

## **Sports Participation in Scotland 2008**

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## INTRODUCTION

From 1987 to 2007, **sportscotland** collected data on sports participation by adults (aged 16 and over) in Scotland. The data have been collected by TNS System Three as part of its omnibus household survey, the Scottish Opinion Survey. This research digest presents the data collected during the three years 2006-08, with earlier trend data providing a picture of change over time. Since 1998 data have also been collected from children (aged 8-15) and are included here.

The sample size is made up of approximately 6,200 adults and 1,200 children per annum and the analysis uses three-year averages to improve the consistency and reliability of the data. The survey is carried out every other month throughout the year. Participation is defined as having taken part at least once within the previous four weeks (normally referred to in this report as having participated 'at least once a month').

The national strategy for sport in Scotland is outlined in *Reaching Higher: Building on the success of Sport 21*. This document outlines the roles and responsibilities of all partners to ensure the best chance of meeting the outcomes of increasing participation and improving performance in sport. The strategy was published in 2007 and at this stage, responsibility for the collection of data on participation in sport fell to the Scottish Government. This research digest presents the results from the final data collection via the Scottish Opinion Survey.

The definition of sport used is fairly broad and includes casual participation in physical recreations such as walking (2+ miles), dance, darts and snooker/billiards/pool as well as more organised sports. The main classifications used within this report are *Sports*, *Sports plus Walking (2+ miles)*, *Sports plus Walking (2+ miles) and Darts* (a new classification), and *Sports less Physical Recreations*. These are defined in the methodology section at the end of the report (p40). Darts was first recognised in 2005 by the UK Sports Councils for the purposes of investment and services, and participation data on darts appear for the first time in this report.

It may be helpful for the reader to clarify two important aspects of the analysis. The analysis of participation patterns is based on data from the most popular two months for each activity to ensure seasonal activity is adequately represented. For example approximately:

- ***around 18% of men and 2% of women took part in football during the most popular two months of each year 2006-08 (Figures 3 & 4).***

When looking at the participants in a particular sport, all-year data are used. For example:

- ***within the category for children, 35% of male football participants and 16% of female football participants were members of a football club in 2006-08 (Table 15).***

Full details of the methodology are provided later in this report (p40). It is recommended that this section should be read for an understanding of the data and its use.

The next section provides key findings followed by tables which provide national aggregate patterns, differences in participation between categories of gender and age and social class, the frequency of participation and the extent of club membership.

## **SUMMARY OF MAIN FINDINGS**

### **Aggregate Levels of Participation**

#### **Adults (16 and over)**

- In 2006-08, 33% of the adult population of Scotland participated in *sports* (excluding walking and darts) at least once a week (Table 1).
- The equivalent figure for participation at least once a month was 46% (Table 2).
- When walking (2+ miles) is included, the above figures rise to 46% at least once a week (Table 1) and 59% for at least once a month (Table 2).
- Participation rates have decreased slightly since the last digest in 2005-07 (Tables 3, 5).

#### **Children (8-15)**

- Participation at least once a week for 8-15 year olds in 2006-08 was 81% excluding walking and 84% including walking (Table 1).
- For participation at least once a month, the rate for children was 92% excluding walking and 94% including walking (Table 2).
- The participation rate (at least once a month) has not shown any major change from 2005-07 (Tables 4, 6).

### **Participation in Individual Sports**

#### **Adults**

- The most popular activities for adults after walking 2+ miles (29%) were swimming (15%), cycling (10%), football (10%), golf (8%) and keep-fit/aerobics (6%) (Table 7,8).
- In terms of monthly participation, there has been no major changes in the popularity of sports since the last digest in 2005-07 (Table 8).
- Over the previous ten reporting periods, since the period 1996-98, there have been declines in monthly participation in dance, keep-fit/aerobics, snooker/ billiards/pool, swimming and tenpin bowling. The number of people walking 2+ miles and participating in cycling has increased over the same period of time (Table 8).

#### **Children**

- The most popular activities for 8-15 year olds are football (52%), swimming (38%), cycling (33%), dance (16%) and running/jogging (10%) (Table 7). The number of children walking 2+ miles remains at the same level as in the previous report (14%) (Table 9).

## Gender Differences

There are notable differences in participation in sports and physical recreations by gender, particularly in the adult population, but differences are also evident for children.

### Adults

- For participation in *Sports plus Walking*, there has been a small decline in female participation over the past 10 years, from 57% in 1996-98 to 53% in 2006-08. This fall in participation is more marked when walking is excluded, from 47% in 1996-98 to 38% in 2006-08 (Tables 3, 5).
- Male participation in *Sports plus Walking* shows little change over the same trend period, apart from a small decline when walking is excluded (1996-98 59% to 2006-08 55%) (Tables 3, 5).
- In addition to walking 2+ miles (31%), female participation is highest in four activities – swimming (17%), keep-fit/aerobics (9%), cycling (7%), and dancing (6%) (Figure 3, Table 10).
- Men tend to participate in a slightly wider range of activities, with ten activities having participation rates of above five per cent, compared to five for females (Table 10). In addition to walking 2+ miles (27%), the most popular activities are football (18%), golf (15%), cycling (14%), swimming (12%), multigym/weight training (6%), snooker/billiards/pool (6%), running/jogging (6%), angling (5%) and climbing and hillwalking (5%) (Figures 3 & 4, Table 10).

### Children

- There has been a noticeable drop in participation in *sports* for girls from 95% in 1998-2000 when data was first collected on children's participation to 89% in 2006-08 (Table 4).
- Football participation for 8-15 year old boys outstrips any other sports participation with 76% of this group participating in football at least once a month (Figure 6). More than a quarter of girls (26%) participate in football at least once a month (Figure 5).
- Swimming is the most popular sport for girls with 44% participating at least once a month in 2006-08 compared with 33% of boys (Figures 5, 6).
- Cycling participation is slightly lower for girls than for boys (at least once a month) with 36% of boys and 31% of girls taking part (Table 11). This reflects a slight fall in participation for girls from the previous report in 2005-07, where the cycling participation rates were more equal (36% for boys and 35% for girls).

## Age

Participation in sport is strongly age-related, with a steady decline in participation among older age groups. Whilst 96% of 8-11 year old children participate in *sports* (at least once a month) this figure falls to less than one in three (29%) participating in the over 55 category (Table 2).

### Adults

- The 16-24 year old age group has seen a sharp fall in participation in *sports* (at least once a month) over the periods 1996-98 to 2006-08 from 81% in 1996-98 to 70% in 2006-08 (Table 3, Figure 1).
- Participation (at least once a month) among those aged 55+ (29%) is very similar to the figure for ten years earlier (30%), but is lower than its peak in 1998-00 (34%) (Table 3).

### Children

- As well as the drop in girls' participation noted above, there has been an even sharper fall in participation (*sports*, at least once a month) by 12-15 year olds from 96% in 1998-2000 when data was first collected on children's participation to 88% in 2006-08 (Table 4).

## Social Class

For adults, there continues to be a higher participation rate for AB and C1 than C2 and DE among adults (Figure 2), but the gap between C1 and C2 has closed considerably over the past ten years, due to a sharper decline in C1 participation than C2. The participation rates for children by social class retain the order for adults above, yet the gaps between groups are smaller (Tables 3 & 4).

## Frequency of Participation

Some activities tend to be undertaken on a more frequent basis than others.

### Adults

- Cycling remains the activity most frequently undertaken by participants (on average at least four times in the last four weeks), followed by walking 2+ miles (three times in the last four weeks), running/ jogging and horse riding (both at least two times in the last four weeks) (Table 12).

### Children

- Boys generally participate more frequently in *sports* than girls (Table 13).
- Boys participate in sport more frequently than girls in all grouped activities, with the exception of hall and indoor sports (Table 13).
- Running/Jogging is the activity most frequently undertaken by children (on average at least three times in the last four weeks, followed by football, cycling and climbing (approximately three times in the last four weeks).

## Club Membership

There is little overlap between the most popular sports and those which have highest participation through club membership. The only exceptions are golf and multigym/ weight training for adults, and for children, dance and gymnastics (Tables 14, 15).

### Adults

- Male participants are most likely to participate (at least once a month) through club membership in bowls (84%), hockey (74%), martial arts (74%), curling (67%), rugby (67%), golf (65%) and judo (65%) (Table 14).
- Female participants are most likely to participate through club membership (at least once a month) in curling (85%), multigym/weight training (75%), martial arts (75%) and bowls (71%) (Table 14).
- There are gender differences in the context in which participation takes place through club membership. For team sports, outdoor sports and pitch sports, men are more likely than women to participate through club membership. This is also true for hall sports and indoor sports yet the differences are much smaller (Table 14). However, as the above findings highlight, there are some sports (e.g. curling and multigym use/weightlifting) where women are more likely than men to be a member of a club.

### Children

- Martial arts (94%) and judo (85%) are the activities children are most likely to undertake as members of a club (Table 15).
- Indoor and hall sports have notably higher participation through club membership for girls than boys. Conversely team sports, outdoor sports and pitch sports show higher participation rates through club membership for boys than girls (Table 15).

## Further Information

Any queries on the interpretation of this data should be directed to the research staff at sportscotland: [research@sportscotland.org.uk](mailto:research@sportscotland.org.uk).



**Table 1: Overall participation in sports and physical recreations (at least once a week) 2006-08: all respondents (peak months)**

|  | Sports | Sports plus Walking | Sports plus Walking & Darts | Sports less Physical Recreations | Scottish population 2008 |
|--|--------|---------------------|-----------------------------|----------------------------------|--------------------------|
| Percentage of respondents in each category participating at least weekly |        |                     |                             |                                  |                          |
| <b>Total</b>   |        |                     |                             |                                  |                          |
| Adults (16+)   | 33     | 46                  | 46                          | 31                               | 4,255,000                |
| Children (8-15)  | 81     | 84                  | 84                          | 78                               | 471,800                  |
| <b>Gender</b>  |        |                     |                             |                                  |                          |
| Men (16+)  | 41     | 52                  | 52                          | 41                               | 2,032,600                |
| Women (16+)  | 25     | 40                  | 40                          | 23                               | 2,222,300                |
| Boys (8-15)  | 88     | 88                  | 88                          | 87                               | 241,800                  |
| Girls (8-15)   | 74     | 79                  | 79                          | 67                               | 230,000                  |
| <b>Age</b>   |        |                     |                             |                                  |                          |
| 8-11   | 87     | 88                  | 88                          | 85                               | 228,000                  |
| 12-15  | 76     | 80                  | 80                          | 71                               | 243,900                  |
| 16-24  | 51     | 61                  | 61                          | 47                               | 618,200                  |
| 25-34  | 47     | 57                  | 58                          | 45                               | 634,100                  |
| 35-54  | 34     | 49                  | 49                          | 33                               | 1,508,600                |
| 55+  | 21     | 33                  | 33                          | 20                               | 1,494,100                |
| <b>Social class - adults</b>   |        |                     |                             |                                  |                          |
| AB   | 42     | 56                  | 56                          | 40                               |                          |
| C1   | 37     | 50                  | 51                          | 35                               |                          |
| C2   | 34     | 46                  | 46                          | 33                               |                          |
| DE   | 21     | 33                  | 33                          | 19                               |                          |
| <b>Social class - children</b>   |        |                     |                             |                                  |                          |
| AB   | 87     | 89                  | 89                          | 81                               |                          |
| C1   | 78     | 82                  | 82                          | 74                               |                          |
| C2   | 84     | 85                  | 85                          | 81                               |                          |
| DE   | 80     | 83                  | 83                          | 77                               |                          |

Sample numbers: Adults 3,042; Children 1,198.

Interpretation Note: Simple calculations can be made to estimate the numbers take part in sport and physical recreation, for example, 33% of adult and 81% of child respondents took part in *Sports* at least once a week, representing about 1,402,000 adults and 384,000 children in the Scottish population.

Notes:

- Definitions of *Sports*, *Sports plus Walking* and *Sports less Physical Recreations* can be found in the methodology section on page 44. Social class definitions are on page 45.
- Population figures are from the General Register Office for Scotland 2008 mid-year population estimates (<http://www.gro-scotland.gov.uk/files2/stats/gros-mid-2008-population-estimates-scotland-population-estimates-by-sex-age-and-administrative-area/gros-mid-2008-population-estimates-scotland-population-estimates.pdf>).
- Illustration: Whilst 40% of women in Scotland take part in *Sports plus Walking* at least once a week, only 25% participate when walking is excluded.

**Table 2: Overall participation in sports and physical recreations (at least once a month) 2006-08: all respondents (peak months)**

|   | Sports | Sports plus Walking | Sports plus Walking & Darts | Sports less Physical Recreations | Scottish population 2008 |
|---|--------|---------------------|-----------------------------|----------------------------------|--------------------------|
| Percentage of respondents in each category participating at least monthly |        |                     |                             |                                  |                          |
| <b>Total</b>  |        |                     |                             |                                  |                          |
| Adults (16+)  | 46     | 59                  | 59                          | 45                               | 4,255,000                |
| Children (8-15)   | 92     | 94                  | 94                          | 90                               | 471,800                  |
| <b>Gender</b>   |        |                     |                             |                                  |                          |
| Men (16+)   | 55     | 64                  | 65                          | 54                               | 2,032,600                |
| Women (16+)   | 38     | 53                  | 54                          | 36                               | 2,222,300                |
| Boys (8-15)   | 95     | 95                  | 95                          | 95                               | 241,800                  |
| Girls (8-15)  | 89     | 92                  | 92                          | 84                               | 230,000                  |
| <b>Age</b>  |        |                     |                             |                                  |                          |
| 8-11  | 96     | 96                  | 96                          | 95                               | 228,000                  |
| 12-15   | 88     | 91                  | 91                          | 85                               | 243,900                  |
| 16-24   | 70     | 77                  | 77                          | 67                               | 618,200                  |
| 25-34   | 61     | 72                  | 72                          | 60                               | 634,100                  |
| 35-54   | 49     | 63                  | 64                          | 48                               | 1,508,600                |
| 55+   | 29     | 43                  | 43                          | 28                               | 1,494,100                |
| <b>Social class - adults</b>  |        |                     |                             |                                  |                          |
| AB  | 59     | 72                  | 73                          | 57                               |                          |
| C1  | 50     | 63                  | 63                          | 49                               |                          |
| C2  | 48     | 59                  | 60                          | 46                               |                          |
| DE  | 30     | 43                  | 43                          | 29                               |                          |
| <b>Social class - children</b>  |        |                     |                             |                                  |                          |
| AB  | 96     | 97                  | 97                          | 92                               |                          |
| C1  | 92     | 93                  | 93                          | 90                               |                          |
| C2  | 93     | 94                  | 94                          | 91                               |                          |
| DE  | 91     | 92                  | 92                          | 88                               |                          |

