CSPPA

Children's Sport Participation and Physical Activity

Children's Sport Participation and Physical Activity Study 2022

Summary Report



SPÓRT ÉIREANN
SPORT IRELAND

sport Northern Ireland

hi Healthy Ireland

This summary report provides an overview of the key findings from the 2022 Childrens Sports Participation and Physical Activity Study (CSPPA).

WHO

This was an All-Island study with 8,881 children aged 10-19 years old from the Republic of Ireland (6,358) and Northern Ireland (2,523) participating in the research programme.

In total there were 1,758 primary school children and 7,123 post primary students across 153 schools - 122 schools from ROI (53 primary/69 post primary) and 31 schools from NI (11 primary/20 post primary)

Gender - Girls: 48.0%. Boys: 48.6%, Other: 3.4%

WHAT

Areas of Focus

Behaviours and attitudes relating to: Physical Activity, Community Sport, School Sport, Physical Education, Active Travel, Contemporary Issues in Physical Activity

Overall population participation and differences by demographic characteristics including: Ethnicity, Gender, Disability, Socio-economic status (SES), Rural and Urban

WHY

To understand participation levels in sport, physical activity, physical education and active transport on the Island of Ireland.

To understand the impact of sport and physical activity on physical, mental and social health, including the impact of COVD-19

To identify the challenges faced by children from diverse backgrounds and communities

To inform policy makers in the development of strategies and programmes that will promote sport and physical activity across society.

HOW

The research was coordinated by four research centres at University of Limerick, University College Cork, Dublin City University and University of Ulster.

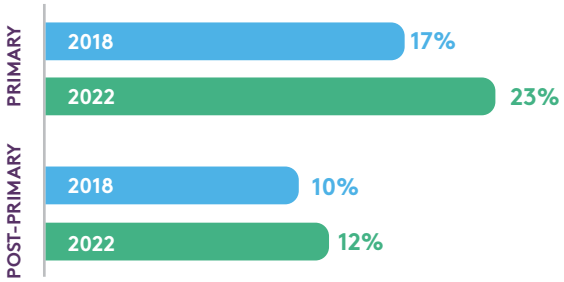
Questionnaires were administered in schools by trained teachers called 'CSPPA Ambassadors' via tablet or computer with the remote support of researchers.

Key Findings (ROI)



PHYSICAL ACTIVITY

Students meeting the Physical Activity Guidelines



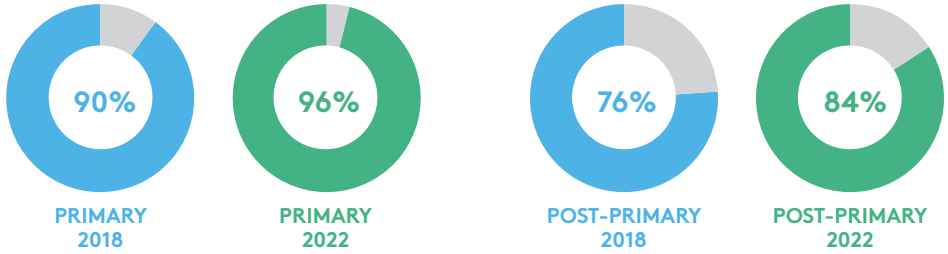


The number of children meeting the National Physical Activity Guidelines has increased since 2018



ANY SPORT

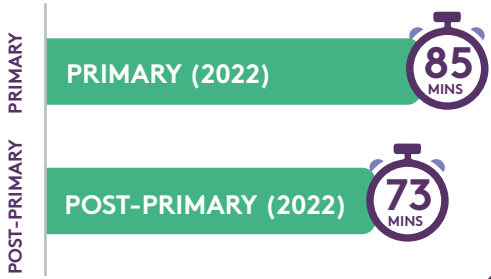
Students participating in any sport at least once a week



Overall participation rates in sport have increased since 2018

PHYSICAL EDUCATION

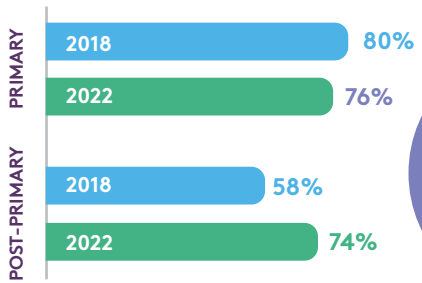
Average PE minutes per week in schools





COMMUNITY SPORT

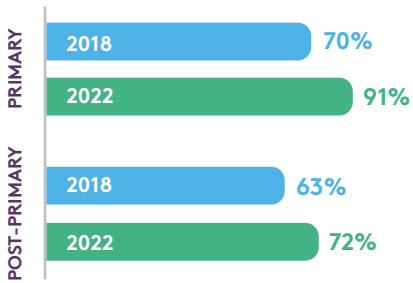
Students participating in sport in a sports club or community setting at least once a week



