

School Sport Survey

2018

State of the Nation

sportwales
chwaraeoncymsu

Headline Findings

48% of pupils in Years 3-11 participate in extracurricular or community sport three or more times per week. This is unchanged since 2015.

Similar proportions of primary and secondary pupils participate in extracurricular or community sport three or more times per week – **47%** of primary pupils in Years 3-6 and **48%** of secondary pupils in Years 7-11.

There remains a gender difference in participation levels, with **50%** of boys and **46%** of girls participating in extracurricular or community sport at least three times per week.

Participation levels also vary according to pupils' age, ethnicity, disability and relative level of deprivation. In 2017/18 the survey showed that in comparison with Wales as a whole, higher percentages were recorded for:

- Pupils in Years 5 and 6 (**51%**)
- Mixed/multiple ethnicity pupils (**52%**)
- FSM1 pupils (**55%**)¹
- Fluent Welsh speaking pupils (**57%**)

63% of pupils enjoy PE lessons 'a lot' and **48%** of pupils enjoy doing sport in after-school or lunchtime clubs (extracurricular sport) 'a lot'.

56% of pupils think PE lessons and school sport help them 'a lot' to have a healthy lifestyle.

¹ The percentage of pupils who are eligible for Free School Meals (FSM) is used as a proxy measure of socioeconomic status. Schools in Free School Meal Quartile 1 (FSM1) have low levels of pupils eligible for FSM – and are considered least deprived. Schools in FSM4 have high levels of pupils eligible for free means are thus considered most deprived.

Introduction

The Vision for Sport in Wales is clear: **To have An Active Nation Where Everyone Can Have Lifelong Enjoyment of Sport.** Our mission: **To Unleash the Benefits of Sport for Everyone.** The School Sport Survey evaluates the activity of sport in young people, understanding their enjoyment of sport, and informs the steps required so that sports' benefits can be unleashed.

The School Sport Survey is an online survey of pupils' sport participation and school provision of Physical Education [PE] and sport. Following the success of the School Sport Survey in both 2013 and 2015, the current survey took place in the summer term of 2018 from 16th April to 24th July.

Pupils completed a questionnaire on their participation and attitudes towards PE and sport. A member of staff from each school was asked to complete a questionnaire on PE and sports provision at their school. This is usually completed by the PE coordinator in primary schools or the head of PE in secondary schools.

The data from this survey enables Sport Wales and its partners to strategically monitor trends in sport participation, covering both extracurricular and community sport. The survey also allows for the tracking of PE provision in schools, as well as teachers' and pupils' attitudes to PE and sport. This provides a base of evidence from which to shape our policy and practice.

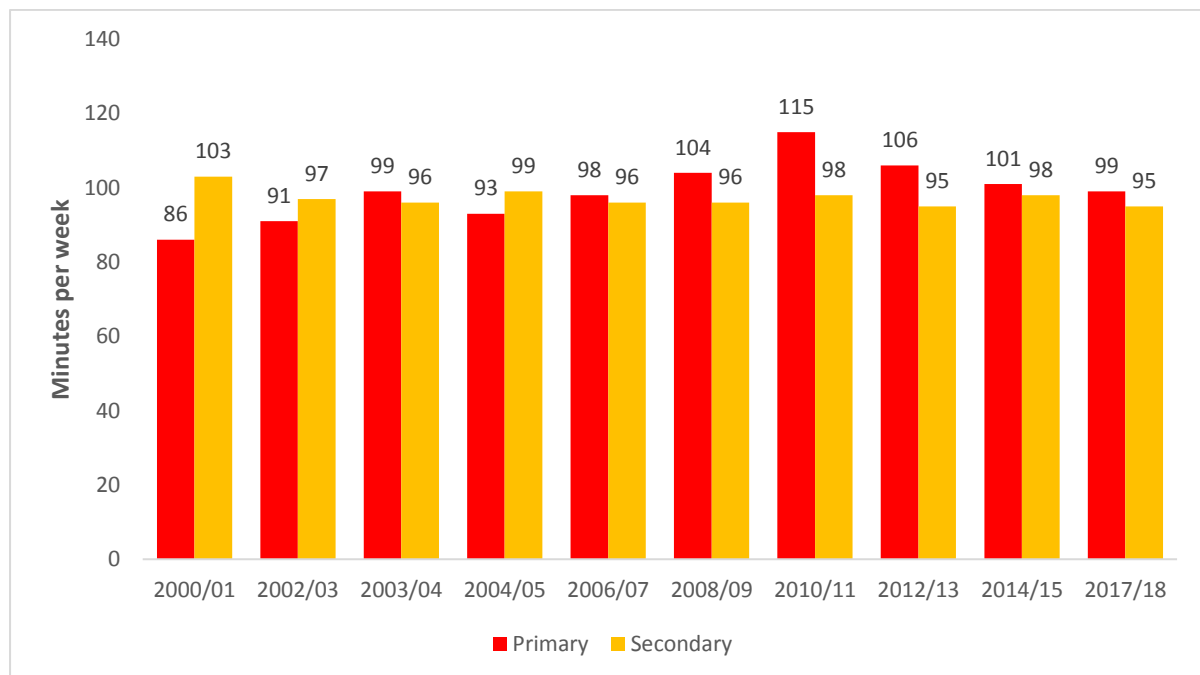
The statistics presented in this paper and in the accompanying national set of data tables focus on pupils in mainstream schools in Years 3-11. In the 2017/18 survey, **118,893** Year 3-11 pupils took part in the survey and **1,055** teachers completed a School Sport Survey provision questionnaire. This was an increase on the numbers taking part in 2015 – remaining the largest UK survey of young people and sport.

