

Adults aged 16+ who have taken part in sport and physical activity at least twice in the last 28 days**Contents**

Sport and physical activity participation estimates by demographics, activity and locality in England

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1. The headline indicator in these tables is measured as the equivalent of 30 minutes activity at least twice in the last 28 days. Each session must last at least 10 minutes and be of at least moderate intensity. For example, an individual can reach the minimum threshold by a combination of two 30 minutes sessions across the last 28 days or by six 10 minute sessions. This is measured for all activities including sports, fitness, dance, cycling and walking (including for travel).
2. Moderate activity is defined as activity where you raise your breathing rate.
3. Vigorous activity is where you're out of breath or are sweating (you may not be able to say more than a few words without pausing for breath).

Notes

1. All the data in this report are estimates from the Active Lives survey.
2. The achieved sample was 179,747 (aged 16+).
3. Population totals are created using ONS mid-year population estimates (mid-2015 for Nov 15-16,- mid-2016 for Nov 16-17, and mid-2107 for Nov 17-18) and 2011 census data.
4. Confidence intervals indicate that if repeated samples were taken and confidence intervals computed for each sample, 95% of the intervals would contain the true value. Confidence intervals vary for each measure and each demographic breakdown. Overlapping confidence intervals indicate that estimates are not statistically significantly different from one another.
5. Significance tests indicate that if repeated samples were taken, 95% of the time we would get similar findings, i.e. we can be confident that the differences seen in our sampled respondents are reflective of the population. When sample sizes are smaller, confidence intervals are larger, meaning differences between estimates need to be greater to be considered statistically significant.
6. '*' indicates insufficient data to report a result.
7. '***' indicates where population data is not available.
8. '****' indicates data is not available.

More details on the Active Lives survey, definitions and the use of population data, can be found in the technical summary that accompanies this release.

Technical Note

Table 4: Adults (aged 16+) who have taken part in sport and physical activity at least twice in the last 28 days

Overall and by demographics

England, November 2016-17; November 2017-18

	November 2015-16		November 2016-17		November 2017-18			Change compared to Nov 2015-16		Change in the last 12 months	
	Respondents	Rate (%)	Respondents	Rate (%)	Population total	Rate (%)	95% confidence interval	Absolute	Significance	Absolute	Significance
All adults (aged 16+)	198,811		196,635		34,956,200	77.5%	Lower 77.2% Upper 77.8%	0.3%	No change	0.3%	No change
Gender											
Male	87,807		86,635		17,215,000	76.4%	76.0%	0.2%	No change	0.2%	No change
Female	110,847		106,741		17,617,100	76.7%	76.4%	0.4%	No change	0.5%	No change
Other	.		.		24,200	65.2%	52.0%			-6.3%	No change
Sexual orientation											
Heterosexual or Straight	.		48,398		**	80.0%	79.4%			0.4%	No change
Gay or Lesbian	.		1,078		**	83.5%	80.2%			0.1%	No change
Bisexual	.		650		**	84.9%	80.5%			0.8%	No change
Other sexual orientation	.		183		**	73.7%	62.3%			1.7%	No change
Age (6 bands)											
16-24	13,145		12,688		5,180,100	84.0%	83.1%			0.5%	No change
25-34	24,481		24,414		6,025,600	79.9%	79.2%			1.3%	Significant increase
35-44	30,895		30,799		5,488,300	79.2%	78.4%			0.4%	No change
45-54	34,273		30,752		5,892,600	77.8%	78.5%			0.1%	No change
55-64	37,899		37,130		4,719,000	73.6%	72.8%			0.8%	No change
65-74	37,900		37,073		4,705,100	82.7%	82.1%			-0.5%	No change
75-84	15,489		14,236		2,467,100	67.5%	66.5%			-0.3%	No change
85+	3,930		3,842		370,200	43.0%	41.0%			-1.1%	No change
Age (4 bands)											
16-34	37,628		37,102		11,205,900	81.8%	81.2%			0.9%	Significant increase
35-54	65,168		64,186		11,288,900	78.4%	77.9%			0.2%	No change
55-74	74,969		74,203		9,424,100	77.9%	77.4%			0.2%	No change
75+	19,429		19,306		2,837,300	82.8%	81.9%			-0.6%	No change
Disability (long term, limiting)											
No disability	154,418		152,648		29,073,500	81.7%	81.4%			0.5%	Significant increase
Disability	32,602		33,115		5,838,500	62.2%	61.4%			0.8%	No change
1 impairment	7,605		7,804		**	73.0%	71.5%			2.2%	Significant increase
2 impairments	8,226		8,328		**	66.7%	65.2%			2.4%	Significant increase
3 or more impairments	15,777		16,028		**	52.8%	51.9%			-1.0%	No change
Ethnicity											
White British	167,282		163,434		29,183,200	78.9%	78.5%			0.5%	No change
White Other	9,888		10,189		1,895,500	78.8%	77.5%			0.7%	Significant increase
South Asian	7,984		8,240		2,084,700	70.3%	71.8%			1.3%	No change
Black	2,910		2,896		1,010,500	72.0%	69.5%			0.4%	No change
Chinese	1,057		1,061		266,500	78.8%	72.7%			7.2%	Significant increase
Mixed	1,982		2,078		589,700	81.8%	79.1%			1.1%	No change
Other ethnic group	1,073		1,475		395,500	69.8%	66.1%			-1.4%	No change
Religion											
Christian	.		29,911		**	79.2%	79.5%			-0.1%	No change
Buddhist	.		311		**	78.2%	71.1%			-1.7%	No change
Hindu	.		768		**	68.7%	63.1%			-1.5%	No change
Jewish	.		334		**	78.3%	71.0%			-5.0%	No change
Muslim	.		1,474		**	66.0%	62.5%			6.0%	Significant increase
Sikh	.		275		**	71.8%	63.2%			-1.5%	No change
Any other religion	.		484		**	78.9%	79.2%			-2.0%	No change
No religion	.		16,165		**	84.3%	83.4%			0.9%	No change

