

Introduction

- 1 The following are key statistics on participation in sport and physical recreation within Scotland by adults (16+) and children (8-15) living in Scotland¹. Questions have been included in the Scottish Omnibus Survey every other month (every month during 2003/04) since 1987 for adults and children since 1998. These results cover the calendar years 2005-07².
- 2 The Scottish Omnibus Survey is run by TNS (System Three) and is a household survey of residents throughout Scotland and asks about participation at least once in the past four weeks "in Scotland".
- 3 Only the most popular months of the year are used to show these participation rates to allow for the seasonality of many sports where participation rates would be underestimated if averaged throughout the year. The full all-year datasets are used to provide profiles of participants in sport, reported separately.

Findings

- 4 Tables 1 and 2 give participation figures for children aged 8-15 for grouped sports and most popular sports and physical recreations (at least 2% of respondents taking part). Tables 3 and 4 are equivalent tables for adults (16+). Definitions are provided in the end notes.

Table 1: Children's Participation in Grouped Sports (excluding participation in PE class)

	All Children	Boys	Girls	Age 8-11	Age 12-15
	Percentage of respondents at least once a month				
Sports plus walking ³	93	95	91	96	90
Sports ⁴	92	95	89	96	89
Sports less PR ⁵	90	95	85	94	86
Hall sports ⁶	41	32	51	44	38
Indoor swimming ⁷	35	30	40	41	29
Other indoor sports ⁸	11	12	10	10	12
Team sports ⁹	59	79	36	63	55
Pitch sports ¹⁰	33	50	14	34	33
Countryside sports ¹¹	15	15	16	14	16
Other outdoor sports ¹²	75	88	61	82	69
<i>Sample size:</i>	1,135	613	522	576	559

Table 2: Children's Participation in Individual Sports (excl participation in PE class)¹³

	All children	Boys	Girls
Percentage of respondents at least once a month aged 8-15			
Football	52	74	27
In street/garden/wasteland	34	49	17
5-a-side all (indoor/outdoor)	17	26	6
11-a-side	17	26	6
5-a-side outdoor	13	20	4
5-a-side indoor	8	11	4
Swimming	37	32	43
Leisure pool	28	23	34
Traditional pool	9	7	10
Outdoor	5	4	6
Cycling	36	36	35
On the road	25	25	25
On a cycle path ¹⁵	10	9	12
Mountain biking/Off-road	3	5	1
BMX	2	3	*
Dance	16	2	31
Walking (2+ miles) ¹⁴	14	10	19
Running/Jogging	11	11	12
Golf	10	16	3
Tennis	7	7	7
Outdoor	6	7	6
Indoor	1	1	1
Basketball	6	9	3
Badminton	6	6	6
Gymnastics	5	1	10
Rugby	5	8	2
Skateboarding/Inline skating	5	6	4
Athletics	4	4	5
Ice skating	4	3	6
Snooker/Billiards/Pool	4	6	1
Netball	4	1	7
Martial arts	3	3	4
Hockey	3	3	4
Angling	3	5	1
Horse riding	3	*	6
Judo	2	2	1
Climbing	2	2	1
Tenpin bowling	2	1	2
Bowls	2	3	1
Hillwalking	2	2	2
Table tennis	2	2	1
Sample size:	1,135	613	522
* denotes less than 0.5% participation			

Questions

Children 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)?

Adults: In the last 4 weeks, have you taken part, however informally, in any of these sports or physical recreations in Scotland? [If YES] Which sports or physical recreations have you taken part in during the last 4 weeks in Scotland?

