



Knowledge Exchange Seminar Series (KESS)

...is a forum that encourages debate on a wide range of research findings, with the overall aim of promoting evidence-based policy and law-making within Northern Ireland



A Question of Sport. Perspectives of Children and Young People.

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Background



Young Life and Times (YLT)

www.ark.ac.uk/ylt

- Postal survey of 16-year olds in Northern Ireland undertaken annually since 2003



Kids Life and Times (KLT)

www.ark.ac.uk/klt

- Online survey of all P7-aged children in Northern Ireland undertaken annually since 2008

Response to the 2015 surveys

| | KLT | YLT |
|-----------------------|-------|-------|
| Number of respondents | 5,194 | 1,156 |
| Response Rate Pupils | 23% | 31% |
| Response Rate Schools | 27% | N/A |

- Question modules on sport sponsored by Sport NI

Everyday activities - normal week

| | % | |
|---------------------------------|-----|-----|
| | YLT | KLT |
| Walk/cycle to school | 42 | 49 |
| Do PE in school | 44 | 53 |
| Sport/activities outside school | 52 | 74 |
| Any other physical activity | 30 | N/A |
| None of these | 8 | 19 |

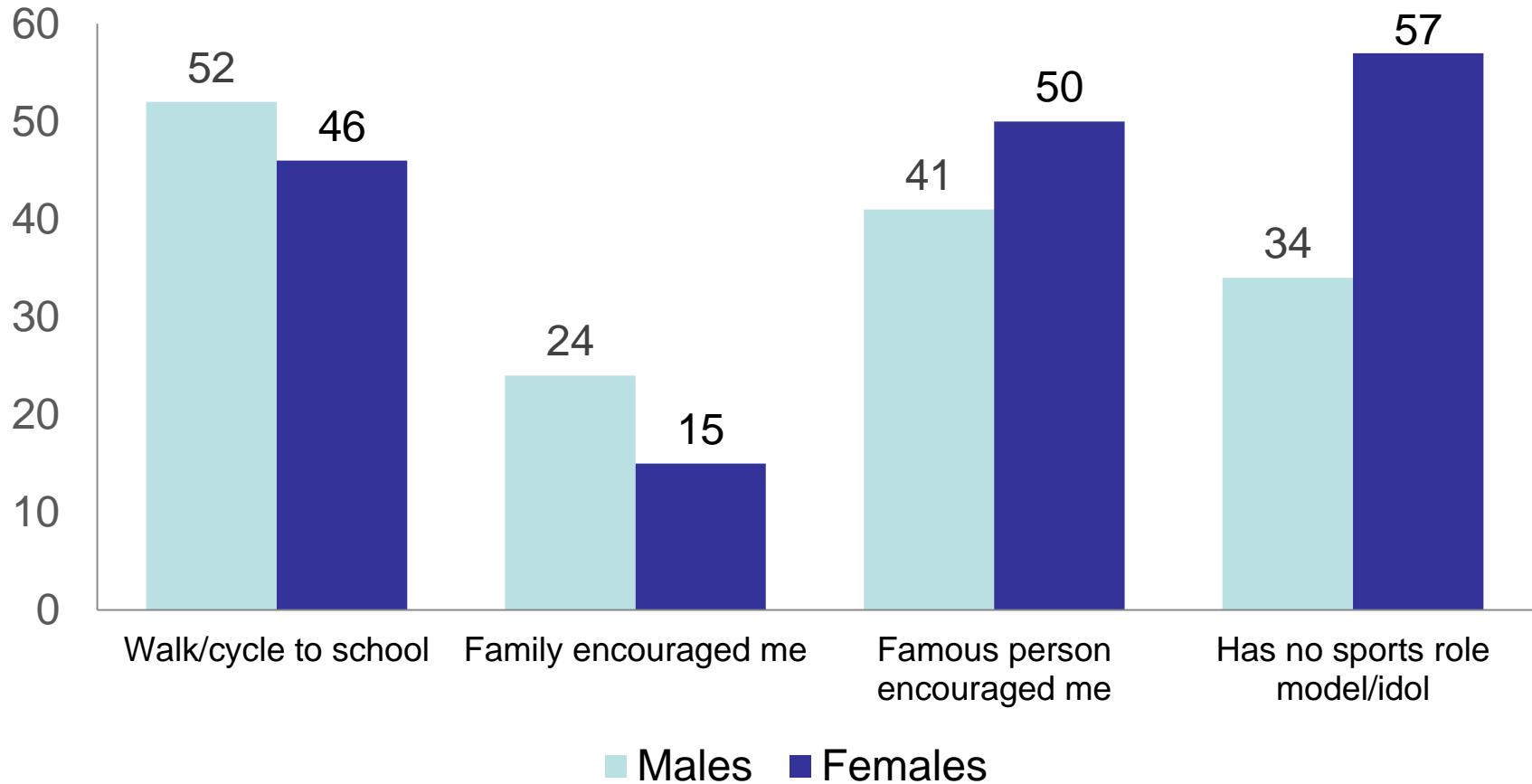
Children & young people meeting activity target (60 mins per day), by gender

| | % | | | | | |
|-------------------------------|-------|---------|-----------|-------|---------|-----------|
| | KLT | | | YLT | | |
| | Males | Females | All | Males | Females | All |
| Never | 9 | 9 | 9 | 8 | 10 | 9 |
| Up to 4 times a week | 31 | 39 | 34 | 37 | 63 | 58 |
| 4 – 6 times a week | 24 | 26 | 25 | 32 | 20 | 24 |
| 7 times a week or more | 37 | 27 | 32 | 13 | 5 | 9 |

