

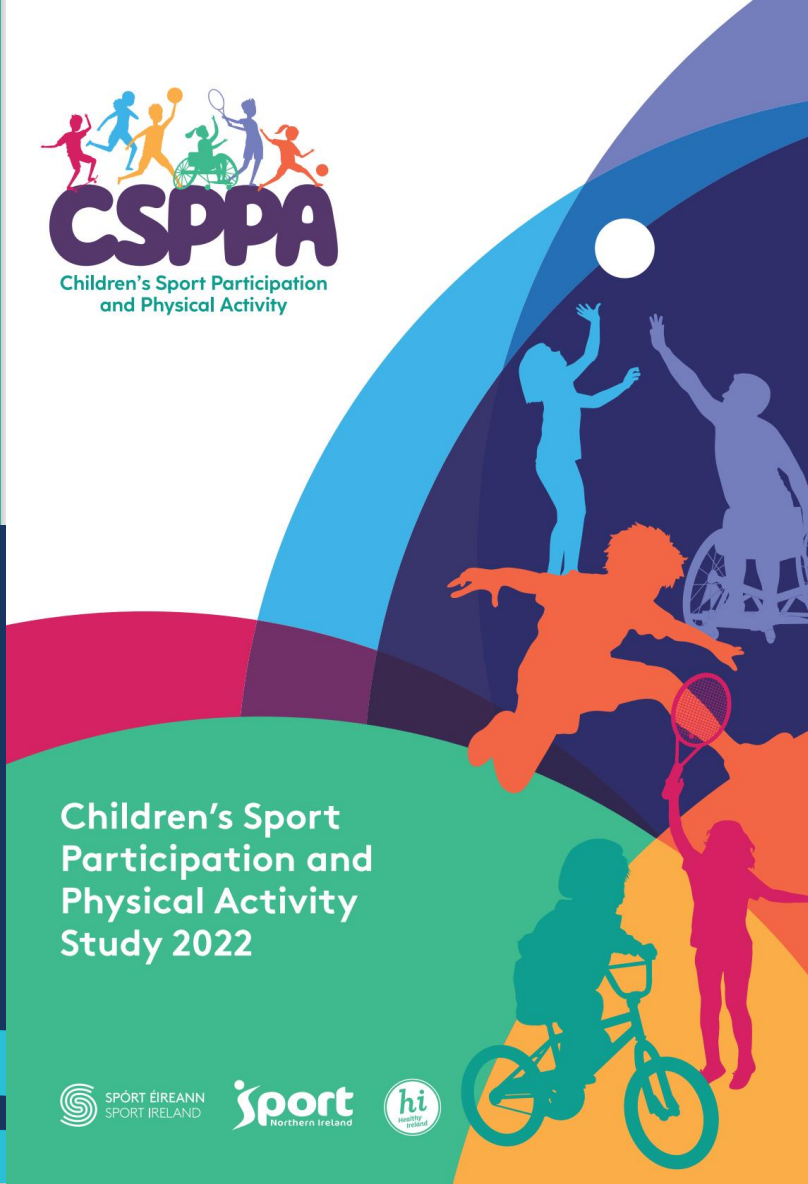
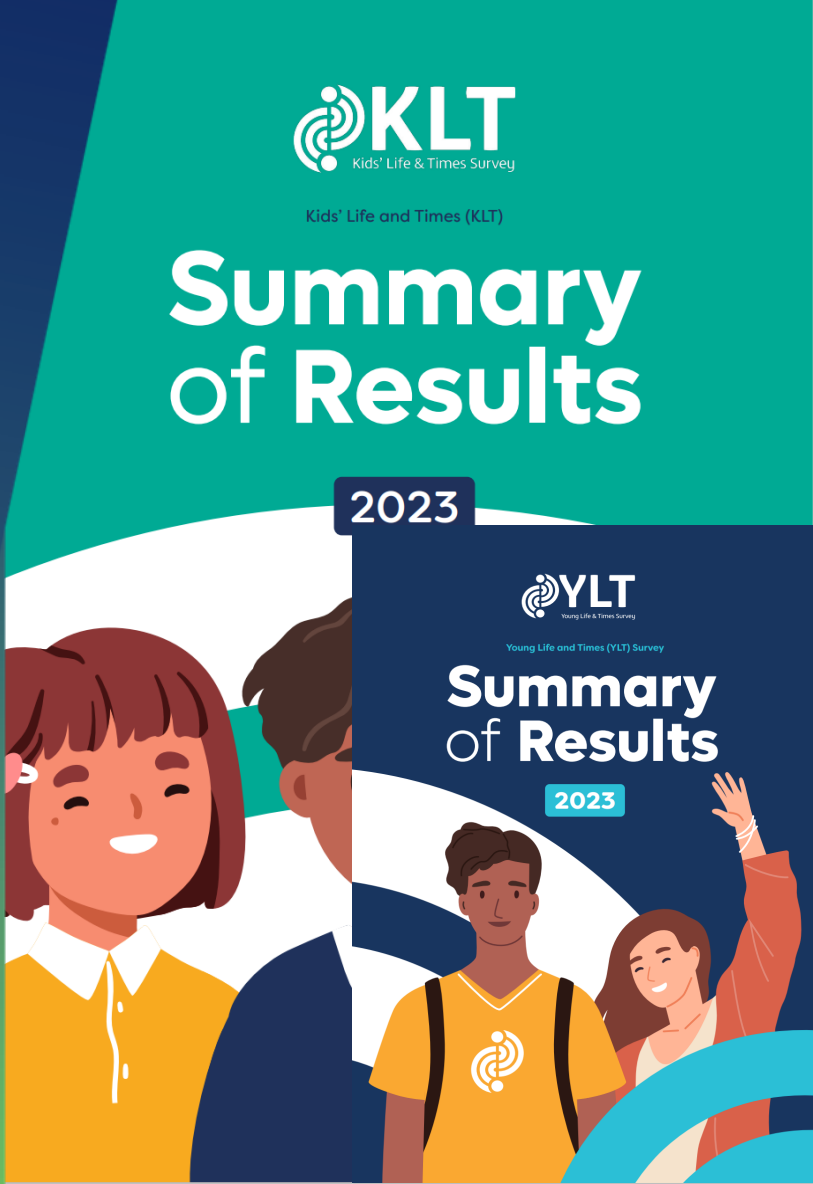