Social Status (full categories, aged 16-74)	November 2015-16	November 2016-17	November 2017-18			Change compared to Nov 2015-16		Change in the last 12 months		
	Respondents	Respondents	Population total	Rate (%)	95% confidence interval Lower	Upper	Absolute	Significance	Absolute	Significance
NS SEC 1-2: Managerial, administrative and professional occupations	95,199	95,352	10,825,100	85.5%	85.2%	85.8%	0.4%	No change	0.4%	No change
NS SEC 3: Intermediate occupations	19,872	20,021	4,119,800	78.6%	78.7%	80.4%	1.0%	No change	0.6%	No change
NS SEC 4: Self employed and small employers	11,863	12,451	2,895,100	76.2%	75.0%	77.2%	-1.1%	No change	-0.3%	No change
NS SEC 5: Lower supervisory and technical occupations	13,312	13,385	2,113,000	75.7%	74.6%	76.8%	0.9%	No change	0.8%	No change
NS SEC 6-7: Semi-routine and routine occupations	18,761	18,995	7,033,600	68.6%	68.6%	70.5%	0.2%	No change	0.5%	No change
NS SEC 8: Long term unemployed or never worked	4,003	4,095	1,388,800	61.4%	59.2%	63.5%	-1.8%	No change	0.2%	No change
NS SEC 9: Students and other	14,763	13,030	2,818,200	80.2%	79.2%	81.1%	-1.0%	No change	0.5%	No change
Social Status (summary categories, aged 16-74)										
NS SEC 1-2: Higher social groups	95,199	95,352	10,825,100	85.5%	85.2%	85.8%	0.0%	No change	0.4%	No change
NS SEC 3-5: Middle social groups	45,047	45,857	9,127,000	77.6%	77.0%	78.1%	0.3%	No change	0.4%	No change
NS SEC 6-8: Lower social groups	22,764	23,090	9,391,400	67.8%	66.9%	68.7%	-0.2%	No change	0.4%	No change
NS SEC 9: Students and other	14,783	13,030	2,818,200	80.2%	79.2%	81.1%	-1.0%	No change	0.5%	No change
Working status										
Working full or part time	105,154	105,272	**	80.2%	79.9%	80.6%	0.4%	No change	0.6%	Significant increase
Unemployed	5,277	5,175	**	67.0%	65.0%	69.0%	-1.3%	No change	-0.3%	No change
Not working - retired	59,002	57,110	**	74.5%	73.9%	75.0%	1.0%	Significant increase	-0.4%	No change
Not working - looking after house/children	7,021	6,715	**	73.6%	71.9%	75.3%	0.5%	No change	2.3%	No change
Not working - long term sick or disabled	5,052	4,713	**	46.2%	43.8%	48.5%	-1.8%	No change	-0.8%	No change
Student full or part time	7,543	7,532	**	86.4%	85.3%	87.4%	-0.5%	No change	0.9%	No change
Other working status	5,248	5,120	**	70.1%	68.1%	71.9%	-0.5%	No change	-1.1%	No change
Current Education Stage										
School	1,592	1,598	**	87.5%	85.1%	89.6%	1.4%	No change	0.7%	No change
Further education	2,434	2,306	**	78.7%	76.0%	81.1%	-1.1%	No change	0.0%	No change
Higher education	4,705	4,983	**	87.2%	85.8%	88.4%	-0.8%	No change	1.0%	No change
Other education (e.g. apprenticeships)	2,327	2,615	**	83.7%	81.4%	85.6%	4.8%	Significant increase	2.8%	No change

Source: Active Lives Survey

Table 5: Adults (aged 16+) who have taken part in sport and physical activity at least twice in the last 28 days
By Broad and Detailed Activity Categories
England, November 2015-16; November 2016-17; November 2017-18

