

## Youth Sport Survey - Results

### Favourite School Sport

1.1 The favourite school sport among boys was football; 36.3% of boys voted for it. Football was followed in popularity by Rugby, Swimming & basketball (see table one below).

Table One: Boys - Which one PE or Games activity do you like the best?

Sport	Number	Percentage	Rank
Football	309	36.3%	1
Rugby	77	9.0%	2
Swimming	62	7.3%	3
Basketball	60	7.0%	4
Cricket	50	5.9%	5
Hockey	42	4.9%	6
Tennis	28	3.3%	7
Rounders	26	3.1%	8
Badminton	25	2.9%	9
Athletics	23	2.7%	10
Outdoor adventure	14	1.6%	11
Gymnastics	11	1.3%	12
Trampolining	8	0.9%	13
Other	8	.9%	14
Cross-Country	7	0.8%	15
Netball	7	0.8%	15
Rowing	5	0.6%	18
Multi-gym	4	0.5%	19
Table Tennis	4	0.5%	19
Dance	3	0.4%	21
Softball	3	0.4%	21
Benchball	2	0.2%	23
Squash	2	0.2%	23
Aerobics	1	0.1%	25
Goalball	1	0.1%	25
Golf	1	0.1%	25
Running	1	0.1%	25
Skateboarding	1	0.1%	25
Volleyball	1	0.1%	25
Boccia	0	0%	-
Circuit Training	0	0%	-
King Ball	0	0%	-
Table Cricket	0	0%	-
Not Answered	66	7.7%	-
Total	852	100.0%	-

1.2 The favourite sport among girls was swimming with 19.1% of the vote. Swimming was followed by Netball, Dance, Gymnastics and hockey.

Table Two: Girls - Which one PE or Games activity do you like the best?

Sport	Number	Percentage	Rank
Swimming	122	19.1%	1
Netball	84	13.1%	2
Dance	52	8.1%	3
Gymnastics	52	8.1%	4
Hockey	48	7.5%	5
Rounders	40	6.3%	6
Trampolining	38	5.9%	7
Football	24	3.8%	8
Basketball	22	3.4%	9
Athletics	19	3.0%	10
Tennis	17	2.7%	11
Badminton	12	1.9%	12
Other	12	1.9%	13
Outdoor adventure	11	1.7%	14
Aerobics	8	1.3%	15
Cricket	6	0.9%	16
Cross-Country	5	0.8%	17
Multi-gym	4	0.6%	18
Rugby	4	0.6%	18
Table Tennis	3	0.5%	20
Volleyball	3	0.5%	20
Rowing	2	0.3%	22
Benchball	1	0.2%	23
Boccia	1	0.2%	23
Circuit Training	1	0.2%	23
King Ball	1	0.2%	23
Softball	1	0.2%	23
Table Cricket	1	0.2%	23
Goalball	0	0%	-
Golf	0	0%	-
Running	0	0%	-
Skateboarding	0	0%	-
Squash	0	0%	-
Not Answered	45	7.0%	-
Total	639	100.0%	-

1.3 Paragraph comparing results with Sport England survey.

1.4 There are some differences between the sports favoured by children at secondary school compared to those at primary school. (do query back in office)

1.5 The main reason given for liking a sport is that it is enjoyable and fun. The other most popular reason was that "I am good at it". Other reason given for liking a sport were linked to getting rid of aggression

"I am in the Netball Team and use Netball to let my anger out"

" Good because if I'm in a bad mood; its something fun"

" I get to hit people" (a rugby player)

Sport was also linked to enjoyment of being with friends or with being part of a team. Others said they enjoyed a specific sport because they had done it for years and felt particularly comfortable doing that sport. Two people mentioned that several other members of their family did a particular sport and they were used to it.

## Most disliked school sports

1.6 The most disliked sport among boys was Dance (34.5%) many boys said that they thought it was embarrassing and one boy said he didn't like "poncing about". Interestingly some sports such as rugby and football that were highly popular among boys also proved to be unpopular among a significant number as well. Naturally some of the sports that were unpopular amongst boys were "girls" sports.

Table 3: Boys - Which one PE or Games activity do you dislike the most?

Sport	Number	Percentage	Rank
Dance	294	34.5%	1
Gymnastics	59	6.9%	2
Rugby	56	6.6%	3
Not Answered	55	6.5%	4
Netball	48	5.6%	5
Football	47	5.5%	6
Cross-Country	46	5.4%	7
Aerobics	35	4.1%	8
Hockey	32	3.8%	9
Athletics	31	3.6%	10
Cricket	20	2.3%	11
Multi-gym	15	1.8%	12
Basketball	14	1.6%	13
Swimming	14	1.6%	14
Rounders	11	1.3%	15
Other	11	1.3%	15
Tennis	10	1.2%	17
Badminton	9	1.1%	18
Volleyball	9	1.1%	18
Squash	8	0.9%	19
Rowing	7	0.8%	20
Table Tennis	7	0.8%	20
Softball	4	0.5%	22
Trampolining	3	0.4%	23
Boccia	2	0.2%	24
Outdoor adventure	2	0.2%	24
Table Cricket	2	0.2%	24
Goalball	1	0.1%	27
Benchball	0	0%	-
Circuits	0	0%	-
Health Related Fitness	0	0%	-
Outdoor	0	0%	-
Total	852	100.0%	

1.7 The sport girls dislike the most is football. Girls also had a very strong dislike for Cross-country, many saying that they couldn't really do it or got too tired. They also disliked rugby and hockey due to these sports being dangerous.

