



## Sports Participation Summary

April 2011 – April 2012

Sport England – Active People Survey 6

*Throughout this document, the participation values have been compared against baseline figures, which refer to participation values taken during 2007/8 (Active People Survey 2, APS2) unless otherwise stated.*

### **Sports participation across all sports for key demographic groups**

The “1x30” sports participation indicator measures the number of adults (aged 16 and over) participating in at least 30 minutes of sport at moderate intensity at least once a week.

During the period from April 2011 to April 2012, 15.3 million adults participated in sport at least once a week for 30 minutes at moderate intensity, an increase of 1.3 million participants from the baseline value recorded in 2005/6 when London won the Olympic bid, of 13.9 million adults.

**Gender:** The number of males participating in sport at least once a week during April 2011 to April 2012 was 8.653 million, an increase of 961,400 participants from the baseline value of 7.691 million in 2005-6. This increase was statistically significant; meaning that we can say with 95% confidence that there was a real change in the participation rate. Compared with Active People Survey 1 (2005/6) there was also a statistically significant increase in participation among females by 376,000 adults from 6.248 million to 6.624 million participants. Participation levels for both men and women have also increased since the previous Active People Survey release (2010/11).

**Age Groups:** Across both age group categories; 16 to 25 and 26+, there has been a statistically significant increase of 133,600 participants, and 1.2 million participants respectively. There are currently 3.785 million young people aged 16 – 25 and 11.492 million adults aged 26 and over participating in sport at least once a week of moderate intensity for at least 30 minutes.

**Ethnicity:** The rate of sports participation among white adults has increased from 12.594 million to 13.598 million (34.3% to 35.9%) since 2005/6. Sports participation among non-white adults has increased (but not statistically significant) by 333,000 participants from 1.346 million (33.2%) in 2005/6 to 1.679 million (33.8%) April 2011 to April 2012.

**Disability:** Compared with APS1 (2005/6), the rate of sports participation among adults with a limiting disability/illness has increased from 1.317 million to 1.662 million (15.1% to 18.2%).

**Socio-economic groups:** participation among adults from all socio-economic groups has increased. In particular, NS-SEC1-2, NS-SEC3 and NS-SEC4 have seen a statistically significant increase of 528,600, 103,000 and 77,200 participants respectively. The remaining socio-economic group NS-SEC5-8 has seen an increase (although not a statistically significant one) of 170,400 adult participants.

**Region:** Between APS1 (2005/6) and APS6Q2 (April 2011 – April 2012) there has been a statistically significant increase in participation in the East Midlands, London, North East, North West, South East, South West, West Midlands and Yorkshire regions. The increase recorded in the East region is not statistically significant.

One session a week (at least four sessions of at least moderate intensity for at least 30 minutes in the previous 28 days)	APS1 (October 2005 - October 2006)		APS6Q2 (April 2011 – April 2012)		
	%	n	%	n	Statistically significant change from APS1
East	34.8	1,556,100	35.5	1,677,900	No Change
East Midlands	33.6	1,173,400	34.8	1,289,400	Increase
London	35.0	2,126,000	36.0	2,342,900	Increase
North East	32.7	682,200	34.3	732,500	Increase
North West	33.7	1,859,100	35.6	2,019,100	Increase
South East	36.7	2,416,500	37.3	2,592,100	Increase
South West	33.8	1,402,300	35.8	1,563,300	Increase
West Midlands	31.9	1,373,600	33.6	1,498,100	Increase
Yorkshire	33.1	1,350,200	36.3	1,561,100	Increase

Table 1. Regional adult participation, 30 minutes of moderate intensity sport. Source: Sport England's Active People Survey

**National:** The number of adults participating in less than one session of moderate intensity a week and participating in two sessions a week of moderate intensity exercise has seen no significant change since baseline values of 2005/6. The number of adults participating in three sessions a week of moderate intensity exercise has seen a significant increase of 980,800 adults, from 6.294 million to 7.275 million. On the other hand, there has been a statistically significant decrease in the number of adults participating in either one or zero sessions a week of at least 30 minutes of moderate intensity exercise.

	APS1 (Oct 2005 – Oct 2006)		APS6Q2 (April 2011 – April 2012)		
<b>Zero sessions</b> of moderate intensity for at least 30 minutes in the previous 28 days	%	n	%	n	Statistically significant change from APS1
<b>National overall</b>	<b>58.8</b>	<b>23,925,800</b>	<b>57.3</b>	<b>24,527,300</b>	<b>Decrease</b>
<b>Less than one session a week</b> (1 to 3 sessions in the previous 28 days)	%	n	%	n	Statistically significant change from APS1
National overall	7.0	2,845,700	7.0	3,004,800	No Change
<b>One session a week</b> (4 to 7 sessions in the previous 28 days)	%	n	%	n	Statistically significant change from APS1
<b>National overall</b>	<b>11.1</b>	<b>4,510,800</b>	<b>10.9</b>	<b>4,658,700</b>	<b>Decrease</b>
<b>Two sessions a week</b> (8 to 11 sessions in the previous 28 days)	%	n	%	n	Statistically significant change from APS1
National overall	7.7	3,134,700	7.8	3,343,300	No Change
<b>Three sessions a week</b> (at least 12 sessions in the previous 28 days)	%	n	%	n	Statistically significant change from APS1
<b>National overall</b>	<b>15.5</b>	<b>6,293,900</b>	<b>17.0</b>	<b>7,274,700</b>	<b>Increase</b>

Table 2. National adult participation, 30 minutes of moderate intensity sport. Source: Sport England's Active People Survey

### Sports participation across individual sports – once a week

Comparison of the Active People Surveys from 2007/8 and the 12 months to April 2012, indicates six sports: athletics, cycling, boxing, table tennis, netball and fencing that have seen a statistically significant increase in participation rates for adults who have taken part in the sport at a moderate intensity for 30 minutes or more at least once in the last week (or at least four days out of the previous 28 days).