The Power Of Sport

Maximising the power of sport to
change lives



Recent research key findings on children's participation in sport and physical activity, to inform future interventions:



Summary of Results

2023



Every year, ARK, a joint initiative between Queen's University Belfast and Ulster University, invites all Primary 7 aged children (10/11 years old) from all schools in Northern Ireland to take part in the KLT survey. KLT gives them the opportunity to share their opinions and experiences of school, health and wellbeing, their rights, and other important social issues

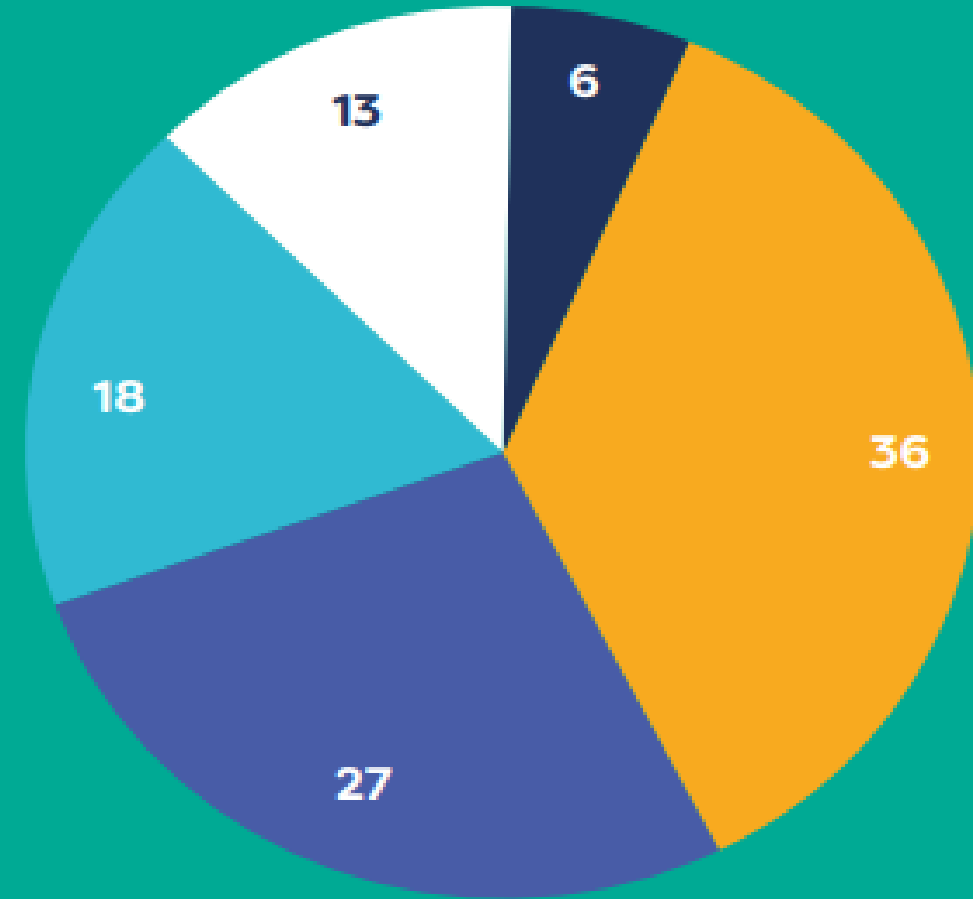


Sport and physical activity

In a normal week, playing sport or doing some physical activity for at least 60 minutes during a day is the recommended target for children and young people. As Figure 3 shows, only 6% of KLT respondents said they never met the target activity level. Nearly one third (31%) took part in physical activity 7 times a week or more with boys (37%) more likely to do this than girls (26%).

Figure 3:

How many times during a normal week would you spend at least 60 minutes during a day playing sport or doing some physical activity? (%)



Never Up to 4 times a week 4 - 6 times a week 7 times a week More often

Respondents were asked what kind of sports or physical activities they undertook in a normal week. Table 1 shows that the vast majority (96%) of children did PE in school, 40% walked or cycled to school and 77% took part in sports outside school. Overall, there were few differences between boys and girls.

Table 1:

In a normal week would you do any of the following things? (%)

	Boys	Girls	All
Walk or cycle to school	42	38	40
Do PE in school	96	97	96
Take part in sports in a sports club, organised activity, or a gym outside school	80	76	77



Table 2 shows that just over half of KLT respondents feel that being fit and healthy (54%), gaining new skills (53%) and having fun and meeting new friends (53%) are 'very important' reasons for taking part in sport

and physical activity. However, only 30% thought that competing with others was a 'very important' reason for taking part in sport and physical activity, with boys (36%) more likely to say this than girls (24%).