Community sport participation has increased in post primary students and decreased in primary students

SCHOOL SPORT

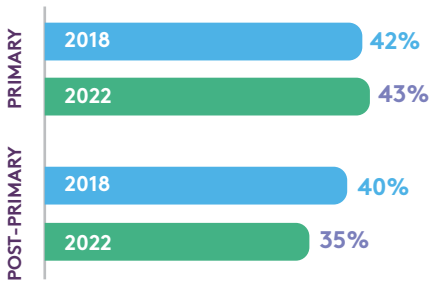
Students participating in sport at school, outside of PE, at least once a week



Overall, the number of students in both primary and post primary participating in school sport at least once a week has increased.

ACTIVE TRAVEL

Students who actively travel to/from school



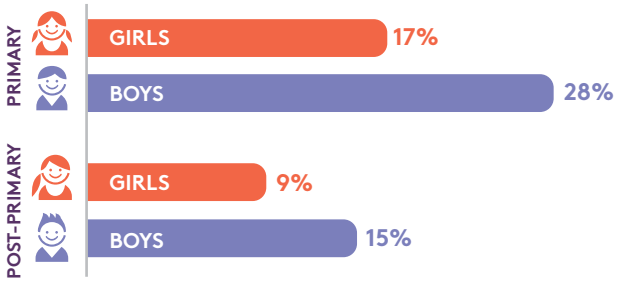
The number of post-primary students actively travelling to or from school has decreased since 2018

Spotlight on Gender



PHYSICAL ACTIVITY

Students meeting the Physical Activity Guidelines

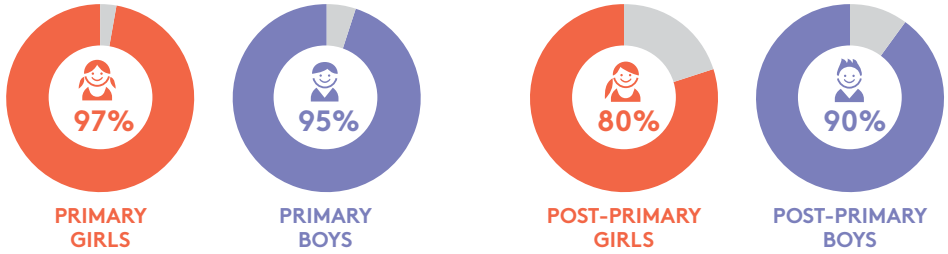




Boys are more likely to meet the National Physical Activity Guidelines than girls

ANY SPORT

Students participating in any sport at least once a week

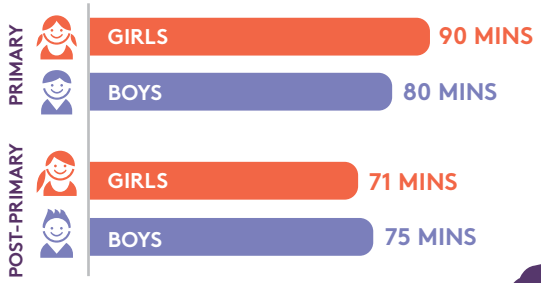


Girls and boys have similar sports participation levels at primary school, but less girls than boys participate at post-primary school

29% drop in girls school sport participation between primary and post-primary school

PHYSICAL EDUCATION

Average PE minutes per week in schools





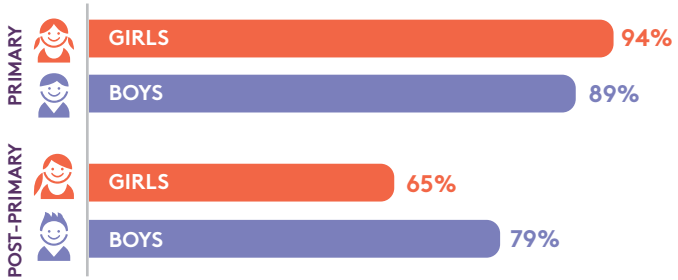
COMMUNITY SPORT

Students participating in sport in a sports club or community setting at least once a week



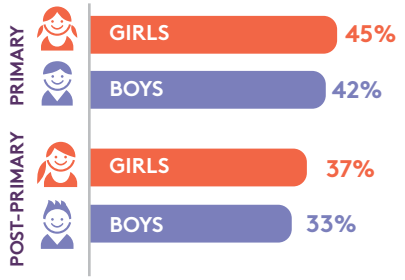
SCHOOL SPORT

Students participating in sport at school, outside of PE, at least once a week



ACTIVE TRAVEL

Students who actively travel to/from school



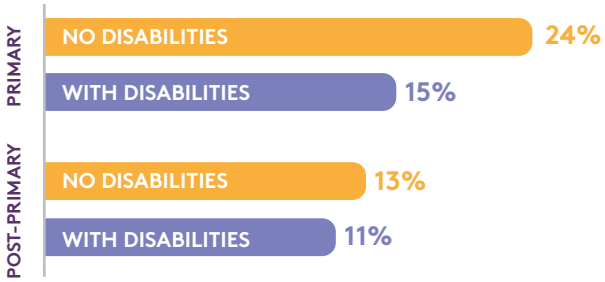
Girls are more likely to walk to school than boys but boys are more likely to cycle.

