

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

NORTHERN IRELAND



PRIMARY CHILDREN

20% meet the physical activity guidelines



PHYSICAL ACTIVITY

65% participate in community sport at least 1 time a week



SPORT PLAYED IN THE COMMUNITY

65% participate in school sport at least 1 time a week



SPORT PLAYED IN SCHOOL

19% receive no more than 30 minutes of PE per week



PHYSICAL EDUCATION (PE)

36% actively travel to/from school



ACTIVE TRAVEL

59% meet the 2 hour screen time threshold



SEDENTARY BEHAVIOUR

POST PRIMARY CHILDREN

11% meet the physical activity guidelines

49% participate in community sport at least 1 time a week

58% participate in school sport at least 1 time a week

40% meet the PE guidelines of 120 minutes per week

18% actively travel to/from school

40% meet the 2 hour screen time threshold

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