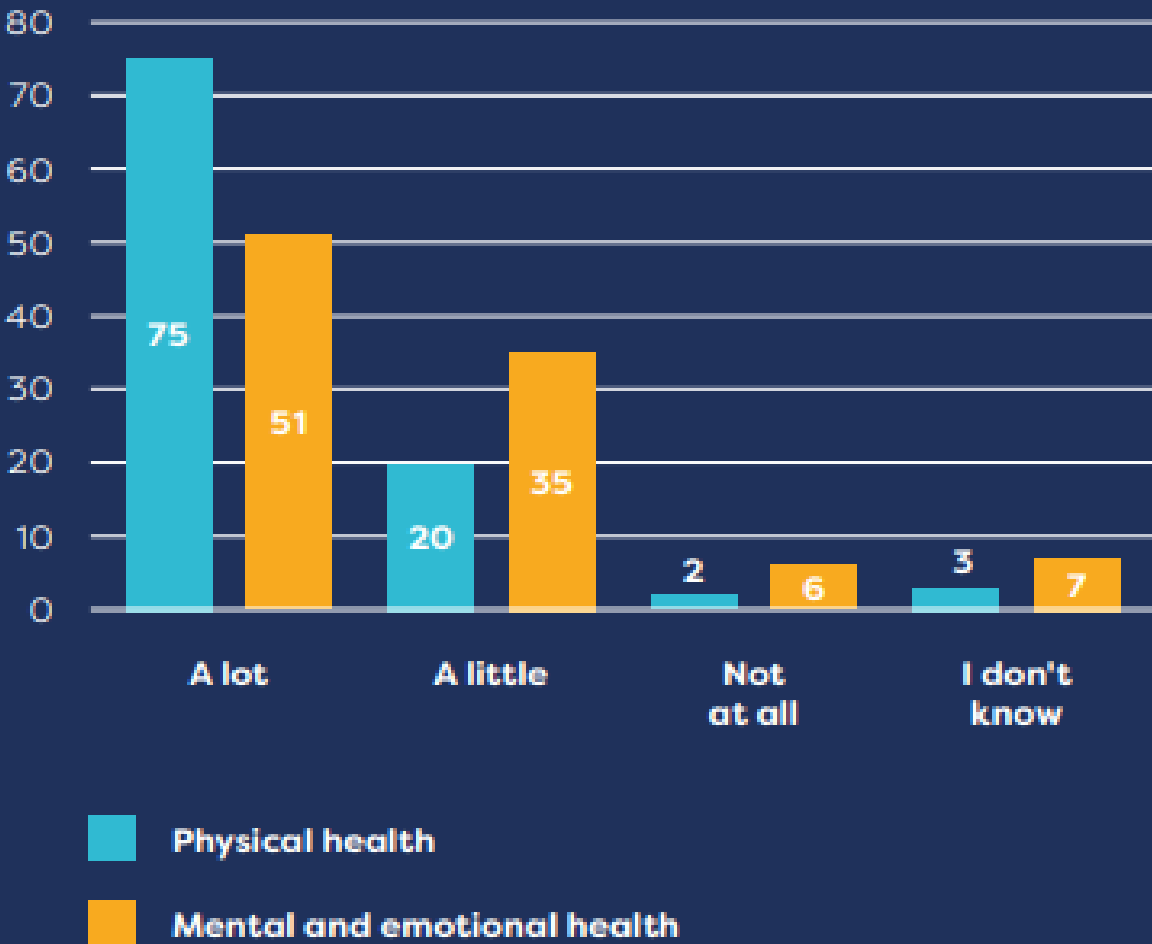
Table 2:

Children who feel the following are 'very important' reasons for taking part in sport or physical activity (%)

	Boys	Girls	All
To be fit and healthy	58	50	54
To gain new skills	57	48	53
To have fun and meet friends	56	50	53
To compete with others	36	24	30

As Figure 4 shows, most KLT respondents thought that taking part in sport or physical activity can help improve physical and mental health 'a lot' or 'a little' with three-quarters (75%) saying it can improve physical health 'a lot'.

Figure 4:
How much do you think sport or physical activity can improve your health? (%)





Young Life and Times (YLT) Survey

Summary of Results

2023



Every year, ARK, a joint initiative between Queen's University Belfast and Ulster University, invites 16-year-olds from across Northern Ireland to take part in the YLT survey to share their views on school, politics, community relations and other social issues. Due to the large number of questions YLT 2023 was a 'split survey'. This meant that there were two versions of the survey - some questions were asked in both and some in one or the other.



Sport and physical activity

Respondents were asked what kind of sports or physical activities they undertook in a normal week. Table 3 shows that about seven in ten 16-year-olds did PE in school. While 49% took

part in organised sport outside school, this was much more likely to be the case for males (60%) than females (43%).

Table 3:
Proportion of respondents who undertook different types of physical activities in a normal week. By gender (%)

	Male	Female	All
Do PE in school	70	72	71
Take part in sports in a sports club, organised activity, or a gym outside school	60	43	49
Walk or cycle to school, college or work	34	31	33
Take part in outdoor adventure activities e.g. canoeing, mountain biking, climbing	13	12	12
Undertake any other physical activity in your spare time	27	28	29

The recommended level of physical activity is 60mins per day or more. Figure 5 shows that only about 8% of YLT respondents reached this level, with males (11%) being more likely to do so than females (6%).

Figure 5:

Number of times in a week respondents spend at least 60 minutes playing sports or doing some physical activity (%)

- Never
- Once a week
- 2-3 days a week
- 4-6 times a week
- 7 times a week
- More often