Spotlight on Disability



PHYSICAL ACTIVITY

Students meeting the Physical Activity Guidelines

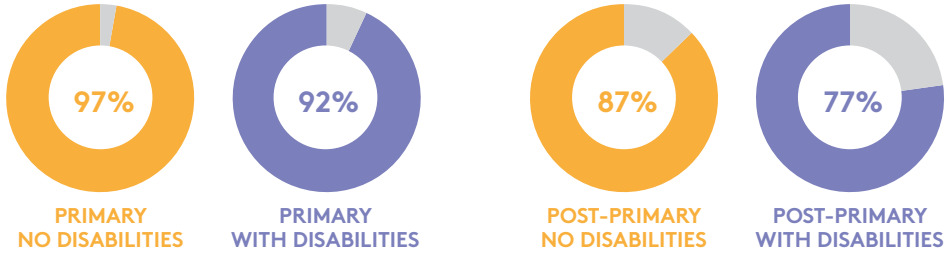




Children with disabilities are less likely to meet the National Physical Activity Guidelines than those without disabilities

ANY SPORT

Students participating in any sport at least once a week



Children with disabilities are less likely to participate in sport

PHYSICAL EDUCATION

Average PE minutes per week in schools





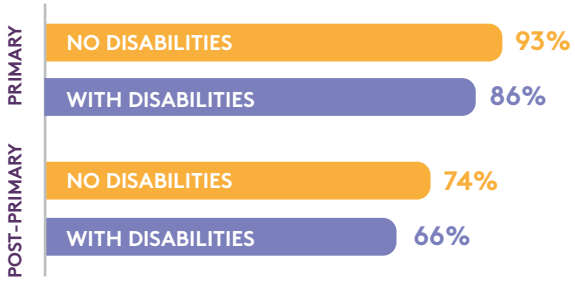
COMMUNITY SPORT

Students participating in sport in a sports club or community setting at least once a week



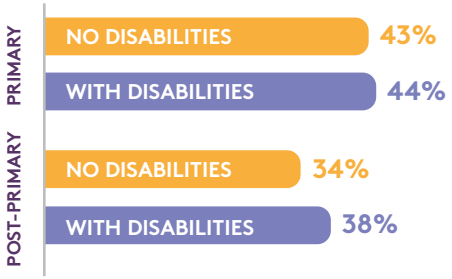
SCHOOL SPORT

Students participating in sport at school, outside of PE, at least once a week



ACTIVE TRAVEL

Students who actively travel to/from school



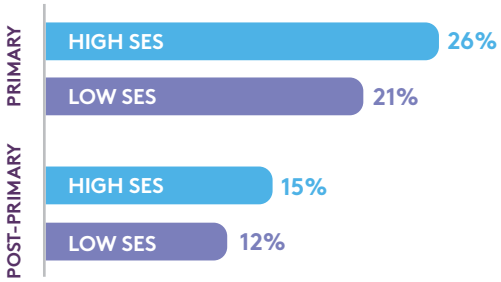
Children with disabilities are more likely to actively travel to or from school

Spotlight on Socio-economic Status (SES)



PHYSICAL ACTIVITY

Students meeting the Physical Activity Guidelines



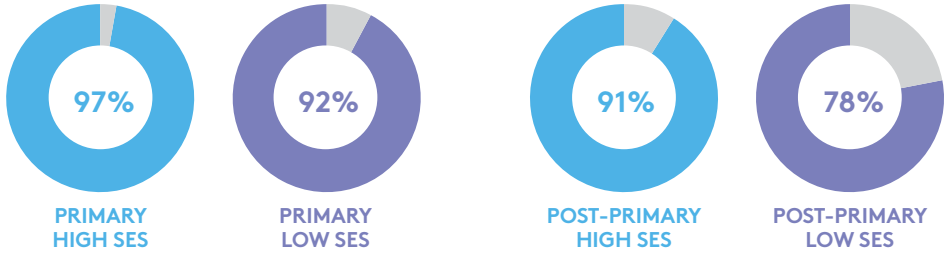


Children from lower socio-economic background are less likely to meet the National Physical Activity Guidelines