	November 2015-16		November 2016-17		November 2017-18				Change compared to Nov 2015-16		Change in the last 12 months	
	Respondents	Rate (%)	Respondents	Rate (%)	Population total	Rate (%)	95% confidence interval Lower	95% confidence interval Upper	Absolute	Significance	Absolute	Significance
All adults (aged 16+)	198,911		196,635	77.5%	34,852,100	77.5%	77.2%	77.8%	0.3%	No change	0.3%	No change
Broad Activities												
Walking	198,911		196,635	59.6%	26,916,000	59.6%	59.5%	60.2%	1.8%	Significant increase	1.8%	Significant increase
Cycling ¹	198,911		196,635	16.4%	7,484,500	16.4%	16.4%	16.9%	-0.7%	Significant decrease	-0.7%	Significant decrease
Creative or artistic dance	198,911		196,635	2.1%	900,200	2.1%	1.9%	2.1%	-0.1%	No change	-0.1%	No change
Fitness activities ²	198,911		196,635	20.9%	13,448,200	20.9%	20.6%	20.2%	0.4%	No change	0.4%	No change
Sporting activities ³	198,911		196,635	34.7%	15,627,000	34.7%	34.4%	35.1%	0.4%	No change	0.4%	No change
Activity Groups												
Walking for leisure	198,911		196,635	42.4%	19,086,700	42.4%	42.1%	42.7%	1.2%	Significant increase	1.2%	Significant increase
Walking for leisure and sport ¹	198,911		196,635	33.2%	14,914,500	33.2%	32.8%	33.5%	0.6%	Significant increase	0.6%	Significant increase
Cycling for leisure and sport ¹	198,911		196,635	13.6%	6,096,100	13.6%	13.3%	13.8%	-0.3%	Significant decrease	-0.3%	Significant decrease
Cycling for leisure	198,911		196,635	6.8%	3,072,900	6.8%	6.7%	7.0%	-0.4%	Significant decrease	-0.4%	Significant decrease
Team sports ⁴	198,911		196,635	6.9%	3,115,900	6.9%	6.7%	7.1%	-0.8%	Significant decrease	-0.8%	Significant decrease
Racket sports ⁵	198,911		196,635	4.8%	2,150,100	4.8%	4.6%	4.9%	-0.3%	Significant decrease	-0.3%	Significant decrease
Adventure sports	198,911		196,635	6.8%	3,037,200	6.8%	6.6%	6.9%	1.7%	Significant increase	1.7%	Significant increase
Water sports	198,911		196,635	1.4%	646,400	1.4%	1.4%	1.5%	0.0%	No change	0.0%	No change
Leisure activities and games												
Card games, board games or other board games	198,911		196,635	1.5%	677,700	1.5%	1.4%	1.6%	0.1%	Significant increase	0.1%	Significant increase
Computer games, mobile apps or tablet games	198,911		196,635	1.9%	841,800	1.9%	1.8%	2.0%	0.1%	No change	0.1%	No change
Reading	198,911		196,635	15.6%	341,200	15.6%	15.1%	15.6%	0.1%	No change	0.1%	No change
Watching television	198,911		196,635	0.8%	339,000	0.8%	0.7%	0.8%	-0.1%	No change	-0.1%	No change
Listening to music	198,911		196,635	1.1%	485,700	1.1%	1.0%	1.2%	0.0%	No change	0.0%	No change
Reading or listening to the radio	198,911		196,635	0.4%	184,600	0.4%	0.4%	0.5%	0.1%	Significant increase	0.1%	Significant increase
Activities												
Gym session ⁶	198,911		196,635	13.5%	6,048,700	13.5%	13.2%	13.7%	-0.2%	No change	-0.2%	No change
Fitness class	198,911		196,635	8.8%	3,345,600	8.8%	8.6%	9.0%	0.3%	Significant increase	0.3%	Significant increase
Exercise machines ⁷	198,911		196,635	5.6%	2,517,800	5.6%	5.4%	5.8%	1.0%	Significant increase	1.0%	Significant increase
Weight sessions ⁸	198,911		196,635	4.7%	2,124,200	4.7%	4.6%	4.9%	0.4%	Significant increase	0.4%	Significant increase
Interval sessions ⁹	198,911		196,635	4.2%	1,890,400	4.2%	4.1%	4.4%	-0.2%	Significant decrease	-0.2%	Significant decrease
Generic fitness training ¹⁰	198,911		196,635	4.5%	2,038,000	4.5%	4.4%	4.7%	-0.7%	Significant decrease	-0.7%	Significant decrease
Football	198,911		196,635	0.7%	292,000	0.7%	0.6%	0.7%	-0.1%	No change	-0.1%	No change
Cricket	198,911		196,635	0.5%	229,000	0.5%	0.5%	0.6%	0.0%	No change	0.0%	No change
Rugby Union	198,911		196,635	0.1%	85,200	0.1%	0.1%	0.2%	0.0%	No change	0.0%	No change
Rugby League	198,911		196,635	0.7%	274,800	0.7%	0.6%	0.7%	-0.1%	Significant decrease	-0.1%	Significant decrease
Rugby	198,911		196,635	0.6%	302,400	0.6%	0.6%	0.8%	0.0%	No change	0.0%	No change
Hockey	198,911		196,635	0.2%	107,800	0.2%	0.2%	0.3%	-0.1%	Significant decrease	-0.1%	Significant decrease
Wheelchair Basketball	198,911		196,635	0.2%	71,400	0.2%	0.1%	0.2%	0.0%	No change	0.0%	No change
Netball	198,911		196,635	0.2%	81,500	0.2%	0.2%	0.2%	0.0%	No change	0.0%	No change
Rounders	198,911		196,635	0.1%	57,800	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change
Baseball	198,911		196,635	0.0%	16,100	0.0%	0.0%	0.1%	0.0%	No change	0.0%	No change
Handball	198,911		196,635	0.1%	24,800	0.1%	0.0%	0.1%	0.0%	No change	0.0%	No change
Table Tennis	198,911		196,635	1.7%	778,100	1.7%	1.6%	2.0%	-0.3%	Significant decrease	-0.3%	Significant decrease
Squash	198,911		196,635	0.8%	336,100	0.8%	0.7%	0.9%	-0.1%	Significant decrease	-0.1%	Significant decrease

