

**Young people and sport
National survey 2002**

Headline findings



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Sport England
16 Upper Woburn Place
London
WC1H 0QP
Tel: (020) 7273 1500
Fax: (020) 7273 1868
Email
info@sportengland.org
www.sportengland.org

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Young People and Sport National Survey 2002

Headline Findings

The survey

- This is the third national survey (1994,1999,2002) of young people and sport in England commissioned by Sport England. The 2002 survey was carried out by MORI
- It provides the most authoritative information on trends in young people's involvement in sport in England. The survey has large sample sizes with over 3,000 young people aged 6 to 16 years surveyed in more than 150 primary and secondary schools across the country
- The survey provides information on young people's participation in sport in school lessons, in extra curricular time and in their 'leisure time' and their attitudes towards sport. It also includes the views of teachers about PE and sport in their schools.
- The results from the survey are vital in improving the evidence base to enable more effective promotion of sporting opportunities for all young people. The survey shows whether participation in sport amongst the young is increasing or decreasing; which sports are growing and which declining, what is happening to PE and sport in schools; and the place of sport in young people's lives in the early 21st century.

The results

Sport in school lessons

- There has been a consistent increase in the percentage of young people who **do not take part in any sport** in school lessons on a '*regular*' basis ('regular is defined as 'at least 10 occasions in the previous 12 months') from 15% in 1994 to 17% in 1999 to 18% in 2002
- Only two sports have shown a significant increase in participation in school lessons between 1994 and 2002 – **rounders** (from 24% in 1994 to 31% in 1999 to 30% in 2002) and **tennis** (from 16% in 1994 to 18% in 1999 to 21% in 2002). The increase in participation in rounders has resulted from an increase in participation by secondary aged girls
- Over the 8 year period from 1994 to 2002 there has been a decrease in participation in **gymnastics** (from 39% in 1994 to 33% in 1999 to 31% in 2002) and **aerobics** (from 18% in 1994 to 15% in 1999 to 14% in 2002). The decrease in gymnastics has occurred in primary and not secondary schools whilst the biggest drop in participation in aerobics has occurred amongst girls from 24% in 1994 to 20% in 1999 to 17% in

2002

- **One of the most significant growth areas has been participation by girls in football** (see also participation out of school lessons). 'Regular' participation (on at least 10 occasions in the previous 12 months) increased from 7% in 1994 to 12% in 1999 to 13% in 2002 (ie almost a doubling of participation in eight years). Overall, however, when boys involvement is taken into account participation in football in school lessons did not increase between 1994 and 2002
- In secondary schools there were significant **increases** between 1994 and 2002 in 'regular' participation in school lessons in: **gymnastics** (27% in 1994, 26% in 1999, 32% in 2002); **rounders** (17%, 25%, 29%); **tennis** (27%, 28%, 31%) and **netball** (22%, 26%, 26%). In the case of gymnastics the increases in participation in secondary school were more than offset by a decrease in primary schools (a decline from 49% in 1994 to 39% in 1999 to 32% in 2002)
- In secondary schools there was a significant **decrease** in participation in **hockey**, although this stabilised between 1999 and 2002 (32% in 1994, 27% in 1999, 27% in 2002) and cross-country/road-running/jogging (23%, 19%, 19%) but once again decreases have stabilised. There was also a **significant decline in cricket in secondary school lessons** between 1999 and 2002 (16%, 17%, 14%)

Time for PE in the curriculum

- Encouragingly **the percentage of young people receiving 2 hours or more of PE per week in school lesson time has increased since 1999**, reversing the significant declines seen between 1994 and 1999 (from 46% in 1994 to 33% in 1999 to 49% in 2002). This, however, still leaves 50% of young people not receiving 2 hours of PE a week
- **The percentage of children in primary schools receiving at least 2 hours PE increased between 1999 and 2002 but has failed to redress the decline that was seen between 1994 and 1999** and remains in 2002 below 1994 levels (Yrs 2-4 (ie 6 to 8 year olds) from 32% in 1994, to 11% in 1999 to 29% in 2002; Yrs 5-6 (ie 9 to 11 year olds) from 46% in 1994 to 21% in 1999 to 32% in 2002)
- **Young people in school years 10 and 11 (aged 15 and 16) have seen a slow but steady decline in the percentage receiving 2 hours or more PE** from 36% in 1994 to 34% in 1999 to 33% in 2002

Facility provision in schools

- **There has been a considerable decline in the percentage of secondary schools having access cricket nets** (from 72% in 1994 to 54% in 1999 to 38% in 2002) and tennis courts (from 72% to 54% to

38%).

