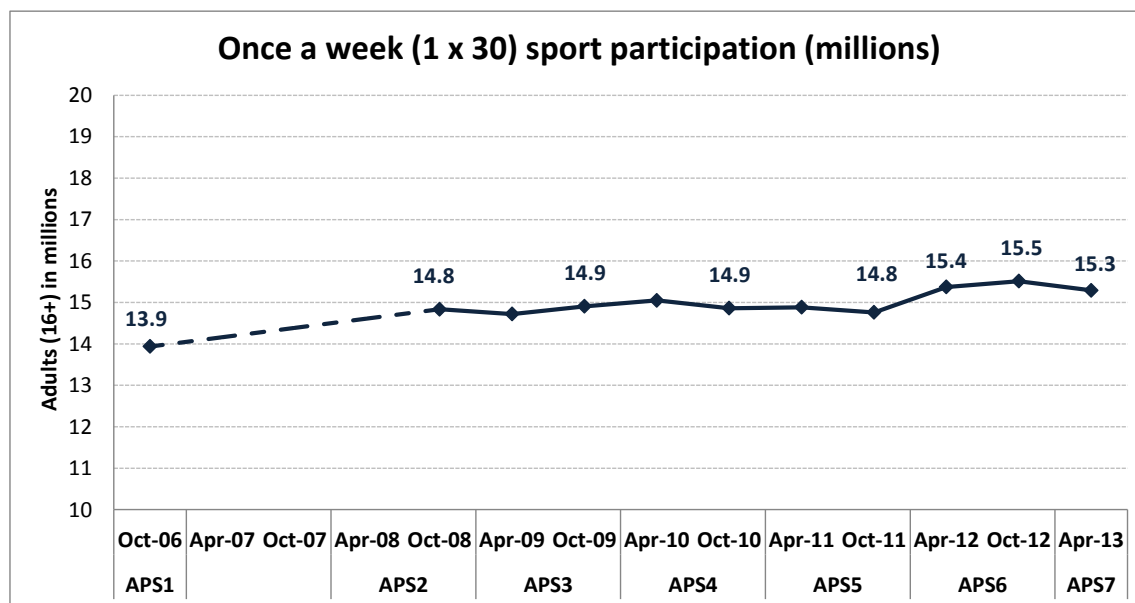


Once a week participation in sport (1 x 30 minutes moderate intensity)

Once a week sport participation

Sport England's main measure of sport is based on the percentage of adults (aged 16+) playing for at least 30 minutes of sport at moderate intensity at least once a week, measured by the Active People Survey (APS). The latest APS results cover the 12 month period from April 2012 to April 2013 (APS7 Q2).

- There has been steady acceleration in people playing sport during 2012 (an increase of 750,000 from October 2011 to October 2012) and the bulk of this growth has been retained (although 220,000 below October 2012, the latest result remains 530,000 above October 2011).
- During the period April 2012 to April 2013, 15.3 million people (35.2%) played sport at least once a week. The latest result represents a 1.4 million increase on 2005/06 (APS1)ⁱ.
- Compared with October 2011 (APS5), the period just before the Olympic year and the start of the new strategy for sport, there are now over 530,000 more people playing sport regularly.



Results for the rolling 12 month period to the date shown on the chart. Dotted line due to 12 month gap in fieldwork between APS1 and APS2.

Seasonality of sports participation

Overall sports participation has a natural seasonal pattern with more people playing during the summer and fewer playing during the winter. Monthly analysis of APS 1x30 sports revealsⁱⁱ:

- Higher than average levels of participation in the late summer period of 2012, immediately after the Olympic Games.
- Resilience in participation despite poor weather conditions, with people continuing to play sport throughout a particularly cold and wet year. Only faced with the exceptionally wet spring of 2012 and cold March of 2013, did participation fall below average, but retaining most of the increase achieved.

