

# School Sport Survey 2013

## The State of the Nation

- 40% of pupils are 'hooked on sport' and take part on three or more occasions a week
  - Boys are more likely to be hooked on sport than girls with 44% taking part frequently compared with 36% of girls
  - Pupils who are in least deprived schools are more likely to be hooked on sport – 46% compared with 35% in most deprived schools
  - Schools in Wales provide on average 101 minutes of curricular Physical Education (PE) a week across all Year groups. Pupils in Key Stage 2 receive an average of 106 minutes a week and 109 in Key Stage 3 compared with 73 minutes at Key Stage 4
  - Overall, 92% of pupils enjoy PE and 60% of pupils say they enjoy PE 'a lot'.
  - Pupils enjoy doing sport in school clubs slightly less than they say they enjoy PE. 79% say they enjoy it 'a lot' or 'a little'.
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### 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 second *School Sport Survey* took place in the summer term of 2013. The data from this survey enables us and our partners to strategically monitor and track trends in sports participation and the provision of Physical Education (PE) and school sport. This provides a base of evidence from which to shape sports policy and practice.

In the 2013 survey, 109,500 pupils from Years 3-11, and 1,060 teachers (generally the Head of PE in secondary school and the PE coordinator in primary school) completed a questionnaire, making this the largest UK survey of young people and sport to date.

This paper presents an overview of what the data is telling us about PE provision and sports participation in Wales.

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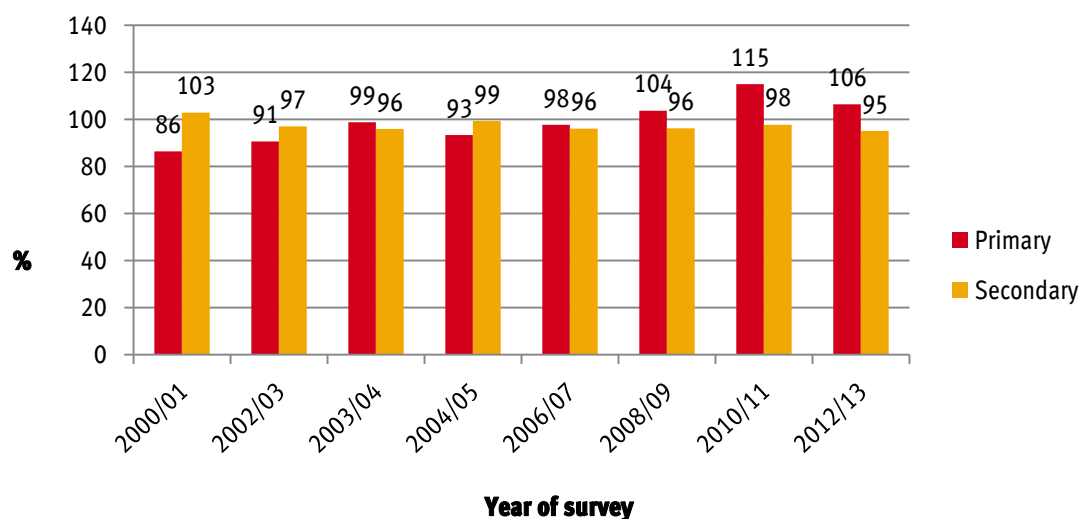
### PE in the curriculum

For over a decade, 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 2013, 865 responses were received from primary schools (66% response rate) and 195 from secondary schools (89% response rate).

Figure 1 below shows the trend in the average amount of time made available for curricular PE per week. Across Wales, an average of 101 minutes of PE is provided across Year groups 3 to 11. In Key Stage 2 (primary school pupils in Years 3-6), there is an average of 106 minutes of PE per week. In Key Stage 3 (secondary school pupils in Years 7-9) there is an average of 109 minutes of PE per week. In Key Stage 4, (secondary school pupils in Years 10 and 11) there is an average of 73 minutes per week.

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



### Extracurricular participation

Across Year groups 3 to 11, 76% of pupils have taken part in extracurricular sport in the last school year – 79% of male pupils and 73% of female pupils.

Figure 2 below shows the percentage of primary school pupils who have taken part in extracurricular sport during the last school year. 79.49% of primary pupils took part in 2013. The percentage of pupils taking part in 2013 has increased one percentage point for both male and female pupils since 2011, although the trend over the last ten years is static and remains at around 80% of pupils experiencing extracurricular sport at least once.