- However **more secondary schools claim to have access to synthetic athletics tracks**. Increasing percentages also refer to increased access to playgrounds and 'school halls' for sports use. However fewer secondary schools said they had access to a multi-purpose sports hall (from 69% in 1994 to 68% in 1999 to 64% in 2002)
- **In primary schools there has been an increase in access to multi-purpose sports halls** (from 13% in 1994 to 17% in 1999 to 20% in 2002) but there is also increasing reliance on the use of the school hall for sport (78% in 1994, 90% in 1999, 97% in 2002)
- **Access to pitches/sports fields for secondary schools declined from 100% in 1994 to 76% in 1999** and has now picked up again to 93%. Access for primary schools increased from 80% in 1994 to 83% in 1999 but declined to 78% in 2002 (ie nearly one quarter of all primary schools)
- **The quality of school sports facilities is an issue**. Secondary school PE teachers express increasing levels of dissatisfaction with the adequacy of facilities available to their school. The proportion saying that facilities are fairly inadequate or on the whole inadequate increased from 24% in 1994 to 33% in 1999 to 39% in 2002
- **In 2002 primary school teachers were less likely than in 1999 to rate the facilities typically available to them as adequate** (a decrease from 36% in 1999 to 27% in 2002).

Sport out of lessons

- **Young people are playing a wider range of sports in their leisure time**. The number of sports played at least once out of school lessons in the previous year increased from an average of 10 in 1994 to 11.2 in 2002
- However all three surveys have identified **a consistent percentage of around 13 to 14% of young people who do not take part in any sport 'regularly'** in their 'free time' (at least 10 times in the previous 12 months).
- **The top three sports played regularly outside of school lessons have remained the same between 1994 and 2002** (swimming with 51% of all young people participating; cycling with 49%; and football at 37%). However the order of 'popularity' has changed from 1999. **The levels of participation in football have declined** back to those seen in 1994 from 43% in 1999; and **swimming has replaced cycling as the most 'popular' sport**. In fact participation in cycling saw

significant declines between 1994 and 2002 from 57% to 49%

- **'Regular'** (at least 10 times in the previous year) **participation in cricket out of lessons by all young people has fallen in 2002** to 13% after peaking at 19% in 1999. For secondary aged young people it declined from 18% in 1999 to 13% in 2002
- **More girls are playing football in their 'leisure time' than was the case in 1994** although the percentages have levelled off (13% in 1994 to 18% in 1999 and still 18% in 2002). **However less girls are taking part in aerobics out of lessons in 2002 than in 1994** although there has been a slight up turn from 1999 (from 24% in 1994 to 17% in 1999 to 19% in 2002); **and swimming has increased in popularity amongst girls** from 51% participating 'regularly' in 1994 to 53% in 1999 to 55% in 2002
- The percentage of **young people doing sport for 5 hours or more on average per week during their summer holidays increased significantly between 1994 and 1999** from 61% to 66% **but has declined slightly in 2002** to 63%

Where sport is played out of school lesson time

- **Young people are taking part in a wide variety of sports organised by the school outside of curriculum time** (in 2002 this amounted to over 45 different sports). However, the significant increases in **the percentage of young people taking part in extra curricular sport between 1994 and 1999** (from 36% to 45%) **has not been maintained and has in fact gone into a slight reverse** with 42% taking part in 2002
- In terms of the sports played in **extra curriculum time- the only significant change is an increase in football** (from 12% in 1994 to 15% in 2002) and this applied to both boys and girls (for girls the increase was from 3% in 1994 to 7% in 2002 – ie more than doubled)
- **The percentage of young people who did no extra curricular sport declined** from 63% in 1994 to 55% in 1999 **but has since increased** to 59% in 2002
- Between 1994 and 2002 **there has been an increase in the percentage of young people taking part in inter-school competitive sport** from 26% in 1994 to 30% in 1999 to 31% in 2002)
- Between 1999 and 2002 **there has been a significant increase in the percentage of young people taking part in sport in youth clubs** (from 51% in 1994 to 49% in 1999 to 55% in 2002)

- **Membership of sports clubs has dipped since 1999** following a significant increase between 1994 and 1999 (from 42% in 1994 to 46% in 1999 to 43% in 2002)
- **Sports with the biggest club membership in 2002** were **football** with 15% of all young people, **swimming** with 10% and **judo/martial arts** with 6%

Motivating involvement in sport – young people’s attitudes towards sport

- **The motivation to take part in sport is the highest it has been for eight years.** Indeed, more young people now recognise the importance of sport and exercise and fewer are put off doing sport than in 1994
- **Almost all young people now agree that it is ‘important to keep fit’** (95% in 2002) **and there have been declines in the percentage who say that they mind ‘going outside for sport in bad weather’** (from 49% in 1994 to 42% in 2002), **‘getting cold and wet’** (from 43% in 1994 to 36% in 2002) **and ‘getting hot, sweaty or dirty’ when playing sport** (from 39% in 1994 to 36% in 2002)
- **In 2002 seven out of 10 young people considered themselves to be a ‘sporty type of person’** the highest percentage recorded in any of the surveys
- However the 2002 survey highlighted **an emerging ‘sporting confidence paradox’** whereby young people are now more confident about their involvement in sport, but at the same time more concerned about not being good enough
- **Findings indicate that young people are more inclined to participate in sport in their leisure time than they were eight years ago.** In 2002, on average, young people did 8.1 hours of sport and exercise a week in comparison to 7.5 hours in 1999. However, a greater amount of time is still spent watching television/listening to videos/DVDs (11.4 hours) than on sport or exercise and doing part time work (8.8 hours)