Creating sporting opportunities in every community

# Active People Survey (APS) results for Movement & Dance

# Period: APS2 (Oct 07 / Oct 08) to APS3 (Oct 08 / Oct 09)

**Prepared by Sport England**

**16 December 2009**

# Summary of findings for Movement and Dance

- During the year Oct 08 to Oct 09 (APS3) 90,200 (0.15%) adults participated in 30 minutes moderate intensity movement and dance at least once a week. (pages 5 and 8)
- This was a statistically significant decrease of 59,100 from the APS2 (Oct 07 to Oct 08) baseline of 143,500. (page 5)
- There was a statistically significant decrease in participation between APS2 and 3 across all age groups apart from those aged 65 years and over (where the decrease was not significant). (pages 6 and 8)
- There was a statistically significant decrease in the number of women taking part in movement and dance between APS2 and 3. Participation amongst men also fell. (pages 6)
- Between APS2 and 3 the numbers taking part in movement and dance had a significant decrease across all socio-economic groups. (pages 6 and 8)
- There was a statistically significant decrease in the numbers taking part in movement and dance from both 'white' and 'non white' ethnic backgrounds. (page 8)
- There was a statistically significant decrease in participation amongst those without a limiting illness or disability but the fall within the group with a limiting disability or illness was not statistically significant. (page 8)
- The South East region has the greatest number of participants in APS3 but the East region has the highest participation rate of all regions. Four regions, the North West, South East, London and West Midlands experienced a statistically significant decrease between APS2 and 3.(pages 7 and 8)
- Amongst those who took part in movement and dance there was, between APS2 and 3, a decrease in the percentage taking part at least once a week (4 plus sessions in 4 weeks) and increases in those taking part 3 times, twice and once in the last 4 weeks. (page 9)
- Amongst those who take part in movement and dance there were no significant changes between APS2 and 3 in the percentages taking part in the sport as a member of a club, taking part in competition, or receiving tuition. (page 9)

## INTRODUCTION

- Central to Sport England's 2008-11 strategy is the commissioning of national governing bodies of sport (NGBs) by Sport England.
- NGBs will contribute to Sport England's strategic 'grow' outcome by setting targets to increase the 'once a week' adult participation rates in their sport.
- The growth targets across sports will contribute to Sport England's overall target of getting one million people doing more sport by 2012/13.
- This document summarises key data in relation to weekly participation rates for movement and dance drawn from Sport England's Active People Survey.
- In particular, this document includes participation rates by key demographic groups, participation by region, frequency of participation, and data on organised sport (club membership, tuition, organised competition).
- Further information on The Active People Survey and survey results is available on Sport England's website.

