



# SPORTS

## UPDATE

### Primary School-aged Children's Participation in Sport

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## EXECUTIVE SUMMARY

- Although participation levels in some individual activities within the **curriculum** have fluctuated since 2000, in general the range of activities undertaken by 7-11 year olds remains relatively stable. At this age girls and boys have similar levels of participation in the majority of sports undertaken within the curriculum.
- In terms of **extra-curricular** participation, the overall numbers involved within a 12 month period have increased by three percentage points since 2000 (80% compared to 77%) and girls have narrowed the gender gap to just one percentage point (boys 80%, girls 79%).
- Examining extra-curricular sports on an individual basis shows an increase in almost every sport, with football (64%) and rugby (35%) the most popular sports for boys, whereas netball (37%) and baseball/rounders and football (both 35%) remain the most popular sports among girls.
- Participation in extra-curricular activity steadily increases with age and the increases are consistent between boys and girls.
- In terms of barriers to extra-curricular participation almost half of all pupils (46%) stated that 'they already do enough'; other factors being a lack of time and 'not being asked', rather than a dislike of sporting activity per se.
- Overall, 78% of 7-11s had participated in some **club based** activity within the last year, up six percentage points since 2000.
- Girls again show the greatest increases on this measure and have closed the gender gap by three percentage points since 2000, boys 80%, girls 75%.
- Participation levels in most club based sports have increased since 2000. Football, swimming and rugby remain the most popular sports for boys – swimming, dance and horse riding being the equivalent for girls.
- Participation levels in club based activity generally increase with age, although there is a slight drop off among 11 year olds.
- The Dragon Sport initiative appears to have contributed to the increases in participation outside of the curriculum, with athletics showing the greatest success.

- Despite high overall participation levels there is almost universal demand among 7-11 year olds to participate in more sport.
- The average 7-11 year old claims to undertake around seven hours physical exercise per week. However, the uneven distribution of this exercise means that only one in five is achieving the recommended guideline to promote and maintain physical health of one hour per day.

## 1 INTRODUCTION

### 1.1 Background

The Sports Council for Wales (SCW) regards young people of school age as being a priority in its aim to increase participation and access to sport as detailed by its 1999 strategy document 'Young People First'. The rationale behind the strategy is that only by providing children with opportunities to become involved with sport from an early age will the habit of lifelong participation in sport be developed.

Central to this strategy is the Dragon Sport initiative, launched by SCW in October 2000. The scheme aims to introduce 7-11 year olds to an enjoyable and well organised range of sports and opportunities through school and club based development programmes.

The 2002 Children's Survey is the fourth in a series of surveys designed to monitor participation in physical activities among primary school children in Wales. The survey again focuses on the accurate measurement of sports participation on the following levels:

- within the curriculum;
- as part of extra-curricular activity;
- within a club-based environment.

As well as reporting the findings on these measures, the report will examine the barriers which are preventing participation in extra-curricular activity and also the demand that exists for further sporting activity among 7-11 year olds. The 2002 study was conducted amid concerns over the levels and impact of sedentary behaviour among young people and, for the first time, the results provide a snapshot of the amount of health related exercise being undertaken by this age group and how this compares with recommended guidelines.

## 1.2 Methodology

The results presented in this report are based on self-completion questionnaires received from 11,102 school pupils aged 7-11.

The 2002 survey continues with the changes first introduced in 2000, namely, the larger sample size to allow data to be analysed at local authority level.

Within each school, the questionnaire was administered to four classes of children and completed during school time under the supervision of a teacher and a fieldworker.

To ensure that each authority has its correct representation within the total, sample data is weighted by school size and area. An extra weighting factor was introduced in the 2002 survey, that of age of pupil, to increase the reliability and representiveness of the final sample.

The SCW gratefully acknowledges the kind assistance provided by the selected primary schools, their head teachers, teachers and pupils and also the expertise of Beaufort Research Limited in administering the survey.

## 2 CURRICULAR PARTICIPATION

This section focuses on primary school children's participation in activities within Physical Education (PE) lessons during school hours.

### 2.1 Activities undertaken within PE

Table 1 shows the individual activities undertaken in PE, comparing 2000 data with the most current figures. Baseball / rounders, football, athletics and swimming have the largest overall participation amongst both boys and girls, reflecting their suitability for mixed sex and group participation. In contrast to the figures for secondary school children (11-16 year olds), participation rates for 7-11 year olds in most other activities are broadly comparable between boys and girls. The main exceptions to this being rugby in which more boys participate (47%) and netball which is more popular among girls (52%).

Curricular participation in individual activities has fluctuated since 2000. The biggest increases are in obstacle races, up by six percentage points (44% - 50%) and cross-country running, up by five percentage points (20% - 25%). In contrast swimming has decreased by nine

**Table 1: Participation in Curricular Sports during last year: 2000 versus 2002**

PE Activity	All		Boys		Girls	
	2000 %	2002 %	2000 %	2002 %	2000 %	2002 %
Baseball/rounders	81	81	79	81	83	80
Football	66	69	78	78	53	60
Athletics	66	67	67	67	65	68
Swimming	70	61	69	59	70	63
Gymnastics	59	59	57	58	61	61
Dance	60	57	56	52	64	62
Obstacle races	44	50	44	50	43	50
Cricket	45	44	51	48	39	41
Netball	45	42	32	32	59	52
Rugby	40	39	50	47	30	31
Hockey	37	35	36	35	37	34
Tennis/short tennis	32	34	33	34	31	34
Cross country running	20	25	21	25	20	19
Outdoor adventure activities	27	19	26	19	28	19
Aerobics	-	17	-	17	-	16
Basketball	-	17	-	18	-	17
Bowls	-	5	-	5	-	4