PE in the Curriculum

For nearly two decades, PE coordinators in primary schools and heads of PE in secondary schools have periodically completed a questionnaire on PE provision on behalf of their school. In 2018, **869** responses were received from primary schools and **186** from secondary schools.

Figure 1 shows the trend in the average amount of time made available for curricular PE per week. Across Wales, an average of **99** minutes of PE is provided from Year groups 3 to 11 (**100** minutes in 2015). For primary school pupils in Years 3-6, there is an average of **99 minutes of PE per week**. For secondary school pupils in Years 7-11, there is an average of **95 minutes of PE per week**.

Figure 1. Average minutes of curricular PE per week – by survey year.



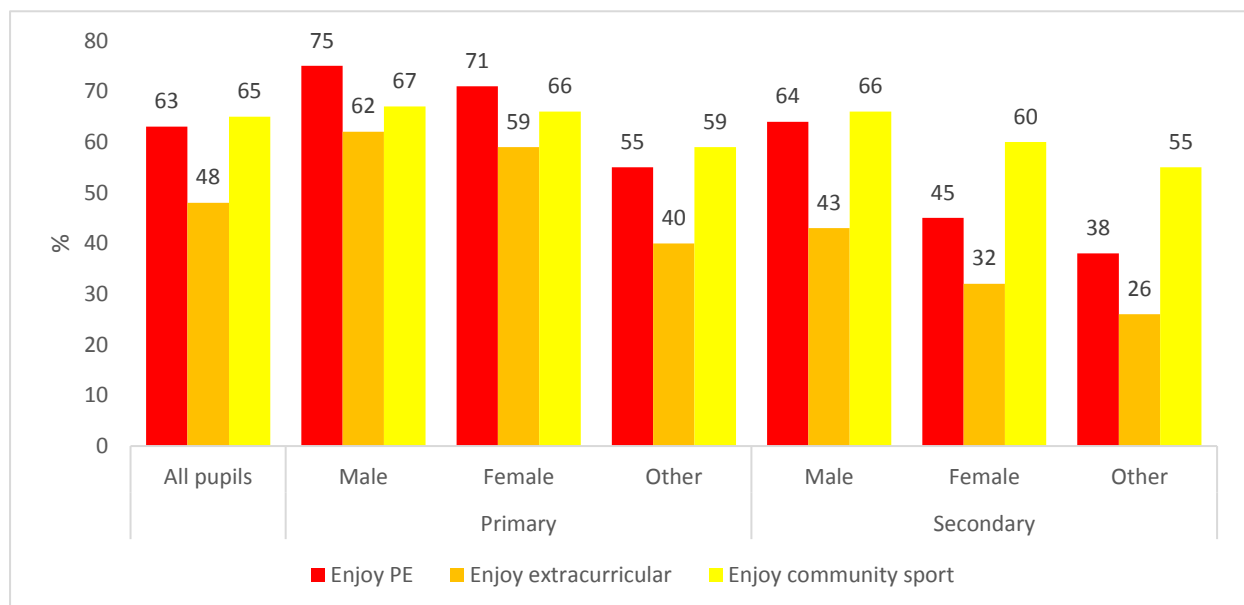
Attitudes to PE and Sport

The School Sport Survey has consistently tracked pupils' attitudes to PE and sport, capturing their enjoyment and confidence in sport, as well as their belief of the contribution sport and PE can make to their wellbeing, and their experiences of being 'heard' in sport.