	November 2015-16		November 2016-17		November 2017-18		Change compared to Nov 2017-18		Change in the last 12 months	
	Respondents	Rate (%)	Population total	95% confidence interval Lower	95% confidence interval Upper	Absolute	Significance	Absolute	Significance	
Hill and mountain walking	198,911	6.2%	2,815,300	6.1%	6.4%	0.0%	No change	0.0%	No change	
Climbing and bouldering	198,911	0.7%	215,300	0.6%	0.8%	0.0%	No change	0.0%	No change	
Caving or pot holing	198,911	0.0%	5,100	0.0%	0.0%	0.0%	No change	0.0%	No change	
Abseiling	198,911	0.0%	8,600	0.0%	0.0%	0.0%	No change	0.0%	No change	
Orienteering	198,911	0.1%	45,200	0.1%	0.1%	0.0%	No change	0.0%	No change	
Parlour or free running	198,911	0.3%	86,900	0.2%	0.2%	0.0%	No change	0.0%	No change	
Rowing (includes indoor rowing) ¹	198,911	1.4%	626,500	1.3%	1.5%	0.0%	No change	-0.1%	Significant decrease	
Sailing	198,911	0.3%	113,700	0.2%	0.2%	0.0%	No change	-0.1%	Significant decrease	
Canoeing	198,911	0.4%	167,200	0.3%	0.4%	0.0%	No change	0.0%	No change	
Waterskiing	198,911	0.0%	17,500	0.0%	0.1%	0.0%	No change	0.0%	No change	
Surfing, board surfing, body boarding, kite surfing	198,911	0.3%	132,600	0.3%	0.4%	0.0%	No change	0.1%	Significant increase	
Scuba diving or snorkelling	198,911	0.1%	58,000	0.1%	0.2%	0.0%	No change	0.0%	No change	
Life-saving	198,911	0.1%	25,200	0.1%	0.1%	0.0%	No change	0.0%	No change	
High ropes	198,911	0.2%	102,700	0.2%	0.3%	0.0%	No change	0.0%	No change	
Angling	198,911	0.1%	65,500	0.1%	0.2%	0.0%	No change	0.0%	No change	
Ice skating	198,911	0.2%	68,500	0.2%	0.1%	0.0%	No change	0.0%	No change	
Ice or ultimate frisbee	198,911	0.0%	6,000	0.0%	0.0%	0.0%	No change	0.0%	No change	
Triathlon	198,911	0.0%	13,900	0.0%	0.0%	0.0%	No change	0.0%	No change	
Triathlon (includes triathlon)	198,911	0.0%	24,600	0.0%	0.0%	0.0%	No change	0.0%	No change	
Pool	198,911	0.0%	23,100	0.0%	0.0%	0.0%	No change	0.0%	No change	
Skateboarding	198,911	0.0%	14,300	0.0%	0.0%	0.0%	No change	0.0%	No change	
Darts	198,911	0.0%	19,500	0.0%	0.0%	0.0%	No change	0.0%	No change	
Skittles	198,911	0.0%	7,400	0.0%	0.0%	0.0%	No change	0.0%	No change	
Archery	198,911	0.0%	38,000	0.0%	0.0%	0.0%	No change	0.0%	No change	
Bowling (includes bowling (street classes))	198,911	1.7%	762,200	1.7%	1.8%	0.0%	No change	0.0%	No change	
Fencing	198,911	0.0%	18,500	0.0%	0.0%	0.0%	No change	0.0%	No change	
Judo	198,911	0.0%	18,600	0.0%	0.1%	0.0%	No change	0.0%	No change	
Taikwondo	198,911	0.1%	32,000	0.1%	0.2%	0.0%	No change	0.0%	No change	
Tai Chi	198,911	0.2%	32,000	0.2%	0.2%	0.0%	No change	0.0%	No change	
Martial Arts	198,911	0.6%	260,300	0.5%	0.6%	0.0%	No change	-0.1%	Significant decrease	
Shooting	198,911	0.2%	80,000	0.2%	0.2%	0.0%	No change	0.0%	No change	
Wrestling	198,911	0.1%	20,300	0.1%	0.1%	0.0%	No change	0.0%	No change	
Shovelling	198,911	0.6%	248,900	0.5%	0.6%	0.0%	No change	0.0%	No change	
Shovelling, luge, tobogganing	198,911	0.1%	24,100	0.1%	0.1%	0.0%	No change	0.0%	No change	
Ice hockey	198,911	0.0%	10,500	0.0%	0.0%	0.0%	No change	0.0%	No change	
Swimming	198,911	10.5%	4,717,600	10.3%	10.7%	0.0%	No change	0.0%	No change	
Track and field athletics	198,911	0.4%	197,000	0.4%	0.5%	0.0%	No change	-0.1%	Significant decrease	
Running	198,911	15.2%	6,633,200	14.9%	15.5%	0.0%	No change	-0.3%	Significant decrease	
Fall running	198,911	0.7%	310,500	0.6%	0.8%	0.0%	No change	0.0%	No change	
Triathlon	198,911	0.1%	22,700	0.1%	0.1%	0.0%	No change	0.0%	No change	
Modern Pentathlon	198,911	0.0%	16,700	0.0%	0.0%	0.0%	No change	0.0%	No change	
Olympic course (e.g. Tough Mudder)	198,911	2.1%	987,000	2.0%	2.2%	0.0%	No change	0.0%	No change	
Golf	198,911	0.6%	276,400	0.6%	0.7%	0.0%	No change	-0.1%	Significant decrease	
Equestrian	198,911	0.7%	351,400	0.7%	0.8%	0.0%	No change	0.0%	No change	
Baseball	198,911	0.0%	8,500	0.0%	0.0%	0.0%	No change	0.0%	No change	
Softball	198,911	0.0%	276,000	0.0%	0.0%	0.0%	No change	0.0%	No change	
Bowls	198,911	0.3%	216,100	0.3%	0.4%	0.0%	No change	-0.1%	Significant decrease	
Bowls, petanque, deck bowls	198,911	0.1%	22,800	0.1%	0.1%	0.0%	No change	0.0%	No change	
Gymnastics (includes trampolining)	198,911	0.1%	42,700	0.1%	0.1%	0.0%	No change	0.0%	No change	
Garden trampolining	198,911	0.1%	42,700	0.1%	0.1%	0.0%	No change	0.0%	No change	
Cheerleading	198,911	0.1%	42,700	0.1%	0.1%	0.0%	No change	0.0%	No change	
Roller skating, inline skating, rollerblading	198,911	0.2%	74,600	0.2%	0.2%	0.0%	No change	0.0%	No change	
Skateboarding	198,911	0.0%	18,000	0.0%	0.0%	0.0%	No change	0.0%	No change	
Motor sports	198,911	0.0%	18,000	0.0%	0.0%	0.0%	No change	0.0%	No change	