- Participation in **athletics** (including running and jogging) has grown from 1.612 million adults (3.89%) in 2007/8 to 1.982 million adults (4.63%) in 2011/12, an increase of 369,700 participants.
- Participation in **table tennis** has grown from 75,600 adults (0.18%) in 2007/8 to 106,600 adults (0.25%) in 2011/12, an increase of 31,000 participants.
- Participation in **netball** has grown from 118,800 adults (0.29%) in 2007/8 to 147,100 adults (0.34%) in 2011/12, an increase of 28,300 participants.

15 sports have seen a statistically significant decrease in weekly participation rates between 2007/8 and the 12 months to April 2012 including: swimming, tennis, squash and racketball, rugby union, basketball and rugby league.

- Participation in **swimming** has declined from 3.244 million adults (7.83%) in 2007/8 to 2.807 million adults (6.56%), a decrease of 437,100 participants.
- Participation in **tennis** has declined from 487,500 adults (1.18%) in 2007/8 to 417,700 adults (0.98%), a decrease of 69,800 participants.
- Participation in **squash and racketball** has declined from 293,900 adults (0.71%) in 2007/8 to 279,400 adults (0.65%), a decrease of 14,500 participants.
- Participation in **rugby union** has declined from 230,300 adults (0.56%) in 2007/8 to 196,300 adults (0.46%), a decrease of 34,000 participants.

- Participation in **basketball** has declined from 186,000 adults (0.45%) in 2007/8 to 148,500 adults (0.35%), a decrease of 37,500 participants.
- Participation in **rugby league** has declined from 82,000 adults (0.20%) in 2007/8 to 57,700 adults (0.13%), a decrease of 24,300 participants.

### Sports participation across individual sports – once a month

Comparison of the 2007/8 and the 12 months to April 2012 data shows athletics, netball and table tennis have a statistically significant increase in participation rates for adults who have taken part in the sport at moderate intensity for 30 minutes or more at least once in the last month.

- Participation in **athletics** (including running and jogging) has grown from 2.514 million adults (6.07%) in 2007/8 to 2.881 million adults (6.73%), an increase of 366,800 participants.
- Participation in **netball** has grown from 184,900 adults (0.45%) in 2007/8 to 223,300 adults (0.52%), an increase of 85,496 participants.
- Participation in **table tennis** has grown from 196,700 adults (0.47%) in 2007/8 to 242,600 adults (0.57%), an increase of 45,900 participants.

Sport England NGB 09-13 Funded sports	APS2 (Oct 2007-Oct 2008)		APS6Q2 (April 2011 – April 2012)		Statistically significant change from APS 2
	%	n	%	n	
<b>Athletics</b>	<b>6.07</b>	<b>2,514,400</b>	<b>6.73</b>	<b>2,881,200</b>	<b>Increase</b>
Badminton	2.27	939,400	2.06	881,500	Decrease
Basketball	0.80	330,000	0.64	274,800	Decrease
Cricket	1.01	419,500	0.94	401,200	Decrease
Football	7.58	3,142,200	7.44	3,183,500	No Change
Hockey	0.38	156,500	0.36	153,400	No Change
<b>Netball</b>	<b>0.45</b>	<b>184,900</b>	<b>0.52</b>	<b>223,300</b>	<b>Increase</b>
Rugby League	0.32	131,900	0.19	82,700	Decrease
Rugby Union	0.76	314,000	0.67	287,000	Decrease
Squash and racketball	1.19	495,100	1.05	451,000	Decrease
Swimming	13.44	5,570,100	11.48	4,913,300	Decrease
<b>Table Tennis</b>	<b>0.47</b>	<b>196,700</b>	<b>0.57</b>	<b>242,600</b>	<b>Increase</b>
Tennis	2.27	940,000	1.82	778,900	Decrease

Table 3. Once a month adult participation, 30 minutes of moderate intensity sport.

Source: Sport England's Active People Survey

Football and hockey are the only sports not to have experienced a statistically significant change in once a month participation rates for adults. Hockey has had a slight decline in participation by 3,100 adults, whereas, football has seen an increase of 41,300 participants.

The remaining sports; badminton, basketball, cricket, rugby league, rugby union, squash & racketball, swimming and tennis, have all experienced a statistically significant decrease in participation rates for adults who have taken part in the sport at moderate intensity for 30 minutes or more at least once in the last month.

Sport England NGB 09-13 Funded sports	APS2 (Oct 2007-Oct 2008)			APS6Q2 (April 2011 – April 2012)			
	%	n	Base (Sample Size)	%	n	Base (Sample Size)	Statistically significant change from APS 2
<b>Athletics</b>	<b>5.05</b>	<b>126,900</b>	<b>9,644</b>	<b>4.32</b>	<b>124,500</b>	<b>6,593</b>	<b>Decrease</b>
Badminton	15.68	147,300	3,884	15.15	133,500	2,114	No Change
Basketball	13.22	43,600	865	10.24	28,100	512	No Change
Cricket	38.68	162,200	1,326	38.85	155,900	917	No Change
<b>Football</b>	<b>20.44</b>	<b>642,300</b>	<b>9,022</b>	<b>18.99</b>	<b>604,600</b>	<b>5,797</b>	<b>Decrease</b>
Hockey	56.98	89,200	525	62.46	95,800	269	No Change
Netball	37.94	70,200	701	35.17	78,500	522	No Change
Rugby League	39.24	51,800	284	40.00	33,100	149	No Change
Rugby Union	60.84	191,000	874	60.55	173,800	515	No Change
Squash and racketball	19.89	98,500	1,913	18.39	82,900	945	No Change
Swimming	3.34	186,100	26,618	3.23	158,500	14,550	No Change
<b>Table Tennis</b>	<b>18.31</b>	<b>36,000</b>	<b>831</b>	<b>14.50</b>	<b>35,200</b>	<b>693</b>	<b>Decrease</b>
Tennis	27.09	254,700	3,939	24.86	193,700	2,121	No Change

Table 4. Percentage of participants that are members of a sports club for that sport.

