

Children and Young People's Participation in Organised Sport

Omnibus Survey

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Ipsos MORI



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1. Executive Summary

Background to the survey

The DCSF commissioned Ipsos MORI in early 2008 to undertake a year-long survey to measure children and young people's participation in out-of-school sporting opportunities and their total participation in sporting opportunities, both in and out-of-school / college. The questions were asked of 5 to 19 year-olds and the study focuses on two broad age groups: 5 to 16 year-olds in school years Reception to 11, and 16 to 19 year-olds in years 12 and above, or who are not at school.¹

Ipsos MORI used the LVQ (Laybourne Valentine & Partners) Children's Omnibus to carry out the fieldwork for the study, placing three questions on the survey every month for 12 months. Average findings are reported for the year. Further details of the survey objectives and methodology can be found in chapters two and three.

Key Findings

Organised sport² outside the school day³

The mean level of reported participation in organised sport outside of the school day among 5 to 19 year olds was just over an hour and a half (97.2 minutes) the week preceding the interview with the child / young person⁴.

The key findings below are reported in terms of proportion of children and young people who reported participating in at least three hours of organised sport outside of the school day during the week prior to the interview.

- Just over one in five 5 to 19 year-olds (21%)⁵ have taken part in three hours or more organised sport. Forty-seven percent have done no organised sport.
- The proportion of those participating in three hours or more organised sport is the same among 5 to 16 year-olds in years Reception to 11 (21%) and among 16 to 19 year-olds in years 12 or above, or not at school (22%).
- Boys are significantly more likely than girls to have participated in three or more hours (26% vs. 16%). Girls are more likely than boys to have been completely inactive (52% vs. 43%).
- Those 5 to 19 year-olds in the more affluent social groups ABC1 are more likely than those in groups C2DE to have participated in three or more hours (24% compared with 18%).

¹ N.B. Any future references to 5 to 16 year-olds and 16 to 19 year-olds should be interpreted as per these definitions. There is no overlap of 16 year-olds in each of these groups. Those in the first group are 16 year-olds still in year 11, while those in the second are 16 year-olds in years 12 or above, or not at school.

² This is defined in the questionnaire as "sport, dance or other physical activity which is organised and led by an instructor like a coach, teacher, sports leader or someone else, including any training for events or competitions."

³ This is defined as "either before school starts or after lessons end, including the weekend."

⁴ This is defined as "the 7 days prior to the interview, but not including the day on which the interview takes place."

⁵ N.B. All findings based on all 5 to 19 year-olds, 5 to 16 year-olds or 16 to 19 year-olds are accurate to within 2 percentage points at a 95% confidence interval. Please see the guide to statistical reliability in the appendices for further details.

- Young people aged 5 to 19 who have a disability are more likely to be inactive (60%) than those who do not (47%).
- Children and young people aged 5 to 19 from a White ethnic background are more likely than those from a Black ethnic background to take part in at least three hours of organised sport (21% and 17% cent respectively).
- Looking at Key Stages, those in Key Stage 3, 4 or 5 are more likely to participate in at least three hours than those in Key Stage 1 or Key Stage 2 (25% compared with 12% and 21% respectively).
- Of 16 to 19 year-olds, those who are currently in 6th form college (26%) or at school (23%) are significantly more likely to have done at least three hours of organised sport than those in higher education (21%), working (19%) or unemployed (12%).

Total amount of organised sport⁶

By collecting self-reported in-school/college participation, a measure of the total time spent participating in organised sport (in and out-of-school/college) was derived.

The mean level of reported participation among 5 to 19 year-olds in any organised sport in the week prior to the interview with the child/young person was just under three hours (179.8 minutes).

The key findings below report in terms of the proportion of 5 to 16 year-olds in years Reception to 11 participating in at least five hours of organised sport a week, and the proportion of 16 to 19 year olds in years 12 or above or not at school, participating in at least three hours of organised sport a week.

For those aged 5 to 16 years-old:

- The mean time spent participating in organised sport overall stands at over 3 hours (197.5 minutes).
- One in five children and young people (22%) aged 5 to 16 have participated in at least 5 hours of organised sport during and outside the school day in the past week. This comprises any time spent participating either during or outside the school day.
- Boys are more likely to have participated in at least five hours of physical activity than girls (26% vs. 18%).
- There are no significant differences by ethnic group.
- Those in the more affluent social groups ABC1 are more likely to have participated in five hours of organised sport than those in groups C2DE (25% vs. 20% respectively).
- Children and young people who have a disability are more likely to have done no organised sport in the last seven days than those who do not (22% have done nothing, compared with 11% of able bodied children).

⁶ This is defined as both during the school day i.e. during lesson time, including PE lessons, lunchtime or break times and outside the school day (i.e. either before school starts or after lessons end, including the weekend).

- Just under three in ten of those studying at Key Stage 3 or Key Stage 4 level have done at least five hours of sport in the past seven days (27%), but only 19% of those at Key Stage 1 and Key Stage 2 have done the same.

For those aged 16 to 19 years-old:

- Just over one quarter (26%) of 16 to 19 year-olds have participated in at least 3 hours of organised sport during and outside the school / college day. The mean time spent participating in organised sport overall stands at just over two hours (125.3 minutes).
- Boys are more likely than girls to have participated in at least three hours of organised sport in total (34% vs. 18% respectively).
- Young people from the more affluent social grades ABC1 are more likely than those from social grade C2DE to have done three hours or more organised sport (30% compared with 21%).
- Those who are in school or 6th form college (32%) are more likely than those who are unemployed (12%) to have taken part in three hours organised sport or more in the past week. Three quarters (75%) of those who are unemployed have been completely inactive.
- There are no significant differences by ethnic group.

Composite score on participation in organised sport

A composite score was also calculated that combined the scores for 5 to 16 year-olds in years Reception to 11 participating in 5 hours or more of organised sport a week (in any location) and 16 to 19 year-olds in years 12 or above, or not at school, participating in 3 hours or more of organised sport a week (in any location). This composite score was 23%.

2. Background and Objectives

The DCSF commissioned Ipsos MORI to conduct this survey to measure the current levels of participation in organised sport among children and young people aged 5 to 19 in England. This is needed to help deliver 'PSA Delivery Agreement 22' which states that the government will "deliver a successful Olympic Games and Paralympic Games with a sustainable legacy **and get more children and young people taking part in high quality PE and sport**"⁷ (2008).

Further information on the PE and school sport strategy and its activities can be found at: <http://www.teachernet.gov.uk/teachingandlearning/subjects/pe/> .

The key aims of the project are to measure:

- a) children and young people's participation in sporting opportunities outside of the school / college day and
- b) children and young people's total participation in sporting opportunities, both during the school day and outside of the school / college day.

The findings are reported in terms of all children and young people (5- to 19-year-olds) as well as two separate age ranges: 5 to 16 year-olds in years Reception to 11 and, and 16 to 19 year-olds in years 12 or above, or not at school.

Variation in participation by pupil characteristics such as gender, age, ethnicity, social class, and disability are also explored.

⁷ For more information, see http://www.hm-treasury.gov.uk/d/pbr_csr07_psa22.pdf

3. Methodology

3.1 Questionnaire design

The questionnaire was designed by Ipsos MORI in collaboration with the Department for Children, Schools and Families (DCSF) and members of the project steering group, including the Department for Culture, Media and Sport (DCMS), Sport England and the Youth Sport Trust.

The questionnaire was designed to collect data⁸ to measure children and young people's participation in organised sport both during and outside of the school day, using a series of three questions as follows:

1. Excluding today, on how many days in the last 7 days did you attend school or college?
2. In the last 7 days, but not including today, how much time in total, have you spent taking part in organised sport during the school day?
3. For each of the last 7 days only, please tell me how much time in total you spent taking part in organised sport that was not during school time. Only include the time spent actually doing the organised sport.

Respondents are only asked Q2 if they have attended school or college for one day or more in the last 7 days. All respondents are asked Q3. The final version of the questionnaire can be found in the appendices.

On the next page are the key terms used in the above questions and their associated definitions, which should support understanding of the data included in the main section of this report.

Organised sport

This is defined in the questionnaire as "Sport, dance or other physical activity which is organised and led by an instructor like a coach, teacher, sports leader or someone else, including any training for events or competitions."

The last 7 days

This is defined as "the 7 days prior to the interview, but not including the day on which the interview takes place."

During the school day

This is defined as "During lesson time, including PE lessons, lunchtime or break times."

Not during the school day

This is defined as "Either before school starts or after lessons end, including the weekend."

It is important that the questions and key terms such as 'organised sport' are correctly understood by children and young people. In recognition of the complexity of the questionnaire and terminology to be used, a series of cognitive tests were conducted to test the questionnaire and gain an insight into how respondents were interpreting what was being asked of them. Further information about the cognitive testing can be found in the appendices.

⁸ See Appendices for details on the cognitive testing used to inform the question design.

3.2 The LVQ Children's Omnibus

Each month for 12 months, between March 2008 and February 2009 three questions were placed onto the LVQ Children's Omnibus. The Omnibus survey operates monthly in Great Britain and involves interviewing c.1,000 children aged 5 to 19 years-old. On a standard wave, the 1,000 interviews breaks down to around 65-70 interviews per age group and in England alone generates a sample of around 850 young people aged 5 to 19 in total per wave.

For this survey, the target sample were children and young people living specifically in England, therefore to ensure that sufficient interviews were achieved, the sample was boosted by 100 interviews each wave. The table below highlights the number of interviews achieved in each wave of fieldwork:

Table 1: Number of interviews completed per wave (in England)

Wave	Number of interviews
One (March 2008)	967
Two (April)	973
Three (May)	956
Four (June)	998
Five (July)	973
Six (August)	998
Seven (September)	992
Eight (October)	970
Nine (November)	978
Ten (December)	965
Eleven (January 2009)	1050
Twelve (February)	1001
Combined 12 monthly	11,821

The sample of young people is drawn from 60 sampling points across England, which are selected with a probability proportionate to the population in each postcode, from a sampling frame which is stratified by region and ethnicity. This ensures that the sample is nationally representative by region and ethnicity.⁹

Within each sampling point, the interviewer is provided with a postcode sector using age within gender and social class quotas and ensures that only one child per family is interviewed. This ensures that the achieved sample each month is also representative by age, gender and social class of household.