Footnotes:

¹During the first six months of surveying, a number of respondents were double counting a gym session and the individual activities that they did within the gym. We received this problem by re-phrasing the question, however, this means the first point at which we can report that data is May 2017.

²Data for November 2015-16 and November 2016-17 have been restated due to minor data amendments

Source: Active Lives Survey

Table 7: Females (aged 16+) who have taken part in sport and physical activity at least twice in the last 28 days

By Broad Activity Categories

England, November 2015-16; November 2016-17; November 2017-18

Activity	November 2015-16		November 2016-17		November 2017-18			Change compared to Nov 2015-16		Change in the last 12 months	
	Respondents	Rate (%)	Population total	Rate (%)	95% confidence interval	Absolute	Significance	Absolute	Significance		
Broad Activities	110,847	76.7%	17,617,100	76.7%	Lower 76.4%	Upper 77.1%	0.4%	No change	0.5%	No change	
Walking	110,847	109,741	14,249,200	62.5%	62.0%	62.9%	2.0%	Significant increase	1.2%	Significant increase	
Cycling	110,847	109,741	2,790,200	12.1%	11.8%	12.4%	-0.2%	No change	-0.3%	No change	
Creative or artistic dance	110,847	109,741	791,200	3.1%	2.8%	3.2%	-0.1%	No change	-0.1%	No change	
Fitness activities ¹	110,847	109,741	7,353,200	32.0%	31.8%	32.4%	-0.1%	No change	0.4%	Significant increase	
Sporting activities	110,847	109,741	6,790,200	28.4%	28.0%	28.8%	-0.1%	No change	0.8%	Significant increase	
Activity Groups	110,847	109,741	10,229,100	45.0%	44.5%	45.4%	0.6%	Significant increase	0.6%	Significant increase	
Walking for leisure	110,847	109,741	7,688,100	34.3%	33.9%	34.6%	0.8%	Significant increase	0.3%	No change	
Walking for travel	110,847	109,741	2,325,200	10.1%	9.9%	10.4%	0.2%	Significant increase	-0.3%	No change	
Cycling for leisure and sport ¹	110,847	109,741	897,200	3.9%	3.7%	4.1%	-0.2%	No change	-0.2%	No change	
Cycling for travel	110,847	109,741	646,000	2.8%	2.7%	3.0%	-0.4%	Significant decrease	-0.2%	No change	
Team sports ²	110,847	109,741	742,000	3.2%	3.1%	3.4%	-0.6%	Significant decrease	-0.3%	No change	
Racket sports	110,847	109,741	1,374,100	6.0%	5.9%	6.2%	1.5%	Significant increase	1.1%	Significant increase	
Adventure sports	110,847	109,741	247,000	1.1%	1.0%	1.2%	0.0%	No change	0.1%	No change	
Water sports	110,847	109,741	293,200	1.3%	1.2%	1.4%	0.1%	No change	0.1%	No change	
Leisure activities and games	110,847	109,741	295,000	1.3%	1.2%	1.4%	0.1%	No change	0.0%	No change	
Combat sports, martial arts or target sports	110,847	109,741	151,000	0.7%	0.6%	0.7%	0.0%	No change	0.1%	No change	
Winter sports	110,847	109,741	3,138,000	13.7%	13.4%	14.0%	-0.4%	No change	-0.4%	No change	
Running, athletics or multi-sports	110,847	109,741	142,200	0.6%	0.5%	0.7%	0.0%	No change	0.0%	No change	
Rowing, athletics or multi-sports	110,847	109,741	269,000	1.2%	1.2%	1.4%	0.0%	No change	-0.1%	No change	
Bowls or bowls	110,847	109,741	75,500	0.3%	0.2%	0.4%	0.0%	No change	0.0%	No change	
Gymnastics, trampolining or cheerleading	110,847	109,741	18,100	0.1%	0.0%	0.1%	0.0%	No change	0.0%	No change	
Roller or skating sports	110,847	109,741	24,000	1.1%	1.0%	1.2%	-0.2%	Significant decrease	-0.1%	No change	
Activities	110,847	109,741	4,855,200	20.4%	20.1%	20.8%	0.0%	No change	2.0%	Significant increase	
Gym session ¹	110,847	109,741	1,857,500	8.1%	7.8%	8.3%	0.3%	No change	-0.5%	Significant decrease	
Fitness class	110,847	109,741	1,063,500	4.7%	4.5%	4.9%	0.5%	Significant increase	1.5%	No change	
