

2018 Children's Sport Participation
and Physical Activity Study (CSPPA)

Primary and Post Primary Children in the Republic of Ireland

ACTIVE TRAVEL

42% Primary children actively travel to/from school

40% Post primary children actively travel to/from school

64% Urban children actively travel to/from school

24% Rural children actively travel to/from school



ACTIVE TRAVEL BARRIERS:



School bag too heavy

No safe place to cross road



Distance too far

SEDENTARY BEHAVIOUR

63% of primary children meet the sedentary screen time guideline of less than 2 hours a day

42% of post primary children meet the sedentary screen time guideline of less than 2 hours a day

AVERAGE DAILY SEDENTARY LEISURE TIME:

5 HOURS PRIMARY CHILDREN



7 HOURS POST PRIMARY CHILDREN



Full CSPPA 2018 report available at www.sportireland.ie/research