

November 2022

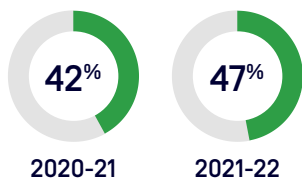
AusPlay data shows there have been significant changes in sport and physical activity participation, motivations and barriers from 2020-21 to 2021-22.

Children are getting back to regular (1+ per week) participation

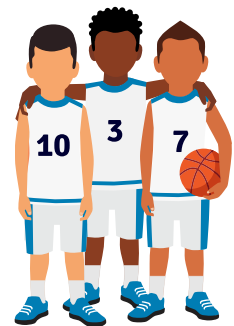
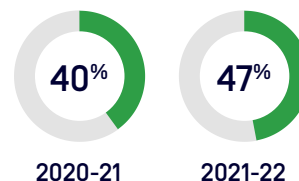
Participation in organised out-of-school hours sport and physical activity for children aged 0-14 years was heavily impacted by COVID-19. In July 2022 we reported there were indications that children were returning, and this is confirmed in the latest data.

From 2020-21 to 2021-22 there has been a significant increase in children's regular participation, driven by boys.

Children aged 0-14 (1+ per week)

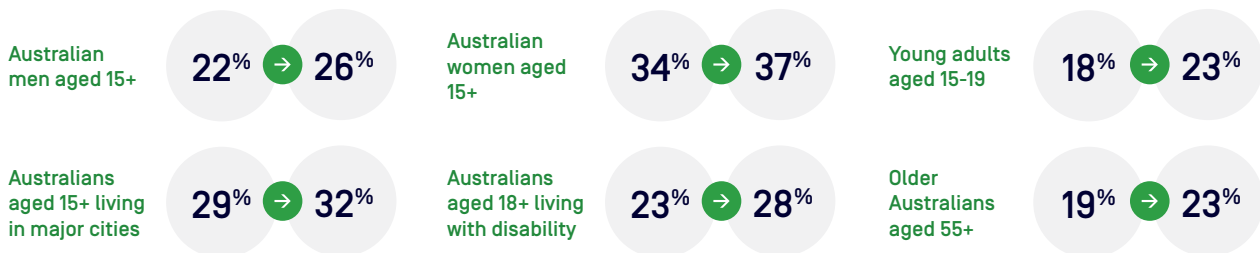


Boys aged 0-14 (1+ per week)



Mental health is a common and growing driver of participation

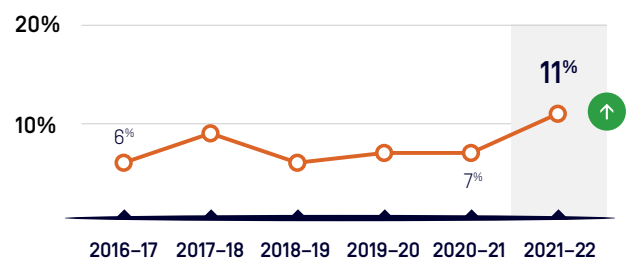
From 2020-21 to 2021-22 there has been a significant increase in mental health as a participation motive for:



Getting active no longer as important for some

Inactive Australians aged 15+ who reported that physical activity "is not a priority" has increased significantly, up from seven per cent in 2020-21 to 11 per cent in 2021-22 and is now at the highest level recorded since AusPlay commenced data collection in October 2015.

This suggests some Australians may have made physical activity a priority during the heights of COVID-19 but as life returns to normal it's no longer as important.



The [full report](#) provides a snapshot of national sport and physical activity participation trends across a range of population demographic groups.