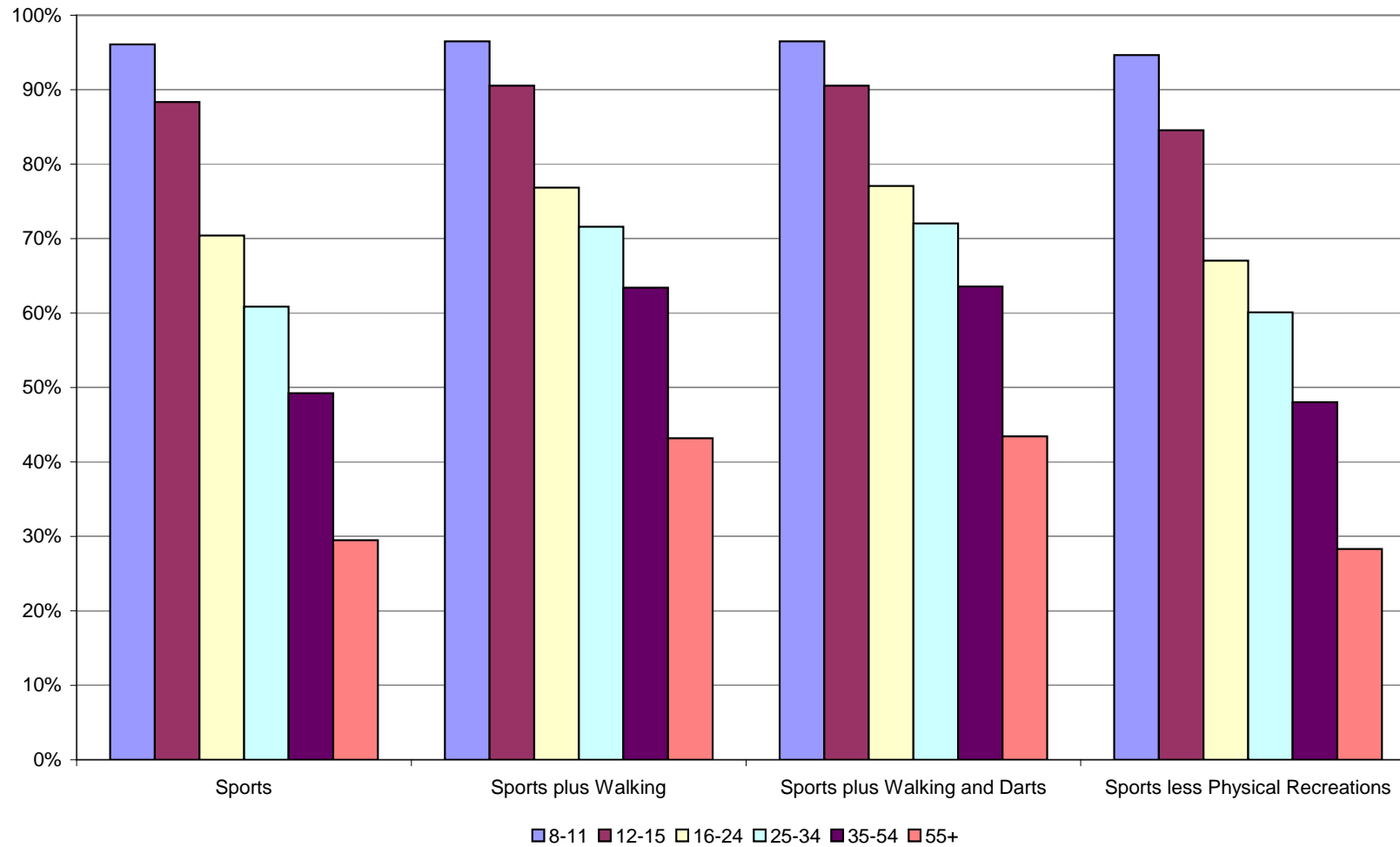
Sample numbers: Adults 6,193; Children 1,198.

Interpretation Note: simple calculations can be made to estimate the numbers take part in sport and physical recreation, for example, 46% of adult and 92% of child respondents took part in *Sports* at least once a month, representing about 1,963,000 adults and 435,000 children in the Scottish population.

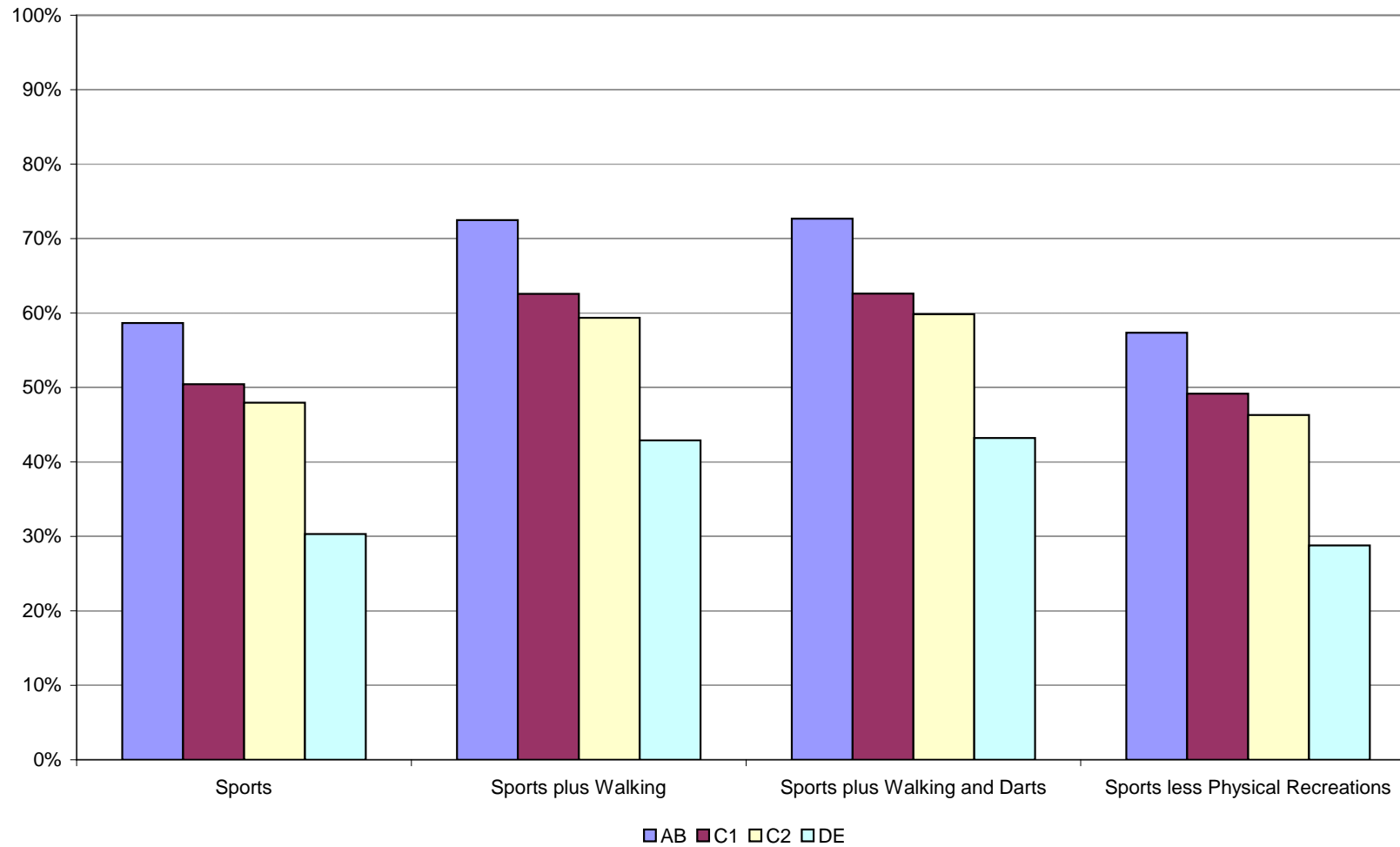
**Notes:**

- Definitions of *Sports*, *Sports plus Walking* and *Sports less Physical Recreations* can be found in the methodology section from page 44.
- Population figures are from the General Register Office for Scotland 2008 mid-year population estimates (<http://www.gro-scotland.gov.uk/files1/stats/07mype-cahb-t1.xls>).
- Illustration: Whilst 64% of men in Scotland take part in *Sports plus Walking* at least once a month, only 55% participate when walking is excluded.

**Figure 1: Profile of participation at least once a month by age 2006-08; all respondents (peak months)**



**Figure 2: Profile of participation at least once a month by social class 2006-08; adults 16+ (peak months)**



**Table 3: Trends in participation in *Sports* (at least once a month) 1994-96 to 2006-08: adults 16+ (peak months)**

|                     | 94-96  | 95-97 | 96-98 | 97-99 | 98-00 | 99-01 | 00-02 | 01-03 | 02-04 | 03-05 | 04-06 | 05-07 | 06-08 |
|---------------------|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| <b>Total</b>        | Percentage of respondents in each category who take part at least once a month |       |       |       |       |       |       |       |       |       |       |       |       |
| Adults 16+          | 52   | 51    | 53    | 55    | 56    | 55    | 53    | 51    | 50    | 50    | 48    | 47    | 46    |
| <b>Sex</b>          |  |       |       |       |       |       |       |       |       |       |       |       |       |
| Male                | 59   | 58    | 59    | 62    | 63    | 61    | 60    | 58    | 57    | 59    | 57    | 56    | 55    |
| Female              | 46   | 46    | 47    | 48    | 49    | 49    | 47    | 46    | 43    | 42    | 40    | 39    | 38    |
| <b>Age</b>          |  |       |       |       |       |       |       |       |       |       |       |       |       |
| 16 - 24             | 79   | 80    | 81    | 81    | 80    | 79    | 80    | 78    | 74    | 74    | 73    | 72    | 70    |
| 25 - 34             | 66   | 66    | 67    | 69    | 69    | 69    | 66    | 64    | 62    | 64    | 63    | 62    | 61    |
| 35 - 54             | 54   | 53    | 55    | 58    | 60    | 59    | 56    | 54    | 52    | 54    | 51    | 51    | 49    |
| 55+                 | 27   | 28    | 30    | 33    | 34    | 33    | 31    | 30    | 29    | 29    | 29    | 29    | 29    |
| <b>Social Class</b> |  |       |       |       |       |       |       |       |       |       |       |       |       |
| AB                  | 66   | 64    | 64    | 65    | 66    | 67    | 65    | 63    | 62    | 61    | 60    | 59    | 59    |
| C1                  | 60   | 59    | 62    | 63    | 64    | 62    | 60    | 57    | 56    | 55    | 53    | 52    | 50    |
| C2                  | 53   | 53    | 53    | 57    | 58    | 58    | 54    | 53    | 51    | 52    | 50    | 49    | 48    |
| DE                  | 39   | 38    | 39    | 40    | 41    | 40    | 40    | 39    | 35    | 37    | 34    | 32    | 30    |

Notes:

- This table excludes walking 2+ miles.
- Illustration: 55% of men took part in *Sports* in 2006-08 compared with 59% in 1994-96.



**Table 4: Trends in participation in *Sports* (at least once a month) 1998-2000 to 2006-08: children 8-15 excluding PE (peak months)**

|                     | 98-00  | 99-01 | 00-02 | 01-03 | 02-04 | 03-05 | 04-06 | 05-07 | 06-08 |
|---------------------|--|-------|-------|-------|-------|-------|-------|-------|-------|
| <b>Total</b>        | Percentage of respondents in each category who take part at least once a month |       |       |       |       |       |       |       |       |
| Age 8-15            | 97   | 96    | 97    | 97    | 95    | 95    | 93    | 92    | 92    |
| <b>Sex</b>          |  |       |       |       |       |       |       |       |       |
| Boys                | 98   | 98    | 98    | 99    | 98    | 97    | 96    | 95    | 95    |
| Girls               | 95   | 95    | 95    | 94    | 91    | 92    | 90    | 89    | 89    |
| <b>Age</b>          |  |       |       |       |       |       |       |       |       |
| 8 - 11              | 98   | 98    | 98    | 98    | 97    | 98    | 96    | 96    | 96    |
| 12-15               | 96   | 95    | 96    | 95    | 92    | 91    | 91    | 89    | 88    |
| <b>Social Class</b> |  |       |       |       |       |       |       |       |       |
| AB                  | 99   | 99    | 99    | 98    | 98    | 98    | 99    | 96    | 96    |
| C1                  | 99   | 99    | 99    | 98    | 95    | 96    | 93    | 91    | 92    |
| C2                  | 95   | 96    | 95    | 95    | 95    | 95    | 93    | 91    | 93    |
| DE                  | 95   | 94    | 95    | 95    | 92    | 92    | 91    | 92    | 91    |

Notes:

- This table excludes walking 2+ miles.
- Illustration: 88% of 12-15 year-olds took part in *Sports* in 2006-08 compared with 96% in 1998-2000.

**Table 5: Trends in participation in *Sports plus Walking* (at least once a month) 1994-96 to 2006-08: adults 16+ (peak months)**

|                     | 94-96  | 95-97 | 96-98 | 97-99 | 98-00 | 99-01 | 00-02 | 01-03 | 02-04 | 03-05 | 04-06 | 05-07 | 06-08 |
|---------------------|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| <b>Total</b>        | Percentage of respondents in each category who take part at least once a month |       |       |       |       |       |       |       |       |       |       |       |       |
| Adults 16+          | 60   | 60    | 61    | 63    | 65    | 64    | 62    | 62    | 61    | 63    | 60    | 60    | 59    |
| <b>Sex</b>          |  |       |       |       |       |       |       |       |       |       |       |       |       |
| Male                | 65   | 64    | 66    | 68    | 70    | 69    | 67    | 65    | 65    | 68    | 66    | 65    | 64    |
| Female              | 55   | 55    | 57    | 59    | 59    | 60    | 58    | 58    | 57    | 59    | 55    | 56    | 53    |
| <b>Age</b>          |  |       |       |       |       |       |       |       |       |       |       |       |       |
| 16 - 24             | 80   | 82    | 83    | 84    | 84    | 84    | 83    | 81    | 78    | 80    | 79    | 78    | 77    |
| 25 - 34             | 73   | 72    | 74    | 77    | 77    | 77    | 73    | 72    | 72    | 75    | 72    | 73    | 72    |
| 35 - 54             | 62   | 62    | 65    | 67    | 69    | 68    | 66    | 65    | 64    | 66    | 63    | 65    | 63    |
| 55+                 | 39   | 39    | 42    | 44    | 45    | 45    | 44    | 44    | 44    | 47    | 44    | 45    | 43    |
| <b>Social Class</b> |  |       |       |       |       |       |       |       |       |       |       |       |       |
| AB                  | 72   | 73    | 72    | 73    | 72    | 74    | 73    | 73    | 75    | 74    | 72    | 73    | 72    |
| C1                  | 67   | 66    | 69    | 71    | 74    | 72    | 70    | 67    | 67    | 68    | 67    | 66    | 63    |
| C2                  | 62   | 62    | 62    | 67    | 67    | 67    | 64    | 64    | 61    | 65    | 61    | 61    | 59    |
| DE                  | 47   | 47    | 49    | 49    | 51    | 50    | 49    | 48    | 46    | 49    | 45    | 44    | 43    |

Notes:

- This table includes walking 2+ miles.
- Illustration: 43% of those aged 55+ took part in *Sports plus Walking* in 2006-08 compared with 39% in 1994-96.



