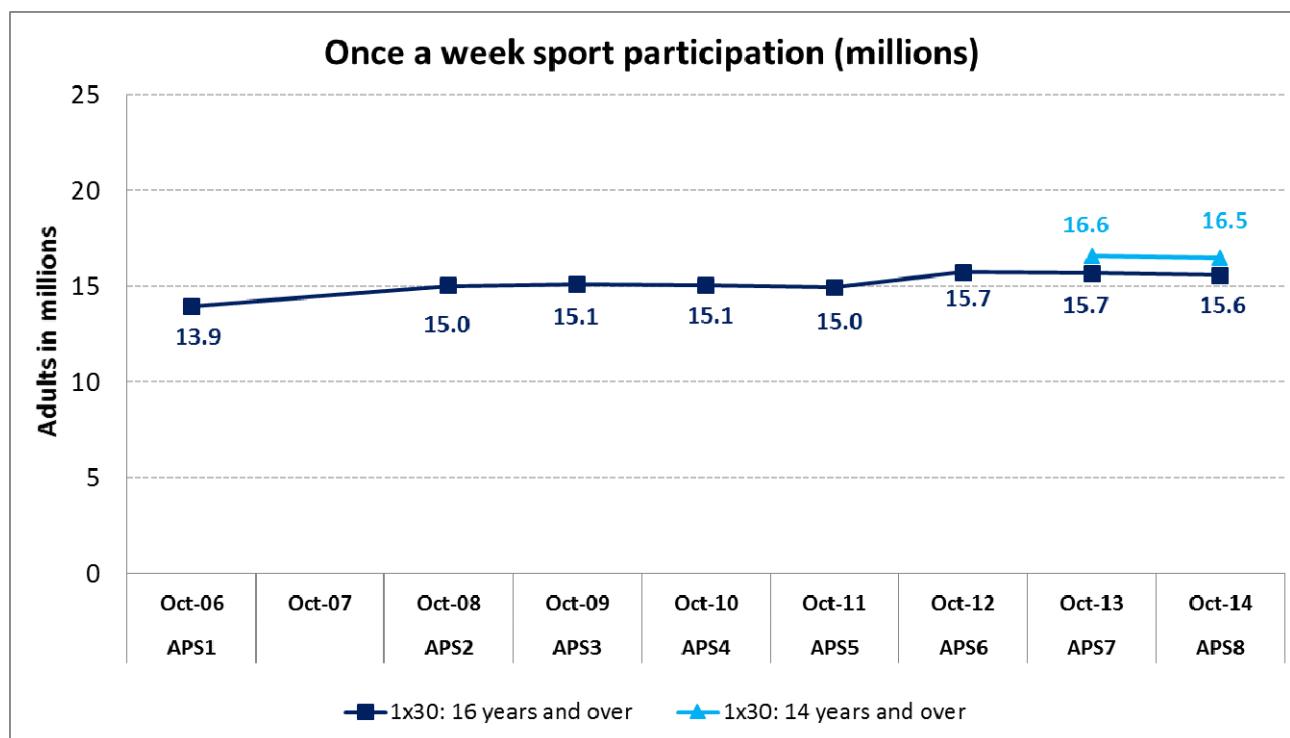


Once a week participation in sport (1 x 30 minutes moderate intensity)

Following the extension of the age range covered by the Active People Survey (APS), survey results now include estimates of the percentage of people aged 14 years or over playing sport. To allow useful comparison of the latest sports participation data with previous periods, while we are still establishing time series data for this age range, results for people aged 16 years or over remain the main focus of this factsheet.

During the period October 2013 to October 2014, 15.57 million people aged 16 years or over (35.8%) played sport for at least 30 minutes of sport at moderate intensity at least once a week. This represents an increase of 1.63 million compared with 2005/06 (APS1) but a decrease of 125,100 compared with the October 2013 result.