Data on gender, age, school year, Government Office Region, and ethnicity are collected.

All interviews are conducted face-to-face using pen and paper.

⁹ Please refer to the Appendices to see the categories under which ethnic backgrounds are coded for this survey.

Due to cognitive comprehension issues, survey work among younger groups of primary age children is not likely to elicit as accurate measures of participation compared to older children. Following consultation with the DCSF project steering group, it was agreed that the survey work would be carried out directly with 11-16 year olds, but as a proxy interview with the parent of children aged 5-10, although the child was encouraged to contribute. This approach was considered the best option available within the chosen survey methodology and budget available. By interviewing the parent and child together, the accuracy of the data collected had the potential to be improved, as parents could support their child with recall of time spent participating outside of school, while children could perhaps provide more accurate timings regarding their in-school participation, something parents were less likely to be as sure about, given that they are not in attendance with their child during this time.

For all interviews, parents had to give permission for their child to be interviewed and sign the questionnaire - they also had to be present throughout the interview, available to input if required by the child. Overall, it is felt that this method proved successful; interviewer feedback was that children were very well behaved and focused during the interview, and took their time in calculating their time spent participating. Parental input was not necessary for the majority of children.

During the 12 month period, several other clients asked questions on the omnibus too, but the three questions for this particular survey were always asked first, to ensure that the position of questions or length of the total questionnaire had no influence on response. Total questionnaire length varied by month, but would never exceed:

10 minutes for 5 to 6 year-olds;

15 minutes for 7 to 10 year-olds;

20 minutes for 11 to 15 year-olds;

30 minutes for 16 to 19 year-olds.

3.3 Weighting the data

Weighting for non-response

LVQ weight the omnibus data by age within gender and region to the national profile. Therefore the weighted data provided is weighted to match the known profile of young people nationally.

Weighting for number of days attended school or college in the last week

Not all respondents have attended school or college for the full five days in the previous week (full details of attendance during the course of the year can be found in the appendices). Therefore, an additional layer of weighting was developed and applied to the data collected at Q2, which asks about time spent participating in sport during school hours. The weight is known as the 'attendance day weight'. A set of weights are applied to ensure that those who attended school or college for between one and four days out of a possible five, are not under-represented. To rectify any potential discrepancy here, the following weights are applied:

Table 2: Weighting for days attended

Number of days in school / college	Weight received
Not in school or college at all during the week ¹⁰	Exclude
1 day	5.0
2 days	2.5
3 days	1.67
4 days	1.25
5 days	1

This weighting is only applied to the mean participation figures for in-school participation, as it is important to include *all* respondents in this calculation regardless of how many days they spent at school; this is essential in order to obtain the most reliable result.

When reporting on the *distribution* of participation in sport during the school day however, this weighting is not applied, as this can amplify the effect of outliers and give an inaccurate picture of the spread of participation. Instead, a decision was taken to present the distribution of participation data based only on those who attended school or college for exactly five days in the week prior to their interview.

3.4 Reporting

This report sets out the results for each of the three key measures of participation from data collected between March 2008 and February 2009. Where appropriate, results have been analysed by wave and by demographic sub-groups such as gender, age or region. It is advised that some degree of caution is applied when interpreting these results as they are essentially a snap shot of participation in sport for a week during each month, and do not account for participation in every week during the year. Readers should be aware of the following:

- The distribution of results for participation during the school day are weighted for non-response only and based on children and young people in years reception to 11 who attended school or college for exactly five days in the last week (6,267).
- The mean value for participation during the school day are weighted for non-response and days attended and are based on all children and young people in years reception to 11 who attended school for at least one day in the last week (7,704).
- All other results are weighted for non-response only and are based on all respondents (11,821) unless otherwise stated.
- Demographic analysis is only included where differences between subgroups are statistically significant.
- Where results do not sum to 100%, this is due to multiple responses, computer rounding or the exclusion of don't knows/not stated
- An asterisk (*) represents a value of less than one half of one percent, but not zero

¹⁰ i.e. children / young people who were absent from school/college all week or young people who are not in the school / college system.

4. Participation in organised sport

4.1 Participation in organised sport during the school day

Among all children aged 5 -16 in years Reception to 11 who attended school or college on all five days in the week prior to being interviewed, just under three in five (56%) reported participating in two hours or more of organised sport during the school day. Two in five respondents (40%) reported participating in *some* organised sport but did not do two hours' worth; but 91% did at least an hour's worth of organised sport. Fewer than one in five managed to fit in three hours or more (18%). Just four per cent reported not participating in any organised sport during the school day at all.

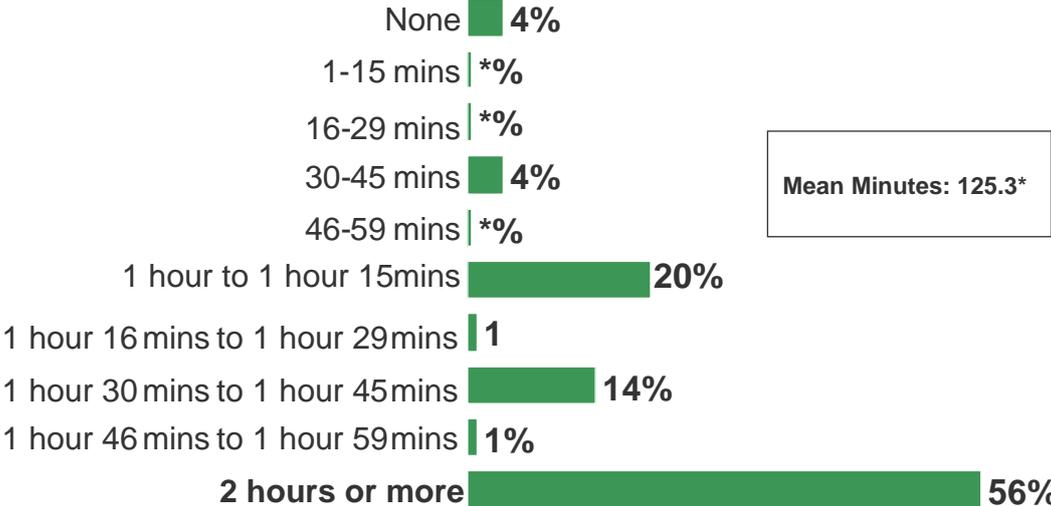
The mean time spent participating is just over two hours as detailed in the following table (125.3 minutes).

Table 3: Participation in organised sport during the school day

Time spent participating in organised sport during the school day	Percentage
No participation	4%
At least 1 hour	91%
At least 2 hours	56%
At least 3 hours	18%
Mean minutes of participation: 125.3	

Time spent participating in organised sport during the school day: 5-16s in years R-11

In the last 7 days, but not including today, how much time in total, have you spent taking part in organised sport during the school day?



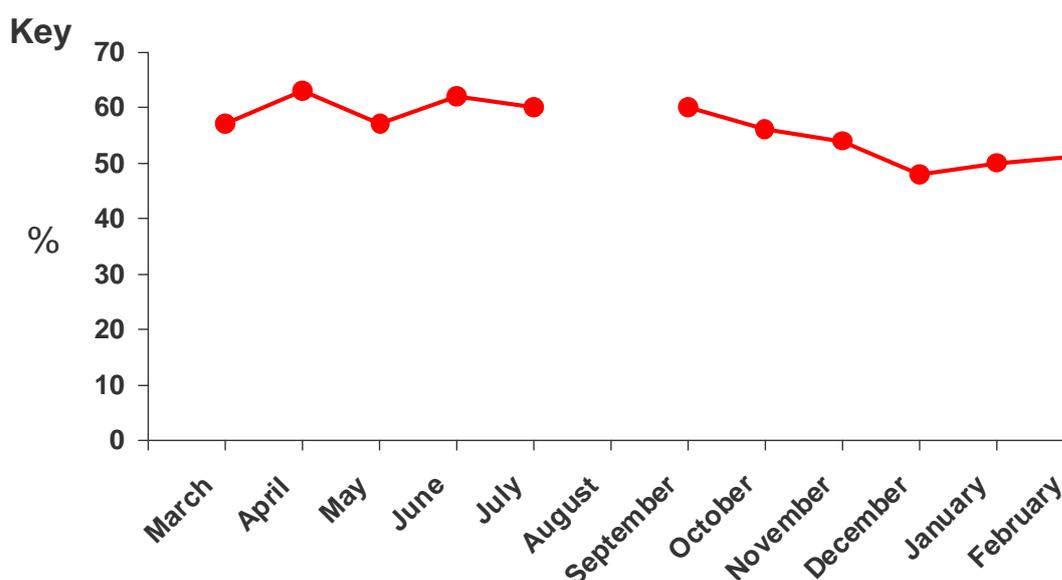
Base: All young people aged 5-16 in Years reception to 11 in England who attended school or college for exactly 5 days in the last 7 days (6267), interviewed on the LVQ Omnibus between March 2008- February 2009

* Mean minutes are based on all aged 5-16 in Years reception to 11 who attended school or college for a least one day in the last 7 days (7704) and weighted for number of days attended.

4.1.1 Trends over time/waves

The highest level of participation in two or more hours of organised sport during the school day was recorded in April 2008 (63%) and the lowest in December 2008 (48%)¹¹. The level of participation remained on the low side throughout January and February 2009 (50% and 51% respectively), suggesting that the colder weather in winter months is likely to contribute to lower reported levels of participation. The dip in participation in December may also be due to the fact that the winter term can be very busy with other activities such as nativity plays and carol concerts, with which the whole school tends to be involved.

Monthly Trends; Participation in organised sport during the school day - 5-16s in years R-11



Base: All young people aged 5-16 in years Reception to 11 in England who attended school or college for exactly five days in the last seven days (6,267), interviewed on the LVQ Omnibus between March 2008 to February 2009. No data is included for August when all pupils were on school summer holidays.