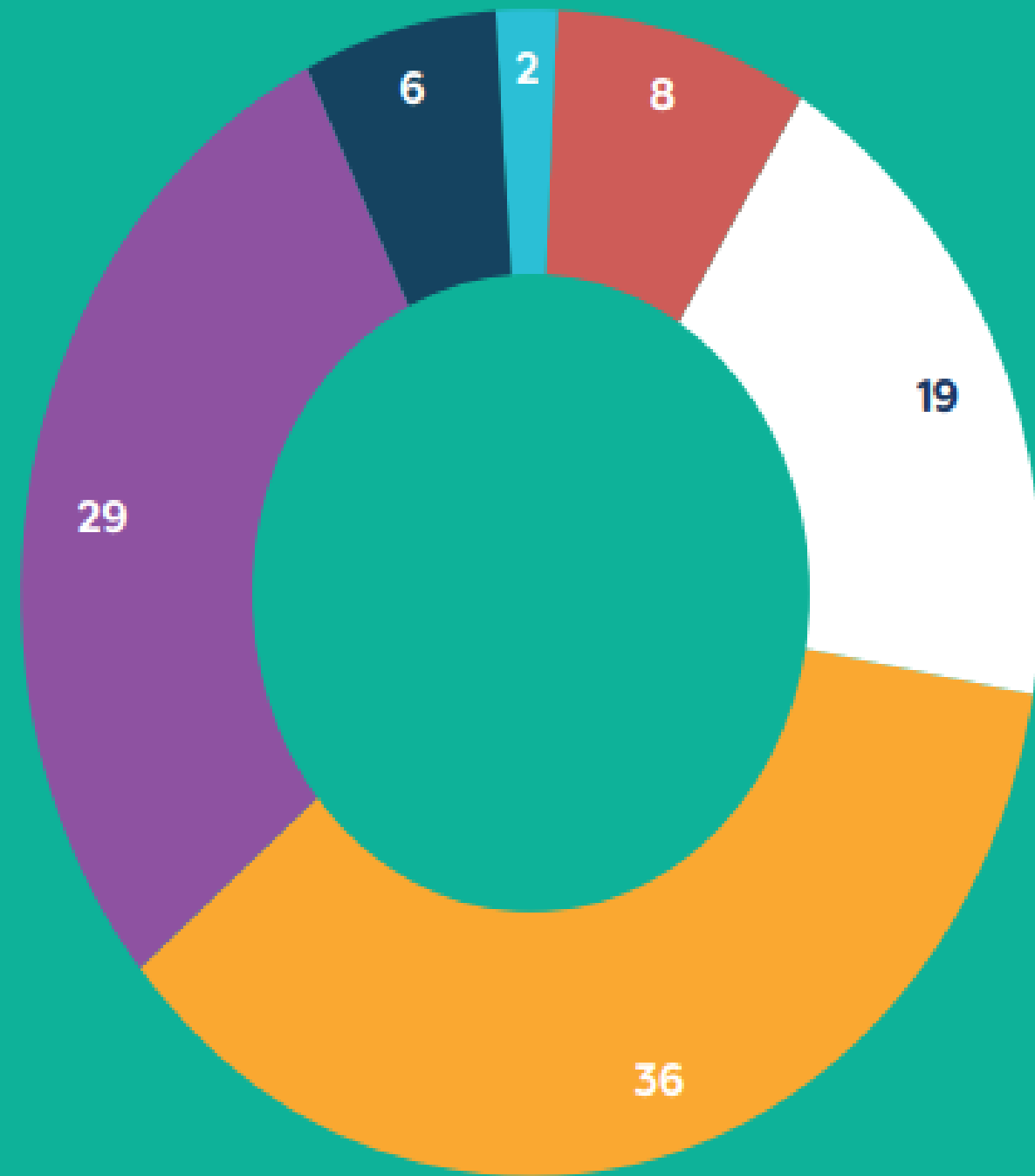
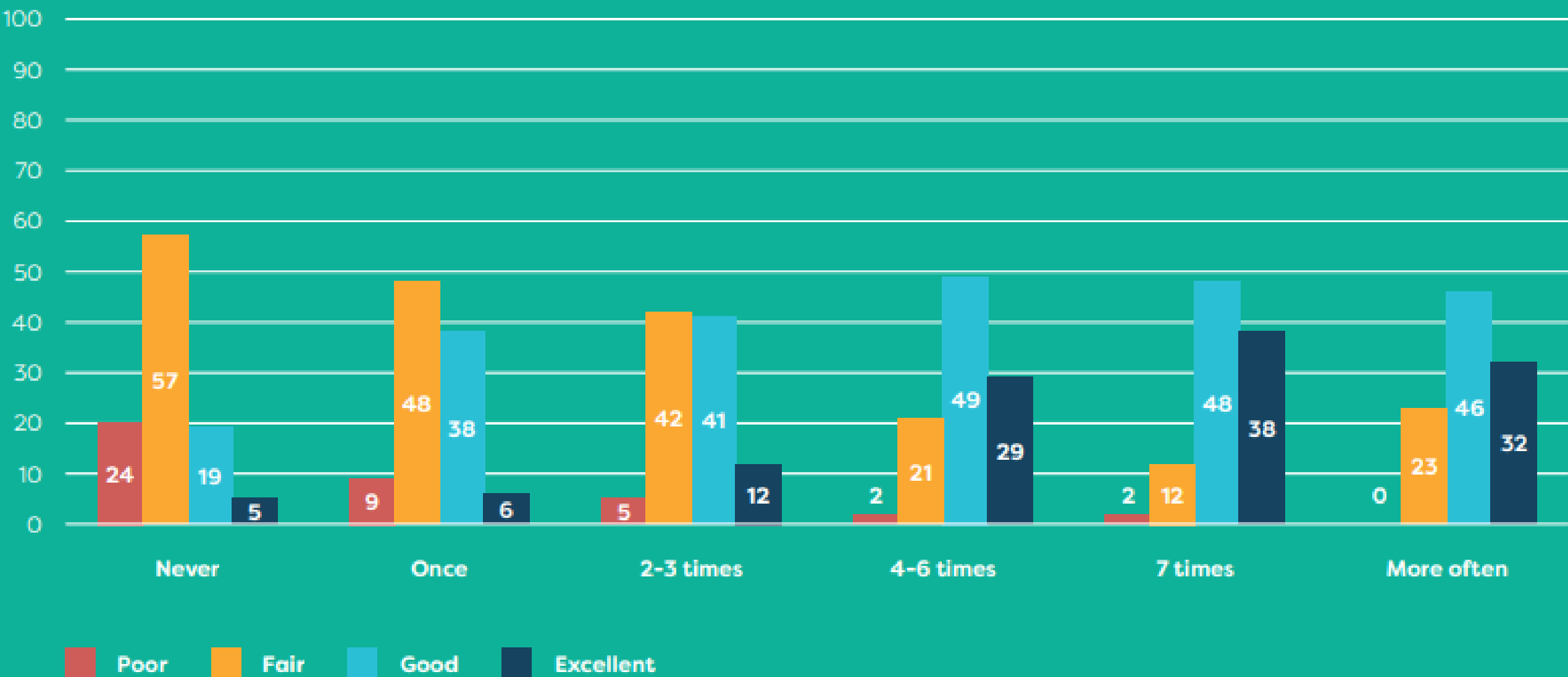


Figure 6:

Self-assessed general health of 16-year-olds by number of times during the week they are physically active for at least 60 minutes (%)





An all-island research study that forms the most comprehensive analysis of youth participation in physical activity, physical education and sport on the island of Ireland.



