



Australian Government
Australian Sports Commission

Participation in Exercise, Recreation and Sport



Children's Report 2010

The Australian Sports Commission is the Australian Government agency that develops, supports and invests in sport at all levels. It was established in 1985 and operates under the *Australian Sports Commission Act 1989*. The Commission's national leadership role is achieved through three operational areas: the Australian Institute of Sport; Sports Development; and Corporate Operations. The Australian Sports Commission forms part of the Department of Regional Australia, Local Government, Arts and Sport portfolio.

For general enquiries:

Tel: (02) 6214 1093

Fax: (02) 6214 1836

Email: research@ausport.gov.au

Website: ausport.gov.au

© Australian Sports Commission 2012

ISBN 978 1 74013 116 2

Data collection for the Children's Report 2010 was performed in conjunction with data collection for the Exercise, Recreation and Sport Survey (ERASS) Annual Report 2010. Specifically, data collected on children aged 5 to 14 years for the Children's Report 2010 was collected via the recall of parents who responded to the ERASS 2010.

ERASS was a joint initiative of the Australian Sports Commission and state and territory departments of sport and recreation, conducted on an annual basis between 2001 and 2010. ERASS collected information on the frequency, duration, nature and type of activities participated in by persons aged 15 years and over for exercise, recreation or sport during the 12 months prior to interview. ERASS ceased operation following the release of its 2010 annual report.

All published ERASS Annual Reports (2001–2010) can be accessed via:

www.ausport.gov.au/information/casro/ERASS

Further Australian Sports Commission publications can be accessed at: <http://shop.ausport.gov.au>

Ownership of intellectual property rights in this publication

Unless otherwise noted, copyright (and any other intellectual property rights, if any) in this publication is owned by the Australian Sports Commission.

Creative Commons licence

With the exception of the Commonwealth Coat of Arms, and photographic images, this publication is licensed under a Creative Commons Attribution -NonCommercial-NoDerivs 3.0 Australia Licence.



The Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Australia Licence is a standard form license agreement that allows you to copy, distribute and transmit this publication in its current form for non-commercial purposes, provided that you attribute the work and comply with the other licence terms.

A summary of the licence terms is available from <http://creativecommons.org/licenses/by-nc-nd/3.0/au/deed.en>.

The full licence terms are available from <http://creativecommons.org/licenses/by-nc-nd/3.0/au/legalcode>.

The Australian Sports Commission's preference is that you attribute this publication (and any material sourced from it) using the following wording – *Source: Licensed from the Australian Sports Commission under a Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Australia Licence.*

Unless otherwise specified, all images are the property of the Australian Sports Commission

Research by Newspoll Market and Social Research

Contents

1	Executive summary	1
2	Introduction	4
3	Glossary	5
4	Physical activity definitions	8
5	Participation in any physical activity	11
5.1	Frequency of participation in any physical activity	11
5.2	Median frequency of participation in any physical activity	12
5.3	Daily participation in any physical activity	12
5.4	Daily participation in any physical activity by demographics	13
5.5	Average number of different activities	15
5.6	Top ten physical activities	16
6	Participation in organised physical activity	17
6.1	Frequency of participation in organised physical activity	17
6.2	Median frequency of participation in organised physical activity	18
6.3	Regular participation in organised physical activity	18
6.4	Regular participation in organised physical activity by demographics	19
6.5	Type of organisation	22
6.6	Top ten organised physical activities	23
7	Participation in non-organised physical activity	25
7.1	Frequency of participation in non-organised physical activity	25
7.2	Median frequency of participation in non-organised physical activity	26
7.3	Daily participation in non-organised physical activity	26
7.4	Daily participation in non-organised physical activity by demographics	27
7.5	Top ten non-organised physical activities	28
8	Detailed tables	30
8.1	Participation in any physical activity	31
8.2	Participation in organised physical activity	38
8.3	Participation in specific physical activities	45
9	Explanatory notes	51
9.1	Introduction	51
9.2	Scope	51
9.3	Methodology	51
9.4	Questionnaire	52
9.5	Comparability of the data	52
9.6	Weighting the data	52
9.7	Standard errors and relative standard errors	52
9.8	Significance testing	53
10	ERASS Questionnaire 2010	55

List of figures

Figure 1:	Frequency of participation in any physical activity, 2010	11
Figure 2:	Median frequency of participation per week in any physical activity by sex and age, 2010	12
Figure 3:	Daily participation rate in any physical activity by sex and age, 2010	13
Figure 4:	Daily participation rate in any physical activity by region and sex, 2010	13
Figure 5:	Daily participation rate in any physical activity by language spoken at home and sex, 2010	14
Figure 6:	Children's daily participation rate in any physical activity by sex and parent's regular participation, 2010	15
Figure 7:	All participants in any physical activity — average number of different activities in a typical week by sex and age, 2010 (a)	15
Figure 8:	Top ten activities, 2010	16
Figure 9:	Frequency of participation in organised physical activity, 2010	17
Figure 10:	Median frequency of participation per week in organised physical activity by sex and age, 2010	18
Figure 11:	Regular participation in organised physical activity by sex and age, 2010	19
Figure 12:	Regular participation rate in organised physical activity by region and sex, 2010	19
Figure 13:	Regular participation rate in organised physical activity by language spoken at home and sex, 2010	20
Figure 14:	Children's regular participation rate in organised physical activity by parent's educational attainment, 2010	21
Figure 15:	Children's regular participation rate in organised physical activity by sex and parent's regular organised participation, 2010	22
Figure 16:	Term participation in organised physical activity by type of organisation, 2010	23
Figure 17:	Top ten organised physical activities, 2010	23
Figure 18:	Frequency of participation in non-organised physical activity, 2010	25
Figure 19:	Median frequency of participation per week in non-organised physical activity by sex and age, 2010	26
Figure 20:	Daily participation in non-organised physical activity by sex and age, 2010	27
Figure 21:	Daily participation rate in non-organised physical activity by language spoken at home and sex, 2010	28
Figure 22:	Top ten non-organised physical activities, 2010	29

1 Executive summary

Background

The *Exercise, Recreation and Sport Survey* (ERASS) collects information on the frequency, duration, nature and type of physical activity participated in for exercise, recreation or sport by persons aged 15 years and over. ERASS has been collecting this information since 2001. The data from ERASS has been reported separately.

In 2009 and 2010, a number of questions were added to ERASS asking survey respondents with children aged between 5 and 14 years about their children's level of physical activity outside of school hours. This report presents the 2010 data on children's physical activity.

ERASS was conducted quarterly in 2010 with an annual total of 21,603 respondents across Australia. Of these respondents, 3,306 had children aged between 5 and 14 years who were living with them, and who went on to answer questions about one randomly selected child in the household.

A summary of key findings is provided below.

Main findings

Participation in any physical activity

'Any physical activity' is physical activity for exercise, recreation or sport. It includes activities that were organised by a club, association or other type of organisation, and activities that were non-organised, but excludes activities that were during school hours as part of the normal school day.

- In 2010, an estimated 2.6 million children, or 93.3% of children aged between 5 and 14 years, participated at least once outside of school hours in physical activity for exercise, recreation or sport in the previous school term. This includes active transport by walking or cycling to school. This is the **term participation rate** in any physical activity.
- An estimated 2.5 million children, or 92.4%, participated at least once per week outside school hours in the previous school term in physical activity. This is the **weekly participation rate**.
- The median frequency of participation outside school hours in any physical activity for all children aged between 5 and 14 years was nine times per week. Males participated more frequently (ten times per week) than females (seven times per week).
- For both males and females, frequency of participation was highest in the age groups of 8 to 12 years. Females aged 13 to 14 years had the lowest median frequency of participation at six times per week.
- An estimated 1.7 million children, or 61.8%, participated outside school hours seven times per week or more in any physical activity (including light, moderate and vigorous). This is the **daily participation rate**. Australian Physical Activity Recommendations for Children are at least 60 minutes (and up to several hours) of moderate to vigorous intensity physical activity every day.
- Males, children aged between 8 and 12 years, children living in households where English only or a European language is spoken, and children whose parents are regular participants in physical activity, were more likely to be participating in physical activity daily. Among females aged 13 to 14 years only 44.4% participated daily. Among children living in households where a non-European language is spoken, only 43.8% participated daily.

- The ‘top ten’ physical activities for children in 2010, in terms of term participation rate, were walking (including to school), cycling (including to school), swimming, active play, outdoor football, dance, gymnastics, tennis, basketball and Australian rules football. An estimated 1.4 million children aged between 5 and 14 years (or 52.1%) walked for exercise, recreation, sport or active transport in the previous school term. An estimated 1.3 million children (or 48.1%) cycled for exercise, recreation, sport or active transport in the previous school term. An estimated 1 million children (or 37.8%) swam for exercise, recreation or sport in the previous school term.

Participation in organised physical activity

‘Organised physical activity’ is physical activity for exercise, recreation or sport that was organised in full or in part by (1) a fitness, leisure or indoor sports centre, (2) a sport club, (3) a school, (4) after-school care, or (5) any other type of organisation.

- The **term participation rate** in organised physical activity among children in the previous school term was 71.4% in 2010, representing 2 million children. Over three-quarters of all participation in physical activity by children was partially or fully organised (76.6%).
- An estimated 957,000 children aged between 5 and 14 years participated at least three times per week in organised physical activity, a **regular participation rate** of 34.7%.
- An estimated 167,000 children aged between 5 and 14 years participated in organised physical activity seven times a week or more, a **daily participation rate** of 6.1%.
- Median frequency of participation in organised physical activity was two times per week for both males and females. For children aged between 5 and 7 years, it was once per week.
- An estimated 795,000 children aged between 5 and 14 years (28.9%) did not participate outside school hours in any organised physical activity in the previous school term, or participated less than weekly.
- Overall, regular participation rates in organised physical activity were slightly higher among males (37.7%) than females (31.6%). For both males and females, regular participation in organised physical activity peaked in the 11 to 12 years age group (44.3% and 41.2%, respectively). For girls aged 13 to 14 years, regular organised participation was 33.7%.
- Regular organised participation ranged from 47.7% among males living in households speaking a European language other than English, to 16.5% among females living in households speaking a non-European language.
- Regular organised participation is also moderately related to parents’ education attainment, and to parents’ own involvement in organised physical activity. Almost half of boys and girls whose parents are regular organised participants were themselves regular organised participants (48.6% and 48.1%, respectively). Among boys and girls whose parents are not regular organised participants the comparable rates are 36.3% and 29.7%, respectively. These data suggest that parents’ behaviour is particularly important in explaining girls’ participation.
- An estimated 1.4 million children aged 5 to 14 years, or 49.1%, participated at least once in the previous school term in an activity organised by a sport club. More males than females participated in an activity through a sport club (56.6% and 41.3%, respectively) and especially in the 5 to 7 years age group (50.0% and 29.8%, respectively). More females than males participated in an activity organised by a fitness, leisure or indoor sports centre or ‘other’ type of organisation.
- The ‘top ten’ organised physical activities for children in 2010, in terms of term participation rate, were swimming, dance, outdoor football, basketball, tennis, netball, Australian rules football, martial arts, outdoor cricket and gymnastics. An estimated 518,000 children aged between 5 and 14 years (or 18.8%) participated in organised swimming in the previous school term.

Participation in non-organised physical activity

'Non-organised physical activity' is physical activity for exercise, recreation or sport that was non-organised in full or in part; that is, not fully organised by a club, leisure centre, school or other type of organisation.

- The **term participation rate** in non-organised physical activity was 88.2% in 2010. An estimated 602,000 (21.8%) of children aged 5 to 14 years participated in non-organised physical activity *only* in the previous school term.
- An estimated 2 million children participated at least three times per week in non-organised physical activity, a **regular participation rate** of 72.9%.
- An estimated 1.4 million children participated at least seven times per week in non-organised physical activity, a **daily participation rate** of 49.0%.
- The median frequency of participation in non-organised physical activity for all children aged 5 to 14 years was six times per week; five times among females and seven times among males.
- In general, frequency of participation in non-organised physical activity decreased as children grew older.
- The daily participation rate in non-organised physical activity ranged from a high of 60.3% among males aged 8 to 10 years to 27.8% among females aged 13 to 14 years.
- For males only, the daily participation rate in non-organised physical activity was lower in capital cities (50.6%) than in the rest of the state (60.3%).
- Overall, those living in households where a non-European language is spoken (37.7%) had a lower daily non-organised participation rate than those living in households where English only is spoken (49.8%) or where another European language is spoken (54.3%), as for organised participation.
- The 'top ten' non-organised physical activities in 2010, in terms of term participation rate, were walking, cycling, active play, swimming, gymnastics, running, outdoor football, roller sports, bush walking and outdoor cricket.

2 Introduction

The *Exercise, Recreation and Sport Survey* (ERASS) is a joint initiative of the Australian Sports Commission and the state and territory government agencies responsible for sport and recreation.

ERASS collects information on the frequency, duration, nature and type of physical activity that was participated in by persons living in occupied private dwellings¹ aged 15 years and over for exercise, recreation or sport during the 12 months prior to interview.

ERASS has been collecting this information since 2001.

In 2009 and 2010, a number of questions were added to ERASS asking those with children aged between 5 and 14 years about their children's level of physical activity. This report presents the 2010 data on children's physical activity. ERASS data for those aged 15 years and older has been reported separately.

ERASS was conducted quarterly in 2010 with an annual total of 21,603 respondents across Australia. Of these respondents, 3,306 had children aged between 5 and 14 years who were living with them, and who went on to answer questions about one randomly selected child in the household.

For children, ERASS collects data on physical activity participated in outside of school hours or on the weekend. Activities that were during school hours as part of the normal school day are excluded. Active transport to school (by walking or bicycle) is included.

For children, ERASS collects data on **term participation** in physical activity for exercise, recreation or sport in *the previous school term*. The term participation rate is based on the number of children who have undertaken exercise, recreation or sport *at least once* during the previous school term. This rate does not reflect the number of children who are physically active on a regular basis.

For children, ERASS also collects frequency and duration data to provide an indication of the number of children who are regularly active. Given the Australian Physical Activity Recommendations for Children, a focus of this report is on children who are physically active on a daily basis. Participation seven times per week or more is referred to as the **daily participation rate** throughout the report.

The survey is conducted quarterly throughout Australia. In 2010, Newspoll Market and Social Research completed the fieldwork and prepared this report for the Australian Sports Commission.

This publication presents information regarding the:

- frequency of participation in organised and non-organised physical activity for exercise, recreation or sport
- duration of participation in physical activity for exercise, recreation or sport
- type of participation in physical activity for exercise, recreation or sport.

Information is available for both organised and non-organised exercise, recreation and sport for all states and territories and for a variety of demographic variables.

1 Excludes special dwellings such as hospitals, hotels, prisons, nursing homes, etc.

3 Glossary

For definitions of sports, please see 'Physical activity definitions' on page 8.

Any physical activity

Physical activity for exercise, recreation or sport. It includes those activities that were organised by a club, association or other type of organisation, and those activities that were non-organised, but excludes those activities that were part of the regular school day.

Australian Physical Activity Recommendations for Children (5–12 years)

At least 60 minutes (and up to several hours) of moderate to vigorous intensity physical activity every day. No more than two hours per day using electronic media such as TV, computer games and the internet for entertainment, particularly during daylight hours.

Capital cities

The six state capital city statistical divisions, the Darwin Statistical Division and the Australian Capital Territory.

Club-based physical activity

Physical activity for exercise, recreation or sport that was organised in full or in part by a sport or recreation club or association that required payment of membership, fees or registration. This is distinct from fitness, leisure or sports centres that required payment for participation.

Daily participation rate

For any group, this is the number of children who participated in the activity at least seven times weekly in a 'typical week' in the previous school term, expressed as a percentage of the population in the same group.

ERASS

Exercise, Recreation and Sport Survey.

European language

A language originating, and primarily spoken, in a country lying within Europe. Includes Afrikaans.

Fitness organisation

A fitness, leisure or indoor sports centre that requires payment for participation.

Frequency of participation

Number of times a person participated in physical activity for exercise, recreation or sport in a 'typical week' in the previous school term. This number is used to calculate the 'term participation rate', the 'weekly participation rate', the 'regular participation rate' and the 'daily participation rate'.

Leisure time

Any time out of normal school hours, including before school hours, after school hours, weekends and school holidays.

Married

Married persons are those who describe their marital status as being married or in a de facto relationship. Applies to adults (15+) only.

Mean

Often known as the average and is the sum of all the data values divided by the number of data values.

Median

The median represents the centre or midpoint of the data. One half of the data will have values less than the median, and the other half will have values greater than the median.

Moderate to vigorous physical activity

Intensity represents the degree of overload that an activity imposes on physiological system and is measured by energy expenditure units. Type of activity is often used as a surrogate measure of intensity, using compendia of physical activities.^{2,3} These compendia assign a metabolic equivalent (MET) for each activity, which is the ratio of 'work metabolic rate' (that is, energy cost of doing the activity) to a standard resting metabolic rate (RMR) determined as 1.0. This value, (that is, one MET) is the metabolic rate obtained while sitting quietly and can be expressed in different units of energy expenditure.⁴ In other words, activities in a compendium are multiplies of the resting MET level and can range from .9 (sleeping) to as high as 18 METs (very fast running). Parents were not asked to rate the effort the child made while doing a specific activity (such as playing soccer in moderate effort). Effort level can be better captured by direct objective methods such as accelerometers and if survey questionnaires are used it can only be answered by self-report, not by proxy.⁵

Non-European language

A language originating, and primarily spoken, in a country lying outside Europe. Includes Turkish and Russian.

Non-organised physical activity

Physical activity for exercise, recreation or sport that was non-organised in full or in part; that is, not fully organised by a club, association or other type of organisation.

Non-participation rate

For any group, this is the number of children who did not participate in any activity at least once in the previous school term, expressed as a percentage of the population in the same group.

Not married

Not married persons are those who describe their marital status as being either separated, divorced, widowed or never married. Applies to adults (15+) only.

Organised physical activity

Physical activity for exercise, recreation or sport that was organised in full or in part by (1) a fitness, leisure or indoor sports centre that required payment for participation, (2) a sport or recreation club or association that required payment of membership, fees or registration, (3) a school, (4) after-school care, or (5) any other type of organisation.

Participants

Children who participated in at least one physical activity for exercise, recreation or sport at least once in the previous school term.

Regular participants

Children who participated in at least one physical activity for exercise, recreation or sport at least three times per week in a 'typical week' in the previous school term. For parents, persons aged 15 years or older who participated in physical activity for exercise, recreation or sport at least three times per week on average in the 12 months prior to interview.

Regular participation rate

For any group, this is the number of children who participated in the activity at least three times weekly in a 'typical week' in the previous school term, expressed as a percentage of the population in the same group.

Rest of state

The whole of Australia, less the six state capital city statistical divisions, the Darwin Statistical Division and the Australian Capital Territory.

2 Ainsworth BE, Haskell WL, Whitt MC, Irwin ML, Swartz AM, Strath SJ, O'Brien WL, Bassett DR Jr, Schmitz KH, Emplainscourt PO, Jacobs DR Jr, Leon AS, 2000, 'Compendium of physical activities: an update of activity codes and MET intensities', *Medicine and Science in Sports and Exercise*, 32: S498–504.

3 Ridley K, Ainsworth BE, Olds TS, 2008, 'Development of a compendium of energy expenditures for youth', *International Journal of Behavioral Nutrition and Physical Activity*, 5:45.

4 For example, 1MET is equivalent 3.5 milliter of oxygen consumed per minutes per each kilogram of body mass or 1 kilocalorie per hour per each kilogram of body mass.

5 Dollman J, Okely AD, Hardy L, Timperio A, Salmon J, Hills AP 2009, 'A hitchhiker's guide to assessing young people's physical activity: Deciding what method to use', *Journal of Science and Medicine in Sport*, 12:518–25.

RSE

Relative standard error (see 'Section 9.7 Standard errors and relative standard errors').

SE

Standard error (see 'Section 9.7 Standard errors and relative standard errors').

Sport club

Sport or recreation club or association that requires payment of membership, fees or registration.

Structured physical activity

Includes sport and other structured physical activities. An activity involving physical exertion, skill and/or hand/eye coordination as the primary focus of the activity, with elements of competition where rules and patterns of behaviour governing the activity exist formally through organisations. The concepts of 'structured' and 'organised' are similar but not interchangeable. Some structured physical activities or sports may be non-organised; however, all organised activities were considered structured.

Term participation rate

For any group, this is the number of children who participated in the activity at least once in the previous school term, expressed as a percentage of the population in the same group.

Unstructured physical activity

Physical activity that is not classified as structured physical activity, generally where there are no rules or set patterns of behaviour for the activity. All unstructured physical activity is non-organised.

Weekly duration

The product of weekly frequency of participation in a specific activity and length of time in minutes spent per session of the activity. The responses for weekly frequency allowed integer values ranged to 98. Activity that was undertaken in the past term for less than once a week was considered as 'infrequent' and was recorded as zero times. Children who did not engage in any structured or unstructured activity or both had 0 frequency. The responses for session duration allowed hours and fraction of hours in increments of 15 minutes (that is, 15, 30 and 45). To avoid errors due to over-reporting, any response to frequency of a single activity that was greater than 21 times a week was recoded as 21, and any session duration that was greater than 240 minutes (4 hours) was recoded to 240 minutes. Such instances were rare (<0.6%).

Weekly participation rate

For any group, this is the number of children who participated in the activity at least once weekly in a 'typical week' in the previous school term, expressed as a percentage of the population in the same group.

4 Physical activity definitions

Active play

Includes play, ball sports (general), skipping, skipping rope, scooter, climbing, tree climbing, frisbee and the Active After-school Communities program (general mentions)

Aerobics/fitness

Includes calisthenics, Chinese exercise, exercise bike, gymnasium workouts, military exercise, Prime Movers for Over 50s, Step Reebok, fitness centre activities and treadmill, spinning class, cross training, personal training, punching bag, Wii, Tae bo, Zumba, boxercise and fitness class. Excludes weight training, which is categorised separately, and aquarobics

Athletics/track and field

Includes discus, high jump, throw training, javelin and hammer throw.