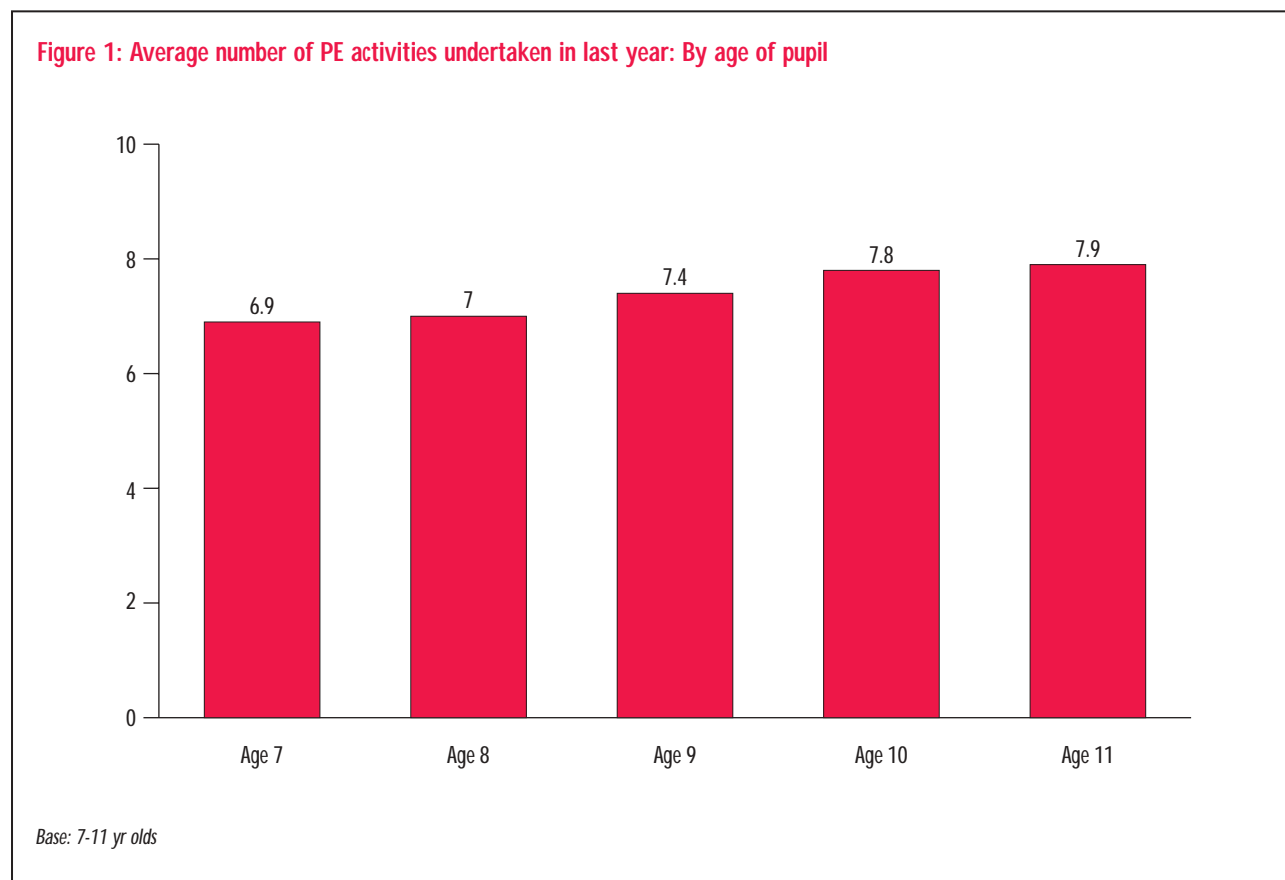
Base: 7-11 yr olds

**Table 2: Participation in Curricular Activities during the last year: By age of pupil**

PE Activity	All %	Age 7 %	Age 8 %	Age 9 %	Age 10 %	Age 11 %
Baseball/rounders	81	72	72	82	87	89
Football	69	65	65	70	71	74
Athletics	67	66	66	69	68	66
Swimming	61	48	51	61	69	71
Gymnastics	59	66	68	61	52	48
Dance	57	64	63	59	56	44
Obstacle races	50	54	53	52	47	43
Cricket	44	30	32	41	55	61
Netball	42	28	33	41	50	53
Rugby	39	27	28	38	49	52
Hockey	35	28	29	37	38	40
Tennis/short tennis	34	34	34	37	32	30
Cross country running	25	21	24	24	26	25
Outdoor adventure activities	19	16	13	16	24	27
Aerobics	17	26	23	12	15	14
Basketball	17	15	15	19	18	19
Bowls	5	2	3	3	6	8

Base: 7-11 yr olds

**Figure 1: Average number of PE activities undertaken in last year: By age of pupil**



Base: 7-11 yr olds

percentage points (70% - 61%), although it remains at a high overall level.

Participation rates in most curricular activities increase with age as shown in Table 2. However, activities based on general health promotion such as dance, gymnastics and aerobics are participated in more widely by 7 year olds, whereas more traditional team based pursuits such as rugby, cricket and hockey tend to be played by more 10 and 11 year olds.

In line with the general pattern of increasing participation in curricular sports with age, there is a steady increase in the average number of activities that a pupil participated in. Eleven year olds participate in one more sport than 7 year olds, 7.9 compared to 6.9. This reflects national curriculum guidelines which deem that Key Stage 1 pupils should be offered activities in three areas of the curriculum whereas this is expanded to six for Key Stage 2.

### 3 EXTRA-CURRICULAR ACTIVITIES AND PARTICIPATION

This section focuses on the sporting activities undertaken by pupils as part of extra-curricular activities. Extra-

curricular activity is defined as any activity organised by the school at lunchtime, after school or at the weekend.

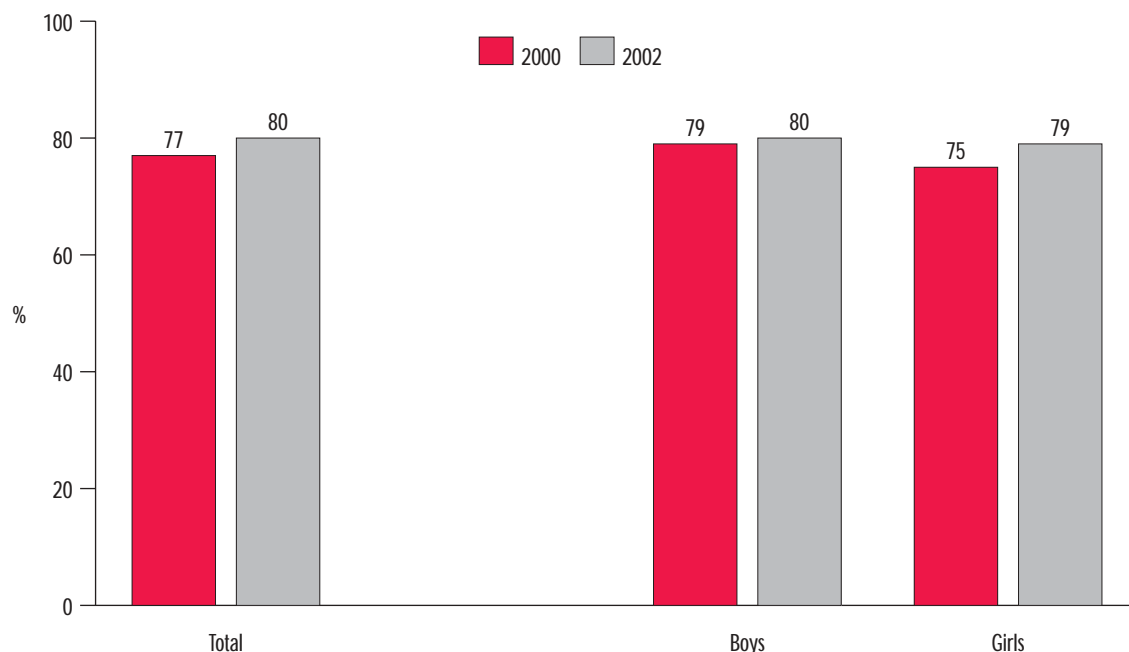
#### 3.1 Overall extra-curricular participation

Overall, the survey found that 80% of children aged 7-11 years old had participated in extra-curricular activity within the last year; a rise of three percentage points since 2000.

Encouragingly, the increase is driven by higher participation rates among girls, up by four percentage points to 79% whereas boys' participation has increased by one percentage point to 80%.

In terms of more regular participation in extra-curricular activity, 58% are taking part at least once a week. Whilst data is not available from previous studies for comparison, this measure will be an important figure to monitor in the future. Clearly, increasing levels of regular participation rather than just any participation within the last year is more likely to impact on health benefits.

Figure 2: Participation in extra-curricular activity during the last year: By gender



Base: 7-11 yr olds

**Table 3: Participation in Extra-curricular sports during the last year: 2000 versus 2002**

	All		Boys		Girls	
	2000 %	2002 %	2000 %	2002 %	2000 %	2002 %
Football	45	49	62	64	28	35
Baseball/rounders	26	33	24	32	29	35
Athletics	20	28	21	27	19	28
Swimming	22	28	21	27	22	29
Cricket	23	25	32	29	14	21
Netball	25	25	10	13	40	37
Rugby	23	24	36	35	9	14
Dance	17	19	10	10	24	28
Tennis/short tennis	12	16	13	16	11	16
Gymnastics	9	14	7	10	11	17
Hockey	9	14	10	14	8	13
Obstacle races	7	13	8	13	7	14
Cross country running	10	12	11	12	10	11
Basketball	-	10	-	10	-	10
Outdoor adventure activities	10	9	10	8	10	9
Judo/martial arts	-	5	-	6	-	4
Aerobics	-	4	-	4	-	4
Bowls	-	3	-	3	-	2

Base: 7-11 yr olds

### 3.2 Sports undertaken within extra-curricular activity

Table 3 shows the percentage taking part in individual sports during the last year as part of extra-curricular activity. Again results are separated by gender and compare data from the 2000 and 2002 surveys.

