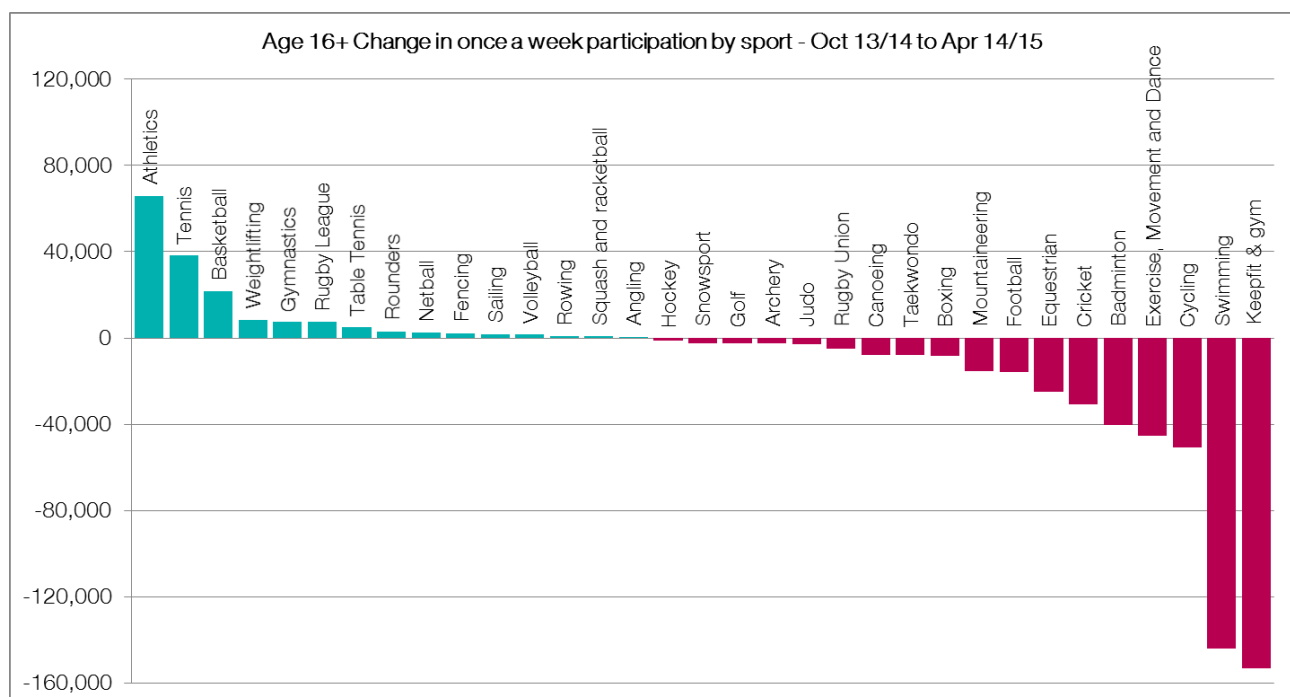


Once a week participation in funded sports amongst people aged 16 years and over (April 2014 – March 2015)

Sport England monitors the amount of sport people play. As well as overall strategy and insight, this information also underpins performance management of the National Governing Bodies (NGBs) that we fund. As part of their Whole Sport Plans for 2013-17, most NGBs have participation targets based on the number of people playing their sport at least once a weekⁱ. Currently, 2013-17 performance is judged using data for people aged 16 years and over. Data including 14-15 year old data is presented in a separate factsheet.

Change in once a week participation in funded sports (April 2014 – March 2015 compared with October 2013 – October 2014)



Source: Sport England's Active People Survey

Comparison of the latest, interim rolling 12 month period (April 2014 – March 2015) with results for the period October 2013 – October 2014 (APS8) shows 15 funded sports have a positive change in participation, with 17 funded sports having a negative change. The largest positive change was seen in athletics (including running) participation and the largest negative change was seen in swimming participation. Please note that alongside Whole Sport Plan funded sports, the chart also presents the change in participation over the last 12 months in keepfit and gym.