**Table 6: Trends in participation in *Sports plus Walking* (at least once a month) 1998-2000 to 2006-08: children 8-15 excluding PE (peak months)**

|                     | 98-00  | 99-01 | 00-02 | 01-03 | 02-04 | 03-05 | 04-06 | 05-07 | 06-08 |
|---------------------|--|-------|-------|-------|-------|-------|-------|-------|-------|
| <b>Total</b>        | Percentage of respondents in each category who take part at least once a month |       |       |       |       |       |       |       |       |
| Age 8-15            | 98   | 97    | 97    | 98    | 95    | 96    | 94    | 93    | 94    |
| <b>Sex</b>          |  |       |       |       |       |       |       |       |       |
| Boys                | 98   | 99    | 99    | 99    | 98    | 97    | 96    | 95    | 95    |
| Girls               | 97   | 96    | 96    | 96    | 93    | 94    | 91    | 91    | 92    |
| <b>Age</b>          |  |       |       |       |       |       |       |       |       |
| 8-11                | 99   | 98    | 99    | 98    | 97    | 98    | 96    | 96    | 96    |
| 12-15               | 97   | 96    | 96    | 97    | 94    | 94    | 92    | 90    | 91    |
| <b>Social Class</b> |  |       |       |       |       |       |       |       |       |
| AB                  | 99   | 99    | 99    | 99    | 99    | 98    | 99    | 97    | 97    |
| C1                  | 99   | 99    | 99    | 99    | 96    | 97    | 94    | 92    | 93    |
| C2                  | 98   | 98    | 97    | 96    | 96    | 96    | 94    | 92    | 94    |
| DE                  | 96   | 95    | 96    | 97    | 93    | 93    | 92    | 93    | 92    |

Notes:

- This table includes walking 2+ miles.
- Illustration: 92% of girls took part in *Sports plus Walking* in 2006-08 compared with 97% in 1998-2000.

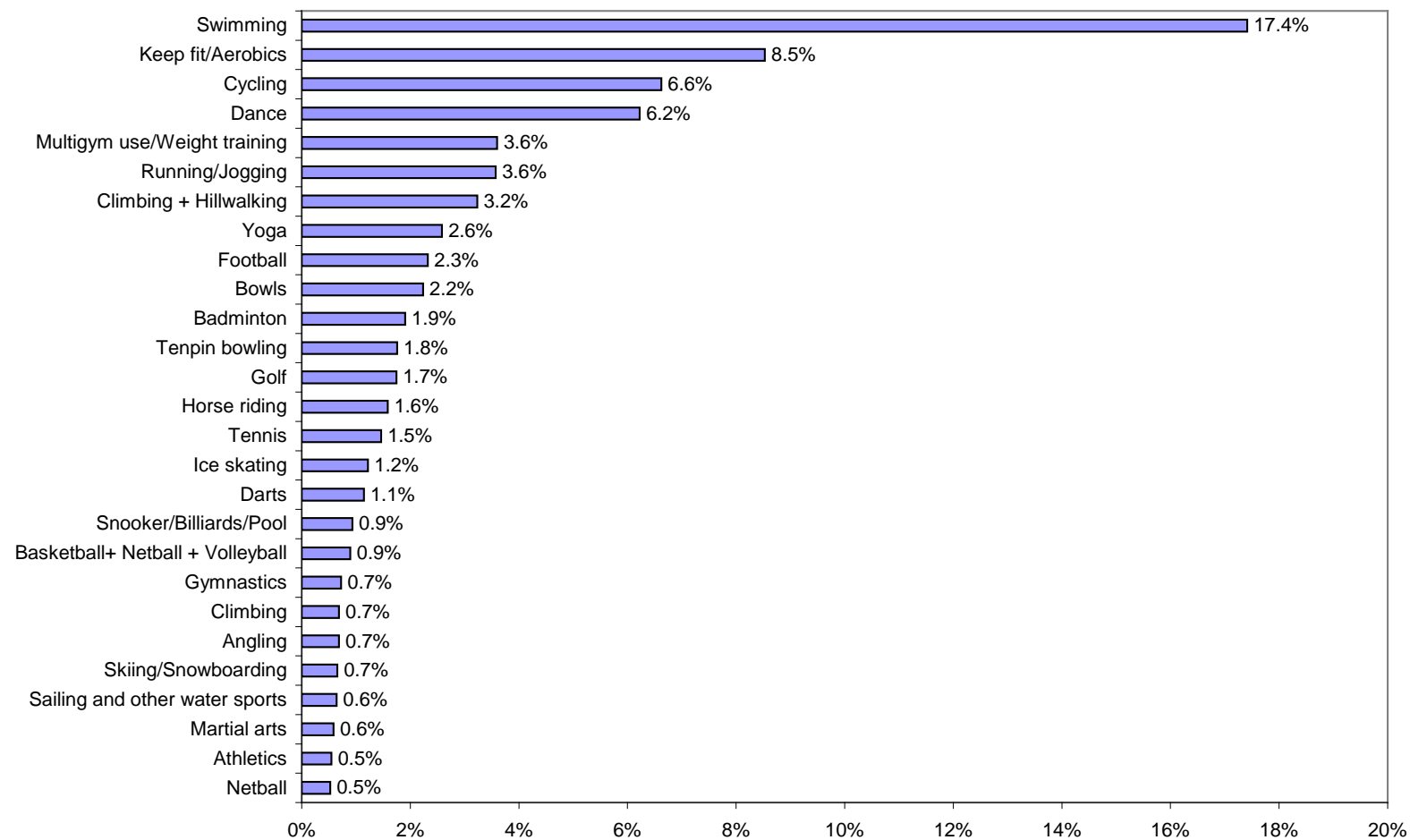
**Table 7: Most popular sports and physical recreations (at least once a month) 2006-08: all (peak months)**

| <b>Adults (16+)</b>              |          | <b>Children (8-15)</b>           |          |
|----------------------------------|----------|----------------------------------|----------|
|                                  | <b>%</b> |                                  | <b>%</b> |
| Swimming                         | 15       | Football                         | 52       |
| Cycling                          | 10       | Swimming                         | 38       |
| Football                         | 10       | Cycling                          | 33       |
| Golf                             | 8        | Dance                            | 16       |
| Keep fit/Aerobics                | 6        | Running/Jogging                  | 10       |
| Multigym use/Weight training     | 5        | Basketball+ Netball + Volleyball | 10       |
| Running/Jogging                  | 5        | Golf                             | 9        |
| Climbing + Hillwalking           | 4        | Tennis                           | 7        |
| Dance                            | 4        | Basketball                       | 7        |
| Bowls                            | 3        | Gymnastics                       | 6        |
| Snooker/Billiards/Pool           | 3        | Rugby                            | 5        |
| Angling                          | 3        | Badminton                        | 5        |
| Badminton                        | 2        | Ice skating                      | 5        |
| Darts                            | 2        | Athletics                        | 4        |
| Tenpin bowling                   | 2        | Snooker/Billiards/Pool           | 4        |
| Sailing and other water sports   | 2        | Horse riding                     | 3        |
| Yoga                             | 2        | Darts                            | 3        |
| Basketball+ Netball + Volleyball | 1        | Netball                          | 3        |
| Tennis                           | 1        | Hockey                           | 3        |
| Martial arts                     | 1        | Martial arts                     | 3        |
| Basketball                       | 1        | Climbing + Hillwalking           | 3        |
| Ice skating                      | 1        | Angling                          | 3        |
| Horse riding                     | 1        | Tenpin bowling                   | 2        |
| Rugby                            | 1        | Bowls                            | 1        |
| Squash                           | 1        | Judo                             | 1        |
| Skiing/Snowboarding              | 1        | Cricket                          | 1        |
| Climbing                         | 1        | Keep fit/Aerobics                | 1        |
| Athletics                        | 1        | Climbing                         | 1        |
| Gymnastics                       | 1        | Sailing and other water sports   | 1        |
| Table tennis                     | 1        | Skiing/Snowboarding              | 1        |
|                                  |          | Table tennis                     | 1        |
|                                  |          | Volleyball                       | 1        |
|                                  |          | Canoeing/Kayaking                | 1        |
|                                  |          | Squash                           | 1        |
|                                  |          | Multigym use/Weight training     | 1        |
|                                  |          | Shinty                           | 1        |
|                                  |          | Yoga                             | 1        |

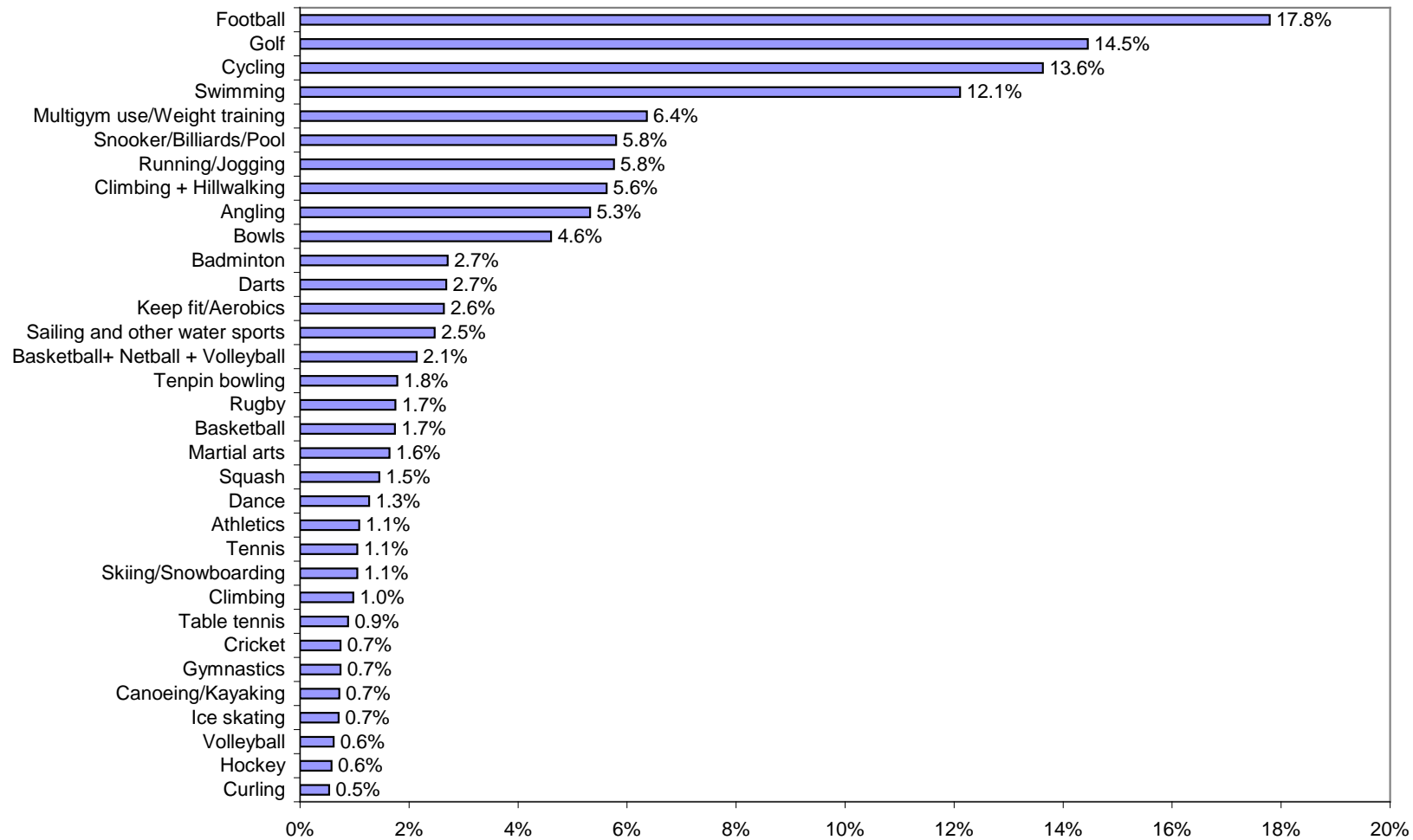
Notes:

- Sports and physical recreations with participation rates of less than 0.5% are excluded.
- Children's participation excludes PE.

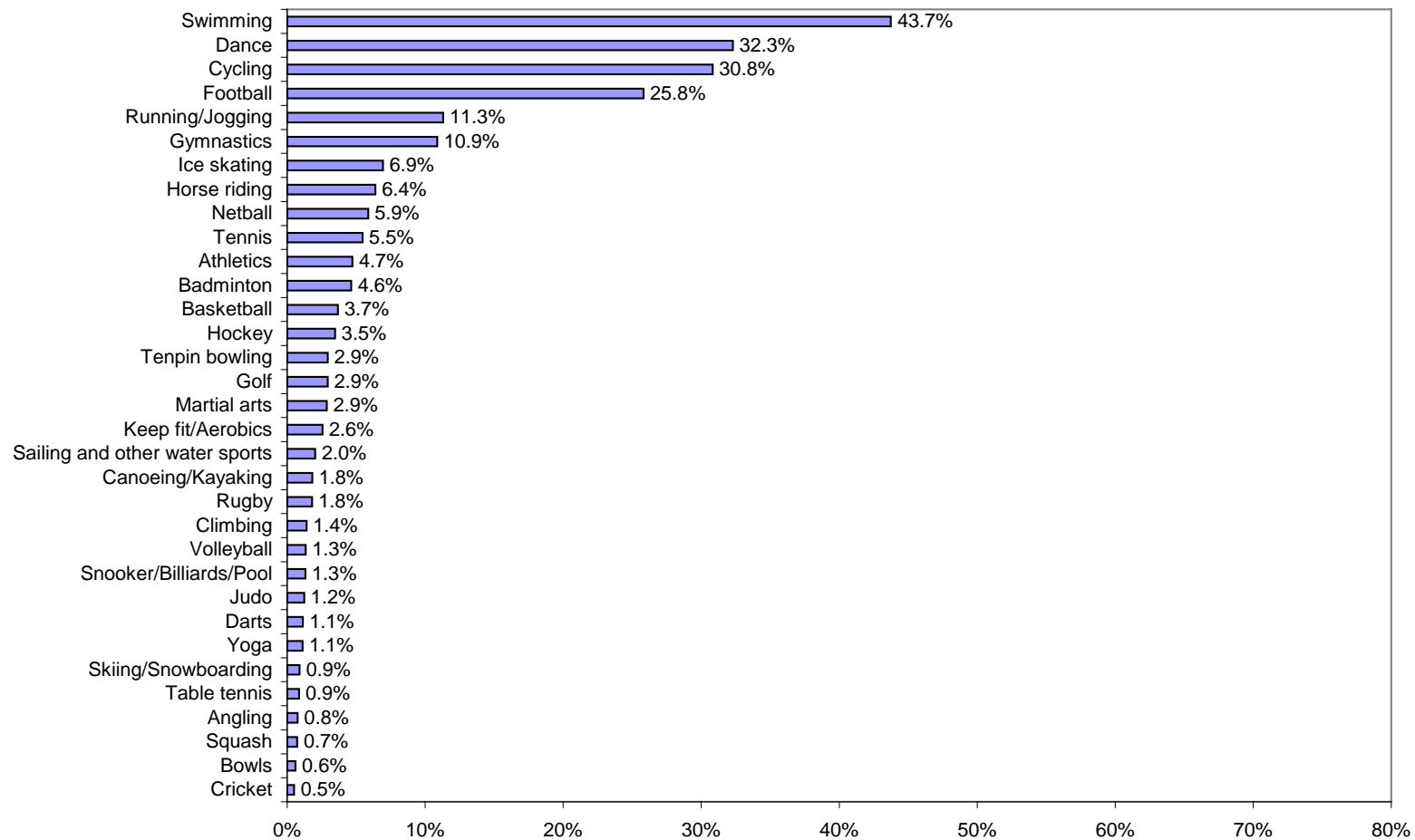
**Figure 3: Most popular *Sports* at least once a month 2006-08; women 16+ (peak months)**



