

# *Young People and Sport*

August 2009



Secondary Analysis of Findings from the 2007  
Young Persons' Behaviour and Attitudes Survey DCAL Research Findings 5/2009

## Key Findings

- Overall, 99% of respondents had taken part in one or more sports/physical activities in the 12 months prior to interview [Table 1], and 98% of respondents had taken part in one or more sports in the 7 days prior to interview [Table 8].
- Overall, 88% of respondents had taken part in 5 or more different sports/physical activities over the last 12 months [Table 7].
- Overall, 78% of respondents had taken part in at least moderate intensity physical activity on one or more days in the 7 days prior to interview. Therefore 22% of respondents had not taken part in at least moderate intensity physical activity in the 7 days prior to interview [Table 9].
- Overall, 66% of respondents took part in at least moderate intensity physical activity for 2 or more hours in the 7 days prior to interview [Table 10].
- Overall, 76% of respondents had received some tuition or coaching from an instructor or coach (other than PE or games teacher) during the 12 months prior to interview. 56% of respondents reported such coaching occurred at least once a week [Table 11].
- Overall, 97% of respondents took part in PE/games lessons at school on one or more days per week. The proportion of respondents who took part in PE/games lessons at school on two or more days per week was 51% [Table 12].
- Overall, 43% of respondents took part in sport or physical activity after school on at least one day per week [Table 13].
- Overall, 51% of respondents spent 2 hours or more per week doing PE or games at school, 45% spent up to 2 hours, and 3% didn't spend any time doing PE or games at school [Table 14].
- Overall, 25% of respondents did not take part in out of school sports or other physical activities on any days, 51% took part on 1-3 days per week, whilst 24% took part on 4-7 days per week [Table 15].
- Overall, 47% of respondents were members of a school club or team that involved them taking part in sport or physical activity [Table 18].
- Overall, 59% of respondents were members of a club or team not connected with their school that involved them taking part in sport or physical activity [Table 19].
- Overall, 21% of respondents reported that they were less active during school holiday time [Table 20].
- Overall, 85% of respondents stated that they could swim a distance of 25m [Table 21].

## **Introduction**

DCAL Research and Statistics Branch are committed to strengthening the link between research and policy and to this end have conducted secondary analysis of the sport module of the 2007 Young Persons' Behaviour and Attitudes Survey. It is hoped that the analysis will strengthen the evidence base in respect of young people and sport and assist DCAL and others in the development and monitoring of related policy.

The aim of this analysis is to provide an in-depth understanding of current behaviour related to sport amongst young people, in particular to assess participation levels, frequency, intensity and duration of participation, the types of sport played, uptake of coaching, involvement in sporting activity at school and involvement outside of school.

## **Methodology**

This report presents findings from the sport module of the Young Persons' Behaviour and Attitudes Survey conducted in Autumn 2007. The survey was conducted by the Northern Ireland Statistics and Research Agency (NISRA) on behalf of a range of Northern Ireland government departments. The survey was carried out in a representative sample of 62 post-primary schools across Northern Ireland. Overall, 3,463 pupils (Year 8 to Year 12 inclusive) took part in the sport module of the survey. Prior to analysis the data were weighted by year group and gender to ensure that the achieved sample reflected the composition of pupils in post-primary education.

Further details of the methodology and questionnaire can be found at:

[http://www.csu.nisra.gov.uk/YPBAS%202007%20Technical%20Report%20\(FINAL\).pdf](http://www.csu.nisra.gov.uk/YPBAS%202007%20Technical%20Report%20(FINAL).pdf)

## Types of Sport

Respondents were presented with a list of 24 sports/physical activities and asked to tick which, if any, they had taken part in during the previous 12 months.

Table 1 below shows the overall results.