*NB: to access hyperlinks above, view this document in 'slide show' mode*

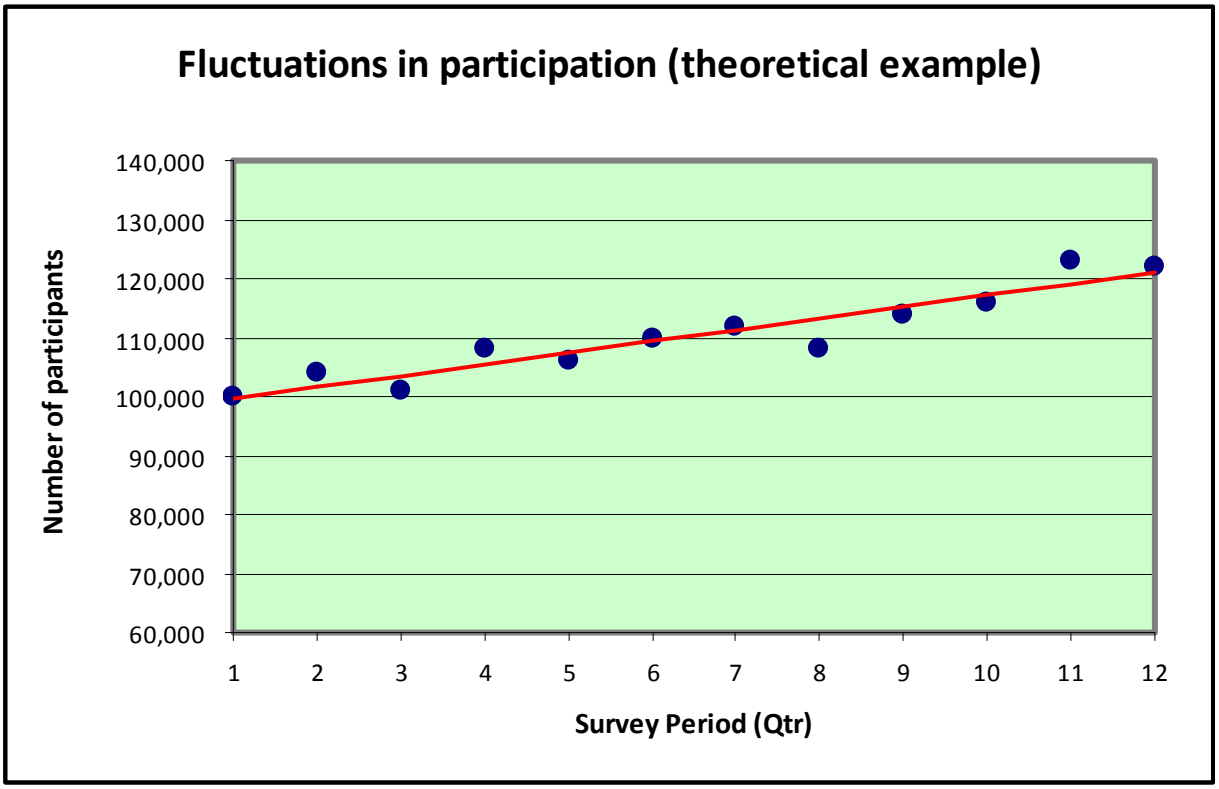
# Understanding changes in participation

We would expect to see short term fluctuations