Source: Sport England's Active People Survey

Comparison of the 2007/8 and the 12 months to April 2012 data shows that no sport had a statistically significant increase in the percentage of participants that are members of a sports club for that sport.

Athletics, football and table tennis have experienced a statistically significant decrease in the percentage of participants that are members of a sports club for that sport.

- The percentage of member participants in **athletics** has declined from 5.05% (126,900 adults) in 2007/8 to 4.32% (124,500 adults), a reduction of 0.73% (2,400 member participants).
- The percentage of member participants in **football** has declined from 20.44% (642,300 adults) in 2007/8 to 18.99% (604,600 adults), a reduction of 1.45% (37,700 member participants).
- The percentage of member participants in **table tennis** has declined from 18.31% (36,000 adults) in 2007/8 to 14.50% (35,200 adults), a reduction of 3.81% (800 member participants).

The remaining sports: badminton, basketball, cricket, hockey, netball, rugby league, rugby union, squash & racketball, swimming and tennis, haven't experienced a statistically significant change in the percentage of participants that are members of a sports club for that sport.

## Individual Sports Participation Summary

### Athletics

- **At least once a week** participation in athletics continues to follow a strong upward trend; following a small drop 6 months ago, participation has increased by 82,400 in the last 6 months.
- Average once a week participation is now at 1,981,800, this is the highest point recorded since Active People Surveys began.
  - Overall there has been a statistically significant increase in the number of participants, from 1.612 million (3.89%) in 2007/8 to 1.982 million (4.63%) April 2011 – April 2012, an increase of 369,700 participants.
  - Both male and female participation rates have increased by approximately 185,000 participants since 2007/8.
  - The age range which has experienced the largest statistically significant increase in once a week participation is 45 – 64 year olds from 289,900 (2.28%) in 2007/8 to 408,700 (3.07%) April 2011 – April 2012, an increase of 118,800 participants.
  - The age range which has experienced the only decrease in once a week participation (although not statistically significant) is 16 – 19 year olds, from 187,500 (6.92%) in 2007/8 to 180,700 (7.03%) April 2011 – April 2012, a decline of 6,800 participants.
  - The London Region has seen the greatest statistically significant increase in participation of 82,700 adults from 306,800 (5.03%) in 2007/8 to 389,500 (6.00%) April 2011 – April 2012.
  - No region has experienced a decline in participation numbers, statistically significant or not.
- **At least once a month** participation numbers in athletics has mirrored the increase of once a week participation numbers.
  - There has been an increase (although not statistically significant) in the overall number of participants, from 2.514 million (6.07%) in 2007/8 to 2.881 million (6.73%) April 2011 – April 2012, an increase of 366,800 participants.
  - The age range which has experienced the largest statistically significant increase in once a month participation is 45 – 64 year olds, from 434,500 (3.40%) in 2007/8 to 563,700 (4.22%) April 2011 – April 2012, an increase of 129,200 participants.
  - The age range which has experienced the only decrease in once a month participation (although not statistically significant) is 16 – 19 year olds, from 341,900 (12.58%) in 2007/8 to 304,900 (11.08%) April 2011 – April 2012, a decline of 37,000 participants.
  - The London Region has seen the greatest statistically significant increase in participation of 83,900 adults from 496,000 (8.13%) in 2007/8 to 579,900 (8.93%) April 2011 – April 2012.
  - No region has experienced a decline in participation numbers, statistically significant or not.
- The increase in participation overall masks a drop in participation among people aged 16 -25.
- Even though participation rates have increased, there has been a statistically significant decrease in the number of people involved in organised forms of athletics over the last six months, down by 60,000 participants.

## Badminton

- **At least once a week** participation in badminton has increased over the last 6 months, however the long term trend in participation is fairly flat.
  - There has been a decrease (although not statistically significant) in the overall number of participants, from 535,700 (1.29%) in 2007/8 to 535,400 (1.25%) April 2011 – April 2012, a decline of 300 participants.
  - Participation for men and women has increased over the last 6 months. This brings female participation back to the level seen a year ago but it still remains significantly below baseline for this group.
  - The age range which has experienced the largest increase (although not statistically significant) in once a week participation is 45 – 64 year olds, from 160,000 (1.24%) in 2007/8 to 170,100 (1.23%) April 2011 – April 2012, an increase of 10,100 participants.
  - The age range which has experienced the largest statistically significant decrease in once a week participation is 35 – 44 year olds, from 119,200 (1.50%) in 2007/8 to 96,100 (1.27%) April 2011 – April 2012, a decline of 23,100 participants.
  - The West Midlands Region has seen the greatest statistically significant increase of 14,400 participants from 60,600 adults (1.40%) in 2007/8 to 75,000 adults (1.68%) April 2011 – April 2012.
  - Whereas, the South-East Region has seen the greatest statistically significant decrease of 12,600 participants from 98,400 adults (1.46%) in 2007/8 to 85,800 adults (1.24%) April 2011 – April 2012.
- **At least once a month** participation has stabilised over the last 6 months but has not increased in line with once a week participation, there remains a long term downward trend in once a month participation.
  - There has been a decrease (although not statistically significant) in the overall number of participants, from 939,400 (2.27%) in 2007/8 to 881,500 (2.06 %) April 2011 – April 2012, a decline of 57,900 participants
  - Over the last six months male participation has increased slightly while female participation has continued to decrease.
  - The age range which has experienced the largest statistically significant increase in once a month participation is 65+ year olds, from 51,800 (0.62%) in 2007/8 to 66,900 (0.74%) April 2011 – April 2012, an increase of 15,100 participants.
  - The age range which has experienced the largest statistically significant decrease in once a month participation is 35 – 44 year olds, from 210,100 (2.65%) in 2007/8 to 167,200 (2.23%) April 2011 – April 2012, a decline of 42,900 participants.
  - The Yorkshire Region has seen the greatest increase of 10,500 participants (although not statistically significant) from 75,000 adults (1.79%) in 2007/8 to 85,500 adults (1.99%) April 2011 – April 2012.
  - Whereas, the South-East Region has seen the greatest statistically significant decrease of 25,300 participants from 175,600 adults (2.61%) in 2007/8 to 150,300 adults (2.16%) April 2011 – April 2012.