Air sports

Includes aerobatics, ballooning, gliding, gyroplane flying and ultralight flying

Archery

Includes bow hunting

Australian rules football

Includes Auskick and AFL

Baseball

Includes mini-ball, coach pitch and rounders

Basketball

Includes indoor and outdoor basketball

Bocce

Includes Petanque, outdoor French bowls and boules

Bushwalking

Includes hiking. Excludes other types of walking for sport and recreation, and active transport, which are categorised separately

Canoeing/kayaking

Includes sea biscuiting and white water rafting. Excludes canoe polo

Carpet bowls

Includes indoor bowls

Cricket (indoor)

Excludes outdoor cricket, which is categorised separately. Excludes electric light cricket

Cricket (outdoor)

Includes Milo cricket, IN2CRICKET, beach cricket and backyard cricket. Excludes indoor cricket which is categorised separately. Excludes electric light cricket

Cycling

Includes bike riding, BMX, mountain bike riding, pushbike, green machine, unicycle, any other human-powered vehicle and pedal prix. Includes bike riding to school. Excludes triathlon, which is categorised separately

Dancing

Includes classical and jazz ballet, boot scooting, line dancing, physical culture, cheerleading, hula hoop, hip hop, belly dancing, tap dancing, Capoeira and any other dance activity

Dog racing

Includes dog sledding

Football (indoor)

Includes fluffy ball and futsal. Excludes outdoor football (soccer), which is categorised separately

Football (outdoor)

Excludes indoor football (soccer), which is categorised separately

Golf

Excludes putt-putt golf, which is categorised separately

Gridiron

Includes down ball

Gymnastics

Includes trampolining, circus and acrobatics

Hockey (indoor)

Includes floor ball. Excludes outdoor hockey, which is categorised separately

Hockey (outdoor)

Includes hurling, shinty and Minkey hockey. Excludes indoor hockey, which is categorised separately

Horse riding/equestrian activities/polocrosse

Includes pony club and dressage. Excludes rodeo and horse racing

Ice/snow sports

Includes blade-skating, ice hockey, ice-skating, figure skating, snowboarding, skeleton, snow skiing, tobogganing, snow shoe and any other snow and ice sports. Excludes wheelchair ice hockey

Lacrosse (indoor)

Excludes outdoor lacrosse, which is categorised separately

Lacrosse (outdoor)

Includes scoop ball. Excludes indoor lacrosse, which is categorised separately

Martial arts

Includes chi kung, eastern judo, judo, karate, kick boxing, taekwondo, Tai Chi, aikido, jujitsu, Brazilian jujitsu and any other martial art

Motor sports

Includes track, trail bike, dirt bike, car, motorbike, motocross, speedway, drag, go-kart and quad bike

Netball

Includes indoor and outdoor netball, NetSetGo and Netta

Orienteering

Includes rogaining, cross-country running, benchmarking, trig pointing, treasure-hunting, letterboxing and way marking

Putt putt golf

Includes aqua golf and pigeon putt

Rock climbing

Includes abseiling and caving, indoor climbing, bouldering, mountain climbing and rope climbing

Roller sports

Includes inline hockey, roller-blading, roller skating, skateboarding, Ripstick, billy kart, bladeboard, power wing, street stick and all other roller sports

Rowing

Includes sculling

Rugby league

Includes rugby sevens and modball

Rugby union

Includes TryRugby, Walla-rugby and Walla Try

Running

Includes jogging, marathon, obstacle courses, fun runs, charity runs, parkour or parcour, and freerunning. Excludes triathlon, which is categorised separately

Sailing

Includes outriggering

Scuba diving

Includes snorkelling

Shooting sports

Includes hunting, paintball, pistol shooting, war games, laser skirmish, laser tag and any other shooting sports. Excludes archery and bow hunting, which is categorised separately

Squash

Includes racquet ball

Surf lifesaving

Includes Royal lifesaving and Little Nippers

Surf sports

Includes sail boarding, surfing, wind surfing, knee-boarding, body-boarding, boogie board, skim boarding, body surfing, paddle boarding, paddle surfing and surf skiing. Excludes surf lifesaving, which is categorised separately

Swimming

Includes board diving. Excludes triathlon, which is categorised separately

Tennis

Includes outdoor and indoor tennis and totem tennis

Tenpin bowling

Includes tenpin bowling. Excludes bocce

Touch football

Includes Austag (or Oztag)

Volleyball

Includes indoor (rebound) and outdoor volleyball, beach volleyball, Newcombe ball and mini-volleyball. Excludes water volleyball

Water polo

Excludes canoe polo

Waterskiing/power boating

Includes jet skiing, wakeboard, kite board and kite surfing

Walking

Indicated as 'Walking — other' in the tables. Includes walking the dog and walking to school. Excludes bushwalking/hiking, which is categorised separately

Weight training

Includes bodybuilding, circuits, power team, and weight training for fitness. Excludes weight-lifting (competition)

Wrestling

Includes body combat

Yoga

Includes Pilates

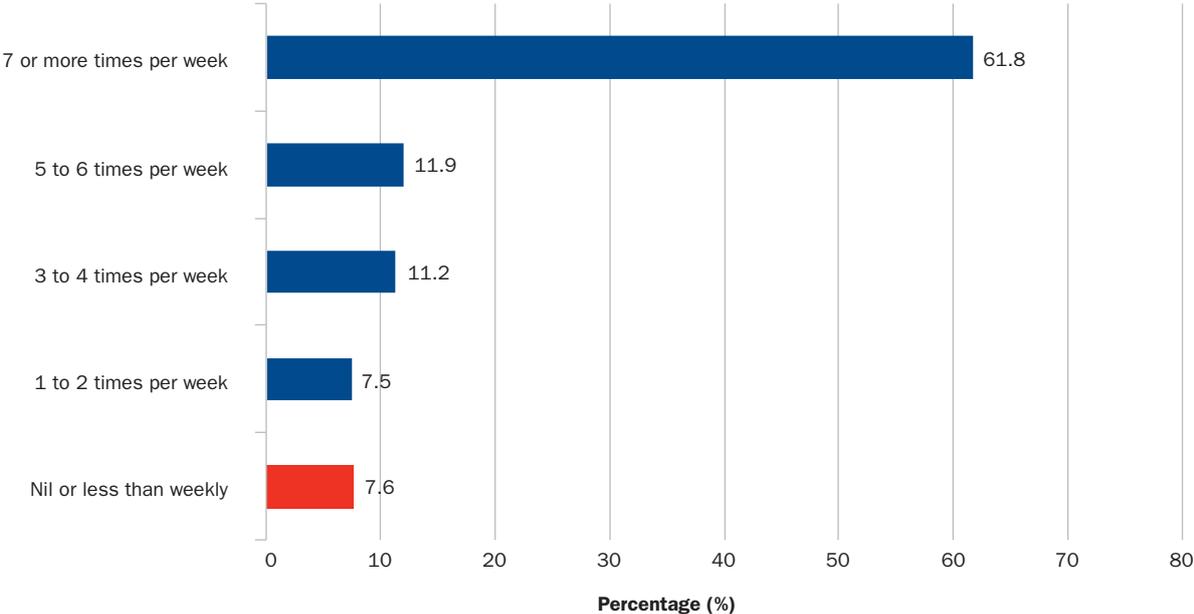
5 Participation in any physical activity

5.1 Frequency of participation in any physical activity

Outside of school hours during the previous school term in 2010:

- An estimated 2.6 million children aged between 5 and 14 years participated outside school hours **at least once** in physical activity for exercise, recreation or sport, a **term participation rate** of 93.3% (Table 1).
- An estimated 2.5 million children aged between 5 and 14 years participated outside school hours **at least once per week**⁶ in physical activity for exercise, recreation or sport, a **weekly participation rate** of 92.4% (Figure 1 and Table 5).
- An estimated 1.7 million children aged between 5 and 14 years participated seven times a week or more, a **daily participation rate** of 61.8% (Figure 1 and Table 4).
- An estimated 209,000 children aged between 5 and 14 years did not participate outside school hours in **any** physical activity for exercise, recreation or sport, or participated less than weekly, a **non-participation rate** of 7.6% (Figure 1 and Table 4).

Figure 1: Frequency of participation in any physical activity, 2010



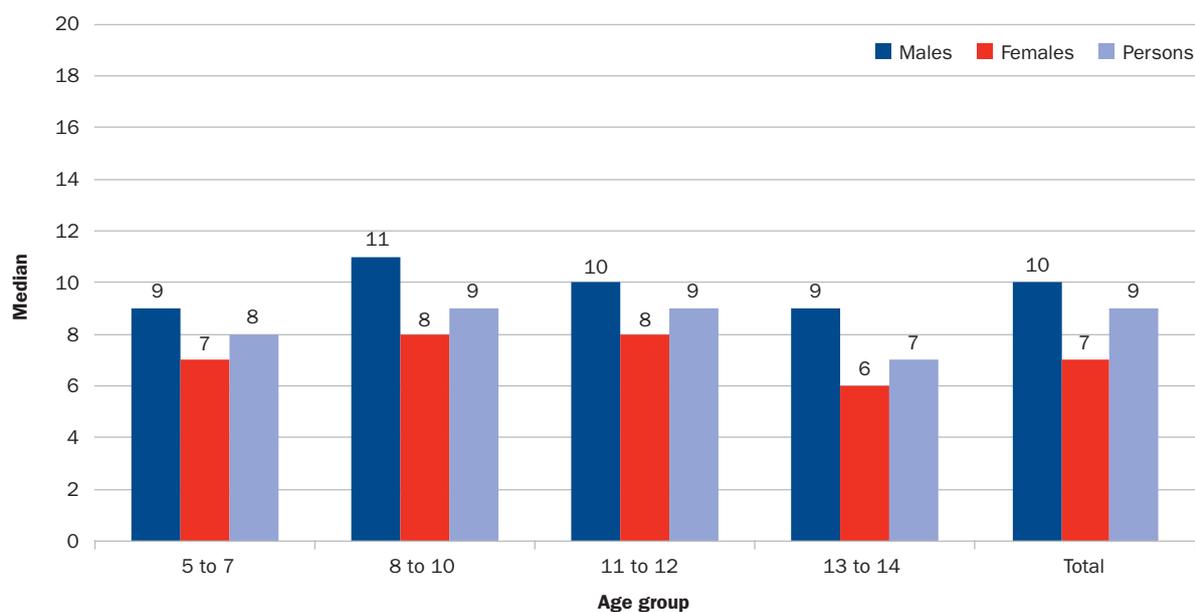
Base: All children aged between 5 and 14 years in 2010 (n=3,306).

6 See glossary for information about how 'per week' statistics are calculated.

5.2 Median frequency of participation in any physical activity

- The median frequency of participation in any physical activity for all children was nine times per week (Figure 2). This median calculation includes non-participants (that is, zero frequency).
- For all females, the median frequency of participation was seven times per week.
- Male median frequency of participation was higher at ten times per week.
- Males were more frequent participants in all age groups.
- For both males and females, median frequency of participation was highest in the age groups 8 to 12. For females, median frequency of participation was lowest in the age group 13 to 14 years. Females aged 13 to 14 years had the lowest median frequency of participation at six times per week.

Figure 2: Median frequency of participation per week in any physical activity by sex and age, 2010



Base: All children aged between 5 and 14 years in 2010 for whom frequency data was given ($n=3,305$). Males 5–7 years ($n=546$); 8–10 years ($n=454$); 11–12 years ($n=316$); 13–14 years ($n=351$); Females 5–7 years ($n=549$); 8–10 years ($n=440$); 11–12 years ($n=313$); 13–14 years ($n=336$).

5.3 Daily participation in any physical activity

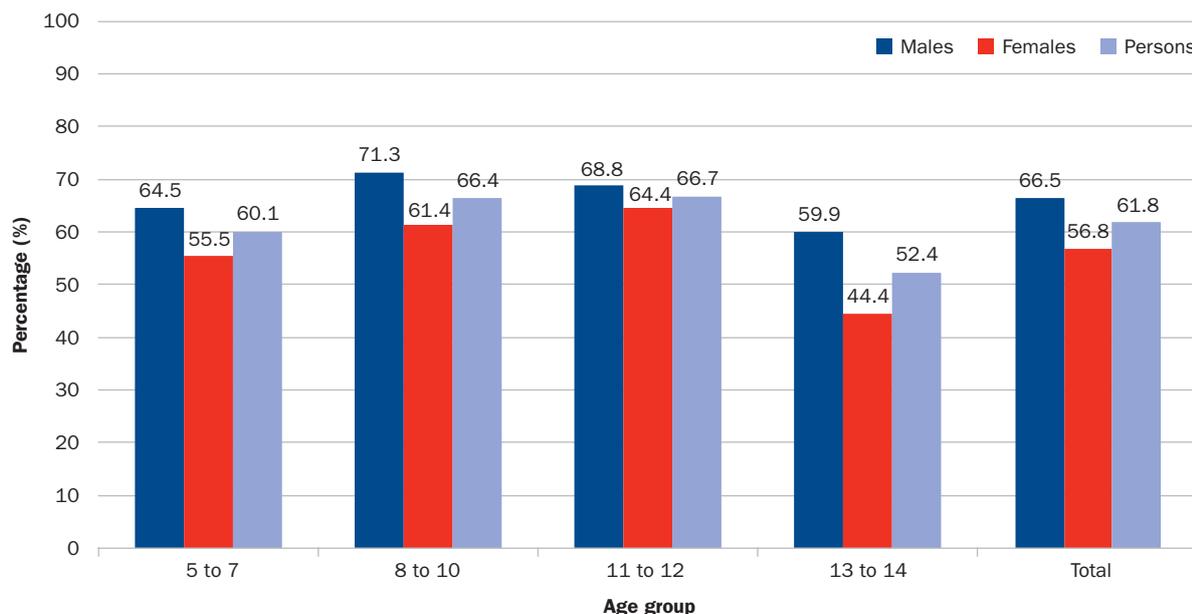
Australian Physical Activity Recommendations for Children (aged 5 to 12 years) are: ‘At least 60 minutes (and up to several hours) of moderate to vigorous intensity physical activity every day’.

Daily participation in exercise, recreation or sport is defined as those participating seven times per week or more, on average, outside of school hours and on weekends.⁷

- The daily participation rate in any physical activity for exercise, recreation or sport in 2010 was 61.8% (Table 4 and Figure 3). This was higher for males (66.5%) than females (56.8%).
- The daily participation rate was lowest for those aged 13 to 14 years (52.4%). This was true for both males and females (59.9% and 44.4%, respectively).
- For males, the daily participation rate peaked at 71.3% for those aged between 8 and 10 years. For females, the daily participation rate peaked at 64.4% for those aged between 11 and 12 years. Among females, there was a dramatic decline in the daily participation rate between the age groups 11 to 12 years and 13 to 14 years.

⁷ See glossary for information about how ‘per week’ statistics are calculated.

Figure 3: Daily participation rate in any physical activity by sex and age, 2010



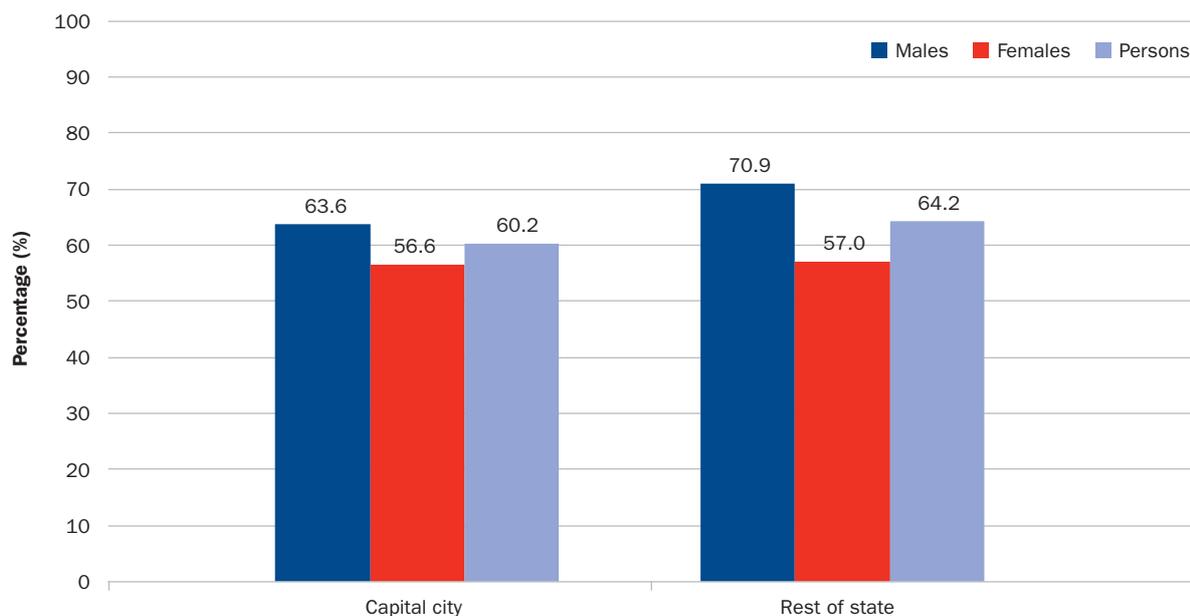
Base: All children aged between 5 and 14 years in 2010 (n=3,306). Males 5–7 years (n=546); 8–10 years (n=454); 11–12 years (n=316); 13–14 years (n=352); Females 5–7 years (n=549); 8–10 years (n=440); 11–12 years (n=313); 13–14 years (n=336).

5.4 Daily participation in any physical activity by demographics

Regional status

- The daily participation rate in any physical activity among children living in capital cities was slightly lower than for those living in the rest of the state (60.2% and 64.2%, respectively) (Table 6 and Figure 4).
- In both geographic areas, daily participation was higher for males than for females, but the gender difference was especially pronounced outside capital cities.

Figure 4: Daily participation rate in any physical activity by region and sex, 2010



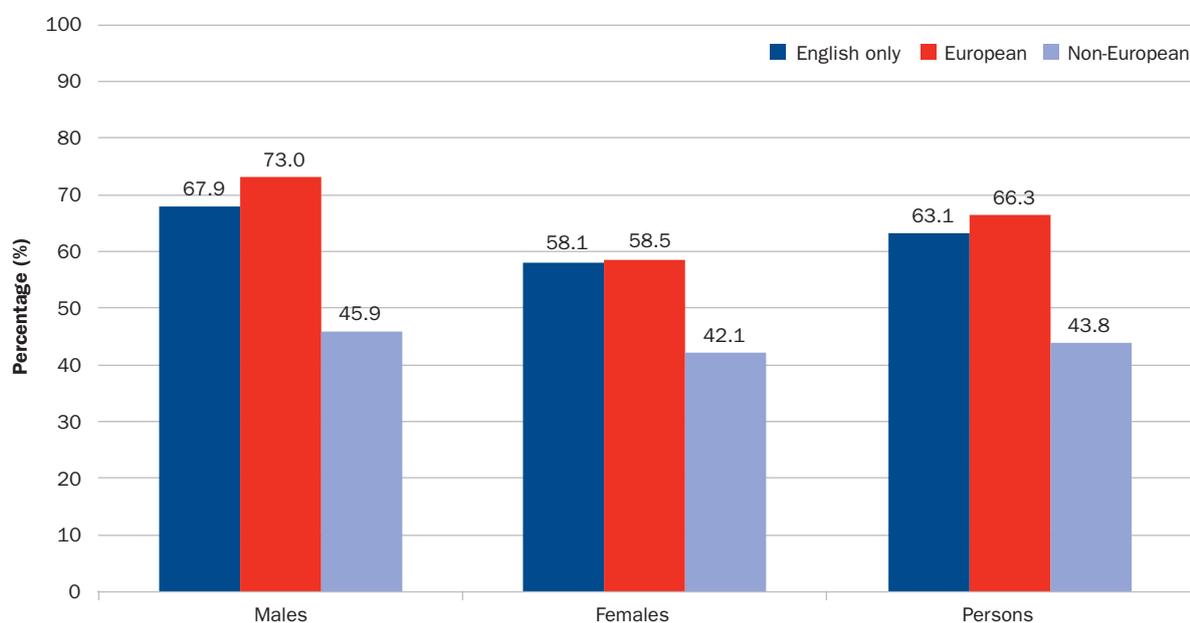
Base: All children aged between 5 and 14 years in 2010 (n=3,306). Males in capital cities (n=1,004); rest of state (n=664); Females in capital cities (n=1,027); rest of state (n=611).

Language spoken at home

As ERASS collects information via telephone, persons who do not speak English may have been less likely to participate in this survey. However, given that a large majority of persons who speak a language other than English at home speak English well (82% according to the 2006 Census), it is reasonable to assume these statistics represent an accurate estimation of the participation of these persons in physical activity for exercise, recreation or sport (Australian Bureau of Statistics, 2006, Census Tables, Catalogue number 2068.0, www.abs.gov.au).

- Among males, 73.0% of those living in a household speaking a European language participated in physical activity on a daily basis, and 67.9% of those living in a household where English only is spoken participated on a daily basis. Both groups had significantly higher daily participation rates than males living in a household where a non-European language⁸ is spoken (45.9%).
- Among females, those living in a household where a non-European language is spoken also had the lowest daily participation rates (42.1%) (Figure 5 and Table 6).

Figure 5: Daily participation rate in any physical activity by language spoken at home and sex, 2010



Base: All children aged between 5 and 14 years in 2010 (n=3,306). Males English only (n=1,475); European (n=66); non-European (n=131); Females English only (n=1,455); European (n=62); non-European (n=126).

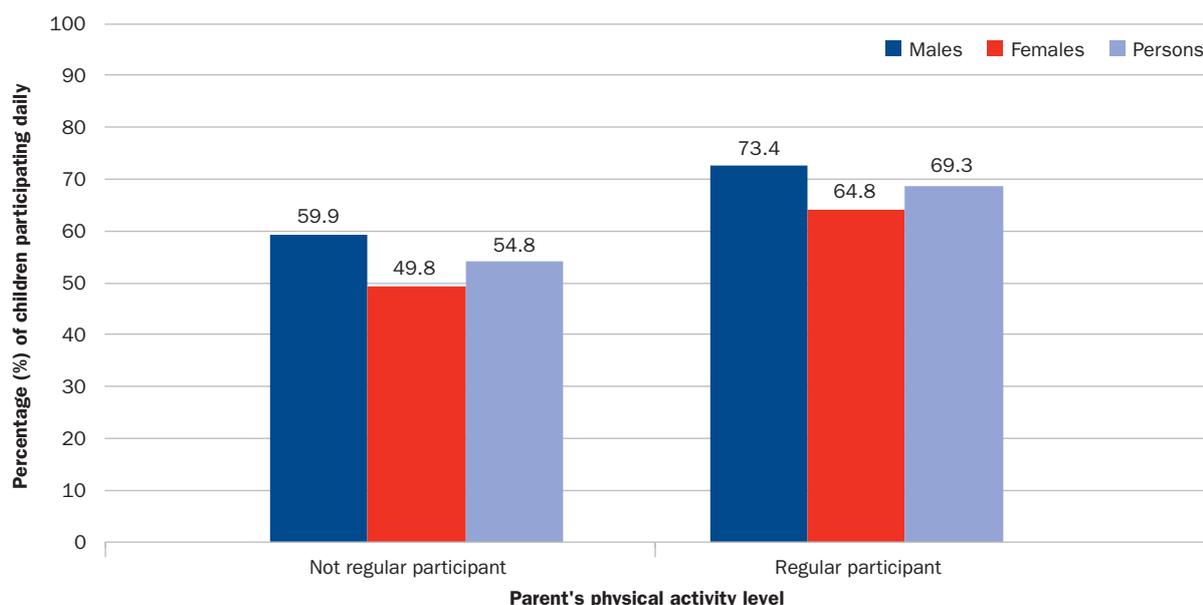
Parent's physical activity level

- The daily participation rate in any physical activity among children was greatest when parents⁹ were regular participants in any physical activity (at least three times weekly) (69.3%) (Figure 6).
- Boys were more likely than girls to participate daily, regardless of parents' level of physical activity, but 73.4% of boys whose parent was a regular participant, participated daily in physical activity, compared to 59.9% of boys whose parent was not a regular participant.
- Among girls, 64.8% of girls whose parent was a regular participant, participated daily in physical activity, compared to 49.8% of girls whose parent was not a regular participant.

⁸ See glossary for definitions of European and non-European languages.

⁹ Responding parent or guardian.

Figure 6: Children’s daily participation rate in any physical activity by sex and parent’s regular participation, 2010



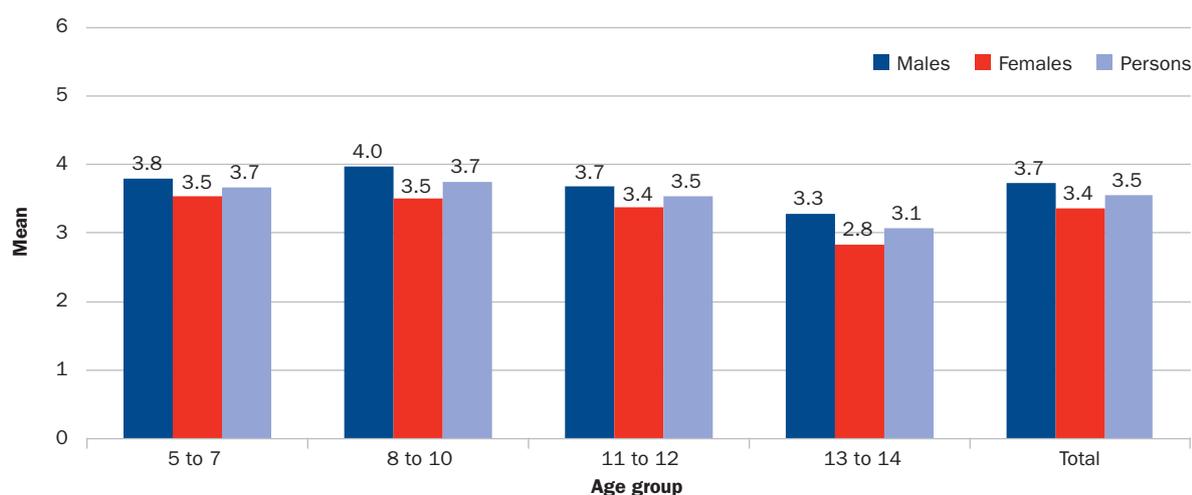
Base: All children aged between 5 and 14 years in 2010 (n=3,306). Males whose parent is regular participant (n=818); not regular participant (n=850); Females whose parent is regular participant (n=780); not regular participant (n=858).