Overall, children from higher socio-economic backgrounds participate more in sport

ANY SPORT

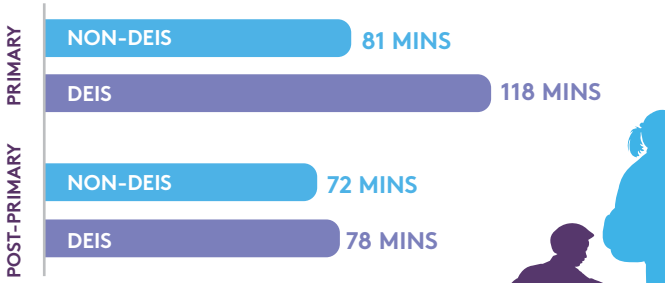
Students participating in any sport at least once a week



Students in DEIS schools do more PE at both primary and post-primary level

PHYSICAL EDUCATION

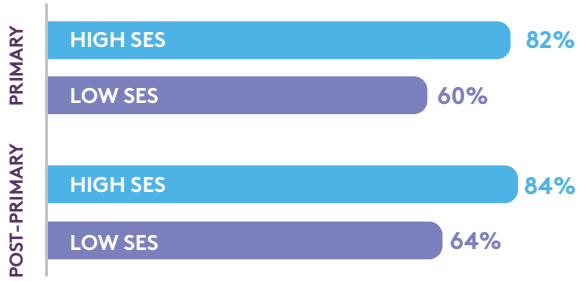
Average PE minutes per week in schools





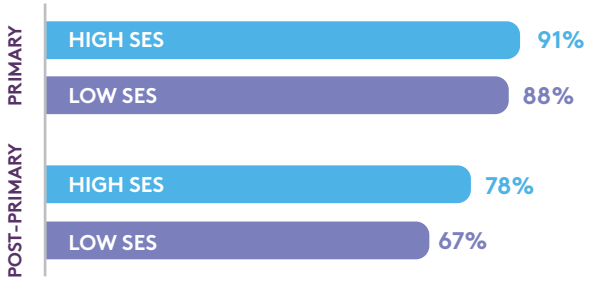
COMMUNITY SPORT

Students participating in sport in a sports club or community setting at least once a week



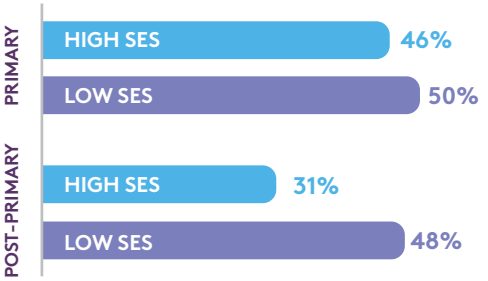
SCHOOL SPORT

Students participating in sport at school, outside of PE, at least once a week



ACTIVE TRAVEL

Students who actively travel to/from school



Students from lower socio-economic backgrounds are more likely to actively travel to or from school

Spotlight on Ethnicity



PHYSICAL ACTIVITY

Students meeting the Physical Activity Guidelines

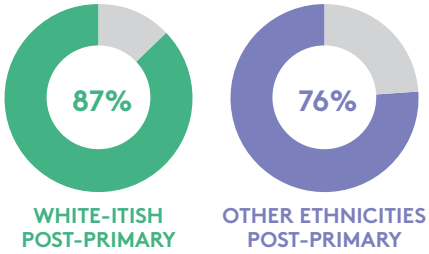




Children from other ethnicities are less likely to meet the National Physical Activity Guidelines

ANY SPORT

Students participating in any sport at least once a week

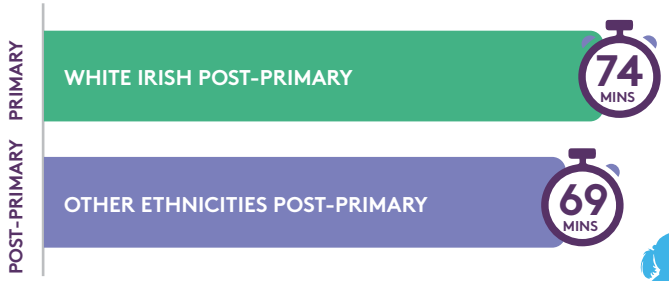


Post primary school students from other ethnicities participate in less sport than 'white Irish' students

