

School Sport Survey

2015

State of the Nation

HOOKED ON **S**PORT
WEDI **G**WIRI **N**I **A**R
CH**W**ARAE **N**

sportwales
chwaraeon cymru

Headline findings

48% of pupils in Years 3-11 are *hooked on sport* and take part in extracurricular or community club sport on three or more occasions per week. In 2013, the figure was 40%.

Similar proportions of primary and secondary pupils are hooked on sport – 49% of primary pupils in Years 3-6 and 48% of secondary pupils in Years 7-11

There remains a gender difference in participation levels. 52% of boys and 44% of girls are *hooked on sport*.

Participation levels also vary according to pupils' age, ethnicity, disability and relative level of deprivation. In 2015 the survey showed that in comparison with Wales as a whole, higher percentages were recorded for:

- Pupils in Years 5 and 6 (52%)
- Mixed race and black/black British pupils (52%)
- Pupils from the least deprived schools¹ (54%)
- Pupils in secondary schools who were Welsh speakers (55%)

65% of pupils enjoy PE lessons 'a lot' and 53% of pupils who enjoy doing sport in after-school or lunchtime clubs (extracurricular sport) 'a lot'.

62% 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 Quartile 1 (FSM 1) have low level of pupils eligible for FSM – and are considered the least deprived. Schools in FSM4 have high levels of pupils eligible for free meals and are most deprived.

Introduction

Our Vision sets out clear priorities for sport in Wales. We want a Wales where **every child is hooked on sport for life** and we have **a nation of champions**.

The School Sport Survey is an online survey of pupils' sports participation and school provision of Physical Education (PE) and sport. The latest *School Sport Survey* took place in the summer term of 2015 from 14th April until 21st July. Pupils complete a questionnaire on their participation and attitudes towards Physical Education (PE) and sport. A member of staff from each school is 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 partners to strategically monitor and track trends in sports participation – covering both community and school participation and tracking the provision of PE and school sport and teachers' and pupils' attitudes to PE and sport. This provides a base of evidence from which to shape sports policy and practice.

The statistics presented in this paper and in the national set of accompanying data tables focus in pupils in mainstream schools in Years 3-11. In the 2015 survey, 115,039 Year 3-11 pupils took part in the survey and 1,094 teachers completed a School Sport Survey provision questionnaire. This was an increase on the numbers taking part in 2013 - making this the largest UK survey of young people and sport to date.

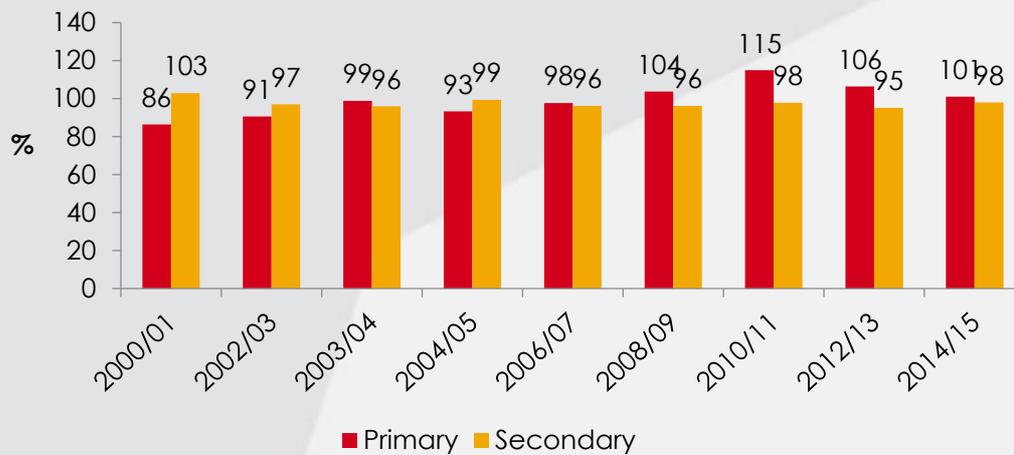
This paper presents an overview of PE provision and sports participation in Wales.

PE in the curriculum

For over fifteen years, PE coordinators in primary schools and Heads of PE in secondary schools have completed a biennial questionnaire on PE provision on behalf of their school. In 2015, 901 responses were received from primary schools and 193 from secondary schools.