On an overall basis, it is particularly encouraging to note that participation in nearly all individual sports has increased by between one and seven percentage points. The only exceptions are netball, which remained at 25% and outdoor adventure activities which has dropped by one percentage point to 9%. The largest increases were in athletics, up by eight percentage points, and in baseball / rounders, up by seven percentage points.

For boys, football remains the dominant extra-curricular sport increasing to 64% in 2002. Traditional male team sports of rugby (35%) and cricket (29%) were also popular despite participation levels falling slightly since 2000 among boys.

For girls, there is less bias towards any one sport. Netball remained the most popular extra-curricular activity

despite a drop of three percentage points to 37% in 2002. This is closely followed by baseball / rounders and football, which both attracted involvement from 35% of girls and gained in popularity since 2000.

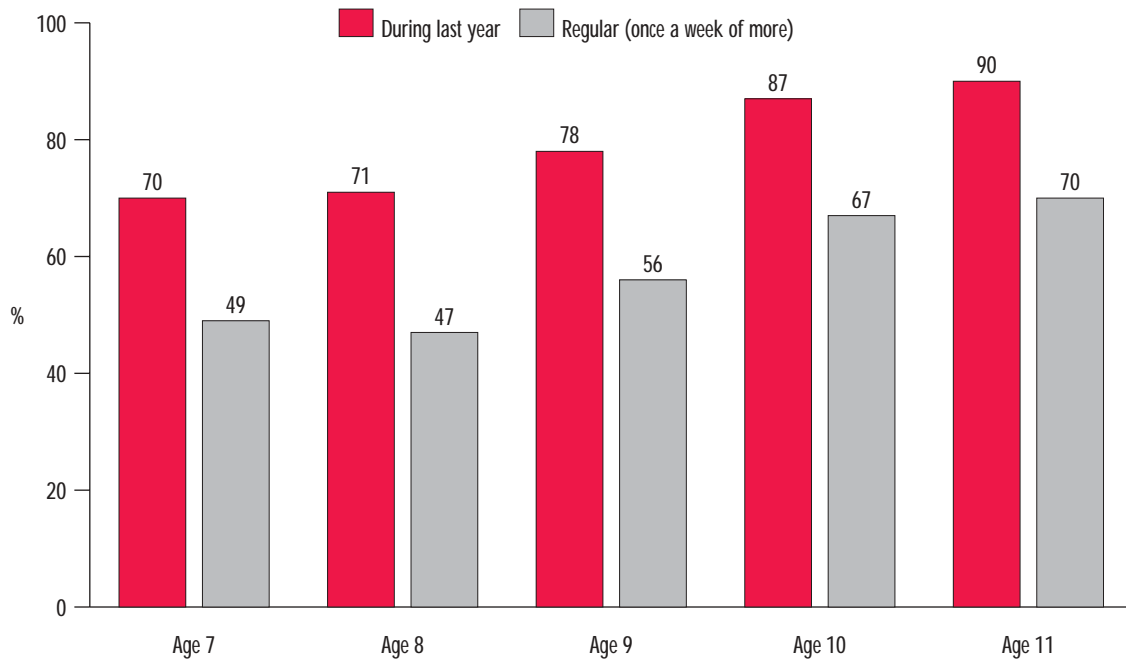
### 3.3 Differences by age

Overall, there is a clear relationship between levels of extra-curricular participation and age. The older the pupil, the more likely it is that they have taken part as Figure 3 shows. 90% of 11 year olds have taken part in extra-curricular activity in the last year compared to only 70% of 7 year olds. When considering the regular participation (once a week or more), the same pattern is apparent, the equivalent figures for 11 and 7 year olds being 70% and 49% respectively.

Increasing levels of participation with age is consistent between boys and girls, as Fig 4 shows.

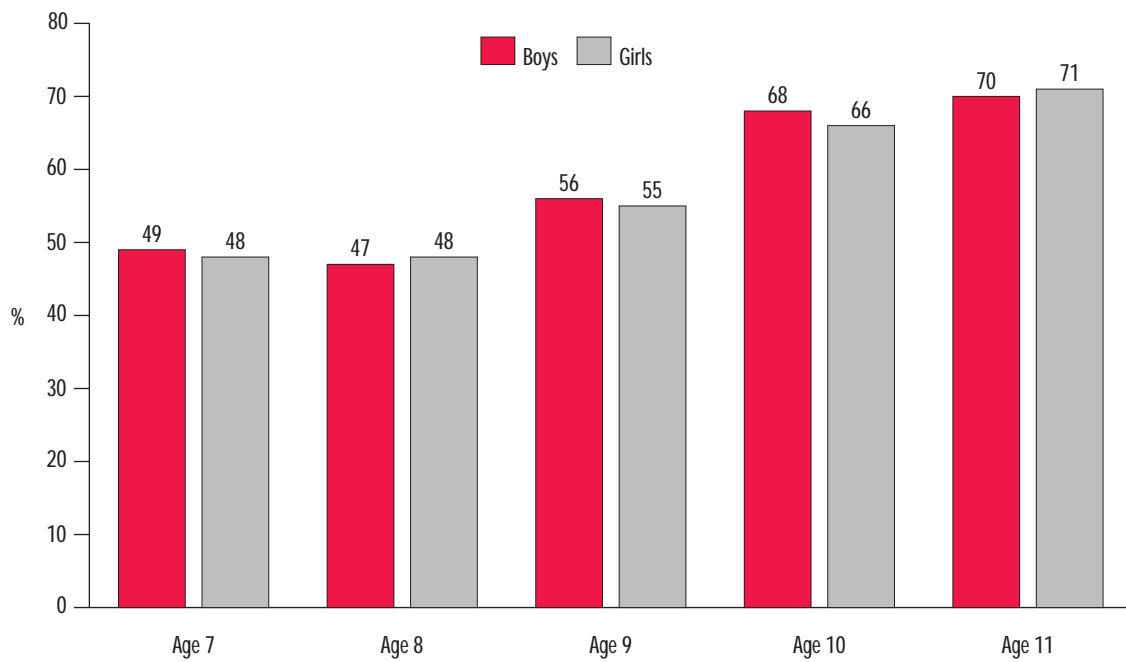
Furthermore, the average number of activities undertaken also steadily increases with age, 4.9 among 11 year olds compared to 3.4 among 7 year olds. This exposure to a

**Figure 3: Participation in extra-curricular activity: By age**



Base: 7-11 yr olds

**Figure 4: Regular\* participation in extra-curricular activity: By age / gender**



\* Once a week or more  
Base: 7-11 yr olds

greater range of activities with age is consistent with patterns within the curriculum.

### 3.4 Differences by local authority

Figure 5 shows the percentage of pupils involved in extra-curricular activity in each local authority both in terms of 'last year' and regular participation. Ceredigion and Pembrokeshire are the leading areas in terms of 'last year' participation with 97% and 95% of 7-11 year olds having taken part respectively, whilst there are lows of 58% and 54% in Torfaen and Bridgend. Regular participation rates range from a high of 77% in Powys to a low of 41% in Blaenau Gwent.

Whilst the two sets of figures do not always correlate a number of areas have both above average 'last year' and regular participation rates – namely Ceredigion, Pembrokeshire, Denbighshire, Conwy, Wrexham, Gwynedd, Powys, Neath Port Talbot, Monmouthshire and Cardiff. The opposite is true in Swansea, Newport, Flintshire, Anglesey, Caerphilly, Rhondda Cynon Taff, Torfaen and Bridgend.