5.5 Average number of different activities (any physical activity)

Participants took part, outside school hours, in an average (mean) of 3.5 different sports or physical activities in the previous school term (Figure 7).

- Male participants took part in a slightly larger number of different activities (3.7) than female participants (3.4).
- For both males and females, the average number of activities was lowest among children aged 13 to 14 years (3.1).

Figure 7: All participants in any physical activity — average number of different activities in a typical week by sex and age, 2010 (a)



Base: All participants in physical activity (n=3,115). Males 5–7 years (n=508); 8–10 years (n=441); 11–12 years (n=299); 13–14 years (n=331); Females 5–7 years (n=508); 8–10 years (n=421); 11–12 years (n=301); 13–14 years (n=306).

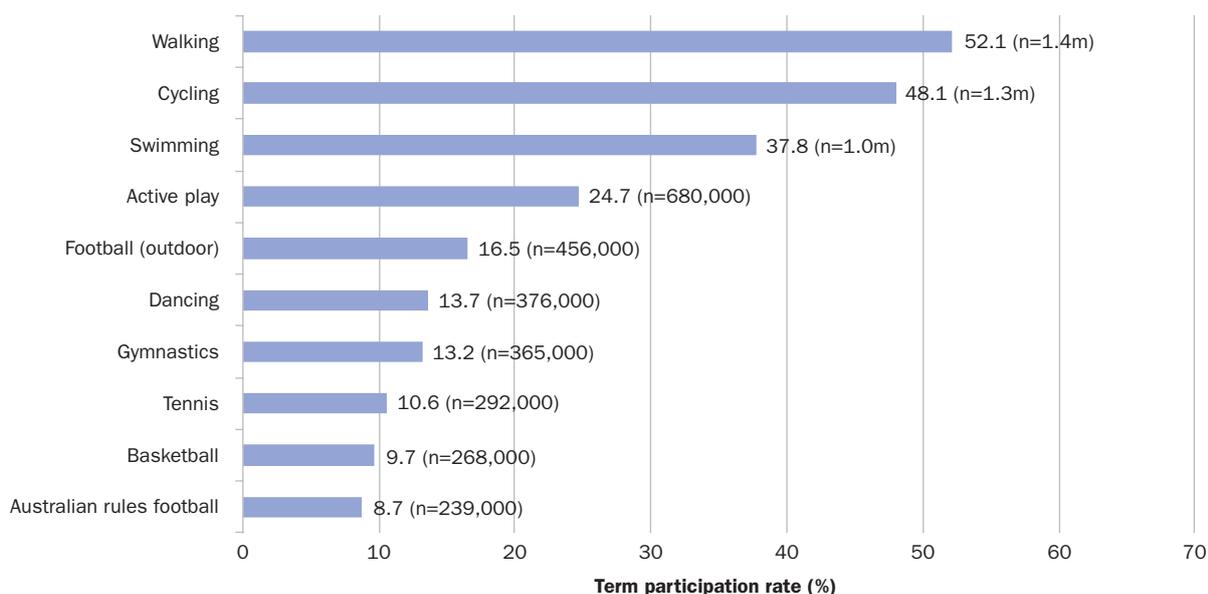
(a) The height of the columns are sometimes not equal when the average number of activities is reported as being equal. This is due to rounding — the average number of activities is rounded to one decimal place for reporting in the figure above whereas the actual calculation of the column chart is based on a more precise estimate of at least ten decimal places.

5.6 Top ten physical activities

Term participation in top ten activities, 2010

- Of all activities, walking had the highest term participation rate among children (52.1% walked in a typical week in the previous term, including walking to school). An estimated 1.4 million children aged between 5 and 14 years walked at least once in the previous school term (Figure 8 and Table 15).
- This excluded bushwalking, which is categorised separately and had a term participation rate of 4.3%.
- Other sports and physical activities with relatively high term participation rates were cycling (48.1%, including cycling to school), swimming (37.8%), active play (24.7%), outdoor football (16.5%), dancing (13.7%), gymnastics (13.2%), tennis (10.6%), basketball (9.7%) and Australian rules football (8.7%).

Figure 8: Top ten activities, 2010



Base: All children aged between 5 and 14 years in 2010 (n=3,306).

- For males, activities with the highest term participation rates were cycling (52.0%), walking (48.7%), swimming (35.2%), active play (27.8%), outdoor football (24.7%), Australian rules football (16.0%), cricket (14.7%), tennis (11.7%), basketball (11.5%), and gymnastics (11.2%) (Table 16).
- For females, activities with the highest term participation rates were walking (55.8%), cycling (44.0%), swimming (40.5%), dancing (26.4%), active play (21.4%), netball (16.4%), gymnastics (15.3%), tennis (9.4%), outdoor football (8.0%) and running (8.0%).
- Cycling, swimming and walking had the highest term participation rate across all age groups (Table 17).
- The term participation rate for walking increased with age, from 47.3% among 5 to 7 year olds to 54.3% among 8 to 10 year olds and 54.1% among 11 to 14 year olds.
- However, participation in swimming decreased with age, from 48.7% among 5 to 7 year olds to 41.7% among 8 to 10 year olds, and 27.0% among 11 to 14 year olds.
- Cycling participation was highest among 8 to 10 year olds (56.0%), decreasing to 40.1% among 11 to 14 year olds.
- Outdoor football, tennis, and dancing were in the top ten activities for all age groups.
- Gymnastics was a top ten physical activity for those aged 5 to 7 years (20.2%) and 8 to 10 years (13.5%), but was not in the top ten activities for those aged 11 to 14 years. Australian rules football was mentioned for 8.7% of 5 to 7 year olds, but was no longer in the top ten activities for those aged 8 to 14 years.
- Basketball and outdoor cricket were in the top ten activities for children aged 8 years and over.

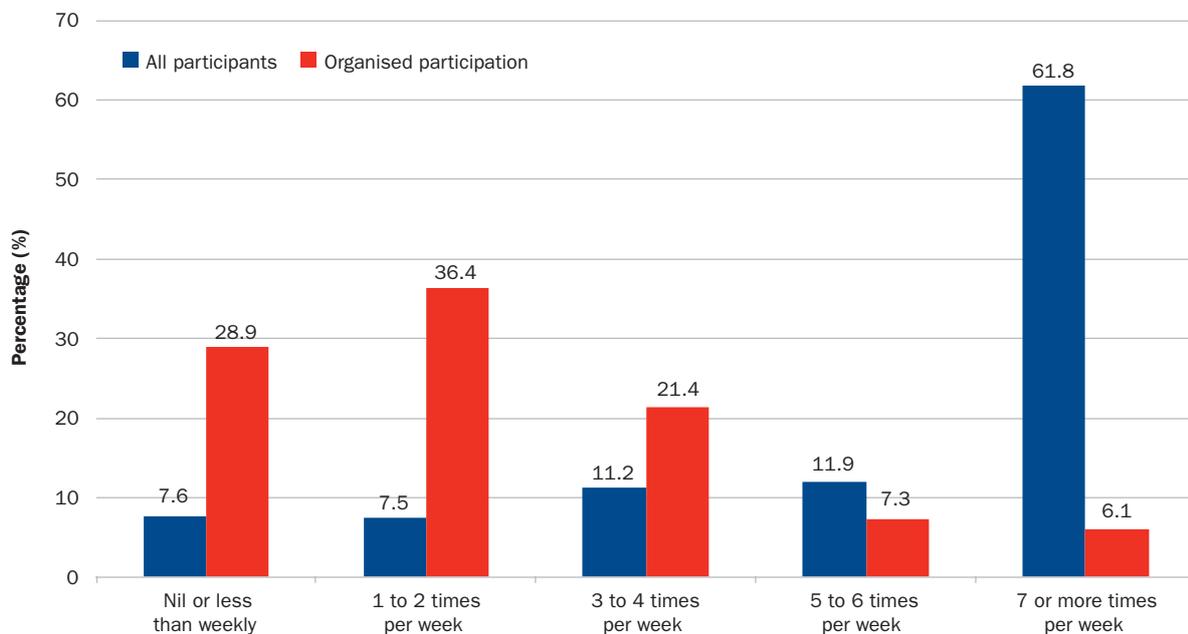
6 Participation in organised physical activity

6.1 Frequency of participation in organised physical activity

Outside of school hours during the previous school term in 2010:

- An estimated 2 million children aged between 5 and 14 years participated **at least once** in physical activity for exercise, recreation or sport that was organised by a club, fitness centre, school or other type of organisation¹⁰, a **term participation rate** in organised activity of 71.4% (Table 1). Over three-quarters (76.6%) of those participating in any activity did so on a partially or fully organised basis.
- An estimated 2 million children aged between 5 and 14 years participated **at least once per week**¹¹ in organised physical activity for exercise, recreation or sport, a **weekly participation rate** of 71.1% (Figure 17 and Table 10).
- An estimated 957,000 children aged between 5 and 14 years and over participated in an organised physical activity three times a week or more, a **regular participation rate** in organised activity of 34.7% (Figure 17 and Table 10).
- An estimated 167,000 children aged between 5 and 14 years and over participated in an organised physical activity seven times a week or more, a **daily participation rate** in organised activity of 6.1% (Figure 17 and Table 9).
- An estimated 795,000 children aged between 5 and 14 years (28.9%) did not participate in **any** organised physical activity in the school term prior to interview, or participated less than weekly (Figure 17 and Table 9).

Figure 9: Frequency of participation in organised physical activity, 2010



Base: All children aged between 5 and 14 years in 2010 (n=3,306).

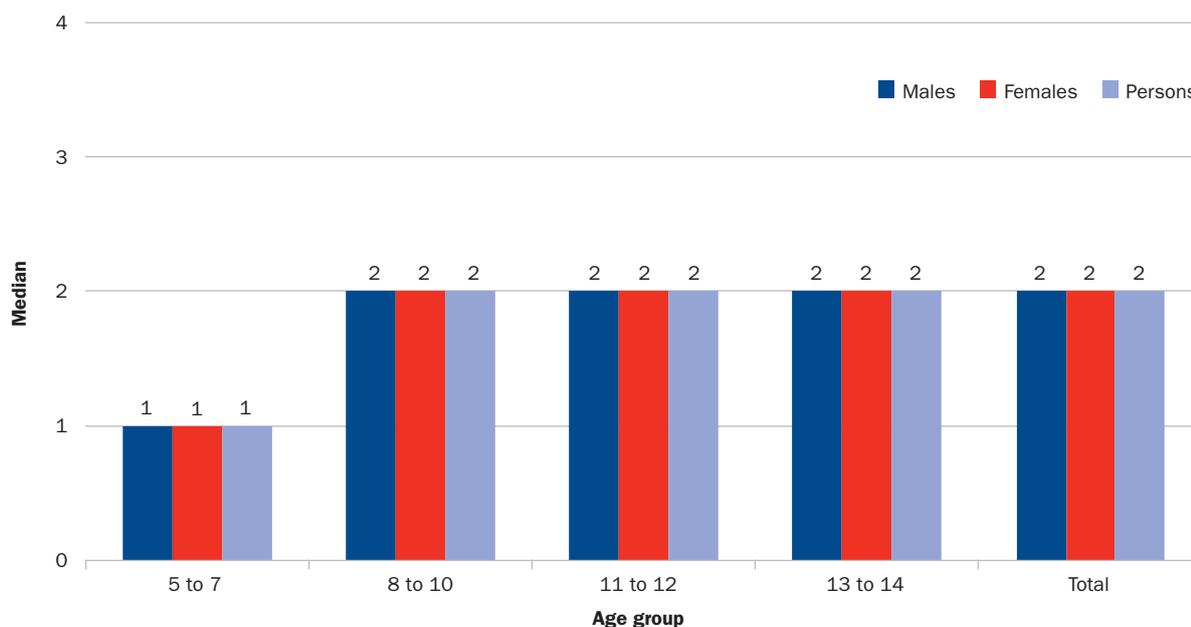
¹⁰ See glossary for the definition of organised physical activities.

¹¹ See glossary for information about how 'per week' statistics are calculated.

6.2 Median frequency of participation in organised physical activity

- The median frequency of participation outside school hours in organised physical activity for all children was two times per week in the previous school term (Figure 10). This median calculation includes non-participants (that is, zero frequency).
- For all females, the median frequency of participation was two times per week.
- Male median frequency of participation was also two times per week.
- For both males and females, median participation was one time per week for children aged 5 to 7 years. This increased to two times per week for males and females aged 8 years or older.

Figure 10: Median frequency of participation per week in organised physical activity by sex and age, 2010



Base: All children aged between 5 and 14 years in 2010 for whom frequency data was given (n=3,303). 5–7 years (n=546); 8–10 years (n=453); 11–12 years (n=315); 13–14 years (n=352); Females 5–7 years (n=549); 8–10 years (n=440); 11–12 years (n=313); 13–14 years (n=335).

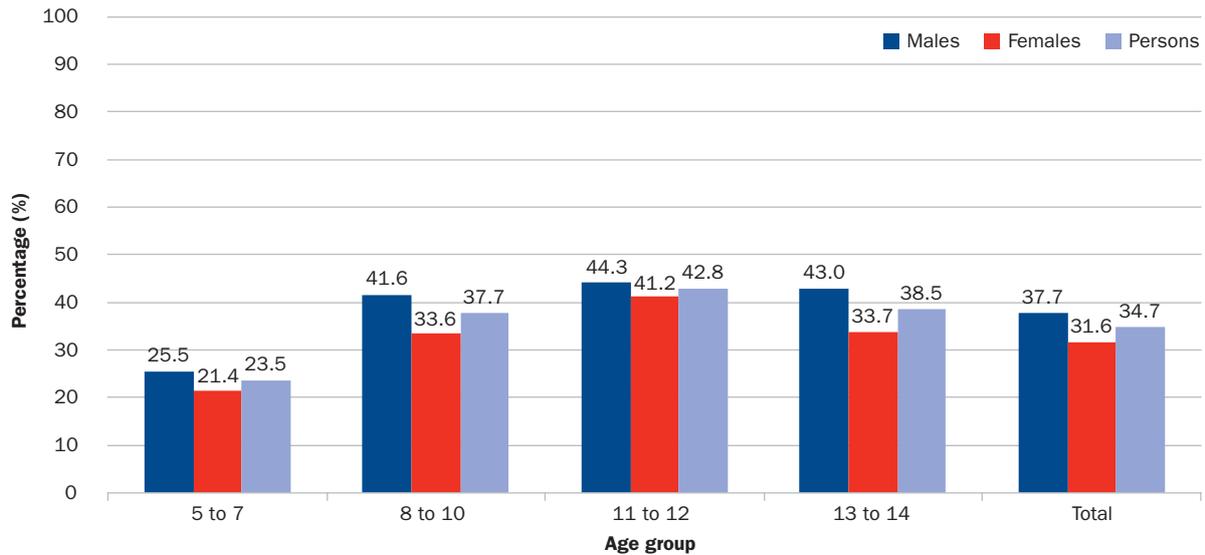
6.3 Regular participation in organised physical activity

Regular participation in exercise, recreation or sport is defined as those participating three times a week or more, on average.¹²

- In 2010, the regular participation rate among children outside school hours in organised physical activity was 34.7% (Figure 11).
- Among males, the regular organised participation rate was 37.7%. The regular participation rate in organised physical activity was slightly lower for females at 31.6%.
- The regular participation rate in organised physical activity for males aged 13 to 14 years was 43.0%; among females it was 33.7%.
- Only 25.5% of males aged 5 to 7 years were regularly active in organised physical activity. This increased to 41.6% among males aged 8 to 10 years and to 44.3% and 43.0% among males aged 11 to 12 years and 13 to 14 years, respectively.
- Among females, regular organised participation also increased between those aged 5 to 7 years (21.4%) and those aged 11 to 12 years (41.2%). Among females aged older than this, the regular organised participation rate was 33.7%.

¹² See glossary for information about how 'per week' statistics are calculated.

Figure 11: Regular participation in organised physical activity by sex and age, 2010



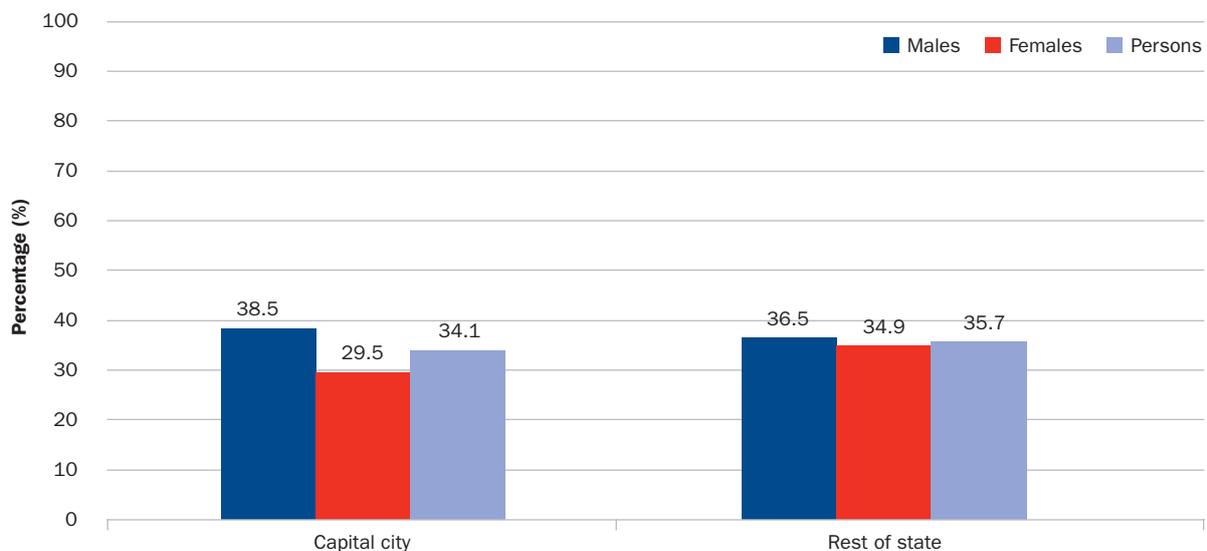
Base: All children aged between 5 and 14 years in 2010 (n=3,306). Males 5–7 years (n=546); 8–10 years (n=454); 11–12 years (n=316); 13–14 years (n=352); Females 5–7 years (n=549); 8–10 years (n=440); 11–12 years (n=313); 13–14 years (n=336).

6.4 Regular participation in organised physical activity by demographics

Regional status

- Overall, the regular participation rate in organised physical activity among children living in capital cities was no different to those living in the rest of the state (34.1% and 35.7%, respectively) (Figure 12).
- Among females, the regular participation rate in organised physical activity was 34.9% outside capital cities and 29.5% in capital cities.
- Although females living in capital cities were less likely than males to be participating regularly in organised physical activity (29.5% versus 38.5%, respectively), there was little difference between females and males in the rest of the state (34.9% and 36.5%, respectively).

Figure 12: Regular participation rate in organised physical activity by region and sex, 2010

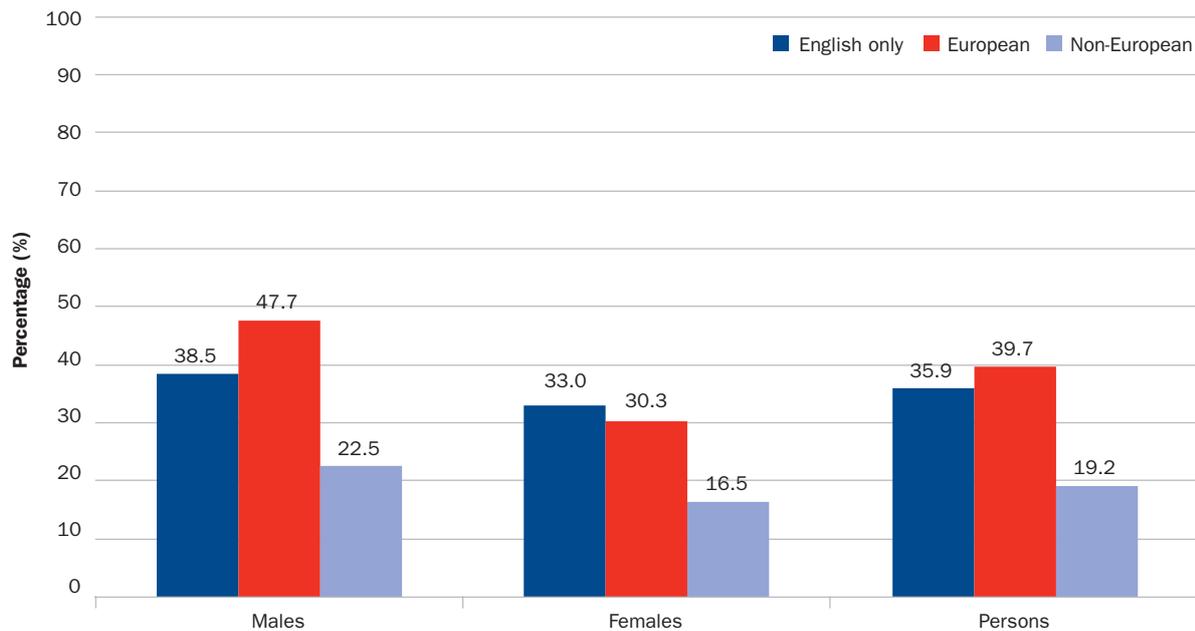


Base: All children aged between 5 and 14 years in 2010 (n=3,306). Males in capital cities (n=1,004); rest of state (n=664); Females in capital cities (n=1,027); rest of state (n=611).

Language spoken at home

- Overall, those living in a household where a non-European language is spoken had a much lower regular organised participation rate (19.2%) than those living in English-only households (35.9%) or where another European language is spoken (39.7%).
- Lower regular participation rates in organised physical activity among those living in households where a non-European language is spoken occurred for both males and females.
- However, the greatest difference between males and females occurred for those living in households where a European language other than English is spoken, with 47.7% of males regularly participating in organised physical activity, compared to 30.3% of females (Figure 13).

Figure 13: Regular participation rate in organised physical activity by language spoken at home and sex, 2010

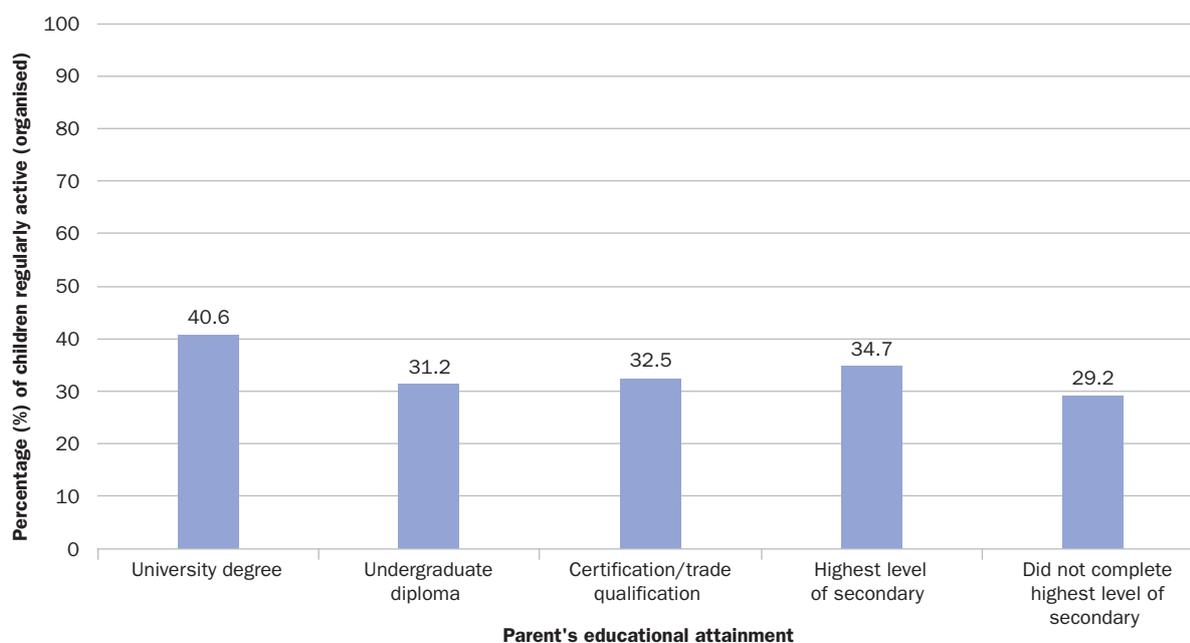


Base: All children aged between 5 and 14 years in 2010 (n=3,306). Males English only (n=1,475); European (n=66); non-European (n=131); Females English only (n=1,455); European (n=62); non-European (n=126).