Exercise machines ¹	110,847	109,741	1,144,000	5.0%	4.8%	5.2%	0.5%	Significant increase	-0.7%	Significant decrease	
Weights session ¹	110,847	109,741	680,700	3.7%	3.6%	3.9%	0.0%	No change	0.0%	No change	
Interval sessions	110,847	109,741	200,500	0.9%	0.8%	1.0%	-0.1%	No change	0.0%	No change	
Generic fitness training ¹	110,847	109,741	35,200	0.2%	0.1%	0.2%	0.0%	No change	0.0%	No change	
Football	110,847	109,741	18,100	0.1%	0.0%	0.1%	0.0%	No change	0.0%	No change	
Cricket	110,847	109,741	24,000	1.1%	1.0%	1.2%	-0.2%	Significant decrease	-0.1%	No change	
Rugby Union	110,847	109,741	74,300	0.3%	0.2%	0.4%	0.0%	No change	0.0%	No change	
Rugby League	110,847	109,741	36,700	0.2%	0.1%	0.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Wheelchair Rugby	110,847	109,741	27,900	0.1%	0.1%	0.2%	0.0%	No change	0.0%	No change	
Netsball	110,847	109,741	50,000	0.2%	0.1%	0.3%	0.0%	No change	0.0%	No change	
Baseball or Softball	110,847	109,741	29,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change	
Lacrosse	110,847	109,741	24,000	1.1%	1.0%	1.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Golf	110,847	109,741	74,300	0.3%	0.2%	0.4%	0.0%	No change	0.0%	No change	
Handball	110,847	109,741	36,700	0.2%	0.1%	0.2%	-0.2%	Significant decrease	0.0%	No change	
Volleyball	110,847	109,741	27,900	0.1%	0.1%	0.2%	0.0%	No change	0.0%	No change	
Rounders	110,847	109,741	50,000	0.2%	0.2%	0.3%	-0.1%	No change	0.0%	No change	
Dodgeball	110,847	109,741	29,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change	
Baseball or Softball	110,847	109,741	24,000	1.1%	1.0%	1.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Lacrosse	110,847	109,741	74,300	0.3%	0.2%	0.4%	0.0%	No change	0.0%	No change	
Golf	110,847	109,741	36,700	0.2%	0.1%	0.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Handball	110,847	109,741	27,900	0.1%	0.1%	0.2%	0.0%	No change	0.0%	No change	
Volleyball	110,847	109,741	50,000	0.2%	0.2%	0.3%	-0.1%	No change	0.0%	No change	
Rounders	110,847	109,741	29,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change	
Dodgeball	110,847	109,741	24,000	1.1%	1.0%	1.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Baseball or Softball	110,847	109,741	74,300	0.3%	0.2%	0.4%	0.0%	No change	0.0%	No change	
Lacrosse	110,847	109,741	36,700	0.2%	0.1%	0.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Golf	110,847	109,741	27,900	0.1%	0.1%	0.2%	0.0%	No change	0.0%	No change	
Handball	110,847	109,741	50,000	0.2%	0.2%	0.3%	-0.1%	No change	0.0%	No change	
Volleyball	110,847	109,741	29,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change	
Rounders	110,847	109,741	24,000	1.1%	1.0%	1.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Dodgeball	110,847	109,741	74,300	0.3%	0.2%	0.4%	0.0%	No change	0.0%	No change	
Baseball or Softball	110,847	109,741	36,700	0.2%	0.1%	0.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Lacrosse	110,847	109,741	27,900	0.1%	0.1%	0.2%	0.0%	No change	0.0%	No change	
Golf	110,847	109,741	50,000	0.2%	0.2%	0.3%	-0.1%	No change	0.0%	No change	
Handball	110,847	109,741	29,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change	
Volleyball	110,847	109,741	24,000	1.1%	1.0%	1.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Rounders	110,847	109,741	74,300	0.3%	0.2%	0.4%	0.0%	No change	0.0%	No change	
Dodgeball	110,847	109,741	36,700	0.2%	0.1%	0.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Baseball or Softball	110,847	109,741	27,900	0.1%	0.1%	0.2%	0.0%	No change	0.0%	No change	