Students from 'other ethnicities' are more likely to actively travel to school

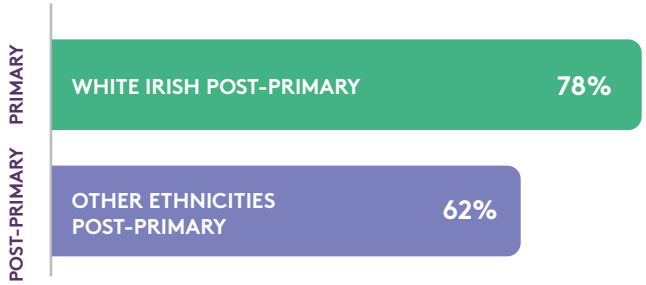
PHYSICAL EDUCATION

Average PE minutes per week in schools



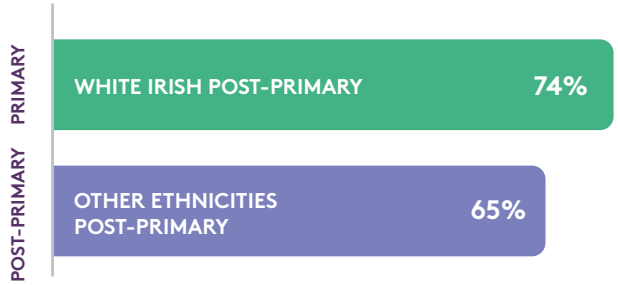
COMMUNITY SPORT

Students participating in sport in a sports club or community setting at least once a week



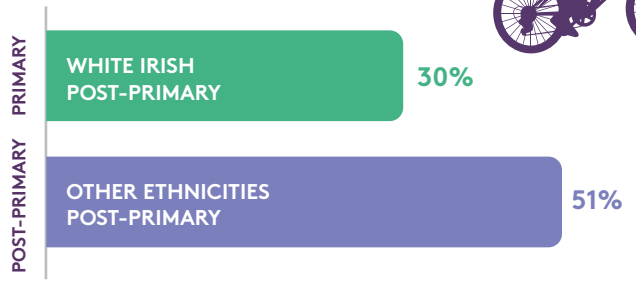
SCHOOL SPORT

Students participating in sport at school, outside of PE, at least once a week



ACTIVE TRAVEL

Students who actively travel to/from school

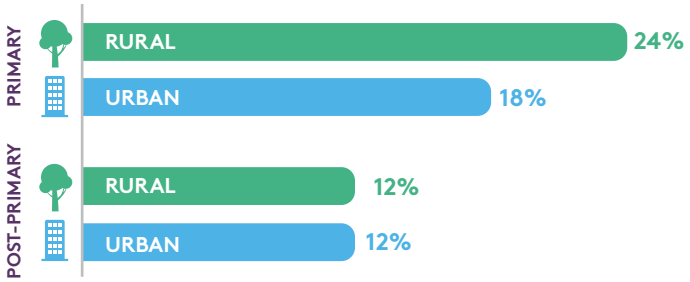


Spotlight on Urban and Rural



PHYSICAL ACTIVITY

Students meeting the Physical Activity Guidelines





Primary school children from rural schools are more likely to meet the National Physical Activity Guidelines than those from urban schools



Children from rural schools participate more in community sports than those attending urban schools

PHYSICAL EDUCATION

Average PE minutes per week in schools

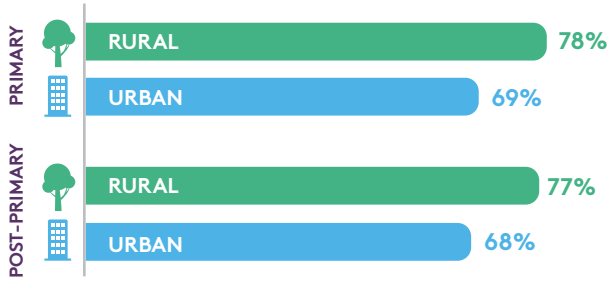


Children from urban schools have higher rates of active travel than those from rural schools



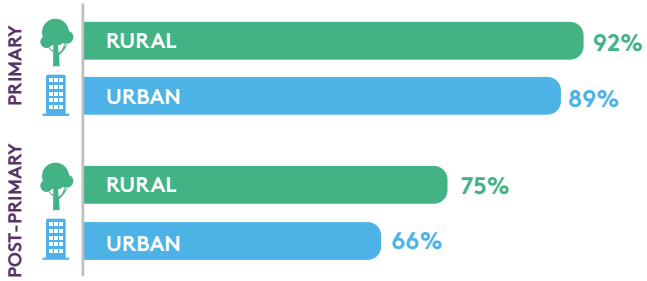
COMMUNITY SPORT

Students participating in sport in a sports club or community setting at least once a week