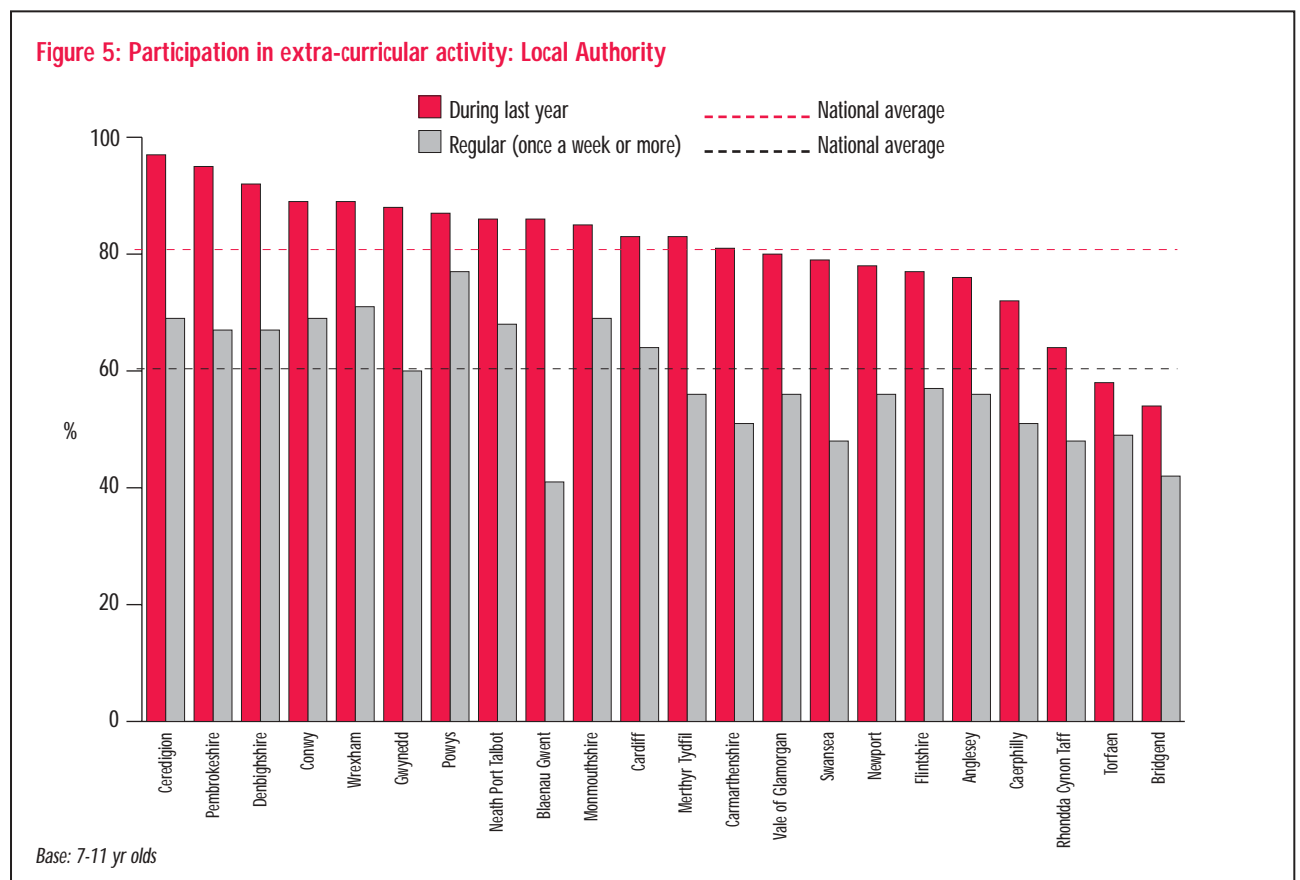
### 3.5 Barriers to extra-curricular participation

The survey attempted to identify some of the barriers to children participating in more extra-curricular activity. They were asked whether a number of statements applied to them in relation to why they didn't take part in activity at dinner time or after school with the help of a teacher. The overall results are shown in figure 6.

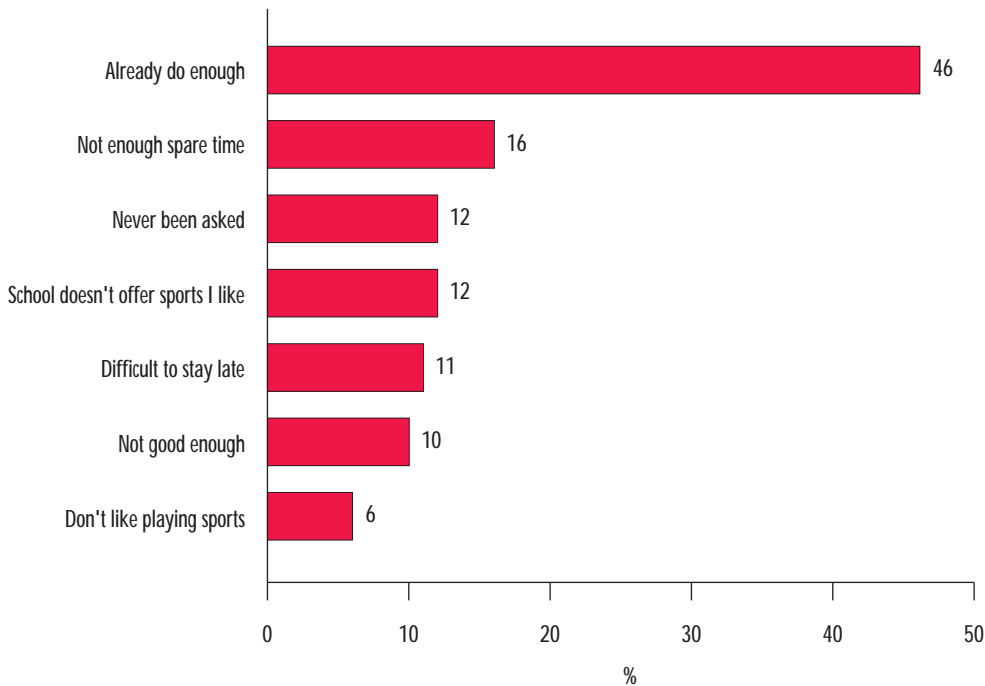
Perhaps unsurprisingly with 80% of 7-11s participating in the last year and 58% participating at least once a week, the most frequently cited reason, by almost half of all pupils was 'already do enough' (46%). Only 6% of children said they do not take part more often in extra-curricular activity because they simply do not enjoy playing sport.

16% of children stated that they did not have enough spare time and a similar proportion also claimed to have never been asked to take part or that their school didn't offer the sports that they liked.

A further 11% emphasised the difficulty in getting home if staying late as an issue and 10% claimed that they were not good enough at sport, reflecting an opinion stated by 16% of secondary school children. This perhaps illustrates that activities offered outside the curriculum do not yet fully cater for all levels of ability.



**Figure 6: Barriers to increased participation in extra-curricular activity**



Base: 7-11 yr olds

## 4 CLUB SPORTS AND ACTIVITIES

Club activities have been defined as activities done within a club (not necessarily a formalised sports club) which is not organised by a school.

### 4.1 Overall club based participation

On the back of relatively stable curricular participation and increases in extra-curricular activity, it appears that some progress is being made in broadening the base of sporting participants in a club based environment.

Overall the survey found that the numbers of children aged 7-11 participating in club based activity within the last year has risen to 78% in 2002, up by six percentage points since 2000.

In addition, the increase since 2000 on this measure is disproportionately driven by girls. The gender gap has closed to five percentage points (from eight percentage points) as girls have increased by seven percentage points to 75% and boys by three percentage points to 80% as Fig 7 shows. However, whilst girls have closed the gap in terms of 'last year' participation, differences remain between boys and girls in terms of regular participation and these will be examined further in section 4.3.