**Table 1 In the last 12 months, which, if any, of the following sports or physical activities have you done?  
- Overall**

Sport/activity	% of all respondents
Active games (eg chase, skipping, rounders)	72
Aerobics	18
Athletics/cross country	45
Basketball/netball/volleyball	71
Boxing	15
Cricket	18
Cycling	57
Dancing (eg disco, ballet, tap)	38
Gaelic football	35
Golf	28
Gym/fitness room	41
Gymnastics	24
Hockey	34
Horse riding	11
Hurling/camogie	23
Jogging or running	68
Martial Arts	8
Rollerblading/skateboarding	18
Rugby	36
Soccer/football	67
Swimming	65
Tennis/badminton/squash	48
Trampolining	53
Walking for exercise	62
Other sport or physical activity	28
None	1
Base = 100%	3463

The most popular sports/activities from the list were:

- Active games (72% of respondents participated)
- Basketball/netball/volleyball (71%)
- Jogging or running (68%)
- Soccer/football (67%)
- Swimming (65%)

The least popular sports/activities from the list were:

- Martial Arts (8% of respondents participated)
- Horse riding (11%)
- Boxing (15%)
- Aerobics (18%)
- Cricket (18%)
- Rollerblading/skateboarding (18%)

Overall, 1% of respondents did not participate in any sports/activities, therefore 99% of respondents participated in at least one of the sports sometime in the previous 12 months.

Table 2 below shows the results disaggregated by gender of respondents.

**Table 2 In the last 12 months, which, if any, of the following sports or physical activities have you done?  
- By gender**

Sport/activity	Boys	Girls
	%	%
Active games (eg chase, skipping, rounders)	64	80
Aerobics	11	27
Athletics/cross country	51	35
Basketball/netball/volleyball	67	75
Boxing	23	8
Cricket	26	9
Cycling	63	52
Dancing (eg disco, ballet, tap)	17	59
Gaelic football	43	26
Golf	45	11
Gym/fitness room	46	37
Gymnastics	16	32
Hockey	24	44
Horse riding	6	15
Hurling/camogie	27	18
Jogging or running	69	67
Martial Arts	10	6
Rollerblading/skateboarding	16	21
Rugby	57	15
Soccer/football	87	47
Swimming	65	64
Tennis/badminton/squash	48	48
Trampolining	48	58
Walking for exercise	52	73
Other sport or physical activity	34	23
None	1	1
Base = 100%	1743	1698

The most popular sports/activities for respondents who were boys were:

- Soccer/football (87% of boy respondents participated)
- Jogging/running (69%)
- Basketball/netball/volleyball (67%)
- Swimming (65%)
- Active games (64%)

The most popular sports/activities for respondents who were girls were:

- Active games (80% of girl respondents participated)
- Basketball/netball/volleyball (75%)
- Walking for exercise (73%)
- Jogging/running (67%)
- Swimming (64%)

Sports/activities where the participation rate for boy respondents was more than twice that for girl respondents were:

- Boxing (23% of boy respondents participated, 8% of girl respondents participated)
- Cricket (26%, 9%)
- Golf (45%, 11%)
- Rugby (57%, 15%)

Sports/activities where the participation rate for girl respondents was more than twice that for boy respondents were:

- Aerobics (27% of girl respondents participated, 11% of boy respondents participated)
- Dancing (59%, 17%)
- Gymnastics (32%, 16%)
- Horse Riding (15%, 6%)

Table 3 below shows the results disaggregated by type of school of respondents.

**Table 3 In the last 12 months, which, if any, of the following sports or physical activities have you done?  
- By type of school**

Sport/activity	Secondary	Grammar
	%	%
Active games (eg chase, skipping, rounders)	66	80
Aerobics	16	23
Athletics/cross country	36	58
Basketball/netball/volleyball	65	79
Boxing	17	13
Cricket	9	31
Cycling	53	64
Dancing (eg disco, ballet, tap)	39	36
Gaelic football	39	28
Golf	23	36
Gym/fitness room	37	48
Gymnastics	24	23
Hockey	30	39
Horse riding	11	11
Hurling/camogie	27	16
Jogging or running	63	76
Martial Arts	8	9
Rollerblading/skateboarding	16	22
Rugby	27	51
Soccer/football	66	69
Swimming	62	69
Tennis/badminton/squash	41	61
Trampolining	54	52
Walking for exercise	60	66
Other sport or physical activity	24	34
None	1	-
Base = 100%	2115	1348

Some noteworthy differences in participation rates across school type occur with:

- cricket (played by 9% of respondents from secondary schools and 31% of respondents from grammar schools)
- rugby (27%, 51%)
- tennis/badminton/squash (41%, 61%)

Table 4 below shows the results disaggregated by age of respondents.