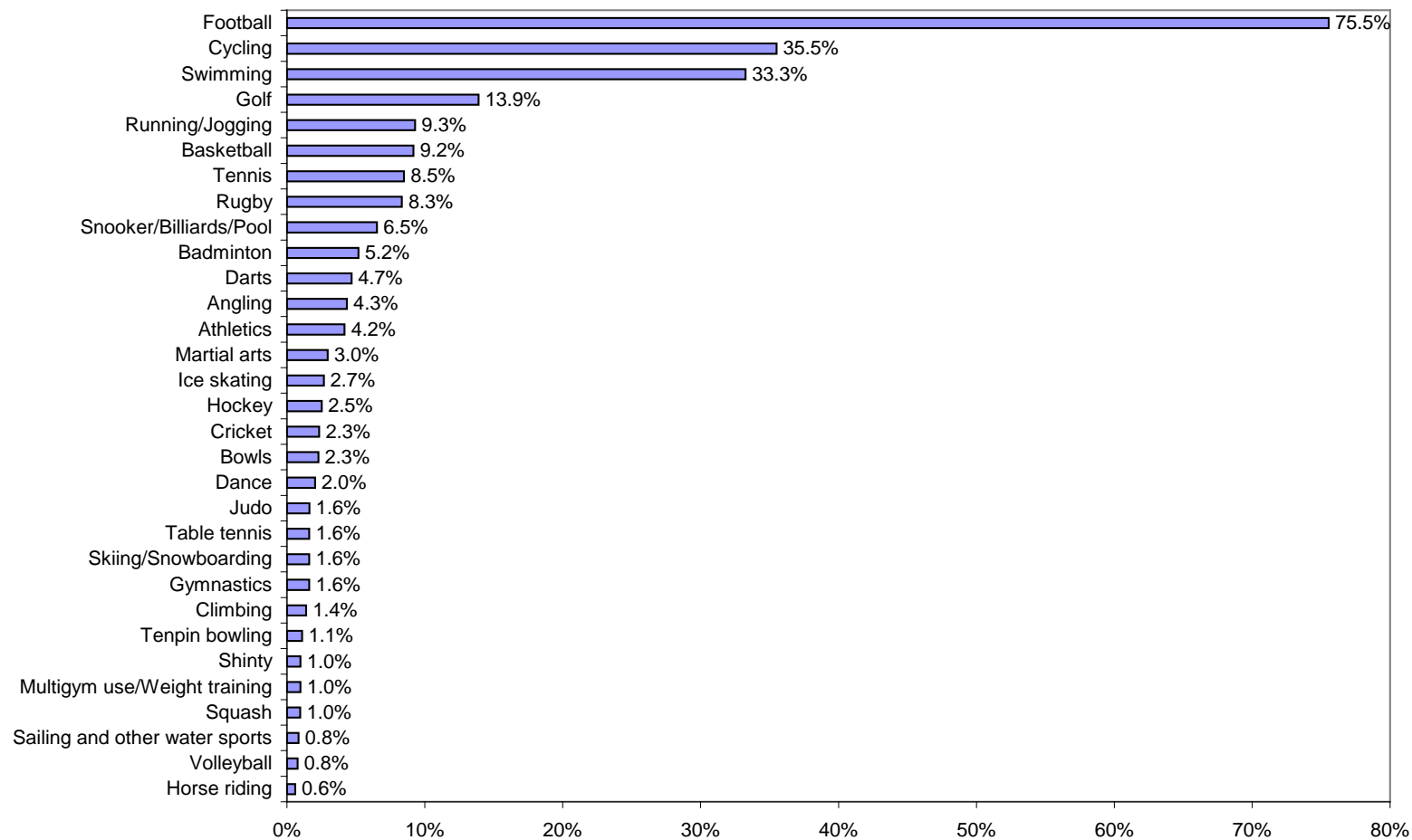
**Figure 4: Most popular *Sports* at least once a month 2006-08; men 16+ (peak months)**



**Figure 5: Most popular *Sports* at least once a month 2006-08; girls 8 -15 excluding PE (peak months)**



**Figure 6: Most popular *Sports* at least once a month 2006-08; boys 8 -15 excluding PE (peak months)**



**Table 8: Trends in participation in sports and physical recreations (at least once a month) 1994-96 to 2006-08: adults 16+ (peak months)**

|  | 94-96 | 95-97 | 96-98 | 97-99 | 98-00 | 99-01 | 00-02 | 01-03 | 02-04 | 03-05 | 04-06 | 05-07 | 06-08 |
|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Percentage of respondents in each category who take part at least once a month |       |       |       |       |       |       |       |       |       |       |       |       |       |
| Angling  | 3     | 3     | 3     | 4     | 4     | 3     | 3     | 3     | 3     | 3     | 3     | 3     | 3     |
| Athletics  | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     |
| Badminton  | 4     | 3     | 3     | 3     | 3     | 3     | 3     | 3     | 3     | 3     | 2     | 2     | 2     |
| Basketball   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | 1     | 1     | 1     | 1     | 1     | 1     |
| Bowls  | 4     | 4     | 4     | 4     | 4     | 4     | 3     | 3     | 3     | 4     | 3     | 4     | 3     |
| Canoeing/Kayaking  | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | *     | *     | 1     | 1     | *     |
| Cricket  | *     | *     | *     | *     | *     | *     | *     | *     | *     | *     | *     | *     | *     |
| Curling  | *     | *     | *     | *     | *     | *     | *     | 1     | 1     | *     | *     | *     | *     |
| Cycling  | 7     | 8     | 9     | 10    | 11    | 10    | 10    | 10    | 10    | 11    | 10    | 10    | 10    |
| Dance  | 7     | 8     | 8     | 9     | 9     | 9     | 8     | 7     | 8     | 6     | 4     | 4     | 4     |
| Darts  | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | 2     |
| Football   | 10    | 9     | 10    | 10    | 10    | 11    | 10    | 10    | 9     | 10    | 11    | 10    | 10    |
| Golf   | 8     | 9     | 9     | 9     | 10    | 10    | 9     | 8     | 9     | 8     | 8     | 9     | 8     |
| Gymnastics   | *     | *     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     |
| Hill walking/Climbing/Mountaineering   | 5     | 5     | 5     | 5     | 5     | 5     | 5     | 5     | 5     | 5     | 5     | 4     | 4     |
| Hockey   | 1     | 1     | 1     | 1     | 1     | *     | 1     | *     | 1     | *     | *     | *     | *     |
| Horse riding   | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     |
| Ice skating  | 2     | 2     | 2     | 2     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     |
| Judo   | *     | *     | *     | *     | *     | *     | *     | *     | *     | *     | *     | *     | *     |
| Keep fit/Aerobics  | 10    | 10    | 9     | 9     | 9     | 9     | 9     | 9     | 10    | 7     | 6     | 6     | 6     |
| Martial Arts   | 1     | 1     | 1     | 1     | 1     | 1     | 2     | 1     | 2     | 1     | 1     | 1     | 1     |

***Continued***

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 6% of adults took part in Keep fit/Aerobics 2006-08 compared with 10% in 1994-96 and 1995-97.

**Table 8 continued: Trends in participation in sports and physical recreations (at least once a month) 1994-96 to 2006-08: adults 16+ (peak months)**

|  | 94-96 | 95-97 | 96-98 | 97-99 | 98-00 | 99-01 | 00-02 | 01-03 | 02-04 | 03-05 | 04-06 | 05-07 | 06-08 |
|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Percentage of respondents in each category who take part at least once a month |       |       |       |       |       |       |       |       |       |       |       |       |       |
| Multigym/Weight training   | 6     | 6     | 7     | 7     | 7     | 7     | 7     | 6     | 8     | 6     | 6     | 5     | 5     |
| Netball  | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | *     | *     | *     | *     | *     | *     |
| Rugby  | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     |
| Running/Jogging  | 6     | 5     | 5     | 6     | 6     | 6     | 6     | 5     | 6     | 4     | 4     | 4     | 5     |
| Sailing  | 1     | 1     | 1     | 1     | 1     | 2     | 2     | 2     | 1     | 2     | 2     | 1     | 2     |
| Shinty   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | *     | *     | *     | *     | *     |
| Skiing/Snowboarding  | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     |
| Snooker/Billiards/Pool   | 8     | 8     | 8     | 8     | 8     | 8     | 7     | 7     | 8     | 6     | 4     | 3     | 3     |
| Squash   | 2     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     |
| Swimming   | 22    | 21    | 22    | 23    | 23    | 22    | 21    | 19    | 18    | 18    | 16    | 16    | 15    |
| Table tennis   | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     |
| Tennis   | 2     | 2     | 2     | 2     | 2     | 2     | 2     | 2     | 1     | 1     | 1     | 1     | 1     |
| Tenpin bowling   | 7     | 7     | 7     | 7     | 7     | 6     | 5     | 4     | 4     | 2     | 2     | 2     | 2     |
| Volleyball   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | *     | *     | *     | *     | *     | *     |
| Walking 2+ miles   | 24    | 25    | 26    | 28    | 31    | 32    | 33    | 31    | 33    | 32    | 29    | 30    | 29    |
| Yoga   | 1     | 1     | 1     | 1     | 2     | 2     | 2     | 2     | 3     | 2     | 2     | 2     | 2     |
| <i>Sports</i>  | 52    | 51    | 53    | 55    | 56    | 55    | 53    | 51    | 50    | 50    | 48    | 47    | 46    |
| <i>Sports plus Walking</i>   | 60    | 60    | 61    | 63    | 65    | 64    | 62    | 62    | 61    | 63    | 60    | 60    | 59    |
| <i>Sports plus Walking and Darts</i>   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | 59    |
| <i>Sports less Physical Recreations</i>  | 49    | 48    | 50    | 51    | 53    | 52    | 50    | 49    | 47    | 48    | 47    | 46    | 45    |

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 29% of adults took part in Walking 2+ miles in 2006-08 compared with 24% in 1994-96.



**Table 9: Trends in participation in sports and physical recreations (at least once a month) 1998-2000 to 2006-08: children 8-15 excluding PE (peak months)**

|                                      | 98-00  | 99-01 | 00-02 | 01-03 | 02-04 | 03-05 | 04-06 | 05-07 | 06-08 |
|--------------------------------------|--|-------|-------|-------|-------|-------|-------|-------|-------|
|                                      | Percentage of child (8-15) respondents participating at least once a month |       |       |       |       |       |       |       |       |
| Angling                              | 4  | 4     | 5     | 3     | 4     | 4     | 4     | 3     | 3     |
| Athletics                            | 8  | 8     | 8     | 7     | 5     | 8     | 5     | 4     | 4     |
| Badminton                            | 9  | 10    | 12    | 12    | 10    | 11    | 7     | 6     | 5     |
| Basketball                           | n/a  | n/a   | n/a   | 5     | 9     | 10    | 6     | 6     | 7     |
| Bowls                                | 1  | 1     | 1     | 1     | 2     | 2     | 2     | 2     | 1     |
| Canoeing/Kayaking                    | n/a  | n/a   | n/a   | n/a   | 1     | 1     | 1     | 1     | 1     |
| Cricket                              | 3  | 2     | 2     | 2     | 2     | 3     | 2     | 1     | 1     |
| Cycling                              | 42   | 38    | 35    | 38    | 44    | 47    | 42    | 36    | 33    |
| Dance                                | 16   | 15    | 16    | 17    | 17    | 18    | 17    | 16    | 16    |
| Darts                                | n/a  | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | 3     |
| Football                             | 57   | 56    | 56    | 53    | 53    | 55    | 52    | 52    | 52    |
| Golf                                 | 13   | 12    | 13    | 13    | 12    | 11    | 10    | 10    | 9     |
| Gymnastics                           | 6  | 6     | 6     | 8     | 6     | 8     | 4     | 5     | 6     |
| Hill walking/Climbing/Mountaineering | 3  | 2     | 2     | 3     | 4     | 5     | 4     | 3     | 3     |
| Hockey                               | 8  | 6     | 6     | 5     | 4     | 6     | 3     | 3     | 3     |
| Horse riding                         | 5  | 4     | 5     | 4     | 4     | 4     | 4     | 3     | 3     |
| Ice skating                          | 8  | 7     | 7     | 6     | 6     | 5     | 4     | 4     | 5     |
| Judo                                 | 1  | 1     | 1     | 2     | 1     | 1     | 1     | 2     | 1     |
| Keep fit/Aerobics                    | 6  | 6     | 4     | 4     | 3     | 3     | 1     | 1     | 1     |
| Martial arts                         | 4  | 5     | 4     | 4     | 4     | 5     | 4     | 3     | 3     |

*Continued*

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 33% of children took part in cycling in 2006-08 compared with 42% in 1998-2000.

**Table 9 continued: Trends in participation in sports and physical recreations (at least once a month) 1998-2000 to 2006-08: children 8-15 excluding PE (peak months)**

|  | 98-00 | 99-01 | 00-02 | 01-03 | 02-04 | 03-05 | 04-06 | 05-07 | 06-08 |
|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Percentage of child (8-15) respondents participating at least once a month |       |       |       |       |       |       |       |       |       |
| Multigym/Weight training   | 2     | 2     | 2     | 1     | 2     | 2     | 1     | 1     | 1     |
| Netball  | n/a   | n/a   | n/a   | 1     | 4     | 4     | 4     | 4     | 3     |
| Rugby  | 5     | 6     | 7     | 7     | 6     | 6     | 6     | 5     | 5     |
| Running/Jogging  | 28    | 27    | 26    | 23    | 21    | 20    | 13    | 11    | 10    |
| Sailing/Windsurfing  | 1     | 1     | 1     | 2     | 2     | 2     | 2     | 1     | 1     |
| Shinty   | n/a   | n/a   | n/a   | n/a   | 1     | 1     | 1     | 1     | 1     |
| Skateboarding/Inline skating   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | n/a   | 5     | 4     |
| Skiing/Snowboarding  | 1     | 1     | 1     | 1     | 1     | 2     | 1     | 1     | 1     |
| Snooker/Billiards/Pool   | 12    | 10    | 10    | 8     | 7     | 4     | 4     | 4     | 4     |
| Squash   | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     | 1     |
| Swimming   | 52    | 48    | 46    | 43    | 40    | 42    | 37    | 37    | 38    |
| Table tennis   | 4     | 3     | 3     | 3     | 3     | 4     | 2     | 2     | 1     |
| Tennis   | 11    | 13    | 15    | 14    | 11    | 8     | 7     | 7     | 7     |
| Tenpin bowling   | 9     | 7     | 6     | 6     | 4     | 3     | 2     | 2     | 2     |
| Volleyball   | n/a   | n/a   | n/a   | 1     | 1     | 2     | 1     | 1     | 1     |
| Walking 2+ miles   | 19    | 18    | 17    | 16    | 16    | 15    | 15    | 14    | 14    |
| Yoga   | *     | *     | *     | 1     | 1     | 1     | 1     | 1     | 1     |
| <i>Sports</i>  | 97    | 96    | 97    | 97    | 95    | 95    | 93    | 92    | 92    |
| <i>Sports plus Walking</i>   | 98    | 97    | 97    | 98    | 95    | 96    | 94    | 93    | 94    |
| <i>Sports plus Walking and Darts</i>                                       |       |       |       |       |       |       |       |       | 94    |
| <i>Sports less Physical Recreations</i>                                    | 96    | 96    | 96    | 96    | 94    | 94    | 91    | 90    | 90    |

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 38% of children took part in swimming in 2006-08 compared with 52% in 1998-2000.

