

## **Sport Pembrokeshire – Sports participation Survey**

Every year all Year 7 and Year 10 pupils in Pembrokeshire's eight Secondary Schools fill in detailed questionnaires. The results of this survey provide accurate measures of young peoples'...

- sport and exercise participation rates
- sporting preferences
- perceived barriers to participation

### **Main findings from 2005 Survey**

#### **a) Participation Rates**

- **Percentages participating in sport &/ or physical exercise for 1 hour per day** (which is the medically recommended minimum level of activity required at school age for good health) are ...

Year 7 Boys	42%	Year 7 Girls	30%
Year 10 Boys	40%	Year 10 Girls	19%

- **Percentages participating in sport &/ or physical exercise once a week or less**

Year 7 Boys	14%	Year 7 Girls	20%
Year 10 Boys	17%	Year 10 Girls	37%

- **However, the survey also reveals that**

Year 7 Boys	43%	Year 7 Girls	49%
Year 10 Boys	42%	Year 10 Girls	44%

although not exercising daily, are doing so more than twice a week.

- **The drop off in girls daily participation rates between Primary School and Year 10 at Secondary School is alarming ...**

from 30% participating daily at Year 6/7 to 19% at Year 10.

Whereas boys participation rates at the end of Primary education and their early teens appear more consistent... from 42 % at year 6/7 to 40% at year 10

## b) Sporting Preferences

The most popular sports for teenage (Year 10) **girls** are...

Position	Sport	% girls who <b>really like the</b> sport/activity	% participating once per week or more
1	Dance	33	40
2	Rounders	28	24
3	Tennis	25	22
4	Netball	24	21
5	Cycling	24	29
6	Badminton	23	18
7	Multigym	23	23
8	Swimming-rec	21	21
9	Horse riding	21	15
10	Walking	20	52
11	Aerobics	19	21
12	Football	19	17
13	Running	16	42
14	Hockey	16	18
15	Swimming-comp	15	14
16	Basketball	15	11

The most popular sports for teenage (Year 10) **boys** are...

Position	Sport	% boys who <b>really like the</b> sport/activity	% participating once per week or more
1	Football	54	63
2	Rugby	37	44
3	Cycling	36	54
4	Tennis	29	29
5	Basketball	24	25
6	Multigym	21	26

7	Running	20	50
8	Table Tennis	18	16
9	Surfing	18	11
10	Cricket	18	23
11	Badminton	17	14
12	Golf	16	17
13	Canoeing	16	9

**b) Sporting Preferences (cont)**

The most popular sports for teenage (Year 7) **girls** are...

Position	Sport	% girls who <b>really like the sport/activity</b>	% participating once per week or more
1	Cycling	47	67
2	Swimming-rec	41	47
3	Tennis	39	44
4	Dance	38	48
5	Netball	37	45
6	Horse riding	31	25
7	Football	30	37
8	Rounders	29	22
9	Swimming-comp	28	34
10	Running/jogging	28	61
11	Gymnastics	25	32
12	Hockey	25	34
13	Walking	23	57
14	Climbing	18	16
15	Athletics-track	17	35

16	Surfing	17	10
17	Canoeing	16	8

The most popular sports for teenage (Year 7 ) **boys** are...

Position	Sport	% boys who <b>really like the sport/activity</b>	% participating once per week or more
1	Cycling	56	67
2	Football	52	65
3	Rugby	50	60
4	Tennis	39	42
5	Basketball	32	31
6	Swimming-rec	31	38
8	Cricket	31	37
9	Running/jogging	28	58
10	Golf	21	21
11	Climbing	21	19
12	Swimming-comp	21	25
13	Surfing	21	13
14	Athletics-track	18	32
15	Table tennis	18	19
16	Athletics-field	18	28
17	Walking	18	48
18	Boxing	16	16
19	Canoeing	15	10
20	Rounders	15	17

### c) Most common barriers to Participation

Barriers to participation can be divided between a) attitudinal and b) structural (ie facilities, club structures, travel logistics, cost etc).

<b><i>Barrier cited</i></b>	<b><i>% Girls</i></b>	<b><i>% Boys</i></b>
<b>Attitudinal</b>		
Fear of injury	56	66
Too competitive	35	25
Getting hurt	34	29
Being embarrassed	32	15
No one to go with	31	19
Only fun for those good at sport	27	17
Being left out	27	18
Feel Im not good enough	23	10
Its boring	21	12
Too many rules	16	13
I have a disability	2	2
<b>Structural</b>		
No local club	20	14
Too far away	20	20
No transport	19	20
Local facilities not good enough	19	18
No facilities	18	18
Too expensive	15	13
Can't stay after school	14	10
Can't get booking at leisure Centre	5	5

Significantly attitudinal barriers, often associated with self-esteem, are far higher amongst girls. Structural barriers are similar for boys and girls, except with respect to the availability of a local club, the lack of which for girls is well documented.

Keeness on sport does not in itself appear to be a barrier to participation with 'only' 23% girls and 11% boys stating that they are 'not keen on sport.'

## **d) Conclusions**

For a healthy life Government and Medical Authorities recommend that the minimum level of exercise required by young people is an hour a day of moderately intense exercise. For adults the minimum recommended standard is five ½ hour moderately intense periods of exercise per week. The higher levels required by young people relate to physiological requirements concerning growth, muscle development, skills development and bone density. For example bone density (the level of which determines susceptibility to osteoporosis and risk of bone fractures in later life) is determined largely by the level of load bearing exercise undertaken under the age of 21. It is also the case that if young people do not acquire basic motor skills (such as hand eye co-ordination, the ability to swim etc) then sport and exercise options are closed off in latter life. It is extremely difficult for an adult beginner to learn how to throw a ball or to competently swim.

According to the Department of Health there are now over 15% of 15 year olds who are clinically obese; a percentage which has doubled in the last ten years. Lack of exercise, associated with poor diet, is the underpinning reason for this crisis. Aside from severely increased incidence of heart disease, osteoporosis and diabetes -obesity seriously undermines individual self-esteem and well-being, which can also lead to clinical depression.

The status quo is not an option.

If we are to significantly increase sport and exercise participation rates account must be taken of young people's own preferences and cited barriers. It is not sufficient to focus only on the talented high performers who are already committed to a sporty lifestyle. School and community based sport must be cool and fun for all. Such a culture change is the precursor for a healthy active life, for life – good habits and aptitudes are best established whilst young. To that end

partners within *Sport Pembrokeshire* are drawing up local, family of school based sports development plans that maximise available resources and address identified barriers – but above all we need to inspire young people by tailoring such plans to young peoples own preferences.