Figure 1 below shows the trend in the average amount of time made available for curricular PE per week. Across Wales, an average of 100 minutes of PE is provided across Year groups 3 to 11 (101 in 2013). In Key Stage 2 (primary school pupils in Years 3-6), there is an average of 101 minutes of PE per week. In Key Stage 3 and 4 (secondary school pupils in Years 7-11) there is an average of 98 minutes of PE per week.

Figure 1: Average number of minutes per week for curricular PE



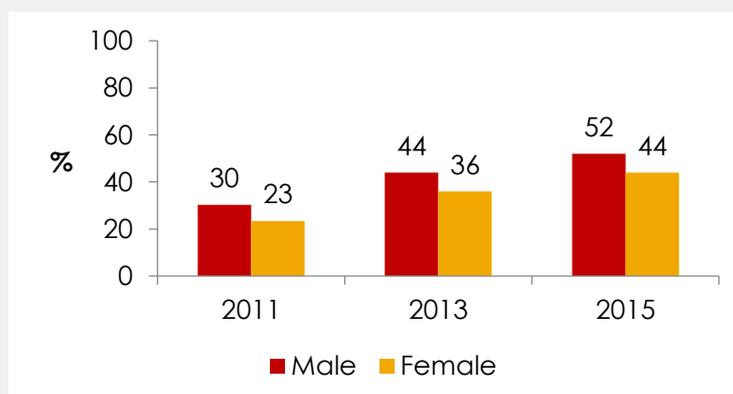
Hooked on Sport: Frequency of participation

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 recreation, outside of the curriculum. In Wales in 2015, 48% of pupils across Years 3 to 11 take part in organised activity other than in curriculum time (i.e. extracurricular or club sport) on three or more occasions per week. The Vision for Sport in Wales refers to this as being 'hooked on sport'.

The percentage of pupils who are 'hooked on sport' has increased since 2011, when 27% overall took part in three or more occasions per week and from 2013, where 40% were 'hooked'. By overall school stage, there is little difference: 48% of secondary and 49% of primary pupils are now hooked on sport.

Figure 2 shows the percentage of pupils who are hooked on sport over the last three surveys.

Figure 2: Hooked on sport by gender from 2011 to 2015



The 2013 survey was the first time that data was available to describe levels of sports participation among different ethnic groups and the 2015 survey builds on this data. Table 1 below shows the differences in participation levels in terms of race and gender.

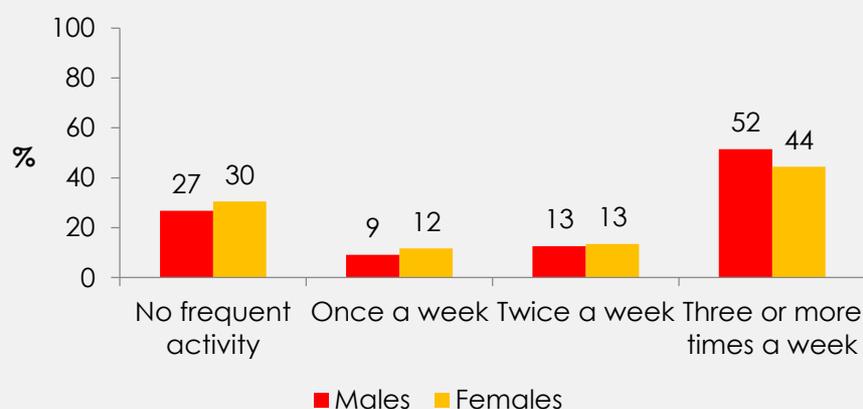
Table 1: Percentage of pupils who are *hooked on sport* by ethnic group and gender

	Boys		Girls		All pupils	
	2013	2015	2013	2015	2013	2015
White	44	52	37	45	41	49
Mixed Race	46	56	36	48	41	52
Black/Black British	42	57	30	45	37	52
Asian/Asian British	37	44	20	28	29	36
Arab/Other	31	49	26	38	29	39
OVERALL	44	52	36	44	40	48

The 2013 survey showed that Asian/Asian British girls had the lowest hooked on sport percentage, with 20% of this cohort taking part three or more times a week. Participation levels have increased since 2013 although this group remains below the average, with 28% taking part. Overall, mixed race pupils and black/black British pupils have the highest percentage taking part frequently (52%), whereas in 2013 mixed race and white pupils were the groups most likely to be hooked on sport. The hooked on sport measure can be broken down in more detail to consider the number of occasions per week different pupils are taking part in, and whether certain pupils are more or less likely to be active.