ⁱ This is defined as those who have participated at least four days in the previous 28 days.

Table 1: Once a week participation in funded sports (16 years and over)

| 1 x 30 sport indicator (16+) | APS1 (Oct 2005-Oct 2006) | | APS8 (Oct 2013 - Oct 2014) | | Apr 2014 - Mar 2015 | | |
|--|--------------------------|-----------|----------------------------|-----------|---------------------|-----------|---|
| | % | n | % | n | % | n | Statistically significant change from APS 1 |
| Sport England NGB 13-17 Funded sports | | | | | | | |
| Swimming | 8.04% | 3,273,800 | 6.16% | 2,689,200 | 5.83% | 2,545,000 | Decrease |
| Athletics | 3.33% | 1,353,800 | 4.96% | 2,161,600 | 5.11% | 2,227,500 | Increase |
| Cycling ¹ | 4.14% | 1,685,700 | 4.84% | 2,110,700 | 4.72% | 2,059,800 | Increase |
| Football | 4.97% | 2,021,700 | 4.40% | 1,897,400 | 4.34% | 1,881,600 | Decrease |
| Golf | 2.18% | 889,100 | 1.67% | 730,300 | 1.67% | 727,700 | Decrease |
| Badminton | 1.27% | 516,700 | 1.13% | 490,200 | 1.04% | 449,900 | Decrease |
| Tennis | 1.12% | 457,200 | 0.89% | 384,200 | 0.97% | 422,400 | Decrease |
| Exercise, Movement & Dance ² | * | * | 1.02% | 444,900 | 0.92% | 399,600 | * |
| Equestrian | 0.77% | 314,600 | 0.70% | 304,400 | 0.64% | 279,300 | Decrease |
| Bowls ³ | 2.21% | 309,800 | 1.58% | 243,400 | 1.40% | 216,800 | Decrease |
| Squash and racketball | 0.74% | 299,800 | 0.45% | 196,500 | 0.45% | 197,300 | Decrease |
| Rugby Union | 0.46% | 185,600 | 0.42% | 178,800 | 0.40% | 173,900 | Decrease |
| Basketball | 0.39% | 158,300 | 0.31% | 131,100 | 0.36% | 152,900 | No change |
| Netball | 0.27% | 111,700 | 0.35% | 148,700 | 0.35% | 151,000 | Increase |
| Cricket | 0.48% | 195,200 | 0.39% | 167,200 | 0.32% | 136,200 | Decrease |
| Boxing | 0.28% | 115,500 | 0.33% | 145,100 | 0.31% | 136,700 | No change |
| Angling ⁴ | * | * | 0.25% | 110,900 | 0.26% | 111,400 | * |
| Weightlifting ⁵ | * | * | 0.23% | 100,700 | 0.25% | 109,100 | * |
| Snowsport | 0.31% | 127,400 | 0.24% | 104,600 | 0.23% | 102,300 | Decrease |
| Table Tennis | 0.17% | 69,400 | 0.22% | 96,200 | 0.23% | 101,000 | Increase |
| Hockey | 0.23% | 93,900 | 0.20% | 85,500 | 0.20% | 84,300 | Decrease |
| Mountaineering ⁶ | 0.16% | 67,000 | 0.21% | 93,000 | 0.18% | 77,700 | No change |
| Rowing ⁷ | * | * | 0.17% | 74,400 | 0.17% | 75,300 | * |
| Sailing | 0.16% | 64,000 | 0.15% | 63,500 | 0.15% | 65,100 | No change |
| Canoeing | 0.09% | 36,500 | 0.13% | 54,700 | 0.11% | 47,000 | No change |
| Gymnastics | 0.14% | 58,900 | 0.09% | 37,000 | 0.10% | 44,300 | Decrease |
| Shooting ⁸ | 0.14% | 58,200 | 0.12% | 52,900 | 0.10% | 41,700 | Decrease |
| Rugby League | 0.18% | 73,700 | 0.08% | 32,500 | 0.09% | 39,800 | Decrease |
| Archery ⁸ | 0.06% | 23,400 | 0.08% | 36,100 | 0.08% | 33,400 | Increase |
| Volleyball | 0.08% | 32,700 | 0.06% | 25,000 | 0.06% | 26,600 | Decrease |
| Fencing | 0.03% | 13,600 | 0.05% | 20,000 | 0.05% | 22,000 | Increase |
| Taekwondo | 0.05% | 19,000 | 0.07% | 29,100 | 0.05% | 21,000 | No change |
| Rounders | 0.04% | 16,500 | 0.04% | 18,100 | 0.05% | 20,900 | No change |
| Judo | 0.04% | 17,200 | 0.05% | 19,800 | 0.04% | 16,900 | No change |
| Baseball & Softball | 0.02% | 9,300 | * | * | * | * | * |
| Waterskiing | 0.01% | 3,600 | * | * | * | * | * |
| Basketball (Wheelchair) ⁹ | * | * | * | * | * | * | * |
| Boccia ⁹ | * | * | * | * | * | * | * |
| Goalball ⁹ | * | * | * | * | * | * | * |
| Handball ⁹ | * | * | * | * | * | * | * |
| Lacrosse ⁹ | * | * | * | * | * | * | * |
| Modern Pentathlon ⁹ | * | * | * | * | * | * | * |
| Orienteering ⁹ | * | * | * | * | * | * | * |
| Triathlon ^{9,10} | * | * | * | * | * | * | * |
| Wheelchair Rugby ⁹ | * | * | * | * | * | * | * |
| Wrestling ⁹ | * | * | * | * | * | * | * |