**Figure 2: Any participation in extracurricular sport in the last year: pupils in Years 3-6**

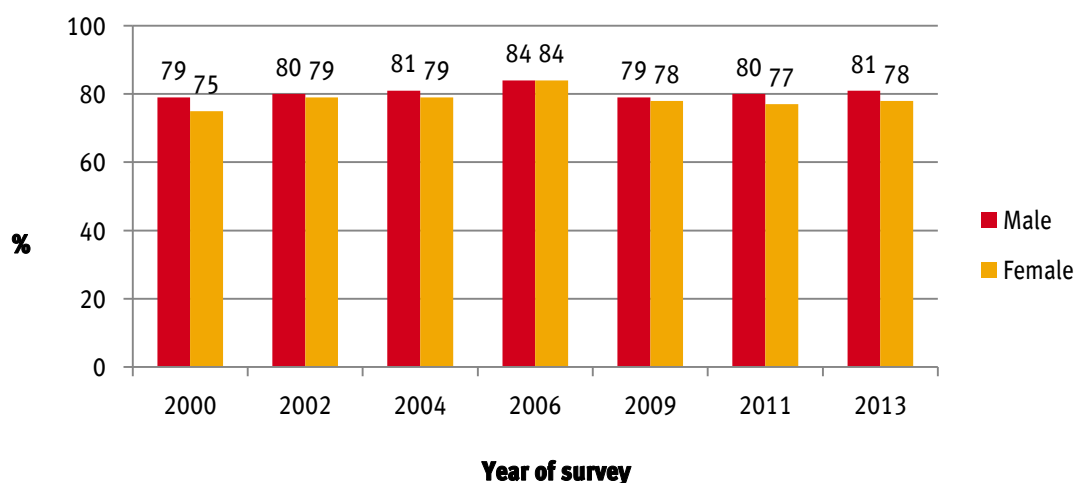
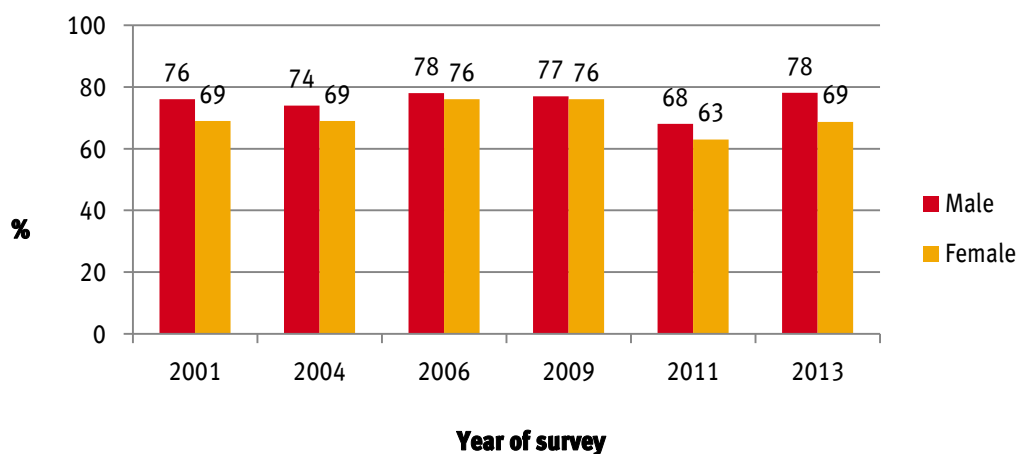


Figure 3 below shows the trend in extracurricular participation for secondary school age pupils. 73.49% of secondary pupils took part at least once in 2013, an increase since 2011. However, the trend over the last ten years remains fairly static.

**Figure 3: Any participation in extracurricular sport in the last year: pupils in Years 7-11**



### Extracurricular sports

Pupils are asked which sports they take part in with a school club (at breakfast, lunchtime or after school clubs) during the last school year. The extracurricular sports that pupils are most likely to take part in at primary school are football for boys (52% of pupils have taken part in the last year) and swimming for girls (33% have taken part in the last year). At secondary school, football and dance were the most popular activities: 51% of boys took part in football and 32% of girls took part in dance.