Parent's educational status

- There is a moderate relationship between household socio-economic status and the regular organised participation rate for children (Figure 14). The responding parent's educational attainment was used as an indicator of household socio-economic status. Among parents who have completed a university degree, children's regular participation rate in organised physical activity was 40.6%. Among parents who did not complete the highest level of secondary school, children's regular participation rate was 29.2%, on average.

Figure 14: Children's regular participation rate in organised physical activity by parent's educational attainment, 2010



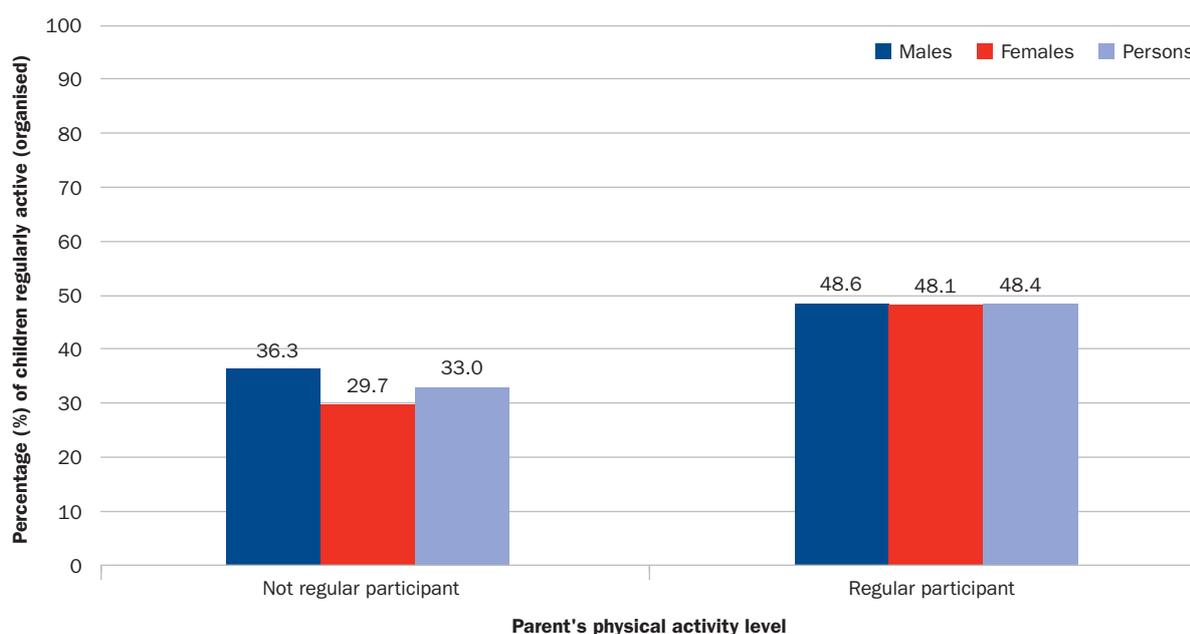
Base: All children aged between 5 and 14 years in 2010 (n=3,306). Parent has university degree (n=1,205); undergraduate diploma (n=327); certification/trade qualification (n=497); highest level of secondary (n=624); did not complete highest level of secondary (n=617).

Parent's physical activity level

- The regular participation rate in organised physical activity among children was greatest when parents¹³ were also regular participants in organised physical activity (at least three times weekly) (48.4%) (Figure 15). Among parents who were not regular participants in organised physical activity, the regular organised participation rate among children was 33.0%.
- When parents were regular organised participants, there was little difference between girls and boys in the organised regular participation rate (48.1% and 48.6%, respectively).
- Only 29.7% of girls whose parent was not a regular participant in organised physical activity were themselves classified as a regular participant. This data suggests that parents' behaviour is particularly important in explaining girls' behaviour.

13 Responding parent or guardian.

Figure 15: Children's regular participation rate in organised physical activity by sex and parent's regular organised participation, 2010



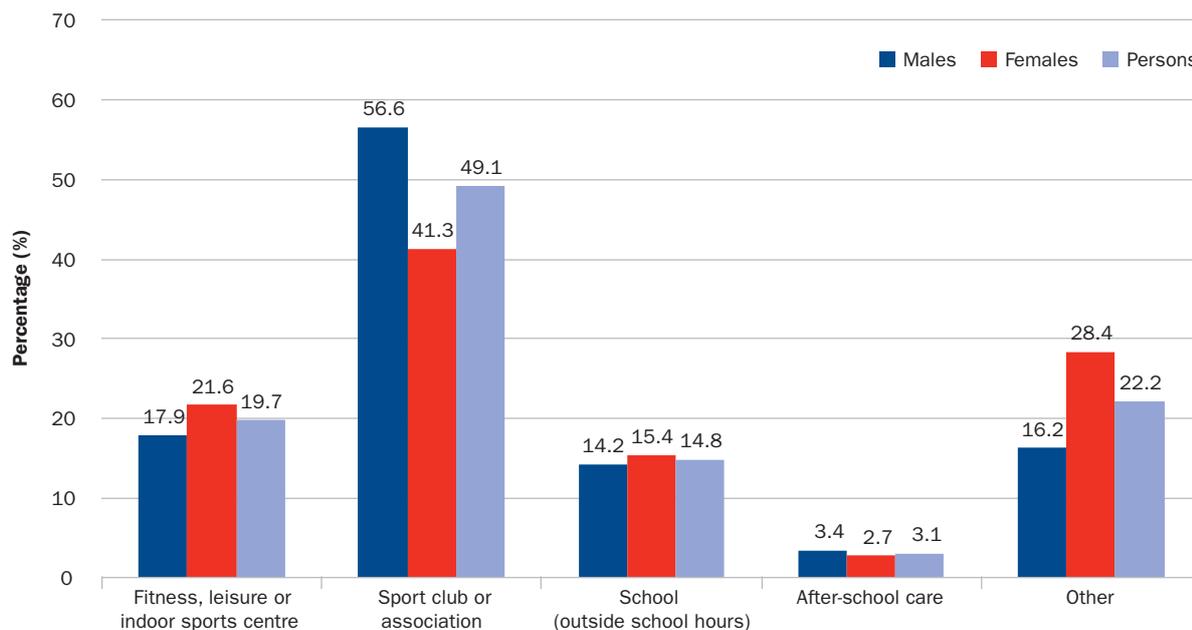
Base: All children aged between 5 and 14 years in 2010 (n=3,306). Males whose parent is regular participant (n=818); not regular participant (n=850); Females whose parent is regular participant (n=780); not regular participant (n=858).

6.5 Type of organisation

In terms of the type of organisation behind organised physical activity:

- An estimated 1.4 million children, or 49.1%, participated at least once in the previous school term in activity organised by a **'sport club'** (Table 12 and Figure 24).
- An estimated 544,000 children, or 19.7%, participated at least once in the previous school term in activity organised by a **'fitness, leisure or indoor sports centre'**.
- An estimated 408,000 children, or 14.8%, participated at least once in the previous school term in activity organised by a **school**.
- Relatively few children (84,000) participated in activity organised by **after-school care** (3.1%).
- An estimated 611,000 children, or 22.2%, participated in activity organised by another type of organisation.
- More females than males participated at least once in the previous school term in activity organised by a fitness, leisure or indoor sports centre (term participation rates: 21.6% and 17.9%, respectively) and by another type of organisation (28.4% and 16.2%, respectively).
- More males than females participated at least once in the previous school term in activity organised by a sport club or association (term participation rates: 56.6% and 41.3%, respectively).
- The difference between males and females in club participation was especially pronounced in the 5 to 7 years age group, with 50.0% of males aged 5 to 7 participating in organised physical activity through a sport club, compared to 29.8% of females.
- Participation in physical activity organised by a club was lowest in the 5 to 7 years age group (40.2%). It was highest in the 8 to 10 and 11 to 12 years age groups (54.0% and 55.3%, respectively) (Table 12).

Figure 16: Term participation in organised physical activity by type of organisation, 2010



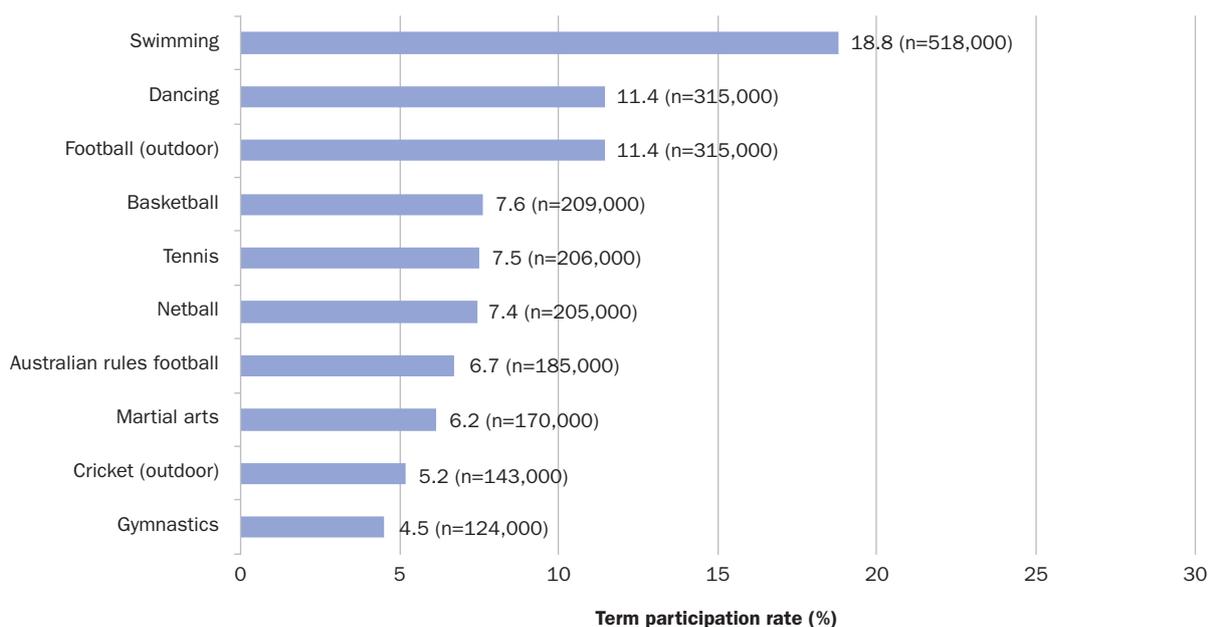
Base: All children aged between 5 and 14 years in 2010 (n=3,306). Males (n=1,668); Females (n=1,638).

6.6 Top ten organised physical activities

Term participation in top ten organised activities, 2010

- In 2010, the organised activity with the highest term participation rate was swimming (18.8%) (**Figure 17** and **Table 15**). An estimated 518,000 children aged between 5 and 14 years participated in this activity in an organised environment at least once in the previous school term.
- The other organised activities that attracted the greatest number of participants were dancing (11.4%), outdoor football (11.4%), basketball (7.6%), tennis (7.5%), netball (7.4%), Australian rules football (6.7%), martial arts (6.2%), outdoor cricket (5.2%) and gymnastics (4.5%).

Figure 17: Top ten organised physical activities, 2010



Base: All children aged between 5 and 14 years in 2010 (n=3,306).

- For males, organised activities with the highest term participation rates were outdoor and indoor football (18.3% and 4.0%, respectively), swimming (17.4%), Australian rules football (12.4%), outdoor cricket (9.5%), basketball (9.0%), martial arts (8.9%), tennis (8.4%), rugby league (4.5%), touch football and rugby union (both 2.8%).
- For females, organised activities with the highest term participation rates were dancing (22.1%), swimming (20.3%), netball (15.0%), gymnastics (6.6%), tennis (6.5%), basketball (6.1%), outdoor football (4.2%), martial arts (3.3%), horseriding (2.5%) and aerobics/fitness activities (1.8%).
- Swimming was the top organised activity for 5 to 7 year olds (29.8%), followed by dancing (15.5%), outdoor football (11.9%), gymnastics (7.1%) and Australian rules football (6.4%).
- Among 8 to 10 year olds, swimming was also the top organised activity (21.8%), followed by outdoor football (11.7%), dancing (10.5%), tennis (9.2%) and martial arts (9.0%).
- Among 11 to 14 year olds, netball and outdoor football were the top organised activities (both 10.8%), followed by basketball (10.0%), dancing (9.2%) and swimming (8.6%).

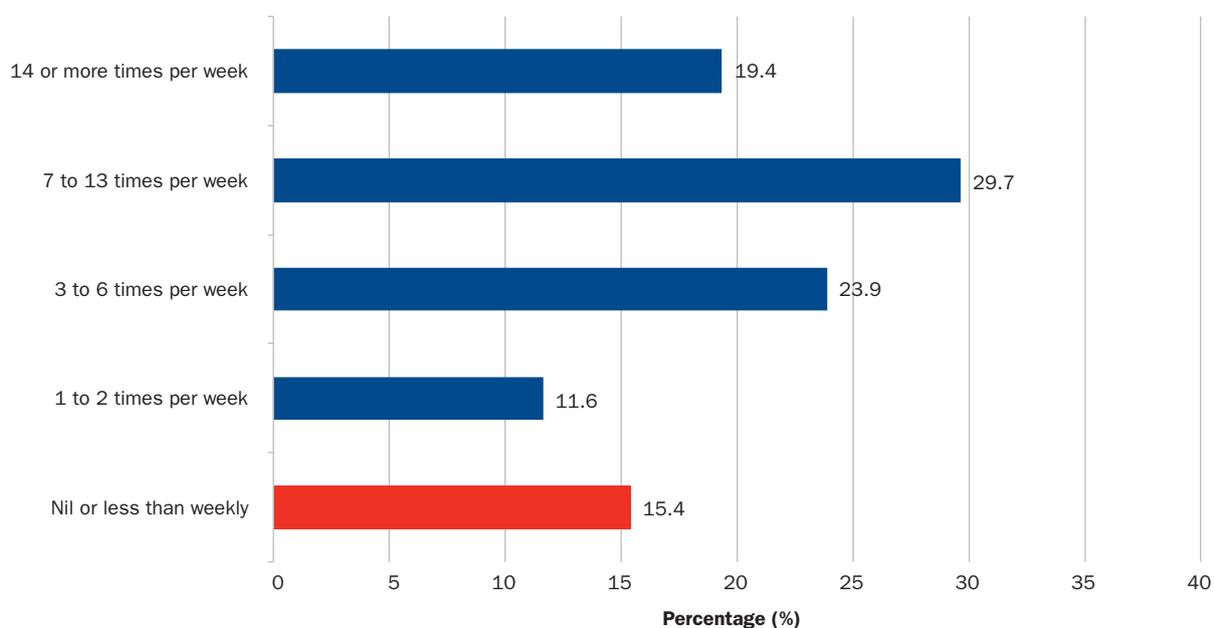
7 Participation in non-organised physical activity

7.1 Frequency of participation in non-organised physical activity

Outside of school hours during the previous school term in 2010:

- An estimated 2.4 million children aged between 5 and 14 years participated **at least once** in physical activity for exercise, recreation or sport that was non-organised, a **term participation rate** in non-organised activity of 88.2% (Table 1).
- An estimated 602,000 children (21.8%) participated in non-organised activity **only** in the previous school term.
- An estimated 2.3 million children aged between 5 and 14 years participated **at least once per week**¹⁴ in non-organised physical activity for exercise, recreation or sport in the previous school term, a **weekly participation rate** of 84.6% (Figure 26).
- An estimated 2.0 million children aged between 5 and 14 years and over participated in non-organised physical activity three times a week or more, a **regular participation rate** in non-organised activity of 72.9%.
- An estimated 1.4 million children aged between 5 and 14 years and over participated in non-organised physical activity seven times a week or more, a **daily participation rate** in non-organised activity of 49.0%.
- An estimated 425,000 children aged between 5 and 14 years (15.4%) did not participate in **any** non-organised physical activity in the school term prior to interview, or participated less than weekly.

Figure 18: Frequency of participation in non-organised physical activity, 2010



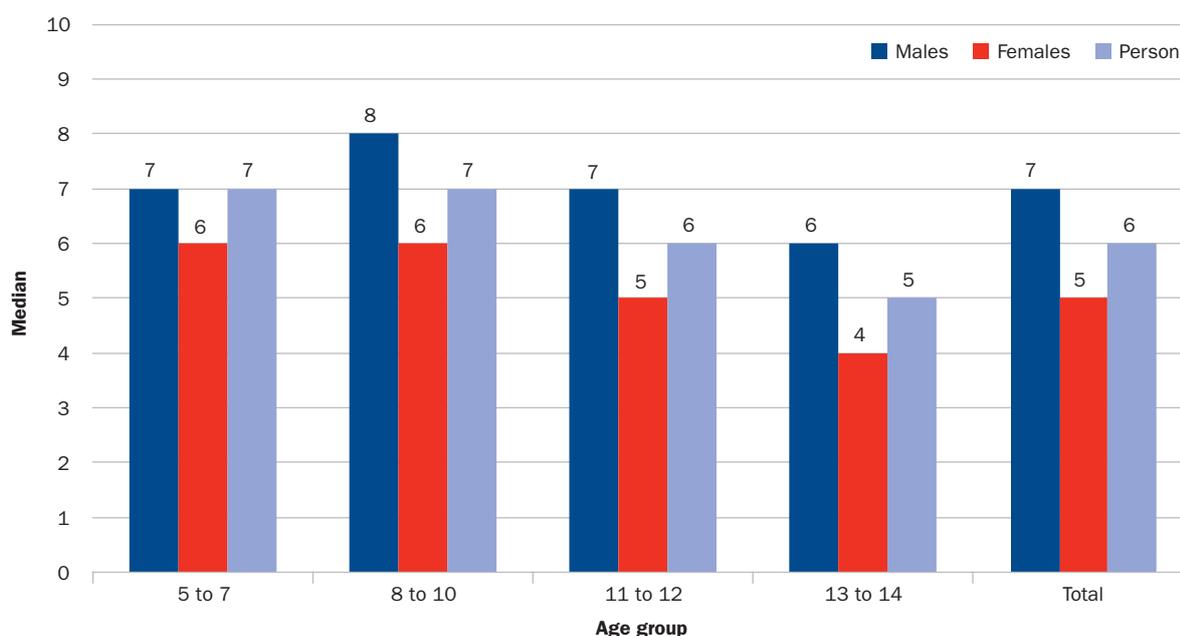
Base: All children aged between 5 and 14 years in 2010 (n=3,306).

14 See glossary for information about how 'per week' statistics are calculated.

7.2 Median frequency of participation in non-organised physical activity

- The median frequency of participation outside of school hours in non-organised physical activity for all children was six times per week (Figure 19). This median calculation includes non-participants (that is, zero frequency).
- For all females, the median frequency of participation was five times per week.
- Male median frequency of participation was seven times per week.
- For females, median frequency of participation in non-organised physical activity declined after the age of 10 years, falling to four times per week for females aged 13 to 14 years. Among males, median frequency of participation peaked at eight times per week for those aged 8 to 10 years.

Figure 19: Median frequency of participation per week in non-organised physical activity by sex and age, 2010



Base: All children aged between 5 and 14 years in 2010 (n=3,306). Males 5–7 years (n=546); 8–10 years (n=454); 11–12 years (n=316); 13–14 years (n=352); Females 5–7 years (n=549); 8–10 years (n=440); 11–12 years (n=313); 13–14 years (n=336).

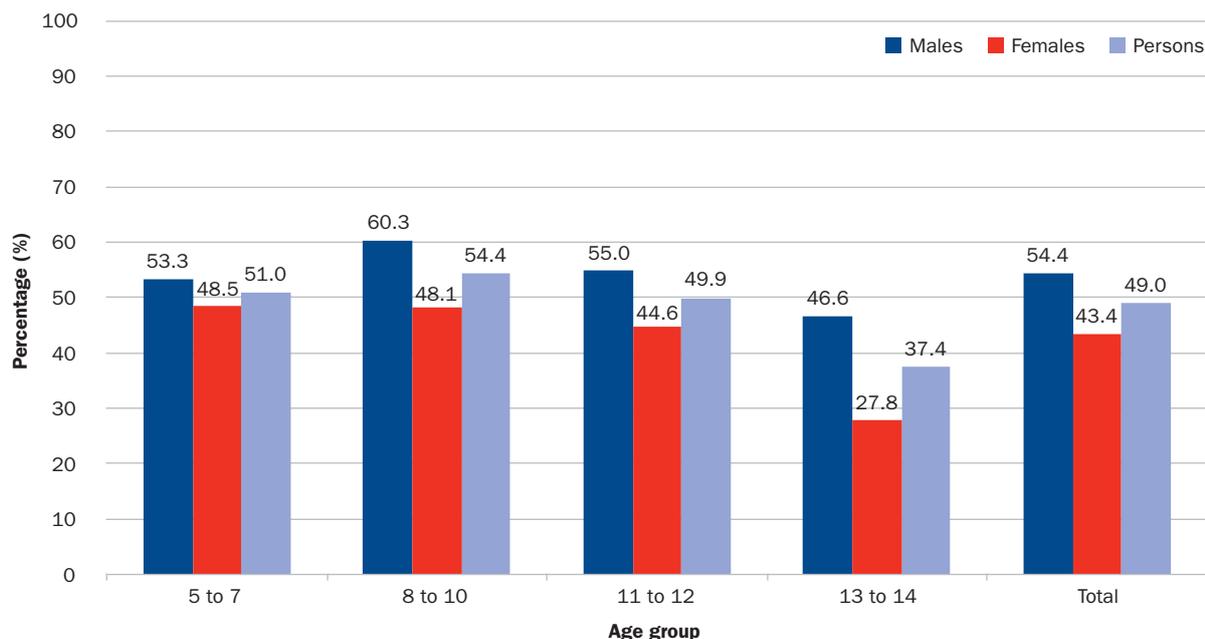
7.3 Daily participation in non-organised physical activity

Daily participation in exercise, recreation or sport is defined as those participating seven times a week or more, on average.¹⁵

- In 2010, the daily participation rate in non-organised physical activity among children was 49.0% (Figure 20).
- Among males, the daily participation rate was 54.4%. The daily participation rate in non-organised physical activity was lower for females at 43.4%.
- The difference between males and females occurred for all age groups but, as for organised participation, was particularly pronounced among those aged 13 to 14 years. The daily participation rate in non-organised physical activity for males aged 13 to 14 years was 46.6%; among females it was 27.8%.
- Daily participation among females and males declined as they aged, with the lowest daily participation rate in the 13 to 14 years age group for both genders.

¹⁵ See glossary for information about how 'per week' statistics are calculated.

Figure 20: Daily participation in non-organised physical activity by sex and age, 2010



Base: All children aged between 5 and 14 years in 2010 (n=3,306). Males 5–7 years (n=546); 8–10 years (n=454); 11–12 years (n=316); 13–14 years (n=352); Females 5–7 years (n=549); 8–10 years (n=440); 11–12 years (n=313); 13–14 years (n=336).

