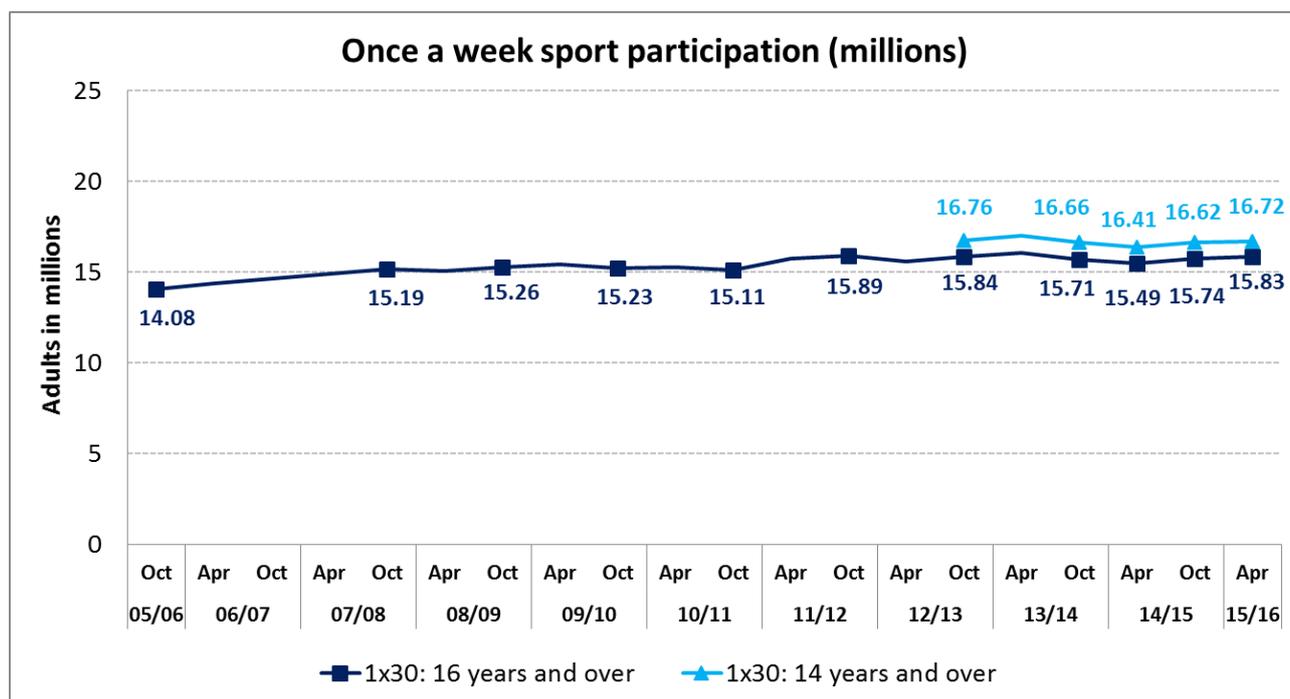


Once a week participation in sport (1 x 30 minutes moderate intensity)

Since its extension in 2012/13, the Active People Survey (APS) results include estimates of the percentage of people aged 14 years or over playing sport. However, to allow comparison of the latest sports results with data from earlier periods, results for people aged 16 years or over remain the main focus of this factsheet.

During the period from April 2015 to March 2016, 15.83 million people aged 16 years or over (36.1%) played sport for at least 30 minutes at moderate intensity at least once a week. This is an increase of 343,100 people compared with 12 months ago, 97,900 more people than 6 months ago and an increase of 1.75 million people since 2005/06 (APS1).



A further 886,600 people aged 14-15 years old (72.3%) played sport at least once a week. Overall during this latest period (April 2015 – March 2016), 16.72 million people aged 14 years or over (37.0%) played sport at least once a week.