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 2011.

**Table 1: Extracurricular sports most likely to be participated in: pupils in Years 3-11**

Sport/Activity	Girls		Sport/Activity	Boys	
	2013	2011		2013	2011
Netball	32.0	28.6	Football	51.3	41.4
Dance	22.0	22.9	Rugby	35.1	31
Swimming	20.5	11.8	Dodgeball	22.1	n/a*
Rounders/baseball/softball	19.6	17.7	Swimming	20.9	11.7
Athletics	17.5	16.1	Tennis	20.6	17.5
Football	17.4	14.5	Athletics	20.3	18.1
Hockey	15.0	12.8	Basketball	19.5	14.6
Tennis	14.0	12.5	Cricket	19.2	18.3
Dodgeball	13.0	n/a*	Rounders/baseball/softball	18.6	14.2
Fitness classes**	12.0	4.3	Cross country running	13.8	10.1

\*Dodgeball was not included in the 2011 survey \*\*Pupils in Years 3-6 are not asked whether they take part in fitness classes

## Club Sports

Across Year groups 3 to 11, 77% of pupils have taken part in extracurricular sport in the last school year –80% of male pupils and 74% of female pupils.

Figure 4 below shows the percentage of primary school pupils who have taken part in sport with a club during the last school year. 82% of primary pupils took part in 2013.

**Figure 4: Any participation in sport with a club in the last year: pupils in Years 3-6**

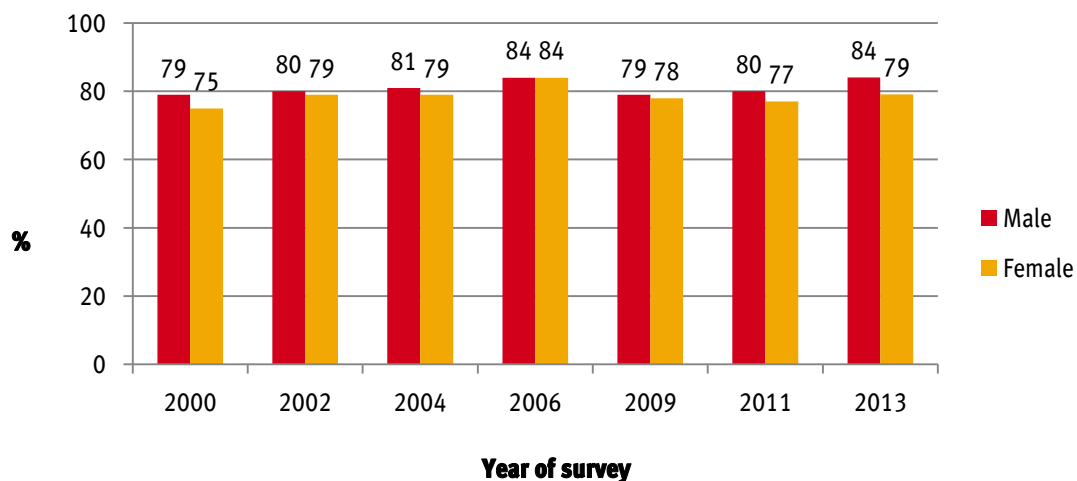
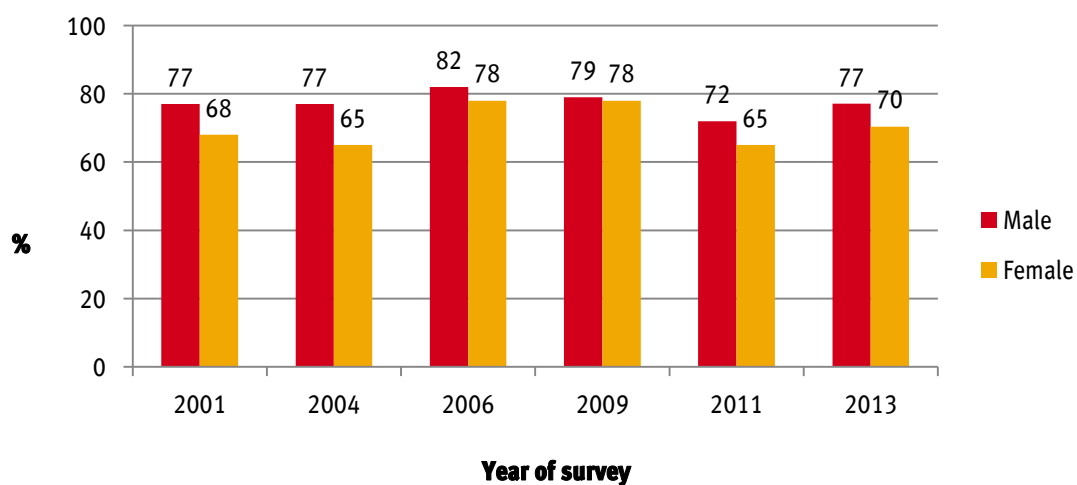