ⁱ Difference is statistically significant (i.e. we can say with 95% confidence that there has been a real change)

ⁱⁱ Survey interviews take place throughout the year and respondents are asked about their sports participation in the previous 28 days. As such, there is a slight 'lag' between the sports participation and the interview date.

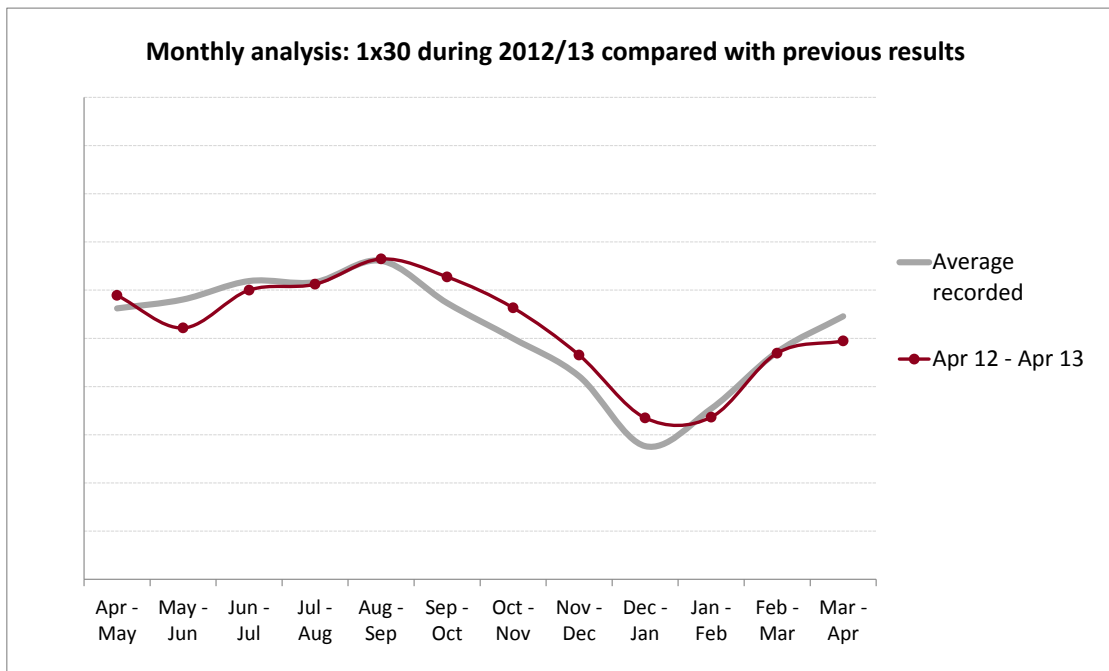
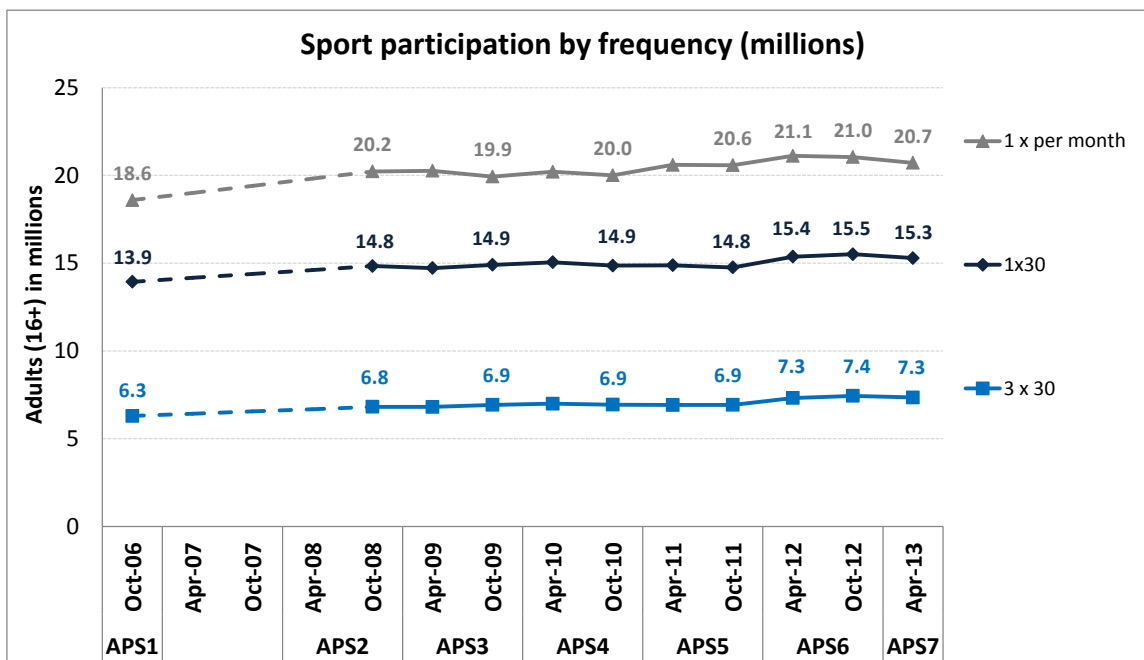