The following shows the April 2015 to March 2016 once a week sport results for **key demographic groups**:

Age Groups

During the period:

- 3.85 million 16-25 year olds (55.8%) played sport once a week, 48,900 more than 12 months ago, 20,700 more than 6 months ago and 168,200 more people than APS1. During this period, 4.74 million 14-25 year olds (58.0%) played sport once a week.
- 11.98 million adults aged 26 years or older (32.4%) played sport once a week. This result is an increase of 294,200 compared with 12 months ago, 77,200 more people than 6 months ago and an increase of 1.58 million since APS1 for this age group.

Gender

During the period April 2015 – March 2016:

- 8.72 million males aged 16 years or over (40.7%) played sport once a week, 81,900 more people than the March 2015 results but 14,600 fewer people than the September 2015 result for this group. The number of males playing sport has increased by 935,000 compared with APS1. During this period, 9.22 million males aged 14 years or over (41.6%) played sport once a week.
- 7.12 million females aged 16 years or over (31.7%) played sport once a week, an increase of 261,200 compared with the March 2015 result, 112,500 more women than September 2015 and an increase of 816,300 compared with APS1. During this period 7.50 million females aged 14 years or over (32.5%) played sport once a week.

Disability

During the period April 2015 – March 2016:

- 1.56 million people aged 16 years and over with a long term limiting illness or disability (17.0%) played sport once a week, 2,400 fewer than the March 2015 result and 19,900 fewer than the September 2015 but an increase of 222,300 compared with APS1. Amongst people with a long term limiting illness or disability aged 14 years and over 1.65 million (17.4%) played sport once a week.

Ethnicity

During the period April 2015 – March 2016:

- 2.84 million people from black and minority ethnic groups (36.7%) aged 16 years or over played sport once a week, a decrease of 77,200 compared with the March 2015 result and 87,200 fewer than the September 2015 result for this group. A drop in participation amongst non-British white people has contributed to the latest results. **There has been an increase of 691,000 people from black and minority ethnic groups playing sport compared with APS1.** During this period, 3.00 million people from black and minority ethnic groups aged 14 years or over (37.5%) played sport once a week.
- 13.00 million people describing themselves as white – British (36.1%) aged 16 years or over played sport once a week. There has been an increase of 420,300 compared with March 2015 and 1,060,300 compared with APS1. During this period 13.72 million white – British people aged 14 years or over (36.9%) played sport once a week.

Socio-economic groups

The table below shows that since APS1 the rate of participation is greater amongst people (16+) from higher socio-economic groups than those from lower socio-economic groups. It also shows that since APS1 the rate of participation has decreased amongst the lowest socio-economic groups but that it has shown some recovery over recent releases.