Lacrosse	110,847	109,741	50,000	0.2%	0.2%	0.3%	-0.1%	No change	0.0%	No change	
Golf	110,847	109,741	29,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change	
Handball	110,847	109,741	24,000	1.1%	1.0%	1.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Volleyball	110,847	109,741	74,300	0.3%	0.2%	0.4%	0.0%	No change	0.0%	No change	
Rounders	110,847	109,741	36,700	0.2%	0.1%	0.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Dodgeball	110,847	109,741	27,900	0.1%	0.1%	0.2%	0.0%	No change	0.0%	No change	
Baseball or Softball	110,847	109,741	50,000	0.2%	0.2%	0.3%	-0.1%	No change	0.0%	No change	
Lacrosse	110,847	109,741	29,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change	
Golf	110,847	109,741	24,000	1.1%	1.0%	1.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Handball	110,847	109,741	74,300	0.3%	0.2%	0.4%	0.0%	No change	0.0%	No change	
Volleyball	110,847	109,741	36,700	0.2%	0.1%	0.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Rounders	110,847	109,741	27,900	0.1%	0.1%	0.2%	0.0%	No change	0.0%	No change	
Dodgeball	110,847	109,741	50,000	0.2%	0.2%	0.3%	-0.1%	No change	0.0%	No change	
Baseball or Softball	110,847	109,741	29,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change	
Lacrosse	110,847	109,741	24,000	1.1%	1.0%	1.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Golf	110,847	109,741	74,300	0.3%	0.2%	0.4%	0.0%	No change	0.0%	No change	
Handball	110,847	109,741	36,700	0.2%	0.1%	0.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Volleyball	110,847	109,741	27,900	0.1%	0.1%	0.2%	0.0%	No change	0.0%	No change	
Rounders	110,847	109,741	50,000	0.2%	0.2%	0.3%	-0.1%	No change	0.0%	No change	
Dodgeball	110,847	109,741	29,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change	
Baseball or Softball	110,847	109,741	50,000	0.2%	0.2%	0.3%	-0.1%	No change	0.0%	No change	
Lacrosse	110,847	109,741	29,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change	
Golf	110,847	109,741	24,000	1.1%	1.0%	1.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Handball	110,847	109,741	74,300	0.3%	0.2%	0.4%	0.0%	No change	0.0%	No change	
Volleyball	110,847	109,741	36,700	0.2%	0.1%	0.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Rounders	110,847	109,741	27,900	0.1%	0.1%	0.2%	0.0%	No change	0.0%	No change	
Dodgeball	110,847	109,741	50,000	0.2%	0.2%	0.3%	-0.1%	No change	0.0%	No change	
Baseball or Softball	110,847	109,741	29,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change	
Lacrosse	110,847	109,741	24,000	1.1%	1.0%	1.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Golf	110,847	109,741	74,300	0.3%	0.2%	0.4%	0.0%	No change	0.0%	No change	
Handball	110,847	109,741	36,700	0.2%	0.1%	0.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Volleyball	110,847	109,741	27,900	0.1%	0.1%	0.2%	0.0%	No change	0.0%	No change	
Rounders	110,847	109,741	50,000	0.2%	0.2%	0.3%	-0.1%	No change	0.0%	No change	
Dodgeball	110,847	109,741	29,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change	
Baseball or Softball	110,847	109,741	50,000	0.2%	0.2%	0.3%	-0.1%	No change	0.0%	No change	
Lacrosse	110,847	109,741	29,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change	
Golf	110,847	109,741	24,000	1.1%	1.0%	1.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Handball	110,847	109,741	74,300	0.3%	0.2%	0.4%	0.0%	No change	0.0%	No change	
Volleyball	110,847	109,741	36,700	0.2%	0.1%	0.2%	-0.2%	Significant decrease	-0.1%	Significant decrease	
Rounders											