Chart shows monthly participation rates for April 2012-April 2013 (red line) compared with the average recorded by month between April 2005 and April 2012 (grey line)

Other frequencies of participation

During the period from April 2012 – April 2013:

- 20.7 million adults played sport at least once a month. This result is a 2,123,600 increase on APS1¹.
- 7.3 million played sport at least three times a week. This result is a 1,055,000 increase on APS1¹.



Results for the rolling 12 month period to the date shown on the chart. Dotted line due to 12 month gap in fieldwork between APS1 and APS2. Indicators show the number of adults playing sport at least this frequently. 1 x 30 and 3 x 30 measures are for at least 30 minutes of sport at moderate intensity. Once a month indicator is any duration and any intensity.

Once a week sport: key demographics

The following shows the APS7Q2 (April 2012 to April 2013) results for key demographic groups, highlighting changes from APS1 (April 2005 – April 2006).

Gender

One session a week (at least 4 sessions of at least moderate intensity for at least 30 minutes in the previous 28 days)	APS1 (Oct 2005–Oct 2006)		APS5 (Oct 2010 –Oct 2011)		APS7Q2 (Apr 2012–Apr 2013)		Statistically significant change from APS 1
	%	Number	%	Number	%	Number	
Male	38.9%	7,691,400	40.8%	8,463,400	40.1%	8,507,400	Increase
Female	29.8%	6,248,000	29.0%	6,295,500	30.5%	6,784,600	Increase

Source: Sport England's Active People Survey

During the period April 2012 – April 2013:

- 8.507 million men (40.1%) played sport once a week. This result is a 816,000 increase on APS1¹.
- 6.785 million women (30.5%) played sport once a week. This result is a 536,600 increase on APS1¹.

Age Groups

During the period April 2012 – April 2013:

- 3.856 million 16-25 year olds (54.7%) played sport once a week. This age group had been flat lining (with rates of 54% in 2011 and 2012), but is now showing signs of growth.
- 11.436 million adults aged 26 years or older (31.4%) played sport once a week. This result is a 1,147,500 increase on APS1¹. However this age group recorded a decline of over 280,000 compared with the October 2012 result and accounts for the reduction recorded this period.

Ethnicity

During the period April 2012 – April 2013:

- 12.634 million people describing themselves as White – British (34.9%) played sport once a week. This result is a 812,300 increase on APS1¹.
- 2.658 million people from black and minority ethnic groups (36.7%) played sport once a week. This result is a 531,300 increase on APS1¹.

Disability

During the period April 2012 – April 2013, 1.670 million people with a long term limiting illness or disability (18.2%) played sport once a week. This result is a 353,100 increase on APS1¹.