Subheading: Enjoyment

Figure 2 shows pupils' enjoyment in sport in various settings - in PE lessons, in school sports clubs (extracurricular sport) and in sport outside of school (community sport). Pupils are asked how much they enjoy doing sport in that setting and could answer 'a lot', 'a little', or 'not at all'.

Figure 2. *Enjoyment of sport – percentage of pupils who answered 'a lot'*



Primary school pupils are more likely to enjoy PE and sport in and outside of school. 'Other' secondary school pupils are least likely to enjoy PE, and extracurricular and community sport.

Subheading: Confidence

Pupils are asked how confident they are when they are trying new activities. Overall, **80%** said they were 'very confident' or 'confident'. Male pupils are more likely to express confidence – with **84%** being 'very confident' or 'confident' compared with **76%** of females and **68%** of pupils identifying as 'other'.

Subheading: Healthy Lifestyle

Pupils are asked the extent to which they think PE and school sport helps them to have a healthy lifestyle. Overall, **56%** of pupils in Years 3-11 thought that PE and School Sport helped them 'a lot' to achieve a healthy lifestyle.

There are differences according to age. **68%** of primary pupils thought PE and school sport helped them to have a healthy lifestyle compared with **46%** of secondary pupils.

Subheading: Pupil voice

Pupils are asked whether they feel their ideas about PE and sport are listened to. Across Wales, **28%** of pupils felt their ideas about PE and sport were listened to 'always'. As with the measures above, there was a difference according to age and gender. Pupils identifying as 'other' were less likely to feel their ideas were listened to (**32%** of males compared with **24%** of females and **20%** of pupils identifying as 'other' said 'always'), while **33%** of primary pupils felt this was the case compared with **23%** of secondary school age pupils.

Frequency of Participation

Since 2011, the School Sport Survey has captured a detailed picture of frequency of participation, allowing us to explore the number of occasions per week pupils take part in organised sport and physical activity outside of the curriculum.

In Wales 2018, **48%** of pupils across Years 3 to 11 took part in organised sport activity outside of the curriculum (i.e. extracurricular or club sport) on three or more occasions per week. The percentage of pupils who participate in extracurricular or community sport at least three times a week has increased since 2013, where **40%** took part on three or more occasions per week, but remains unchanged from 2015.

By school age, there is little difference: **48%** of secondary and **47%** of primary pupils are now participating in extracurricular or community sport at least three times a week. However, a gender disparity remains, with **46%** of females compared with **50%** of males and **39%** of those identifying as 'other' participating in organised sport outside of the curriculum at least three times a week.

Since 2013, the survey has also collected data to describe levels of sports participation among different ethnic groups. Table 1 shows the difference in participation levels in terms of race.

Table 1. *Percentage of pupils frequently participating in extracurricular or community sport by ethnic group and year.*

| <i>Ethnic Groups</i> | 2013 | 2015 | 2018 |
|----------------------|-------------|-------------|-------------|
| White | 41 | 49 | 49 |
| Mixed Race | 41 | 52 | 52 |
| Black/Black British | 37 | 52 | 51 |
| Asian/Asian British | 29 | 36 | 40 |
| Arab/Other | 29 | 39 | 46 |
| Overall | 40 | 48 | 48 |

The measure of sport participation outside of the curriculum can be broken down into more detail by considering the number of occasions per week pupils take part. This allows us to identify those pupils who are more or less likely to be active.

Figure 4 shows the differences in frequency of pupil participation by gender, while Figure 5 shows participation in sport outside of the curriculum at least once a week by school age and gender.