7.4 Daily participation in non-organised physical activity by demographics

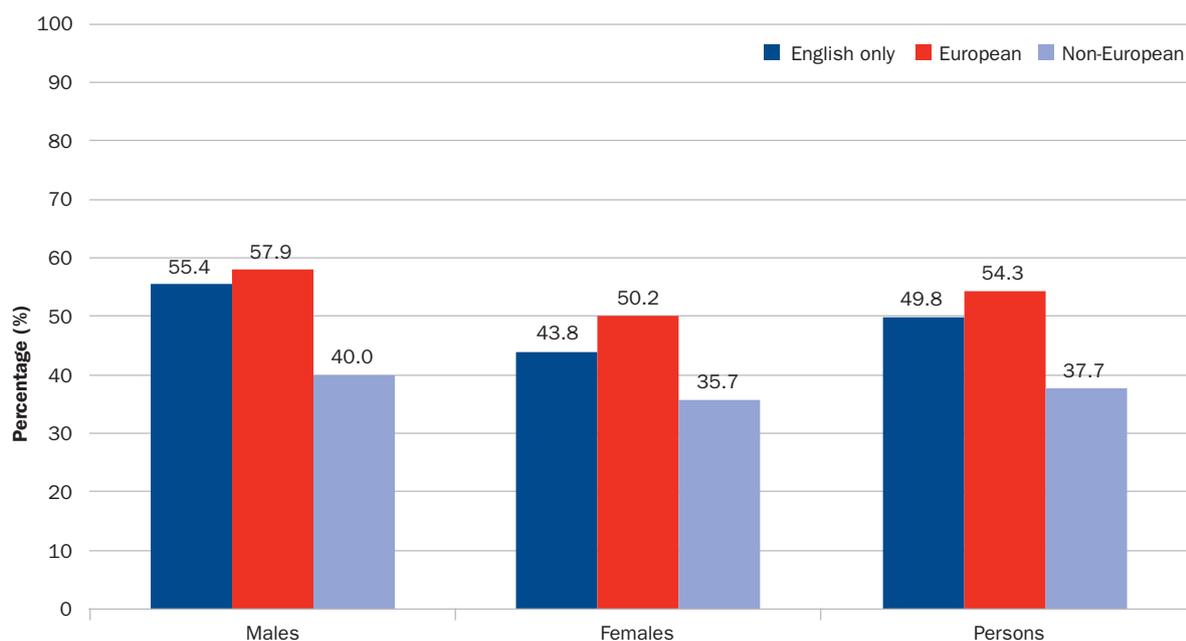
Regional status

- The daily participation rate in non-organised physical activity among children living in capital cities was slightly lower than for those living in the rest of the state (47.0% and 52.2%, respectively).
- Among females, the daily participation rate in non-organised physical activity was no different outside capital cities (43.6%) than in capital cities (43.2%).
- Among males, however, the daily participation rate in non-organised physical activity was lower in capital cities (50.6%) than in the rest of the state (60.3%).

Language spoken at home

- Those living in households where a non-European language is spoken had a lower daily non-organised participation rate (37.7%) than those living in households where English only is spoken (49.8%) or where another European language is spoken (54.3%), as for organised participation.
- Lower daily participation rates in non-organised physical activity among those living in households where a non-European language is spoken occurred for both males and females.
- In contrast to organised regular participation, for both males and females the highest levels of non-organised daily participation occurred for children whose households speak a European language other than English at home (Figure 21).

Figure 21: Daily participation rate in non-organised physical activity by language spoken at home and sex, 2010



Base: All children aged between 5 and 14 years in 2010 (n=3,306). Males English only (n=1,475); European (n=66); non-European (n=131); Females English only (n=1,455); European (n=62); non-European (n=126).

Parent physical activity level

- The daily participation rate in non-organised physical activity among children was greatest when parents¹⁶ were also regular participants in any physical activity (at least three times weekly) (53.5%). Among parents who were not regular participants in physical activity, the daily non-organised participation rate among children was 44.9%. However, the relationship between parents' and children's behaviour was more modest than for organised participation.

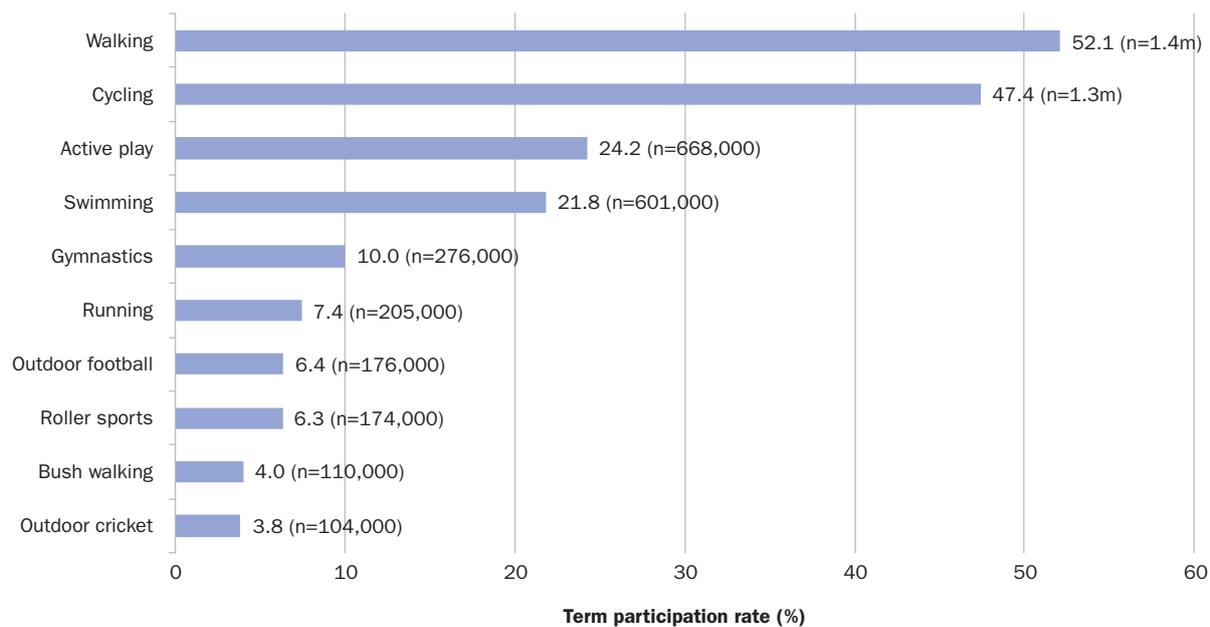
7.5 Top ten non-organised physical activities

Term participation in top ten non-organised activities, 2010

- In 2010, the non-organised activity with the highest term participation rate was walking (52.1%) (Figure 22 and Table 15). An estimated 1.4 million children aged between 5 and 14 years participated in this non-organised activity at least once in the previous school term.
- The other non-organised activities that attracted the greatest number of participants were cycling (47.4%), active play (24.2%), swimming (21.8%), gymnastics (10.0%), running (7.4%), outdoor football (6.4%), roller sports (6.3%), bush walking (4.0%) and outdoor cricket (3.8%).

¹⁶ Responding parent or guardian.

Figure 22: Top ten non-organised physical activities, 2010



Base: All children aged between 5 and 14 years in 2010 (n=3,306).

8 Detailed tables

8.1 Participation in any physical activity

31

Table 1: All child participants — term participation in physical activity (including active transport) by type of participation, age and sex, 2010

Table 2: All child participants — term participation in any physical activity (organised and non-organised) by demographics, 2010

Table 3: All child participants — term participation in any physical activity (including active transport) by states and territories, age and sex, 2010

Table 4: All children — participation in any physical activity for exercise, recreation and sport by frequency, age and sex, 2010

Table 5: All child participants — participation in any physical activity (including active transport) by cumulative frequency, age and sex, 2010

Table 6: All child participants — daily participation in any physical activity (organised and non-organised) by demographics, 2010

Table 7: All child participants — daily participation in any physical activity (including active transport) by states and territories, age and sex, 2010

8.2 Participation in organised physical activity

38

Table 8: Organised child participants — term participation in organised physical activity by demographics, 2010

Table 9: All children — participation in organised physical activity by frequency, age and sex, 2010

Table 10: Organised child participants — participation in organised physical activity by cumulative frequency, age and sex, 2010

Table 11: Organised child participants — term participation in organised physical activity by states and territories, age and sex, 2010

Table 12: Organised child participants — term participation in organised activities by type of organisation, age and sex, 2010

Table 13: Fitness and leisure child participants — term participation in physical activities organised by fitness, leisure and indoor sports centres by states and territories, age and sex, 2010

Table 14: Club-based child participants — term participation in physical activities organised by sport or recreation clubs or associations by states and territories, age and sex, 2010

8.3 Participation in specific physical activities

45

Table 15: All child participants — term participation in specific activities by type of activity, 2010

Table 16: All child participants — term participation in specific activities (organised and non-organised) by sex, 2010

Table 17: All child participants — term participation in specific activities (organised and non-organised) by age, 2010

8.1 Participation in any physical activity

Table 1: All child participants — term participation in physical activity (including active transport) by type of participation, age and sex, 2010 (a)

Sex	Age group (years)	Organised only (c)	Non-organised only (d)	Both organised and non-organised (e)	Total organised	Total non-organised	Total participation
		(A)	(B)	(C)	(A + C)	(B + C)	(A + B + C)
		Number ('000)					
Males	5 to 7	*12.4	86.7	279.5	291.9	366.2	378.6
	8 to 10	*10.9	84.6	315.2	326.2	399.9	410.8
	11 to 12	*17.7	51.6	198.3	216.0	249.8	267.6
	13 to 14	*14.2	66.0	188.9	203.1	254.9	269.1
	TOTAL	55.2	288.9	981.9	1,037.2	1,270.8	1,326.1
Females	5 to 7	*17.6	98.3	239.3	256.9	337.6	355.2
	8 to 10	*24.8	97.2	263.0	287.8	360.2	385.0
	11 to 12	*15.4	53.8	193.1	208.5	246.9	262.3
	13 to 14	*26.5	63.9	152.3	178.7	216.1	242.6
	TOTAL	84.3	313.2	847.7	931.9	1,160.8	1,245.1
Persons	5 to 7	30.0	185.0	518.8	548.8	703.8	733.8
	8 to 10	35.8	181.9	578.2	613.9	760.0	795.8
	11 to 12	33.1	105.3	391.4	424.5	496.8	529.9
	13 to 14	40.6	129.9	341.2	381.8	471.1	511.7
	TOTAL	139.5	602.1	1,829.6	1,969.1	2,431.6	2,571.1
Term participation rate (%) (b)							
Males	5 to 7	*3.0	20.9	67.5	70.5	88.4	91.4
	8 to 10	*2.6	19.9	74.1	76.7	94.0	96.6
	11 to 12	*6.2	18.1	69.6	75.9	87.7	94.0
	13 to 14	*4.9	22.8	65.4	70.3	88.2	93.1
	TOTAL	3.9	20.4	69.5	73.4	89.9	93.8
Females	5 to 7	*4.5	25.0	60.9	65.4	85.9	90.4
	8 to 10	*6.1	24.0	64.9	71.1	88.9	95.1
	11 to 12	*5.7	19.9	71.5	77.2	91.4	97.1
	13 to 14	*9.6	23.3	55.5	65.1	78.7	88.4
	TOTAL	6.3	23.3	63.1	69.4	86.5	92.7
Persons	5 to 7	3.7	22.9	64.3	68.0	87.2	90.9
	8 to 10	4.3	21.9	69.6	73.9	91.5	95.8
	11 to 12	6.0	19.0	70.6	76.5	89.5	95.5
	13 to 14	7.2	23.0	60.5	67.7	83.6	90.8
	TOTAL	5.1	21.8	66.4	71.4	88.2	93.3

(a) Relates to persons aged between 5 and 14 years who participated in physical activity for exercise, recreation and sport in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

(c) Participants' activities are fully organised

(d) Participants' activities are fully non-organised

(e) Participants' activities are part organised and part non-organised

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

Table 2: All child participants — term participation in any physical activity (organised and non-organised) by demographics, 2010 (a)

	MALES		FEMALES		PERSONS	
	Number ('000)	Term participation rate (b) (%)	Number ('000)	Term participation rate (%)	Number ('000)	Term participation rate (%)
AGE						
5 to 7	378.6	91.4	355.2	90.4	733.8	90.9
8 to 10	410.8	96.6	385.0	95.1	795.8	95.8
11 to 12	267.6	94.0	262.3	97.1	529.9	95.5
13 to 14	269.1	93.1	242.6	88.4	511.7	90.8
REGION						
Capital city	815.8	94.5	760.8	92.6	1,576.6	93.6
Rest of state	510.3	92.7	484.3	92.9	994.6	92.8
INDIGENOUS STATUS						
Non-Indigenous	1,294.6	93.7	1,217.8	92.7	2,512.5	93.3
Indigenous	29.4	99.2	*27.2	*92.9	56.7	96.0
Refused	**2.0	**72.8	**0.0	**0.0	**2.0	**72.8
LANGUAGE SPOKEN AT HOME						
English only	1,192.8	94.0	1,103.8	93.1	2,296.6	93.6
European language/s other than English	46.7	96.6	40.3	97.3	87.0	96.9
Non-European language/s	89.1	90.0	104.9	88.3	194.0	89.1
Total	1,326.1	93.8	1,245.1	92.7	2,571.1	93.3

(a) Relates to persons aged between 5 and 14 years who participated in physical activity for exercise, recreation and sport in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

Table 3: All child participants — term participation in any physical activity (including active transport) by states and territories, age and sex, 2010 (a)

		NSW	VIC	QLD	SA	WA	TAS	NT	ACT	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	5 to 7	120.6	94.9	75.6	28.1	39.9	8.3	5.1	6.1	378.6
	8 to 10	131.9	96.1	87.0	29.4	45.1	9.7	5.5	6.1	410.8
	11 to 12	86.0	64.5	58.9	19.8	24.4	6.5	3.6	3.9	267.6
	13 to 14	79.6	66.4	58.9	20.0	30.9	5.9	3.3	4.1	269.1
	TOTAL	418.1	321.9	280.3	97.3	140.2	30.4	17.5	20.3	1,326.1
Females	5 to 7	110.1	87.7	74.1	24.2	39.9	8.6	4.8	5.8	355.2
	8 to 10	117.4	94.8	82.5	28.6	42.5	8.3	5.0	5.9	385.0
	11 to 12	87.0	61.0	55.2	18.5	27.8	5.7	3.1	3.9	262.3
	13 to 14	72.5	60.7	53.2	17.9	25.3	6.1	2.9	4.0	242.6
	TOTAL	387.1	304.3	264.9	89.1	135.5	28.8	15.8	19.6	1,245.1
Persons	5 to 7	230.7	182.6	149.8	52.3	79.7	16.9	10.0	11.9	733.8
	8 to 10	249.4	190.9	169.4	58.0	87.6	18.1	10.4	12.0	795.8
	11 to 12	173.0	125.5	114.0	38.2	52.2	12.2	6.7	7.9	529.9
	13 to 14	152.1	127.2	112.0	37.9	56.2	12.0	6.2	8.1	511.7
	TOTAL	805.2	626.2	545.3	186.4	275.7	59.2	33.3	39.9	2,571.1
		Term participation rate (%) (b)								
Males	5 to 7	90.3	94.7	87.0	97.2	92.2	87.2	95.6	94.1	91.4
	8 to 10	96.0	94.9	95.8	100.0	100.0	98.2	100.0	100.0	96.6
	11 to 12	94.4	93.7	97.7	100.0	80.7	96.8	100.0	92.8	94.0
	13 to 14	87.1	95.5	96.7	92.4	100.0	85.0	94.6	97.4	93.1
	TOTAL	92.2	94.7	93.8	97.6	93.8	92.0	97.6	96.2	93.8
Females	5 to 7	86.8	91.4	89.6	89.5	98.7	98.0	96.1	94.1	90.4
	8 to 10	90.3	97.9	95.6	100.0	100.0	88.8	96.7	95.6	95.1
	11 to 12	100.0	95.5	95.4	95.4	97.6	91.6	100.0	96.8	97.1
	13 to 14	82.3	91.9	91.0	89.6	89.7	92.7	93.7	97.4	88.4
	TOTAL	89.6	94.3	92.9	93.9	97.0	92.8	96.6	95.7	92.7
Persons	5 to 7	88.6	93.1	88.2	93.5	95.3	92.4	95.8	94.1	90.9
	8 to 10	93.2	96.4	95.7	100.0	100.0	93.6	98.4	97.8	95.8
	11 to 12	97.2	94.5	96.6	97.7	88.9	94.3	100.0	94.8	95.5
	13 to 14	84.7	93.7	93.9	91.1	95.1	88.8	94.2	97.4	90.8
	TOTAL	90.9	94.5	93.4	95.8	95.4	92.4	97.1	96.0	93.3

(a) Relates to persons aged between 5 and 14 years who participated in physical activity for exercise, recreation and sport in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

Table 4: All children — participation in any physical activity for exercise, recreation and sport by frequency, age and sex, 2010 (a)

		Nil or less than weekly	1 to 2 times per week	3 to 4 times per week	5 to 6 times per week	7 or more times per week	Don't know	Total
Sex	Age group (years)	Number ('000)						
Males	5 to 7	37.1	28.7	36.4	44.8	267.3	**0.0	414.2
	8 to 10	*16.3	*26.7	35.1	44.0	303.3	**0.0	425.4
	11 to 12	*18.9	*17.9	29.7	*22.3	196.0	**0.0	284.8
	13 to 14	*21.1	*17.5	38.3	37.6	173.2	**1.3	289.0
	TOTAL	93.4	90.8	139.5	148.6	939.8	**1.3	1,413.4
Females	5 to 7	46.7	28.3	47.5	52.5	218.0	**0.0	393.0
	8 to 10	*23.2	35.2	52.9	45.1	248.5	**0.0	405.0
	11 to 12	*8.5	*24.7	*27.5	35.4	174.0	**0.0	270.1
	13 to 14	36.8	*27.0	41.4	47.5	121.8	**0.0	274.6
	TOTAL	115.3	115.2	169.3	180.5	762.3	**0.0	1,342.6
Persons	5 to 7	83.9	57.0	83.9	97.3	485.3	**0.0	807.2
	8 to 10	39.5	62.0	88.1	89.1	551.8	**0.0	830.4
	11 to 12	*27.4	42.5	57.2	57.7	370.0	**0.0	554.8
	13 to 14	57.9	44.5	79.7	85.0	295.1	**1.3	563.6
	TOTAL	208.6	206.0	308.8	329.1	1,702.2	**1.3	2,756.0
		Percentage of row (%)						
Males	5 to 7	9.0	6.9	8.8	10.8	64.5	**0.0	100.0
	8 to 10	*3.8	*6.3	8.3	10.3	71.3	**0.0	100.0
	11 to 12	*6.6	*6.3	10.4	*7.8	68.8	**0.0	100.0
	13 to 14	*7.3	*6.1	13.3	13.0	59.9	**0.5	100.0
	TOTAL	6.6	6.4	9.9	10.5	66.5	**0.1	100.0
Females	5 to 7	11.9	7.2	12.1	13.4	55.5	**0.0	100.0
	8 to 10	*5.7	8.7	13.1	11.1	61.4	**0.0	100.0
	11 to 12	*3.1	*9.1	*10.2	13.1	64.4	**0.0	100.0
	13 to 14	13.4	*9.8	15.1	17.3	44.4	**0.0	100.0
	TOTAL	8.6	8.6	12.6	13.4	56.8	**0.0	100.0
Persons	5 to 7	10.4	7.1	10.4	12.0	60.1	**0.0	100.0
	8 to 10	4.8	7.5	10.6	10.7	66.4	**0.0	100.0
	11 to 12	*4.9	7.7	10.3	10.4	66.7	**0.0	100.0
	13 to 14	10.3	7.9	14.1	15.1	52.4	**0.2	100.0
	TOTAL	7.6	7.5	11.2	11.9	61.8	**0.0	100.0

(a) Relates to all persons aged between 5 and 14 years

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

Table 5: All child participants — participation in any physical activity (including active transport) by cumulative frequency, age and sex, 2010 (a)

Sex	Age group (years)	Number ('000)					Total
		Less than weekly	One or more times per week	Two or more times per week	Three or more times per week	Five or more times per week	
Males	5 to 7	**1.5	377.1	369.1	348.4	312.0	378.6
	8 to 10	**1.6	409.2	400.2	382.5	347.3	410.8
	11 to 12	**1.7	265.9	260.4	248.0	218.3	267.6
	13 to 14	**1.2	266.6	259.6	249.1	210.8	269.1
	TOTAL	**6.0	1,318.7	1,289.4	1,227.9	1,088.4	1,326.1
Females	5 to 7	*8.9	346.3	338.3	318.0	270.5	355.2
	8 to 10	**3.2	381.7	369.6	346.5	293.6	385.0
	11 to 12	**0.7	261.6	253.4	236.9	209.5	262.3
	13 to 14	**4.9	237.7	229.8	210.7	169.3	242.6
	TOTAL	*17.7	1,227.4	1,191.1	1,112.2	942.8	1,245.1
Persons	5 to 7	*10.4	723.4	707.4	666.4	582.5	733.8
	8 to 10	**4.9	790.9	769.8	729.0	640.9	795.8
	11 to 12	**2.4	527.4	513.7	484.9	427.7	529.9
	13 to 14	**6.0	504.3	489.5	459.8	380.1	511.7
	TOTAL	*23.7	2,546.1	2,480.5	2,340.1	2,031.3	2,571.1

Term participation rate (%) (b)

Males	5 to 7	**0.4	91.0	89.1	84.1	75.3	91.4
	8 to 10	**0.4	96.2	94.1	89.9	81.6	96.6
	11 to 12	**0.6	93.4	91.4	87.1	76.7	94.0
	13 to 14	**0.4	92.2	89.8	86.2	72.9	93.1
	TOTAL	**0.4	93.3	91.2	86.9	77.0	93.8
Females	5 to 7	*2.3	88.1	86.1	80.9	68.8	90.4
	8 to 10	**0.8	94.3	91.3	85.6	72.5	95.1
	11 to 12	**0.3	96.9	93.8	87.7	77.6	97.1
	13 to 14	**1.8	86.6	83.7	76.7	61.7	88.4
	TOTAL	*1.3	91.4	88.7	82.8	70.2	92.7
Persons	5 to 7	*1.3	89.6	87.6	82.6	72.2	90.9
	8 to 10	**0.6	95.2	92.7	87.8	77.2	95.8
	11 to 12	**0.4	95.1	92.6	87.4	77.1	95.5
	13 to 14	**1.1	89.5	86.8	81.6	67.4	90.8
	TOTAL	*0.9	92.4	90.0	84.9	73.7	93.3

(a) Relates to persons aged between 5 and 14 years who participated in physical activity for exercise, recreation and sport in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

Table 6: All child participants — daily participation in any physical activity (organised and non-organised) by demographics, 2010 (a)

	MALES		FEMALES		PERSONS	
	Number ('000)	Daily participation rate (b) (%)	Number ('000)	Daily participation rate (%)	Number ('000)	Daily participation rate (%)
AGE						
5 to 7	267.3	64.5	218.0	55.5	485.3	60.1
8 to 10	303.3	71.3	248.5	61.4	551.8	66.4
11 to 12	196.0	68.8	174.0	64.4	370.0	66.7
13 to 14	173.2	59.9	121.8	44.4	295.1	52.4
REGION						
Capital city	549.2	63.6	465.1	56.6	1,014.3	60.2
Rest of state	390.7	70.9	297.2	57.0	687.9	64.2
INDIGENOUS STATUS						
Non-Indigenous	916.5	66.4	748.9	57.0	1,665.4	61.8
Indigenous	*21.3	*71.9	*13.4	*45.8	34.8	58.9
Refused	**2.0	**72.8	**0.0	**0.0	**2.0	**72.8
LANGUAGE SPOKEN AT HOME						
English only	860.9	67.9	689.1	58.1	1,550.0	63.1
European language/s other than English	35.3	73.0	*24.2	*58.5	59.5	66.3
Non-European language/s	45.4	45.9	50.0	42.1	95.5	43.8
Total	939.8	66.5	762.3	56.8	1,702.2	61.8