## Basketball

- **At least once a week** participation in basketball has a long term downwards trend, with participation remaining flat over the last 18 months.
  - There has been a statistically significant decrease in the overall number of participants, from 186,000 (0.45%) in 2007/8 to 148,500 (0.35%) April 2011 – April 2012, a decline of 37,500 participants.
  - Male and female participation numbers have experienced a statistically significant decrease since the baseline values of 2007/8.
  - The age range which has experienced the only increase (although not statistically significant) in once a week participation is 25 – 29 year olds, from 17,200 (0.49%) in 2007/8 to 18,700 (0.46%) April 2011 – April 2012, an increase of 1,500 participants.
  - The age range which has experienced the largest statistically significant decrease in once a week participation is 16 – 19 year olds, from 97,000 (3.27%) in 2007/8 to 68,400 (2.37%) April 2011 – April 2012, a decline of 28,600 participants.
  - To be noted, 4 out of the 7 age groups were underrepresented in the survey and have no data values, thus weren't included in the analysis.
  - The East Region has seen the greatest increase of 400 participants (although not statistically significant) from 19,900 adults (0.43%) in 2007/8 to 20,300 adults (0.43%) April 2011 – April 2012.
  - Whereas, the North-West Region has seen the greatest statistically significant decrease of 10,400 participants, from 24,200 adults (0.44%) in 2007/8 to 13,800 adults (0.24%) April 2011 – April 2012.
- **At least once a month** participation has held up suggesting that it is reduced frequency of participation rather than drop out of basketball all together occurring.
  - There has been a decrease (although not statistically significant) in the overall number of participants, from 330,000 (0.80%) in 2007/8 to 274,800 (0.64 %) April 2011 – April 2012, a decline of 55,200 participants.
  - Female participation continues to decline at a slightly faster rate than male participation.
  - The age range which has experienced the largest increase (although not statistically significant) in once a month participation is 25 - 29 year olds, from 34,000 (0.98%) in 2007/8 to 35,000 (0.88%) April 2011 – April 2012, an increase of 1,000 participants.
  - The age range which has experienced the only statistically significant decrease in once a month participation is 16 – 19 year olds, from 159,800 (5.41%) in 2007/8 to 111,800 (3.97%) April 2011 – April 2012, a decline of 48,000 participants.
  - The South-West Region has seen the greatest increase of 6,400 participants (although not statistically significant) from 22,000 adults (0.52%) in 2007/8 to 28,400 adults (0.65%) April 2011 – April 2012.
  - Whereas, the North-West Region has seen the greatest statistically significant decrease of 18,900 participants, from 40,200 adults (0.72%) in 2007/8 to 21,300 adults (0.38%) April 2011 – April 2012.
- Club membership had been fluctuating around 15% of participants but has fallen in the last year to just above 10%. Numbers have dropped by roughly 20,000 over this period.

## Cricket

- **Once a week** participation in cricket has remained fairly stable compared with 6 months ago with the long term trend being flat.
  - Overall the number of participants has increased (although not statistically significant) by 5,200 adults from 204,800 (0.49%) in 2007/8 to 210,000 (0.49%) April 2011 – April 2012.
  - Female participation numbers have increased almost twice that of male participation numbers.
  - The age range which has experienced the largest increase (although not statistically significant) in once a week participation is 45 - 64 year olds, from 25,600 (0.19%) in 2007/8 to 30,300 (0.21%) April 2011 – April 2012, an increase of 4,700 participants.
  - The age range which has experienced the only decrease (although not statistically significant) in once a week participation is 16 – 19 year olds, from 64,100 (2.26%) in 2007/8 to 54,800 (1.98%) April 2011 – April 2012, a decline of 9,300 participants.
  - The Yorkshire Region has seen the largest increase (although not statistically significant) of 6,200 participants from 26,000 adults (0.62%) in 2007/8 to 32,200 adults (0.75%) April 2011 – April 2012.
  - Whereas, the London region has seen the greatest decrease (although not statistically significant) of 3,200 participants from 36,000 adults (0.59%) in 2007/8 to 32,800 adults (0.50%) April 2011 – April 2012.
- **At least once a month** participation in cricket is also showing a long term flat trend.
  - Overall the number of participants has decreased (although not statistically significant) by 18,300 adults from 419,500 (1.01%) in 2007/8 to 401,200 (0.94 %) April 2011 – April 2012.
  - The age range which has experienced the largest increase (although not statistically significant) in once a month participation is 35 – 44 year olds, from 71,500 (0.87%) in 2007/8 to 79,100 (1.02%) April 2011 – April 2012, an increase of 7,600 participants.
  - The age range which has experienced the only statistically significant decrease in once a month participation is 16 – 19 year olds, from 124,500 (4.40%) in 2007/8 to 88,700 (3.25%) April 2011 – April 2012, a decline of 35,800 participants.
  - The Yorkshire Region has seen the greatest increase of 10,200 participants (although not statistically significant) from 40,600 adults (0.97%) in 2007/8 to 50,800 adults (1.18%) April 2011 – April 2012.
  - Whereas, the North-West region has seen the only statistically significant decrease of 10,700 participants from 52,400 adults (0.94%) in 2007/8 to 41,700 adults (0.74%) April 2011 – April 2012.
- There is a growing number of people who participate very frequently; two or three times a week. This indicates a growing group of very committed participants within the overall at least once a week participation number.