Table 3: Adult Participation in Grouped Sports

	Adults	Men	Women
Percentage of respondents aged 16+ at least once a month			
Sports plus walking ³	60	65	56
Sports ⁴	47	56	39
Sports less PR ⁵	46	55	37
Hall sports ⁶	18	19	18
Indoor swimming ⁷	15	12	18
Other indoor sports ⁸	9	12	5
Team sports ⁹	11	21	3
Pitch sports ¹⁰	9	17	1
Countryside sports ¹¹	10	15	6
Other outdoor sports ¹²	27	41	15
<i>Sample size:</i>	<i>6,151</i>	<i>2,767</i>	<i>3,384</i>

Table 4: Adult Participation in Individual Sports¹³

	Adults	Men	Women
Percentage of respondents aged 16+ at least once a month			
Walking 2+ miles ¹⁴	30	26	33
Swimming	16	13	18
Leisure pool	12	10	13
Traditional pool	4	3	5
Outdoor	1	2	1
Football	10	19	2
5-a-side all (indoor/outdoor)	6	13	1
5-a-side indoor	4	7	*
5-a-side outdoor	4	9	*
Football in street/garden/wasteland	4	5	2
11-a-side	3	6	*
Cycling	10	14	7
On the road	6	8	5
On a cycle path ¹⁵	4	5	3
Mountain biking/Off-road	3	5	1
BMX	*	*	*
Golf	9	16	2
Keep fit/Aerobics	6	3	9
Multigym use/Weight training	5	7	4
Running/Jogging	4	6	3
Hillwalking	4	5	3
Dance	4	1	6
Bowls	4	3	
Bowls outdoor	3	4	2
Bowls indoor	2	3	2
Snooker/Billiards/Pool	3	6	1
Angling	3	5	1
Badminton	2	3	2
Tenpin bowling	2	2	2
Yoga	2	*	3
<i>Sample size:</i>	<i>6,151</i>	<i>2,767</i>	<i>3,384</i>
<i>* denotes less than 0.5% participation</i>			

End Notes

¹ Further information is available in Research Digest 1xx *Sports Participation in Scotland 2005-07* and also the '*Sports Participation Data Methodological Overview*' paper which can be downloaded from <http://www.sportscotland.org.uk>.

² Results are averaged over three years to increase the sample size and discourage year-on-year comparisons where apparent changes are usually within the margins of error.

³ **Sports plus walking (2+ miles)** comprise the 57 sports included on the list shown to respondents 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.

⁴ **Sports** comprise the 56 activities covered in the Scottish Omnibus Survey, excluding walking.

⁵ **Sports less PR** excludes the popular physical recreations of dance and snooker/billiards/pool as well as walking.

⁶ **Hall sports** are defined as sports whose main provision is multi-use indoor facilities. They comprise badminton; basketball; dancing; 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.

⁷ **Indoor swimming** comprises swimming (leisure pool) and swimming (traditional pool).

⁸ **Other indoor sports** encompasses all indoor sports not captured by 'hall sports' or 'indoor swimming' namely, bowls (indoor), climbing (indoor), curling, ice skating, snooker/billiards/pool, squash, tenpin bowling and tennis (indoor).

⁹ **Team sports** comprise basketball; cricket; football; hockey; netball; rugby; shinty; volleyball. All these sports were on the list shown to the respondent. Any further team sports identified by the respondent are also included.

¹⁰ **Pitch sports** are defined as sports whose main provision is natural-grass or artificial-surface pitches, and include the following: cricket; football (11-a-side); football (5-a-side outdoor); hockey; rugby; 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.

¹¹ **Countryside sports** comprise sports and physical recreations predominantly participated in a countryside setting, and include angling, canoeing/kayaking, climbing (outdoor), cycling (mountain biking/off-road on a purpose-built track or facility); cycling (mountain biking/off-road elsewhere), hillwalking, horse riding, powerboating/jetskiing, sailing/windsurfing, skiing/snowboarding, subaqua, surfing/bodyboarding, swimming (outdoor) and waterskiing.

¹² **Other outdoor sports** comprise sports and physical recreations which are played outdoors but excluding the Countryside sports. This includes 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).

¹³ Sports with 'all adults/children' participation rates of less than 1.5% (2% when rounded) are excluded. All figures are round to the nearest whole number, so an asterisk (*) denotes 'less than 0.5%'.

¹⁴ The survey question asks if the respondent has taken part in "any of these sports or physical recreations", so it is reasonable to assume that most respondents will not include walking or cycling purely as a means of transport, but will include them if perceived as (at least in part) exercise or a leisure activity.

¹⁵ The questionnaire gives "e.g., canal towpath, National Cycle Network" as illustrations.

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