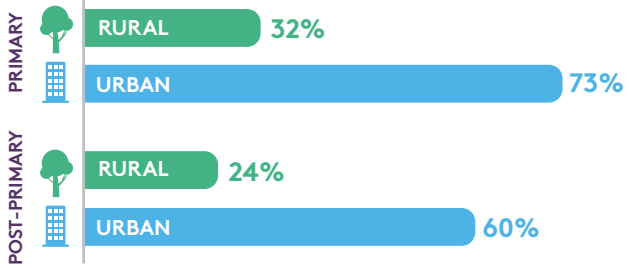
SCHOOL SPORT

Students participating in sport at school, outside of PE, at least once a week



ACTIVE TRAVEL

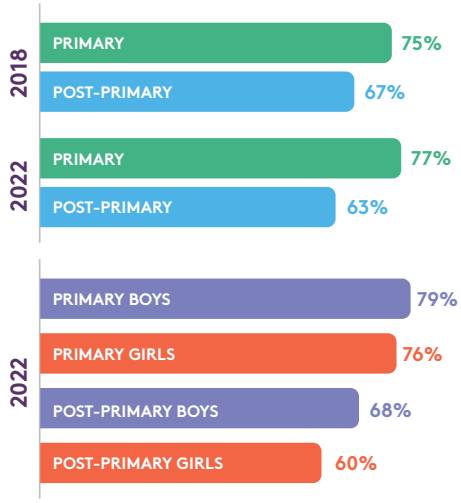
Students who actively travel to/from school



Social Participation in Community Sport

CLUB MEMBERSHIP

Students who report membership of one or more sports clubs

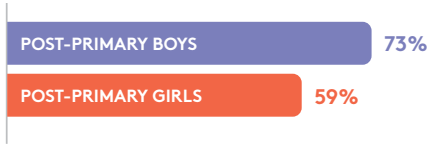




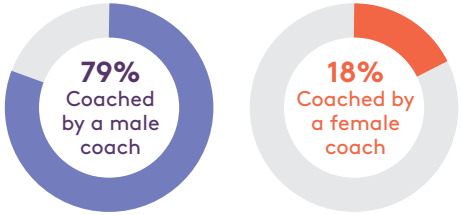
Boys are more likely than girls to be members of sports club at both primary and post-primary level

EXPERIENCE OF COACHING

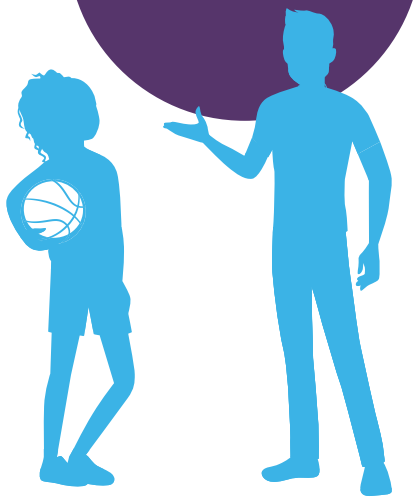
Students who report receiving coaching in community sport



Gender of coaches in community sport



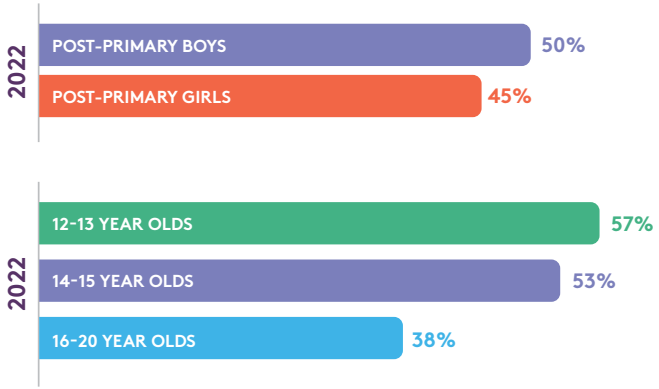
Only 18% of post-primary students reported being coached by a female



VOLUNTEERING

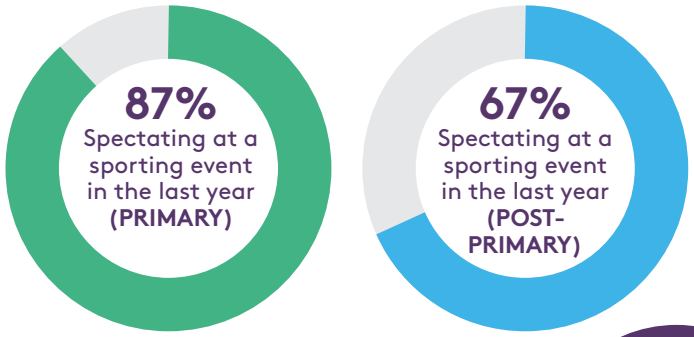
Student who report volunteering once or more a week

Post-primary boys are more likely to report volunteering in sport than girls



Younger post-primary students are more likely to report volunteering in sport than their older peers