## Football

- **At least once a week** participation in football has increased over the last 6 months and is now back at the same level as 12 months ago.
  - There has been an increase (although not statistically significant) in the overall number of participants, from 2.145 million (5.18%) in 2007/8 to 2.185 million (5.10%) April 2011 – April 2012, an increase of 39,900 participants.
  - Once a week female participation has dropped over the last 12 months and is now significantly below the 2007/8 baseline level.
  - The age range which has experienced the largest statistically significant increase in once a week participation is 25 - 29 year olds, from 311,100 (9.51%) in 2007/8 to 399,400 (10.72%) April 2011 – April 2012, an increase of 88,300 participants.
  - The age range which has experienced the largest statistically significant decrease in once a week participation is 16 – 19 year olds, from 635,900 (22.82%) in 2007/8 to 497,800 (18.91%) April 2011 – April 2012, a decline of 138,100 participants.
  - The London Region has seen the largest statistically significant increase of 62,300 participants from 283,500 adults (4.65%) in 2007/8 to 345,800 adults (5.32%) April 2011 – April 2012.
  - Whereas, the North-East region has seen the greatest statistically significant decrease of 39,700 participants from 148,500 adults (7.07%) in 2007/8 to 108,800 adults (5.09%) April 2011 – April 2012.
- **At least once a month** participation in football has a long term flat trend but has increased very gradually every quarter for the last 18 months.
  - Overall the number of participants has increased (although not statistically significant) by 41,300 adults from 3.142 million (7.58%) in 2007/8 to 3.184 million (7.44 %) April 2011 – April 2012.
  - The number of females participating in football once a month has continued to decrease.
  - The age range which has seen the largest statistically significant participation increase of 121,800 adults, is 25 – 29 year olds, from 452,900 (13.91%) in 2007/8 to 574,700 (15.47%) April 2011 – April 2012.
  - The age range which has experienced the only statistically significant decrease in once a month participation is 16 – 19 year olds, from 860,100 (31.02%) in 2007/8 to 690,400 (26.28%) April 2011 – April 2012, a decline of 169,700 participants.
  - The South-West Region has seen the only statistically significant increase of 30,700 participants from 259,500 adults (6.10%) in 2007/8 to 290,200 adults (6.65%) April 2011 – April 2012.
  - Whereas, the South-East Region has seen the greatest statistically significant decrease of 32,100 participants, from 470,400 adults (7.00%) in 2007/8 to 438,300 adults (6.31%) April 2011 - April 2012.
- Since 2007/8 115,000 less people are participating in organised football – this indicates a gradual switch over time to more informal forms of the game. This is driven by a drop in tuition/coaching and organised competition.

## Hockey

- **At least once a week** participation in hockey has increased sharply over the last 6 months however the long term trend is fairly flat.
  - There has been an increase (although not statistically significant) in the overall number of participants, from 99,800 (0.24%) in 2007/8 to 106,100 (0.25%) April 2011 – April 2012 an increase of 6,300 participants.
  - The sharp increase in once a week participation has been almost entirely among male participants.
  - The age range which has experienced the highest increase (although not statistically significant) in once a week participation is 16 – 19 year olds, from 35,700 (1.24%) in 2007/8 to 43,100 (1.52%) April 2011 – April 2012, an increase of 7,400 participants.
  - The age range which has experienced the only decrease (although not statistically significant) in once a week participation is 35 - 44 year olds, from 11,900 (0.14%) in 2007/8 to 11,200 (0.14%) April 2011 – April 2012, a decline of 700 participants.
  - To be noted 4 out of the 7 age groups were under represented in the survey so have no data values and weren't included in the analysis.
  - The West Midlands Region has seen the greatest statistically significant increase of 8,400 participants from 10,200 adults (0.24%) in 2007/8 to 18,600 adults (0.42%) April 2011 – April 2012.
  - The South-East region has seen the greatest statistically significant decrease of 6,300 participants from 25,300 adults (0.38%) in 2007/8 to 19,000 adults (0.27%) April 2011 – April 2012.
  
- **At least once a month** participation in hockey has followed a similar pattern to once a week participation, increasing sharply over the last 6 months but with an underlying flat trend over the longer term.
  - There has been a decrease (although not statistically significant) in the overall number of participants, from 156,500 (0.38%) in 2007/8 to 153,400 (0.36 %) April 2011 – April 2012, a decline of 3,100 participants.
  - The age range which has experienced the highest increase (although not statistically significant) in once a month participation is 45 - 64 year olds, from 19,100 (0.14%) in 2007/8 to 25,700 (0.18%) April 2011 – April 2012, an increase of 6,600 participants.
  - The age range which has experienced the largest decrease (although not statistically significant) in once a month participation is 35 – 44 year olds, from 22,500 (0.27%) in 2007/8 to 18,700 (0.24%) April 2011 – April 2012, a decline of 3,800 participants.
  - The West Midlands Region has seen an increase (although not statistically significant) of 4,700 participants from 18,400 adults (0.42%) in 2007/8 to 23,100 adults (0.52%) April 2011 – April 2012.
  - The South-East Region has seen the highest decrease (although not statistically significant) of 4,800 participants from 34,300 adults (0.51%) in 2007/8 to 29,500 adults (0.42%) April 2011 – April 2012.
  - The only statistically significant decrease in once a month participation levels was seen in the East Region, of 4,600 participants. From 18,600 adults (0.40%) in 2007/8 to 14,000 adults (0.30%) April 2011 – April 2012.