Figure 4. *Number of occasions per week that pupils take part in extracurricular or community club sport by gender.*

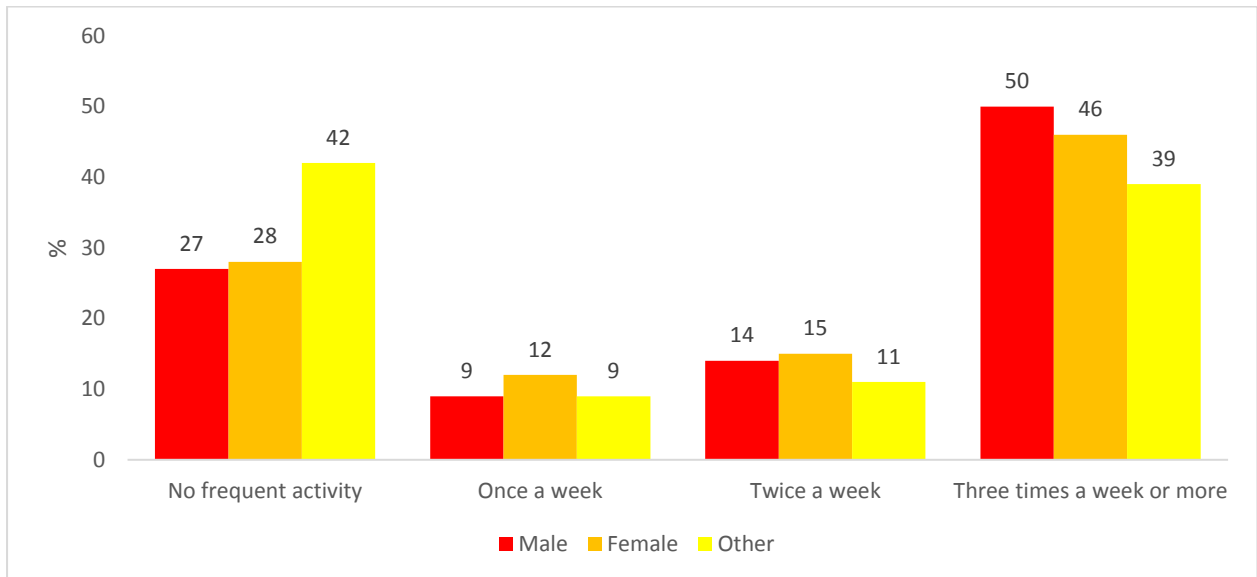
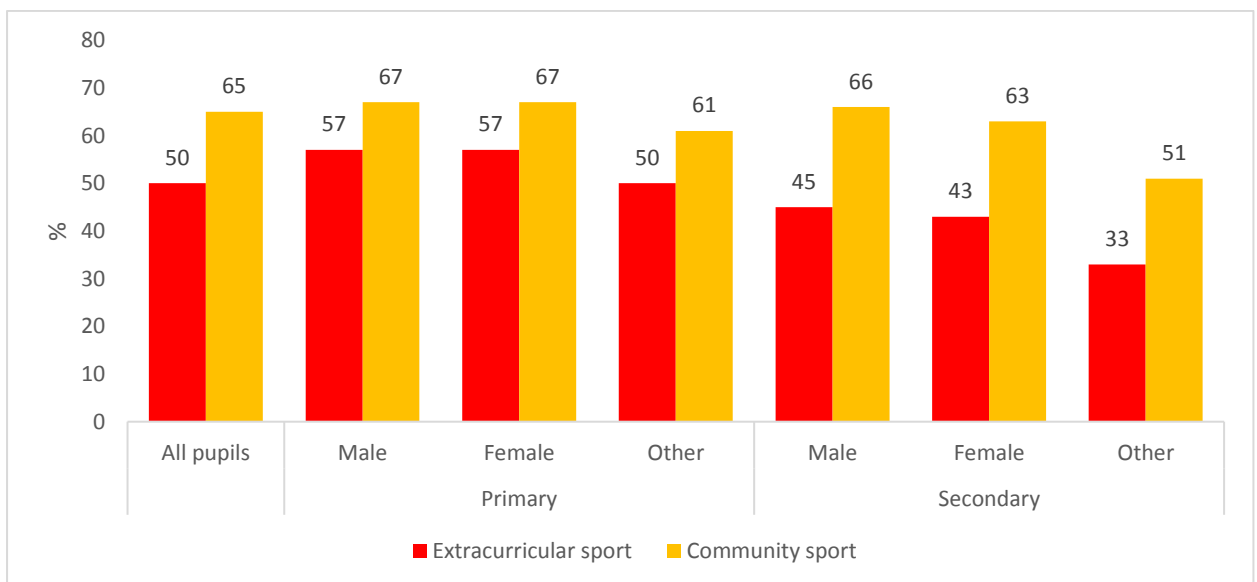