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The mean number of minutes spent participating was highest in July 2008 (146.1 minutes) and lowest December 2008 (110.5 minutes) supporting the suggestion that weather and winter cultural activities has a noticeable impact on participation levels.

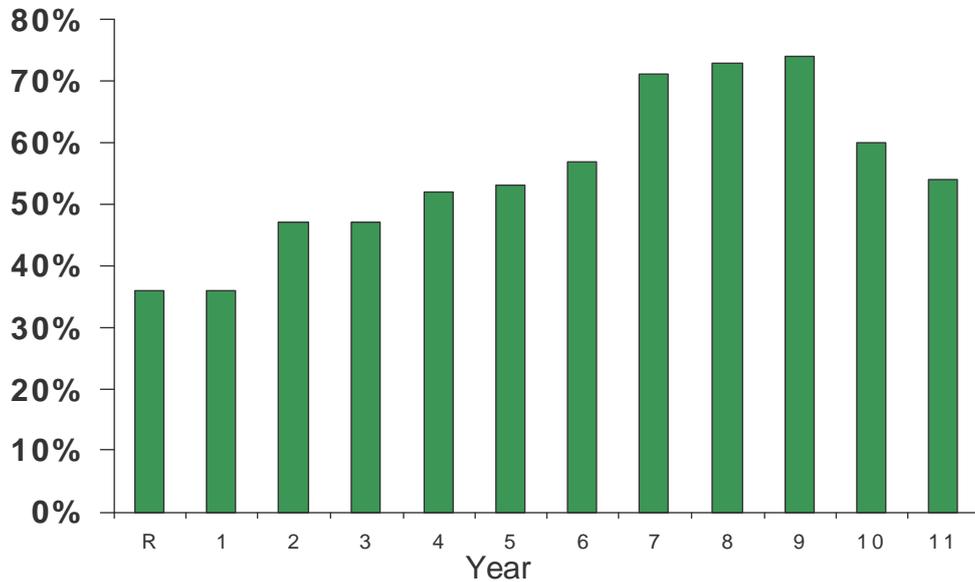
4.1.2 Demographic analysis

The year groups with the lowest proportion of young people participating in two or more hours of sport in the school day are Reception and Year 1 (36%) while the highest levels of participation are found in Years 7, 8 and 9 (71%, 73% and 74% respectively). The highest proportion of respondents doing no organised sport during the school day at all can be found in the older year groups - eight per cent of those in Year 10 and 17% of those in year 11 claim to have done no sport at all in the school day during the last week.

¹¹ N.B. No participation was recorded in August due to school holidays

Percentage participating in at least 2 hours of organised sport during the school day by year group: 5-16s in years R-11

% participating in 2 or more hours of organised sport during the school day in the past 7 days



Base: All young people aged 5-16 in Years Reception to 11 in England who attended school or college for exactly 5 days in the last 7 days (6,267), interviewed on the LVQ Omnibus between March 2008 to February 2009.

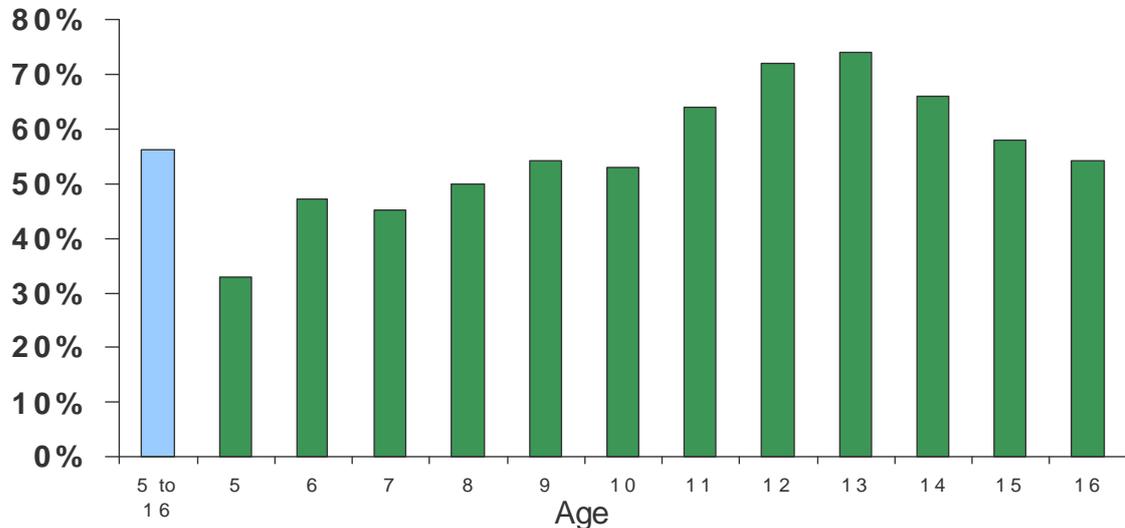
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Participation by age group follows a similar pattern, with the proportion of children and young people participating in at least two hours lowest among the youngest age groups, peaking in the early teenage years and dropping off again as respondents reach school leaving age. Participation is lowest among the youngest respondents, aged 5 (33%) and highest among 13 year-olds (74%).

Percentage participating in at least 2 hours of organised sport during the school day by age: 5-16s in years R-11

% participating in 2 or more hours of organised sport during the school day in the past 7 days



Base: All young people aged 5-16 in Years Reception to 11 in England who attended school or college for exactly 5 days in the last 7 days (6,267), interviewed on the LVQ Omnibus between March 2008 to February 2009.

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Analysis of results by school stage, reflect the trends seen by age group. Two-thirds of those at secondary school (67%) participate in at least two hours of organised sport compared to under half of primary school children (49%). The findings by key stage reflect this, with participation highest at Key Stage 3 (73%) and Key Stage 4 (58%) compared to Key Stage 1 (42%) and Key Stage 2 (52%).

Boys are more likely than girls to have taken part in at least two hours of organised sport during the school day in the last seven days (59% vs. 53%).

By social class, those in the more affluent groups ABC1 are significantly more likely to have taken part in two or more hours of organised sport than those in groups C2DE (58% vs. 54%).

There are no statistically significant differences by ethnicity, or related to number of siblings in the family.

4.2 Participation in organised sport outside of the school day

Of all 5 to 19 year-olds surveyed over the twelve waves, just over one in five (21%) have taken part in three hours or more organised sport outside of the school day in the past week. Just under half have taken part in at least one hour of organised sport outside of the school day (49%) while a third (34%) have done at least two hours.

Just under half of all respondents have not participated in any organised sport in the last week outside of the school day (47%).

The mean level of participation in organised sport outside of the school day for all young people surveyed is just over an hour and a half (97.2 minutes).

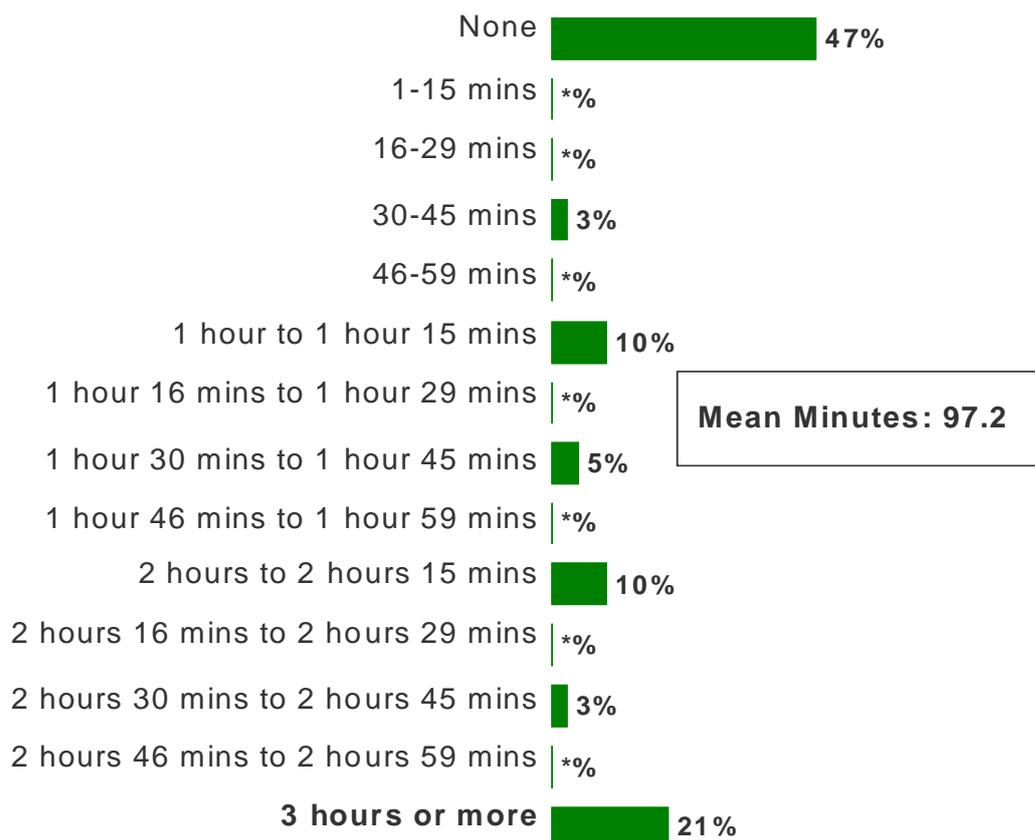
Table 4: Participation in organised sport outside the school day (5 to 19 year-olds)

Level of participation in organised sport outside the school day	Percentage
No participation	47%
At least 1 hour	49%
At least 2 hours	34%
At least 3 hours	21%
Mean minutes of participation: 97.2	

Time spent participating in organised sport outside of the school day: 5-19s

For each of the last 7 days only, please tell me how much time in total you spent taking part in organised sport that was not during school time. Only include the time spent actually doing the organised sport.