Figure 3 below shows the differences by gender for pupils in Years 3-11

Figure 3: Number of occasions per week that pupils take part in extracurricular or community club sport – by gender

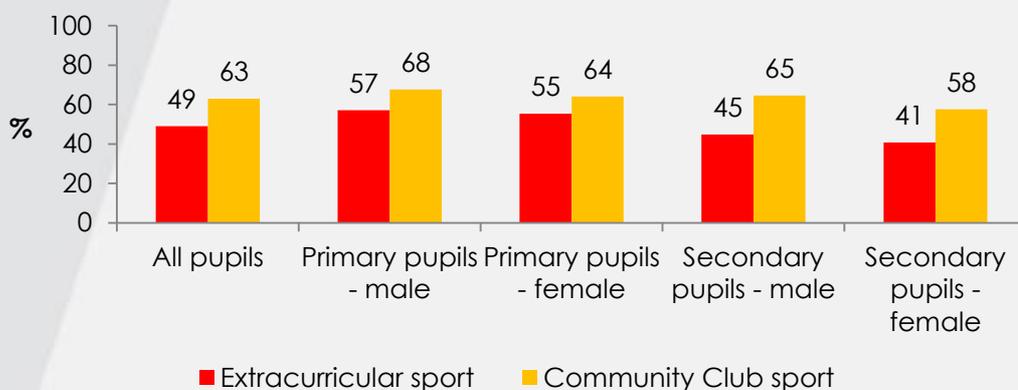


As discussed above, the 'Hooked on sport' measure is a combined measure of *activity that takes place outside of PE lessons* – i.e. the number of occasions per week that a pupil takes part in either extracurricular school based activity or community based club activity.

Understanding the makeup of the hooked measure can help identify the different contributions and impact that providers can have on the 'hooked' measure. For example, a pupil could be hooked on sport by taking part in three extracurricular school sessions a week but may not be able to access any opportunities outside of school. Similarly, there may be high levels of community provision and participation but lower levels of extracurricular participation. Pupils may not have access to sport in certain settings, because of practical barriers or lack of provision. In addition, they may not feel that the offer is appropriate to their needs - and so choose not to take part.

The figure below shows frequency of participation in extracurricular and club settings using the measure 'at least once a week'.

Figure 4: Participation at least once a week in extracurricular and community club sport.



The data shows that a greater percentage of pupils take part (at least once a week) in community club settings compared with extracurricular settings.

Lower proportions of secondary school pupils take part in extracurricular sport, and female participation levels are slightly lower than male pupils.

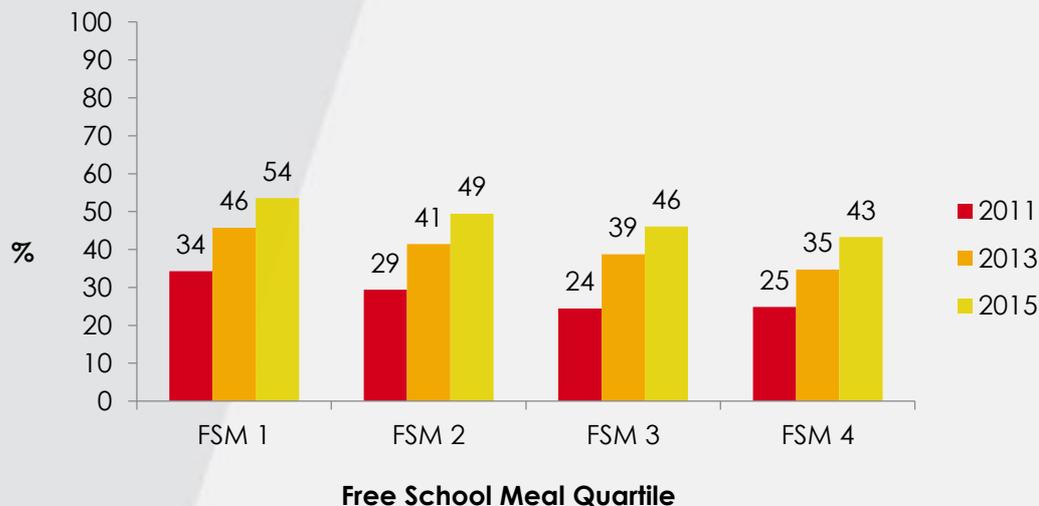
Socio-economic status and participation

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 4 has a high percentage of pupils who are eligible – most deprived.