Socio-economic groups

- The table below shows that participation among adults from socio-economic groups NS-SEC 1-2 and NS-SEC 3 has increased from APS1 to APS7Q2ⁱ. During the period April 2012-April 2013 there were also more people from NS-SEC 4 and NS-SEC 5-8 playing sport once a week but these changes were not statistically significant.

One session a week (at least 4 sessions of at least moderate intensity for at least 30 minutes in the previous 28 days)	APS1 (Oct 2005-Oct 2006)		APS5 (Oct 2010 –Oct 2011)		APS7Q2 (Apr 2012-Apr 2013)		Statistically significant change from APS 1
	%	Number	%	Number	%	Number	
NS SEC1-2 (managerial/professional)	40.1%	4,462,100	41.4%	4,812,000	41.3%	4,903,800	Increase
NS SEC3 (intermediate)	32.3%	1,244,000	32.4%	1,303,700	34.4%	1,415,900	Increase
NS SEC4 (small employers/own account workers)	32.4%	920,200	32.3%	958,400	32.7%	992,400	No change
NS SEC5-8 (lower supervisory/technical /routine/semi-routine/never worked/long term unemployed)	26.9%	3,450,200	26.6%	3,564,800	26.6%	3,639,900	No change

Source: Sport England's Active People Survey

Once a week sports participation: by region

One session a week (at least 4 sessions of at least moderate intensity for at least 30 minutes in the previous 28 days)	APS1 (Oct 2005-Oct 2006)		APS5 (Oct 2010 –Oct 2011)		APS7Q2 (Apr 2012-Apr 2013)		Statistically significant change from APS 1
	%	Number	%	Number	%	Number	
NORTH EAST	32.7%	682,200	33.3%	700,300	35.5%	761,900	Increase
NORTH WEST	33.7%	1,859,100	35.2%	1,975,200	35.5%	2,044,000	Increase
YORKSHIRE	33.1%	1,350,200	34.6%	1,498,000	35.2%	1,521,700	Increase
EAST MIDLANDS	33.6%	1,173,400	33.5%	1,232,200	34.4%	1,283,400	No change
WEST MIDLANDS	31.9%	1,373,600	32.7%	1,436,700	32.1%	1,458,900	No change
EAST	34.8%	1,556,100	34.7%	1,647,800	35.4%	1,698,900	No change
LONDON	35.0%	2,126,000	35.4%	2,232,500	36.0%	2,403,500	Increase
SOUTH EAST	36.7%	2,416,500	35.7%	2,474,300	36.2%	2,558,200	No change
SOUTH WEST	33.8%	1,402,300	35.7%	1,561,900	35.4%	1,561,600	Increase

Source: Sport England's Active People Survey

Between APS1 (October 2005 – October 2006) and APS7Q2 (April 2012 – April 2013) there has been a statistically significant increase in once a week sports participation in five of the nine regions (North East, North West, Yorkshire, London, South West). In the remaining four regions (East Midlands, West Midlands, East, South East) there were more people playing in sport once a week than in 2005/06ⁱⁱⁱ.

ⁱⁱⁱ These differences were not statistically significant and for one region (South East) the increased number of people participating in sport is due to population growth.

Notes

To find out more about the sports participation measure, see the [briefing note](#) on Sport England's website.

The latest APS results are based on the 12 month period April 2012 to April 2013 (APS7Q2). 161,000 adults in England (age 16 and over) were interviewed by telephone.

Please note that this report highlights whether changes from APS1 (October 2005-October 2006) to APS7Q2 (April 2012-April 2013) 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, see the briefing note on Sport England's website:

http://www.sportengland.org/research/active_people_survey/active_people_survey_2/doc.ashx?docid=c2da16fe-f44b-4715-a798-5cd4f62fc422&version=2

ONS (Office for National Statistics) 2005 (APS1), 2010 (APS5) and 2012 (APS7Q2) population data has been used in this report.

NS-SEC is the National Statistics Socio-economic Classification. It is derived by combining 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.