Figure 5 shows the percentage of secondary school pupils who have taken part in sport with a club in the last year. 74% of secondary school pupils took part overall.

**Figure 5: Any participation in sport with a club in the last year: pupils in Years 7-11**



Pupils are asked which sports they take part with in a club outside of school. Football is the most popular sport for boys at both primary and secondary school stage, swimming is the most popular for girls in primary school and dance for girls in secondary school. Table 2 shows the top ten activities.

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

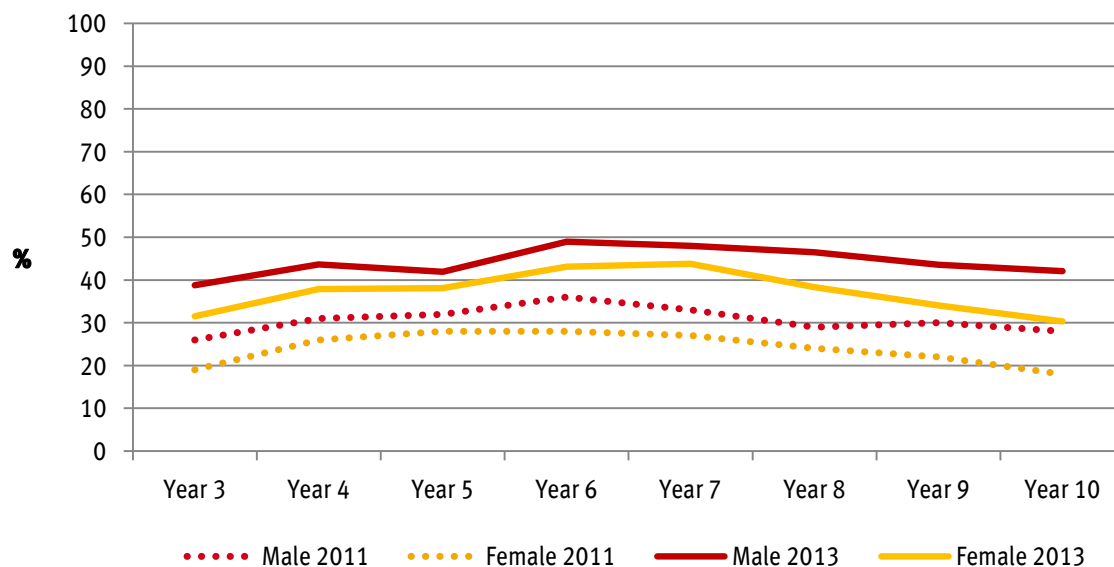
<i>Sport/Activity</i>	<i>Girls</i>		<i>Sport/Activity</i>	<i>Boys</i>	
	<i>2013</i>	<i>2011</i>		<i>2013</i>	<i>2011</i>
Swimming	30.2	26.8	Football	48.7	44.9
Dance	28.4	33.2	Rugby	31.3	26.2
Fitness classes*	17.9	6.5	Swimming	25.3	25.3
Netball	16.2	10.1	Tennis	16.3	17.3
Football	14.7	10.9	Cricket	14.7	14.1
Gymnastics	14.2	13.5	Athletics	12.6	8.7
Horse riding	13.6	10.6	Martial Arts	12.1	12.7
Tennis	12.0	12.7	Dodgeball	11.4	n/a
Athletics	11.2	7.6	Cycling	11.3	7.5
Rounders/baseball/softball	10.4	8.0	Golf	10.6	9.0

\*Dodgeball was not included in the 2011 survey \*\*Pupils in Years 3-6 are not asked whether they take part in fitness classes

### **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, 40% 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. By school stage, there is no difference: 40% of secondary and 40% of primary pupils are now hooked on sport. There are some differences according to Year group, as Figure 6 below shows.