in the participation rates across the population because:

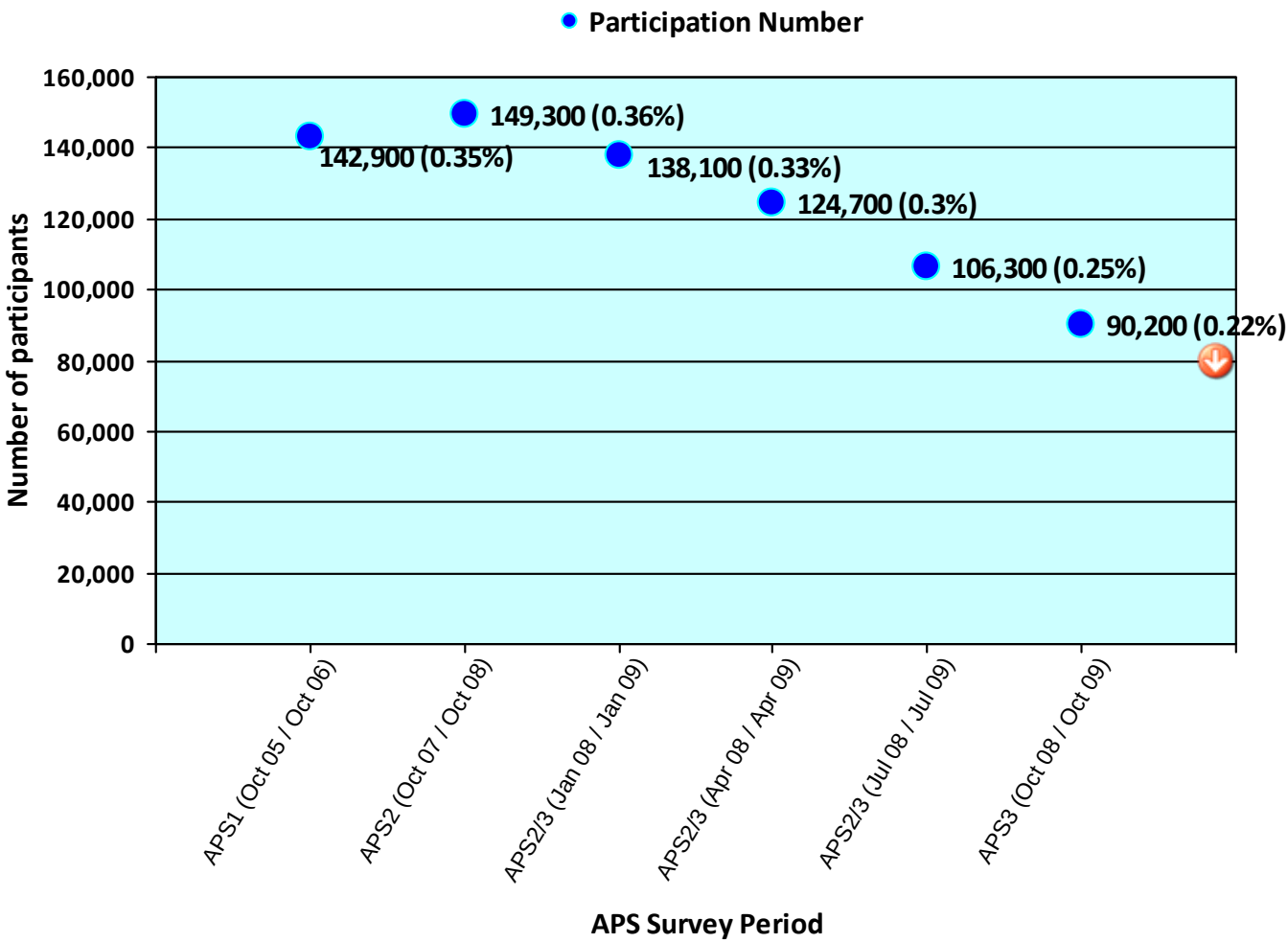
- Every random sample survey has a known, quantifiable, confidence interval attached to the results;