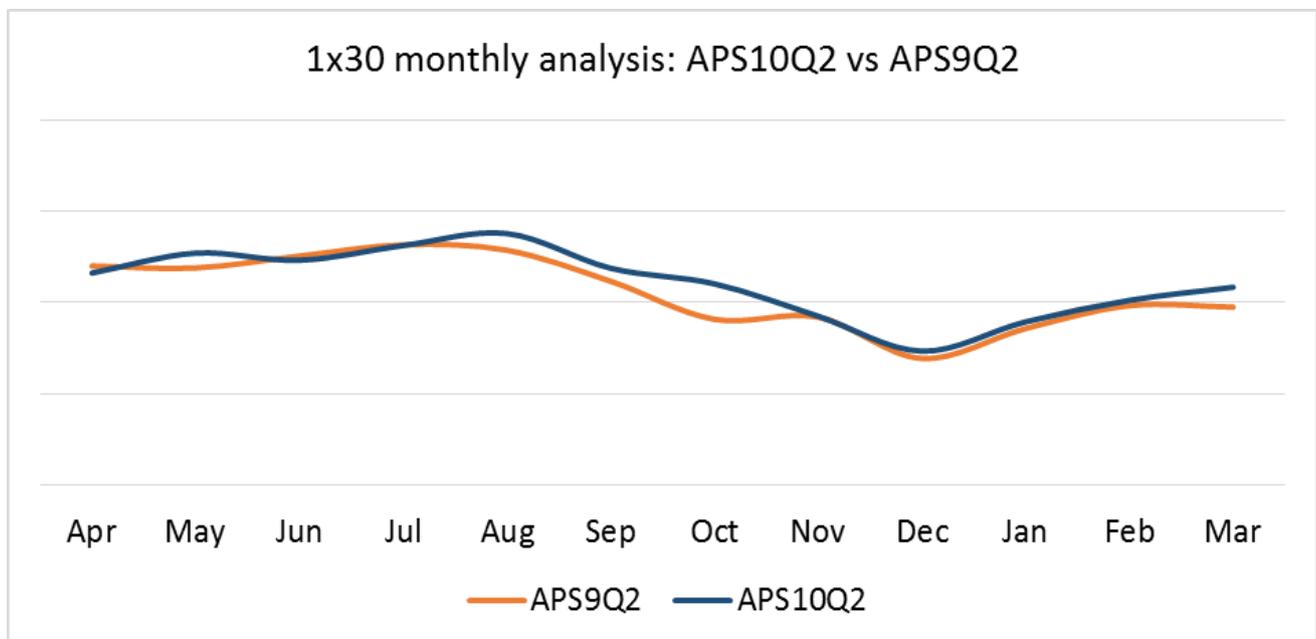
1 x 30	APS1 (Oct 2005-Oct 2006)		April 2014 – March 2015		APS9 (Oct 2014-Sep 2015)		April 2014 – March 2015		
	%	n*	%	n*	%	n*	%	n*	Statistically significant change from APS 1
NS SEC1-4	37.6%	6,460,500	38.7%	9,357,500	39.1%	9,439,400	39.4%	9,483,600	Increase
NS SEC5-8	27.2%	3,253,800	25.7%	4,343,700	25.9%	4,374,000	26.4%	4,436,100	Decrease

* APS1 numbers are based on figures derived from the 2001 Census, later numbers are based on figures derived from the 2011 Census. The latest Census results saw a shift in the proportion of the population categorised as NSSEC9 (unclassified) into groups NSSEC1-8. Rates of participation (%) are unaffected but comparison of numbers by NSSEC group between early survey waves (APS1-5) and later survey waves (APS6-) should be made with caution.
 Source: Sport England's Active People Survey

Seasonality of sports participation (16 years and over)

Sports participation has a seasonal pattern with more people playing during the summer and fewer playing during the winter. Monthly comparison of the latest APS once a week sports participation among people aged 16 years and over with the equivalent period 12 months before:

- The proportion of people playing sport was noticeably higher in May 2015, August 2015, September 2015, October 2015 and March 2016
- The APS9Q2 (April 2014 – March 2015) results were characterised by:
 - Lower than average levels of swimming and fitness and conditioning activities recorded in the late summer / autumn of 2014
 - Lower than average levels of cycling, equestrian and badminton recorded in March 2015
- The APS10Q2 (April 2015 – March 2016) results were characterised by:
 - A recovery in football numbers in October 2015
 - Strong results for keepfit & gym in December 2015 and March 2016



Notes

For further information on the 1x30 indicator, visit Sport England's website:

<http://www.sportengland.org/research/about-our-research/1x30-indicator/>

The latest APS results are based on the 12 month period April 2015 – March 2016. 170,000 adults in England (age 14 years or over) were interviewed by telephone.

Office for National Statistics 2005 (APS1), 2013 (APS8 and March 2014–March 2015) and 2014 (APS9 and March 2015 – April 2016) population data has been used in this report.

Please note that this report highlights differences between APS1 (October 2005–October 2006) and the latest results (APS10Q2: March 2015 – April 2016) that are statistically significant. A statistically significant increase means that we are 95% certain that there has been a real increase in the participation rate.

The National Statistics Socio-economic Classification (NS-SEC) is derived from information on occupation and employment status. NS-SEC: 1. Higher managerial and professional occupations; 2. Lower managerial and professional occupations; 3. Intermediate occupations; 4. Small employers and own account workers; 5. Lower supervisory and technical occupations; 6. Semi-routine occupations; 7. Routine occupations; 8. Never worked and long-term unemployed; 9. Full time students and Occupations not stated or inadequately described.