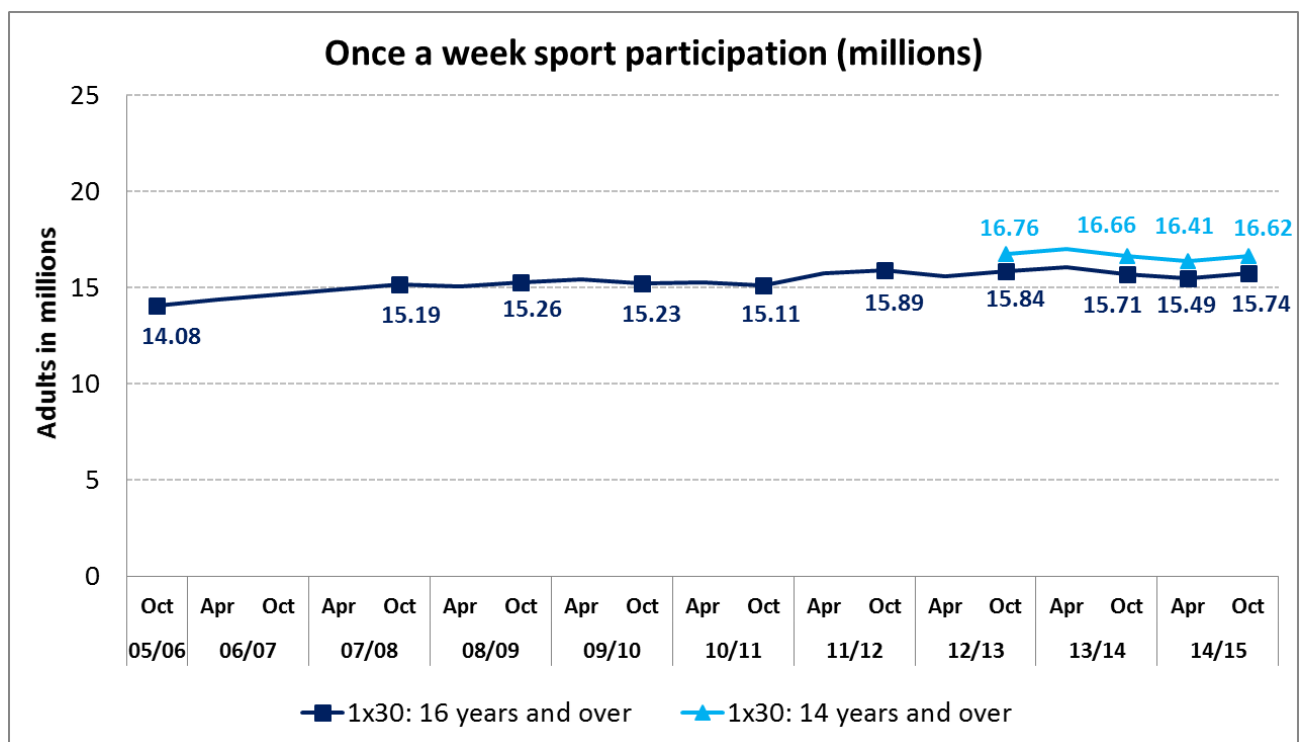


Once a week participation in sport (1 x 30 minutes moderate intensity)

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 from October 2014 to September 2015, 15.74 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 is 245,200 more people than the interim result reported 6 months ago, 23,200 more people than 12 months ago, an increase of 1.65 million people since 2005/06 (APS1).



A further 886,200 people aged 14-15 years old (71.9%) played sport at least once a week. Overall during this latest period (October 2014 – September 2015), 16.62 million people aged 14 years or over (36.7%) played sport at least once a week.

Once a week sport: key demographics

The following shows the October 2014 to September 2015 results for key demographic groups.

Age Groups

During the period:

- 3.83 million 16-25 year olds (55.2%) played sport once a week, 28,200 more than 6 months ago, 21,600 more than 12 months ago, and 147,500 more people than APS1. During this period, 4.72 million 14-25 year olds (57.6%) played sport once a week.
- 11.91 million adults aged 26 years or older (32.1%) played sport once a week. This result is 217,000 more people than 6 months ago, 1,600 more than 12 months ago, and a 1.51 million increase on the APS1 result for this age group.

Disability

During the period October 2014 – September 2015:

- 1.58 million people aged 16 years and over with a long term limiting illness or disability (17.2%) played sport once a week, 17,500 more than the March 2015 result, 19,800 fewer than the October 2014 result, and an increase of 242,200 compared with APS1. Amongst people with a long term limiting illness or disability aged 14 years and over 1.67 million (17.7%) played sport once a week.
- 14.16 million people aged 16 years and over without a long term limiting illness or disability (39.6%) played sport once a week, 227,700 more people than 6 months ago, 43,000 more people than 12 months ago, and an increase of 1.41 million compared with APS1.