**Table 10: Participation in sports and physical recreations by gender (at least once a month) 2006-08: adults 16+ (peak months)**

|  | All | Men | Women |
|--|-----|-----|-------|
| Percentage of respondents aged 16+ participating at least once a month |     |     |       |
| Angling  | 3   | 5   | 1     |
| Athletics  | 1   | 1   | 1     |
| Badminton  | 2   | 3   | 2     |
| Basketball   | 1   | 2   | 0     |
| Bowls all  | 3   | 5   | 2     |
| Bowls indoor   | 2   | 3   | 2     |
| Bowls outdoor  | 3   | 4   | 2     |
| Canoeing/Kayaking  | 0   | 1   | 0     |
| Climbing all   | 1   | 1   | 1     |
| Climbing indoor  | 0   | 1   | 0     |
| Climbing outdoor   | 1   | 1   | 1     |
| Cricket  | 0   | 1   | 0     |
| Cycling all  | 10  | 14  | 7     |
| Cycling on the road  | 6   | 8   | 4     |
| Cycling on a cycle path (eg, canal towpath, National Cycle Network)    | 5   | 5   | 4     |
| Mountain biking/off-road   | 2   | 4   | 1     |
| Dance  | 4   | 1   | 6     |
| Darts  | 2   | 3   | 1     |
| Football all   | 10  | 18  | 2     |
| Football: 11-a-side  | 3   | 6   | 0     |
| Football: 5-a-side all   | 6   | 12  | 1     |
| <i>Football: 5-a-side indoor</i>                                       | 3   | 7   | 0     |
| <i>Football: 5-a-side outdoor</i>                                      | 4   | 9   | 0     |
| Football in street/garden/wasteland                                    | 3   | 5   | 2     |
| Golf   | 8   | 14  | 2     |
| Gymnastics   | 1   | 1   | 1     |
| Hillwalking  | 4   | 5   | 3     |
| Hockey   | 0   | 1   | 0     |
| Horse riding   | 1   | 0   | 2     |

***Continued***

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 18% of men took part in football compared with 2% of women.

**Table 10 continued: Participation in sports and physical recreations by gender (at least once a month) 2006-08: adults 16+ (peak months)**

|   | All  | Men | Women |
|---|--|-----|-------|
|   | Percentage of respondents aged 16+ participating at least once a month |     |       |
| Ice skating                                       | 1  | 1   | 1     |
| Keep fit/Aerobics                                 | 6  | 3   | 9     |
| Martial arts                                      | 1  | 2   | 1     |
| Multigym use/Weight training                      | 5  | 6   | 4     |
| Netball   | 0  | 0   | 1     |
| Rugby   | 1  | 2   | 0     |
| Running/Jogging                                   | 5  | 6   | 4     |
| Sailing/Windsurfing                               | 1  | 1   | 0     |
| Shinty  | 0  | 0   | 0     |
| Skiing/Snowboarding                               | 1  | 1   | 1     |
| Snooker/Billiards/Pool                            | 3  | 6   | 1     |
| Squash  | 1  | 1   | 0     |
| Swimming all                                      | 15   | 12  | 17    |
| Swimming in leisure pool                          | 12   | 9   | 14    |
| Swimming in traditional pool                      | 4  | 3   | 4     |
| Swimming outdoor                                  | 1  | 2   | 1     |
| Table tennis                                      | 1  | 1   | 0     |
| Tennis all  | 1  | 1   | 1     |
| Tennis indoor                                     | 0  | 0   | 0     |
| Tennis outdoor                                    | 1  | 1   | 1     |
| Tenpin bowling                                    | 2  | 2   | 2     |
| Volleyball  | 0  | 1   | 0     |
| Walking 2+ miles all                              | 29   | 27  | 31    |
| Walking 2+ miles in countryside                   | 16   | 16  | 17    |
| Walking 2+ miles in built-up area incl urban park | 11   | 9   | 12    |
| Yoga  | 2  | 0   | 3     |

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Illustration: 9% of women took part in Keep fit/Aerobics compared with 3% of men.

**Table 11: Participation in sports and physical recreations by gender (at least once a month) 2006-08: children 8-15 (peak months)**

|   | All | Boys | Girls |
|---|-----|------|-------|
| Percentage of respondents aged 8-15 participating at least once a month |     |      |       |
| Angling   | 3   | 4    | 1     |
| Athletics   | 4   | 4    | 5     |
| Badminton   | 5   | 5    | 5     |
| Basketball  | 7   | 9    | 4     |
| Bowls all   | 1   | 2    | 1     |
| Bowls indoor  | 1   | 1    | *     |
| Bowls outdoor   | 1   | 2    | *     |
| Canoeing/Kayaking   | 1   | *    | 2     |
| Climbing all  | 1   | 1    | 1     |
| Climbing indoor   | 1   | 1    | 1     |
| Climbing outdoor  | 1   | 1    | 1     |
| Cricket   | 1   | 2    | 1     |
| Cycling all   | 33  | 36   | 31    |
| Cycling on the road   | 23  | 23   | 22    |
| Cycling on a cycle path (eg, canal towpath, National Cycle Network)     | 10  | 9    | 10    |
| BMX   | 2   | 4    | *     |
| Mountain biking/off-road  | 3   | 5    | 1     |
| Dance   | 16  | 2    | 32    |
| Darts   | 3   | 5    | 1     |
| Football all  | 52  | 76   | 26    |
| Football in street/garden/wasteland                                     | 34  | 49   | 18    |
| Football: 11-a-side   | 18  | 28   | 5     |
| Football: 5-a-side all  | 17  | 26   | 7     |
| <i>Football: 5-a-side indoor</i>  | 6   | 10   | 3     |
| <i>Football: 5-a-side outdoor</i>                                       | 13  | 21   | 5     |
| Golf  | 9   | 14   | 3     |
| Gymnastics  | 6   | 2    | 11    |
| Hillwalking   | 2   | 1    | 2     |
| Hockey  | 3   | 3    | 3     |
| Horse riding  | 3   | 1    | 6     |
| Ice skating   | 5   | 3    | 7     |
| Judo  | 1   | 2    | 1     |
| Keep fit/Aerobics   | 1   | *    | 3     |

***Continued***

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Data excludes participation during PE lessons.
- Illustration: 32% of girls took part in dance compared with 2% of boys.

**Table 11 continued: Participation in sports and physical recreations by gender (at least once a month) 2006-08: children 8-15 (peak months)**

|   | All   |    | Boys |    | Girls |    |
|---|---|----|------|----|-------|----|
|   | Percentage of respondents aged 8-15 participating at least once a month |    |      |    |       |    |
| Martial arts                                      | 3   |    | 3    |    | 3     |    |
| Multigym use/Weight training                      | 1   |    | 1    |    | 0     |    |
| Netball   | 3   |    | *    |    | 6     |    |
| Rugby   | 5   |    | 8    |    | 2     |    |
| Running/Jogging                                   | 10  |    | 9    |    | 11    |    |
| Sailing/Windsurfing                               | 1   |    | 0    |    | 1     |    |
| Shinty  | 1   |    | 1    |    | *     |    |
| Skateboarding/Inline skating                      | 4   |    | 5    |    | 3     |    |
| Skiing/Snowboarding                               | 1   |    | 2    |    | 1     |    |
| Snooker/Billiards/Pool                            | 4   |    | 7    |    | 1     |    |
| Squash  | 1   |    | 1    |    | 1     |    |
| Swimming all                                      | 38  |    | 33   |    | 44    |    |
| Swimming in leisure pool                          |   | 29 |      | 25 |       | 34 |
| Swimming in traditional pool                      |   | 9  |      | 8  |       | 10 |
| Swimming outdoor                                  |   | 6  |      | 7  |       | 6  |
| Table tennis                                      | 1   |    | 2    |    | 1     |    |
| Tennis all  | 7   |    | 8    |    | 5     |    |
| Tennis indoor                                     |   | 1  |      | 1  |       | 1  |
| Tennis outdoor                                    |   | 6  |      | 8  |       | 5  |
| Tenpin bowling                                    | 2   |    | 1    |    | 3     |    |
| Volleyball  | 1   |    | 1    |    | 1     |    |
| Walking 2+ miles                                  | 14  |    | 11   |    | 18    |    |
| Walking 2+ miles in built-up area incl urban park |   | 8  |      | 4  |       | 13 |
| Walking 2+ miles in countryside                   |   | 6  |      | 5  |       | 7  |
| Yoga  | 1   |    | *    |    | 1     |    |

Notes:

- The asterisk (\*) indicates less than 0.5% participation.
- n/a indicates no data available.
- Data excludes participation during PE lessons.
- Illustration: 8% of boys took part in rugby compared with 2% of girls.

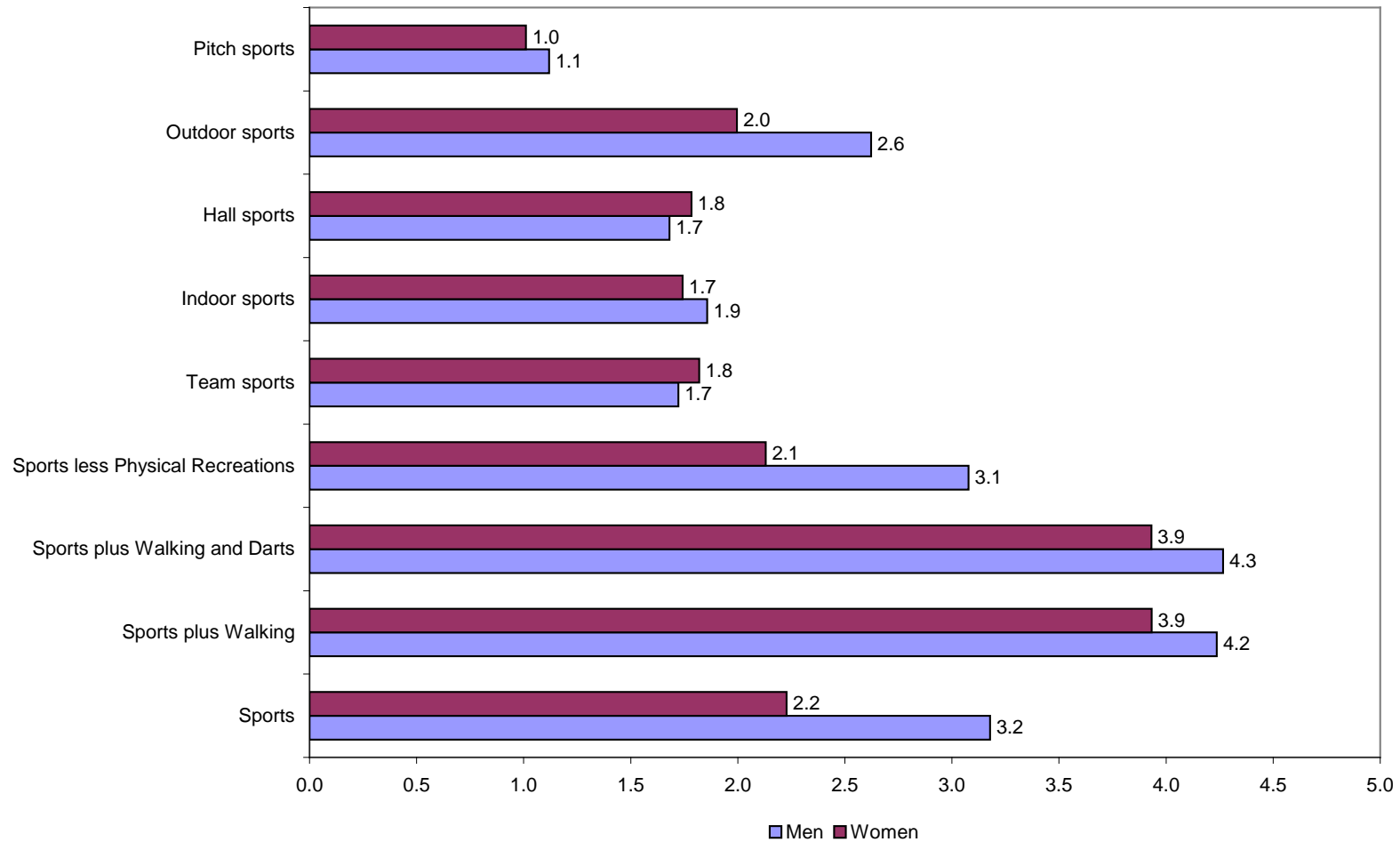
**Table 12: Frequency of participation in sports and physical recreations by gender (at least once a month) 2006-08: adults 16+ (peak months)**

|   | Adults (16+)                                 |     |       |
|---|--|-----|-------|
|   | All  | Men | Women |
|   | Average number of days participated in month |     |       |
| <b>Grouped activities</b>               |  |     |       |
| <i>Sports</i>                           | 2.8  | 3.2 | 2.2   |
| <i>Sports plus Walking</i>              | 4.1  | 4.2 | 3.9   |
| <i>Sports plus Walking and Darts</i>    | 4.1  | 4.3 | 3.9   |
| <i>Sports less Physical Recreations</i> | 2.7  | 3.1 | 2.1   |
| <i>Team sports</i>                      | 1.7  | 1.7 | 1.8   |
| <i>Indoor sports</i>                    | 1.8  | 1.9 | 1.7   |
| <i>Hall sports</i>                      | 1.7  | 1.7 | 1.8   |
| <i>Outdoor sports</i>                   | 2.4  | 2.6 | 2.0   |
| <i>Pitch sports</i>                     | 1.1  | 1.1 | 1.0   |
| <b>Most frequent sports</b>             |  |     |       |
| Cycling                                 | 4.3  | 5.0 | 3.1   |
| Walking 2+ miles                        | 3.0  | 3.2 | 2.8   |
| Running/Jogging                         | 2.2  | 2.1 | 2.4   |
| Horse riding                            | 2.2  | 3.4 | 2.0   |
| Multigym use/Weight training            | 1.9  | 2.0 | 1.8   |
| Keep fit/Aerobics                       | 1.8  | 2.9 | 1.5   |
| Football                                | 1.8  | 1.8 | 1.9   |
| Martial arts                            | 1.7  | 2.0 | 1.1   |
| Netball                                 | 1.7  | -   | 1.7   |
| Bowls                                   | 1.7  | 1.7 | 1.7   |
| <b>Most popular sports</b>              |  |     |       |
| Walking 2+ miles                        | 3.0  | 3.2 | 2.8   |
| Swimming                                | 1.2  | 1.3 | 1.2   |
| Cycling                                 | 4.3  | 5.0 | 3.1   |
| Football                                | 1.8  | 1.8 | 1.9   |
| Golf                                    | 1.2  | 1.2 | 1.2   |
| Keep fit/Aerobics                       | 1.8  | 2.9 | 1.5   |
| Multigym use/Weight training            | 1.9  | 2.0 | 1.8   |
| Running/Jogging                         | 2.2  | 2.1 | 2.4   |
| Climbing + Hillwalking                  | 0.8  | 0.9 | 0.8   |
| Dance                                   | 1.2  | 1.2 | 1.2   |

Notes:

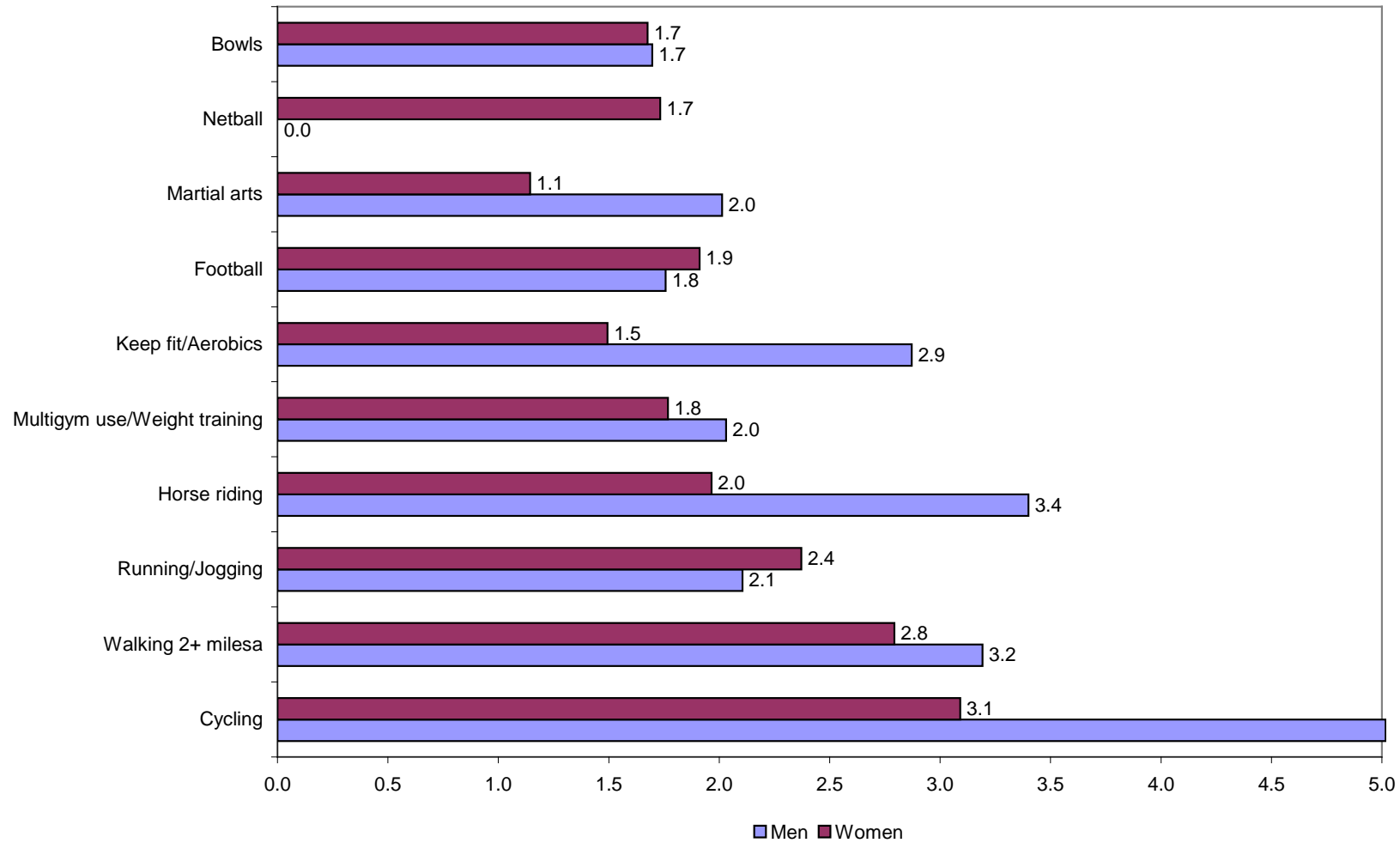
- Definitions of *Sports*, *Sports plus Walking*, *Sports less Physical Recreations* and the grouped activities can be found in the methodology section from page 44.
- Illustration: Male cyclists took part a little more often than once a week on average.

**Figure 7: Frequency of participation at least once a month by grouped sports 2006-08; adults 16+ (peak months)**





**Figure 8: Frequency of participation at least once a month 2006-08; adults 16+ (peak months)**



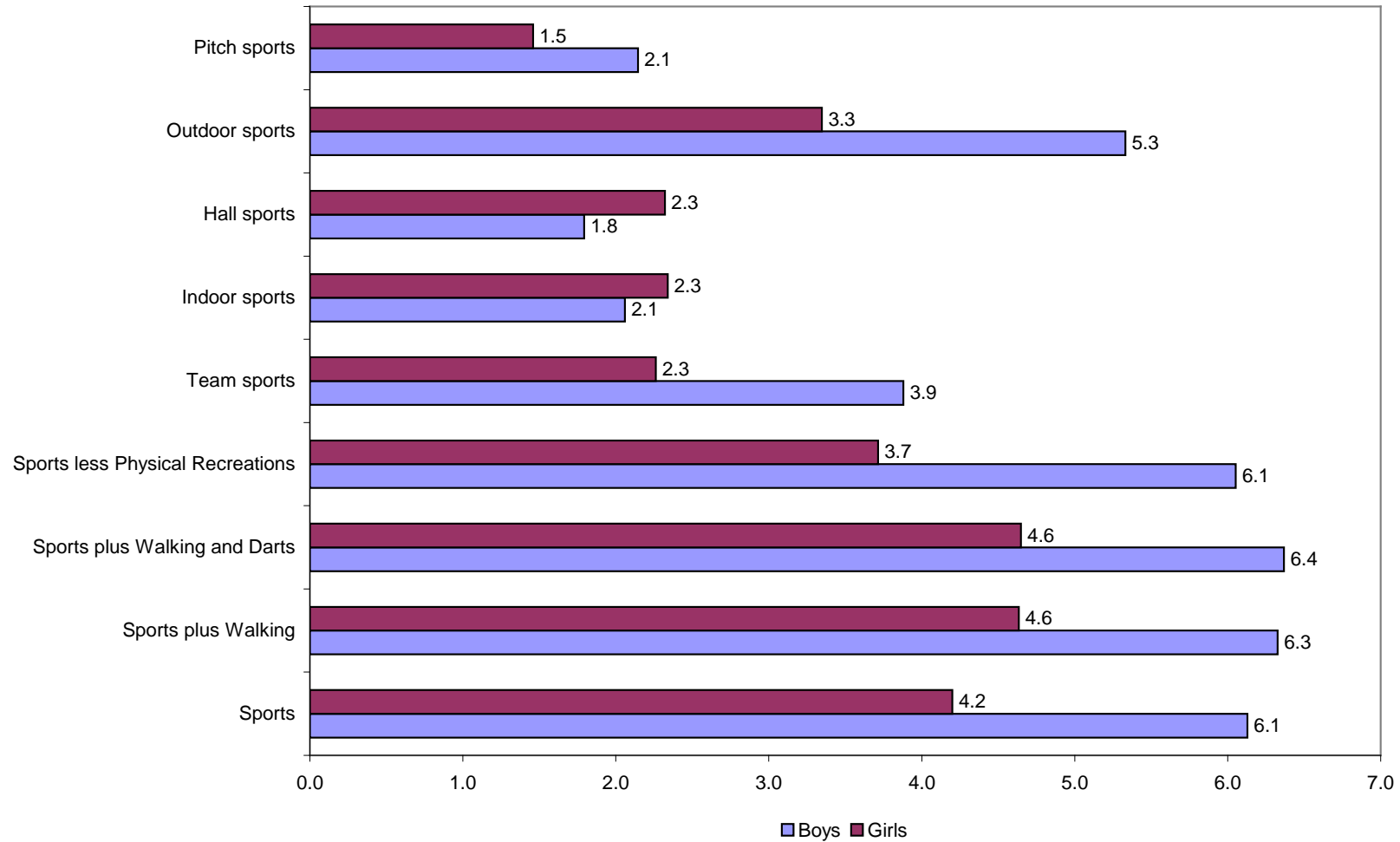
**Table 13: Frequency of participation in Sports plus walking by gender at least once a month 2006-08; children 8-15 excluding PE (peak months)**

|   | Children (8-15)                              |      |       |
|---|--|------|-------|
|   | All  | Boys | Girls |
|   | Average number of days participated in month |      |       |
| <b>Grouped activities</b>               |  |      |       |
| <i>Sports</i>                           | 5.3  | 6.1  | 4.2   |
| <i>Sports plus Walking</i>              | 5.6  | 6.3  | 4.6   |
| <i>Sports plus Walking and Darts</i>    | 5.6  | 6.4  | 4.6   |
| <i>Sports less Physical Recreations</i> | 5.0  | 6.1  | 3.7   |
| <i>Team sports</i>                      | 3.4  | 3.9  | 2.3   |
| <i>Indoor sports</i>                    | 2.2  | 2.1  | 2.3   |
| <i>Hall sports</i>                      | 2.1  | 1.8  | 2.3   |
| <i>Outdoor sports</i>                   | 4.6  | 5.3  | 3.3   |
| <i>Pitch sports</i>                     | 2.0  | 2.1  | 1.5   |
| <b>Most frequent sports</b>             |  |      |       |
| Running/Jogging                         | 3.5  | 3.7  | 3.4   |
| Football                                | 3.4  | 3.7  | 2.5   |
| Cycling                                 | 2.9  | 3.5  | 2.2   |
| Climbing                                | 2.7  | 2.9  | 2.4   |
| Gymnastics                              | 2.4  | 4.0  | 2.2   |
| Multigym use/Weight training            | 2.2  | 2.2  | 2.1   |
| Darts                                   | 2.2  | 2.4  | 1.3   |
| Curling                                 | 2.0  | 2.0  | -     |
| Snooker/Billiards/Pool                  | 1.9  | 2.1  | 1.0   |
| Dance                                   | 1.9  | 2.2  | 1.9   |
| <b>Most popular sports</b>              |  |      |       |
| Football                                | 3.4  | 3.7  | 2.5   |
| Swimming                                | 1.3  | 1.4  | 1.2   |
| Cycling                                 | 2.9  | 3.5  | 2.2   |
| Dance                                   | 1.9  | 2.2  | 1.9   |
| Walking 2+ miles                        | 3.4  | 3.4  | 3.4   |
| Running/Jogging                         | 3.5  | 3.7  | 3.4   |
| Golf                                    | 1.4  | 1.4  | 1.5   |
| Tennis                                  | 1.1  | 1.1  | 1.2   |
| Basketball                              | 1.5  | 1.7  | 1.0   |
| Gymnastics                              | 2.4  | 4.0  | 2.2   |

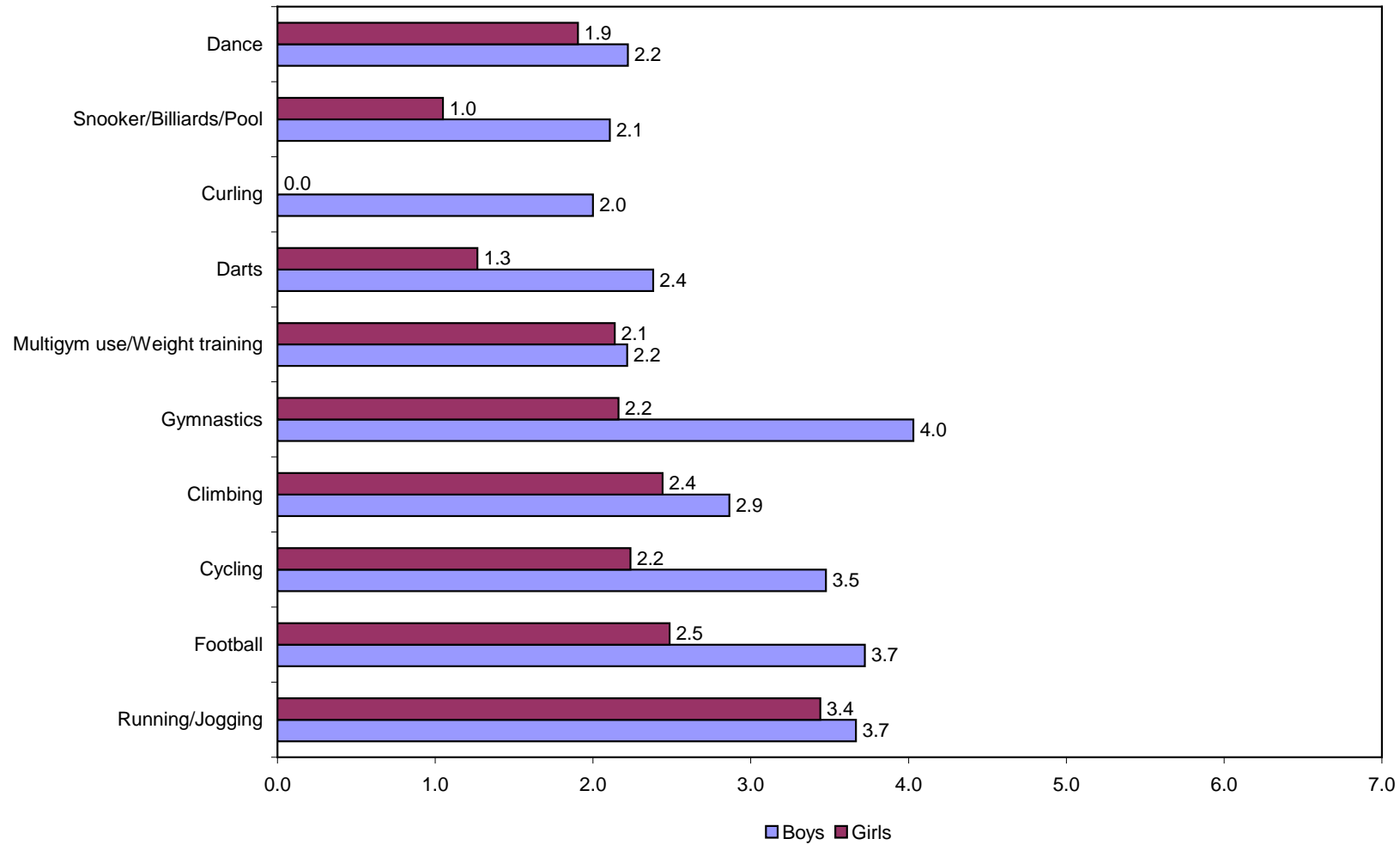
Notes:

- Definitions of *Sports*, *Sports plus Walking*, *Sports plus Walking and Darts*, *Sports less Physical Recreations* and the grouped activities can be found in the methodology section from page 44.
- Illustration: Boys who played football did so on average once a week during the season.