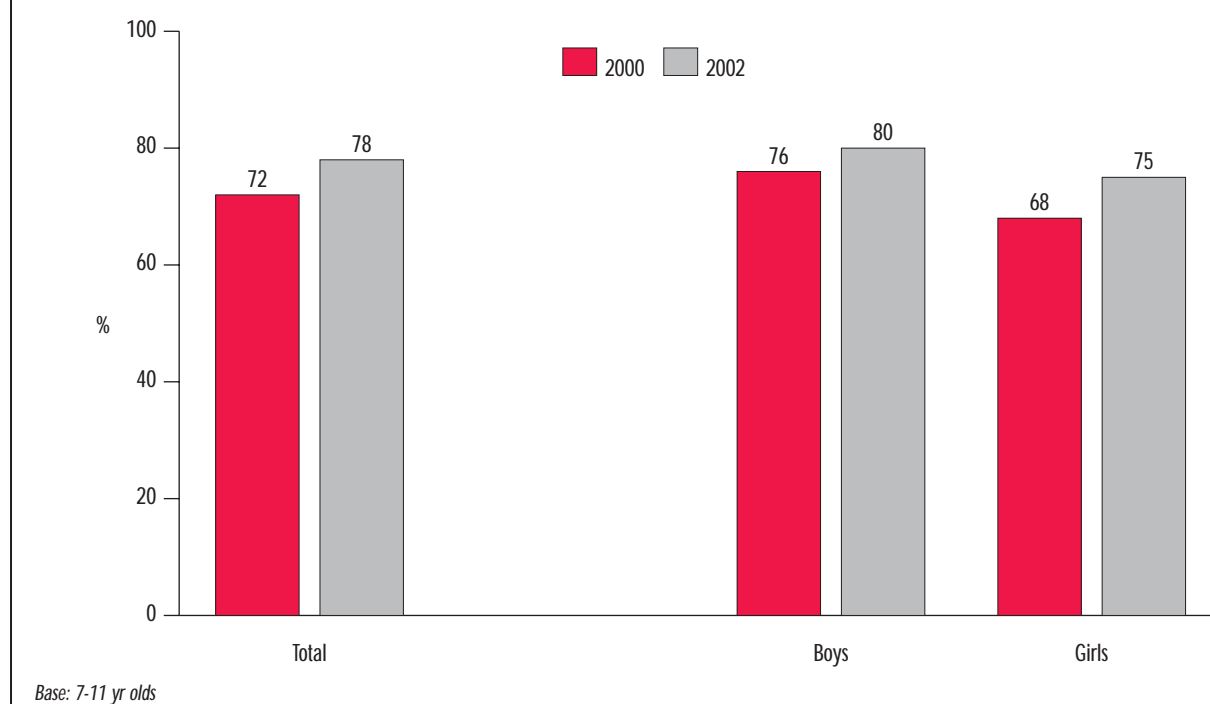
### 4.2 Club based sports and activities

Football remains the most popular club based activity among boys with 53% having participated in the last year. Swimming and rugby also attracted a significant number of boys (33% and 25% respectively). For girls, swimming remains the dominant sport, 42% having participated within the year. Dance (29%) and horse riding (20%) were also popular club based activities among girls.

Boys' and girls' participation levels in most other sports are broadly comparable, although cricket is played more by boys whereas, gymnastics and netball are predominantly undertaken by girls.

Participation levels have increased in every sport by between one and seven percentage points since 2000, mirroring the pattern seen in extra-curricular activity. The exception is Judo/Martial arts in which participation has fallen very slightly to 14%. The most significant increases were seen in swimming and football, up by seven and five percentage points respectively and overall these remain the most popular club based sports. Encouragingly, increases among girls' participation in both of these sports has exceeded boys'.

**Figure 7: Participation in club activities in last year: By gender**

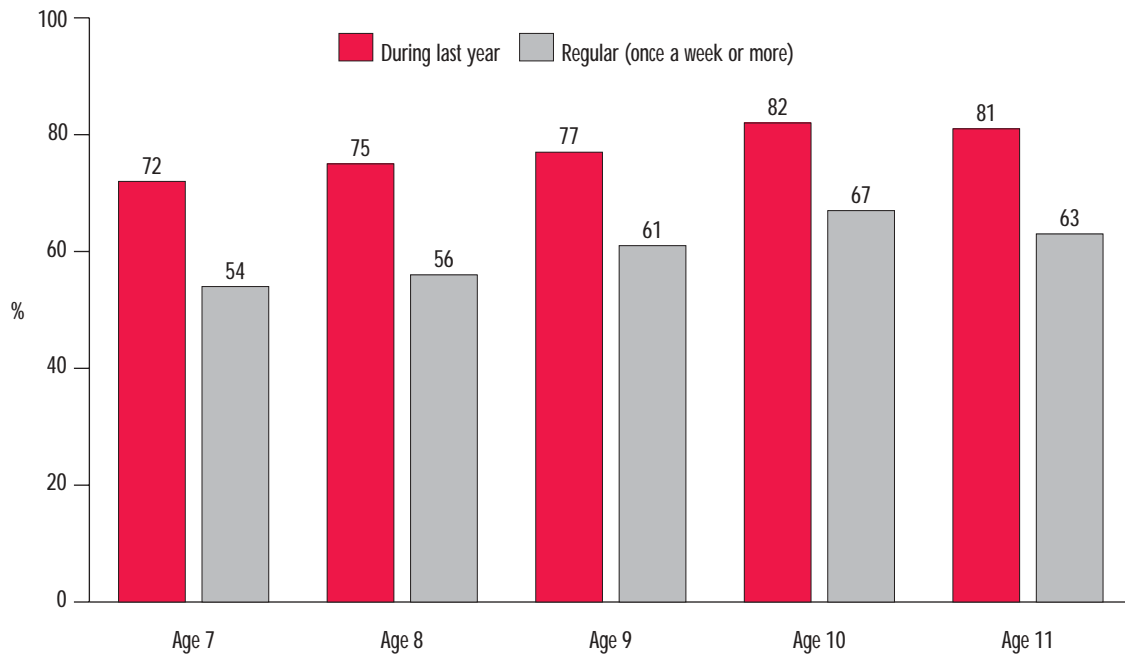


**Table 4: Participation in Club based sports in last year: 2000 / 2002**

	All		Boys		Girls	
	2000 %	2002 %	2000 %	2002 %	2000 %	2002 %
Swimming	31	38	28	33	35	42
Football	30	35	48	53	11	17
Dance	12	16	2	4	22	29
Rugby	14	15	25	25	3	5
Judo/Martial arts	15	14	20	19	10	10
Horse riding	10	13	4	6	16	20
Tennis/short tennis	9	13	10	13	8	13
Baseball/rounders	8	11	8	12	7	11
Cricket	10	11	16	16	4	6
Gymnastics	9	11	4	5	14	17
Athletics	8	10	8	9	7	11
Basketball	7	8	9	8	6	7
Netball	7	8	2	3	12	14
Badminton	5	7	5	7	5	7
Hockey	5	7	7	8	3	5
Outdoor adventure activities	6	7	6	7	5	7
Bowls	-	5	-	6	-	4
Cross country running	4	5	5	6	3	5
Obstacle races	3	5	4	5	3	5
Aerobics	-	3	-	2	-	4

Base: 7-11 yr olds

**Figure 8: Participation in club activities: By age**



Base: 7-11 yr olds

### 4.3 Differences by age

The numbers of children aged 7-11 participating in club based activity generally increases with age and this is true for both 'last year' and regular participation. However, the increase with age is not as steep as the equivalent figures show for extra-curricular activity.

The difference between 7 and 11 year olds in club based participation within the last year is nine percentage points (72% versus 81%) whereas for extra-curricular activity the difference is 20% points (70% versus 90%). In terms of regular participation the pattern is very similar. The difference between club participation levels for 7 and 11 year olds is nine percentage points (54% versus 63%) and 22% points in extra-curricular activity (49% versus 71%).

As alluded to in section 3.1, although the gender gap has narrowed to five percentage points in terms of 'last year' participation, the difference between levels of regular participation is more significant and stands at nine percentage points (65% boys versus 56% girls). As Fig 9

shows, the gap appears to be greatest among children aged 10 and 11, 14% points and 10% points respectively.