**Table 4 In the last 12 months, which, if any, of the following sports or physical activities have you done?  
- By age**

Sport/activity	<=12	13	14	15	>=16
	%	%	%	%	%
Active games (eg chase, skipping, rounders)	75	76	71	69	67
Aerobics	11	14	21	22	26
Athletics/cross country	42	47	49	44	43
Basketball/netball/volleyball	70	73	74	69	67
Boxing	16	15	16	16	13
Cricket	20	19	18	15	16
Cycling	67	62	57	51	49
Dancing (eg disco, ballet, tap)	38	35	38	38	42
Gaelic football	37	39	34	34	30
Golf	30	28	26	27	29
Gym/fitness room	25	30	41	50	62
Gymnastics	27	34	30	14	12
Hockey	39	41	38	28	19
Horse riding	12	13	9	11	8
Hurling/camogie	24	26	26	21	16
Jogging or running	67	72	71	66	63
Martial Arts	13	9	7	5	5
Rollerblading/skateboarding	29	21	16	13	12
Rugby	39	40	36	33	33
Soccer/football	69	69	67	67	65
Swimming	74	70	61	59	58
Tennis/badminton/squash	47	47	51	47	50
Trampolining	59	57	56	50	44
Walking for exercise	62	63	61	61	63
Other sport or physical activity	30	29	30	27	25
None	-	-	1	1	1
Base = 100%	754	654	704	743	602

Sports/activities where the participation rate for respondents aged 12 or under was at least twice that for respondents aged 16 or over were:

- Gymnastics (27% of respondents aged 12 or under participated, 12% of 16+ participated)
- Hockey (39%, 19%)
- Martial Arts (13%, 5%)
- Rollerblading/skateboarding (29%, 12%)

Sports/activities where the participation rate for respondents aged 12 or under was half or less than half that of respondents aged 16 or over were:

- Aerobics (11% of respondents aged 12 or under participated, 26% of 16+ participated)
- Gym/fitness room (25%, 62%)

Table 5 below shows the results disaggregated by school meals status of respondents.

**Table 5 In the last 12 months, which, if any, of the following sports or physical activities have you done?  
- By school meals status**

Sport/activity	In receipt of free school meals	Not in receipt of free school meals
	%	%
Active games (eg chase, skipping, rounders)	69	72
Aerobics	14	20
Athletics/cross country	28	48
Basketball/netball/volleyball	61	73
Boxing	21	14
Cricket	9	20
Cycling	51	59
Dancing (eg disco, ballet, tap)	35	39
Gaelic football	39	34
Golf	23	29
Gym/fitness room	41	41
Gymnastics	21	24
Hockey	24	35
Horse riding	10	11
Hurling/camogie	22	23
Jogging or running	63	69
Martial Arts	8	8
Rollerblading/skateboarding	15	19
Rugby	24	39
Soccer/football	67	68
Swimming	58	66
Tennis/badminton/squash	36	51
Trampolining	51	54
Walking for exercise	60	63
Other sport or physical activity	21	30
None	1	1
Base = 100%	600	2855

Some large differentials in participation rates are evident according to whether or not the respondent is in receipt of free school meals:

- 28% of respondents in receipt of free school meals participated in athletics/cross country whilst the participation rate for athletics/cross country for those not in receipt of free school meals was 48%.
- 9% of respondents in receipt of free school meals participated in cricket whilst the participation rate for cricket for those not in receipt of free school meals was 20%.
- 24% of respondents in receipt of free school meals participated in rugby whilst the participation rate for rugby for those not in receipt of free school meals was 39%.
- 36% of respondents in receipt of free school meals participated in tennis whilst the participation rate for tennis for those not in receipt of free school meals was 51%.

Table 6 below shows the results disaggregated by religion of respondents.

