6	15	6	2	20	3
Walking/hiking	3	20	2	3	=19	3	4	=17	2

Table 3 - Average time spent per week in PE lessons

Time	Years 2-4 (1994) %	Years 2-4 (1999) %	Years 5-6 (1994) %	Years 5-6 (1999) %	Years 7-9 (1994) %	Years 7-9 (1999) %	Years 10-11 (1994) %	Years 10-11 (1999) %
0 - 59 mins	10	35	3	23	1	1	6	16
1 hr - 1 hr 29 mins	27	29	24	33	7	6	37	27
1 hr 30 mins - 1 hr 59 mins	30	25	26	23	26	32	22	23
2 hrs - 2hrs 29 mins	23	7	31	11	51	46	26	20
2 hr 30 mins - 2hr 59 mins	4	1	9	6	7	9	5	3
3 hrs or more	5	3	6	4	8	6	4	11
4 hrs or more	32	11	46	21	66	61	36	34

Time	Years 2-6 (1994) %	Years 2-6 (1999) %	Years 7-11 (1994) %	Years 7-11 (1999) %	Total Years 2-11 (1994) %	Total Years 2-11 (1999) %
0 - 59 mins	7	30	3	6	5	18
2 hrs or more	38	15	55	53	46	33

Table 4 - Most popular sports out of school lessons 1999 and changes from 1994

participated on 10 or more times in last year -
(young people in England aged 6 to 16 years)

Sport	Total (%) 1999	Total Ranking	Total % 1994	Primary % 1999	Primary Ranking 1999	Primary % 1994	Secondary % 1999	Secondary Ranking	Secondary % 1994
Cycling	54	1	57	67	1	67	41	1	47
Swimming	50	2	50	62	2	60	37	2	39
Football	43	3	37	48	3	41	36	3	34
Roller Skating/ blading/board	26	4	n/a	34	4	n/a	19	=6	13
Walking/hiking	23	5	23	27	5	28	19	=6	18
Tennis	21	6	21	18	7	17	25	4	26
Cricket	19	7	17	19	6	16	18	8	17
Rounders	14	8	13	14	=10	15	13	10	11
Athletics	13	=9	13	15	9	17	11	13	10
Basketball	13	=9	12	10	=12	7	17	9	17
Gym/Gymnastics/ Trampolining	13	=9	13	17	8	20	8	=19	6
Aerobics/keep fit	11	12	14	14	=10	18	7	22	10
Cross country running/ Snooker/billiards/pool	10	=13	10	8	=14	7	12	=11	13
Dance Classes	10	=13	n/a	n/a	n/a	n/a	21	5	22
Badminton	9	=15	9	10	=12	11	9	=16	7
Netball	9	=15	11	7	=16	7	12	=11	14
Horse riding, pony trekking	8	=17	7	7	=16	7	8	=19	7
Horse riding, pony trekking	8	=17	7	7	=16	6	9	=16	8
Golf/pitch and putt	8	=17	8	7	=16	5	10	=14	11
Rugby	7	=20	7	5	=21	5	10	=14	10
Table Tennis	7	=20	9	5	=21	5	9	=16	12
Skittles/ten pin bowling	7	=20	8	6	19	5	8	=19	11

Judo, martial arts	7	=20	7	8	=14	7	6	22	6
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Table 5 - Most popular sports out of school lessons 1999 and changes from 1994

(participated on 10 or more times in last year -
young people in England aged 6 to 16 years)

Sport	Total (%) 1999	Total Ranking	Total % 1994	Boys % 1999	Boys Ranking	Boys % 1994	Girls % 1999	Girls Ranking	Girls % 1994
Cycling	54	1	57	59	2	62	50	2	52
Swimming	50	2	50	46	3	49	53	1	51
Football	43	3	37	67	1	60	18	=5	13
Roller Skating/blading/board	26	4	n/a	25	5	n/a	28	3	n/a
Walking/hiking	23	5	23	22	7	23	24	4	23
Tennis	21	6	21	24	6	23	18	=5	19
Cricket	19	7	17	29	4	27	8	=16	6
Rounders	14	8	13	12	=12	12	16	=9	14
Athletics	13	=9	13	12	=12	15	14	=11	12
Basketball	13	=9	12	18	8	17	9	=14	6
Gym/Gymnastics/Tramp	13	=9	13	9	=16	10	16	=9	17
Aerobics/keep fit	11	12	14	5	20	5	17	=7	24
Cross country running/	10	=13	10	11	14	12	8	=16	8
Snooker/billiards/pool	10	=13	n/a	15	9	n/a	6	=18	n/a
Dance Classes	9	=15	9	2	22	1	17	=7	17
Badminton	9	=15	11	10	15	11	9	=14	10
Netball	8	=17	7	1	23	2	14	=11	12
Horse riding, pony trekking	8	=17	7	3	21	3	12	13	11
Golf/pitch and putt	8	=17	8	14	10	12	3	22	3
Rugby	7	=19	7	13	11	12	2	23	2
Table Tennis	7	=19	9	9	=16	11	5	=20	6
Skittles, tenpin bowls	7	=19	8	7	19	9	6	=18	6
Judo, martial arts	7	=19	7	9	=16	10	5	=20	4

Table 6 - Most popular membership of sports clubs outside of school, not organised by school 1999
(young people in England aged 6 to 16 years)

Sport	Total (%)	Total Ranking	Boys %	Boys Ranking	Girls %	Girls Ranking	Primary %	Primary Ranking	Secondary %	Secondary Ranking
Football	18	1	32	1	3	=7	16	1	20	1
Swimming	11	2	9	2	13	1	14	2	7	=2
Tennis	5	=3	6	=4	4	=4	3	=5	7	=2
Judo/Martial Arts	5	=3	6	=4	4	=4	7	3	4	=5
Cricket/kwik cricket	4	=5	8	3	1	=10	3	=5	6	4
Dance Classes	4	=5	<1	=11	7	2	3	=5	4	=5
Rugby	3	=7	6	=4	<1	=12	2	8	4	=5
Gymnastics	3	=7	1	10	5	3	4	4	2	=10
Horse Riding	2	=9	<1	=11	3	=7	1	=9	2	=10
Netball	2	=9	-	-	4	=4	1	=9	3	=8
Athletics	2	=9	2	=8	2	9	1	=9	3	=8
Golf	2	=9	3	7	<1	=12	1	=9	2	=10
Hockey	2	=9	2	=8	1	=10	1	=9	2	=10