Children's Sport
Participation and
Physical Activity
Study 2022



WHO

This was an All-Island study with 8,881 children aged 10-19 years old from the Republic of Ireland (6,358) and Northern Ireland (2,523) participating in the research programme.

In total there were 1,758 primary school children and 7,123 post primary students across 153 schools - 122 schools from ROI (53 primary/69 post primary) and 31 schools from NI (11 primary/20 post primary)

Gender - Girls: 48.0%. Boys: 48.6%, Other: 3.4%

WHAT

Areas of Focus

Behaviours and attitudes relating to: Physical Activity, Community Sport, School Sport, Physical Education, Active Travel, Contemporary Issues in Physical Activity

Overall population participation and differences by demographic characteristics including: Ethnicity, Gender, Disability, Socio-economic status (SES), Rural and Urban

WHY

To understand participation levels in sport, physical activity, physical education and active transport on the Island of Ireland.

To understand the impact of sport and physical activity on physical, mental and social health, including the impact of COVID-19

To identify the challenges faced by children from diverse backgrounds and communities

To inform policy makers in the development of strategies and programmes that will promote sport and physical activity across society.

HOW

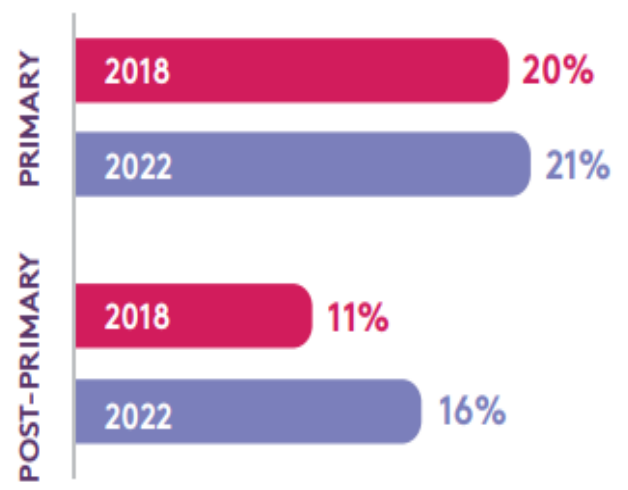
The research was coordinated by four research centres at University of Limerick, University College Cork, Dublin City University and University of Ulster.

Questionnaires were administered in schools by trained teachers called 'CSPPA Ambassadors' via tablet or computer with the remote support of researchers.

Northern Ireland Key Findings

PHYSICAL ACTIVITY

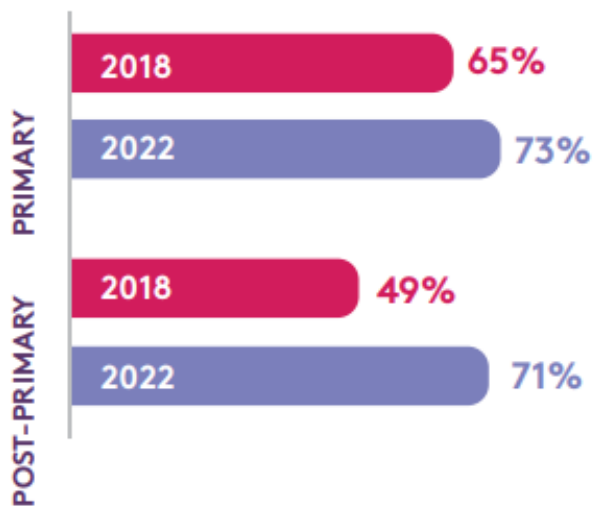
Students meeting the
Physical Activity Guidelines



The number of children meeting the National Physical Activity Guidelines has increased since 2018

COMMUNITY SPORT

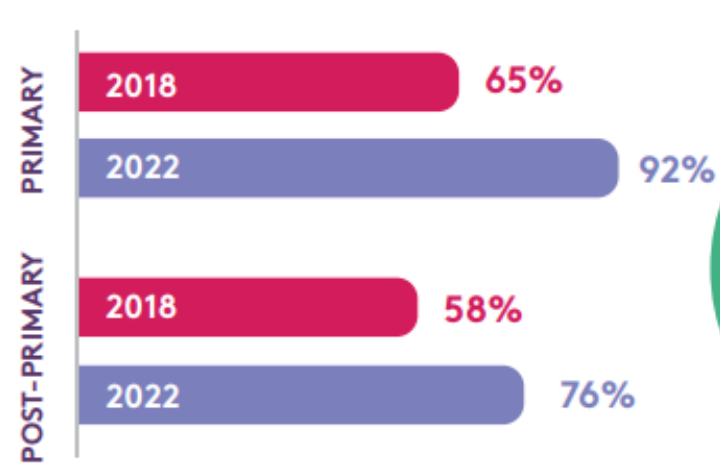
Students participating in sport in a sports club or community setting at least once a week



Community sport participation has increased in primary and post primary students

SCHOOL SPORT

Students participating in sport at school, outside of PE, at least once a week

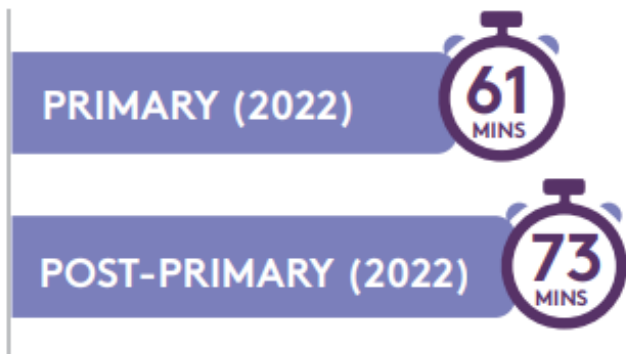


Overall, the number of students in both primary and post primary participating in school sport at least once a week has increased.