**Table 6 In the last 12 months, which, if any, of the following sports or physical activities have you done?  
- By religion**

Sport/activity	Protestant	Roman Catholic	Other
	%	%	%
Active games (eg chase, skipping, rounders)	72	68	77
Aerobics	19	14	29
Athletics/cross country	47	40	48
Basketball/netball/volleyball	70	69	76
Boxing	12	19	14
Cricket	27	5	33
Cycling	54	59	55
Dancing (eg disco, ballet, tap)	37	37	42
Gaelic football	3	70	6
Golf	27	29	26
Gym/fitness room	39	42	39
Gymnastics	26	20	21
Hockey	49	13	48
Horse riding	11	10	11
Hurling/camogie	2	46	3
Jogging or running	67	67	73
Martial Arts	7	9	11
Rollerblading/skateboarding	21	14	21
Rugby	38	33	42
Soccer/football	63	73	61
Swimming	64	64	61
Tennis/badminton/squash	55	39	56
Trampolining	53	54	50
Walking for exercise	64	59	64
Other sport or physical activity	27	28	33
None	1	1	-
Base = 100%	1402	1604	235

Sports where there were large differentials in participation between respondents who were Protestants and respondents who were Catholics are as follows:

- Cricket (played by 27% of Protestant respondents and 5% of Catholic respondents)
- Gaelic Football (3%, 70%)
- Hockey (49%, 13%)
- Hurling/Camogie (2%, 46%)

## Range of Sports Played

Table 7 summarises the number of sports/physical activities participated in at any time in the last 12 months.

**Table 7** Number of sports/physical activities participated in during the last 12 months  
- Overall

Number of sports participated in during last 12 months	% of all respondents
0	1
1-4	12
5-9	38
10-14	37
15+	13
Base = 100%	3463

- The table above shows that 88% of respondents participated in 5 or more different sports during the previous 12 months.

## Activity in the last 7 days

Respondents were also presented with a list of 24 sports/physical activities and asked to tick which, if any, they had taken part in during the previous 7 days.

Table 8 below summarises the results.

**Table 8 In the last 7 days, which, if any, of the following sports or physical activities have you done?  
- Overall and by type of respondent**

Type of respondent	% participating		Base = 100%
Overall	98		3412
Boy	98		1713
Girl	98		1679
Secondary school	97		2075
Grammar School	99		1337
Age 12 or under	98		748
Age 13	99		644
Age 14	98		690
Age 15	97		732
Age 16 or over	97		584
Entitled to free school meals	97		587
Not entitled to free school meals	98		2818
Protestant religious background	97		1388
Catholic religious background	98		1571
Other religious background	98		232

- Overall, 98% of respondents participated in at least one of the sports/activities during the last 7 days.

## Intensity of Activity in Last 7 Days

For all respondents it is possible to establish on how many days in the last 7 days they had played any sport, done any exercise, or played actively that made them out of breath or hot and sweaty. This data serves as a basic measure of whether or not respondents are participating in moderate or higher intensity physical activity.

Table 9 below summarises the results.

**Table 9** Number of days in the last 7 days respondents played any sport, did any exercise, or played actively that made them out of breath, or hot and sweaty  
- Overall and by type of respondent

Type of respondent	% out of breath etc. No days	% out of breath etc. 1-3 days	% out of breath etc. 4-7 days	Base = 100%
Overall	22	39	39	3403
Boy	18	34	47	1714
Girl	25	44	31	1671
Secondary school	24	39	37	2069
Grammar School	18	40	42	1335
Age 12 or under	22	32	46	743
Age 13	18	37	44	644
Age 14	21	41	38	690
Age 15	22	42	36	732
Age 16 or over	25	44	31	594
Entitled to free school meals	23	40	37	587
Not entitled to free school meals	21	39	40	2810
Protestant religious background	22	40	37	1385
Catholic religious background	21	38	41	1572
Other religious background	22	42	37	227

- Overall, 22% of respondents reported there were no days in the last 7 days where they had played any sport, done any exercise, or played actively that made them out of breath or hot and sweaty.
- The corresponding percentage for respondents who were boys was 18%, whilst it was 25% for respondents who were girls.
- The corresponding percentage for respondents from a grammar school was 18%, whilst it was 24% for respondents from a secondary school.

## Duration of Intense Activity in Last 7 Days

For all respondents it is possible to establish how many hours in the last 7 days they had played any sport, done any exercise, or played actively that made them out of breath or hot and sweaty. This data serves as a basic measure of duration of participation in moderate or higher intensity physical activity.