## Netball

- **At least once a week** participation in netball has risen again over the last 6 months following a small dip, this increase suggests a steady long term upward trend in participation.
  - There has been a statistically significant increase in the overall number of participants, from 118,800 (0.29%) in 2007/8 to 147,100 (0.34%) April 2011 – April 2012, and increase of 28,300 participants.
  - The age range which has experienced the largest increase (although not statistically significant) in once a week participation is 16 – 19 year olds, from 39,400 (1.38%) in 2007/8 to 50,500 (1.77%) April 2011 – April 2012, an increase of 11,100 participants.
  - The age range which has experienced the only decrease (although not statistically significant) in once a week participation is 20 – 24 year olds, from 19,900 (0.54%) in 2007/8 to 19,100 (0.48%) April 2011 – April 2012, a decline of 800 participants.
  - The South-West Region has seen the only statistically significant increase of 8,100 participants, from 10,000 adults (0.23%) in 2007/8 to 18,100 adults (0.41%) April 2011 – April 2012.
  - No region has experienced a participation decrease, statistically significant or not.
- **At least once a month** participation in netball is also rising steadily over the long term.
  - Overall the number of participants has increased (although not statistically significant) by 38,400 adults from 184,900 (0.45%) in 2007/8 to 223,300 (0.52 %) April 2011 – April 2012.
  - The age range which has experienced the largest statistically significant increase in once a month participation is 25 – 29 year olds, from 20,100 (0.60%) in 2007/8 to 36,600 (0.91%) April 2011 – April 2012, an increase of 16,500 participants.
  - The age range which has experienced the only decrease (although not statistically significant) in once a month participation is 20 – 24 year olds, from 33,000 (0.90%) in 2007/8 to 26,000 (0.65%) April 2011 – April 2012, a decrease of 7,000 participants.
  - The South-West Region has seen the only statistically significant increase of 11,700 participants from 17,400 adults (0.41%) in 2007/8 to 29,100 adults (0.67%) April 2011 – April 2012.
  - No region has experienced a participation decrease, statistically significant or not.
- In the last 6 months participation has dropped back sharply amongst 25 – 29 year olds, with a loss of 7,000 participants. However, 30 – 34 year old participation has grown by 6,000 over the same period so we could see either an age cohort moving through the groupings or a shifting focus of the 'back to' programme.

## Rugby League

- **At least once a week** participation in rugby league has risen again over the last 6 months continuing the steady increase in participation over the last year.
  - There has been a statistically significant decrease in the overall number of participants, from 82,000 (0.20%) in 2007/8 to 57,700 (0.13%) April 2011 – April 2012, a decline of 24,300 participants.
  - The only age range with data recorded for is the 16 – 19 year olds, which has experienced a statistically significant decrease in once a week participation, from 48,100 (1.61%) in 2007/8 to 18,800 (0.69%) April 2011 – April 2012, a decline of 29,300 participants.
  - No age range has experienced an increase in once a week participation, statistically significant or not. Although 6 out of the 7 age groups were under represented in the survey so have no data values.
  - Only the North-West Region has collated enough data to be represented in the analysis, and has seen a statistically significant decrease of 4,200 participants from 22,200 adults (0.43%) in 2007/8 to 18,000 adults (0.32%) April 2011 – April 2012.
- **At least once a month** participation in rugby league has increased steadily over the past few years.
  - There has been a statistically significant decrease in the overall number of participants, from 131,900 (0.32%) in 2007/8 to 82,700 (0.19 %) April 2011 – April 2012, a decline of 49,200 participants.
  - The age range which has experienced the only increase (although not statistically significant) in once a month participation is 20 - 24 year olds, from 22,200 (0.55%) in 2007/8 to 26,100 (0.68%) April 2011 – April 2012, an increase of 3,900 participants.
  - The age range which has experienced the only statistically significant decrease in once a month participation is 16 – 19 year olds, from 79,200 (2.51%) in 2007/8 to 26,500 (0.97%) April 2011 – April 2012, a decline of 52,700 participants.
  - The current number of 16 – 19 year old participants is almost only a third of the number of participants in 2007/8.
  - To be noted, 5 out of the 7 age groups were under represented in the survey so have no data values.
  - No region has experienced an increase in once a month participation, statistically significant or not. But again, 7 out of the 9 regions were under represented in the survey so have no data values.
  - However, out of the two regions represented, the North-West region has seen the greatest statistically significant decrease of 8,500 participants from 30,900 adults (0.56%) in 2007/8 to 22,400 adults (0.39%) April 2011 – April 2012.
- The increases in participation over the last year have been driven by the 13 aside game.

## Rugby Union

- **At least once a week** participation in rugby union remains statistically significantly below the baseline values of 2007/8.
  - There has been a statistically significant decrease in the overall number of participants, from 230,300 (0.56%) in 2007/8 to 196,300 (0.46%) April 2011 – April 2012, a decline of 34,000 participants.
  - The age range which has experienced the largest increase (although not statistically significant) in once a week participation is 25 – 29 year olds, from 29,700 (0.89%) in 2007/8 to 36,000 (0.94%) April 2011 – April 2012, an increase of 6,300 participants.
  - The age range which has experienced the largest statistically significant decrease in once a week participation is 16 – 19 year olds, from 87,700 (3.08%) in 2007/8 to 68,100 (2.51%) April 2011 – April 2012, a decline of 19,600 participants.
  - The North-West region has seen the highest increase in participation numbers (although not statistically significant) of 6,200 adults from 22,100 (0.40%) in 2007/8 to 28,300 (0.50%) April 2011 – April 2012.
  - Whereas, the West Midlands Region has seen the greatest statistically significant decrease of 18,500 participants from 30,700 adults (0.71%) in 2007/8 to 12,200 adults (0.27%) April 2011 – April 2012.
- **At least once a month** participation in rugby union has followed a similar pattern to once a week participation but with slightly less downward movement. It also currently remains significantly below the baseline values.
  - There has been a decrease (although not statistically significant) in the overall number of participants, from 314,000 (0.76%) in 2007/8 to 287,000 (0.67 %) April 2011 – April 2012, a decline of 27,000 participants.
  - The age range which has experienced the largest increase (although not statistically significant) in once a month participation is 25 – 29 year olds, from 37,800 (1.13%) in 2007/8 to 47,900 (1.26%) April 2011 – April 2012, an increase of 10,100 participants.
  - The age range which has experienced the largest statistically significant decrease in once a month participation is 16 – 19 year olds, from 112,600 (3.97%) in 2007/8 to 90,000 (3.35%) April 2011 – April 2012, a decline of 22,600 participants.
  - The North-West Region has seen the greatest increase (although not statistically significant) of 8,200 participants from 29,400 adults (0.53%) in 2007/8 to 37,600 adults (0.66%) April 2011 – April 2012.
  - Whereas, the West Midlands Region has seen the greatest statistically significant decrease of 21,000 participants from 37,300 adults (0.86%) in 2007/8 to 16,300 adults (0.36%) April 2011 – April 2012.
- The 15 aside game has driven the recent increase in participation.

