

GCSE Physical Education – Engagement patterns of different social groups in physical activities and sports

NGB (National Governing Body)

A National Governing Body (NGB) is an organisation that governs and administers a sport on a national basis

An NGB is expected to

- Control and regulate the environment of its sport.
- Administer the practice and participation of its sport.
- Develop its sport.
- Influence both its members and organisations of which it is a member (for example, international bodies)

Sport England

Sport England is a non-departmental public body under the Department for Digital, Culture, Media and Sport in the Government.

Its role is to build the foundations of a community sport system by working with NGB'S, and other funded partners, to grow the number of people doing sport; sustain participation levels; and help more talented people from all diverse backgrounds excel by identifying them early, nurturing them, and helping them move up to the elite level

Department for Digital, Culture, Media and Sport

The Department for Digital, Culture, Media & Sport (DCMS) helps to drive growth, enrich lives and promote Britain abroad.

We protect and promote our cultural and artistic heritage and help businesses and communities to grow by investing in innovation and highlighting Britain as a fantastic place to visit. We help to give the UK a unique advantage on the global stage, striving for economic success.

Current trends in participation in Physical activity and sport

Chart 1 shows that around 23% of population aged 16 and over actively* participated in sporting activities⁴ in year ending May 2017.

1. ACTIVE PARTICIPATION BY BROAD ACTIVITY TYPE, 150+ minutes a week, YE May 2017

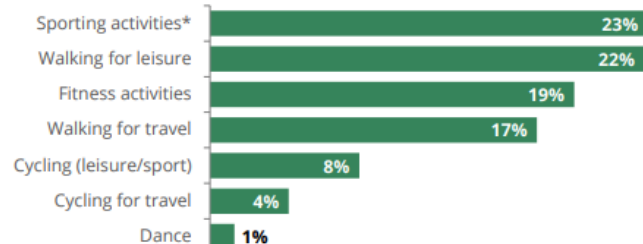


Chart 2 shows top 15 sport activities ranked by proportion of population participating in each at least twice over the last 28 days prior to survey. In May 2017, the most common activity was running (15%) followed by fitness class (14%) and gym (12%).

2. PARTICIPATION IN TOP 15 SPORT ACTIVITIES* Adults (aged 16+) participating at least twice in the last 28 days

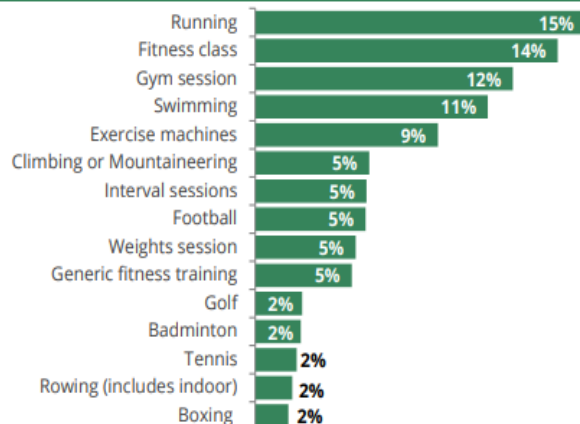


Chart 3 indicates that 63% of men were active in sport 58% women, based on the [Active Lives Survey](#) data for May 2017.

3. PHYSICAL ACTIVITY LEVELS BY GENDER Adults aged 16+, YE May 2017

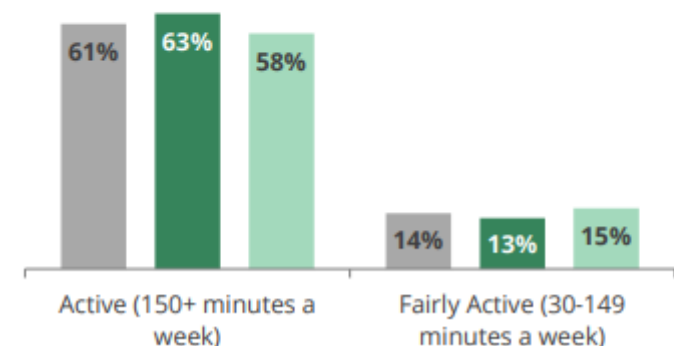


Chart 4 shows that the most popular physical activity among women was *walking for leisure* (24%) followed by *fitness activities* (19%) and *walking for travel* (18%) in May 2017. Men were the most active in general *sporting activities** (29% of men compared to just under 17% of women). The least common activity across both genders was *creative or artistic dancing*. Just around 1% of men and 2% of women participated in *creative dancing* in year ending May 2017.