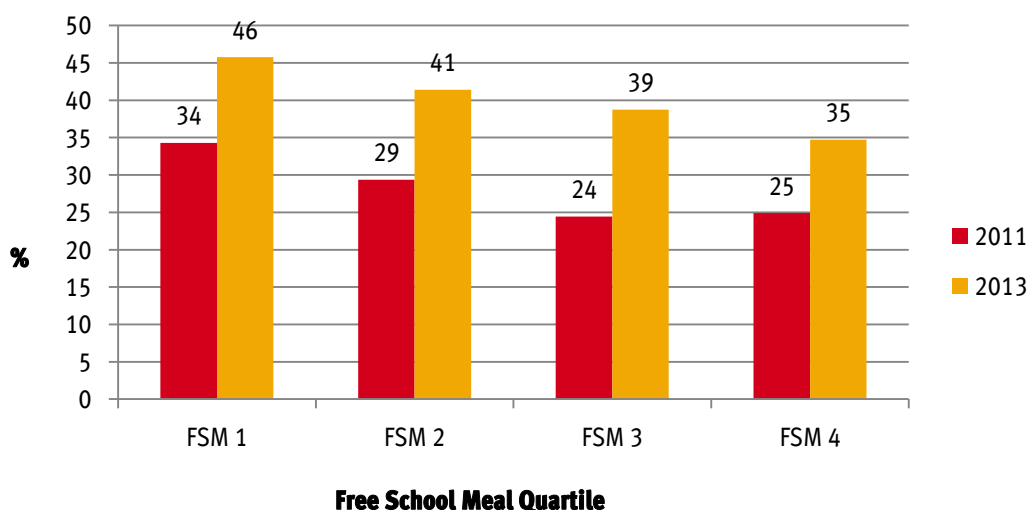
**Figure 6: Hooked on sport by year group and gender**



**Socio-economic status and participation**

‘Receipt of a free school meal’ 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 FSM 4 has a high percentage of pupils who are eligible. Figure 7 below shows the percentage of pupils who are hooked in sport according to the FSM quartile they are in.

**Figure 7: Hooked on sport by relative level of deprivation**



Although percentages have increase in every quartile since 2011, the pattern of participation is the same. Pupils who attend schools that are relatively *more* deprived are less likely to participate in sport on three or more occasions a week.

### Hooked on sport and race

Table 3 below shows the percentage of pupils who are hooked on sport measure according to race.

**Table 3: Hooked on sport and race**

Race	Gender		
	Boys	Girls	All
White	44.4	36.7	<b>41</b>
Mixed	45.7	35.6	<b>41</b>
Black/Black British	41.8	29.8	<b>37</b>
Asian/Asian British	36.5	20.4	<b>29</b>
Arab/Other	30.6	26.4	<b>29</b>
OVERALL	44	36	<b>40</b>

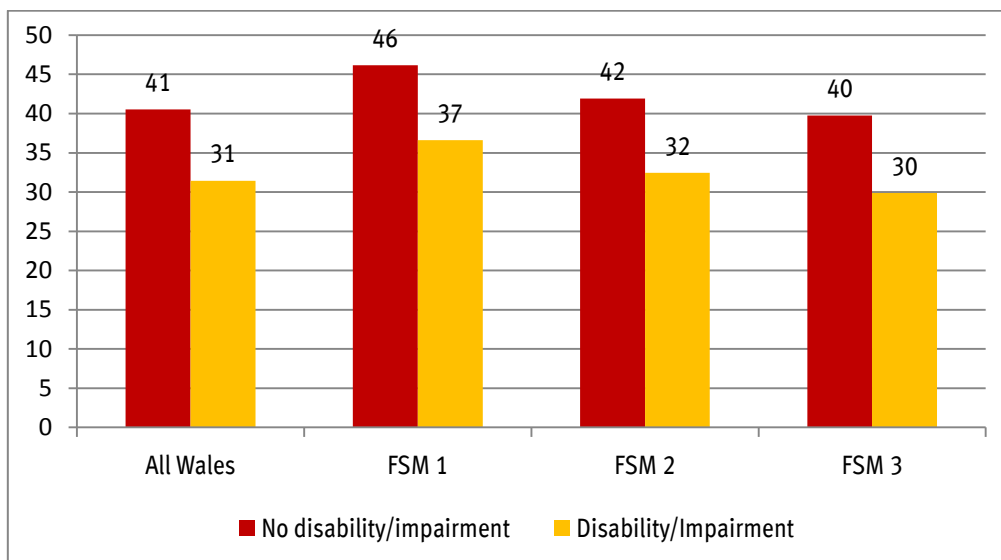
41% of pupils who are white or mixed race are ‘hooked on sport’ and participate on three or more occasions per week in extracurricular and/or club sport. Asian/Asian British girls are least likely to be hooked on sport.

