

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

Primary and Post Primary Children in the Republic of Ireland



PHYSICAL ACTIVITY

National Physical Activity Guidelines for children:
AT LEAST 60 MINUTES OF PHYSICAL ACTIVITY EVERY DAY

In the CSPPA study, children who meet the physical activity guidelines, had significantly healthier heart fitness, weight status and blood pressure than those who didn't.

17%

of **primary children** meet the National Physical Activity Guidelines



13% GIRLS



23% BOYS

10%

of **post primary children** meet the National Physical Activity Guidelines



7% GIRLS



14% BOYS

Regularly participating in sport helps children meet the guidelines, but on it's own, is generally not enough

35%

of **primary** children playing sport 4+ times per week meet the guidelines

vs 10%

of all other **primary** children

30%

of **post primary** children playing sport 4+ times per week meet the guidelines

vs 8%

of all other **post primary** children

To help more children meet the guidelines, we need to encourage them to engage in a combination of active travel, physical education, play and sport activities



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