## Squash and Racketball

- **At least once a week** participation in squash and racketball has been relatively stable over the past year but is showing a slight downwards trend.
  - There has been a statistically significant decrease in the overall number of participants, from 293,900 (0.71%) in 2007/8 to 279,400 (0.65%) April 2011 – April 2012, a decline of 14,500 adults.
  - Male participation numbers haven't changed since the baseline values in comparison to female participation numbers which have dropped by 14,500 (a statistically significant decline).
  - The age range which has experienced the largest increase (although not statistically significant) in once a week participation is 25 – 29 year olds, from 35,800 (1.13%) in 2007/8 to 46,700 (1.30%) April 2011 – April 2012, an increase of 10,900 participants.
  - The age range which has experienced the only statistically significant decrease in once a week participation is 35 – 44 year olds, from 73,600 (0.94%) in 2007/8 to 53,700 (0.75%) April 2011 – April 2012, a decline of 19,900 participants.
  - The Yorkshire region has seen the only statistically significant increase of 20,100 participants from 21,400 adults (0.51%) in 2007/8 to 41,500 adults (0.96%) April 2011 – April 2012.
  - Whereas, the East-Midlands has seen the greatest statistically significant decrease of 7,800 participants from 28,100 adults (0.78%) in 2007/8 to 20,300 adults (0.55%) April 2011 – April 2012.
- **At least once a month** participation in squash and racketball has followed a similar pattern to once a week participation.
  - There has been a decline (although not statistically significant) in the overall number of participants, from 495,100 (1.19%) in 2007/8 to 451,000 (1.05%) April 2011 – April 2012, a decline of 44,100 participants.
  - The age range which has experienced the largest increase (although not statistically significant) in once a month participation is 25 – 29 year olds, from 67,100 (2.13%) in 2007/8 to 77,400 (2.14%) April 2011 – April 2012, an increase of 10,300 participants.
  - The age range which has experienced the largest statistically significant decrease in once a month participation is 35 – 44 year olds, from 123,600 (1.59%) in 2007/8 to 91,200 (1.26%) April 2011 – April 2012, a decline of 32,400 participants.
  - The Yorkshire Region has seen the only statistically significant increase of 31,100 participants from 37,500 adults (0.89%) in 2007/8 to 68,600 adults (1.59%) April 2011 – April 2012.
  - Whereas, the South-West Region has seen the greatest statistically significant decrease of 14,300 participants, from 51,600 adults (1.21%) in 2007/8 to 37,300 adults (0.85%) April 2011 – April 2012.
- Organised Squash and Racketball has remained fairly stable around 27% of participants, with coaching and tuition increasing over time both as a proportion of participants and in numbers of people.

## Swimming

- **At least once a week** participation in swimming has a strong long term downwards trend however it has remained static over the past 6 months.
  - There has been a statistically significant decrease in the overall number of participants, from 3.244 million (7.83%) in 2007/8 to 2.807 million (6.56%) April 2011 – April 2012, a decline of 437,100 participants.
  - Female participation continues to decline at a faster rate than male participation.
  - The only age range to have experienced an increase in participation (although not statistically significant) is the 65+ year olds, from 311,200 adults (3.81%) in 2007/8 to 314,200 adults (3.57%) April 2011 – April 2012, an increase of 3,000 participants.
  - 6 out of the 7 age ranges have experienced a statistically significant decrease in once a week participation numbers, however the 35 – 44 year old category has seen the greatest decline of 145,500 adults, from 764,300 (9.79%) in 2007/8 to 618,800 (8.43%) April 2011 – April 2012.
  - No region has experienced an increase in once a week participation, statistically significant or not.
  - Whereas all regions have seen a statistically significant decline in once a week participation, with the North-West Region seeing the greatest decline of 68,500 participants, from 455,200 adults (8.19%) in 2007/8 to 386,700 adults (6.61%) April 2011 – April 2012.
- **At least once a month** participation in swimming is showing signs of stabilisation, which has been driven by participation increases over the last 6 months amongst the 45+ age groups where participation levels have returned to those seen 12 months earlier.
  - There has been a decrease (although not statistically significant) in the overall number of participants, from 5.570 million (13.44%) in 2007/8 to 4.913 million (11.48 %) April 2011 – April 2012, a decline of 656,800 participants.
  - Male participation has dropped by only 167,400 since APS2 (2007/8) in comparison to female participation which has dropped by 489,400 (both a statistically significant decline).
  - The only age range to have experienced an increase in participation (although not statistically significant) is the 65+ year olds, from 489,400 adults (5.98%) in 2007/8 to 504,300 adults (5.72%) April 2011 – April 2012, an increase of 14,900 participants.
  - 6 out of the 7 age ranges have experienced a statistically significant decrease in once a month participation numbers, however like once a week participation, the 35 – 44 year old category has seen the greatest decline of 258,700 adults, from 1.386 million (17.74%) in 2007/8 to 1.127 million (15.33%) April 2011 – April 2012.
  - No region has experienced an increase in once a month participation, statistically significant or not.
  - The East Region has seen the greatest statistically significant decrease of 97,800 participants, from 622,200 adults (13.58%) in 2007/8 to 524,400 adults (11.11%) April 2011 – April 2012.
- Organised swimming has remained fairly stable over time at just under 7% of participants. There has been a statistically significant increase in the number of participants involved in competition swimming, from 1.4% in 2007/8 to 1.8% April 2011 – April 2012.