Table 4: Girls - Which one PE or Games activity do you dislike the most?

Sport	Number	Percentage	Rank
Football	117	18.3%	1
Cross-Country	87	13.6%	2
Rugby	66	10.3%	3
Hockey	64	10.0%	4
Not Answered	36	5.6%	5
Dance	34	5.3%	6
Athletics	28	4.4%	7
Cricket	27	4.2%	8
Gymnastics	24	3.8%	9
Netball	22	3.4%	10
Tennis	16	2.5%	11
Basketball	15	2.3%	12
Aerobics	13	2.0%	13
Rounders	13	2.0%	14
Swimming	12	1.9%	15
Volleyball	11	1.7%	16
Table Cricket	8	1.3%	17
Rowing	7	1.1%	18
Badminton	6	0.9%	19
Table Tennis	6	0.9%	19
Trampolining	6	0.9%	19
Other	5	0.8%	20
Goalball	4	0.6%	21
Multi-gym	3	0.5%	22
Boccia	2	0.3%	23
Benchball	1	0.2%	24
Circuits	1	0.2%	24
Health Related Fitness	1	0.2%	24
Outdoor	1	0.2%	24
Outdoor adventure	1	0.2%	24
Softball	1	0.2%	24
Squash	1	0.2%	24
Total	639	100.0%	-

1.8 Ethnic minority influence

## **Conclusions**

- Swimming is on balance popular among both girls and boys coming first in the girls vote and third in the boys vote.
- Some sports like football and rugby among boys and hockey among girls have a high number of people that both like and dislike the sport.
- People like sport if it is enjoyable and fun or if they are particularly good at it.
- People dislike a sport if they consider it dangerous or if it is just 'boring'.
- Few people mentioned things like being outdoors or being embarrassed as reasons for disliking a sport. Although for some not being very good at a sport puts them off liking it.

## 2.0 Lunchtime/After school sport

2.1 89% of children said that there were sporting activities available for them to get involved with. Just over 60% of boys participated in these activities and 54% of girls. Boys were mainly taking part in football, rugby and basketball and girls were mainly participating in netball, Hockey and Dance.

Table 5: Participation in lunchtime/after school sport.

	Female	Male	Total
Yes	54.1%	60.4%	57.5%
No	38.7%	29.7%	33.8%
Not Answered	7.2%	9.9%	8.8%
Total	100.0%	100.0%	100.0%

2.2 Paragraph on what children would like to do at lunchtimes plus two tables.

2.3 Reasons given for not competing or taking part are shown in table 6 below. The main reasons given are that the right activities are not available, the young people are just not interested or that friends don't go.

Table 6: Reasons not to take part

Option	Percentage
The activity I like is not available	35.6
I'm not interested	23.9
My friends don't go	23.0
I can't get home afterwards	17.3
I have no one to go with	13.1
I'm not good enough	9.2
The school sports facilities are poor	7.9
It is embarrassing	7.8
The changing rooms are dirty	6.9
I don't like getting hot & sweaty	6.8

## Conclusions

### 3.0 Sport Outside School

3.1 Table 7 below shows the percentage of people that take part in sporting activities in their own time. As with the lunchtime/after-school activities boys tend to participate in sport more than girls. 85% of boys taking part compared to 77% of girls. The research has not identified any clear relationship between age and participation in sport for girls. But generally speaking boys of secondary school age participate more in sport than those at primary school.

Table 7: Do you take part in any sporting activities outside of school?

		Female	Male
Yes	Count	489	722
	%	76.5%	84.7%
No	Count	134	113
	%	21.0%	13.3%
Total	Count	639	852
	%	100.0%	100.0%

3.2 45% of young people participate in sport during their spare time 1-3 times per week. Generally speaking a higher proportion of boys to girls participate in sport 3-5 & >5 times per week.

Table 8: Number of times that young people participate in sport

		Female	Male	Total
1-3 times a month	Count	51	60	112
	%	8.0%	7.0%	7.4%
1-3 times a week	Count	306	368	682
	%	47.9%	43.2%	45.0%
3-5 times a week	Count	82	162	247
	%	12.8%	19.0%	16.3%
More than 5 times per week	Count	58	127	190
	%	9.1%	14.9%	12.5%
Not Answered	Count	142	135	285
	%	22.2%	15.8%	18.8%
Total	Count	639	852	1517
	%	100.0%	100.0%	100.0%

3.3 Similarly boys tend to undertake sport for a longer length of time than girls. With 23% of boys do sport for over 2 hours in duration compared to 9% of girls. Most young people say they undertake these sporting activities with their friends (31%), a sports club 14% or their family 11%.