Figure 5. *Participation at least once a week in extracurricular and community club sport by gender and school age.*

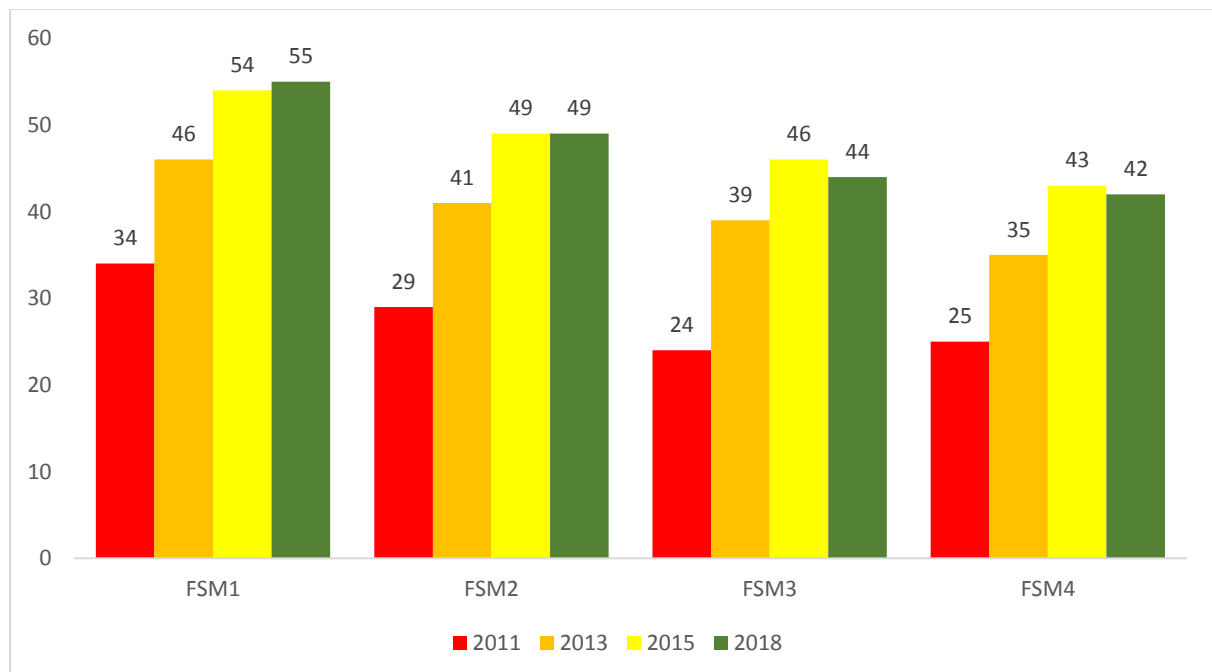


The data shows that a greater percentage of pupils take part (at least once a week) in community club settings compared with extracurricular settings. Furthermore, lower proportions of secondary school pupils take part in extracurricular sport.

Subheading: Socioeconomic status and participation

The percentage of pupils per school who are eligible for free school meals is used as a proxy measure of the socio-economic status of school children in Wales. Schools in the survey are placed into a Free School Meal (FSM) quartile – free FSM quartile 1 has a low percentage of pupils who are eligible for a free school meal and are considered to be the least deprived, and FSM quartile 4 has a high percentage of pupils who are eligible, and so are considered the most deprived. Figure 6 presents participation in sport outside of the curriculum on three or more occasions per week according to socio-economic status of pupils.

Figure 6. *Percentage of pupils who participate in extracurricular or community sport at least three times a week according to FSM quartile.*