PHYSICAL EDUCATION

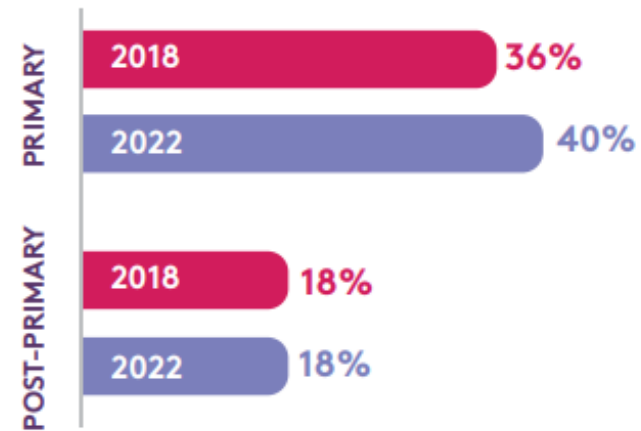
Average PE minutes per week in schools



ACTIVE TRAVEL

Students who actively travel to/from school

The number students actively travelling to or from school has increased at primary school but stayed the same at post-primary school





17%

of students in NI report participating in at least 60 minutes of moderate to vigorous physical activity a day



73%

of primary students reported participating in community sport at least once a week



18%

of post-primary students reported active travel to or from school

Outcome	ROI		NI	
	2018	2022	2018	2022
PHYSICAL ACTIVITY				
Participating in daily physical activity (%)	13	15	13	17
Primary school students participating in daily physical activity (%)	17	23	20	21
Post-primary school students participating in daily physical activity (%)	10	12	11	16
Primary school meeting the muscle strengthening guidelines (%)	-	48	-	44
Post-primary school meeting the muscle strengthening guidelines (%)	-	41	-	42
COMMUNITY SPORT				
Primary school participation in community sport at least once a week (%)	80	76	65	73
Post-primary school participation in community sport at least once a week (%)	58	74	49	71

Outcome	ROI		NI	
	2018	2022	2018	2022
SCHOOL SPORT				
Primary school students participating in school sport at least once a week (%)	70	91	65	92
Post-primary school students participating in school sport at least once a week (%)	63	72	58	76
PHYSICAL EDUCATION				
Average weekly PE for primary schools (minutes)	-	85	-	61
Average weekly PE for post-primary schools (minutes)	-	73	-	73
ACTIVE TRAVEL				
Primary school students engaging in active travel (%)	42	43	36	40
Post-primary school students engaging in active travel (%)	40	35	18	18

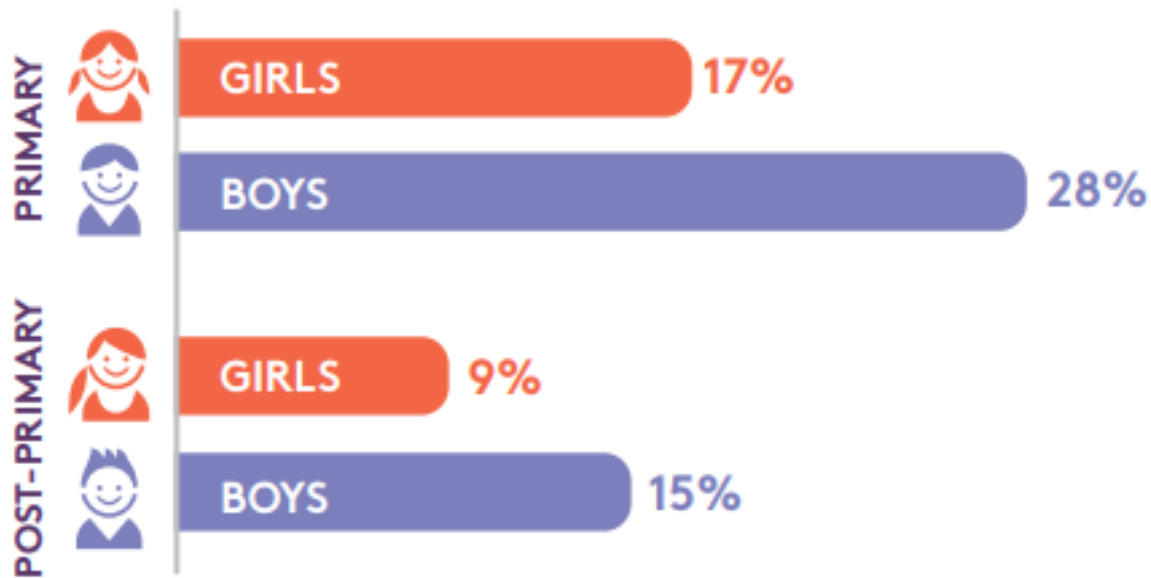


Children's Sport Participation and Physical Activity Report 2022

Spotlight on Gender

PHYSICAL ACTIVITY

Students meeting the
Physical Activity Guidelines

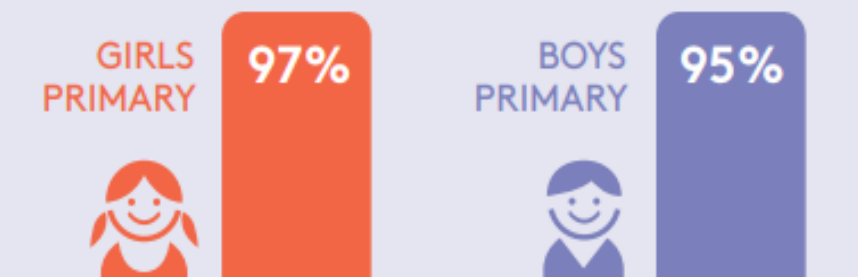


Boys are more likely to
meet the National Physical
Activity Guidelines than girls