3.4 The main negative aspect of doing a sport for the young people who took part in this survey was that their friends didn't take part. Other negative aspect about doing sport were that it was expensive and it was difficult to get to the venue.

Table 9: Things you don't like about doing sport in your spare time.

Option	Percentage
My friends don't take part	12.3%
It costs too much	9.8%
It is difficult to get there	7.2%
The playing field or sports hall isn't very good	7.1%
We don't take part in proper competitions	7.1%
It's boring	6.2%
It is not well organised	4.2%
I don't like the other people there	4.1%

### Being Part of a Sporting Club

3.5 Table 10 below shows that 53.5% of children said they were members of some sort of sports club. Membership was higher among boys (64%) than girls 41%.

Table 10: % children involved in a

	Female	Male	Total
Count	260	542	811
% within 30. Sex	40.7%	63.6%	53.5%

3.6 Sports club membership is highest in South Cambridgeshire (60%) and lowest in Fenland (46%). Membership of clubs is highest among children in school years five and six (average of 61%) this is higher than at secondary level.

3.7 When asked about the quality of coaching nearly all the youngsters were very positive about their coach. 56% thought that their coach was excellent and only 3% thought that their coach was poor or very poor. The participants in the survey went on to say that 'playing the game' was what they liked most about the coaching sessions. 'Learning skills' was also very popular.

3.8 Table 11 below shows the young people's opinions on the negative things about being a member of a sports club of receiving coaching. Surprisingly the thing most young people dislike is the some of the other people that are at their sports club, 14% said this was a dislike. Other dislikes were 'the time it takes' and 'too expensive'.

Table 11: Things you dislike about coaching/sports clubs

Dislike	Number	Percentage
The other people there?	117	14%
The time it takes?	102	13%
Too expensive?	87	11%
The place we train?	70	9%
The Coach?	64	8%
Competition?	46	6%
Training?	45	6%
The equipment?	42	5%

3.9 45% of children said that they took an active part in competitions outside of school (compared to 53.5% who were members of clubs). 63% said they liked competitions because they were fun. 'Being part of a team' and 'I want to be successful' came 2<sup>nd</sup> and 3<sup>rd</sup> respectively. See table 12 below for full details.

Table 12: Things you like about taking part in competitions.

Option	Number	Percentage
It is fun.	429	63%
Being part of a team.	296	43%
I want to be successful	268	39%
Winning.	229	34%
Exciting.	208	30%
I want to be like my hero.	120	18%
The prizes are good.	108	16%
My parents/carers want me to take part.	77	11%

3.10 Other additional comments made in connection with this question were 'I am very good at it', 'I do it with my friends', 'I like playing', 'I like pressure', 'I want to do my best', 'It gives me something to try really hard in', 'It is good to take part in sports', 'Keeping Fit', 'I enjoy competing and winning; I like the prizes', 'Might get trophies and Medals', 'Taking part with my friends' 'You don't have to win'.

3.11 The young people were also asked about what they didn't like about taking part in competitions. The biggest problem identified was that 17% of those who took part in competitions said that they didn't feel confident. 15% said that they did not like the pressure and 15% again said that they didn't like the travelling.

Table 13: Things you don't like about competitions

Option	Number	Count
I don't feel confident	140	17%
I don't like the pressure	124	15%
Too much travelling	124	15%
It is too serious	68	8%
My friends don't take part	47	6%
It isn't fun	24	3%
I don't have the right kit	21	3%

### Other things about sport

4.0 The children taking part in the survey were asked what inspired them to take part in sporting activities. They said that they were most inspired by their friends and parents. (See table 14 below)

Table 14: Sporting Inspirations

Inspiration	Number	Percentage
Friends	769	51%
Parents	517	34%
Watching sport on TV	412	27%
PE or other Teacher	296	20%
The Coach	273	18%
Watching live sport	274	18%
Sporting Heroes	252	17%
Other family members	234	15%
Nothing	125	8%
Parents of my friends	77	5%
Sports Development Officer	33	2%

## Expenditure

Table 15 below shows the respondents average expenditure of their own money on sporting activities. Just over half (53%) spent none of their own money, presumably relying on funding from their (parents/carers). 20% spent between £1 and £5 of their own money.

Table 15: Average weekly expenditure on sporting activities

Amount	Number	Percentage
None	796	53%
Under £1	111	7%
£1 - £2.5	164	11%
£2.5 - £5	185	12%
£5 - £10	103	7%
Over £10	91	6%
Not answered	66	4%

## Travelling to take part in sport

The participants were asked what was the main type of transport they used to travel to do sport in their spare time. Well over half the children tick 'Car' as the main mode of transport (68%); this was followed by 'Walk' (29%) and Cycle (18%).

## Reasons for not taking part

In question 27 the young people taking part in the survey were asked to give reason why they sometimes didn't take part in sport. The overall responses to the question were low with many of the young people not identifying any negative factors to do with sporting activities.

Of those who did answer, the most common reason not to take part in sport was "Nothing to do near where you live", 8.1% of people selected this reason. The other most common reasons selected were "I'm not interested" (6.9%), "No one to go with" (6.6%) and "I don't have the time" (6.5%).