- Of the inevitable small oscillations (upward and downward movement) in people's behaviour across large populations.

These short term fluctuations in behaviour will however be smoothed out over longer periods of time (years rather than months) to establish real, quantifiable overall shifts in the participation rates.



# Number and percentage participating (at least once a week) in Movement & Dance – All aged 16 and over

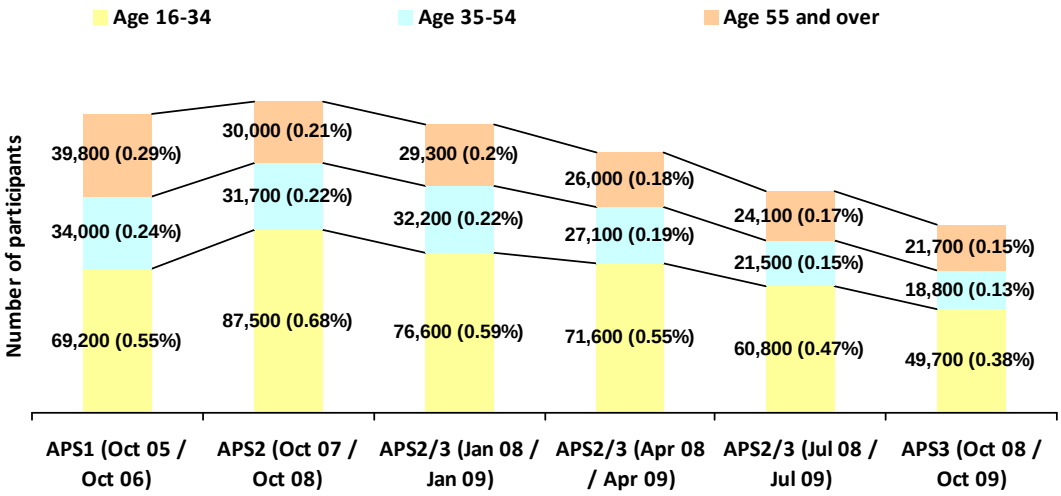


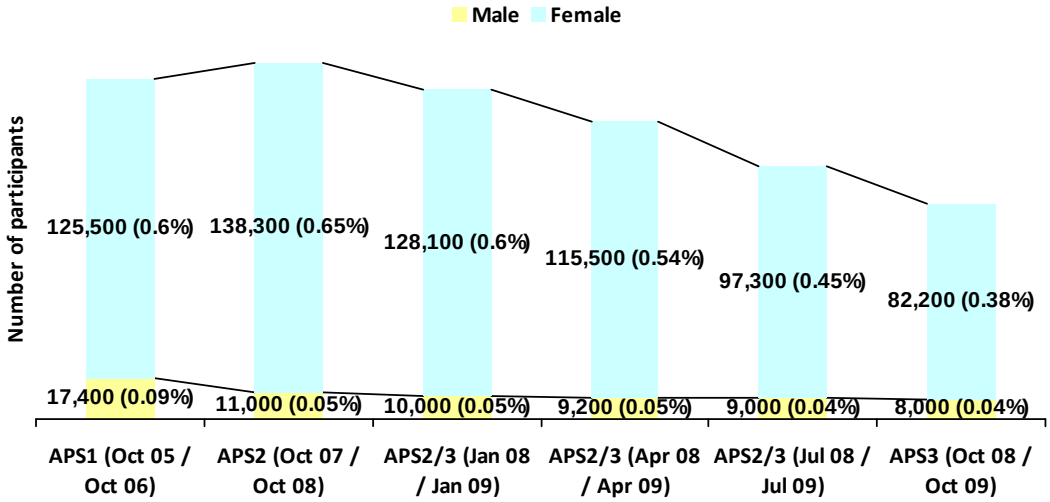

**Key**

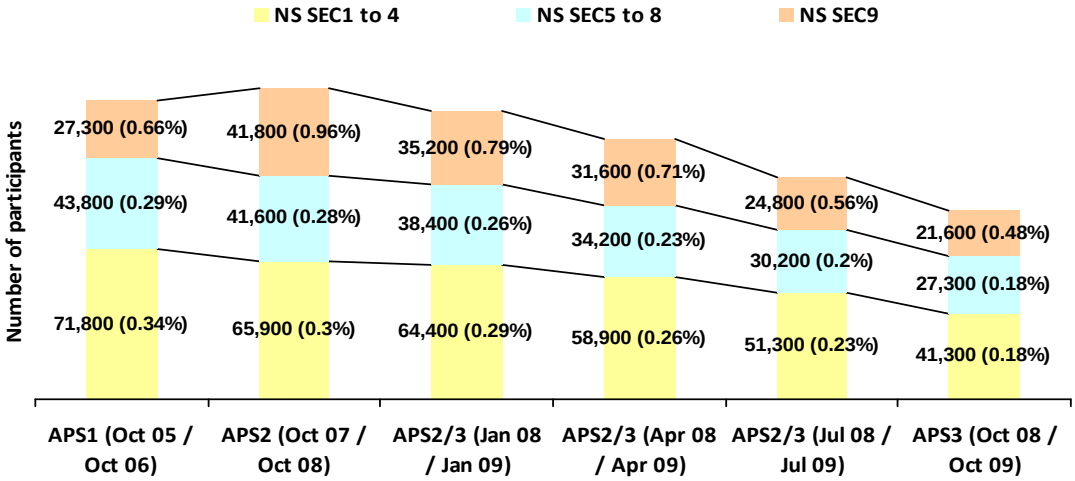
**Change is only shown between APS2 (baseline) and the most recent reporting period**

- **shows a statistically significant increase**
- **shows a statistically significant decrease**
- **No arrow = no change**