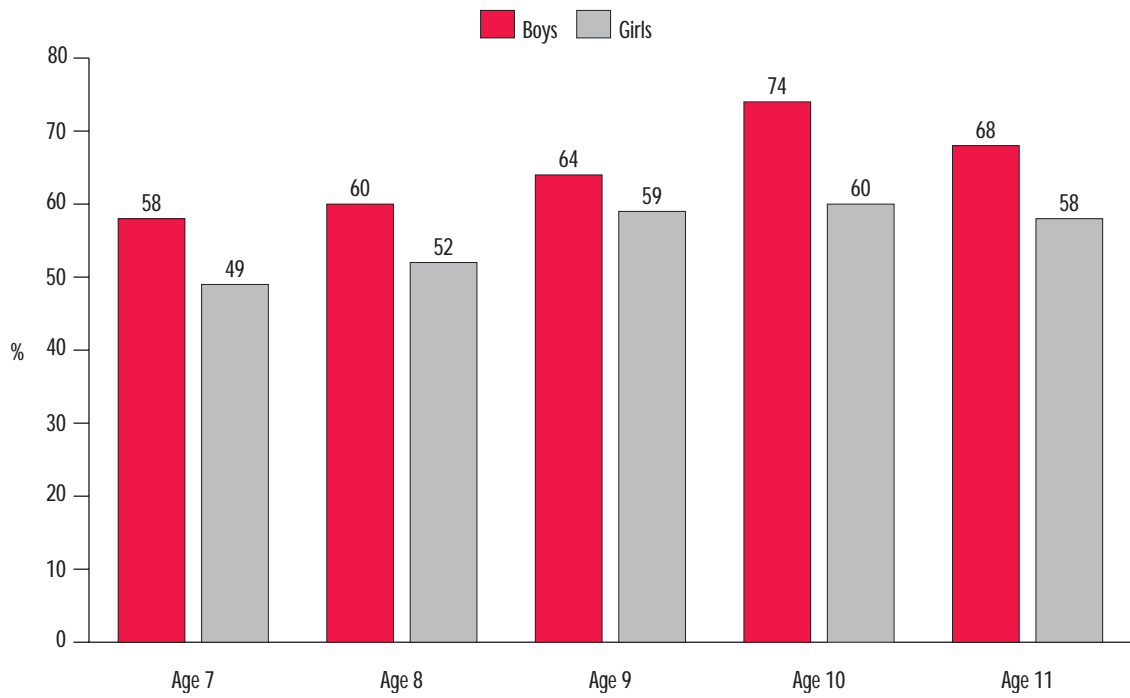
### 4.4 Differences by local authority

As Figure 10 shows there is a relatively small range across authorities in terms of 'last year' participation. As with 11-16 year olds Gwynedd is the leading authority with 86% of 7-11 year olds taking part, but, even in authorities towards the bottom of the ranking, approaching three-quarters of primary school children are involved in club-based sport.

Similarly, the differences between authorities in regular participation are also relatively small. On this measure Neath Port Talbot is the leading authority with 69% of 7-11 year olds being regular club participants, with equivalent levels in every other authority being in advance of 50%.

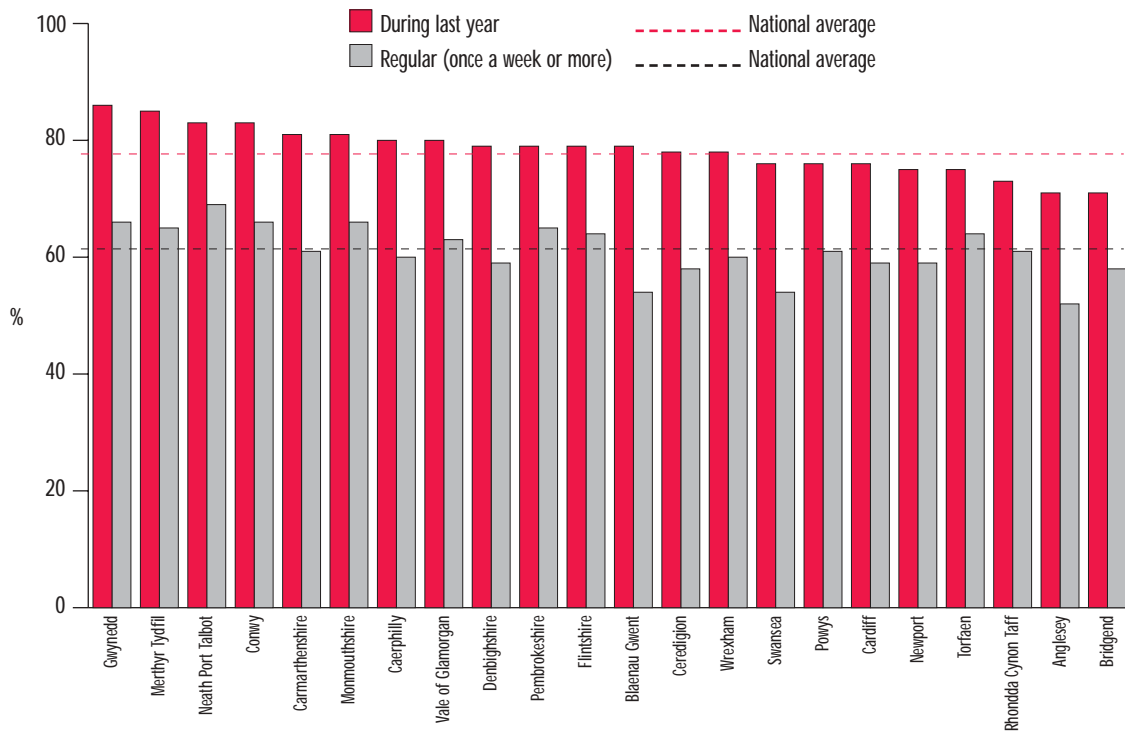
There is general correlation between the two sets of participation figures with those authorities ranked highly in terms of 'last year' participation generally having above average regular participation figures and vice versa.

Figure 9: Regular participation in club activities: By age / gender



\* Once a week or more  
Base: 7-11 yr olds

Figure 10: Participation in club activities: Local Authority



Base: 7-11 yr olds

## 5 DRAGON SPORT

Dragon Sport was launched in October 2000 and is a key element of the focus on the provision of sporting opportunities for children and young people of school age. The scheme focuses on seven sports: athletics, cricket, football, hockey, netball, rugby and tennis.

Whilst this survey did not make specific reference to Dragon Sport and was not designed specifically to measure its impact, it can provide indicative findings into the contribution of Dragon Sport on participation levels. Here we shall look at a combined measure of participation for each sport; % 'last year' participation either within an extra-curricular or club based environment as these are the two possible delivery mechanisms of Dragon Sport.

Using this measure, findings show that between 2000 and 2002, athletics has increased in participation more than any other of the 14 sports for which comparable data is available. The increase is nine percentage points (32% from 23%) and it is likely that Dragon Sport has had considerable influence on this, especially given the fact that the athletics kitbag has received by far the most orders from schools/clubs compared to the other Dragon sports.

Other Dragon sports which have seen higher than average increases in participation levels are, among boys, tennis (5% points increase) and hockey (4%), and among girls, football (8%), tennis (8%) and cricket (6%).

The Dragon sports which tend to record lower than average increases (netball – girls, football, rugby, cricket – boys) already enjoy relatively high participation levels and thus increases in this measure of participation in the last year are more difficult to achieve. It is more likely that in these sports, Dragon Sport could help encourage greater numbers to take part on a regular basis rather than introducing them for the first time.

## 6 LATENT DEMAND

Latent demand among children for sporting activities was measured by asking pupils which sports they would like to be able to take part in more often. It was explained to the children that this could include:

- sports they currently take part in (but would like to do more of);
- sports which they currently don't participate in (but would like the chance to do so).

The list of sports to choose from was the full list from which curricular, extra-curricular and club-based participation levels were measured (see Appendix 1 for details) and also allowed for children to name other sports not on the list.