	November 2015-16	November 2016-17	November 2017-18			Change compared to Nov 2015-16		Change in the last 12 months		
	Respondents	Respondents	Population total	Rate (%)	95% confidence interval Lower	Upper	Absolute	Significance	Absolute	Significance
Ice skating	110,847	109,741	34,000	0.2%	0.1%	0.2%	0.0%	No change	0.0%	No change
Fribbles or riki-raki / rabebe	110,847	109,741	21,200	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change
Ten-pin bowling	110,847	109,741	8,700	0.0%	0.0%	0.1%	0.0%	No change	0.0%	No change
Croquet	110,847	109,741	12,300	0.1%	0.0%	0.1%	0.0%	Significant increase	0.0%	Significant increase
Shooter	110,847	109,741	386,000	1.7%	1.6%	1.8%	0.1%	No change	-0.1%	No change
Pool	110,847	109,741	14,900	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change
Darts	110,847	109,741	76,000	0.3%	0.3%	0.4%	0.0%	Significant decrease	0.1%	Significant increase
Skittles	110,847	109,741	69,700	0.3%	0.3%	0.4%	0.0%	No change	0.1%	No change
Archery	110,847	109,741	11,300	0.1%	0.0%	0.1%	0.0%	Significant increase	0.0%	No change
Bowling (includes bowling fitness classes)	110,847	109,741	99,000	0.4%	0.4%	0.5%	0.0%	No change	0.0%	No change
Fencing	110,847	109,741	16,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change
Judo	110,847	109,741	2,674,200	11.7%	11.4%	11.8%	-0.4%	No change	0.5%	Significant increase
Table tennis	110,847	109,741	82,200	0.4%	0.3%	0.4%	-0.1%	No change	0.0%	No change
Tai Chi	110,847	109,741	3,113,200	13.6%	13.3%	13.9%	-0.4%	No change	-0.4%	No change
Martial Arts	110,847	109,741	106,900	0.5%	0.4%	0.5%	0.2%	Significant increase	0.1%	Significant increase
Shooting	110,847	109,741	146,300	0.8%	0.6%	0.7%	-0.1%	No change	0.0%	No change
Wrestling	110,847	109,741	243,300	1.1%	1.0%	1.2%	-0.1%	Significant decrease	-0.1%	No change
Snowsport	110,847	109,741	139,100	0.6%	0.6%	0.7%	0.0%	No change	0.0%	No change
Skating, luge, tobogganing	110,847	109,741	165,400	0.7%	0.6%	0.8%	0.0%	No change	-0.1%	No change
Ice hockey	110,847	109,741	126,400	0.6%	0.5%	0.6%	0.0%	No change	0.1%	No change
Swimming	110,847	109,741	20,500	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change
Track and field athletics	110,847	109,741	22,000	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change
Running	110,847	109,741	17,300	0.1%	0.1%	0.1%	0.0%	No change	0.0%	No change
Fell rasing	110,847	109,741								
Tribathlon	110,847	109,741								
Modern Pentathlon	110,847	109,741								
Obstacle course (e.g. Tough Mudder)	110,847	109,741								
Golf	110,847	109,741								
Equestrian	110,847	109,741								
Bowls	110,847	109,741								
Boccia	110,847	109,741								
Bowles, petanque, deck bowls	110,847	109,741								
Gymnastics (includes trampolining)	110,847	109,741								
Garden trampolining	110,847	109,741								
Cheerleading	110,847	109,741								
Roller skating, inline skating, rollerblading	110,847	109,741								
Ski tobogganing	110,847	109,741								
Motor sports	110,847	109,741								

Footnote:

¹ During the first six months of surveying, a number of respondents were double counting a gym session and the individual activities that they did within the gym. We resolved this problem by re-wording the question, however, this means the first point at which we can report this data is May 1917.

² Data for November 2015-16 and November 2016-17 have been restated due to minor data amendments

Source: Active Lives Survey