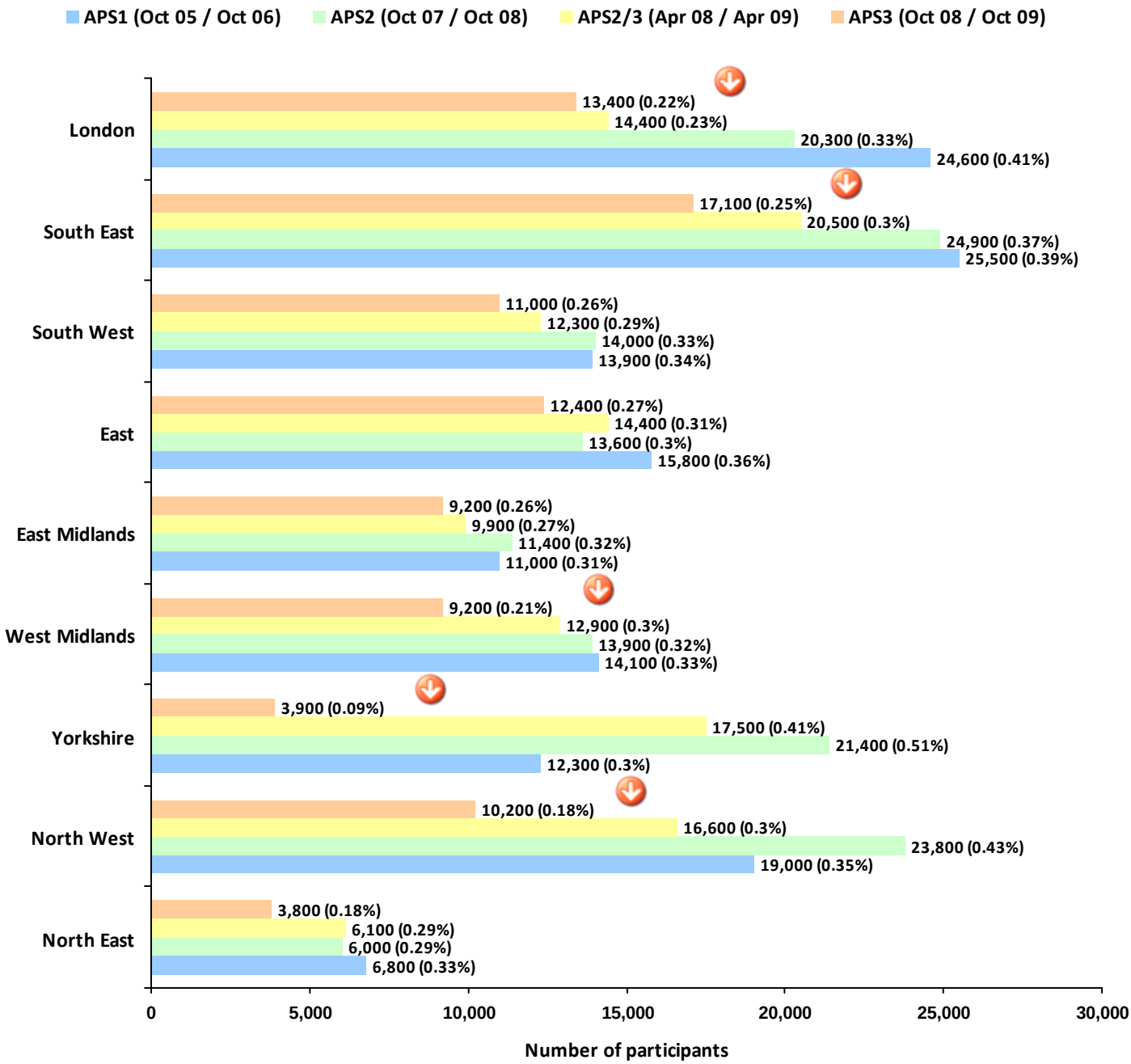
# Number and percentage participating (at least once a week) in Movement & Dance – Age, Gender, Social Group



# Number and percentage participating (at least once a week) in Movement & Dance - Region



# Change in number of participants (at least once a week) in Movement & Dance - APS2 baseline versus most recent reporting period