Gender

During the period October 2014 – September 2015:

- 8.73 million males aged 16 years or over (40.7%) played sport once a week, 96,500 more people than the March 2015 result for this group, 21,500 fewer people than the October 2014 result, and an increase of 949,600 compared with APS1. During this period 9.24 million males aged 14 years or over (41.8%) played sport once a week.
- 7.01 million females aged 16 years or over (31.2%) played sport once a week, 148,700 more people than the March 2015 result for this group, 44,700 more people than the October 2014 result, and an increase of 703,800 compared with APS1. During this period 7.38 million females aged 14 years or over (31.9%) played sport once a week.

Ethnicity

During the period October 2014 – September 2015:

- 2.93 million people from black and minority ethnic groups (37.7%) aged 16 years or over played sport once a week, 10,000 more than the March 2015 result for this group, 47,600 more than the October 2014 result, and an increase of 778,200 compared with APS1. During this period 3.08 million people from black and minority ethnic groups aged 14 years or over (38.5%) played sport once a week.
- 12.81 million people describing themselves as white – British (35.5%) aged 16 years or over played sport once a week, 235,200 more than the March 2015 result for this group, 24,400 fewer than the October 2014 result, and an increase of 875,200 compared with APS1. During this period 13.54 million white – British people aged 14 years or over (36.4%) 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)		APS8 (Oct 2013-Oct 2014)		March 2015 – March 2015		APS9 (Oct 2014-Sep 2015)		
	%	n*	%	n*	%	n*	%	n*	Statistically significant change from APS 1
NS SEC1-4	37.6%	6,460,500	39.5%	9,695,000	38.7%	9,357,500	39.1%	9,439,400	Increase
NS SEC5-8	27.2%	3,253,800	26.1%	4,421,200	25.7%	4,343,700	25.9%	4,374,000	Decrease

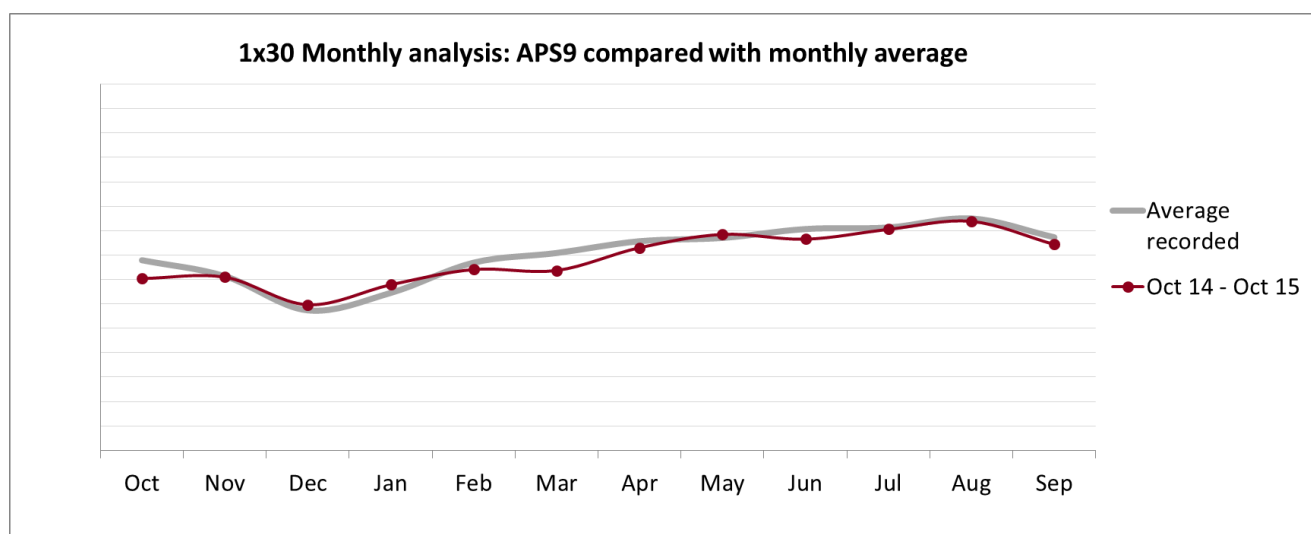
* APS1 numbers are based on figures derived from the 2001 Census, APS8, April14-March15 and APS9 numbers are based on figures derived from the 2011 Census. The latest Census results saw a shift in the proportion of the population categorised as NSSEC9 (unclassified) into groups NSSEC1-8. Rates of participation (%) 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 average for the equivalent month reveals:

- Sports participation was lower than average in October 2014. This followed lower than average results for August and September 2014. Together these months contributed to the interim results reported in June 2015.
- The lower than average levels of participation recorded in the late summer / autumn of 2014 correspond with lower levels of participation in swimming and fitness and conditioning activities being reported during this period.
- Sports participation was also lower than average in March 2015. This corresponds with lower levels of participation for cycling, equestrian and badminton being reported during this month.



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 2014 – September 2015. 171,000 adults in England (age 14 years or over) were interviewed by telephone.

Office for National Statistics 2005 (APS1), 2013 (APS8 and March 2015–March 2015) and 2014 (APS9) 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 (APS9: October 2014–September 2015) 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.