### Hooked on Sport and Disability

Pupils are asked whether they consider themselves to have a disability or impairment. Of those that said ‘yes’, 31% were ‘hooked on sport’ compared with 41% of pupils who said they did not have a disability or impairment. 33% of male pupils with a disability were hooked on sport compared with 29% of female pupils.

Figure 8 below shows the percentage of pupils who are hooked on sport according to disability and level of deprivation.

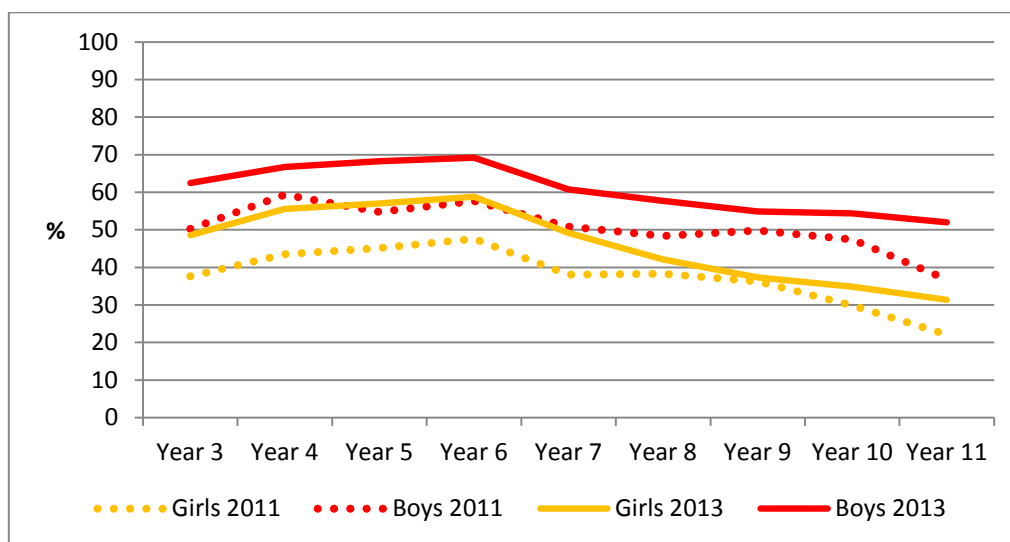
Figure 8: Hooked on sport, disability and relative level of deprivation



## Sports Club Membership

Across year groups 3 to 11, 54% are members of a sports club compared with 45% in 2011. By gender, 61% of boys and 46% of girls were sports club members in 2013. Figure 9 shows the percentage of pupils who are members of a sports club according to year group and gender.

**Figure 9: Sports club membership, year group and gender**



The percentage of pupils who are members of a sports club decreases with age after peaking at around Year 6. Girls are less likely to be sports club members than boys.