A further 941,600 people aged 14-15 years old (75.6%) played sport at least once a week, an increase of 34,700 compared with the October 2013 result for this age group. Overall during this period (October 2013 to October 2014), 16.51 million people aged 14 years or over (36.8%) played sport at least once a week.

Once a week sport: key demographics

The following shows the October 2013 to October 2014 results for key demographic groups.

Age Groups

During the period:

- 3.78 million 16-25 year olds (54.7%) played sport once a week, 133,400 more than APS1 and 21,200 more than the October 2013 result for this age group. During this period, 4.73 million 14-25 year olds (57.6%) played sport once a week, 55,900 more than the October 2013 result for this age group.
- 11.78 million adults aged 26 years or older (32.2%) played sport once a week. This result is a 1.49 million increase on APS1 result for this age group.

Disability

- During the period October 2013 – October 2014, 1.58 million people aged 16 years and over with a long term limiting illness or disability (17.4%) played sport once a week, an increase of 263,900 compared with APS1 but a decrease of 121,700 compared with the October 2013 result. Amongst people with a long term limiting illness or disability aged 14 years and over 1.68 million (18.0%) played sport once a week.
- During the period October 2013 – October 2014, 13.98 million people aged 16 years and over without a long term limiting illness or disability (39.4%) played sport once a week.

Gender

During the period October 2013 – October 2014:

- 8.66 million males aged 16 years or over (40.8%) played sport once a week, an increase of 969,100 compared with APS1. During this period 9.18 million males aged 14 years or over (41.8%) played sport once a week.
- 6.91 million females aged 16 years or over (31.0%) played sport once a week, this is 657,500 more than APS1 but a decrease of 125,000 compared with the October 2013 result for this group. During this period 7.33 million females aged 14 years or over (31.9%) played sport once a week.

Ethnicity

During the period October 2013 – October 2014:

- 2.85 million people from black and minority ethnic groups (37.2%) aged 16 years or over played sport once a week, 720,900 more than APS1. During this period 3.02 million people from black and minority ethnic groups aged 14 years or over (38.1%) played sport once a week.
- 12.72 million people describing themselves as white – British (35.6%) aged 16 years or over played sport once a week, an increase of 905,700 compared with APS1. During this period 13.49 million white – British people aged 14 years or over (36.6%) played sport once a week.

Socio-economic groups

The table below shows that since APS1 the rate of participation amongst people aged 16 years and over is greater amongst people from higher socio-economic groups than those from lower socio-economic groups. It also shows that rates of participation have risen across the highest socio-economic groups but fallen across the lowest socio-economic groups.

1 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)		APS7 (Oct 2012-Oct 2013)		APS8 (October 2013-October 2014)		
	%	n*	%	n*	%	n*	Statistically significant change from APS 1
NS SEC1-2	40.1	4,462,100	42.9	5,898,300	42.7	6,098,400	Increase
NS SEC3	32.3	1,244,000	35.2	1,974,300	33.9	1,976,800	Increase
NS SEC4	32.4	920,200	34.3	1,418,400	32.4	1,393,200	No change
NS SEC5-8	26.9	3,450,200	29.0	4,756,100	25.9	4,380,400	Decrease

* APS1 participant numbers are based on figures derived from the 2001 Census. APS7 and APS8 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 participant 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

Notes

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

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

Please note that the latest results now include moderate intensity participation in a full range of keepfit classes amongst people aged 14-65 years. Previously for some keepfit classes, results had only included participation amongst people aged 65 years or over. For comparison purposes, this change has been consistently applied to results for the entire time series.

The latest APS results are based on the 12 month period October 2013 to October 2014. 166,000 adults in England (age 14 years or over) were interviewed by telephone.

Office for National Statistics 2005 (APS1), 2012 (APS7), and 2013 (APS8) population data has been used in this report.

Please note that this report highlights differences between APS1 (October 2005-October 2006) and APS8 (October 2013-October 2014) 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.

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.