Source: Sport England's Active People Survey

Notes

Unless otherwise stated, participation in each sport is defined as the number of adults in England (age 16 plus) who have taken part in the sport at moderate intensity for 30 minutes or more at least once in the last week (at least four days out of the previous 28 days).

Notes on individual sports (referenced in the sport table):

1 Please note (having identified a small anomaly) the results for cycling have been amended to accurately reflect cyclists participating at a vigorous intensity. To enable comparison over time, this amendment has been applied to the full time series of cycling results.

2 From APS5 onwards results for exercise, movement and dance include dance exercise, body jam, medau, zumba

3 The participation rate for bowls refers to the proportion of the population aged 55 or over participating at any intensity.

4 Angling results include respondents who reported angling participation in response to the fishing check questions that were added to the survey in APS5.

5 Since publication of the APS3 results in December 2009, weightlifting figures are now calculated from the following activities Weightlifting (Olympic) - Snatch / Clean & Jerk, Powerlifting Paralympic - Bench press, Weight training (free weights) - for specific sport.

6 Since publication of the APS3 results in December 2009, mountaineering figures have been recalculated to exclude ice climbing but include bouldering and mountain walking

7 From APS5 onwards rowing figures include both rowing - water based and rowing - indoor / rowing machine

8 Results for shooting and archery include participation of any intensity.

9 Insufficient sample size for once a week participation result.

10 As triathlon participants are unlikely to compete every week there is insufficient sample size to report a result. Built up from the three disciplines of running, swimming and cycling, triathlon contributes to the participation numbers for each of these activities.

The latest, interim results are based on interviews conducted between April 2014 and March 2015. 163,000 adults in England (age 16+) were interviewed by telephone.

Please note that this report highlights where changes 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'.

ONS population data from 2005 (APS1) and 2013 (APS8 and April 2014-March 2015) has been used to provide population numbers.

Individual weights are capped at 7 where the following criteria are met: 1) a sport has more than 1% of participants with a weight greater than 7; 2) the index of difference between uncapped result and revised result where the maximum weight has been reduced to 7 is greater than 98 to 102; 3) the participant base is sufficient to measure 'change'.