(a) Relates to persons aged between 5 and 14 years who participated in physical activity for exercise, recreation and sport in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

Table 7: All child participants — daily participation in any physical activity (including active transport) by states and territories, age and sex, 2010 (a)

		NSW	VIC	QLD	SA	WA	TAS	NT	ACT	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	5 to 7	86.4	64.9	47.7	21.9	33.9	5.7	3.4	3.4	267.3
	8 to 10	98.3	66.2	66.8	19.9	35.4	7.3	4.7	4.7	303.3
	11 to 12	63.0	51.8	42.4	12.9	16.1	4.8	2.5	2.5	196.0
	13 to 14	52.6	42.7	39.7	*10.5	19.4	*4.2	2.2	*1.8	173.2
	TOTAL	300.4	225.6	196.6	65.2	104.8	22.0	12.9	12.4	939.8
Females	5 to 7	67.8	57.7	36.6	14.4	29.4	5.1	3.1	4.1	218.0
	8 to 10	71.5	56.2	63.0	16.6	28.6	5.3	3.7	3.5	248.5
	11 to 12	61.3	36.8	38.6	*9.7	20.1	*3.5	2.5	*1.4	174.0
	13 to 14	*37.5	32.0	*22.0	*11.7	*12.9	*2.5	*1.7	*1.6	121.8
	TOTAL	238.1	182.8	160.1	52.4	91.0	16.3	11.0	10.6	762.3
Persons	5 to 7	154.2	122.5	84.3	36.3	63.3	10.7	6.5	7.4	485.3
	8 to 10	169.9	122.5	129.8	36.5	64.0	12.6	8.5	8.2	551.8
	11 to 12	124.3	88.6	81.0	22.6	36.2	8.3	5.0	3.9	370.0
	13 to 14	90.1	74.7	61.7	22.2	32.3	6.7	4.0	3.4	295.1
	TOTAL	538.5	408.4	356.8	117.6	195.7	38.3	23.9	23.0	1,702.2
Daily participation rate (%) (b)										
Males	5 to 7	64.7	64.7	54.8	76.0	78.4	59.6	63.9	51.8	64.5
	8 to 10	71.5	65.4	73.7	67.6	78.4	73.7	86.4	76.1	71.3
	11 to 12	69.2	75.2	70.4	65.2	53.2	71.7	69.7	58.9	68.8
	13 to 14	57.6	61.4	65.2	*48.4	63.0	*60.2	64.0	*43.5	59.9
	TOTAL	66.2	66.4	65.8	65.4	70.1	66.4	71.9	58.7	66.5
Females	5 to 7	53.4	60.1	44.2	53.1	72.7	57.5	61.3	66.8	55.5
	8 to 10	55.0	58.0	73.0	58.0	67.4	56.0	73.1	57.1	61.4
	11 to 12	70.4	57.7	66.7	*50.2	70.5	*56.8	80.0	*35.5	64.4
	13 to 14	*42.5	48.5	*37.7	*58.7	*45.6	*37.3	*56.0	*38.6	44.4
	TOTAL	55.1	56.6	56.1	55.2	65.2	52.6	67.6	52.0	56.8
Persons	5 to 7	59.2	62.5	49.6	64.9	75.7	58.6	62.7	59.1	60.1
	8 to 10	63.5	61.8	73.3	62.9	73.1	65.1	79.9	66.6	66.4
	11 to 12	69.8	66.8	68.6	57.8	61.6	64.5	74.5	47.4	66.7
	13 to 14	50.2	55.1	51.7	53.3	54.7	49.1	60.3	41.1	52.4
	TOTAL	60.8	61.6	61.1	60.4	67.7	59.7	69.9	55.4	61.8

(a) Relates to persons aged between 5 and 14 years who participated in physical activity for exercise, recreation and sport in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

8.2 Participation in organised physical activity

Table 8: Organised child participants — term participation in organised physical activity by demographics, 2010 (a)

	MALES		FEMALES		PERSONS	
	Number (‘000)	Term participation rate (b) (%)	Number (‘000)	Term participation rate (%)	Number (‘000)	Term participation rate (%)
AGE						
5 to 7	291.9	70.5	256.9	65.4	548.8	68.0
8 to 10	326.2	76.7	287.8	71.1	613.9	73.9
11 to 12	216.0	75.9	208.5	77.2	424.5	76.5
13 to 14	203.1	70.3	178.7	65.1	381.8	67.7
REGION						
Capital city	644.4	74.7	572.3	69.7	1,216.7	72.2
Rest of state	392.8	71.3	359.6	69.0	752.4	70.2
INDIGENOUS STATUS						
Non-Indigenous	1,018.4	73.7	914.8	69.7	1,933.2	71.8
Indigenous	*18.8	*63.4	*17.1	*58.3	35.9	60.9
LANGUAGE SPOKEN AT HOME						
English only	944.1	74.4	845.3	71.3	1,789.4	72.9
European language/s other than English	35.3	73.0	32.1	77.5	67.4	75.1
Non-European language/s	59.2	59.8	58.0	48.8	117.2	53.8
Total	1,037.2	73.4	931.9	69.4	1,969.1	71.4

(a) Relates to persons aged between 5 and 14 years who participated in organised physical activity for exercise, recreation and sport in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

Table 9: All children — participation in organised physical activity by frequency, age and sex, 2010 (a)

		Nil or less than weekly	1 to 2 times per week	3 to 4 times per week	5 to 6 times per week	7 or more times per week	Don't know	Total
Sex	Age group (years)	Number ('000)						
Males	5 to 7	127.2	181.4	68.3	*12.6	*24.8	**0.0	414.2
	8 to 10	100.4	147.9	109.5	48.3	*19.2	**0.1	425.4
	11 to 14	155.4	168.0	152.9	61.1	36.3	**0.2	573.8
	TOTAL	383.0	497.2	330.7	121.9	80.3	**0.3	1,413.4
Females	5 to 7	136.3	172.5	59.9	**6.6	*17.7	**0.0	393.0
	8 to 10	117.3	151.7	98.3	*21.2	*16.5	**0.0	405.0
	11 to 14	158.8	181.7	99.9	50.9	53.0	**0.4	544.6
	TOTAL	412.4	505.9	258.1	78.7	87.2	**0.4	1,342.6
Persons	5 to 7	263.5	353.9	128.2	*19.2	42.4	**0.0	807.2
	8 to 10	217.7	299.5	207.8	69.5	35.8	**0.1	830.4
	11 to 14	314.2	349.7	252.8	112.0	89.2	**0.5	1,118.4
	TOTAL	795.4	1,003.1	588.8	200.6	167.4	**0.6	2,756.0
		Percentage of row (%)						
Males	5 to 7	30.7	43.8	16.5	*3.0	*6.0	**0.0	100.0
	8 to 10	23.6	34.8	25.7	11.3	*4.5	**0.0	100.0
	11 to 14	27.1	29.3	26.6	10.6	6.3	**0.0	100.0
	TOTAL	27.1	35.2	23.4	8.6	5.7	**0.0	100.0
Females	5 to 7	34.7	43.9	15.2	**1.7	*4.5	**0.0	100.0
	8 to 10	29.0	37.4	24.3	*5.2	*4.1	**0.0	100.0
	11 to 14	29.2	33.4	18.3	9.3	9.7	**0.1	100.0
	TOTAL	30.7	37.7	19.2	5.9	6.5	**0.0	100.0
Persons	5 to 7	32.6	43.8	15.9	*2.4	5.3	**0.0	100.0
	8 to 10	26.2	36.1	25.0	8.4	4.3	**0.0	100.0
	11 to 14	28.1	31.3	22.6	10.0	8.0	**0.0	100.0
	TOTAL	28.9	36.4	21.4	7.3	6.1	**0.0	100.0

(a) Relates to all persons aged between 5 and 14 years

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

Table 10: Organised child participants — participation in organised physical activity by cumulative frequency, age and sex, 2010 (a)

Sex	Age group (years)	Less than weekly	One or more times per week	Two or more times per week	Three or more times per week	Five or more times per week	Don't know	Term participation
		Number ('000)						
Males	5 to 7	**4.9	287.0	200.3	105.6	37.3	**0.0	291.9
	8 to 10	**1.2	324.9	270.0	177.0	67.5	**0.1	326.2
	11 to 14	**0.7	418.2	357.5	250.2	97.3	**0.2	419.1
	TOTAL	**6.8	1,030.1	827.8	532.9	202.2	**0.3	1,037.2
Females	5 to 7	**0.2	256.7	161.1	84.2	*24.3	**0.0	256.9
	8 to 10	**0.1	287.6	217.8	136.0	37.7	**0.0	287.8
	11 to 14	**1.4	385.5	314.4	203.8	103.8	**0.4	387.2
	TOTAL	**1.7	929.9	693.4	424.0	165.9	**0.4	931.9
Persons	5 to 7	**5.1	543.7	361.4	189.8	61.6	**0.0	548.8
	8 to 10	**1.3	612.5	487.9	313.0	105.2	**0.1	613.9
	11 to 14	**2.1	803.7	671.9	454.0	201.2	**0.5	806.3
	TOTAL	*8.4	1,960.0	1,521.2	956.9	368.0	**0.6	1,969.1
Term participation rate (%) (b)								
Males	5 to 7	**1.2	69.3	48.4	25.5	9.0	**0.0	70.5
	8 to 10	**0.3	76.4	63.5	41.6	15.9	**0.0	76.7
	11 to 14	**0.1	72.9	62.3	43.6	17.0	**0.0	73.0
	TOTAL	**0.5	72.9	58.6	37.7	14.3	**0.0	73.4
Females	5 to 7	**0.0	65.3	41.0	21.4	*6.2	**0.0	65.4
	8 to 10	**0.0	71.0	53.8	33.6	9.3	**0.0	71.1
	11 to 14	**0.3	70.8	57.7	37.4	19.1	**0.1	71.1
	TOTAL	**0.1	69.3	51.6	31.6	12.4	**0.0	69.4
Persons	5 to 7	**0.6	67.4	44.8	23.5	7.6	**0.0	68.0
	8 to 10	**0.2	73.8	58.8	37.7	12.7	**0.0	73.9
	11 to 14	**0.2	71.9	60.1	40.6	18.0	**0.0	72.1
	TOTAL	*0.3	71.1	55.2	34.7	13.4	**0.0	71.4

(a) Relates to persons aged between 5 and 14 years who participated in organised physical activity for exercise, recreation and sport in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

Table 11: Organised child participants — term participation in organised physical activity by states and territories, age and sex, 2010 (a)

		NSW	VIC	QLD	SA	WA	TAS	NT	ACT	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	5 to 7	103.9	71.4	50.0	22.4	30.4	6.0	3.8	4.0	291.9
	8 to 10	102.4	78.9	76.8	18.6	31.7	8.6	4.2	5.0	326.2
	11 to 14	137.3	105.6	82.3	33.1	38.6	10.5	5.3	6.4	419.1
	TOTAL	343.6	256.0	209.1	74.0	100.6	25.1	13.3	15.5	1,037.2
Females	5 to 7	87.6	62.1	42.2	18.6	33.0	5.2	3.5	4.7	256.9
	8 to 10	88.1	72.5	58.0	22.3	31.8	6.8	3.8	4.5	287.8
	11 to 14	118.8	97.2	78.0	30.6	42.6	9.7	4.4	5.9	387.2
	TOTAL	294.4	231.8	178.2	71.6	107.3	21.7	11.7	15.1	931.9
Persons	5 to 7	191.5	133.6	92.2	41.0	63.3	11.2	7.3	8.7	548.8
	8 to 10	190.5	151.4	134.8	41.0	63.4	15.4	7.9	9.5	613.9
	11 to 14	256.1	202.8	160.4	63.6	81.1	20.2	9.8	12.4	806.3
	TOTAL	638.0	487.8	387.3	145.6	207.9	46.8	25.0	30.6	1,969.1
		Term participation rate (%) (b)								
Males	5 to 7	77.8	71.3	57.5	77.5	70.3	63.3	71.1	61.7	70.5
	8 to 10	74.5	78.0	84.6	63.3	70.2	86.4	76.3	82.0	76.7
	11 to 14	75.2	76.3	68.0	79.8	63.2	76.9	74.8	76.1	73.0
	TOTAL	75.8	75.3	70.0	74.3	67.4	75.8	74.1	73.4	73.4
Females	5 to 7	69.0	64.8	51.0	69.0	81.6	58.7	70.4	77.0	65.4
	8 to 10	67.7	74.8	67.2	78.2	74.8	72.6	73.8	73.2	71.1
	11 to 14	67.8	74.8	67.1	77.7	75.0	75.8	71.8	72.3	71.1
	TOTAL	68.1	71.8	62.5	75.3	76.8	70.0	72.0	74.0	69.4
Persons	5 to 7	73.5	68.1	54.3	73.4	75.7	61.1	70.8	69.2	68.0
	8 to 10	71.2	76.4	76.1	70.6	72.4	79.7	75.1	77.6	73.9
	11 to 14	71.6	75.6	67.6	78.7	68.9	76.4	73.4	74.2	72.1
	TOTAL	72.0	73.6	66.3	74.8	71.9	73.0	73.1	73.7	71.4

(a) Relates to persons aged between 5 and 14 years who participated in organised physical activity for exercise, recreation and sport in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

Table 12: Organised child participants — term participation in organised activities by type or organisation, age and sex, 2010 (a)

Sex	Age group (years)	Fitness, leisure or indoor sports centre	Sport club	School	After-school care	Other type of organisation	Don't know	Total organised participation
		Number ('000)						
Males	5 to 7	95.2	207.3	37.7	*11.4	82.3	**4.8	291.9
	8 to 10	86.3	267.4	50.6	*14.7	78.1	*7.9	326.2
	11 to 12	34.6	169.7	58.4	*16.8	42.8	**2.6	216.0
	13 to 14	36.8	155.3	54.7	**5.2	*26.4	**0.6	203.1
	TOTAL	252.9	799.7	201.4	48.1	229.5	*15.9	1,037.2
Females	5 to 7	99.6	117.1	45.2	*10.9	127.6	**3.7	256.9
	8 to 10	107.0	181.3	72.0	*12.8	116.9	**4.4	287.8
	11 to 12	48.8	137.2	47.5	*7.7	74.7	**0.0	208.5
	13 to 14	35.2	118.2	41.8	**4.8	61.8	**0.7	178.7
	TOTAL	290.6	553.8	206.5	36.2	380.9	*8.8	931.9
Persons	5 to 7	194.8	324.4	82.9	*22.2	209.8	*8.5	548.8
	8 to 10	193.4	448.7	122.5	*27.5	195.0	*12.3	613.9
	11 to 12	83.4	306.9	105.9	*24.6	117.5	**2.6	424.5
	13 to 14	72.0	273.6	96.6	*10.0	88.1	**1.3	381.8
	TOTAL	543.5	1,353.5	407.9	84.3	610.5	*24.7	1,969.1
Term participation rate (%) (b)								
Males	5 to 7	23.0	50.0	9.1	*2.7	19.9	**1.2	70.5
	8 to 10	20.3	62.9	11.9	*3.5	18.4	*1.9	76.7
	11 to 12	12.2	59.6	20.5	*5.9	15.0	**0.9	75.9
	13 to 14	12.7	53.7	18.9	**1.8	*9.1	**0.2	70.3
	TOTAL	17.9	56.6	14.2	3.4	16.2	*1.1	73.4
Females	5 to 7	25.3	29.8	11.5	*2.8	32.5	**0.9	65.4
	8 to 10	26.4	44.8	17.8	*3.2	28.9	**1.1	71.1
	11 to 12	18.1	50.8	17.6	*2.9	27.7	**0.0	77.2
	13 to 14	12.8	43.1	15.2	**1.7	22.5	**0.2	65.1
	TOTAL	21.6	41.3	15.4	2.7	28.4	*0.7	69.4
Persons	5 to 7	24.1	40.2	10.3	*2.8	26.0	*1.0	68.0
	8 to 10	23.3	54.0	14.8	*3.3	23.5	*1.5	73.9
	11 to 12	15.0	55.3	19.1	*4.4	21.2	**0.5	76.5
	13 to 14	12.8	48.5	17.1	*1.8	15.6	**0.2	67.7
	TOTAL	19.7	49.1	14.8	3.1	22.2	*0.9	71.4

(a) Relates to persons aged between 5 and 14 years who participated in organised physical activity for exercise, recreation and sport in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

Table 13: Fitness and leisure child participants — term participation in physical activities organised by fitness, leisure and indoor sports centres by states and territories, age and sex, 2010 (a)

		NSW	VIC	QLD	SA	WA	TAS	NT	ACT	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	5 to 7	*27.4	36.1	*10.5	*4.9	*12.0	*1.4	*1.1	*1.7	95.2
	8 to 10	*28.1	20.9	*11.8	*4.8	15.7	*3.1	*0.5	*1.4	86.3
	11 to 12	**5.1	*10.6	*12.3	*3.6	**1.0	**0.6	*0.5	*0.9	34.6
	13 to 14	*11.9	*11.0	**6.8	**2.8	**3.3	**0.6	**0.0	**0.4	36.8
	TOTAL	72.5	78.7	41.3	16.0	32.0	5.7	2.2	4.5	252.9
Females	5 to 7	*23.4	29.7	*19.8	*5.9	*14.4	*3.6	*0.7	*2.2	99.6
	8 to 10	*38.6	28.3	*20.0	*5.6	*10.0	*2.0	*1.0	*1.5	107.0
	11 to 12	*20.4	*11.3	*8.6	**2.5	*4.5	**0.5	**0.3	*0.5	48.8
	13 to 14	*13.8	*9.0	**4.5	**2.7	**2.7	*1.3	**0.3	*0.8	35.2
	TOTAL	96.3	78.3	53.0	16.7	31.6	7.4	2.3	5.0	290.6
Persons	5 to 7	50.9	65.8	*30.2	*10.9	26.4	5.0	*1.8	3.8	194.8
	8 to 10	66.7	49.2	31.8	*10.4	25.7	5.1	*1.5	2.9	193.4
	11 to 12	*25.5	21.9	*20.9	*6.0	*5.5	**1.1	*0.9	*1.5	83.4
	13 to 14	*25.8	20.0	*11.4	*5.4	*6.0	*1.9	*0.3	*1.3	72.0
	TOTAL	168.8	156.9	94.3	32.7	63.6	13.1	4.5	9.5	543.5
Term participation rate (%) (b)										
Males	5 to 7	*20.5	36.1	*12.0	*17.1	*27.8	*15.1	*19.7	*25.7	23.0
	8 to 10	*20.4	20.7	*13.0	*16.3	34.8	*31.4	*10.1	*23.3	20.3
	11 to 12	**5.6	*15.4	*20.4	*18.0	**3.4	**8.6	*15.1	*22.3	12.2
	13 to 14	*13.0	*15.8	**11.2	**12.8	**10.6	**8.1	**0.0	**10.2	12.7
	TOTAL	16.0	23.1	13.8	16.1	21.4	17.2	12.0	21.2	17.9
Females	5 to 7	*18.5	30.9	*23.9	*22.0	*35.5	*40.5	*14.3	*35.2	25.3
	8 to 10	*29.7	29.2	*23.2	*19.6	*23.5	*20.9	*19.3	*24.5	26.4
	11 to 12	*23.5	*17.7	*14.9	**12.9	*15.8	**8.7	**10.8	*12.9	18.1
	13 to 14	*15.7	*13.6	**7.8	**13.3	**9.7	*20.3	**9.1	*20.5	12.8
	TOTAL	22.3	24.2	18.6	17.6	22.6	23.9	14.3	24.6	21.6
Persons	5 to 7	19.5	33.6	*17.8	*19.4	31.6	27.3	*17.1	30.3	24.1
	8 to 10	24.9	24.9	18.0	*17.9	29.3	26.3	*14.6	23.9	23.3
	11 to 12	*14.3	16.5	*17.7	*15.4	*9.4	**8.7	*13.1	*17.7	15.0
	13 to 14	*14.3	14.7	*9.5	*13.0	*10.2	*14.0	**4.3	*15.3	12.8
	TOTAL	19.1	23.7	16.1	16.8	22.0	20.4	13.1	22.9	19.7

(a) Relates to persons aged between 5 and 14 years who participated in physical activity for exercise, recreation and sport in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

Table 14: Club-based child participants — term participation in physical activities organised by sport or recreation clubs or associations by states and territories, age and sex, 2010 (a)

		NSW	VIC	QLD	SA	WA	TAS	NT	ACT	AUSTRALIA
Sex	Age group (years)	Number ('000)								
Males	5 to 7	83.0	47.6	32.3	14.6	20.2	*4.3	2.5	2.8	207.3
	8 to 10	83.1	68.3	60.4	14.8	25.9	7.5	3.9	3.3	267.4
	11 to 12	47.1	47.5	38.1	*10.6	17.9	*4.0	2.3	2.3	169.7
	13 to 14	48.0	48.2	*24.9	*11.1	16.4	*3.5	*1.6	*1.7	155.3
	TOTAL	261.2	211.6	155.6	51.0	80.5	19.3	10.3	10.1	799.7
Females	5 to 7	42.6	25.6	*27.5	**3.1	*12.7	*1.8	*1.3	2.5	117.1
	8 to 10	59.5	46.9	40.1	*11.4	*15.4	*3.4	2.1	2.4	181.3
	11 to 12	*39.8	37.8	*28.6	*8.8	17.0	*2.5	*1.1	*1.6	137.2
	13 to 14	*23.0	35.8	*27.6	13.4	*11.2	*3.7	*1.3	2.2	118.2
	TOTAL	164.8	146.1	123.8	36.8	56.3	11.4	5.9	8.8	553.8
Persons	5 to 7	125.6	73.2	59.8	17.7	32.9	6.0	3.9	5.3	324.4
	8 to 10	142.6	115.3	100.5	26.2	41.4	10.9	6.0	5.8	448.7
	11 to 12	86.9	85.3	66.7	19.4	34.9	6.5	3.4	3.9	306.9
	13 to 14	71.0	83.9	52.4	24.5	27.6	7.3	2.9	3.9	273.6
	TOTAL	426.1	357.7	279.4	87.8	136.8	30.7	16.2	18.8	1,353.5
Term participation rate (%) (b)										
Males	5 to 7	62.1	47.5	37.1	50.5	46.8	*44.9	47.1	42.7	50.0
	8 to 10	60.5	67.5	66.6	50.5	57.5	75.9	72.1	54.2	62.9
	11 to 12	51.8	69.0	63.2	*53.4	59.1	*59.7	63.0	53.6	59.6
	13 to 14	52.5	69.2	*40.9	*51.1	53.2	*50.6	*44.8	*40.9	53.7
	TOTAL	57.6	62.3	52.1	51.2	53.9	58.4	57.4	47.9	56.6
Females	5 to 7	33.6	26.7	*33.3	**11.5	*31.4	*20.1	*26.4	41.1	29.8
	8 to 10	45.7	48.4	46.5	*39.9	*36.3	*36.2	41.1	39.7	44.8
	11 to 12	*45.7	59.2	*49.4	*45.6	59.7	*40.5	*34.6	*38.7	50.8
	13 to 14	*26.1	54.1	*47.2	67.1	*39.7	*56.6	*44.0	53.9	43.1
	TOTAL	38.1	45.3	43.4	38.7	40.3	36.8	35.9	42.8	41.3
Persons	5 to 7	48.2	37.3	35.2	31.6	39.4	33.0	37.1	41.9	40.2
	8 to 10	53.3	58.2	56.8	45.3	47.2	56.6	57.1	46.9	54.0
	11 to 12	48.8	64.3	56.4	49.5	59.4	50.5	49.9	46.3	55.3
	13 to 14	39.6	61.8	44.0	58.8	46.7	53.5	44.4	47.3	48.5
	TOTAL	48.1	54.0	47.8	45.1	47.3	48.0	47.2	45.4	49.1