4. PARTICIPATION BY GENDER & BROAD ACTIVITY TYPES

150+ minutes a week, YE May 2017

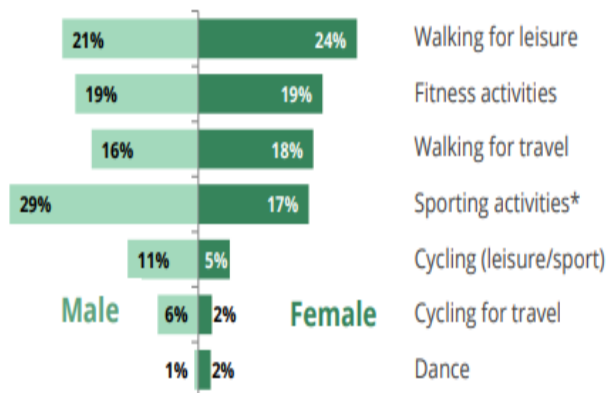
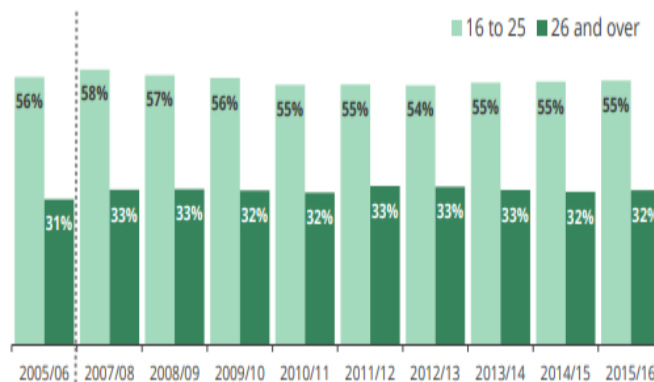


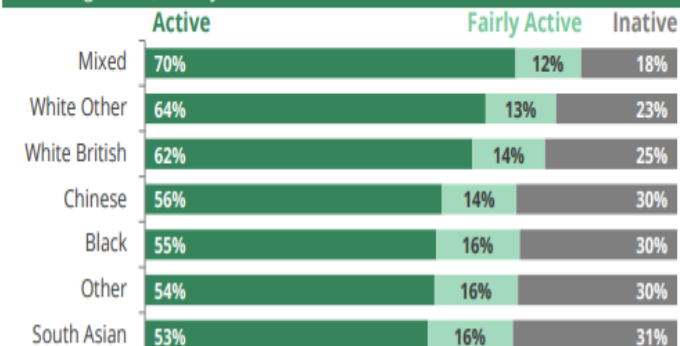
Chart 5 shows that there was no significant change in 16 to 25 year olds' participation, between 2007/06 and 2015/16. Over this period around 55% of people in this age group participated in sport at least once a week. Data suggest that proportion of those aged 26 and over has increased by just over one percentage point in 2015/16 compared to 2005/06.

5. ONCE A WEEK PARTICIPATION BY AGE, 2005/06 -2015/16



7. PHYSICAL ACTIVITY LEVELS BY ETHNICITY

Adults aged 16+, YE May 2017



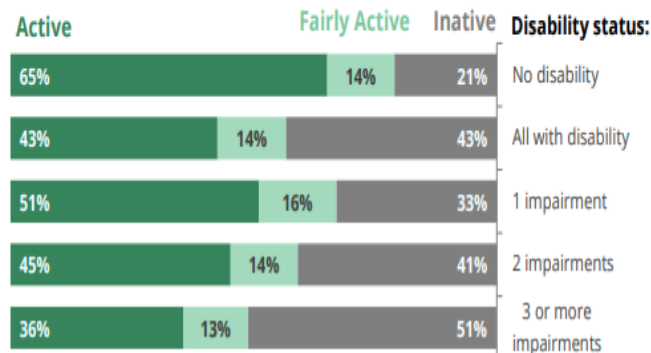
Source: Sport England, [Active Lives Survey, Table 1](#), 12 October 2017

Chart 7 indicates that around 70% of *mixed* race individuals were active in sport in year ending May 2017. This was the highest rate among ethnic groups shown. The second from the top were *white other* (64%) followed by the *white British* (62%). The proportion of individuals actively engaging in sport was similar among the other four groups, at around 53%-56%.

On average 43% of people with a disability participated in sport activities for over 150 minutes a week in year ending May 2017. This was more than 20 percentage points lower compared to 65% of those with no disability.

9. PHYSICAL ACTIVITY BY DISABILITY STATUS & IMPAIRMENTS

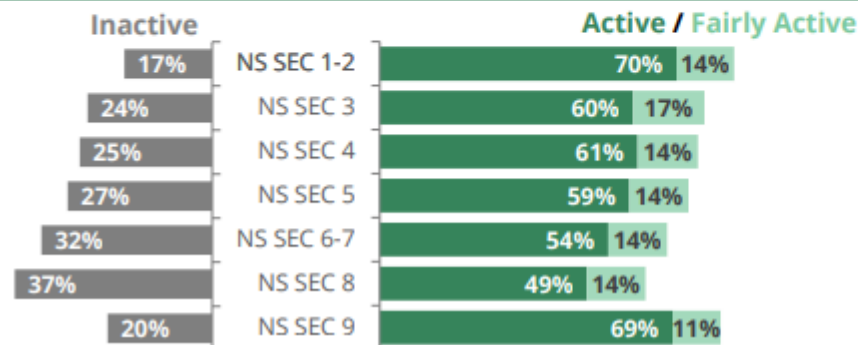
Adults aged 16+, YE May 2017



Participation in sport varies across different socioeconomic classes. Survey data shows that population with higher socioeconomic status (NS SEC 1-2) and *students / other* (NS SEC 9) were more actively engaged in sport than other NS SEC categories.

13. PHYSICAL ACTIVITY LEVELS BY SOCIAL STATUS

Adults 16+, YE May 2017



NS SEC definitions:

- NS SEC 1-2:** Managerial, admin & professional occupations
- NS SEC 3:** Intermediate occupations
- NS SEC 4:** Self-employed & small employers
- NS SEC 5:** Lower supervisory & technical occupations
- NS SEC 6-7:** Semi-routine & routine occupations
- NS SEC 8:** Long term unemployed or never worked
- NS SEC 9:** Students & other