For sports which have multiple disciplines, the following list highlights the disciplines currently included within each sport:

Angling: game fishing, coarse fishing, sea fishing, wheelchair sports - fishing

Archery: Archery, wheelchair sports - archery

Athletics: athletics field, athletics track, running track, running cross-country/road, running road, running ultra marathon, jogging

Badminton: badminton - indoor, badminton - outdoor

Baseball/softball: baseball and softball

Basketball: basketball - indoor, basketball - outdoor

Bowls: Bowls - Crown green, Bowls - Flat green outdoor, Bowls - Flat green indoor, Bowls - Short mat, Bowls - Carpet

Canoeing & kayaking: Canoeing & kayaking: canoeing, canoe polo, kayaking, whitewater kayaking, rafting

Climbing & mountaineering: climbing indoor, climbing rock, mountaineering, mountaineering high altitude, hill trekking, hill walking, bouldering, mountain walking

Cricket: Cricket (outdoors) - match, cricket (indoors) - match, cricket (outdoor) - nets / practice, cricket (indoors) - nets / practice, cricket - other

Cycling: Cycling is defined as adult participation at least once a week (four times in the previous four weeks), for 30 minutes at moderate intensity. Cycling includes recreational and competitive cycling (including BMX, cyclo-cross and mountain biking) but excludes any cycling which is exclusively for travel purposes only.

Equestrian horse riding, dressage, pony trekking, show jumping, three-day eventing, trotting, polocrosse

Exercise, movement and dance: dance exercise, body jam, medau, zumba

Football: Football (indoors) – small sided (e.g. 5-a-side), football (indoors) - other, football (outdoors) – small sided (e.g. 5-a-side), football (outdoors) – 11-a-side, futsal, football (outdoors) – Other

Golf: full course, golf - short course / par 3 / pitch and putt, golf - driving range, golf – putting

Gymnastics: gymnastics and trampolining

Hockey: Hockey - field (indoor), Hockey - field (outdoor)

Judo: Judo - contact, Judo - non contact

Netball: netball - indoor, netball – outdoor

Rowing: rowing - water based, rowing - indoor / rowing machine

Rugby League: Rugby league - 13 a side game, rugby league - tag rugby, rugby league - touch rugby, rugby league - other

Rugby Union: Rugby union - 15 a side game, rugby union – sevens, rugby union - tag rugby, rugby union - touch rugby, rugby union - other

Sailing: Windsurfing or Boardsailing, Jet ski-ing / aquabike / personal water craft, Sailing – dinghy racing (inc. multihull), sailing – dinghy cruising (inc. multihull), sailing – keelboat racing, sailing – keelboat cruising, sailing – yacht racing (inc. multihull), sailing – yacht cruising (inc. multihull), powerboat racing

Snowsport: Alpine skiing, freestyle skiing, Nordic skiing, snowboarding

Shooting: shooting, shooting (air rifle), shooting (clay pigeon), shooting (pistol)

Squash: squash and racketball

Swimming: all swimming and diving (indoor and outdoor), water polo, deep water swimming, open water swimming, deep water diving

Table tennis: table tennis - indoor, table tennis - outdoor, wheelchair sports - table tennis

Tennis: Tennis, wheelchair sports - tennis

Waterskiing: waterskiing, skiing barefoot (water), wakeboarding

Weightlifting: Weightlifting (Olympic) - Snatch / Clean & Jerk, Powerlifting Paralympic - Bench press, Weight training (free weights) - for specific sport

Wrestling: wrestling - cumberland, wrestling - freestyle, wrestling - olympic greco-roman, wrestling - olympic freestyle, wrestling - westmoreland, wrestling - cornish, wrestling - grappling, wrestling - beach, wrestling - lancashire or 'catch as catch can'