| Number of participants | APS2 (Oct 07 / Oct 08) | APS3 (Oct 08 / Oct 09) | APS3 (Oct 08 / Oct 09) participation rate | Change vs APS2 (baseline) |
|---|---|---|---|---|
| **Overall** | 149,300 | 90,200 | 0.22% | -59,100 |
| **Male** | *11,000* | *8,000* | *0.04%* | *-3,000* |
| **Female** | 138,300 | 82,200 | 0.38% | -56,100 |
| **Age 16-19** | 28,600 | 19,800 | 0.71% | -8,800 |
| **Age 20-24** | *30,200* | *10,000* | *0.27%* | *-20,200* |
| **Age 25-29** | 15,700 | 10,500 | 0.29% | -5,200 |
| **Age 30-34** | 12,400 | 7,900 | 0.23% | -4,500 |
| **Age 35-44** | 17,800 | 8,600 | 0.11% | -9,200 |
| **Age 45-64** | 27,200 | 18,100 | 0.14% | -9,100 |
| **Age 65+** | 17,400 | 15,300 | 0.18% | -2,100 |
| **Age 16-34** | 87,500 | 49,700 | 0.38% | -37,800 |
| **Age 35-54** | 31,700 | 18,800 | 0.13% | -12,900 |
| **Age 55+** | 30,000 | 21,700 | 0.15% | -8,300 |
| **White** | 130,400 | 79,600 | 0.21% | -50,800 |
| **Non White** | 18,900 | 10,600 | 0.25% | -8,300 |
| **Limiting Disability or Illness** | 11,900 | 8,600 | 0.13% | -3,300 |
| **No Limiting Disability or Illlness** | 137,400 | 81,600 | 0.23% | -55,800 |
| **NS-SEC 1-4** | 65,900 | 41,300 | 0.18% | -24,600 |
| **NS SEC 5-8** | 41,600 | 27,300 | 0.18% | -14,300 |
| **NS SEC 9** | 41,800 | 21,600 | 0.48% | -20,200 |
| **North East** | *6,000* | *3,800* | *0.18%* | *-2,200* |
| **North West** | 23,800 | 10,200 | 0.18% | -13,600 |
| **Yorkshire** | *21,400* | *3,900* | *0.09%* | *-17,500* |
| **West Midlands** | 13,900 | 9,200 | 0.21% | -4,700 |
| **East Midlands** | 11,400 | 9,200 | 0.26% | -2,200 |
| **East** | 13,600 | 12,400 | 0.27% | -1,200 |
| **South West** | 14,000 | 11,000 | 0.26% | -3,000 |
| **South East** | 24,900 | 17,100 | 0.25% | -7,800 |
| **London** | 20,300 | 13,400 | 0.22% | -6,900 |

**Key**
**Green shows a statistically significant increase**
**Red shows a statistically significant decrease**
***Italics* represent figures where the cell size is less than 30**