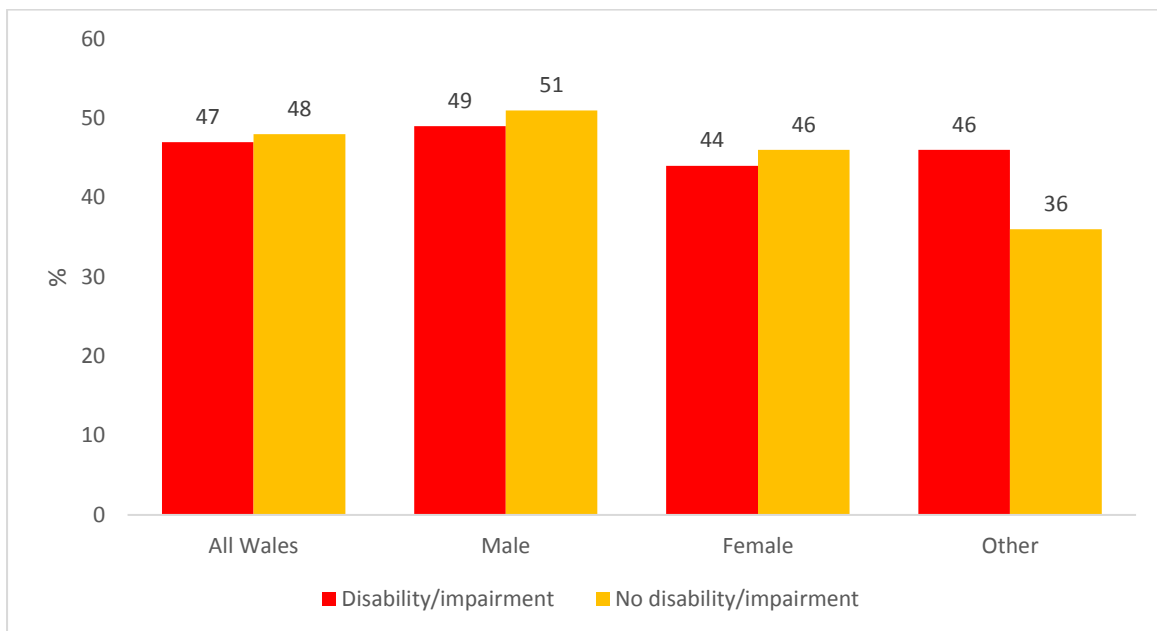


While the percentage of pupils who participate in sport outside of the curriculum three or more times a week has incrementally increased since 2011, the pattern of participation is similar in the last three surveys. The disparity in participation between FSM1 and FSM4 in 2015 was **11%**. The disparity in participation between these same two quartiles in 2018 is **13%**.

Subheading: Disability and participation

Pupils are asked whether they have a disability or impairment. In 2018, **47%** of those that said 'yes' were participating in extracurricular or community sport at least three times a week, compared with **48%** of pupils who said they did not have a disability or impairment. Figure 7 presents pupils' participation in sport according to disability and gender.

Figure 7. *Percentage of pupils participating in sport outside of the curriculum at least three times per week according to disability and gender.*



Subheading: Extracurricular sports

Table 2 shows the top ten activities most likely to be participated in across Year groups 3-11 by gender.

Table 2. *Extracurricular sports most likely to be participated in.*

| <i>Sport/Activity</i> | <i>Male</i> | <i>Sport/Activity</i> | <i>Female</i> | <i>Sport/Activity</i> | <i>'Other'</i> |
|--------------------------------|-------------|--------------------------------|---------------|--------------------------------|----------------|
| Football | 41% | Netball | 30% | Football | 21% |
| Rugby | 27% | Running/jogging | 23% | Rugby | 18% |
| Running/jogging** | 26% | Rounders/ baseball/softball | 22% | Rounders/ baseball/softball | 17% |
| Athletics | 23% | Athletics | 22% | Athletics | 17% |
| Dodgeball | 22% | Football | 21% | Dodgeball | 16% |
| Rounders/ baseball/softball | 21% | Dodgeball | 17% | Basketball | 16% |
| Basketball | 20% | Swimming | 16% | Running/ jogging | 15% |
| Cricket | 19% | Dance | 15% | Badminton | 11% |
| Swimming | 18% | Hockey | 13% | Cricket | 11% |
| Tennis/short tennis | 12% | Gymnastics | 13% | Swimming | 10% |

Primary school pupils' favoured extracurricular sport is football, as is secondary school pupils'.

Subheading: Community sport

Pupils are asked which sports they do in clubs that are not at school. In 2015, the most popular sports among all pupils in Years 3-11 were football and swimming. This was unchanged in 2018, with 25% of pupils taking part in football and 27% taking part in swimming. However, females favoured participation in swimming, whereas males preferred participating in football.

The top ten sports for 2018 are shown in Table 3.

