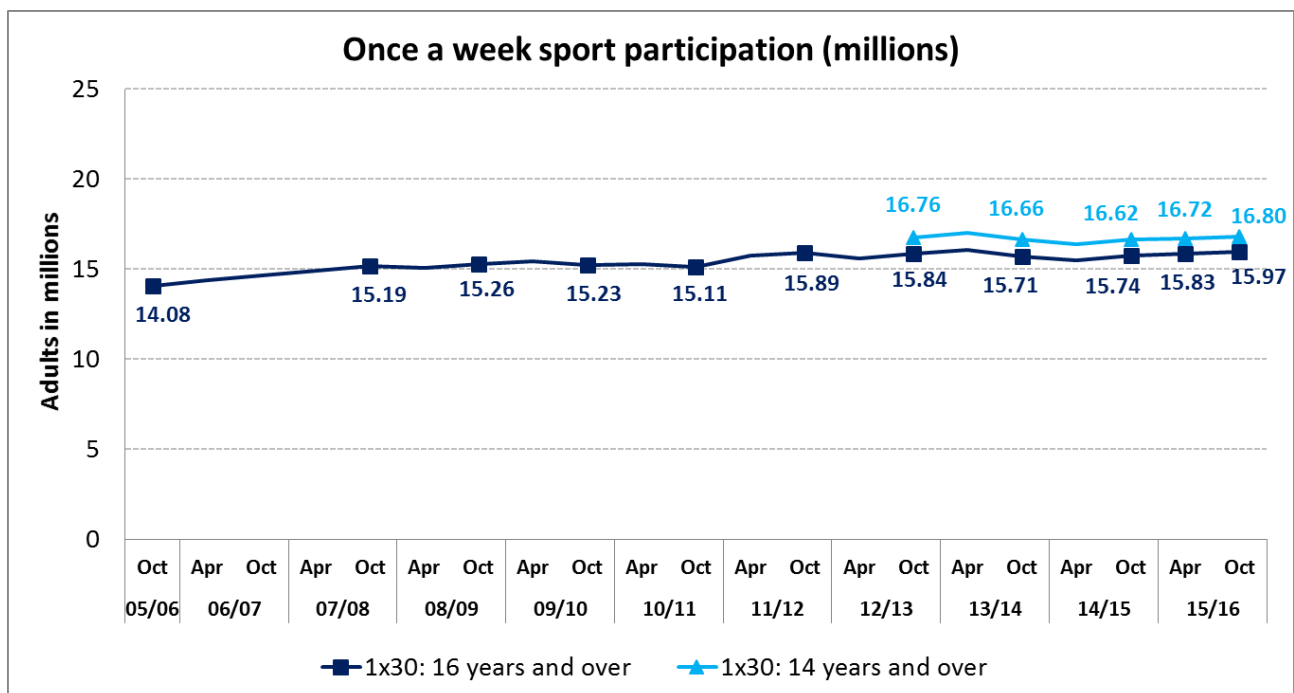


Once a week participation in sport (1 x 30 minutes moderate intensity)

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 October 2015 to September 2016, 15.97 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 229,400 more people compared than 12 months ago, 131,500 more people than 6 months ago and an increase of 1.88 million people since 2005/06 (APS1).



A further 837,100 people aged 14-15 years old (69.6%) played sport at least once a week. Overall during this latest period (October 2015 – September 2016), 16.80 million people aged 14 years or over (36.9%) played sport at least once a week.

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

Age Groups

During the period:

- 3.83 million 16-25 year olds (55.5%) played sport once a week, 3,700 more than 12 months ago, 17,000 fewer than 6 months ago and 151,200 more people than APS1. During this period, 4.67 million 14-25 year olds (57.3%) played sport once a week.
- 12.13 million adults aged 26 years or older (32.4%) played sport once a week. This result is an increase of 225,700 compared with 12 months ago, 148,500 more people than 6 months ago and an increase of 1.73 million since APS1 for this age group.

Gender

During the period October 2015 – September 2016:

- 8.76 million males aged 16 years or over (40.5%) played sport once a week, 27,500 more people than the September 2015 results and 42,100 more people than the March 2016 result for this group. The number of males playing sport has increased by 977,100 compared with APS1. During this period, 9.23 million males aged 14 years or over (41.4%) played sport once a week.
- 7.21 million females aged 16 years or over (31.9%) played sport once a week, an increase of 201,900 compared with the September 2015 result, 89,400 more women than March 2016 and an increase of 905,700 compared with APS1. During this period 7.57 million females aged 14 years or over (32.5%) played sport once a week.