Combined result for all 7 days



Base: All young people aged 5-19 in England (11,821), interviewed on the LVQ Omnibus between March 2008 to February 2009

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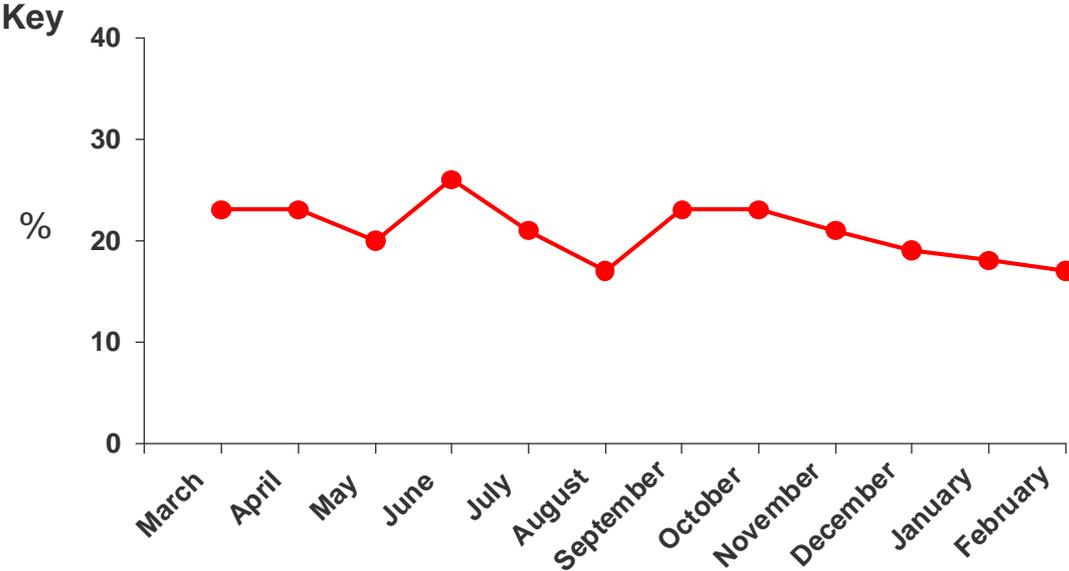


4.2.1 Trends over time/waves

Children and young people were least likely to take part in three hours of organised sport in August 2008 and February 2009 (17%). Compared to all other fieldwork months, the highest level of inactivity was recorded in August, with three in five children and young people saying they did not participate in any organised sport outside of the school day in the last seven days (59%), significantly higher than in any other month. This may be explained by the fact that this period covered the school summer holidays; it is likely that in some cases, normal sporting classes or activities were not running, or that children were away on holiday/not following their usual routine.

The month in which children and young people are most likely to have participated in three or more hours of organised sport outside of the school day is June (26%). As with in-school activity, participation tends to dip in the winter months, reflecting the impact of the weather.

Monthly Trends; Participation in organised sport outside of the school day: 5-19s



Base: All young people aged 5-19 in England (11,821), interviewed on the LVQ Omnibus between March 2008 to February 2009.

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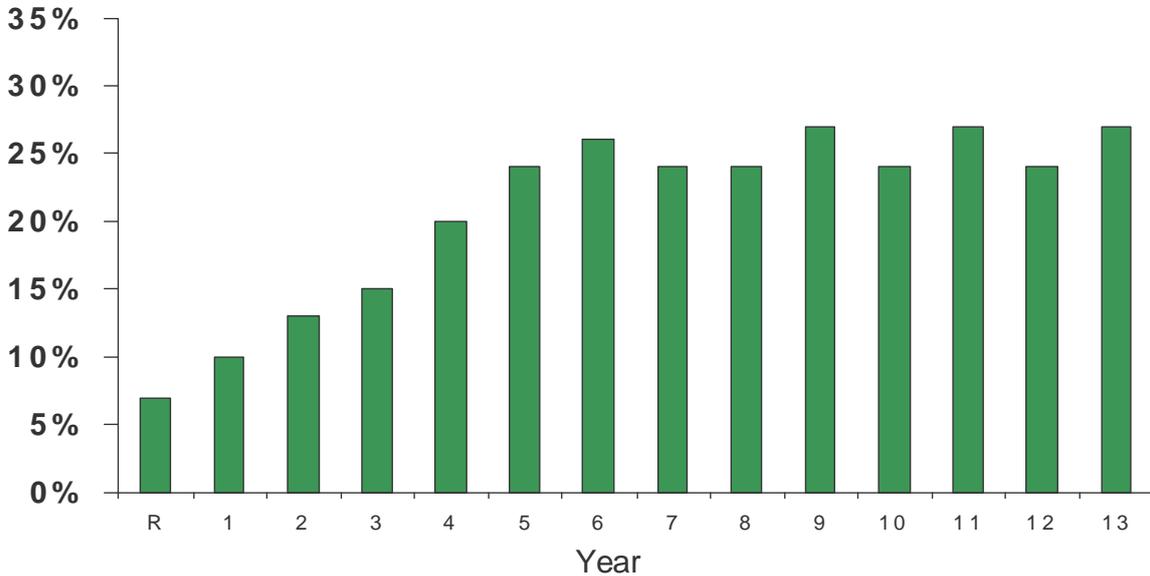


4.2.2 Demographic analysis

Looking at the data by school year, young people in Reception through to Year 3 are significantly less likely than those in all other school years to participate in three or more hours of organised sport outside of the school day. Children and young people in school years 9, 11 and 13 are most likely to report participating in at least 3 hours of sport outside of the school day in the last week (27%).

Percentage participating in at least 3 hours of organised sport outside of the school day by year group: 5-19s

% participating in 3 or more hours of organised sport outside of school time in the past 7 days



Base: All young people aged 5-19 in England (11,821), interviewed on the LVQ Omnibus between March 2008 to February 2009

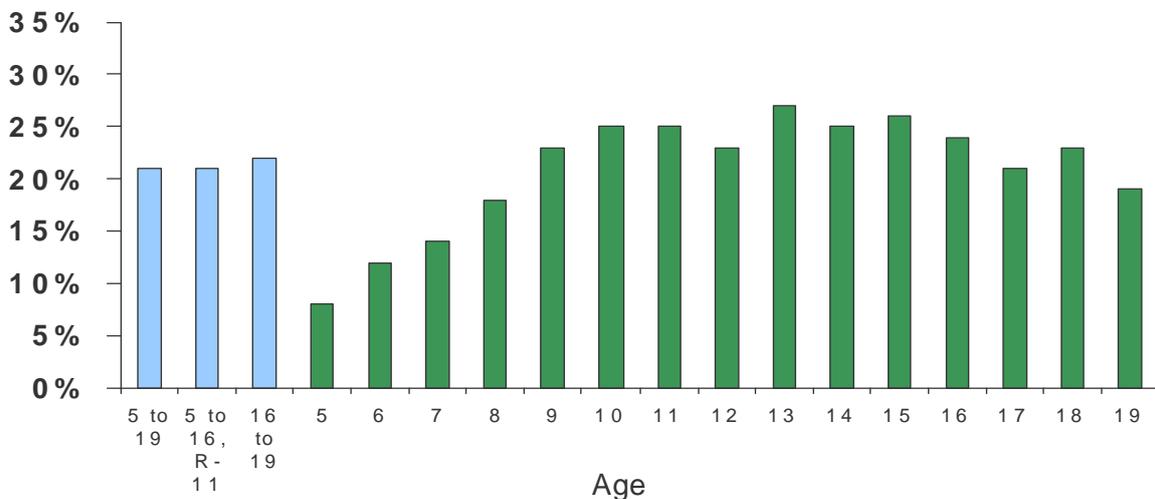
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As one might expect, findings are very similar in terms of age, with those aged between 5 and 8 years-old significantly less likely to have participated in at least three hours than other age groups. The proportion of young people participating in three or more hours of organised sport outside of the school day is relatively consistent between the ages of 9 to 18, ranging from 21% to 27%.

Percentage participating in at least 3 hours of organised sport outside of the school day by age: 5-19s

% participating in 3 or more hours of organised sport outside of school time in the past 7 days



Base: All young people aged 5-19 in England (11,821), interviewed on the LVQ Omnibus between March 2008 to February 2009

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Boys are significantly more likely than girls to have participated in three or more hours of organised sport outside of the school day (26% vs. 16%), correspondingly, girls are more likely than boys to have been completely inactive (52% vs. 43%). This reflects the trend found by in-school participation, but to a larger degree, with boys even more likely to participate in organised sport than girls when it takes place outside of the school day.

Those in the more affluent social groups ABC1 are more likely than those in groups C2DE to have participated in three or more hours of organised sport outside of the school day (24% compared with 18%).

Those who have no siblings are more likely to be inactive outside of the school day (50%) than those with older (46%) or younger (47%) siblings.

Young people with a disability are more likely to be inactive (60%) than those who do not (47%).

As with the in-school measure, those currently in secondary school education are more likely to have participated in three hours or more organised sport outside of the school day than those at primary school (25% vs. 18%).

Looking at Key Stages, those in Key Stage 3, 4 or 5 are more likely to participate in at least three hours than those in Key Stage 1 or Key Stage 2 (25% compared with 12% and 21% respectively).

Children and young people from a Mixed or White ethnic background are more likely than those from a Black ethnic background to take part in at least three hours of organised sport outside of the school day (11%, nine per cent and five per cent respectively).

4.2.3 Participation in organised sport outside the school day: 5 to 16 year-olds in Years Reception to 11

Looking only at the out-of-school participation of those aged 5 to 16 in Years Reception to 11, the pattern is broadly similar to when all respondents are included. Around one in five (21%) have participated in three hours or more of organised sport outside the school day in the last seven days. Over half have done at least one hour (54%) while just over a third (35%) have done at least two.

The key difference for this group is that the proportion participating in no organised sport at all is slightly lower than for all 5 to 19 year-olds at 43%.