### 6.1 Overall

Overall results show that there is almost universal demand among children to participate in more sport. 98% of 7-11 year olds said that they would like to do more of at least one sport and encouragingly this included those who are currently not participating in anything. Furthermore, there is demand from the average child to take part in 7.5 different sports. However, there could be an element of a "Father Christmas wish list" here – that is, children writing down every possible gift, without necessarily expecting or wanting to receive them all.

### 6.2 Individual Sports

Table 5 shows the top ten individual sports that are most in demand for boys and girls aged 7-11 years old.

Despite being among the most popular sports in terms of current participation there is demand from boys to do even more of these activities, with football, swimming, rugby and cricket the most heavily demanded. The results suggest that demand is driven by boys wanting to do more of the activities they currently take part in and enjoy.

Latent demand among girls follows a similar pattern and would also appear to be based on current participation and enjoyment. Whilst swimming, horse riding and gymnastics are most sought after by girls, nine of the ten activities are also among the ten most participated in sports at extra-curricular and club level.

**Table 5: Latent demand by sport: Split by Gender**

Boys	%
Any sport	98
Football	72
Swimming	63
Rugby	54
Cricket	48
Baseball/rounders	48
Tennis/short tennis	45
Hockey	42
Judo/Martial arts	38
Basketball	37
Cross Country Running	33

Girls	%
Any sport	99
Swimming	76
Horse riding	61
Gymnastics	52
Dance	50
Baseball/rounders	49
Netball	49
Tennis/short tennis	43
Football	42
Athletics	40
Basketball	32

## 7 HEALTH RELATED ACTIVITY

Current guidelines suggest that all children should do at least one hour of moderate intensity exercise seven days a week in order to promote and maintain physical health. Moderate intensity exercise is defined as leaving the participant warm and slightly out of breath.

The 2002 survey, for the first time included questions designed to assess the amount of physical exercise undertaken by children aged 7-11. Pupils were asked to consider the previous week and indicate the amount of physical exercise they had undertaken. This information was recorded as a period of time and the total amount of time spent exercising over the week was calculated. This, of course, relies on children's own estimations of their exercise levels rather than any scientific observation, but it does provide an essential benchmark from which future consistent surveys can monitor trends.

Figure 11 shows that only 18% of children were meeting the guideline of at least one hour of physical exercise per day. Furthermore, one in five children were doing an hour on either just one or no days of the week and overall, children on average achieved the recommended amount on four days of the week.

Figure 12 considers this information by local authority. The chart is ranked (left-right) by percentage of children achieving the recommended level of one hour of physical exercise on all seven days of the week. Wrexham, Monmouthshire, Caerphilly, Carmarthenshire and Torfaen show the best results, but even here only one in four children are meeting the guideline.

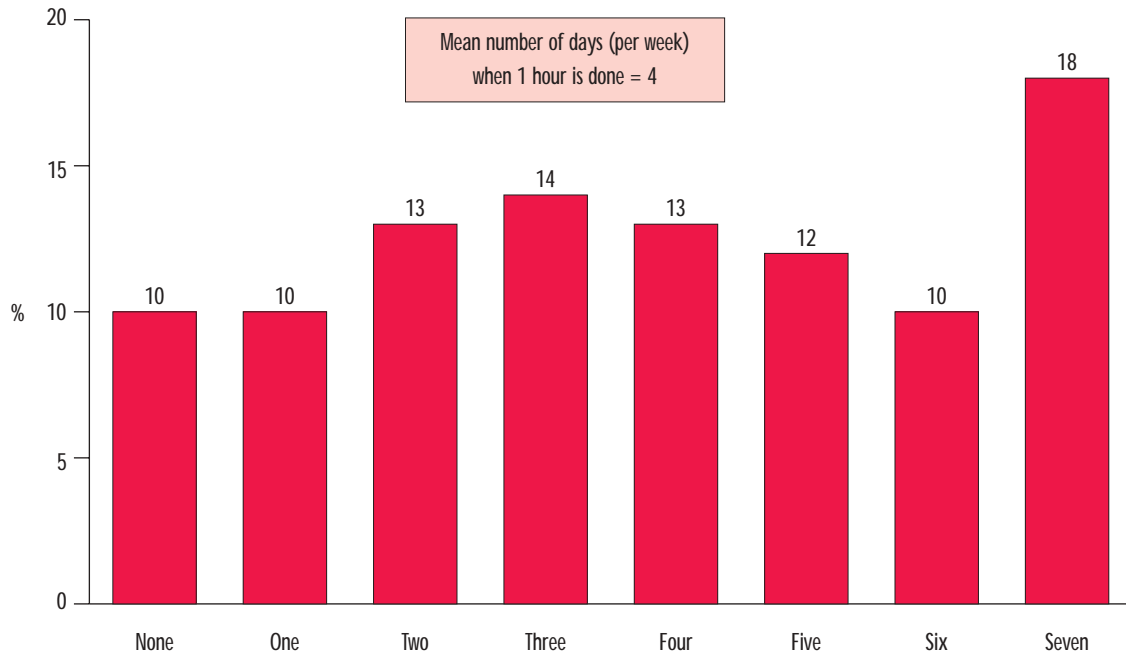
In Swansea, Ceredigion and Blaenau Gwent this ratio is nearer 1 in 9 and furthermore around a third of children do an hour of physical exercise on just one or no days of the week. Yet the main message here is that there is considerable room for improvement in these figures across all areas of Wales if current guidelines are to be met.

However, examination of the mean number of hours of physical exercise per week (Fig 13) shows that the average 7-11 year old child undertakes almost seven hours per week, meeting the cumulative number of hours identified by the guidelines. Whilst acknowledging that a proportion of children need to significantly improve their exercise levels, this suggests that, on the whole, it is frequency rather than absolute number of hours spent exercising that needs to be addressed in order to ensure that sufficient health benefits are received

The results also show that on average boys tend to undertake almost an hour more physical exercise than girls (7.2 hours versus 6.3) and that weekly physical exercise duration increases steadily in relation to age, from 5.6 hours among 7 year olds to 7.9 hours among 11 year olds.

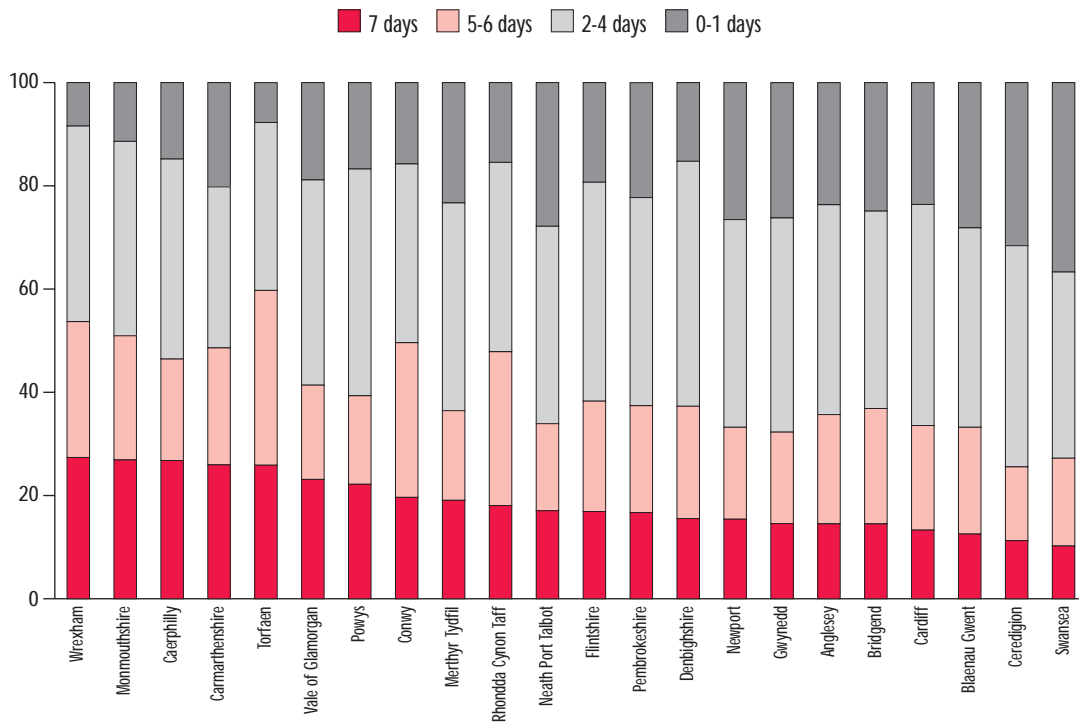
Sport clearly has an important role to play in helping children to achieve the recommended guideline on physical activity. Increasing frequency of sporting participation will be key to this. However it is unlikely that the guideline's requirement of daily physical activity will be met by sport alone. Sport cannot deliver to 'all of the children, all of the time'. It is therefore essential that complementary forms of physical activity are built into everyday lifestyle in addition to sport if children are to obtain sufficient benefits to maintain and promote health.