Table 10 below summarises the results.

**Table 10** Number of hours in the last 7 days respondents played any sport, did any exercise, or played actively that made them out of breath, or hot and sweaty  
- Overall and by type of respondent

Type of respondent	% out of breath etc. None	% out of breath etc. up to 1 hour	% out of breath etc. c 2 hours	% out of breath etc. c 3-7 hours	% out of breath etc. > 7 hours	Base = 100%
Overall	19	15	14	41	11	3403
Boy	15	11	12	45	16	1703
Girl	22	18	17	37	7	1680
Secondary school	22	16	15	38	10	2068
Grammar School	13	13	14	45	14	1334
Age 12 or under	20	18	14	36	12	740
Age 13	16	17	14	41	12	645
Age 14	17	11	13	46	13	686
Age 15	19	14	16	41	10	734
Age 16 or over	21	13	14	42	10	597
Entitled to free school meals	21	16	15	37	11	588
Not entitled to free school meals	18	14	14	42	12	2807
Protestant religious background	20	15	14	40	11	1383
Catholic religious background	19	15	14	41	12	1570
Other religious background	15	17	14	44	9	228

- Overall, 19% of respondents claimed not to have been out of breath or hot and sweaty at all as a result of playing sport, doing exercise or playing actively in the previous week.
- Overall, 52% of respondents claimed to have been out of breath or hot and sweaty as a result of playing sport, doing exercise or playing actively for over 3 hours in the previous week.

## Coaching

Respondents were asked how often, if at all, they had received any tuition or coaching from an instructor or coach (other than PE/games teacher during normal PE/games lessons) to help them improve their performance in any sport or physical activity.

The results are summarised in Table 11 below:

**Table 11 Frequency of tuition or coaching from an instructor or coach (excluding normal PE or games lessons)  
- Overall and by type of respondent**

Type of respondent	% at least once a week	% less frequently than once a week	% not at all	Base = 100%
Overall	56	20	23	3426
Boy	59	21	20	1725
Girl	53	20	27	1682
Secondary school	57	19	24	2079
Grammar School	55	23	23	1347
Age 12 or under	63	17	20	750
Age 13	58	20	22	651
Age 14	56	21	23	688
Age 15	53	22	24	735
Age 16 or over	49	23	28	599
Entitled to free school meals	57	18	25	584
Not entitled to free school meals	56	21	23	2835
Protestant religious background	53	21	27	1390
Catholic religious background	61	20	20	1583
Other religious background	50	25	25	232

- Overall, 56% of respondents received coaching - as defined above - at least once a week, 20% received coaching less frequently, and 23% stated they had not received any coaching in the last 12 months.
- 63% of respondents aged 12 or under received coaching at least once a week, compared with 49% of respondents aged 16 or over.

## Frequency of PE/Games Lessons – School Hours

Respondents were asked to state on how many days they took part in PE/games lessons at school each week.

The results are summarised in Table 12 below:

**Table 12 Weekly frequency of PE or games lessons  
[excludes after school activity]  
- Overall and by type of respondent**

Type of respondent	% 0 days a week	% 1 day a week	% 2 days a week	% 3 days a week	% 4 days a week	% 5 days a week	Base = 100%
Overall	3	45	39	8	2	2	3409
Boy	2	46	37	9	3	3	1722
Girl	4	45	41	7	2	1	1665
Secondary school	4	52	30	8	3	3	2069
Grammar School	2	36	53	8	1	1	1339
Age 12 or under	2	32	48	11	5	3	749
Age 13	2	36	48	9	3	2	630
Age 14	2	45	43	6	2	2	692
Age 15	4	60	26	6	2	2	741
Age 16 or over	5	55	31	7	1	1	594
Entitled to free school meals	5	54	28	6	3	3	586
Not entitled to free school meals	3	44	41	8	2	2	2816
Protestant religious background	3	40	46	8	2	1	1378
Catholic religious background	3	57	25	8	3	3	1578
Other religious background	3	36	52	6	3	0	229

- Overall, 45% of respondents took part in PE/games lessons on one day per week, while 39% took part on two days per week, and 12% took part on 3 or more days per week.