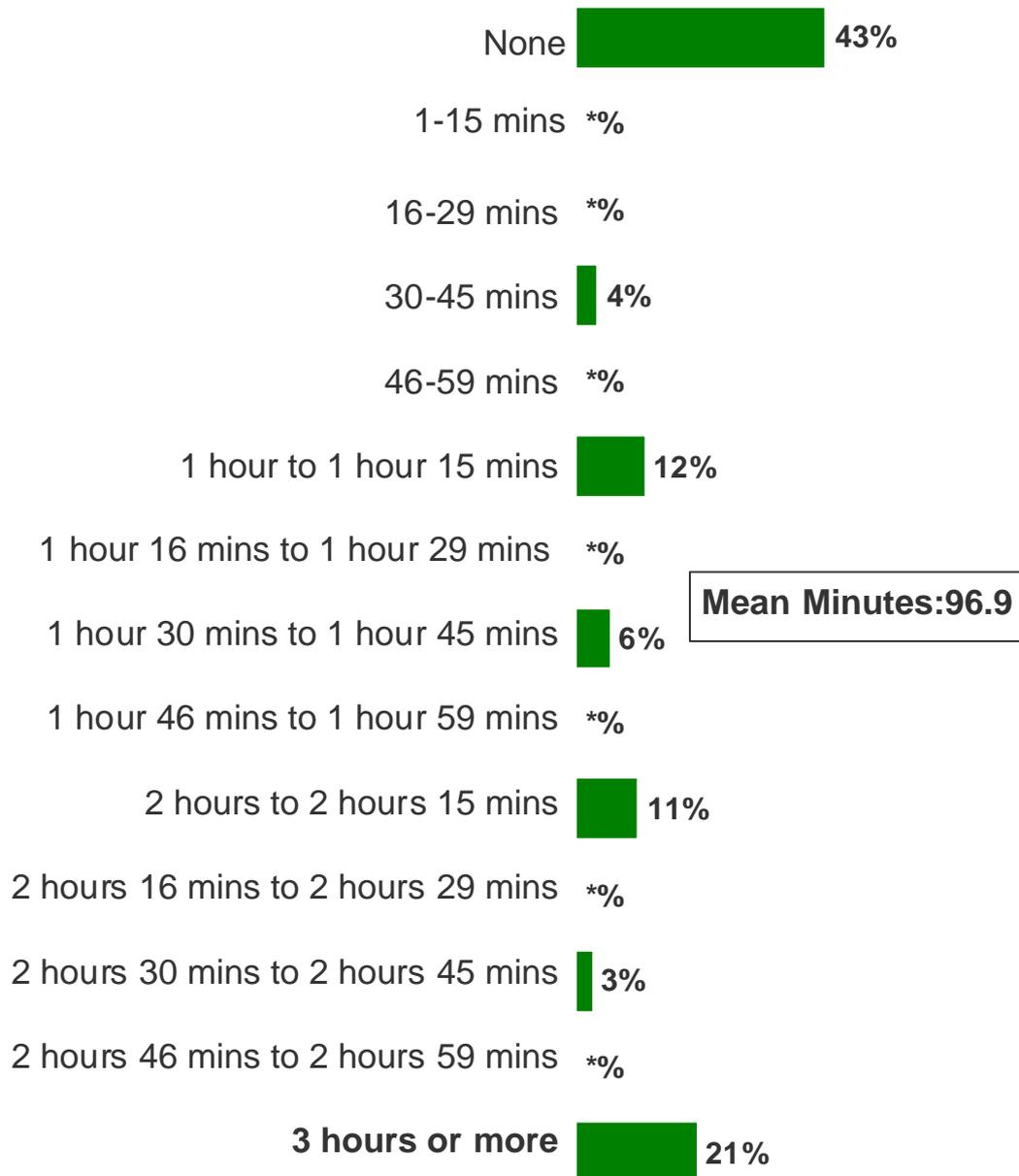
The mean number of minutes of participation for this group of respondents is 96.9 minutes.

Table 5: Participation in organised sport outside the school day (5 to 16 year-olds in years Reception to 11)

Level of participation	Percentage
No participation	43%
At least 1 hour	54%
At least 2 hours	35%
At least 3 hours	21%
Mean minutes of participation: 96.9	

Time spent participating in organised sport outside of the school day: 5-16s in years R-11

For each of the last 7 days only, please tell me how much time in total you spent taking part in organised sport that was not during school time. Only include the time spent actually doing the organised sport.



Base: All young people aged 5-16 in Years Reception to 11 in England (9,044), interviewed on the LVQ Omnibus between March 2008 to February 2009

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4.2.4 Participation in organised sport outside the school/college day: 16 to 19 year-olds in years 12 or above, or not at school.

Looking only at young people aged 16 to 19 in years 12+ (whether or not at school/college) tells a somewhat different story.

More than three in five (63%) young people in this category have not participated in any organised sport outside the school/college day in the week prior to their interview. Despite this however, the proportion who participated in at least three hours in the past week remains consistent with the overall results at 22% as does the mean at 98.6 minutes.

Among 16 to 19 year-olds, those attending 6th form college are more likely to participate in three hours or more than other groups, particularly those who are unemployed (26% compared with 12%).

Table 6a: Participation in organised sport outside the school/college day (16 to 19 year-olds in years 12 or above or not at school)

	Total (2737)	School (267)	6 th form college (1102)	Higher Education (476)	Working (601)	Unemployed (291)
No participation	63%	62%	59%	62%	64%	75%
At least 1 hour	37%	38%	41%	37%	35%	24%
At least 2 hours	30%	29%	33%	31%	29%	18%
At least 3 hours	22%	23%	26%	21%	19%	12%
Mean minutes of participation	98.6	121.4	114.4	84.1	91.2	64.2

Participation in organised sport outside the school/college day is generally higher among 16 to 19 year-olds who are still in education.

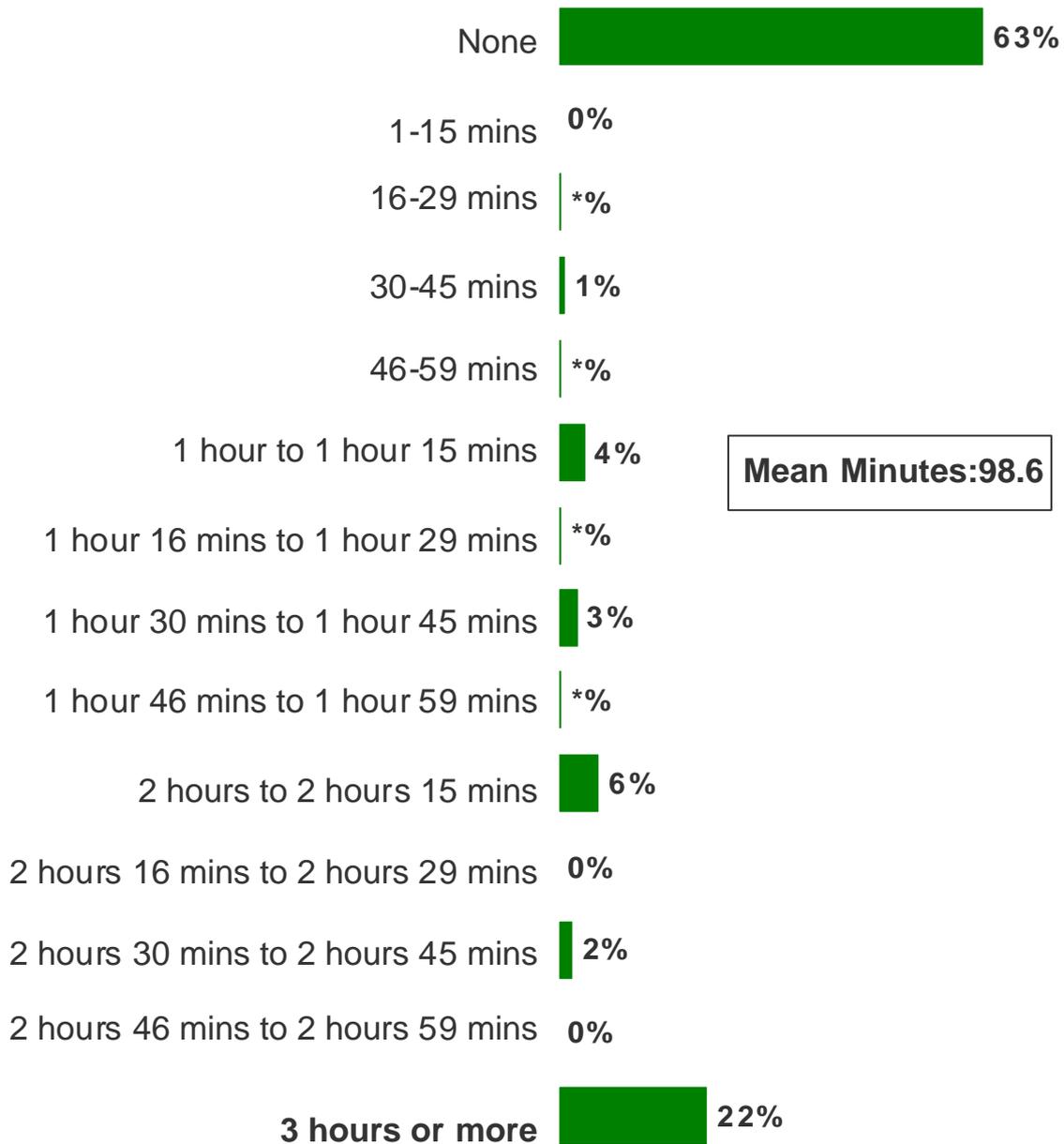
Table 6b: Participation in organised sport outside the school/college day (16 to 19 year-olds in education)¹²

	Total	School (267)	6 th form college (1102)	Higher Education (476)
No participation	60%	62%	59%	62%
At least 1 hour	39%	38%	41%	37%
At least 2 hours	32%	29%	33%	31%
At least 3 hours	24%	23%	26%	21%
Mean minutes of participation	106.87	121.4	114.4	84.1

¹² N.B. Table 6b does not include 16-19 year olds who are currently working or unemployed.