Table 3. Community sports most likely to be participated in.

| <i>Sport/Activity</i> | <i>Male</i> | <i>Sport/Activity</i> | <i>Female</i> | <i>Sport/Activity</i> | <i>'Other'</i> |
|-----------------------------------|-------------|-----------------------|---------------|-----------------------------------|----------------|
| Football | 37% | Swimming | 31% | Football | 21% |
| Swimming | 25% | Dance | 26% | Swimming | 19% |
| Rugby | 23% | Gymnastics | 20% | Running/jogging | 14% |
| Running or jogging | 16% | Running/jogging | 16% | Rugby | 14% |
| Martial arts (e.g., judo, karate) | 12% | Netball | 15% | Martial arts (e.g., judo, karate) | 12% |
| Athletics | 11% | Fitness classes | 13% | Climbing | 11% |
| Boxing | 11% | Football | 13% | Boxing | 11% |
| Cricket | 11% | Athletics | 13% | Dance | 10% |
| Climbing | 9% | Trampolining | 10% | Athletics | 10% |
| Cycling | 9% | Horse riding | 9% | Cycling | 10% |

Subheading: Informal participation

Aside from considering school-based sport and community club sport, pupils are also asked whether they take part in the various sports and activities 'somewhere else' – for example at the park with friends or at home. This gives a measure of their participation in informal activity.

The top ten activities that pupils are most likely to do other than in school or community club settings are shown in Table 4 and Table 5 below.

Table 4. Sports most likely to be participated in by primary pupils other than in school or community club settings

| Years 3-6 | | | | | |
|------------------------|--------------|------------------------|----------------|--------------------------------|----------------|
| <i>Sport/Activity</i> | <i>Males</i> | <i>Sport/Activity</i> | <i>Females</i> | <i>Sport/Activity</i> | <i>'Other'</i> |
| Running/jogging | 44% | Running/jogging | 45% | Running/jogging | 43% |
| Cycling | 42% | Cycling | 44% | Swimming | 40% |
| Football | 40% | Trampolining | 38% | Cycling | 38% |
| Trampolining | 37% | Swimming | 33% | Football | 36% |
| Swimming | 34% | Climbing | 27% | Climbing | 30% |
| Climbing | 28% | Adventurous activities | 25% | Parkour | 29% |
| Adventurous activities | 25% | Football | 24% | Trampolining | 29% |
| Parkour | 25% | Dance | 24% | Adventurous activities | 27% |
| Rugby | 22% | Gymnastics | 21% | Rounders/ baseball/softball | 25% |
| Table tennis | 21% | Basketball | 16% | Tennis/short tennis | 18% |

Table 5: Sports most likely to be participated in by secondary pupils other than in school or community club settings

| Years 7-11 | | | | | |
|------------------------|--------------|------------------------|----------------|------------------------|----------------|
| <i>Sport/Activity</i> | <i>Males</i> | <i>Sport/Activity</i> | <i>Females</i> | <i>Sport/Activity</i> | <i>'Other'</i> |
| Running/jogging | 43% | Running/jogging | 49% | Running/jogging | 34% |
| Cycling | 40% | Swimming | 38% | Swimming | 34% |
| Football | 38% | Cycling | 37% | Cycling | 32% |
| Swimming | 36% | Trampolining | 29% | Football | 26% |
| Mountain biking | 28% | Adventurous activities | 22% | Mountain biking | 24% |
| Trampolining | 24% | Football | 21% | Trampolining | 23% |
| Table tennis | 21% | Table tennis | 18% | Adventurous activities | 21% |
| Rugby | 21% | Climbing | 17% | Parkour | 20% |
| Adventurous activities | 20% | Dance | 17% | Climbing | 19% |
| Basketball | 18% | Tennis/short tennis | 16% | Table tennis | 18% |

Summary

The 2018 survey has shown participation levels have remained the same as observed in 2015 amongst pupils in Wales in Years 3-11. Long standing differences in participation levels continue to be observed, with female pupils and older pupils taking part less frequently in PE and sport.

There has however been an increase in the proportion of those with a disability or impairment taking part in sport three or more times per week outside of the curriculum. This has narrowed the participation gap between those with a disability or impairment and those without. Participation rates have also increased for Arab/Other and Asian/Asian British ethnic groups.

The difference in participation rates between FSM Quartile 1 (least deprived) and FSM Quartile 4 (most deprived) has increased by two percentage points.

For further details please see: www.schoolsportsurvey.org.uk