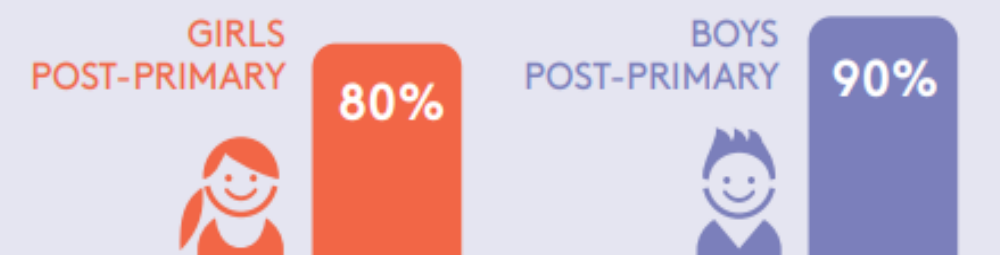


ANY SPORT

Students participating in any sport at least once a week



Girls and boys have similar sports participation levels at primary school, but less girls than boys participate at post-primary school



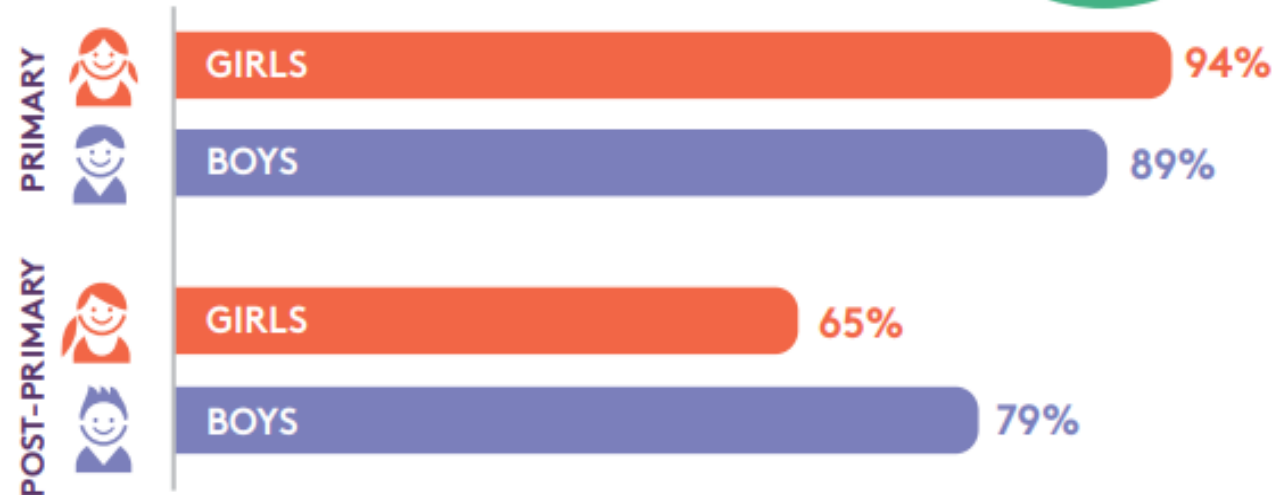
COMMUNITY SPORT

Students participating in sport in a sports club or community setting at least once a week



SCHOOL SPORT

Students participating in sport at school, outside of PE, at least once a week



29% drop in girls school sport participation between primary and post-primary school



Children's Sport Participation
and Physical Activity Report 2022

Spotlight on Ethnicity

PHYSICAL ACTIVITY

Students meeting the
Physical Activity Guidelines



WHITE IRISH
POST-PRIMARY

13%

OTHER ETHNICITIES
POST-PRIMARY

10%



Children from other
ethnicities are less likely
to meet the National
Physical Activity Guidelines

ANY SPORT

Students participating in any sport at least once a week

WHITE IRISH POST-PRIMARY

87%

OTHER ETHNICITIES POST-PRIMARY

76%

Post primary school students from other ethnicities participate in less sport than 'white Irish' students



COMMUNITY SPORT

Students participating in sport in a sports club or community setting at least once a week

WHITE IRISH POST-PRIMARY

78%

OTHER ETHNICITIES
POST-PRIMARY

62%

SCHOOL SPORT

Students participating in sport at school, outside of PE, at least once a week

WHITE IRISH POST-PRIMARY

74%

OTHER ETHNICITIES
POST-PRIMARY

65%

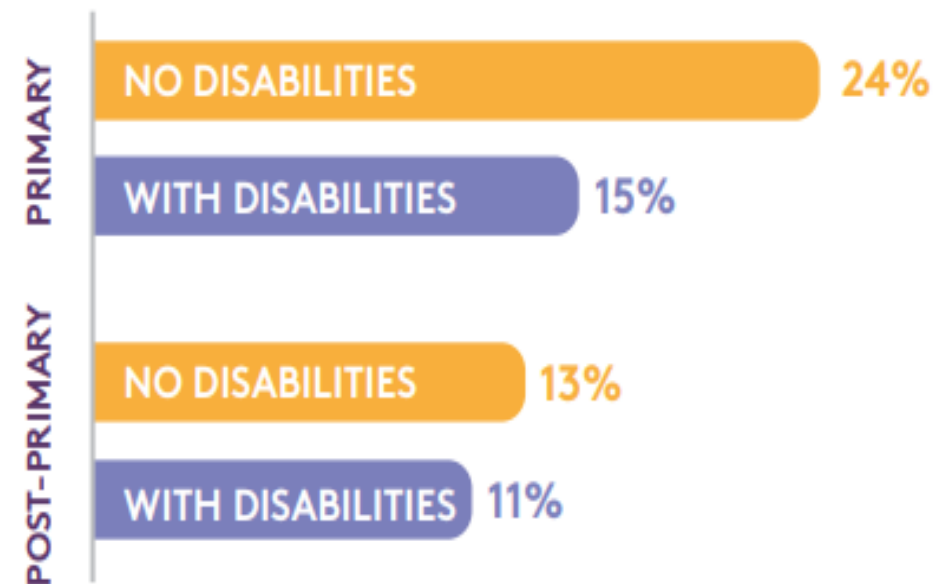


Children's Sport Participation and Physical Activity Report 2022

Spotlight on Disability

PHYSICAL ACTIVITY

Students meeting the
Physical Activity Guidelines



Children with disabilities
are less likely to meet the
National Physical Activity
Guidelines than those without
a disability



ANY SPORT

Students participating in any sport at least once a week



COMMUNITY SPORT

Students participating in sport in a sports club or community setting at least once a week



SCHOOL SPORT

Students participating in sport at school, outside of PE, at least once a week



- The Report Card was produced as part of the Active Healthy Kids Global Alliance, established in 2014 to create a world of active healthy kids. Close to 70 countries have signed up and taken part in the global alliance to date.
- Under this global initiative all Report Cards are generated using a standardised grading system, with grades from A for succeeding with a large majority of children to F for succeeding with few children.
- The 2022 Report Card is the third report of its kind for Ireland and Northern Ireland and provides a grade across eleven indicators for physical activity among children and teenagers.
- Across the island of Ireland, it is recommended that children and adolescents, aged 6-17 years, attain on average 60 minutes per day of moderate-to-vigorous intensity physical activity throughout the week.