Time spent participating in organised sport outside of the school/college day: 16-19s in years 12 + or not at school

For each of the last 7 days only, please tell me how much time in total you spent taking part in organised sport that was not during school time. Only include the time spent actually doing the organised sport.



Base: All young people aged 16-19 in Years 12+ or not at school (2,737), interviewed on the LVQ Omnibus between March 2008 to February 2009

4.3 Total time spent participating in organised sport

As the data collected for participation in organised sport during school time and outside of the school day are mutually exclusive, it is possible to combine the two sets of data for each respondent and identify the overall time spent participating in organised sport in the last seven days.

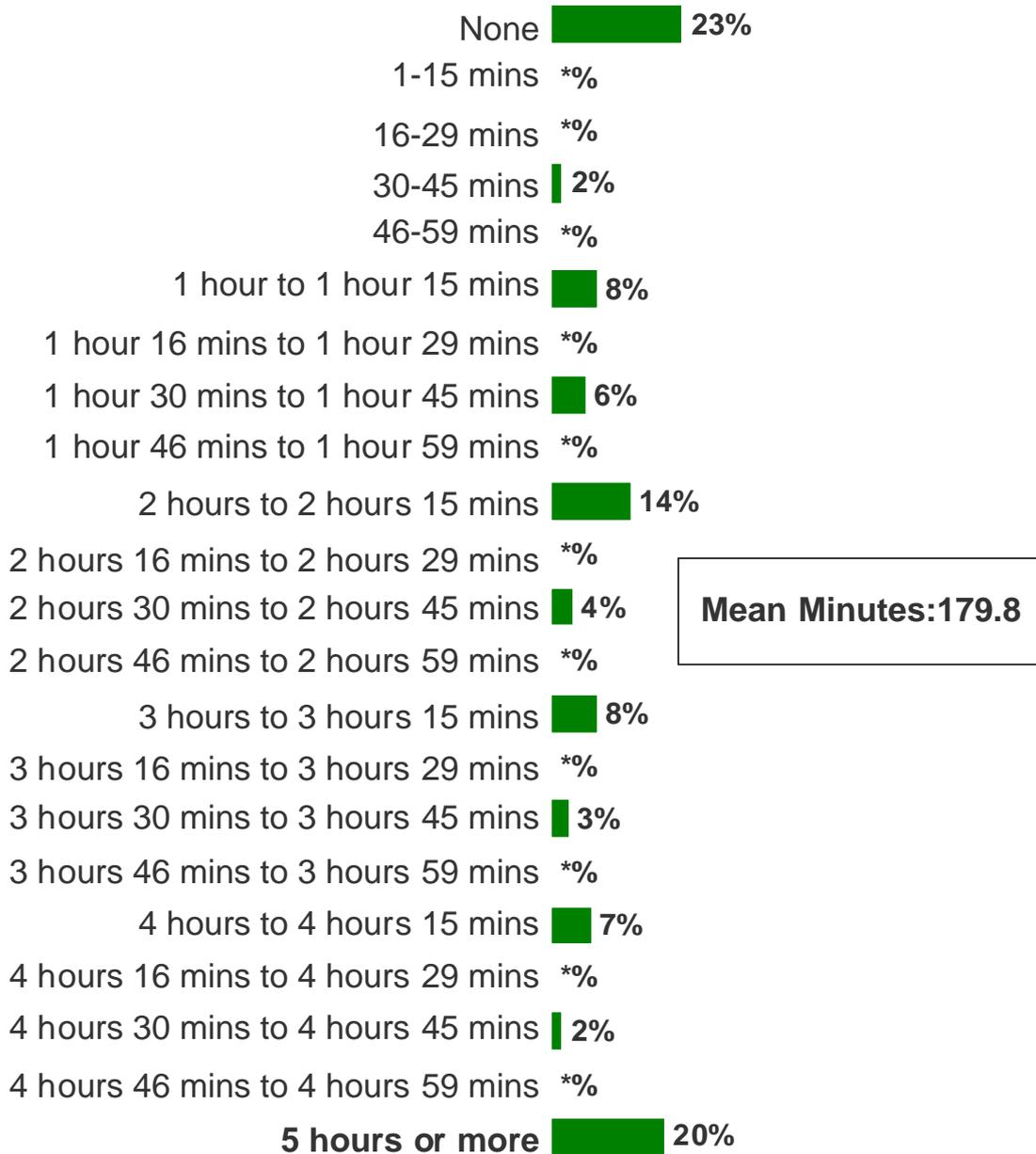
The total mean figure of participation in organised sport for all respondents aged 5 to 19 surveyed over the twelve waves is just under three hours (179.8 minutes).

One in five children and young people aged 5 to 19 participated in five hours of sport during and outside of the school day (20%). Three in ten have achieved at least four hours (30%), two in five have achieved at least three (42%), three in five have participated for at least two hours (60%) and three quarters have done at least one hour of sport in and outside of the school day (75%). Just under one quarter (23%) of children and young people have done no organised sport at all in the last 7 days.

Table 7: Total participation in organised sport (5 to 19 year-olds)

Level of participation	Percentage
No participation	23%
At least 1 hour	75%
At least 2 hours	60%
At least 3 hours	42%
At least 4 hours	30%
At least 5 hours	20%
Mean minutes of participation: 179.8	

*Time spent participating in organised sport both during school and outside of the school day:
5-19s*



Base: All young people aged 5-19 in England (11,821), interviewed on the LVQ Omnibus between March 2008 to February 2009

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4.3.1 Demographic Analysis

The table below shows the mean time spent participating among some of the key subgroups:

Table 8: Mean total participation organised sport, by subgroup (5 to 19 year-olds)¹³

Subgroup	Mean time spent
All 5 to 19s	179.8
Curriculum year reception	132.2
Curriculum year 9	232.3
Age 13	228.0
Age 19	93.7
Boys	203.9
Girls	155.7
ABC1	193.2
C2DE	168.2
Primary school	185.6
Secondary school	217.8
Black ethnic background	156.5
White ethnic background	181.2
Has disability	149.5
Able bodied	181.8

4.3.2 Total participation in organised sport: 5 to 16 year-olds in years Reception to 11

Just over one in five children and young people aged 5 to 16 in Years Reception to 11 participated in at least five hours of organised sport the week before they were interviewed (22%). One third have achieved at least four hours (33%), just below half have done at least three hours (47%), over two thirds have done at least two hours (68%) while over four in five have done at least one hour (85%). A minority of 12% have done nothing at all during the past seven days.

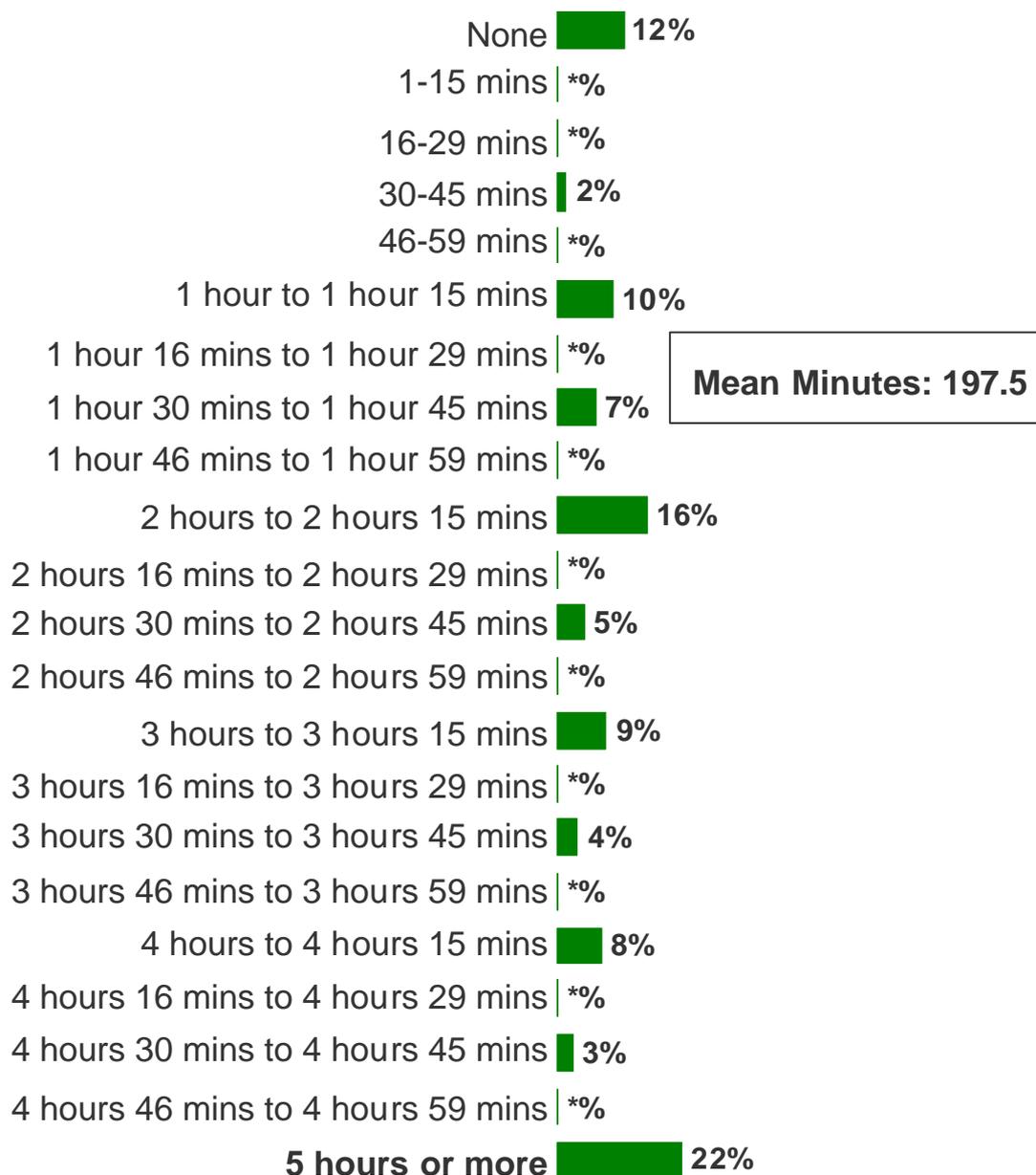
For this group of respondents, the mean level of participation in the past week stands at 197.5 minutes, over three hours.