## Frequency of PE/Games Lessons – After School

Respondents were asked to state on how many days per week they normally stayed behind at school to take part in sports or other physical activities

The results are summarised in Table 13 below:

**Table 13 Weekly frequency of after-school sport or physical activity  
- Overall and by type of respondent**

Type of respondent	% 0 days a week	% 1 day a week	% 2 days a week	% 3 days a week	% 4 days a week	% 5 days a week	Base = 100%
Overall	57	21	14	5	2	1	3429
Boy	51	24	15	7	3	1	1720
Girl	63	18	14	4	1	-	1688
Secondary school	63	20	11	4	1	1	2084
Grammar School	47	23	19	8	3	1	1344
Age 12 or under	51	25	16	5	3	1	750
Age 13	53	22	16	6	2	1	643
Age 14	60	19	11	7	2	1	695
Age 15	62	19	11	5	2	1	737
Age 16 or over	58	19	17	3	2	1	600
Entitled to free school meals	68	17	10	3	1	1	586
Not entitled to free school meals	55	22	15	6	2	1	2837
Protestant religious background	52	24	15	5	3	1	1397
Catholic religious background	63	17	12	5	2	1	1574
Other religious background	57	22	14	6	1	0	235

- Overall, 43% of respondents took part in sport or physical activity after school on at least one day per week.
- 53% of respondents from grammar schools took part in sport or physical activity after school on at least one day per week. The corresponding figure for respondents from secondary schools was 37%.

## Duration of PE/Games Lessons

Respondents were asked to state how long they actually spent taking part in sports or physical activity as part of PE/games lessons in school each week.

The results are summarised in Table 14 below:

**Table 14 Weekly duration of PE or games lessons**  
[excludes time spent changing and travel time to facility]  
- Overall and by type of respondent

Type of respondent	% 0 hours a week	% up to 2 hours a week	% 2 hours or more a week	Base = 100%
Overall	3	45	51	3409
Boy	3	39	58	1717
Girl	4	52	44	1670
Secondary school	5	51	45	2071
Grammar School	1	37	61	1338
Age 12 or under	2	39	59	748
Age 13	2	41	57	640
Age 14	3	44	53	689
Age 15	5	51	44	737
Age 16 or over	6	53	41	592
Entitled to free school meals	7	53	40	584
Not entitled to free school meals	3	44	53	2819
Protestant religious background	4	43	53	1377
Catholic religious background	3	50	47	1578
Other religious background	3	46	50	232

- Overall, 51% of respondents spent 2 hours or more per week doing PE or games at school, 45% spent up to 2 hours, and 3% didn't spend any time doing PE or games at school.
- 61% of grammar school respondents spent over 2 hours per week; the corresponding figure for secondary school respondents was 45%.
- 59% of respondents aged 12 or under spent over 2 hours per week; the corresponding figure for respondents aged 16 or over was 41%.

## Out of School Sport or Physical Activity

Respondents were asked to state on how many days per week they took part in sports or other physical activities, excluding activity in school hours or school-based after-hours activity.

The results are summarised in Table 15 below:

**Table 15 Weekly frequency of out of school physical activity  
- Overall and by type of respondent**

Type of respondent	% 0 days a week	% 1 day a week	% 2 days a week	% 3 days a week	% 4 days a week	% 5 days a week	% 6 days a week	% 7 days a week	Base = 100%
Overall	25	17	20	14	7	6	4	7	3406
Boy	20	14	21	16	8	6	5	10	1715
Girl	30	20	20	13	6	5	2	5	1670
Secondary school	30	17	19	13	6	5	3	8	2066
Grammar School	19	16	22	17	9	7	4	7	1340
Age 12 or under	19	15	21	14	9	7	4	11	746
Age 13	21	18	21	13	8	6	4	9	634
Age 14	25	18	19	15	7	7	4	5	691
Age 15	29	16	21	16	5	4	3	6	736
Age 16 or over	31	18	19	13	8	4	2	3	592
Entitled to free school meals	35	15	15	11	8	4	4	7	582
Not entitled to free school meals	23	17	21	15	7	6	3	7	2817
Protestant religious background	25	18	21	15	7	5	3	7	1386
Catholic religious background	26	16	19	14	7	6	4	8	1566
Other religious background	22	13	19	14	10	8	6	8	232