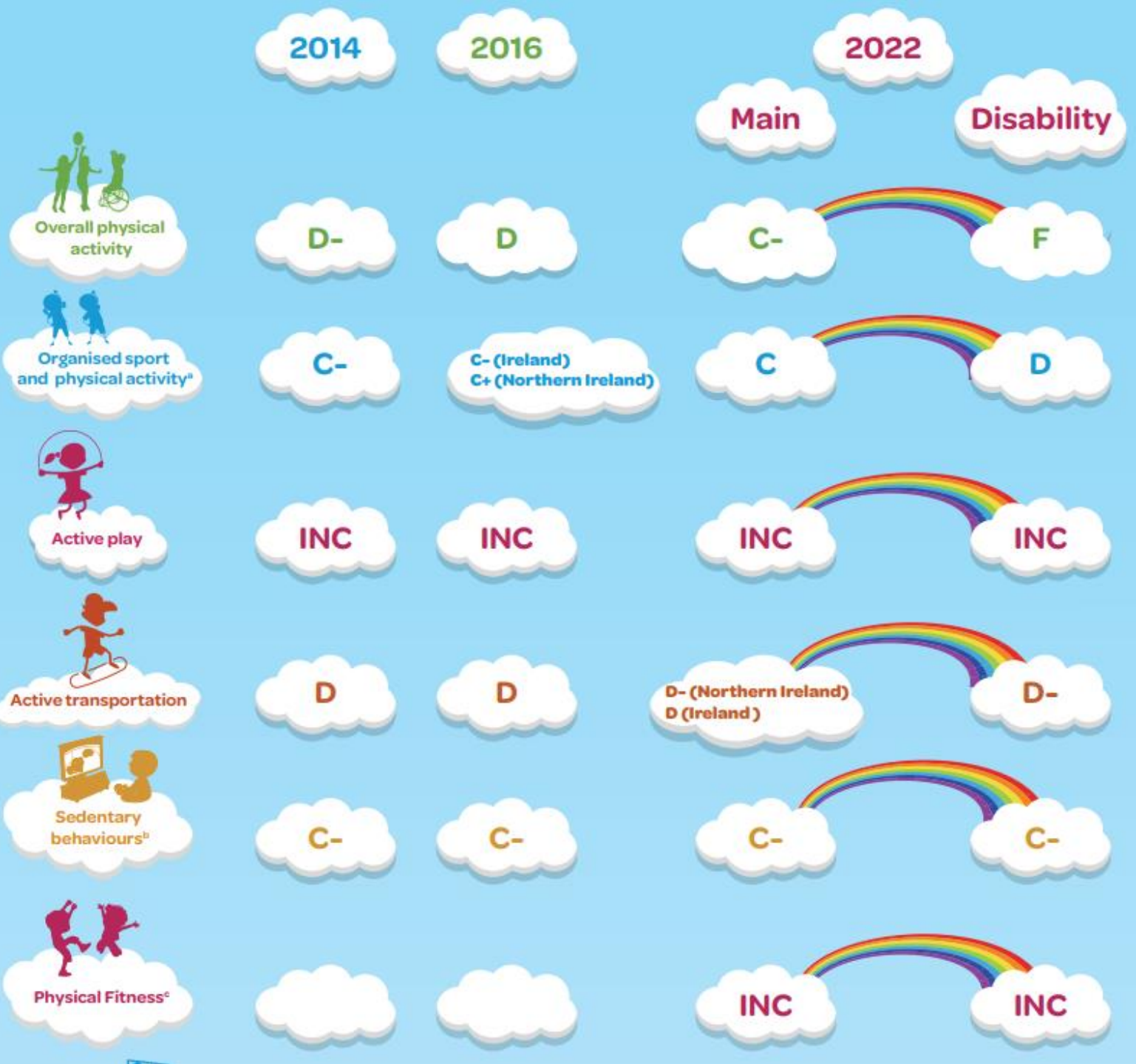


- Physical activity levels in children and teenagers across Ireland and Northern Ireland have improved slightly over the past eight years but not all children and teens have an equal chance to be active.
- There was a slight improvement in overall physical activity levels across the island of Ireland since 2016 but has also identified a number of inequalities.

2022 ACTIVE HEALTHY KIDS IRELAND

THE 2022 IRELAND NORTH AND SOUTH REPORT CARD ON PHYSICAL ACTIVITY FOR

CHILDREN AND ADOLESCENTS



2022 ACTIVE HEALTHY KIDS IRELAND

THE 2022 IRELAND NORTH AND SOUTH REPORT CARD ON PHYSICAL ACTIVITY FOR

CHILDREN AND ADOLESCENTS

2014

2016

2022

Main

Disability



Family and Peers^d

INC

INC

D+

C



School

C-

D

C-

C-



Physical Education

D-

D-

D

INC



Community and Environment^e

B

B+

B+

B-



Government^f

INC

INC

B

B



The Power Of Sport

Maximising the power of sport to change lives

[CSPPA.ie – The Children’s Sport Participation & Physical Activity Study 2022](https://www.csppa.ie)

[PA-Report-card-summary-final.pdf \(hscni.net\)](https://www.hscni.net)

[summary23.pdf \(ark.ac.uk\)](https://www.ark.ac.uk)

[summary23.pdf \(ark.ac.uk\)](https://www.ark.ac.uk)