Figure 5 below shows the percentage of pupils who are hooked in sport according to their FSM quartile.

Figure 5: Hooked on sport by relative level of deprivation



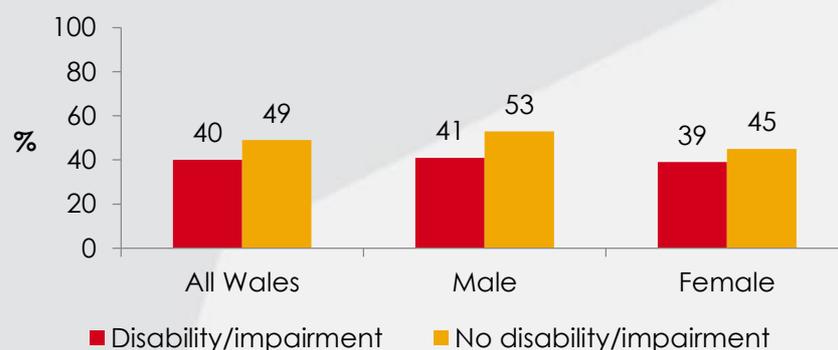
While the percentage of pupils who are hooked on sport has increased since 2011, the pattern of participation is similar in the last three surveys. There is around a ten percentage point difference between pupils who are hooked on sport in FSM1 compared with FSM4.

Hooked on sport and disability

Pupils are asked whether they have a disability or impairment. In 2013, 31% of those that said 'yes' were 'hooked on sport' compared with 41% of pupils who said they did not have a disability or impairment.

Figure 6 below shows the percentage of pupils in 2015 who are hooked on sport according to disability and gender.

Figure 6: Hooked on sport, disability and gender



What sports are pupils taking part in?

Extracurricular sports

Table 1 shows the top ten activities most likely to be participated in across Year groups 3 to 11, by gender, and the corresponding percentage of pupils who took part in 2013 and 2011.

Table 2: Extracurricular sports most likely to be participated in: pupils in Years 3-11

Sport/Activity	Girls			Boys			
	2011	2013	2015	Sport/Activity	2011	2013	2015
Netball	28.6	32.0	31.9	Football	41.4	51.3	56.7
Swimming	11.8	20.5	22.1	Rugby	31	35.1	35.1
Athletics	16.1	17.5	22.1	Athletics	18.1	20.3	23.8
Rounders	17.7	19.6	21.9	Dodgeball	n/a*	22.1	23.4
Football	14.5	17.4	21.5	Running/jogging**	n/a	n/a	21.8
Dance	22.9	22.0	21.0	Swimming	11.7	20.9	
Running/jogging**	n/a	n/a	19.0	Cricket	18.3	19.2	20.9
Gymnastics	10.3	11.6	14.9	Rounders	14.2	18.6	20.5
Dodgeball*	n/a*	13.0	14.9	Tennis	17.5	20.6	20.5
Tennis	12.5	14.0	13.9	Basketball	14.6	19.5	18.7

*Dodgeball was not included in the 2011 survey **Running and jogging added to survey in 2015

There has been little change in the sports that appear in the top ten extracurricular activities in the last three surveys. The option 'running or jogging' was a new addition to the survey in 2015, to reflect activities asked about in the Active Adults Survey and to have a wider measure of activities that have seemingly increased in

popularity via opportunities such as fun runs, park runs and large scale public running events.

Community Club Participation

Pupils are asked which sports they do in clubs that are **not at school**. In 2015, the most popular sport among **all pupils in Years 3-11** was football, with 34% taking part. Swimming followed at 33%.

By gender, football was the sport that male pupils were most likely to participate in with a club not at school (51% took part) followed by rugby (31%). For female pupils, swimming was ranked the highest (36%) followed by dance at 29%.

The top ten sports for 2015 are shown below in Table 3, with their corresponding values for the 2013 and 2011 surveys.