(a) Relates to persons aged between 5 and 14 years who participated in physical activity for exercise, recreation and sport through a sporting club, in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

8.3 Participation in specific physical activities

Table 15: All child participants — term participation in specific activities by type of activity, 2010 (a)

Activity	Number ('000)			Term participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Active play	*20.5	668.3	680.0	*0.7	24.2	24.7
Aerobics/fitness	30.9	56.4	80.6	1.1	2.0	2.9
Archery/bowhunting	**0.2	**1.1	**1.2	**0.0	**0.0	**0.0
Athletics/track and field	*26.5	*10.2	36.7	*1.0	*0.4	1.3
Australian rules football	185.3	67.4	238.9	6.7	2.4	8.7
Badminton	**5.5	*17.1	*22.6	**0.2	*0.6	*0.8
Baseball	*8.7	**3.5	*12.1	*0.3	**0.1	*0.4
Basketball	209.2	81.4	267.9	7.6	3.0	9.7
Billiards/snooker/pool	**0.0	**0.9	**0.9	**0.0	**0.0	**0.0
Boxing	**5.6	*13.9	*19.4	**0.2	*0.5	*0.7
Bush walking	*9.2	109.5	118.7	*0.3	4.0	4.3
Canoeing/kayaking	**1.8	*14.6	*16.4	**0.1	*0.5	*0.6
Cricket (indoor)	*8.9	*8.2	*17.1	*0.3	*0.3	*0.6
Cricket (outdoor)	142.6	104.2	230.3	5.2	3.8	8.4
Cycling	30.8	1,306.5	1,325.3	1.1	47.4	48.1
Dancing	314.9	64.7	376.4	11.4	2.3	13.7
Dog racing	**0.0	**0.1	**0.1	**0.0	**0.0	**0.0
Fencing	**1.3	**0.4	**1.6	**0.0	**0.0	**0.1
Fishing	**0.4	33.2	33.2	**0.0	1.2	1.2
Football (indoor)	73.5	*8.3	81.8	2.7	*0.3	3.0
Football (outdoor)	314.8	175.5	455.8	11.4	6.4	16.5
Golf	*11.0	*26.4	37.4	*0.4	*1.0	1.4
Gridiron	**0.0	**0.8	**0.8	**0.0	**0.0	**0.0
Gymnastics	123.5	275.7	364.7	4.5	10.0	13.2
Handball	**0.0	*9.8	*9.8	**0.0	*0.4	*0.4
Hockey (indoor)	**4.4	**0.1	**4.6	**0.2	**0.0	**0.2
Hockey (outdoor)	51.3	**1.8	53.1	1.9	**0.1	1.9
Horse racing	**0.0	**0.2	**0.2	**0.0	**0.0	**0.0
Horseriding	40.5	36.7	72.7	1.5	1.3	2.6
Ice/snowsports	**3.9	*23.3	*27.1	**0.1	*0.8	*1.0
Lacrosse (outdoor)	**0.7	**0.0	**0.7	**0.0	**0.0	**0.0
Lawnbowls	**3.2	**0.0	**3.2	**0.1	**0.0	**0.1
Martial arts	169.7	*18.2	186.6	6.2	*0.7	6.8
Motorsports	*14.4	70.6	81.3	*0.5	2.6	3.0
Netball	204.9	*25.6	224.4	7.4	*0.9	8.1
Orienteering	*11.9	*9.7	*20.4	*0.4	*0.4	*0.7
Other activities	98.2	*22.6	116.8	3.6	*0.8	4.2
Putt-putt golf	**0.0	**0.1	**0.1	**0.0	**0.0	**0.0
Rock climbing	**3.2	**6.6	*9.8	**0.1	**0.2	*0.4
Rollersports	**0.5	173.6	173.6	**0.0	6.3	6.3
Rowing	*10.1	**0.4	*10.2	*0.4	**0.0	*0.4
Royal tennis	**0.6	**0.0	**0.6	**0.0	**0.0	**0.0
Rugby league	66.5	41.1	102.6	2.4	1.5	3.7
Rugby union	40.2	**7.1	44.5	1.5	**0.3	1.6
Running	*14.8	205.0	215.7	*0.5	7.4	7.8
Sailing	*11.3	**5.3	*16.0	*0.4	**0.2	*0.6
Scuba diving	**0.0	**1.3	**1.3	**0.0	**0.0	**0.0
Shooting sports	**0.7	**4.9	**5.6	**0.0	**0.2	**0.2
Softball	*18.6	**2.3	*20.9	*0.7	**0.1	*0.8
Squash/racquetball	**1.9	**2.9	**4.8	**0.1	**0.1	**0.2
Surf lifesaving	44.2	**0.0	44.2	1.6	**0.0	1.6
Surf sports	*8.5	35.5	42.8	*0.3	1.3	1.6

Table 15 (continued): All child participants — term participation in specific activities by type of activity, 2010 (a)

Activity	Number ('000)			Term participation rate (%) (b)		
	Organised	Non-organised	Total	Organised	Non-organised	Total
Swimming	517.7	601.2	1,040.9	18.8	21.8	37.8
Table tennis	**2.6	*10.2	*12.8	**0.1	*0.4	*0.5
Teeball	*12.8	**0.0	*12.8	*0.5	**0.0	*0.5
Tennis	205.9	97.1	292.4	7.5	3.5	10.6
Tenpin bowling	**6.1	**7.3	*13.3	**0.2	**0.3	*0.5
Touch football	60.5	*12.1	72.6	2.2	*0.4	2.6
Triathlon	**2.6	**0.0	**2.6	**0.1	**0.0	**0.1
Underwater hockey	**0.0	**1.6	**1.6	**0.0	**0.1	**0.1
Volleyball	*11.1	**5.6	*16.0	*0.4	**0.2	*0.6
Walking	**1.1	1,436.0	1,436.8	**0.0	52.1	52.1
Water volleyball	**0.0	**0.4	**0.4	**0.0	**0.0	**0.0
Water polo	**2.6	**0.0	**2.6	**0.1	**0.0	**0.1
Waterskiing	**0.8	*26.6	*27.4	**0.0	*1.0	*1.0
Weight training	**2.0	**3.0	**5.0	**0.1	**0.1	**0.2
Yoga	**1.6	**2.2	**3.8	**0.1	**0.1	**0.1

(a) Relates to persons aged between 5 and 14 years who participated in a specific physical activity for exercise, recreation and sport in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

Table 16: All child participants — term participation in specific activities (organised and non-organised) by sex, 2010 (a)

Activity	MALES		FEMALES		PERSONS	
	Number ('000)	Term participation rate (%)	Number ('000)	Term participation rate (%)	Number ('000)	Term participation rate (%)
Active play	393.3	27.8	286.7	21.4	680.0	24.7
Aerobics/fitness	*25.6	*1.8	55.0	4.1	80.6	2.9
Archery/bowhunting	**1.2	**0.1	**0.0	**0.0	**1.2	**0.0
Athletics/track and field	*20.8	*1.5	*15.9	*1.2	36.7	1.3
Australian rules football	226.3	16.0	*12.7	*0.9	238.9	8.7
Badminton	*10.4	*0.7	*12.2	*0.9	*22.6	*0.8
Baseball	*9.3	*0.7	**2.8	**0.2	*12.1	*0.4
Basketball	162.0	11.5	105.9	7.9	267.9	9.7
Billiards/snooker/pool	**0.9	**0.1	**0.0	**0.0	**0.9	**0.0
Boxing	*15.7	*1.1	**3.7	**0.3	*19.4	*0.7
Bush walking	60.1	4.3	58.6	4.4	118.7	4.3
Canoeing/kayaking	*11.5	*0.8	**5.0	**0.4	*16.4	*0.6
Cricket (indoor)	*16.2	*1.1	**0.9	**0.1	*17.1	*0.6
Cricket (outdoor)	208.4	14.7	*21.9	*1.6	230.3	8.4
Cycling	734.3	52.0	590.9	44.0	1,325.3	48.1
Dancing	*22.1	*1.6	354.4	26.4	376.4	13.7
Dog racing	**0.1	**0.0	**0.0	**0.0	**0.1	**0.0
Fencing	**1.6	**0.1	**0.0	**0.0	**1.6	**0.1
Fishing	*24.2	*1.7	*9.0	*0.7	33.2	1.2
Football (indoor)	63.9	4.5	*17.9	*1.3	81.8	3.0
Football (outdoor)	348.8	24.7	107.0	8.0	455.8	16.5
Golf	29.9	2.1	*7.6	*0.6	37.4	1.4
Gridiron	**0.8	**0.1	**0.0	**0.0	**0.8	**0.0
Gymnastics	158.9	11.2	205.8	15.3	364.7	13.2
Handball	*7.6	*0.5	**2.2	**0.2	*9.8	*0.4
Hockey (indoor)	**3.6	**0.3	**1.0	**0.1	**4.6	**0.2
Hockey (outdoor)	29.4	2.1	*23.7	*1.8	53.1	1.9
Horse racing	**0.0	**0.0	**0.2	**0.0	**0.2	**0.0
Horseriding	*12.3	*0.9	60.4	4.5	72.7	2.6
Ice/snowsports	*13.7	*1.0	*13.5	*1.0	*27.1	*1.0
Lacrosse (outdoor)	**0.0	**0.0	**0.7	**0.1	**0.7	**0.0
Lawn bowls	**0.1	**0.0	**3.1	**0.2	**3.2	**0.1
Martial arts	139.4	9.9	47.2	3.5	186.6	6.8
Motorsports	61.7	4.4	*19.6	*1.5	81.3	3.0
Netball	**3.8	**0.3	220.6	16.4	224.4	8.1
Orienteering	*9.7	*0.7	*10.6	*0.8	*20.4	*0.7
Other activities	58.8	4.2	57.9	4.3	116.8	4.2
Putt-putt golf	**0.1	**0.0	**0.0	**0.0	**0.1	**0.0
Rock climbing	**2.6	**0.2	**7.3	**0.5	*9.8	*0.4
Rollersports	118.5	8.4	55.1	4.1	173.6	6.3
Rowing	**1.9	**0.1	*8.3	*0.6	*10.2	*0.4
Royal tennis	**0.6	**0.0	**0.0	**0.0	**0.6	**0.0
Rugby league	96.9	6.9	**5.8	**0.4	102.6	3.7
Rugby union	43.5	3.1	**1.0	**0.1	44.5	1.6
Running	108.8	7.7	106.9	8.0	215.7	7.8
Sailing	*15.3	*1.1	**0.6	**0.0	*16.0	*0.6
Scuba diving	**0.0	**0.0	**1.3	**0.1	**1.3	**0.0
Shooting sports	**5.6	**0.4	**0.0	**0.0	**5.6	**0.2
Softball	*8.9	*0.6	*12.0	*0.9	*20.9	*0.8
Squash/racquetball	**4.2	**0.3	**0.7	**0.1	**4.8	**0.2
Surf lifesaving	*24.2	*1.7	*20.1	*1.5	44.2	1.6
Surf sports	*25.2	*1.8	*17.7	*1.3	42.8	1.6

Table 16 (continued): All child participants — term participation in specific activities by type of activity, 2010 (a)

Activity	MALES		FEMALES		PERSONS	
	Number ('000)	Term participation rate (%)	Number ('000)	Term participation rate (%)	Number ('000)	Term participation rate (%)
Swimming	497.7	35.2	543.3	40.5	1,040.9	37.8
Table tennis	*10.7	*0.8	**2.1	**0.2	*12.8	*0.5
Teeball	*10.9	*0.8	**1.9	**0.1	*12.8	*0.5
Tennis	165.7	11.7	126.7	9.4	292.4	10.6
Tenpin bowling	*7.9	*0.6	**5.4	**0.4	*13.3	*0.5
Touch football	49.3	3.5	*23.3	*1.7	72.6	2.6
Triathlon	**1.7	**0.1	**0.9	**0.1	**2.6	**0.1
Underwater hockey	**0.0	**0.0	**1.6	**0.1	**1.6	**0.1
Volleyball	**5.4	**0.4	*10.6	*0.8	*16.0	*0.6
Walking	687.7	48.7	749.2	55.8	1,436.8	52.1
Water volleyball	**0.4	**0.0	**0.0	**0.0	**0.4	**0.0
Water polo	**1.2	**0.1	**1.4	**0.1	**2.6	**0.1
Waterskiing	*20.2	*1.4	**7.2	**0.5	*27.4	*1.0
Weight training	**4.3	**0.3	**0.7	**0.1	**5.0	**0.2
Yoga	**2.5	**0.2	**1.3	**0.1	**3.8	**0.1

(a) Relates to persons aged between 5 and 14 years who participated in a specific physical activity for exercise, recreation and sport in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

Table 17: All child participants — term participation in specific activities (organised and non-organised) by age, 2010 (a)

Activity	Number ('000)				Term participation rate (%) (b)			
	5 to 7 years	8 to 10 years	11 to 14 years	Total	5 to 7 years	8 to 10 years	11 to 14 years	Total
Active play	283.6	224.5	171.8	680.0	35.1	27.0	15.4	24.7
Aerobics/fitness	*9.8	*20.8	50.0	80.6	*1.2	*2.5	4.5	2.9
Archery/bowhunting	**0.0	**0.2	**1.0	**1.2	**0.0	**0.0	**0.1	**0.0
Athletics/track and field	**4.5	*14.8	*17.4	36.7	**0.6	*1.8	*1.6	1.3
Australian rules football	70.3	75.3	93.4	238.9	8.7	9.1	8.3	8.7
Badminton	**2.7	**5.5	*14.4	*22.6	**0.3	**0.7	*1.3	*0.8
Baseball	**1.2	*9.7	**1.3	*12.1	**0.1	*1.2	**0.1	*0.4
Basketball	33.8	94.0	140.1	267.9	4.2	11.3	12.5	9.7
Billiards/snooker/pool	**0.1	**0.0	**0.7	**0.9	**0.0	**0.0	**0.1	**0.0
Boxing	**0.0	*8.7	*10.7	*19.4	**0.0	*1.1	*1.0	*0.7
Bush walking	*19.1	61.7	37.8	118.7	*2.4	7.4	3.4	4.3
Canoeing/kayaking	**0.6	**6.1	*9.7	*16.4	**0.1	**0.7	*0.9	*0.6
Cricket (indoor)	**0.2	**2.2	*14.7	*17.1	**0.0	**0.3	*1.3	*0.6
Cricket (outdoor)	55.3	80.9	94.1	230.3	6.9	9.7	8.4	8.4
Cycling	411.8	465.0	448.5	1,325.3	51.0	56.0	40.1	48.1
Dancing	152.3	107.0	117.2	376.4	18.9	12.9	10.5	13.7
Dog racing	**0.0	**0.1	**0.0	**0.1	**0.0	**0.0	**0.0	**0.0
Fencing	**0.6	**0.6	**0.4	**1.6	**0.1	**0.1	**0.0	**0.1
Fishing	**7.1	*8.3	*17.8	33.2	**0.9	*1.0	*1.6	1.2
Football (indoor)	*11.2	*23.2	47.3	81.8	*1.4	*2.8	4.2	3.0
Football (outdoor)	141.3	154.3	160.2	455.8	17.5	18.6	14.3	16.5
Golf	*16.0	**6.3	*15.2	37.4	*2.0	**0.8	*1.4	1.4
Gridiron	**0.0	**0.0	**0.8	**0.8	**0.0	**0.0	**0.1	**0.0
Gymnastics	162.8	112.2	89.7	364.7	20.2	13.5	8.0	13.2
Handball	**4.9	**2.8	**2.1	*9.8	**0.6	**0.3	**0.2	*0.4
Hockey (indoor)	**0.0	**3.1	**1.4	**4.6	**0.0	**0.4	**0.1	**0.2
Hockey (outdoor)	*15.8	*10.5	*26.8	53.1	*2.0	*1.3	*2.4	1.9
Horse racing	**0.0	**0.2	**0.0	**0.2	**0.0	**0.0	**0.0	**0.0
Horseriding	*17.4	*20.1	35.2	72.7	*2.2	*2.4	3.1	2.6
Ice/snowsports	*11.5	**3.5	*12.2	*27.1	*1.4	**0.4	*1.1	*1.0
Lacrosse (outdoor)	**0.0	**0.0	**0.7	**0.7	**0.0	**0.0	**0.1	**0.0
Lawn bowls	**1.2	**0.0	**2.0	**3.2	**0.2	**0.0	**0.2	**0.1
Martial arts	53.4	77.9	55.3	186.6	6.6	9.4	4.9	6.8
Motorsports	*14.2	*27.4	39.7	81.3	*1.8	*3.3	3.5	3.0
Netball	*24.8	65.1	134.6	224.4	*3.1	7.8	12.0	8.1
Orienteering	**1.3	*11.2	*7.9	*20.4	**0.2	*1.4	*0.7	*0.7
Other activities	39.9	45.4	31.5	116.8	4.9	5.5	2.8	4.2
Putt-putt golf	**0.1	**0.0	**0.0	**0.1	**0.0	**0.0	**0.0	**0.0
Rock climbing	**0.9	**6.0	**2.9	*9.8	**0.1	**0.7	**0.3	*0.4
Rollersports	33.6	52.1	87.9	173.6	4.2	6.3	7.9	6.3
Rowing	**0.0	**0.2	*10.1	*10.2	**0.0	**0.0	*0.9	*0.4
Royal tennis	**0.6	**0.0	**0.0	*0.6	**0.1	**0.0	**0.0	**0.0
Rugby league	*23.6	29.5	49.5	102.6	*2.9	3.6	4.4	3.7
Rugby union	*7.8	*9.4	*27.4	44.5	*1.0	*1.1	*2.4	1.6
Running	65.8	60.9	89.0	215.7	8.2	7.3	8.0	7.8
Sailing	**1.8	**0.8	*13.4	*16.0	**0.2	**0.1	*1.2	*0.6
Scuba diving	**0.0	**0.0	**1.3	**1.3	**0.0	**0.0	**0.1	**0.0
Shooting sports	**0.0	**0.0	**5.6	**5.6	**0.0	**0.0	**0.5	**0.2
Softball	**1.8	**6.3	*12.8	*20.9	**0.2	**0.8	*1.1	*0.8
Squash/racquetball	**0.1	**1.4	**3.4	*4.8	**0.0	**0.2	**0.3	**0.2
Surf lifesaving	*16.9	*17.5	*9.9	44.2	*2.1	*2.1	*0.9	1.6
Surf sports	**2.6	*10.2	30.0	42.8	**0.3	*1.2	2.7	1.6

Table 17 (continued): All child participants — term participation in specific activities (organised and non-organised) by age, 2010 (a)

Activity	Number ('000)				Term participation rate (%) (b)			
	5 to 7 years	8 to 10 years	11 to 14 years	Total	5 to 7 years	8 to 10 years	11 to 14 years	Total
Swimming	392.8	346.2	301.9	1,040.9	48.7	41.7	27.0	37.8
Table tennis	**0.3	**4.1	*8.3	*12.8	**0.0	**0.5	*0.7	*0.5
Teeball	*9.6	**3.2	**0.0	*12.8	*1.2	**0.4	**0.0	*0.5
Tennis	60.7	113.9	117.8	292.4	7.5	13.7	10.5	10.6
Tenpin bowling	**5.2	**2.6	**5.5	*13.3	**0.6	**0.3	**0.5	*0.5
Touch football	**6.7	29.4	36.5	72.6	**0.8	3.5	3.3	2.6
Triathlon	**0.0	**1.7	**0.9	**2.6	**0.0	**0.2	**0.1	**0.1
Underwater hockey	**1.6	**0.0	**0.0	**1.6	**0.2	**0.0	**0.0	**0.1
Volleyball	**0.6	**4.3	*11.1	*16.0	**0.1	**0.5	*1.0	*0.6
Walking	381.6	450.7	604.6	1,436.8	47.3	54.3	54.1	52.1
Water volleyball	**0.0	**0.0	**0.4	**0.4	**0.0	**0.0	**0.0	**0.0
Water polo	**0.0	**0.0	**2.6	**2.6	**0.0	**0.0	**0.2	**0.1
Waterskiing	**4.6	**6.3	*16.6	*27.4	**0.6	**0.8	*1.5	*1.0
Weight training	**0.0	**0.0	**5.0	**5.0	**0.0	**0.0	**0.4	**0.2
Yoga	**1.6	**2.2	**0.0	**3.8	**0.2	**0.3	**0.0	**0.1

(a) Relates to persons aged between 5 and 14 years who participated in a specific physical activity for exercise, recreation and sport in the school term prior to interview

(b) For any group, term participation rate is the number of children who participated in the activity in the school term prior to interview, expressed as a percentage of the population in the same group

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

9 Explanatory notes

9.1 Introduction

For a more detailed discussion of ERASS methodology, see *Exercise, Recreation and Sport Survey: Methodology Report 2010*.

ERASS collects information on participation in physical activity for exercise, recreation or sport by the Australian population. Participation is restricted to active 'playing' participation and does not include non-playing participation such as coaching, refereeing and being a spectator, or activity that is related to work or household chores. Practice and training activity is included.

The survey is conducted quarterly throughout Australia, with the 2010 fieldwork undertaken by Newspoll. Results for 2010 were compiled by aggregating the four quarterly surveys conducted in February, May, August and November.

9.2 Scope

The survey collects information on persons who participated in exercise, recreation or sport in the 12 months prior to interview. The scope of the survey was all persons aged 15 years and over in occupied private dwellings (excludes people in special dwellings such as hospitals, hotels, nursing homes, etc.).

Those with children aged between 5 and 14 years were also asked a series of questions about their child's level of physical activity outside school hours in the school term prior to interview.

9.3 Methodology

Mode: All interviews were conducted by telephone using Newspoll's Computer-Assisted Telephone Interviewing (CATI) system.

Sample design: The sample design was a random survey stratified by state and territory. The sample is selected from SamplePages and one person is randomly selected per dwelling to complete the interview (based on last birthday method).

Total sample: The total sample of records used to produce adult estimates for 2010 was 21,603 persons aged 15 years and over. The Victorian sample was boosted by 2,727. The Victorian boost sample was funded by Sport and Recreation Victoria (SRV) and VicHealth.¹⁷

Of these, 3,322 had children aged between 5 and 14 years who were living with them, and 3,306 went on to answer questions about one randomly selected child in the household.

This 'child' sample of 3,306 was then weighted (by age, sex and geographic area) to the child population (aged 5 to 14 years) in occupied private dwellings (2,756,046) using Australian Bureau of Statistics estimates.

Overall response rate: The overall response rate was 23.1% in 2010. The response rate is the number of completed interviews divided by the number of contacts, plus those where there was no answer after four calls.

¹⁷ The Queensland sample was also boosted by 3,752. The Queensland boost sample was funded by Queensland Sport and Recreation Services. This boost sample was not used in the collection of children's estimates.

9.4 Questionnaire

The 2010 questionnaire covers four main areas:

- Physical activity for exercise, recreation or sport over the last 12 months — identifying up to ten different types of activities participated in over the last 12 months, and for each type of activity determining whether it was organised by a club or association, the type of club or association and the number of times that activity was engaged in over the last 12 months (reported separately in *ERASS Annual Report 2010*).
- Physical activity for exercise, recreation or sport over the last two weeks — identifying the frequency and duration of participation in three activities that the respondent participated in during the two weeks prior to interview. The three activities chosen were those they participated in most over the 12 months prior to interview — this section was first added in 2005 and was again collected in 2006, 2007, 2008, 2009 and 2010 (reported separately in *ERASS Annual Report 2010*).
- Demographics — covers sex, age, marital status, number and age of children, educational qualifications, employment status, Indigenous status, language spoken at home and postcode.
- Children's physical activity for exercise, recreation or sport in the last school term (children aged 5 to 14 years) — identifying up to ten different types of activities (structured and unstructured) participated in outside school hours in the previous school term, and for each type of activity determining whether it was organised, the type of organisation, the number of times that activity was engaged in a typical week in the previous school term and average duration of each session.