SPECTATING

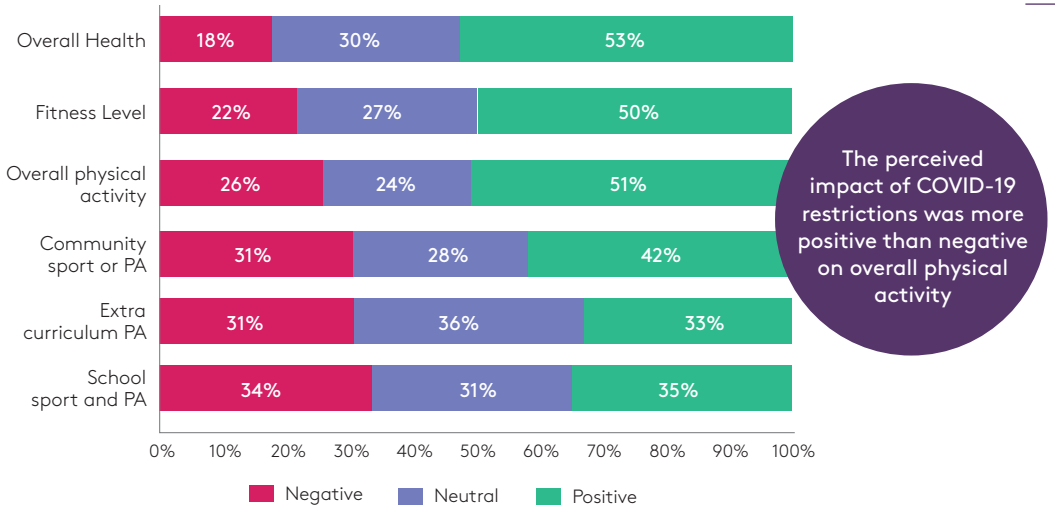




Primary students are more likely to spectate at sporting events than post-primary students

Contemporary issues in sport and physical activity

Post primary students perceived impact of COVID 19 Measures

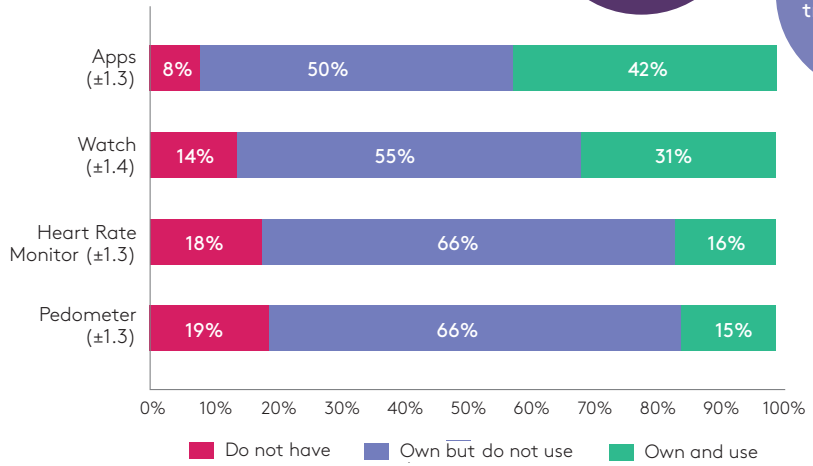


The perceived impact of COVID-19 restrictions was more positive than negative on overall physical activity

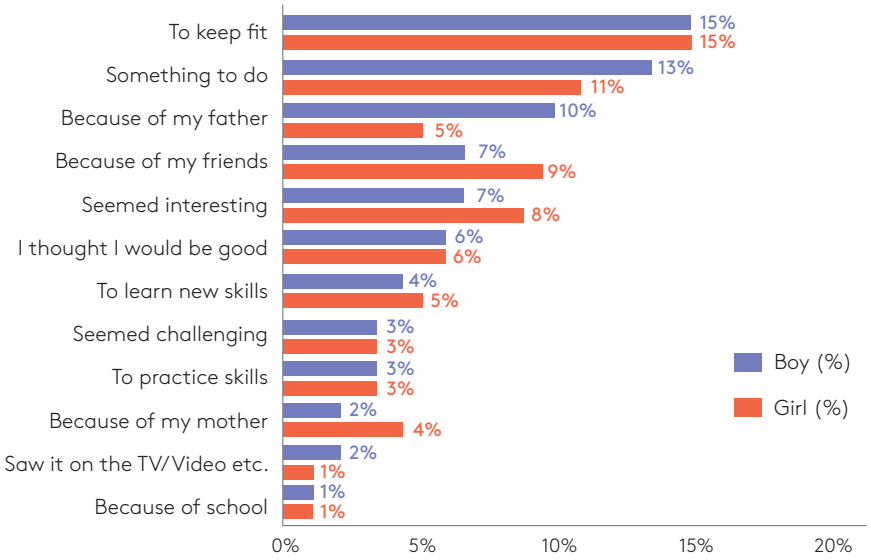
Post-primary students ownership and use of technology