Table 3: Club sports most likely to be participated in: pupils in Years 3-11

Sport/Activity	Girls			Sport/Activity	Boys		
	2011	2013	2015		2011	2013	2015
Swimming	26.8	30.2	35.8	Football	44.9	48.7	51.3
Dance	33.2	28.4	28.6	Rugby	26.2	31.3	30.8
Running or jogging	n/a	n/a	24.2	Swimming	25.3	25.3	30.1
Fitness classes*	6.5	17.9	21.2	Running/jogging	n/a	n/a	20.9
Gymnastics	13.5	14.2	18.6	Tennis	17.3	16.3	16.8
Netball	10.1	16.2	18.6	Athletics	8.7	12.6	14.9
Football	10.9	14.7	16.0	Cricket	14.1	14.7	14.9
Athletics	7.6	11.2	14.8	Dodgeball	n/a	11.4	13.3
Horse riding	10.6	13.6	12.0	Cycling	7.5	11.3	13.2
Tennis	12.7	12.0	12.3	Fitness classes	4.6	6.5	12.8

*Only secondary school pupils are asked about participation in Fitness classes

Other settings – 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 'anywhere else' – for example at home, or in a park or leisure centre. 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 other than in school or community club settings – pupils in Years 3-6

	Years 3-6		
Sport/activity	Boys	Sport/activity	Girls
Football	74	Swimming	62
Running/jogging	57	Running/jogging	59
Swimming	55	Cycling	46
Cycling	47	Dance	46
Rugby	43	Football	40
Tennis	37	Trampolining	36
Cricket	32	Gymnastics	33
Trampolining	31	Tennis	30
Dodgeball	29	Netball	28
Rounders	28	Athletics	26

Table 5: Sports most likely to be participated in other than in school or community club settings – pupils in Years 7-11

	Years 7-11		
Sport/activity	Boys	Sport/activity	Girls
Football	64	Running/jogging	57
Running/jogging	48	Swimming	48
Rugby	42	Dance	31
Swimming	40	Cycling	29
Cycling	35	Fitness classes	27
Tennis	29	Netball	27
Basketball	26	Football	23
Table tennis	23	Tennis	22
Adventurous activities	22	Athletics	21
Athletics	21	Adventurous activities	21

The option 'running or jogging' was a new addition to the survey in 2015, to reflect activities asked about in the Active Adults Survey and to have a wider measure of activities that have seemingly increased in popularity via opportunities such as fun runs, park runs and large scale public running events.

Attitudes to PE and Sport

In 2013, the survey showed that enjoyment levels, ability, and confidence were all linked to the likelihood of pupils being hooked on sport²

Enjoyment

The table below shows whether pupils enjoy taking part in three different 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'.

The table below shows the percentages of pupils who answer 'a lot'.

Table 6. Enjoyment of sport – percentage of pupils who answered 'a lot'

	Years 3-11	Primary		Secondary	
	All pupils	Male	Female	Male	Female
Enjoy PE	65.2	79.3	77.3	64.5	43.3
Enjoy sport in school clubs (extracurricular sport)	53.0	71.1	67.8	46.5	31.7
Enjoy sport outside of school	68.4	75.8	72.7	68.2	58.6

Pupils of primary school age are most likely to enjoy PE and sport, in school and out of school. Female pupils in secondary school are least likely to enjoy PE and sport and doing sport in school clubs.

Confidence

Pupils are asked how confident they are when they are trying new activities. Overall, 79% said they were 'very confident' or 'confident'. Male pupils are more likely to express confidence – with 85% being 'very confident' or 'confident' compared with 73% of females.

The importance of a healthy lifestyle

Pupils are asked the extent to which they think PE and school sport helps them to have a healthy lifestyle. Overall, 62% of pupils in Years 3-11 thought that PE and School Sport helped them 'a lot' to have a healthy lifestyle. There are differences

² <http://sportwales.org.uk/media/1194537/theme2.pdf>

according to age. 77% of primary pupils thought PE and school sport helped them to have a healthy lifestyle compared with 49% of secondary pupils.

Pupil voice

Pupils are asked whether they feel their ideas about PE and sport are listened to. Across Wales, 31% 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. Girls were less likely to feel their ideas were listened to (28% of girls compared with 34% of boys said 'always') while 42% of primary pupils felt this was the case compared with 22% of secondary school age pupils.

Summary

The 2015 survey has shown increases in participation levels 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.

For further details please see:

www.schoolsportsurvey.org.uk