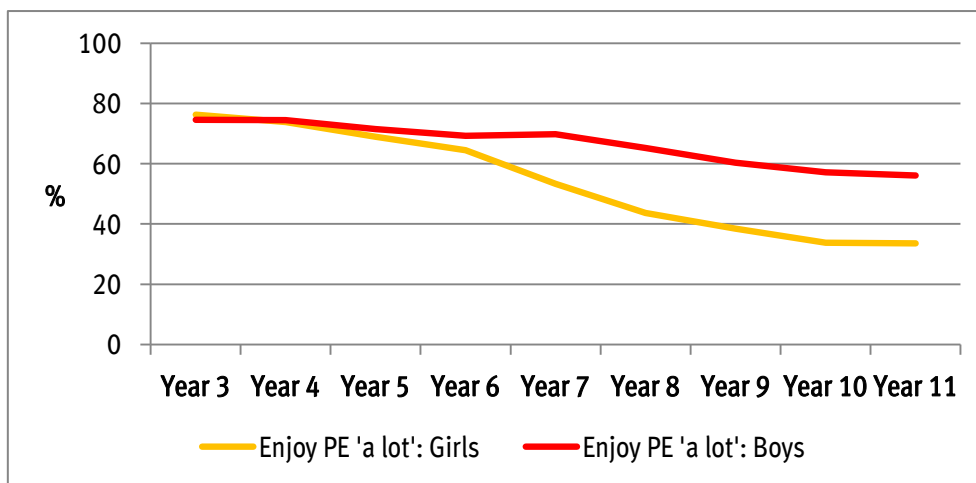
## Attitudes to Sport

Pupils are asked how much they enjoy PE lessons and whether this is 'a lot', 'a little' or 'not at all'. Overall, 92% of pupils enjoy PE lessons a lot or a little. 60% enjoy it 'a lot' (66% of boys and 54% of girls). Enjoyment of PE differs by age and can decrease when pupils reach secondary school. 72% of male pupils and 71% of female pupils in primary school enjoy PE 'a lot' compared with 62% of males and 40% of female pupils in secondary schools.

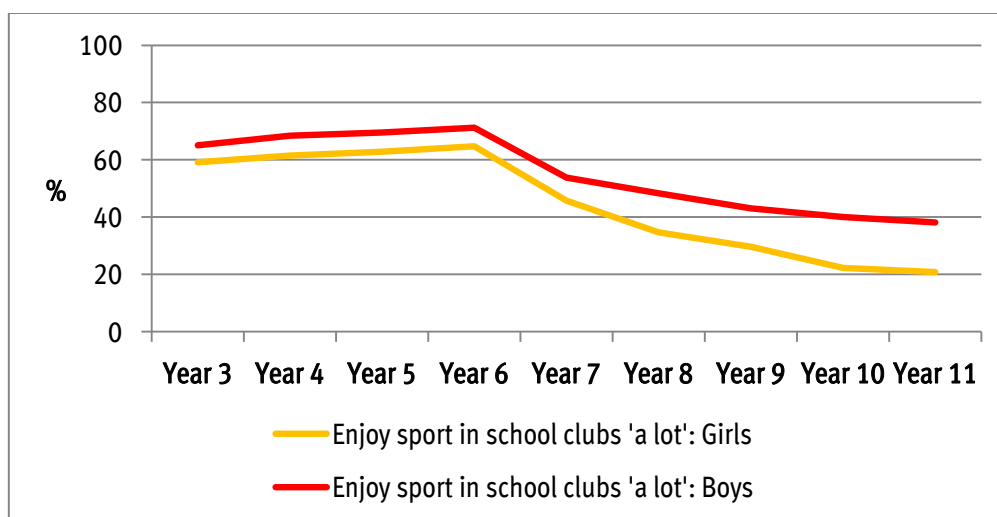
Pupils are also asked how much they enjoy doing sport in school clubs – to gauge their attitudes towards the extracurricular sport offer. Overall across year groups 3 to 11, pupils enjoy doing sport in school clubs slightly less than they say they enjoy PE, with 79% saying they enjoy it 'a lot' or 'a little' and 21% saying they don't enjoy it 'at all'. Figures 10 and 11 below shows enjoyment of PE and enjoyment of sport in school clubs (extracurricular sport) by year group and gender.



**Figure 10: Percentage of pupils who say they enjoy PE 'a lot'**



**Figure 11: Percentage of pupils who say they enjoy sport in school clubs 'a lot'**



## Summary

- Trends in 'any participation' in extracurricular and club sport remain similar – percentages have increased slightly since 2011 but the overall picture is consistent with data collected over the last decade;
- Sports club membership has increased. The pattern of club membership in relation to age and gender is consistent with previous survey findings;
- The percentage of pupils who are hooked on sport has increased since 2011. Pupils are participating more frequently in sport;
- The 2013 response rate means that Sport Wales is now able to present a full picture of participation in terms of age, gender, race and disability.

More information from the School Sport Survey can be found here:

[www.schoolsportsurvey.org.uk](http://www.schoolsportsurvey.org.uk)