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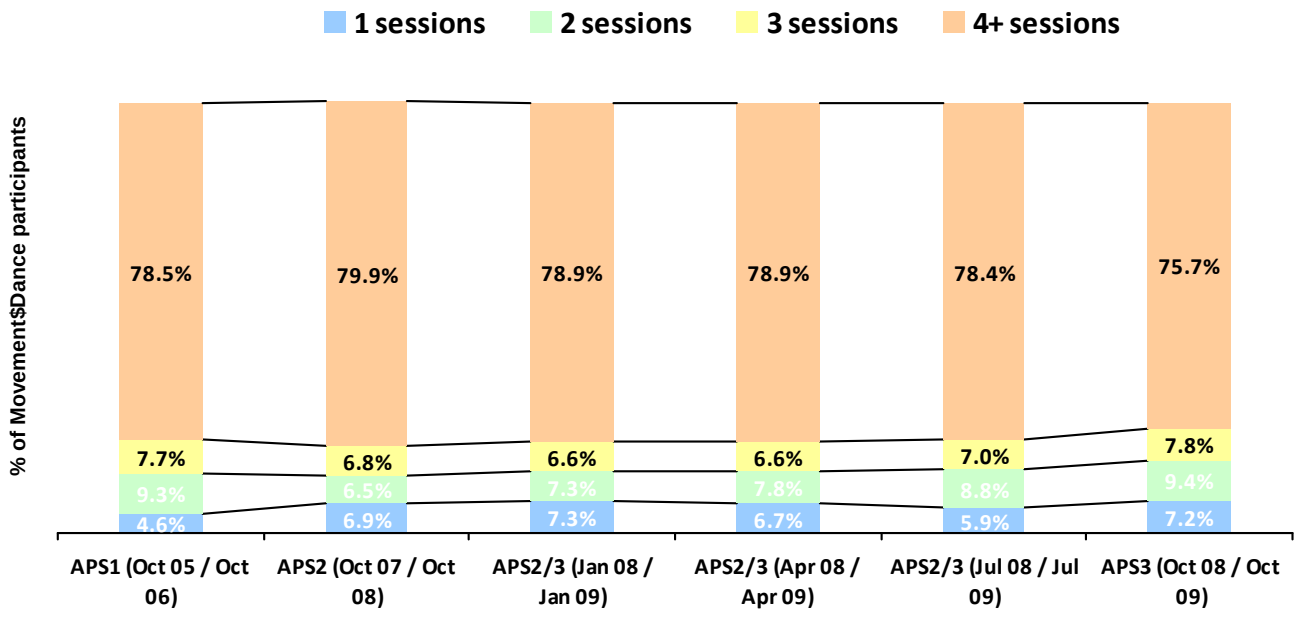
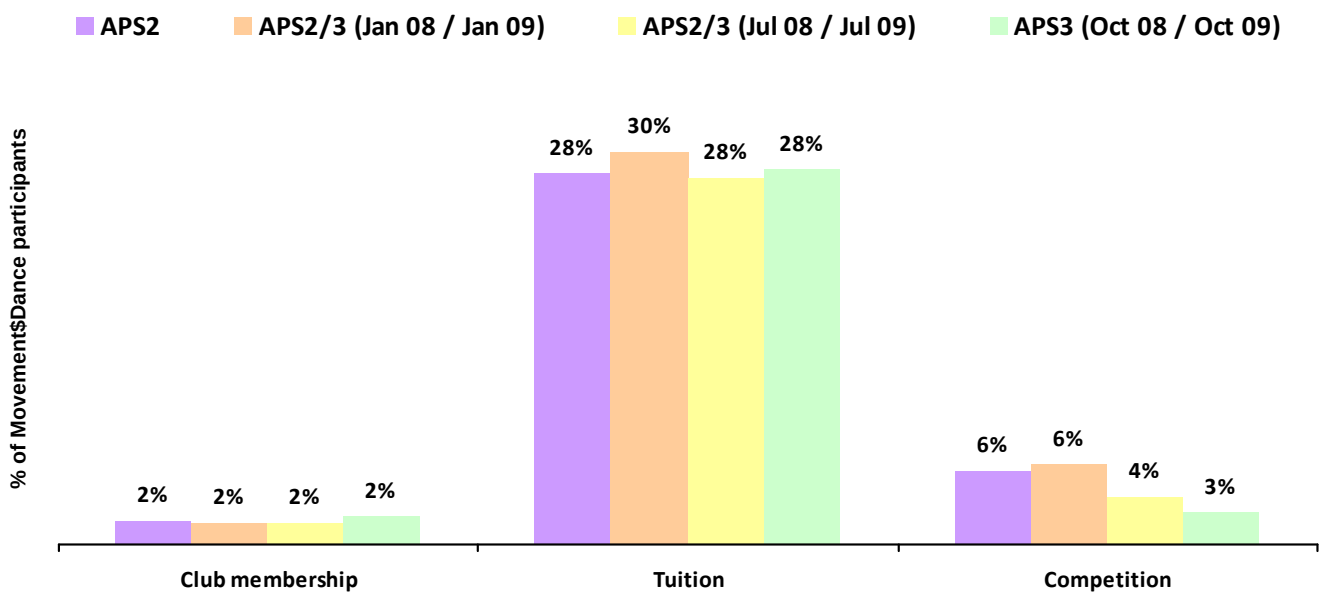
# Frequency of participation in Movement & Dance – number of sessions in last four weeks




# Club membership, tuition, and participation in competition in Movement & Dance



# Overall sports participation: Number achieving at least 3 sessions a week x 30 minutes moderate sports participation - APS2 baseline versus most recent reporting period – all aged 16 and over