**Figure 9: Frequency of participation at least once a month by grouped sports 2006-08; children 8-15 (peak months)**



**Figure 10: Frequency of participation at least once a month 2006-08; children 8-15 (peak months)**



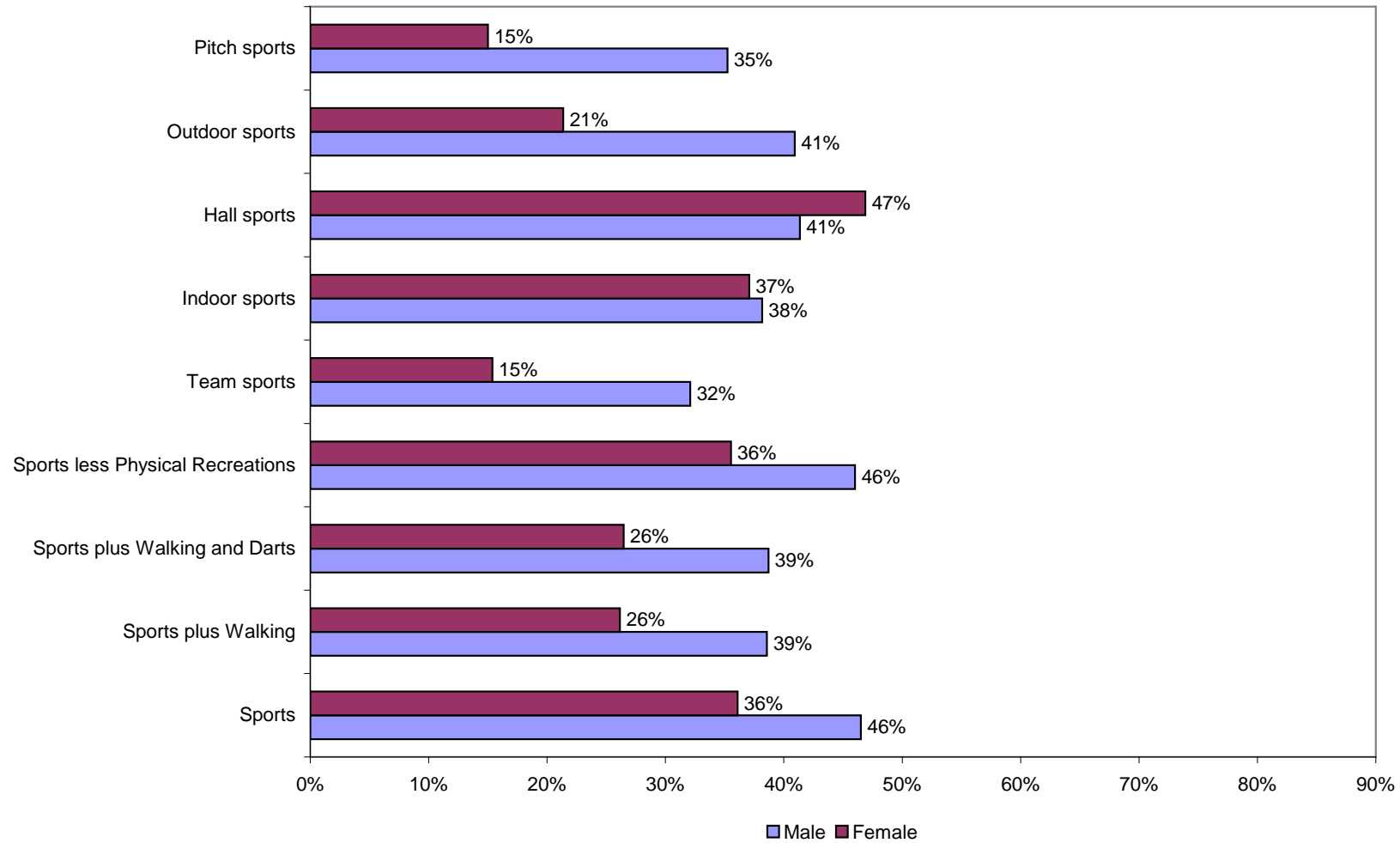
**Table 14: Club membership by gender (at least once a month) 2006-08: adults 16+ (all year data)**

|  | All | Men | Women |
|--|-----|-----|-------|
| Percentage of participants who are club members for the sport(s) |     |     |       |
| <b>Grouped activities</b>  |     |     |       |
| <i>Sports</i>  | 42  | 46  | 36    |
| <i>Sports plus Walking</i>                                       | 33  | 39  | 26    |
| <i>Sports plus Walking and Darts</i>                             | 33  | 39  | 26    |
| <i>Sports less Physical Recreations</i>                          | 42  | 46  | 36    |
| <i>Team sports</i>   | 30  | 32  | 15    |
| <i>Indoor sports</i>   | 38  | 38  | 37    |
| <i>Hall sports</i>   | 44  | 41  | 47    |
| <i>Outdoor sports</i>  | 35  | 41  | 21    |
| <i>Pitch sports</i>  | 34  | 35  | 15    |
| <b>Highest club membership (%)</b>                               |     |     |       |
| Bowls  | 79  | 84  | 71    |
| Martial arts   | 74  | 74  | 75    |
| Curling  | 74  | 67  | 85    |
| Multigym use/Weight training                                     | 66  | 59  | 75    |
| Golf   | 64  | 65  | 59    |
| Judo   | 63  | 65  | 53    |
| Rugby  | 63  | 67  | 8     |
| Gymnastics   | 52  | 49  | 54    |
| Hockey   | 51  | 74  | 24    |
| Cricket  | 49  | 52  | 20    |
| <b>Most popular sports</b>                                       |     |     |       |
| Walking 2+ miles   | 2   | 2   | 3     |
| Swimming   | 18  | 17  | 19    |
| Cycling  | 4   | 4   | 2     |
| Football   | 25  | 27  | 8     |
| Golf   | 64  | 65  | 59    |
| Keep fit/Aerobics  | 48  | 50  | 48    |
| Multigym use/Weight training                                     | 66  | 59  | 75    |
| Running/Jogging  | 10  | 10  | 10    |
| Climbing + Hillwalking   | 10  | 10  | 10    |
| Dance  | 27  | 27  | 27    |

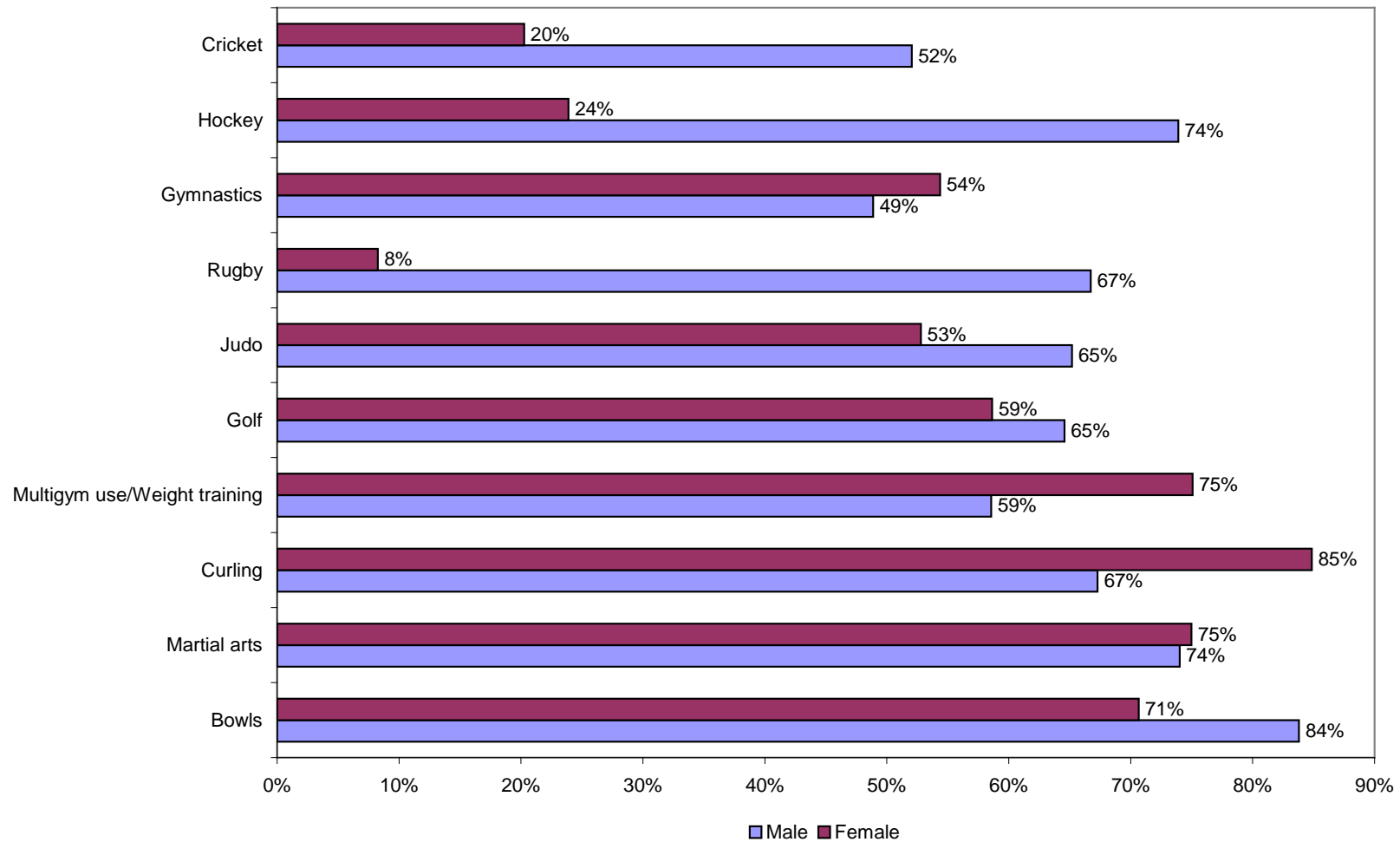
Notes:

- Definitions of *Sports*, *Sports plus Walking*, *Sports plus Walking and Darts*, *Sports less Physical Recreations* and the grouped activities can be found in the methodology section from page 44.
- All year data is used to provide the full profile of participants.
- Illustration: Nearly half (46%) of men who take part in sports, excluding walking, dance, darts and snooker/billiards/pool, are a member of a club for at least one sport they take part in, compared with over a third (36%) of women.

**Figure 11: Participation through club membership at least once a month 2006-08; adults 16+ (all year data)**



**Figure 12: Participation through club membership at least once a month by grouped sports 2006-08; adults 16+ (all year data)**



**Table 15: Club membership by gender (at least once a month) 2006-08: children 8-15 (all year data)**

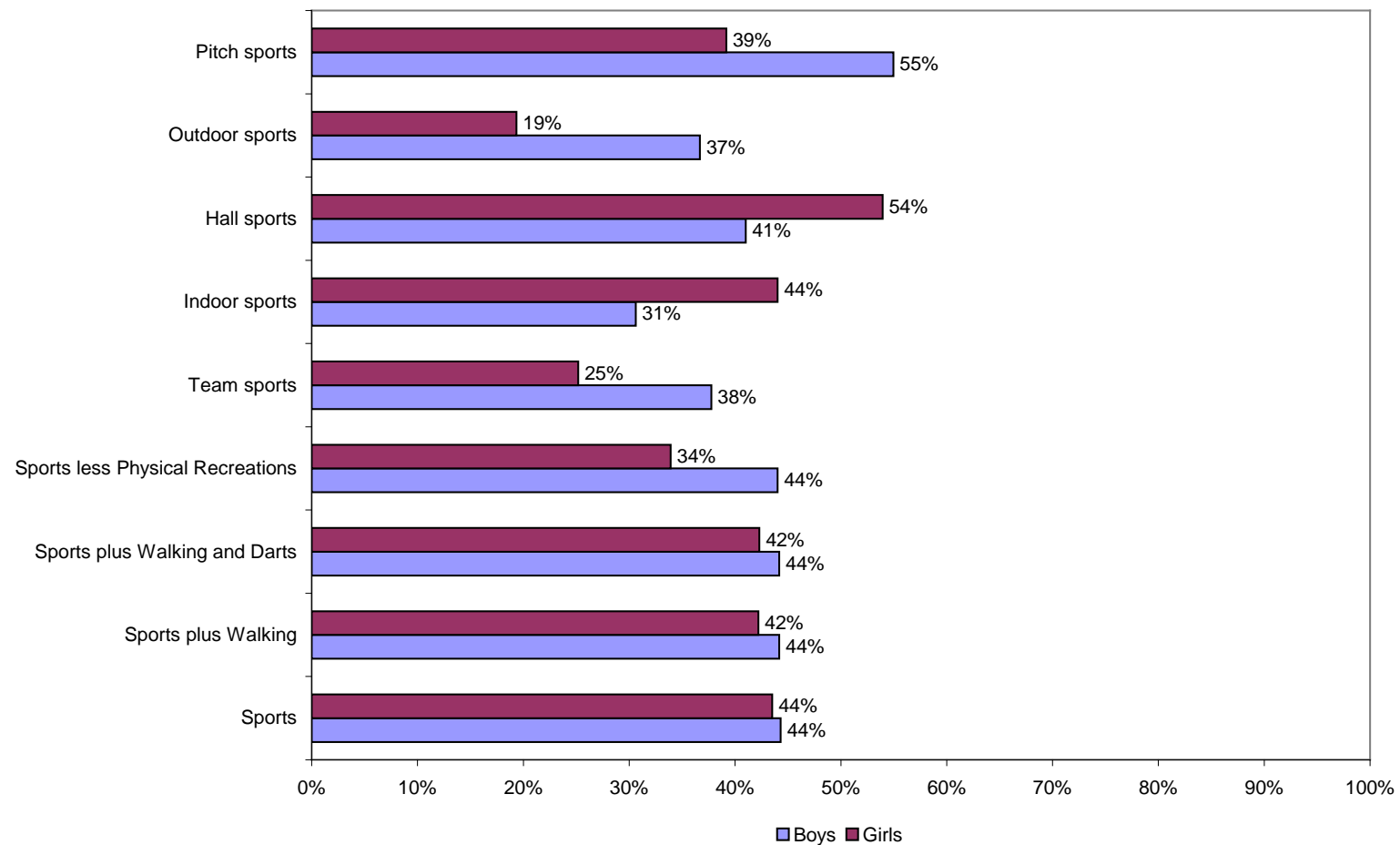
|  | All | Boys | Girls |
|--|-----|------|-------|
| <b>Grouped Sports</b>  |     |      |       |
| Percentage of participants who are club members for the sport(s) |     |      |       |
| <i>Sports</i>  | 44  | 44   | 44    |
| <i>Sports plus Walking</i>                                       | 43  | 44   | 42    |
| <i>Sports plus Walking and Darts</i>                             | 43  | 44   | 42    |
| <i>Sports less Physical Recreations</i>                          | 40  | 44   | 34    |
| <i>Team sports</i>   | 34  | 38   | 25    |
| <i>Indoor sports</i>   | 38  | 31   | 44    |
| <i>Hall sports</i>   | 49  | 41   | 54    |
| <i>Outdoor sports</i>  | 30  | 37   | 19    |
| <i>Pitch sports</i>  | 52  | 55   | 39    |
| <b>Highest club membership (%)</b>                               |     |      |       |
| Martial arts   | 94  | 96   | 92    |
| Judo   | 85  | 74   | 100   |
| Shinty   | 57  | 74   | 0     |
| Keep fit/Aerobics  | 55  | 79   | 49    |
| Dance  | 54  | 32   | 55    |
| Gymnastics   | 53  | 33   | 56    |
| Horse riding   | 51  | 48   | 51    |
| Cricket  | 49  | 52   | 29    |
| Hockey   | 48  | 32   | 61    |
| Athletics  | 43  | 38   | 48    |
| <b>Most popular sports</b>                                       |     |      |       |
| Football   | 31  | 35   | 16    |
| Swimming   | 14  | 14   | 14    |
| Cycling  | 1   | 1    | *     |
| Dance  | 54  | 32   | 55    |
| Walking 2+ miles   | 1   | 1    | 1     |
| Running/Jogging  | 6   | 5    | 6     |
| Golf   | 23  | 24   | 14    |
| Tennis   | 16  | 17   | 15    |
| Basketball   | 10  | 10   | 10    |
| Gymnastics   | 53  | 33   | 56    |

Notes:

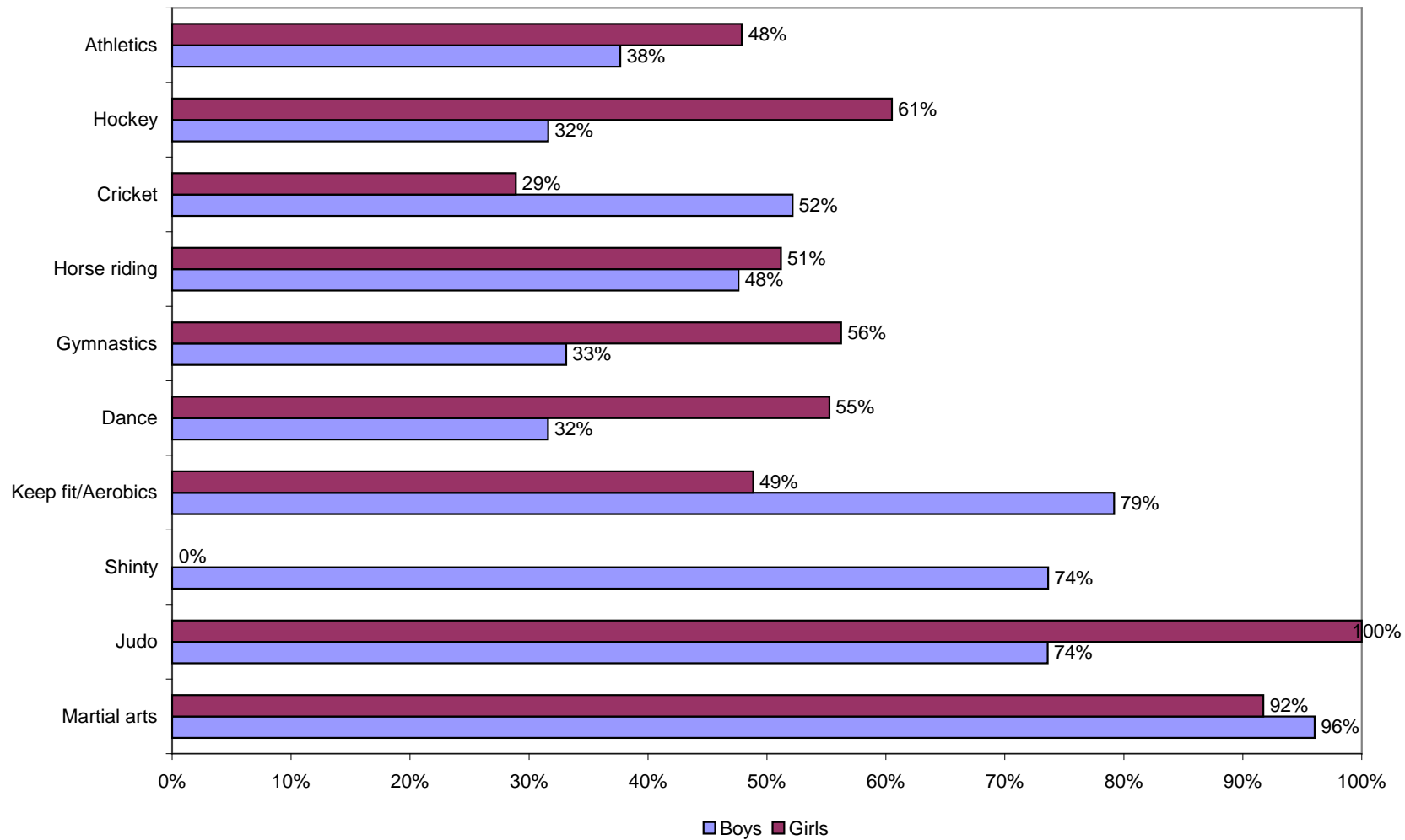
- Definitions of *Sports*, *Sports plus Walking*, *Sports less Physical Recreations* and the grouped activities can be found in the methodology section from page 44.
- All year data is used here to provide the full profile of participants.
- \* indicates less than 0.5% participation through club membership.
- Illustration: Of the boys and girls who played football, boys (35%) were around twice as likely as girls (16%) to be football club members.



**Figure 13: Participation through club membership at least once a month 2006-08 by sports; children 8-15 (all year data)**



**Figure 14: Participation through club membership at least once a month by grouped sports 2006-08; children 8-15 (all year data)**



# SURVEY METHODOLOGY

## Sampling

**sportscotland** commissioned questions from the Scottish Opinion Survey (SOS) run by TNS System Three. The main features of the SOS are as follows:

- It is a household omnibus survey that allows any organisation to buy in questions. The sports questions normally appeared early in the questionnaire.
- The sports questions were asked every other month throughout the year.
- The sample covers around 42 constituencies throughout Scotland, with different sampling points selected each month to be representative in terms of geographical location (North, East Central, West Central, South) and party of current MSP. Coverage is largely of mainland Scotland, but samples are typically included in island constituencies once or twice a year.
- All interviews are in-home using Computer Assisted Personal Interviewing.
- The survey is quota-based rather than random and uses a random route within each sampling point to select addresses, with quotas used to ensure the sample is representative of the population in terms of gender, age and working status.
- The results are weighted for age, gender and social class.
- Only one adult is interviewed per household.
- The sample size is about 1,000 adults each month, made up of approximately 520 women and 480 men and 250 children are also interviewed.
- Fieldwork is generally conducted in the fourth week of each month (with the exception of December when it is put back to the first week in January to avoid Christmas and New Year).

## Survey Questions

### Sport Questions for Adults

The following are the current questions for adults (16+).

- [All respondents] In the last 4 weeks, have you taken part, however informally, in any of these sports or physical recreations in Scotland? *[Asked Jan/Mar/May/July/Sept/Nov. See below for checklist of 58 sports shown to the respondent.]*

- [If YES] Which sports or physical recreations have you taken part in during the last 4 weeks in Scotland?

PROBE: Any others? PROBE: Any others not on this list?

*[Asked Jan/Mar/May/July/Sept/Nov]*

- [For each sport mentioned up to five] How many times have you taken part in <APPROPRIATE SPORT> in last 4 weeks?

*[Asked Mar/July/Nov]*

- [For each sport mentioned up to five] Are you a member of a club for <APPROPRIATE SPORT>?

- Yes – club member
- No – not a member

*[Asked Jan/Mar/May/July/Sept/Nov]*

- [If walking (2+ miles) mentioned] On the last occasion you went for a walk of 2 miles or more, was that mainly in the countryside or in a built-up area?

- Countryside
- Built-up area (including an urban park)
- Other

## Sports Questions for Children

The following questions are asked of children aged 8-15:

- [All respondents] In the last 4 weeks have you done any of the sports or activities listed on this screen, even if just casually? I only want to know about things done in Scotland.

IF YES: Which one(s)?

PROBE Any others on this screen?

*[Asked Jan/Mar/May/July/Sept/Nov. See below for checklist of 58 sports shown to the respondent.]*

- [Participants with over five sports] Of the following sports you said you did, which 5 of these sports do you do most often?

*[Asked Jan/Mar/May/July/Sept/Nov]*

- [For each sport mentioned up to five] How many times have you taken part in <APPROPRIATE SPORT> in last 4 weeks?

- [For each sport mentioned up to five] Where did you take part in <APPROPRIATE SPORT> ?

- In a school PE lesson
- Organised through the school but not in PE time (such as an after-school football club, school swimming competition)
- Organised through some sort of group (such as a youth club, Girl Guides, Boys Brigade)

- Organised through some sort of sports club (local tennis club, football club, etc)
- Or was it casual, that is not organised through the school or any other club - at home, in the garden, in the street, park, swimming pool etc
- Other

*[Asked Mar/July/Nov]*

- [For each sport mentioned up to five] Are you a member of a sports club for <APPROPRIATE SPORT>, that is a club where <APPROPRIATE SPORT> is the main activity?

- Yes - club member
- No not a member

*[Asked Mar/July/Nov]*

## Interview Reasoning

The reasons for asking the questions in this way are as follows:

- Use of a list is important as respondents may not regard some physical recreations as being sports. Using no list, or only a short one, has been shown to result in under-reporting of participation.
- Four weeks was chosen because there is a reasonable chance of accurate recall within that period, especially for the subsequent question on frequency of participation. Irregular participation outside the last four weeks is excluded from the estimate of participation levels. This time period conforms to that used by the General Household Survey and other national surveys of sports participation.
- 'However informally' (and 'even if just casually') was included because research in the early 1980s showed that people did not consider more casual participation to be 'sport' and therefore tended not to record it unless specifically asked. The UK sports councils, including **sportscotland**, have a responsibility for all levels of sport and physical recreation, and the phrases 'however informally' and 'even if just casually' are used in an attempt to be as comprehensive as possible.
- The phrase 'and physical recreations' is used to emphasise **sportscotland's** broader interest in activities such as walking, dancing and snooker/billiards/pool, which would not always be identified as 'sports'.
- The questions stress that participation must take place 'in Scotland'. Activities which take place solely when respondents are tourists outside Scotland, and not taken up on their return, have no practical implications for sport in Scotland. Given the infrequency of such participation, it is also unlikely to be of significance for the individual (with the exception, for example, of those enthusiastic skiers who only take part at foreign resorts).

## Interpretation of the Data

### Sampling Error

All survey data must be interpreted with care as it is subject to *sampling error*. By chance alone there will be differences between the sample and the population from which it is drawn. Because the participation data are collected via a *quota* sampling approach, whereby each interviewer is given a target number of people to interview within certain age and gender categories, the extent of this error cannot be calculated precisely; sampling error can only be calculated for randomly selected samples. However, it has been estimated that, for the aggregate data, the sampling error is approximately  $\pm 3$  per cent. For example, a measured aggregate participation rate of 63 per cent will probably lie within the range 60 per cent to 66 per cent.

Further, the sampling error (the range within which a measurement will lie) will be greater for smaller sub-sample sizes - for example, for individual sports. *Interpretation of the data must be made within the context of these qualifications.*

### Three Years' Data

Because the sub-sample sizes for many individual sports are relatively small, the data from three years (2006-08) has been used in this report. This increases the sub-sample sizes, thereby reducing the sampling error for individual sports to make the estimates of participation more reliable than they would be for a single year. Year on year variations may be misleading and using a three-year sample allows the real changes to emerge rather than those caused by sample variation.

### Peak Months

The analysis of aggregate adult participation patterns is based on data from the most popular two months for each activity. The peak period of demand is used because of the seasonal nature of many activities, which has important implications for planning and provision.

# Sport and Physical Recreation: Definitional Issues

## Grouped Sports

The following groupings have been used to date for analytical purposes.

|   |
|---|
| <b>Sports</b>   |
| This is the main grouped category and comprises all 58 sports included on the list shown to respondents except Walking (2+ miles) or Darts, plus others if the respondent identified any eligible sports when prompted with 'any other sports'. 'Eligible' is defined as the sports and physical recreations recognised by the UK sports councils for purposes of investment or services. Angling; Athletics; Badminton; Basketball; Bowls – outdoor; Bowls – indoor; Canoeing/ Kayaking; Climbing – outdoor; Climbing – indoor; Cricket; Curling; Cycling - on the road; Cycling - on a cycle path (eg, canal towpath, National Cycle Network); Cycling - mountain biking/ off-road on a purpose-built track or facility; Cycling - mountain biking/ off-road elsewhere; Cycling - BMX at a purpose built facility; Cycling - BMX elsewhere; Cycling – velodrome; Dance; Football (11-a-side); Football (5-a-side) – outdoor; Football (5-a-side) – indoor; Football - in street/ garden/ wasteland; Golf; Gymnastics; Hillwalking; Hockey; Horse riding; Ice skating; Judo; Keep fit/ aerobics; Martial arts; Netball; Powerboating/ jet skiing; Rowing; Rugby; Running/ jogging; Sailing/ windsurfing; Shinty; Skateboarding/ Inline skating; Skiing/ Snowboarding; Snooker/ Billiards/ Pool; Squash; Subaqua; Surfing/ Body boarding; Swimming (outdoor); Swimming (leisure pool); Swimming (traditional pool); Table tennis; Tenpin bowling; Tennis – outdoor; Tennis – indoor; Use of Multigym/ Weight training; Volleyball; Waterskiing and Yoga |
| <b>Sports plus Walking</b>  |
| As above plus Walking provided the occasion was for at least two miles.   |
| <b>Sports plus Walking and Darts</b>  |
| As above plus Darts.  |
| <b>Sports less Physical Recreations</b>   |
| This category excludes the popular physical recreations of Dance and Snooker/Billiards/Pool as well as excluding Walking.   |
| <b>Indoor sports</b>  |
| These are defined as sports mainly or exclusively undertaken indoors and comprise the following: Badminton; Basketball; Bowls (indoor); Climbing (indoor); Curling; Dancing; Football (5-a-side indoor); Gymnastics; Ice skating; Judo; Keep fit/Aerobics; Martial arts; Multigym use/Weight training; Netball; Snooker/Billiards/Pool; Squash; Swimming (leisure pool); Swimming (traditional pool); Table tennis; Tenpin bowling; Tennis (indoor); Volleyball; Yoga. All these sports were on the list shown to the respondent. If the respondent identified any further indoor sports when prompted with 'any other sports', these are also included in the group for analysis.  |
| <b>Hall sports</b>  |
| These are defined as sports whose main provision is multi-use indoor facilities. They comprise Badminton; Basketball; Dance; Football (5-a-side indoor); Gymnastics; Judo; Keep fit/Aerobics; Martial arts; Multigym use/Weight training; Netball; Table tennis; Volleyball; Yoga. All these sports were on the list shown to the respondent. If the respondent identified any further hall sports when prompted with 'any other sports', these are also included in the group for analysis.  |
| <b>Indoor swimming</b>  |
| Indoor only, i.e. Swimming (leisure pool) and Swimming (traditional pool).  |
| <b>Other indoor sports</b>  |
| Includes all indoor sports not captured by 'Hall sports' or 'Swimming', namely, Bowls (indoor); Climbing (indoor); Curling; Ice skating; Snooker/Billiards/Pool; Squash; Tenpin bowling and Tennis (indoor).  |
| <b>Team sports</b>  |
| Comprises Basketball; Cricket; Football; Hockey, Netball; Rugby; Shinty and Volleyball. All these sports were on the list shown to the respondent. If the respondent identified any further team sports when prompted with 'any other sports', these are also included.   |

|   |
|---|
| <b>Pitch sports</b>   |
| Defined as sports whose main provision is natural-grass or artificial-surface pitches, and includes the following: Cricket; Football (11-a-side); Football (5-a-side outdoor); Hockey; Rugby and Shinty. All these sports were on the list shown to the respondent. If the respondent identified any further pitch sports when prompted with 'any other sports', these are also included.   |
| <b>Countryside sports</b>   |
| Comprises Angling; Canoeing/Kayaking; Climbing (outdoor); Cycling (mountain biking/off-road on a purpose-built track or facility); Cycling (mountain biking/off-road elsewhere); Cycling (countryside); Hillwalking; Horse riding; Powerboating/Jetskiing; Sailing/Windsurfing; Skiing/Snowboarding; Subaqua; Surfing/Bodyboarding; Swimming (outdoor) and Waterskiing.   |
| <b>Other outdoor sports</b>   |
| These comprise sports undertaken mainly or exclusively outdoors, excluding the Countryside sports: Athletics; Bowls (outdoor); Cricket; Cycling (on the road); Cycling (on a cycle path); Cycling (BMX at a purpose-built facility); Cycling (BMX elsewhere); Cycling (velodrome); Football (11-a-side); Football (5-a-side outdoor); Football (in street/garden/wasteland); Golf; Hockey; Rowing; Rugby; Running/Jogging; Shinty; Skateboarding/Inline skating and Tennis (outdoor). |

Note: Darts was first recognised in 2005 by the UK Sports Councils for the purposes of investment and services, and appears for the first time in the 2006-08 participation report. It becomes the 58th sport or physical recreation on the list shown to respondents.

## Social Class

- AB - Higher and intermediate managerial, administrative and professional (19% of the population).
- C1 - Supervisory, clerical and junior managerial, administrative and professional (26% of the population).
- C2 - Skilled manual workers (22% of the population).
- DE - Semi-skilled or unskilled manual workers: apprentices in skilled trades; casual or lowest grade workers; state pensioners or widowers; those entirely dependent on the state long term through sickness, unemployment, old age or other reasons (33% of the population).