Table 9: Total participation in organised sport (5 to 16 year-olds in years Reception to 11)

Level of participation	Percentage
No participation	12%
At least 1 hour	85%
At least 2 hours	68%
At least 3 hours	47%
At least 4 hours	33%
At least 5 hours	22%
Mean minutes of participation: 197.5	

¹³ N.B. Subgroups with higher than average levels of mean participation are highlighted in bold

Time spent participating in organised sport both during school and outside of the school day: 5-16s in years R-11



Base: All young people aged 5-16 in Years Reception to 11 in England (9,044), interviewed on the LVQ Omnibus between March 2008 to February 2009

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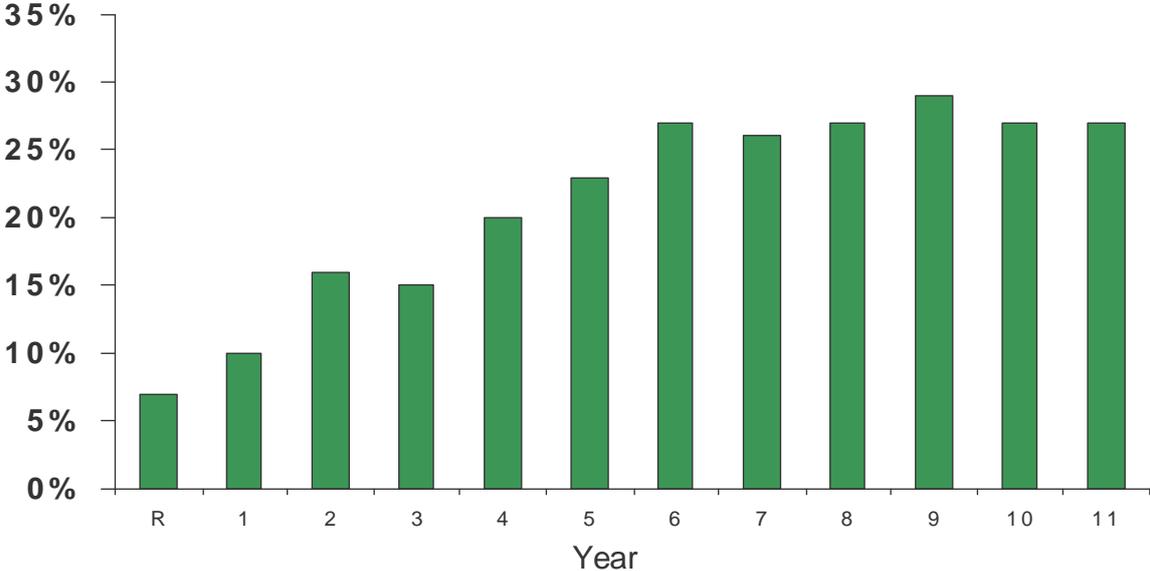


4.3.3 Demographic analysis

Looking at results by year group in relation to the proportions of children and young people participating in five hours or more organised sport in the last seven days, it is the younger age groups (Reception to Year 3) that have the lowest proportion achieving five or more hours worth, with participation lowest of all among Reception children (seven per cent). The year group with the highest proportion of respondents exceeding five hours of organised sport in the past week is Year 9, with 29% of children in this group taking part in five hours of sport or more.

Percentage participating in at least 5 hours of organised sport in total by year: 5-16s in years R-11

% participating in 5 or more hours of organised sport outside of school time in the past 7 days



Base: All young people aged 5-16 in years R-11 in England (9,044), interviewed on the LVQ Omnibus between March 2008 to February 2009

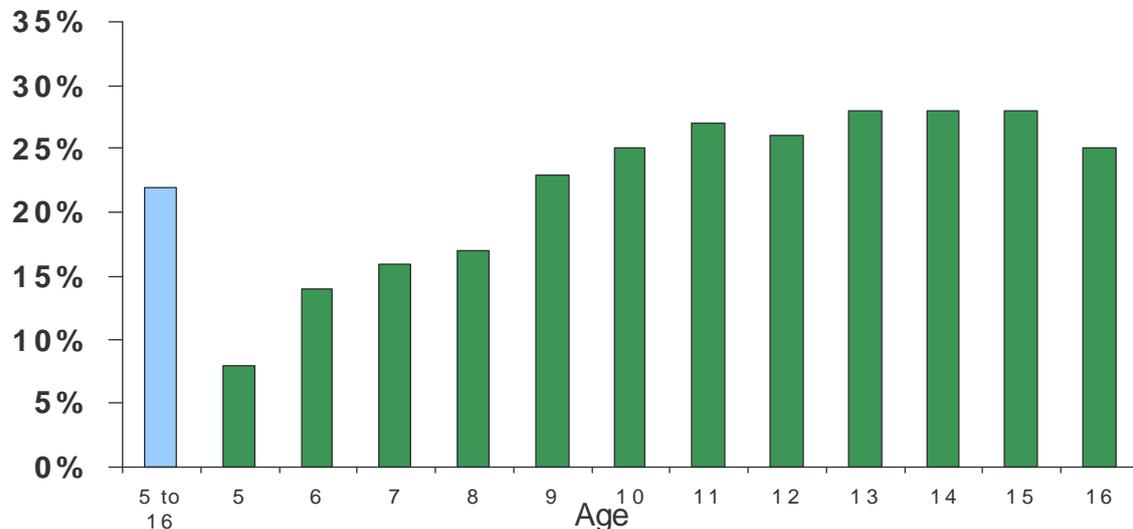
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The proportion of children and young people participating in at least five hours of organised sport in total is lower at the younger end of the age spectrum (ages 5 to 8) and begins to drop off again at the age of 16. Participation peaks between age 11 and 15 (28% of 13 and 14 years-olds have participated in at least five hours of organised sport in total in the past week).

Percentage participating in at least 5 hours of organised sport in total by age: 5-16s in years R-11

% participating in 5 or more hours of organised sport in the past 7 days



Base: All young people aged 5-16 in years R-11 in England (9,044), interviewed on the LVQ Omnibus between March 2008 to February 2009

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Boys are more likely to have participated in at least five hours of physical activity than girls (26% vs.18%), and as with the previous measures discussed, those in the more affluent social groups ABC1 are more likely to have participated in five hours of organised sport than those in groups C2DE (25% vs. 20% respectively).

Children and young people with a disability are more likely to have done no organised sport in the last seven days than those who do not (22% have done nothing, compared with 17% of able bodied children).

When comparing results by school stage, again it is those at secondary school who tend to be more active - 27% of secondary school children have participated in five or more hours of organised sport, compared with 19% of primary school children. Results by key stage confirm this finding; just under three in ten of those studying at Key Stage 3 or Key Stage 4 level have done at least five hours of sport in the past seven days (27%), but only 19% of those at Key Stage 1 or Key Stage 2 have done the same.

4.3.4 Total participation in organised sport: 16 to 19 year-olds in years 12 or above, or not at school.

When considering total participation levels - in school / college and out-of-school / college - among those aged 16+, it must be noted that a significant proportion do not have access to in-education facilities having left school or college. Of this group, less than half (47%) are still at school or college. The rest are in higher education, working or unemployed. This results in a reduction in overall participation levels, and so participation for this age group is considered in terms of a three hour total, rather than a five hour total.

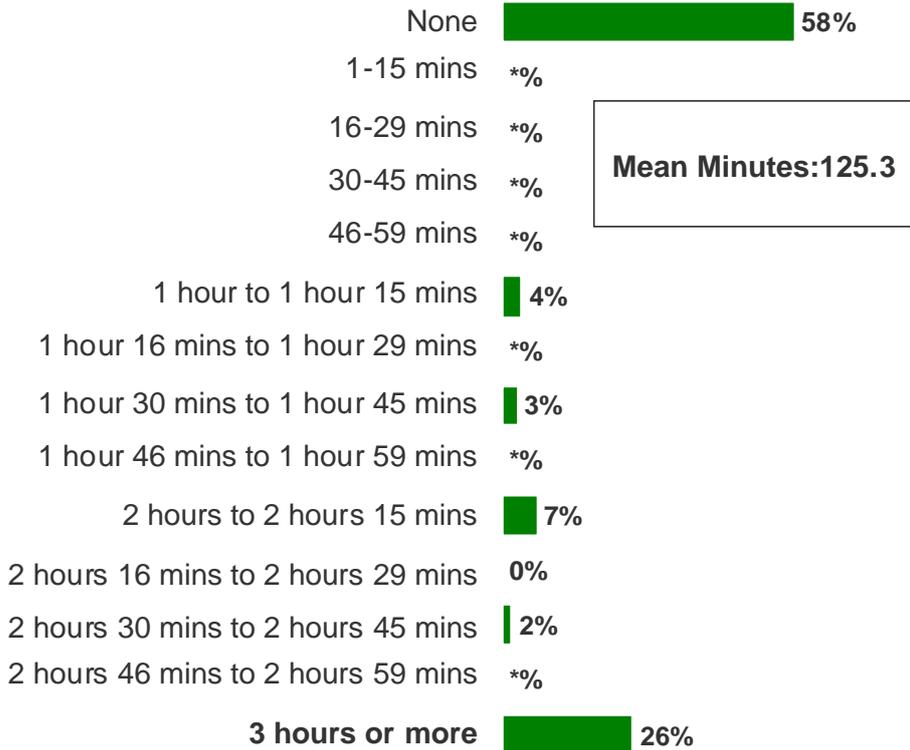
In all, a quarter of 16 to 19 year-olds (26%) participate in at least 3 hours of organised sport both in and outside of the school day. The mean time spent participating in organised sport overall stands at just over two hours (125.3 minutes).