- Overall, 25% of respondents did not take part in out of school sports or other physical activities on any days, 51% took part on 1-3 days per week, whilst 24% took part on 4-7 days per week.
- 30% of girl respondents did not take part in out of school sports or other physical activities on any days and 20% of boy respondents did not take part in out of school sports or other physical activities on any days.
- 30% of respondents from secondary schools did not take part in out of school sports or other physical activities on any days and 19% of grammar school respondents did not take part in out of school sports or other physical activities on any days.
- 31% of respondents aged 16 or over did not take part in out of school sports or other physical activities on any days and 19% respondents aged 12 or under did not take part in out of school sports or other physical activities on any days.
- 35% of respondents who were entitled to free school meals did not take part in out of school sports or other physical activities.

## Activity During Lunchtime

Respondents were asked whether or not they spent any time during lunchtimes playing any sport, doing any exercise, or playing actively to an intensity which made them out of breath or hot and sweaty.

The results are summarised in Table 16:

**Table 16 At school do you usually spend any time during lunchtimes playing any sport, doing any exercise, or playing actively that makes you out of breath or hot or sweaty?  
- Overall and by type of respondent**

Type of respondent	% responding 'yes'		Base = 100%
Overall	37		3454
Boy	58		1735
Girl	15		1698
Secondary school	36		2105
Grammar School	38		1350
Age 12 or under	41		757
Age 13	41		652
Age 14	38		697
Age 15	35		741
Age 16 or over	31		602
Entitled to free school meals	36		592
Not entitled to free school meals	37		2856
Protestant religious background	29		1406
Catholic religious background	45		1590
Other religious background	33		235

- Overall, 37% of respondents said that they usually spent some time lunchtimes playing any sport, doing any exercise, or playing actively that made them out of breath or hot or sweaty.
- The corresponding figure for respondents who were boys was 58%; that for respondents who were girls was 15%.

## Activity During Breaktime

Respondents were asked whether or not they spent any time during breaktimes playing any sport, doing any exercise, or playing actively to an intensity which made them out of breath or hot and sweaty.

The results are summarised in Table 17:

**Table 17 At school do you usually spend any time during breaktimes playing any sport, doing any exercise, or playing actively that makes you out of breath or hot or sweaty?  
- Overall and by type of respondent**

Type of respondent	% responding 'yes'		Base = 100%
Overall	23		3452
Boy	38		1732
Girl	7		1698
Secondary school	23		2104
Grammar School	24		1347
Age 12 or under	28		753
Age 13	28		653
Age 14	25		698
Age 15	20		742
Age 16 or over	14		601
Entitled to free school meals	24		592
Not entitled to free school meals	23		2856
Protestant religious background	18		1406
Catholic religious background	28		1590
Other religious background	23		235

- Overall, 23% of respondents said that they usually spent some time lunchtimes playing any sport, doing any exercise, or playing actively that made them out of breath or hot or sweaty.
- The corresponding figure for respondents who were boys was 38%; that for respondents who were girls was 7%.

## Membership of School Sports Club/Team

Respondents were asked whether or not they were a member of a school club or team that involved them taking part in sport or physical activity.

The results are summarised in Table 18:

**Table 18 Are you a member of a school club or team that involves you taking part in sport or physical activity?  
- Overall and by type of respondent**

Type of respondent	% responding 'yes'		Base = 100%
Overall	47		3439
Boy	54		1728
Girl	39		1689
Secondary school	44		2098
Grammar School	52		1341
Age 12 or under	47		748
Age 13	54		649
Age 14	47		699
Age 15	44		739
Age 16 or over	45		599
Entitled to free school meals	38		586
Not entitled to free school meals	49		2845
Protestant religious background	48		1402
Catholic religious background	46		1581
Other religious background	45		235

- Overall, 47% of respondents stated that they were a member of a school club or team that involves them taking part in sport or physical activity.
- For all types of respondent analysed, the percentage of those belonging to a school team or club lies between 38% and 54%.