| Number of participants | APS2 (Oct 07 / Oct 08) | APS3 (Oct 08 / Oct 09) | APS3 (Oct 08 / Oct 09) participation rate | Change vs APS2 (baseline) |
|---|---|---|---|---|
| Overall | 6,815,100 | 6,930,200 | 16.59% | 115,100 |
| Male | 4,027,300 | 4,203,100 | 20.63% | 175,800 |
| Female | 2,787,800 | 2,727,100 | 12.74% | -60,700 |
| Age 16-19 | 911,100 | 883,100 | 32.86% | -28,000 |
| Age 20-24 | 980,600 | 1,076,700 | 30.57% | 96,100 |
| Age 25-29 | 829,700 | 837,400 | 24.39% | 7,700 |
| Age 30-34 | 677,100 | 681,200 | 20.97% | 4,100 |
| Age 35-44 | 1,410,500 | 1,406,100 | 18.27% | -4,400 |
| Age 45-64 | 1,474,400 | 1,514,000 | 11.81% | 39,600 |
| Age 65+ | 531,700 | 531,600 | 6.43% | -100 |
| Age 16-34 | 3,421,900 | 3,486,900 | 26.96% | 65,000 |
| Age 35-54 | 2,293,900 | 2,348,100 | 16.17% | 54,200 |
| Age 55+ | 1,099,300 | 1,095,200 | 7.63% | -4,100 |
| White | 6,200,100 | 6,216,400 | 16.54% | 16,300 |
| Non White | 615,000 | 713,800 | 17.04% | 98,800 |
| Limiting Disability or Illness | 429,500 | 386,700 | 6.05% | -42,800 |
| No Limiting Disability or Illlness | 6,385,600 | 6,543,500 | 18.50% | 157,900 |
| NS-SEC 1-4 | 3,753,700 | 3,825,400 | 17.09% | 71,700 |
| NS SEC 5-8 | 1,890,400 | 1,924,800 | 12.72% | 34,400 |
| NS SEC 9 | 1,171,100 | 1,180,000 | 26.37% | 8,900 |
| North East | 341,600 | 343,300 | 16.24% | 1,700 |
| North West | 944,000 | 952,300 | 17.08% | 8,300 |
| Yorkshire | 722,200 | 711,000 | 16.76% | -11,200 |
| West Midlands | 628,900 | 664,700 | 15.25% | 35,800 |
| East Midlands | 601,300 | 598,600 | 16.55% | -2,700 |
| East | 741,800 | 735,100 | 15.83% | -6,700 |
| South West | 679,400 | 704,900 | 16.44% | 25,500 |
| South East | 1,151,400 | 1,161,900 | 17.11% | 10,500 |
| London | 1,004,500 | 1,058,300 | 17.21% | 53,800 |

**Key**
Green shows a statistically significant increase
Red shows a statistically significant decrease
*Italics* represent figures where the cell size is less than 30



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## NOTES

- Data is presented for Active People Survey 1 (2005/6), Active People Survey 2 (2007/8) and Active People Survey 3 (2008/9).
- Active People Survey 3 took place between October 2008 and October 2009 and interviewed c.191,000 adults (aged 16 and over) by telephone.
- Participation once a week is defined as participation on at least four days out of the previous 28 days.
- Office for National Statistics (ONS) population data has been used to provide population numbers - ONS mid year 2005, 2007 and 2008 population estimates (for Active People Survey 1, 2 and 3 respectively).
- Disability is defined by the question asked within the survey which is consistent with the Census definition: 'do you have a longstanding illness, disability or infirmity? By longstanding I mean anything that has troubled you over a long period of time or that is likely to affect you over a period of time?'
- NS-SEC is the National Statistics Socio-economic Classification. It is derived by combining information on occupation and employment status. NS-SEC: 1. Higher managerial and professional occupations; 2. Lower managerial and professional occupations; 3. Intermediate occupations; 4. Small employers and own account workers; 5. Lower supervisory and technical occupations; 6. Semi-routine occupations; 7. Routine occupations; 8. Never worked and long-term unemployed; 9. Full time students and Occupations not stated or inadequately described.
- Data for organised sport (club membership, tuition, organised competition) does not exist for Active People Survey 1 (2005/6) as this was not included in the first year of the survey.

*NB: to access hyperlinks above, view this document in 'slide show' mode*

## NOTES CONTINUED

- **Club membership is defined as, of those who have participated in the sport, the percentage who take part in the sport as a member of a sports club.**

- **Tuition is defined as, of those who have participated in the sport, the percentage who have received tuition from an instructor or coach in the last 12 months.**

- **Organised competition is defined as, of those who have participated in the sport, the percentage who have taken part in organised competition in the last 12 months.**

- **Please note that this report highlights whether changes from Active People Survey 2 (2007/8) to Active People Survey 3 (2008/9) are statistically significant. A statistically significant increase is indicated by green shading and red shading indicates a statistically significant decrease. This means we are 95% certain that there has been a real change in the population (increase or decrease). For more information on measuring change between surveys and statistical significance, a briefing note is available.**

- **Changes which are not highlighted in green or red are not statistically significant and should be treated with caution.**

- **Where cell sizes are based on less than 30 respondents this is highlighted in italics. Caution should be exercised in using figures based on a cell size of below 30.**

- **Due to rounding of population data and weighting factors, please note that population numbers in sub-groups will not always equal the total figures.**

***NB: to access hyperlinks above, view this document in 'slide show' mode***