Disability

During the period October 2015 – September 2016:

- 1.60 million people aged 16 years and over with a long term limiting illness or disability (16.8%) played sport once a week, 20,900 fewer people than the September 2015 result, 600 fewer people than the March 2016 but an increase of 267,600 compared with APS1. Amongst people with a long term limiting illness or disability aged 14 years and over 1.70 million (17.3%) 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.

1 x 30	APS1 (Oct 2005-Oct 2006)		APS9 (Oct 2014-Sep 2015)		April 2015 – March 2016		APS10 (Oct 2015-Sep 2016)		Statistically significant change from APS 1
	%	n*	%	n*	%	n*	%	n*	
NS SEC1-4	37.6%	6,460,500	39.1%	9,439,400	39.4%	9,483,600	39.5%	9,607,200	Increase
NS SEC5-8	27.2%	3,253,800	25.9%	4,374,000	26.4%	4,436,100	26.0%	4,427,900	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

Ethnicity

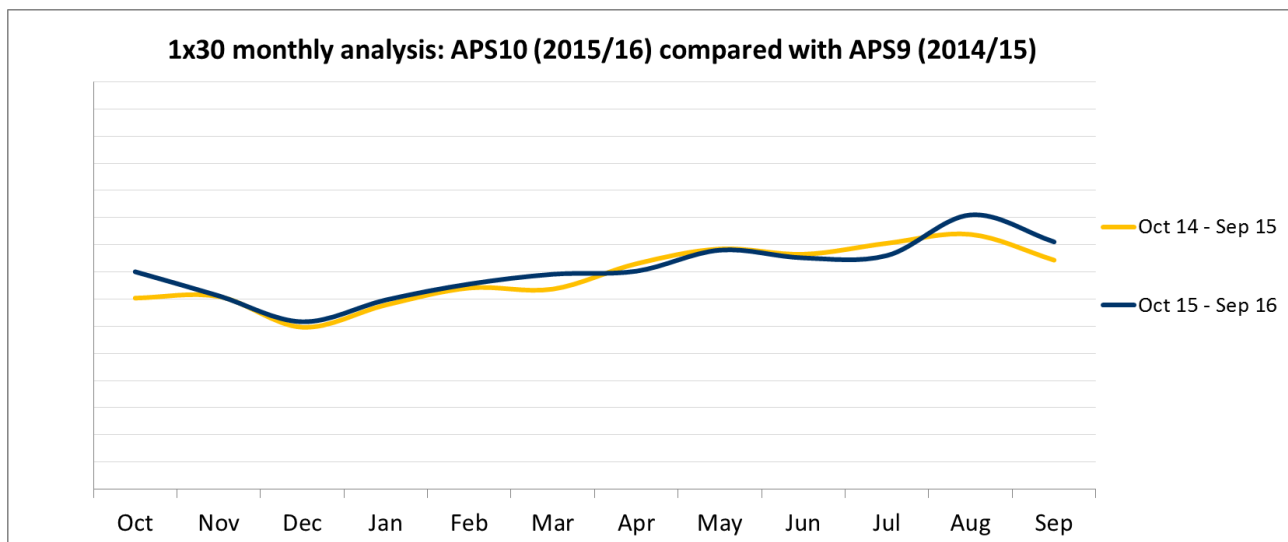
During the period October 2015 – September 2016:

- 2.92 million people from black and minority ethnic groups (37.5%) aged 16 years or over played sport once a week, 4,400 fewer than the September 2015 result but 82,800 more than the March 2016 result for this group. There has been an increase of 773,800 people from black and minority ethnic groups playing sport compared with APS1. During this period, 3.10 million people from black and minority ethnic groups aged 14 years or over (38.4%) played sport once a week.

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 shows:

- The proportion of people playing sport was noticeably higher in October 2015, March 2016, August 2016 and September 2016
- The APS9 (October 2014 – September 2015) results were characterised by:
 - Lower than average levels of swimming and fitness and conditioning activities recorded in the autumn of 2014
 - Lower than average levels of cycling, equestrian and badminton recorded in March 2015
- The APS10 (October 2015 – September 2016) results were characterised by:
 - A recovery in football numbers in October 2015
 - Strong results for keepfit & gym in March 2016
 - Better results for running, cycling and golf in August 2016
 - Better results for swimming and running in September 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 October 2015 – September 2016. 164,000 adults in England (age 14 years or over) were interviewed by telephone.

Office for National Statistics 2005 (APS1), 2014 (APS9 and March 2015 – April 2016) and 2015 (APS10) 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 (APS10: October 2015 – September 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.