**Figure 11: Frequency (days per week) of undertaking at least one hour of physical exercise**



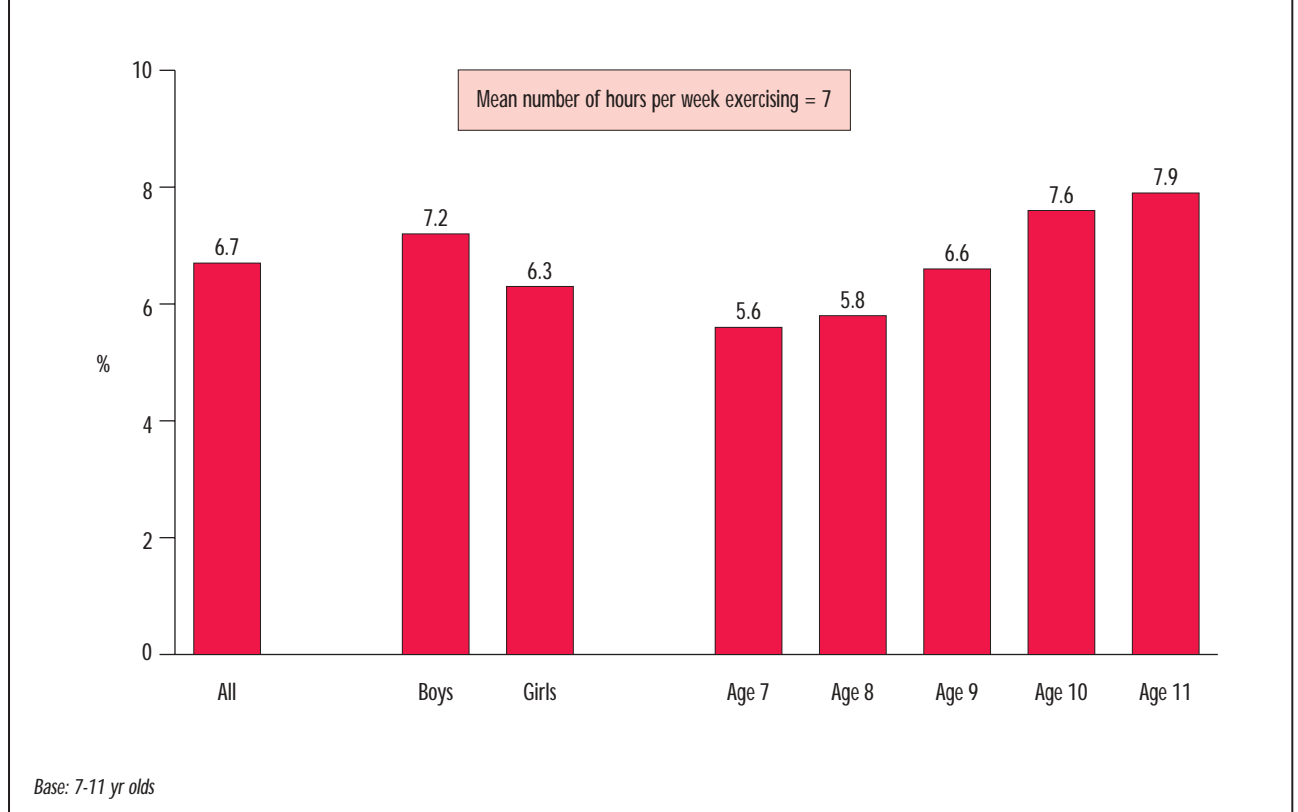
Base: 7-11 yr olds

**Figure 12: Frequency (days per week) of undertaking at least one hour of physical exercise: Local Authority**



Base: 7-11 yr olds

Figure 13: Mean number of hours of physical exercise per week



## 8 CONCLUDING REMARKS

With increasing emphasis placed upon establishing a long term sporting habit and healthy activity levels, the continuing trend of high overall participation in curricular, extra-curricular and club based activity among children of primary school age is both encouraging and welcome.

The increases at an overall level in both extra-curricular and club based activity are primarily driven by girls and this is reflected by the continued narrowing of the gender gap in these measures. Whilst participation levels are generally high for all ages, they tend to peak for 10 and 11 year olds. It is essential to maintain and better these levels as children enter secondary school, where participation and its associated benefits tend to drop with increasing age.

The findings suggest that the Dragon Sport initiative has had a positive impact upon participation in the seven sports at both extra-curricular and club level and it is hoped that the greater number of opportunities to partake will promote more regular participation among children. Frequent participation is a key element in

achieving healthy activity levels and as such it is hoped that Dragon Sport can continue to generate positive benefits for 7-11 year olds.

## APPENDIX 1: NOTES AND DEFINITIONS

### Definitions of Activity

Three categories of participation were addressed by the survey. They are:

**Curricular participation:** Activities participated in during PE lessons.

**Extra-curricular participation:** Activities participated in as part of an organised school activity done after school, at weekends or at lunchtime. This could have been playing in a school team or taking part in a school club.

**Club based participation:** Activities participated in with a club that is not organised by school.

The survey focused only upon participation in these organised settings to the exclusion of recreational involvement with friends or family.

### Sports / Activities Covered

Respondents were asked about their participation in the following activities under the definitions provided above:

Aerobics, athletics, badminton, baseball/rounders, basketball, bowls (not ten-pin), cricket, cross country running, dance, football, gymnastics, hockey, horse riding, judo/martial arts, netball, obstacle races, outdoor adventure activities, rugby, swimming and tennis/short tennis.

## APPENDIX 2: COMBINED MEASURE OF PARTICIPATION

**Table A1. Participation rates in any circumstances - curricular, extra-curricular or club based**

	All %	Boys %	Girls %	Age 7 %	Age 8 %	Age 9 %	Age 10 %	Age 11 %
Aerobics	20	20	20	28	26	16	18	17
Athletics	72	71	72	70	70	74	72	70
Badminton	7	7	7	5	5	6	9	8
Baseball/rounders	84	84	84	75	76	85	90	91
Basketball	27	27	26	24	23	29	28	30
Bowls	10	11	8	8	7	9	12	12
Cricket	51	57	46	35	39	49	63	68
Cross country	30	31	29	26	29	29	33	31
Dance	64	55	74	69	69	66	63	53
Football	81	91	70	77	78	81	82	84
Gymnastics	64	61	67	71	72	66	57	53
Hockey	41	43	39	32	35	43	45	46
Horse riding	13	6	20	10	12	13	14	13
Judo/martial arts	16	21	11	16	15	17	19	16
Netball	49	37	61	33	40	48	57	60
Obstacle races	54	54	54	57	57	57	51	47
Outdoor adventure activities	48	26	26	21	20	23	32	36
Rugby	48	61	36	37	37	47	58	60
Swimming	76	74	79	72	71	76	82	82
Tennis/short tennis	44	44	44	39	44	48	42	41

Base: All pupils

Timeframe: Participated during previous year