## Table Tennis

- **Once a week** participation in table tennis has dropped over the last 6 months, mainly from the 35 – 54 age group, however participation of this group remains above the levels of 18 months ago.
  - There has been a statistically significant increase in the overall number of participants, from 75,600 (0.18%) in 2007/8 to 106,600 (0.25%) April 2011 – April 2012, an increase of 31,000 participants.
  - Out of the three age groups that had enough data to be analysed, the age range which has experienced the largest increase (although not statistically significant) in once a week participation is 45 – 64 year olds, from 25,000 (0.19%) in 2007/8 to 33,200 (0.23%) April 2011 – April 2012, an increase of 8,200 participants.
  - No age range has experienced a decrease in once a week participation, statistically significant or not. Although 4 out of the 7 age groups were under represented in the survey so have no data values.
  - The East Region has seen the only statistically significant increase of 6,000 participants from 7,300 adults (0.16%) in 2007/8 to 13,300 adults (0.28%) April 2011 – April 2012.
  - The only region to have experienced a decrease in participation, (although not statistically significant) is the West-Midlands, from 9,600 adults (0.22%) in 2007/8 to 9,400 adults (0.21%) April 2011 – April 2012, a decline of 200 participants.
- The data for the most recent 6 months (Oct-Apr) replaces exceptionally high participation figures from the same period a year ago. This is driving the slight drop in average once a week participation over the last 6 months.
- **At least once a month** participation in table tennis is following a similar pattern to once a week participation and has also dipped slightly over the last 6 months. There remains a long term picture of growth in these figures too.
  - There has been an increase (although not statistically significant) in the overall number of participants, from 195,600 (0.47%) in 2007/8 to 242,600 (0.57 %) April 2011 – April 2012, an increase of 47,000 participants.
  - Both male and female participation numbers have seen a statistically significant increase from their baseline values in 2007/8.
  - The age range which has experienced the largest statistically significant increase in once a month participation is 45 – 64 year olds, from 53,600 (0.41%) in 2007/8 to 74,500 (0.53%) April 2011 – April 2012, an increase of 20,900 participants.
  - The only age range to experience a decrease in participation (although not statistically significant) is 16 – 19 year olds, from 30,900 adults (1.11%) in 2007 to 28,600 adults (1.06%) April 2011 – April 2012, a decline of 2,300 participants.
  - London has seen the greatest statistically significant increase of 13,300 participants, from 32,900 (0.54%) in 2007/8 to 46,200 (0.71%) April 2011 – April 2012.
  - Whereas, the South-West Region has experienced the largest decrease in participation (although not statistically significant) of 1,700 participants from 23,300 (0.55%) in 2007/8 to 21,600 (0.50%) April 2011 – April 2012.

## Tennis

- **Once a week** participation in tennis has increased in the last 6 months by 41,900 participants. This is the first increase in once a week tennis participation for over 2 years.
  - There has been a statistically significant decrease in the overall number of participants, from 487,500 (1.18%) in 2007/8 to 417,700 (0.98%) April 2011 – April 2012, a decline of 69,800 participants.
  - The decline in female participation is more than twice that of male participation decline.
  - The only age range to experience an increase in once a week participation (although not statistically significant) is 20 - 24 year olds, from 50,800 adults (1.41%) in 2007/8 to 51,000 adults (1.35%), an increase of 200 participants.
  - The age range which has experienced the greatest statistically significant decrease in once a week participation is 16 – 19 year olds, from 85,700 (3.05%) in 2007/8 to 60,900 (2.26%) April 2011 – April 2012, a decline of 24,800 participants.
  - The North-East Region has seen the highest increase (although not statistically significant) of 4,000 participants from 12,900 adults (0.61%) in 2007/8 to 16,900 adults (0.79%) April 2011 – April 2012.
  - Whereas, the South-East region has seen the greatest statistically significant decrease of 25,900 participants from 121,900 adults (1.81%) in 2007/8 to 96,000 adults (1.38%) April 2011 – April 2012.
- **At least once a month** participation in tennis has shown a similar bounce back over the last 6 months to once a week participation.
  - There has been a decrease (although not statistically significant) in the overall number of participants, from 939,400 (2.27%) in 2007/8 to 778,900 (1.82 %) April 2011 – April 2012, a decline of 160,500 participants.
  - Female participation continues to decline at twice the rate of male participation decline.
  - No age range has experienced an increase in once a month participation, statistically significant or not.
  - The age range which has experienced the largest statistically significant decrease in once a month participation is 16 – 19 year olds, from 171,600 (6.16%) in 2007/8 to 107,100 (4.02%) April 2011 – April 2012, a decline of 64,500 participants.
  - No region has experienced an increase in once a month participation, statistically significant or not.
  - Whereas, the South-East region has seen the greatest statistically significant decrease of 58,000 participants from 220,100 adults (3.27%) in 2007/8 to 162,100 adults (2.34%) April 2011 – April 2012.
- There has been a statistically significant decrease in the number of participants involved in competition Tennis from 18.0% in 2007/8 to 16.1% April 2011 – April 2012. On the other hand there has been a statistically significant increase in the number of participants receiving Tennis tuition from 19.5% in 2007/8 to 22.3% April 2011 – April 2012.