

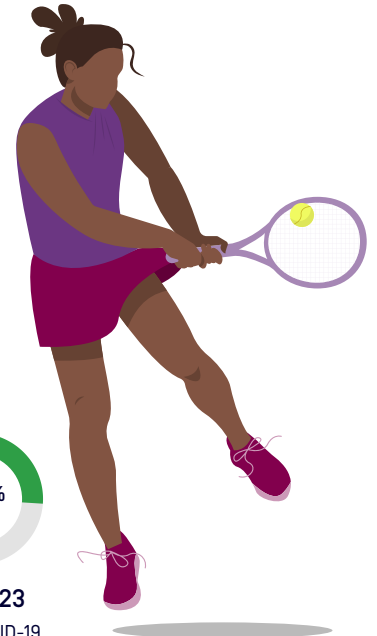
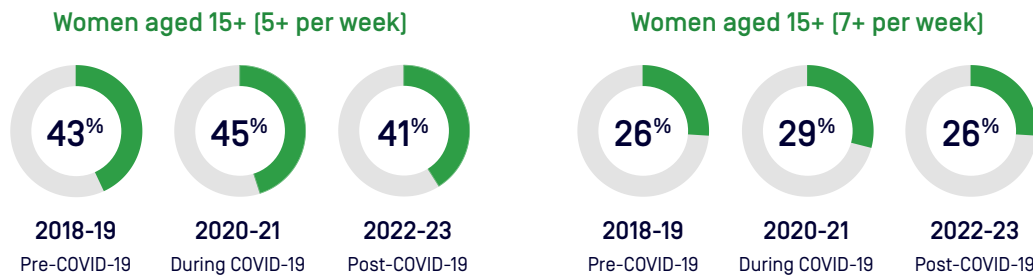
Key findings: National Sport and Physical Activity Participation Report

October 2023

The latest AusPlay data provides an indication of how the end of the acute phase of the COVID-19 pandemic has affected Australians' participation in sport and physical activity.

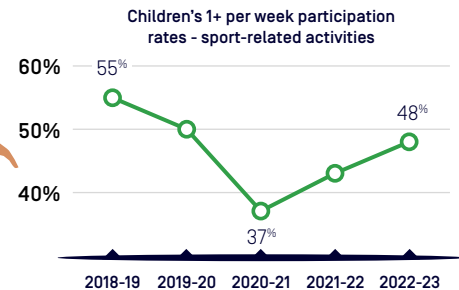
Higher frequency participation among Australian women aged 15+ has dropped back to pre-pandemic levels

When COVID-19 restrictions were in full force, women drove increased participation, especially at higher frequencies. The latest AusPlay data shows these higher levels of participation have not been sustained since restrictions eased.



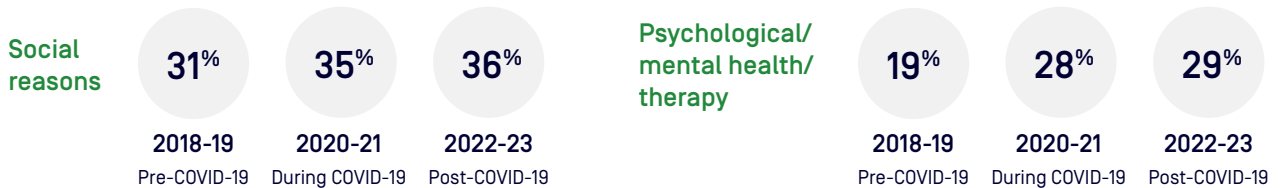
Children aged 0-14 continue to return to their regular sporting activity

Regular (1+ per week) participation in sport-related activities reached a low point in 2020-21. Since then, children (both boys and girls) have been returning to sport, although rates are not yet back to pre-pandemic levels.



Australians continue to exercise for the social and mental health benefits

The trend over the past few years of increasing numbers of Australians 15+ exercising for the social or mental health benefits appears to have slowed down but both are still a greater motivator now than before the pandemic.



Further information

The ASC has produced a full [national update](#) as well as a [short review](#) of how the COVID-19 pandemic impacted participation in sport and physical activity, drawing on the findings from the three previous COVID-19 updates.