## Membership of Sports Club/Team Outside School

Respondents were asked whether or not they were a member of a club or team not connected with their school that involved them taking part in sport or physical activity.

The results are summarised in Table 19:

**Table 19** Are you a member of a club or team not connected with your school that involves you taking part in sport or physical activity?  
- Overall and by type of respondent

Type of respondent	% responding 'yes'		Base = 100%
Overall	59		3444
Boy	65		1726
Girl	53		1697
Secondary school	56		2097
Grammar School	64		1347
Age 12 or under	64		748
Age 13	61		653
Age 14	59		697
Age 15	56		740
Age 16 or over	52		601
Entitled to free school meals	51		586
Not entitled to free school meals	60		2850
Protestant religious background	54		1406
Catholic religious background	63		1578
Other religious background	52		236

- Overall, 59% of respondents stated that they were a member of a club or team not connected with their school that involves them taking part in sport or physical activity.
- For all types of respondent analysed, the percentage of those belonging to a club or team lies between 51% and 65%.

## Comparison of Activity Levels – Term-time v Holiday-time

Respondents were asked to state how physically active they were during school holidays compared to when they were at school.

The results are summarised in Table 20 below:

**Table 20 Comparison of term-time and holiday-time activity levels  
- Overall and by type of respondent**

Type of respondent	% Less active holiday time	% about the same	% More active holiday time	Base = 100%
Overall	21	34	45	3454
Boy	19	33	48	1741
Girl	23	35	42	1693
Secondary school	18	35	46	2105
Grammar School	25	32	43	1348
Age 12 or under	14	35	51	758
Age 13	22	28	51	652
Age 14	21	36	43	694
Age 15	24	38	38	743
Age 16 or over	24	39	38	602
Entitled to free school meals	19	33	48	595
Not entitled to free school meals	21	34	44	2851
Protestant religious background	24	34	42	1402
Catholic religious background	17	34	49	1595
Other religious background	18	36	46	234

- Overall, 21% of respondents were less active during holiday-time than in term-time, 45% were more active during holiday-time than in term-time, and 34% reported similar levels of activity.

## Swimming Ability

Respondents were asked whether or not they could swim 25 metres without any swimming aids.

The results are summarised in Table 21 below:

**Table 21 Can you swim 25m (approximately the length of a swimming pool) without any arm bands or floats etc.?  
- Overall and by type of respondent**

Type of respondent	% responding 'yes'		Base = 100%
Overall	85		3453
Boy	86		1733
Girl	84		1698
Secondary school	79		2105
Grammar School	93		1348
Age 12 or under	81		754
Age 13	84		653
Age 14	84		700
Age 15	88		741
Age 16 or over	87		599
Entitled to free school meals	71		589
Not entitled to free school meals	87		2857
Protestant religious background	87		1410
Catholic religious background	81		1583
Other religious background	89		236

- Overall, 85% of respondents stated that they could swim 25m without swimming aids.
- The figure for respondents from grammar schools was 93%.

## Factors putting respondents off sport

Respondents were presented with a list and asked which, if any, of the factors mentioned on the list put them off taking part in sport or physical activity.

Table 22 below shows the overall results.

**Table 22 Which, if any, of the following things put you off taking part in sport or physical activity**

Sport/activity	% of all respondents
I get short of breath	24
I'm not fit/ I get tired easily	20
The weather is bad	17
I'm not good at sport or physical activity	16
I don't have enough time/I would rather do other things with my time	15
I don't like the sports offered at school	15
Because I have too much homework	13
I find it embarrassing to exercise in front of others	11
I'm not interested in sport or physical activity	9
I find it embarrassing to change in front of others	8
I'm overweight	8
I find sport boring	8
I'm afraid of getting hurt or injured	8
It is difficult for me to get to places where I can do sport or physical activities	7
I have a medical condition/disability that restricts me taking part in sport	4
Taking part is expensive	3
Something else	8
None of the above	34
Base = 100%	3247

- Overall, 34% of respondents stated that nothing would put them off taking part in sport or physical activity.
- Overall the most frequently cited factors which detracted from activity were shortness of breath (cited by 24% of respondents) and being unfit (20%).
- Expense was mentioned by 3% of respondents.