54% Ownership of activity tracking device in 2018 (post-primary)

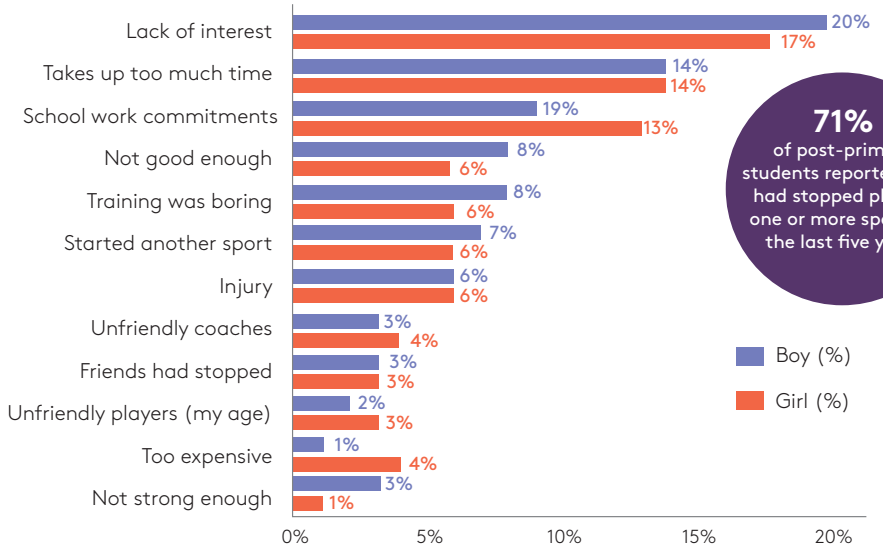
94% Ownership of activity tracking device in 2022(post-primary)



Top reasons for participating in sport among post-primary students



Top reasons for stopping sport among post-primary students



71% of post-primary students reported they had stopped playing one or more sports in the last five years

Summary of findings for Republic of Ireland and Northern Ireland 2018 and 2022

Outcome	ROI		NI	
	2018	2022	2018	2022
PHYSICAL ACTIVITY				
Participating in daily physical activity (%)	13	**15**	13	**17**
Primary school students participating in daily physical activity (%)	17	**23**	20	**21**
Post-primary school students participating in daily physical activity (%)	10	**12**	11	**16**
Primary school meeting the muscle strengthening guidelines (%)	-	**48**	-	**44**
Post-primary school meeting the muscle strengthening guidelines (%)	-	**41**	-	**42**
COMMUNITY SPORT				
Primary school participation in community sport at least once a week (%)	80	**76**	65	**73**
Post-primary school participation in community sport at least once a week (%)	58	**74**	49	**71**
SCHOOL SPORT				
Primary school students participating in school sport at least once a week (%)	70	**91**	65	**92**
Post-primary school students participating in school sport at least once a week (%)	63	**72**	58	**76**
PHYSICAL EDUCATION				
Average weekly PE for primary schools (minutes)	-	**85**	-	**61**
Average weekly PE for post-primary schools (minutes)	-	**73**	-	**73**
ACTIVE TRAVEL				
Primary school students engaging in active travel (%)	42	**43**	36	**40**
Post-primary school students engaging in active travel (%)	40	**35**	18	**18**

CSPPA

Children's Sport Participation and Physical Activity

The full 2022 CSPPA report can be found at
www.sportireland.ie/research/children-participation/csppa-2022

The full report citation is:
Woods CB, Ng KW, Britton U, McClelland J, O'Keeffe B, Sheikhi A, McFlynn P, Murphy MH, Goss H, Behan S, Philpott C, Lester D, Adamakis M, Costa J, Coppinger T, Connolly S, Belton S. and O'Brien W, (2023). The Children's Sport Participation and Physical Activity Study 2022 (CSPPA 2022). Physical Activity for Health Research Centre, Department of Physical Education and Sport Sciences, University of Limerick, Limerick, Ireland, Sport Ireland and Healthy Ireland, Dublin, Ireland and Sport Northern Ireland, Belfast, Northern Ireland.
ISBN: 978-1-911620-64-8
DOI: 10.34961/researchrepository-ul.23609157

SPÓRT ÉIREANN
SPORT IRELAND

sport Northern Ireland

hi Healthy Ireland

UNIVERSITY OF LIMERICK OLLSCOIL LUIMNIGH

UCC University College Cork, Ireland Coláiste na hOllscoile Corcaigh

Ulster University

DCU