A copy of the questionnaire is provided in Section 10.

9.5 Comparability of the data

The survey was first conducted in 2001. This publication provides results from the tenth annual survey, which was conducted in 2010. Collection of children's physical activity participation data was done in part of 2009 and in 2010 only.

ERASS is not comparable with data collected through other surveys of participation in physical activity. In particular, the data cannot be directly compared with participation surveys conducted by the Australian Bureau of Statistics and by Sweeney Sports (Sweeney Research). This is due to differences in the scope, methodology and questionnaire design of the various surveys.

9.6 Weighting the data

The data are weighted at the state (eight states and territories), region (capital city and rest of state), age (5, 6, 7, 8, 9, 10, 11, 12, 13, 14) and sex level. Population estimates used are ABS population projections based on the 2006 Census for persons in Occupied Private Dwellings (OPD).

9.7 Standard errors and relative standard errors

Since the estimates presented in the tables are based on information from a sample of persons selected randomly by telephone number, they are subject to sampling variability; that is, they may differ from those that would have been produced if all persons had been included in the survey.

One measure of the likely difference is given by the standard error (SE), which indicates the extent to which an estimate might have varied by chance because only a sample of persons was included. There are about two chances in three (67%) that a sample estimate will vary by less than one standard error from the number that would have been obtained if all persons had been included, and about 19 chances in 20 (95%) that the difference will be less than two standard errors.

A table of standard errors for ERASS is provided at the end of this section. Note that standard errors vary by state and territory and for Australia in total. Note as well that the standard errors shown in this report were developed for the **total** ERASS survey and on the basis of different (adult population) weights, and as such are only an approximation of the standard errors associated with these children's estimates.

As an example of the use of the standard error table, if it was estimated from ERASS that 100,000 persons with children aged 5 to 14 years in Australia said their child participated in any physical activity in the previous school term in 2010, then from the table of standard errors we know that the standard error for an estimate of 100,000 for Australia is approximately 12,800. Therefore we are 67% confident that if we surveyed the entire Australian population with children aged 5 to 14 years, the result would be within one standard error; that is, from 87,200 (100,000 – 12,800) to 112,800 (100,000 + 12,800). Similarly, we would be 95% confident that, if we surveyed the entire Australian population with children aged 5 to 14 years, the result would be within two standard errors; that is, from 74,400 [100,000 – (2 x 12,800)] to 125,600 [100,000 + (2 x 12,800)].

Another measure of accuracy is the relative standard error (RSE), which is obtained by expressing the standard error as a percentage of the estimate – in the above example it is 12.8%. The relative standard error is a useful measure in that it provides an indication of the relative accuracy of the estimate, compared to other estimates. In the table at the end of this section, each standard error is also expressed as a relative standard error.

For the tables provided in this publication, only estimates with relative standard errors of less than 25% are considered sufficiently reliable for most purposes. However, estimates with relative standard errors of 25% to 50% have been included and are shown in green font and preceded by a single asterisk (*) to indicate that they should be treated with caution and viewed as being merely indicative of the magnitude involved. Estimates with relative standard errors greater than 50% are shown in red font and preceded by a double asterisk (**) and are subject to sampling error too high for most practical purposes.

The table at the end of this section also gives the relative standard error cut-offs to be used when applying, if required, a font colour to the estimate. Note that the standard errors, and hence the cut-offs, vary by state and territory and for Australia in total, and were developed for the **total** ERASS survey.

As an example of using these RSE cut-offs, for New South Wales, an estimate 11,056 to 41,091 should be in green font and used with caution, and an estimate less than 11,056 should be in red font and will be considered too unreliable for general use.

Please note that the Victorian boost sample increased in size between 2007 and 2008, and between 2009 and 2010. RSEs were calculated on the basis of 2007 sample sizes. This means that the RSEs for Victoria for 2010 are reduced and RSE information reported in Victorian tables should be considered conservative. Similarly, RSEs for Australia were calculated on the basis of 2007 samples size, which does not take into account the size of the boost samples in Victoria and Queensland in 2010; RSE information reported for Australia tables should be considered conservative. RSEs for Queensland were recalculated in 2009.

9.8 Significance testing

When differences are detected between statistics, it is important to determine whether those perceived differences are statistically significant or just due to sampling variability. For example, in 2010 for Australia, term participation by females aged 5 to 7 years was 355,000 (giving a participation rate of 90.4%) and for females aged 13 to 14 years it was 243,000 (participation rate of 88.4%). Are these differences significant?

The standard error on the difference between two estimates (e_1 and e_2) is approximated by the square root of the sum of the square of the standard errors for e_1 and e_2 . Therefore, in the above example, the standard error on the difference between the two estimates of the number of participants (355,000 – 243,000 = 112,000) is approximated by the square root of the sum of the square of the standard errors for 355,000 and 243,000; that is, square root of [(17,800)² + (17,800)²] or 25,173.

Therefore, we can be 95% confident that the difference of 112,000 is statistically significant if it is greater than twice the standard error of the difference, or 50,346 (2 x 25,173). This is true, therefore the differences in the estimates (and therefore the participation rates based on these estimates, namely 90.4% and 88.4%) are statistically significant.

Exercise Recreation and Sport Survey 2010

Standard errors

Size of estimate	NSW no.	VIC no.	QLD no.	SA no.	WA no.	TAS no.	NT no.	ACT no.	Australia no.
1,000	1,800	1,000	1,500	1,000	1,000	600	400	400	1,400
2,000	2,500	1,400	2,100	1,300	1,400	800	500	500	2,000
5,000	3,800	2,200	3,300	2,000	2,200	1,200	800	800	3,100
10,000	5,300	3,000	4,600	2,840	3,100	1,600	1,200	1,200	4,300
20,000	7,300	4,280	6,300	3,900	4,400	2,200	1,600	1,700	6,000
50,000	11,300	6,700	9,800	6,100	6,900	3,300	2,700	2,800	9,200
100,000	15,600	9,400	13,700	8,500	9,600	4,500	3,700	4,000	12,800
200,000	21,600	13,200	19,000	11,800	13,400	6,200	5,400	5,800	17,800
500,000	33,500	20,500	29,500	18,000	21,000	9,500	na	9,500	27,600
800,000	41,600	25,600	36,800	22,400	26,400	na	na	na	34,400
1,000,000	46,000	29,000	41,000	25,000	29,000	na	na	na	38,000
1,500,000	55,500	36,000	49,500	30,000	36,000	na	na	na	47,000
2,000,000	64,000	40,000	5,800	na	na	na	na	na	54,000
5,000,000	100,000	65,000	na	na	na	na	na	na	85,000
8,000,000	na	na	na	na	na	na	na	na	104,000

Relative standard errors

Size of estimate	NSW %	VIC %	QLD %	SA %	WA %	TAS %	NT %	ACT %	Australia %
1,000	177.8	98.9	151.4	95.1	101.9	55.5	35.3	36.5	142.6
2,000	123.3	69.4	105.4	66.1	71.4	38.0	25.2	26.2	99.2
5,000	76.0	43.4	65.3	40.8	44.6	23.0	16.1	16.9	61.4
10,000	52.7	30.5	45.5	28.4	31.3	15.7	11.5	12.1	42.8
20,000	36.6	21.4	31.7	19.7	21.9	10.8	8.2	8.7	29.8
50,000	22.5	13.4	19.6	12.2	13.7	6.5	5.3	5.6	18.4
100,000	15.6	9.4	13.7	8.5	9.6	4.5	3.7	4.0	12.8
200,000	10.8	6.6	9.5	5.9	6.7	3.1	2.7	2.9	8.9
500,000	6.7	4.1	5.9	3.6	4.2	1.9	na	1.9	5.5
800,000	5.2	3.2	4.6	2.8	3.3	na	na	na	4.3
1,000,000	4.6	2.9	4.1	2.5	2.9	na	na	na	3.8
1,500,000	3.7	2.4	3.3	2.0	2.4	na	na	na	3.1
2,000,000	3.2	2.0	2.9	na	na	na	na	na	2.7
5,000,000	2.0	1.3	na	na	na	na	na	na	1.7
8,000,000	na	na	na	na	na	na	na	na	1.3

na = 'not applicable' (exceeds relevant population in state or territory)

Relative standard error cut-offs

RSE cut-off	NSW no.	VIC no.	QLD no.	SA no.	WA no.	TAS no.	NT no.	ACT no.	Australia no.
25%*	41,091	14,737	31,492	12,731	15,460	4,292	2,033	2,204	27,901
50%**	11,056	3,796	8,349	3,400	4,003	1,209	490	517	7,414

* Estimate has a relative standard error of between 25% and 50% and should be used with caution

** Estimate has a relative standard error greater than 50% and is considered too unreliable for general use

10 ERASS Questionnaire 2010

The following questions are about physical activities you have participated in during the last 12 months for exercise, recreation or sport. Do not include any activities that were part of work or household and garden chores.

- Q1 During the last 12 months did you participate in any physical activities for exercise, recreation or sport?
- Yes 1 Go to Q2
- No 2 Go to Q7
- Don't know 9 Go to Q7
- Q2 What activities did you participate in?
Up to maximum of 10 activities to be coded
For each activity — ask Q3–Q5
- Q3 Was any of this (activity) organised by a club, association or other type of organisation?
- Yes, all (organised) 1 Go to Q4
- Yes, some (organised) 2 Go to Q4
- No 3 Go to Q5
- Don't know 9 Go to Q5
- Q4 What type of club, association or organisation organised the (activity)?
(multiple response)
- Fitness, leisure or indoor sports centre that required payment for participation1
 - Sport or recreation club or association that required payment of membership, fees or registration2
 - Work 3
 - School4
 - Other (specify) 8
- Q4a Can you tell me the name of the club or association and the suburb where it is located?
Record name of club and suburb separately and verbatim

Q5	Including any practice or training, approximately how many times did you participate in (activity) during the last 12 months? <i>Record actual number (1-998)</i> <i>Don't know recorded as 999</i> [Ask Q6a and Q6b only for the 'top three sports' based on the frequency of activities reported at Q5]	
Q6a	Now thinking about the activities you have mentioned, during the last two weeks, how many sessions of [activity 1, 2, 3] did you participate in? <i>Record actual number (1-50)</i> <i>Don't know recorded as 99</i>	
Q6b	On average, how long was each session of [activity 1, 2, 3] during the two-week period? <i>Record in hours and minutes</i> <i>Don't know recorded as 99</i>	
Q7	Sex of respondent	
	Male	1
	Female	2
Q8a	What is your current age? <i>(Record age)</i> <i>Refused go to Q8b; Others go to Q9</i>	
Q8b	Which age group do you belong to? (Read out)	
	15 to 17	1
	18 to 19	2
	20 to 24	3
	25 to 29	4
	30 to 34	5
	35 to 39	6
	40 to 44	7
	45 to 49	8
	50 to 54	9
	55 to 59	10
	60 to 64	11
	65 to 69	12
	70 years and over	13
	Refused	99

Q9	Which of the following best describes your current marital status? (Read out)	
	Never married	1
	De facto or living together.....	2
	Married.....	3
	Separated but not divorced.....	4
	Divorced	5
	Widowed	6
	Refused	7
Q10	Do you have any children under 18 years of age?	
	Yes	1 Go to Q11
	No.....	2 Go to Q13
Q11	How many of these children are living with you?	
	<i>Record actual number (1-10)</i>	
	<i>If zero, go to Q13.</i>	
	<i>Refused recorded as 99</i>	
Q12	What is the age of each of these children who are under 18 years of age and living with you?	
	<i>Record actual age (1-17)</i>	
	<i>Refused recorded as 99</i>	
Q13	What is the highest educational qualification you have completed?	
	University degree or higher (including postgraduate diploma)	1
	Undergraduate diploma or associate diploma.....	2
	Certificate, trade qualification or apprenticeship.....	3
	Highest level of secondary school	4
	Did not complete highest level of school.....	5
	Never went to school.....	6
	Still at secondary school	7
	Other (specify)	8
	Refused	9

Q14	Do you have a full-time or part-time job of any kind?		
	Yes	1	Go to Q15
	No.....	2	Go to Q17
	Retired (volunteered response).....	3	Go to Q17
Q15	Do you have more than one job?		
	Yes	1	
	No.....	2	
Q16	How many hours a week do you usually work (in all jobs)?		
	<i>Record actual hours (0 to 98)</i>		
	<i>Refused/Don't know recorded as 99</i>		
	Go to Q18		
Q17	Did you look for work at any time in the last four weeks?		
	Yes	1	
	No.....	2	
Q18	Are you of Aboriginal or Torres Strait Islander origin?		
	Yes	1	
	No.....	2	
	Refused	3	
Q19	Do you speak a language other than English at home?		
	Yes	1	Go to Q20
	No.....	2	Go to Q21

Q20 What languages other than English do you speak at home?

(multiple response)

Italian.....	2
Greek	3
Cantonese.....	4
Mandarin.....	5
Arabic.....	6
Vietnamese.....	7
German.....	8
Spanish.....	9
Tagalog (Filipino).....	10
Hindi.....	11
Macedonian.....	12
Croatian.....	13
Korean.....	14
Turkish.....	15
Polish.....	16
Other (specify).....	98

Q20(a) Do you have a disability or physical condition that restricts your life in some way?

Yes.....	1	Go to Q20(b)
No.....	2	Go to Q21
Not sure.....	3	Go to Q21
Refused.....	4	Go to Q21

Q20(b) Has this condition lasted, or is it likely to last, six months or more?

Yes.....	1	Go to Q20(b)
No.....	2	Go to Q21
Not sure.....	3	Go to Q21
Refused.....	4	Go to Q21

Q20(c) Does this condition relate to sight, hearing, mobility or something else?

- Sight.....1
- Hearing2
- Mobility3
- Other (specify)4
- Refused5

Q20(d) To what extent does this condition restrict you?

- To a small extent.....1
- To a medium extent.....2
- To a large extent.....3
- Refused4

Q20(e) Are there any physical activities for exercise, recreation or sport that you do not currently do, but would like to?

- Yes 1 Go to Q20(f)
- No..... 2 Go to Q21
- Don't know/Not sure 3 Go to Q21
- Refused 4 Go to Q21

Q20(f) What is the activity you would most like to do?
Record activity

Q20(g) What is the main reason you don't participate in this activity/any physical activity for exercise recreation or sport)?

- The attitudes of other people1
- My disability/limiting condition2
- Financial constraints/costs3
- Transport problems4
- Lack of facilities5
- Not enough time/too busy.....6
- Other (Specify).....7
- No reason.....8
- Refused9

Q21 What is the postcode of the suburb/area where you live?
Record postcode
Record refused as 'refused'

Following questions asked if not Queensland boost sample and if one or more children aged 5 to 14 inclusive in Q12.

Q22 Now I have a few final questions about children in your household’s level of physical activity. [IF 2+ CHILDREN, RANDOMLY SELECT ONE AGE FROM Q12. SAY: The computer is now randomly selecting one child in your household.] For this interview I would like to speak to you about the child living with you who is aged [INSERT RANDOM SELECTION]. I will be referring to this child throughout this interview. To help with this interview, could I ask what this child’s first name is?

Q23 CODE GENDER OR ASK: Is [INSERT CHILD NAME] a boy or a girl?

- Boy..... 1
- Girl 2
- Refused 3

Q24 Now I have a few questions about [INSERT CHILD NAME] and the types of physical activities that [INSERT ‘he’ IF BOY. INSERT ‘she’ IF GIRL] does. The following questions are about physical activities participated in during the last school term; that is, [INSERT TERM], outside school hours (that is, before 9am and after 3pm) or on the weekend. When answering this question, do not include activities that were during school hours as part of the normal school day. In the last school term, did [INSERT CHILD NAME] participate outside school hours in any physical activities for exercise, recreation or sport?

INTERVIEWER NOTE: THIS INCLUDES WALKING OR CYCLING TO SCHOOL.

- Yes..... 1
- No..... 2
- Don’t know/unsure 98

Q25 What sport or other structured physical activities did [INSERT CHILD NAME] participate in, outside normal school hours, in [INSERT TERM]? Start with the sport and other structured physical activities that [INSERT CHILD NAME] spent the most time doing. You can list up to five activities.

INTERVIEWER NOTE: ‘SPORT AND OTHER STRUCTURED PHYSICAL ACTIVITIES’ INCLUDE PHYSICAL ACTIVITY WHERE THERE ARE RULES OR SET PATTERNS OF BEHAVIOUR FOR THE ACTIVITY. EXAMPLES INCLUDE SOCCER, GYMNASTICS, DANCE. SPORT AND OTHER STRUCTURED PHYSICAL ACTIVITIES MAY OR MAY NOT BE ORGANISED BY A CLUB OR ASSOCIATION OR OTHER ORGANISATION.

Q26 What unstructured physical activities did [INSERT CHILD NAME] participate in, outside normal school hours, in [INSERT TERM]? Start with the unstructured physical activities that [INSERT CHILD NAME] spent the most time doing. You can list up to five activities.

INTERVIEWER NOTE: ‘UNSTRUCTURED PHYSICAL ACTIVITIES’ INCLUDE PHYSICAL ACTIVITY WHERE THERE ARE NO RULES OR SET PATTERNS OF BEHAVIOUR FOR THE ACTIVITY. EXAMPLES INCLUDE: WALKING, RIDING A BIKE, VERY ACTIVE PLAY, SKATEBOARDING, ETC. IT IS POSSIBLE THAT A CHILD COULD ENGAGE IN THE SAME ACTIVITY IN BOTH AN UNSTRUCTURED AND STRUCTURED WAY (E.G., SWIMMING).

Q27	In [INSERT TERM], did he/she ever walk or cycle to school?	
	Yes, walked	1
	Yes, cycled.....	2
	No.....	3
	Don't know	99
Q28	Now I'm going to ask you some questions about each activity. Was any of [INSERT STRUCTURED ACTIVITY FROM Q25] organised by a club, association, school, or other type of organisation?	
	Yes	1 Go to Q29
	No.....	2
	Don't know/unsure	98
Q29	What type of club, association or organisation organised [INSERT STRUCTURED ACTIVITY FROM Q25]?	
	Fitness, leisure or indoor sports centre	1
	Sport club.....	2
	School	3
	After-school care.....	4
	Other type of organisation	5
	Don't know	99
Q30	In a typical week in [INSERT TERM], approximately how many times did [INSERT CHILD NAME] participate in [INSERT STRUCTURED ACTIVITY FROM Q25]?	
	<i>Record actual number (0-98)</i>	
	<i>Don't know recorded as 98</i>	
Q31	On average, how long was each [INSERT TERM] session of [INSERT STRUCTURED ACTIVITY FROM Q25]?	
	<i>Record minutes (15, 30, 45, 98)</i>	
	<i>Record hours (00-98)</i>	
	<i>Don't know recorded as 98 for hours and minutes</i>	
Q32	In a typical week in [INSERT TERM], approximately how many times did [INSERT CHILD NAME] participate in [INSERT UNSTRUCTURED ACTIVITY FROM Q26/Q27]?	
	<i>Record actual number (0-98)</i>	
	<i>Don't know recorded as 98</i>	
Q33	On average, how long was each [INSERT TERM] session of [INSERT UNSTRUCTURED ACTIVITY FROM Q26/Q27]?	
	<i>Record minutes (15, 30, 45, 98)</i>	
	<i>Record hours (00-98)</i>	
	<i>Don't know recorded as 98 for hours and minutes</i>	

Questionnaire attachment — List of activities (CHILDREN)

1	Calisthenics	43	Football — rugby union/TryRugby
2	Chinese exercise	44	Football — soccer (indoor)
3	Exercise bike	45	Football — fluffy ball
4	Gymnasium workouts	46	Football — futsal
5	Military exercise	47	Football — soccer (outdoor)
6	Prime movers=>50s	48	Football — touch
7	Step Reebok	49	Football — Austag (Oztag)
8	Aerobics/exercising/other	50	Golf
10	Ballooning	51	Gymnastics
11	Gliding	52	Trampolining
12	Gyroplane flying	53	Hockey (indoor)
13	Hang gliding	54	Hockey (outdoor)
14	Model aeroplane flying	55	Horse riding/equestrian activities/pony club
15	Ultralight flying	56	Blade-skating
16	Air sports — other	57	Ice hockey
17	Archery	58	Ice skating/figure skating
18	Bow hunting	59	Snow skiing
19	Athletics — track and field	60	Ice/snow sports — other
20	Badminton	61	Lacrosse (outdoor)
21	Baseball	62	Lawn bowls
22	Basketball (indoor and outdoor)	63	Chi kung
23	Billiards	64	Eastern — judo
24	Pool	65	Judo
25	Snooker	66	Karate
26	Bocce/French bowls (outdoor)	67	Kickboxing
27	Boxing	68	Taekwondo
28	Canoeing	69	Tai Chi
29	Kayaking	70	Yoga
30	Carpet bowls	71	Martial arts — other
31	Cricket (indoor)	72	Motor sports — go-karting
32	Cricket (outdoor) — Vigoro	73	Motor sports — track
33	Croquet	74	Motor sports — trail bike/motor bike
34	Cycling	75	Motor sports — other (includes motocross)
35	BMX	76	Netball (indoor)
36	Mountain bike	77	Netball (outdoor)
37	Darts	78	Cross-country running
38	Football — Australian rules/Auskick/AFL	79	Orienteering
39	Football — gridiron (US)	80	Rogaining
40	Football — rugby league	81	Rodeo
41	Football — sevens	82	Inline hockey
42	Football — modball		

83	Rollerblading/roller skating	127	Scuba diving
84	Skateboarding	128	Water polo
85	Roller sports — other	129	Dog racing
86	Rowing	130	Walking — bush/hiking
87	Jogging	131	Walking — other (specify)/dog/to school
88	Running (for example, marathon)	133	Abseiling
89	Sailing (outrigging)	134	Caving
90	Hunting	135	Rock climbing
91	Paintball shooting	136	Handball
92	Pistol shooting	137	Fencing
93	Shooting sports — other	138	Gorilla ball
94	Softball	139	Racquet ball
95	Squash	140	Ultimate frisbee
96	Surf lifesaving/Royal lifesaving/Nippers	141	Gaelic football
97	Sail boarding	142	Horseracing (strapping)
98	Windsurfing	143	Teeball (T-ball)
99	Surfing	144	Boomerang throwing
100	Surf sports — other	145	Water volleyball
101	Diving (board)	146	Wood chopping
102	Swimming	147	Dog shows
103	Table tennis	148	Sheepdog trials
104	Tennis (outdoor)	149	Winter Olympics
105	Tenpin bowling	150	Marching
106	Triathlon	151	Aquarobics
107	Volleyball (indoor) — rebound	152	Korfball
108	Newcombe ball	153	Underwater hockey
109	Volleyball (outdoor)	154	Sofcrosse
110	Jet skiing	155	Commonwealth Games
111	Power boating	156	Royal tennis
112	Waterskiing	157	Broom ball
113	Wrestling	158	Polocrosse
114	Tennis (indoor)	159	Leader ball
115	Lacrosse (indoor)	160	Pigeon racing
116	Canoe polo	161	Weight-lifting (competition)
117	Bodybuilding	162	Play/playground (active play only)
118	Circuits	163	Putt-putt golf
119	Power team	164	Grockey
120	Weight training for fitness — other	165	Other activities (specify 1)
121	Ballet (classical/jazz)	166	Other activities (specify 2)
122	Boot scooting	167	Treadmill
123	Dancing — other	168	Volleyball — beach
124	Fishing	169	Snowboarding
125	Electric light cricket	170	Skeleton
126	Wheelchair ice hockey		

171	Active After-school Communities/AASC/ Active Afters
172	After-school care (general)
173	Girl Guides, Boy Scouts, cubs, brownies
174	Little Athletics
175	Ball sports/games (general)
176	Skipping/skipping rope
177	Scooter
178	Climbing/tree climbing
180	Bike riding (includes riding to school)
181	Fitness centre activities
182	Physical culture
183	Frisbee
184	Drama
185	Army Cadets
186	Sea Scouts
187	Multiskill
200	Don't know
0	None