Table 10 shows the breakdown of participation levels by work / education status, with those at sixth form college showing the highest mean reported participation levels.

Table 10: Total participation in organised sport (16 to 19 year-olds in year 12 or above or not at school)

	Total (2737)	School (267)	6 th form college (1102)	Higher Education (476)	Working (601)	Unemployed (291)
No participation	58%	53%	51%	58%	64%	75%
At least 1 hour	41%	46%	48%	41%	36%	25%
At least 2 hours	34%	39%	40%	36%	29%	19%
At least 3 hours	26%	32%	32%	26%	20%	12%
Mean minutes of participation	125.3	154	160.1	114.4	93.3	66.7

Time spent participating in organised sport both during school and outside of the school day: 16-19s in years 12 + or not at school



Base: All young people aged 16-19 in Years 12+ or not at school (2,737), interviewed on the LVQ Omnibus between March 2008 to February 2009

4.3.5 Demographic analysis

Boys are more likely than girls to have participated in at least three hours of organised sport in total (34% vs. 18% respectively).

Young people from the more affluent social grades ABC1 are more likely than those from social grade C2DE to have done three hours or more organised sport (30% compared with 21%).

Those with older siblings (29%) are more likely to have done three hours of organised sport than those who are an only child (25%). There are no significant differences by ethnicity.

Appendices

Attendance at school / college

Number of days attended school or college in the last 7 days

Respondents were asked to record their attendance at school in the week prior to their interview in order to ensure that any data collected on participation in organised sport during the school day could be understood accurately. In order to make robust statements about participation in organised sport during the school day, any absences would need to be accounted for, so recording attendance at school was an important element of the study.

During the 12 months running from March 2008 - February 2009, around three in five (59%) children and young people aged 5 to 19 reported attending school or college for five of the seven days prior to their interview.

This figure includes children and young people who have left school or college or those who attend on a part-time basis. It also includes weeks of the year when some or all children would be on school holidays.

Trends over time / wave

Levels of attendance at school or college have varied across the twelve waves of the survey. As would be expected, the proportion of children and young people saying they had not attended school at all was highest in August 2008 due to the summer holidays (94%). It has also been high in April 2008 (46%) when some children and young people would have been on their Easter break, and July 2008 (24%) possibly due to some schools beginning their summer holidays early.

Attendance at school or college for the full five days was highest in January 2009 when 74% of respondents had been present in school for the full five days prior to their interview. High attendance was also recorded in October (73%), September and November (72% in each month).

Monthly breakdown of attendance

The question on school attendance was asked to all respondents aged 5 to 19, including those aged 16 to 19 for whom school is no longer compulsory. This, alongside the fact that the question was asked on all twelve waves of the survey, including August when schools were closed for the summer holidays means that the proportion of children and young people who report that they have not attended school at all in the past week, is boosted.

Table 11 below shows a more accurate breakdown school attendance based only on those in compulsory education (i.e. 5 to 16 year-olds in years Reception to 11) who attended school for five of the seven days prior to their interview. The data is broken down by wave.

Table 11: School attendance by wave (5 to 16 year-olds in years Reception to 11)

Wave	% attending school for 5 days
March 2008	76%
April 2008	44%
May 2008	82%
June 2008	79%
July 2008	59%
August 2008	0
September 2008	86%
October 2008	86%
November 2008	86%
December 2008	79%
January 2009	86%
February 2009	69%

Cognitive testing

Cognitive testing explores the mental process by which respondents reach an answer to a question and, in so doing, it can show whether or not a question is working as intended, helping us to suggest improvements. It has been argued that, for a respondent to give the most accurate survey answer, they should go through a four stage mental process:

- **Interpret questions.** What does the question mean? How do I interpret specific words and phrases in the question? Are there any words or phrases that are ambiguous or that I do not understand?
- **Retrieval of information from memory;**
- **Making decisions about their answer.** How do I marry what I have remembered with an answer to a particular survey question? Am I being truthful/logical in my response? What other objectives do I have in mind when answering?;
- And finally **my answer.**

The extent to which respondents do, in reality, give **optimal** answers is related to three key factors:

- **Task difficulty;** linked to interpretation, information retrieval, judgements (absolute and relative);
- **Respondent ability;** respondents' cognitive skills and their previous consideration of the subject; and
- **Respondent motivation;** need for cognition, accountability, importance of topic and overall importance of the survey etc.

Ipsos MORI conducted twelve cognitive interviews between 24 and 28 February 2008. These comprised six interviews with young people aged 11 to 18 and six interviews with adults. The decision to cognitively test the questionnaire with adults was taken because for young people aged 5 to 10, parents are permitted to help their child answer the survey. It is therefore important that an adult also fully understands what is being asked. All of the cognitive testing interviews were conducted by Ipsos MORI research staff, both face-to-face and by telephone. No incentives were paid to respondents. The findings from the cognitive testing helped to refine the question wording and develop a final version of the questionnaire that was suitable for all of its intended respondents.

Ethnic background question

Below is the full ethnicity question as asked to young people who participated in the study.

Q Which of the following best describes you? Choose a number from 1 to 5, and then tell me the letter in that section that best describes you.

(PARENT CAN ASSIST WITH REPLY).

SHOWCARD

- 1) White
 - a. British -----1
 - b. Irish -----2
 - c. Eastern European ----- 3
 - d. Any other white background (please write in and ring) -----4
- 2) Mixed
 - a. White and Black Caribbean-----5
 - b. White and Black African -----6
 - c. White and Asian -----7
 - d. Any other mixed background (please write in and ring) -----8

(76)
- 3) Asian or Asian British
 - a. Indian-----1
 - b. Pakistani-----2
 - c. Bangladeshi-----3
 - d. Any other Asian background (please write in and ring) -----4
- 4) Black or Black British
 - a. Caribbean -----5
 - b. African -----6
 - c. Any other Black background (please write in and ring) -----7
- 5) Chinese or Other ethnic group
 - a. Chinese-----8
 - b. Any other (please write in and ring) -----9

Statistical Reliability

The respondents to the questionnaire are only samples of the total “population”, so we cannot be certain that the figures obtained are exactly those we would have if everybody had been interviewed (the “true” values). We can, however, predict the variation between the sample results and the “true” values from a knowledge of the size of the samples on which the results are based and the number of times that a particular answer is given. The confidence with which we can make this prediction is usually chosen to be 95% - that is, the chances are 95 in 100 that the “true” value will fall within a specified range. An indication of approximate sampling tolerances is given in the table below: strictly speaking the tolerances shown here apply only to random samples; in practice good quality quota sampling has been found to be as accurate.

Size of sample on which survey results is based	Approximate sampling tolerances applicable to percentages at or near these levels		
	10% or 90%	30% or 70%	50%
	±	±	±
100 interviews	6	9	10
500 interviews	3	4	4
985 interviews (<i>Average interviews per month</i>)	2	3	3
2,737 interviews (<i>All 16 to 19 year-olds</i>)	1	2	2
9,044 interviews (<i>All 5 to 16 year-olds in years R-11</i>)	1	1	1
11,821 interviews (<i>Total sample</i>)	1	1	1

Source: Ipsos MORI

For example, with a sample of 11,821 where 30% give a particular answer, the chances are 19 in 20 that the “true” value (which would have been obtained if the whole population had been interviewed) will fall within the range of plus or minus 1 percentage point from the sample result.

When results are compared between separate groups within a sample, different results may be obtained. The difference may be “real”, or it may occur by chance (because not everyone in the population has been interviewed). To test if the difference is a real one - i.e. if it is “statistically significant”, we again have to know the size of the samples, the percentage giving a certain answer and the degree of confidence chosen. If we assume “95% confidence interval”, the differences between the two sample results must be greater than the values given in the table overleaf:

Size of sample compared	Differences required for significance at or near these percentage levels		
	10% or 90%	30% or 70%	50%
100 and 100	8	13	14
250 and 100	7	11	12
500 and 250	5	7	8
500 and 500	4	6	6
726 and 872 (<i>8 year-olds vs. 15 year-olds</i>)	3	5	5
10,806 and 347 (<i>White background vs. Black background</i>)	3	5	5
5,878 and 5,943 (<i>Boys vs. Girls</i>)	1	2	2

Source: Ipsos MORI

N.B. The above calculations should strictly only be applied to pure random samples, which involve a significantly more expensive fieldwork operation. In this instance, they should be treated as indicative, rather than an absolute guarantee of accuracy.

The Questionnaire

Introduction

I'm going to ask you a couple of questions about any organised sport you may have taken part in over the last 7 days. By organised sport, I mean Sport, dance or other physical activity which is organised and led by an instructor like a coach, teacher, sports leader or someone else, including any training for events or competitions.

Q1

Excluding today, on how many days in the last 7 days did you attend school or college?
INTERVIEWER ENTER NUMBER OF DAYS 0-7

ASK ALL WHO SAY 1-7 DAYS AT Q1. OTHERS GO TO Q3.

Q2 organised sport during the school day

I would like you to think about all the organised sport you have taken part in, during the school day, that is during lesson time, including PE lessons, lunchtime or break times. By organised sport, I mean sport, dance or other physical activity which is organised and led by an instructor like a coach, teacher, sports leader or someone else, or training for events or competitions. In the last 7 days, but not including today, how much time in total, have you spent taking part in organised sport during the school day?
ENTER TIME IN HOURS AND MINUTES

IF NECESSARY: For example, if you took part in two hours of PE lessons a week and you took part in a badminton session organised on Monday lunchtime for 30 minutes, then the total time is 2 hours and 30 minutes.

ASK ALL

Q3 organised sport not during the school day

I would like you to think about all the organised sport you have taken part in that was not during school time, so either before school starts or after lessons end, including the weekend. By organised sport, I mean sport, dance or other physical activity which is organised and led by an instructor like a coach, teacher, sports leader or someone else, including any training for events or competitions. For each of the last 7 days only, please tell me how much time in total you spent taking part in organised sport that was not during school time. Only include the time spent actually doing the organised sport.

Starting with yesterday...

Day	Time: Hours	Time: Minutes
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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