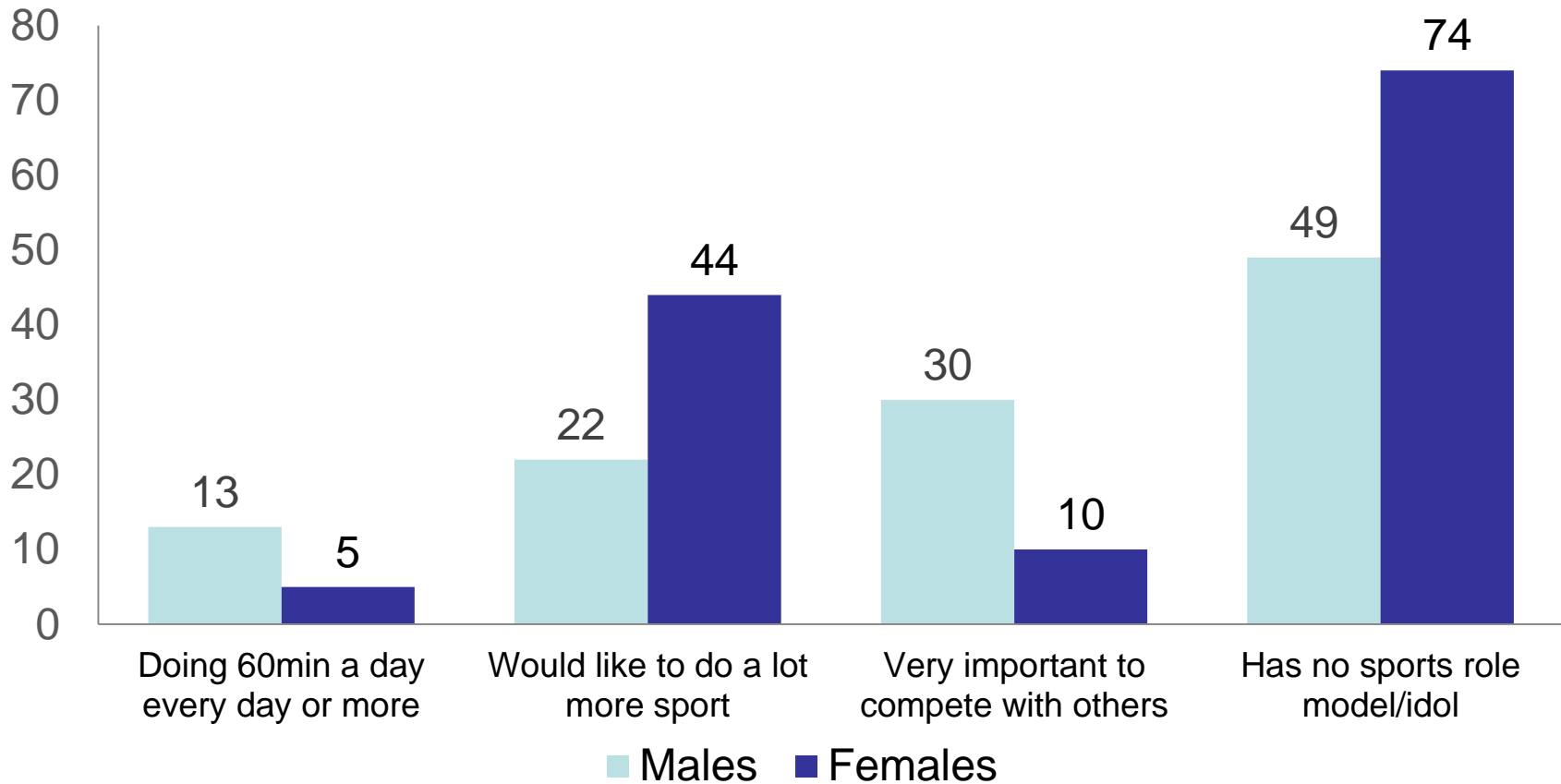
Meeting activity target, by school type

| | % | | | | | |
|-------------------------------|-----------------|--------|---------|---------|-----------|---------|
| | KLT | | | YLT | | |
| | Cath. Maint. | Contr. | Integr. | Grammar | Secondary | Integr. |
| Never | 9 | 8 | 8 | 7 | 11 | 15 |
| 7 times a week or more | 32 | 31 | 36 | 9 | 9 | 5 |
| Have PE every week | 52 | 55 | 52 | 56 | 32 | 26 |

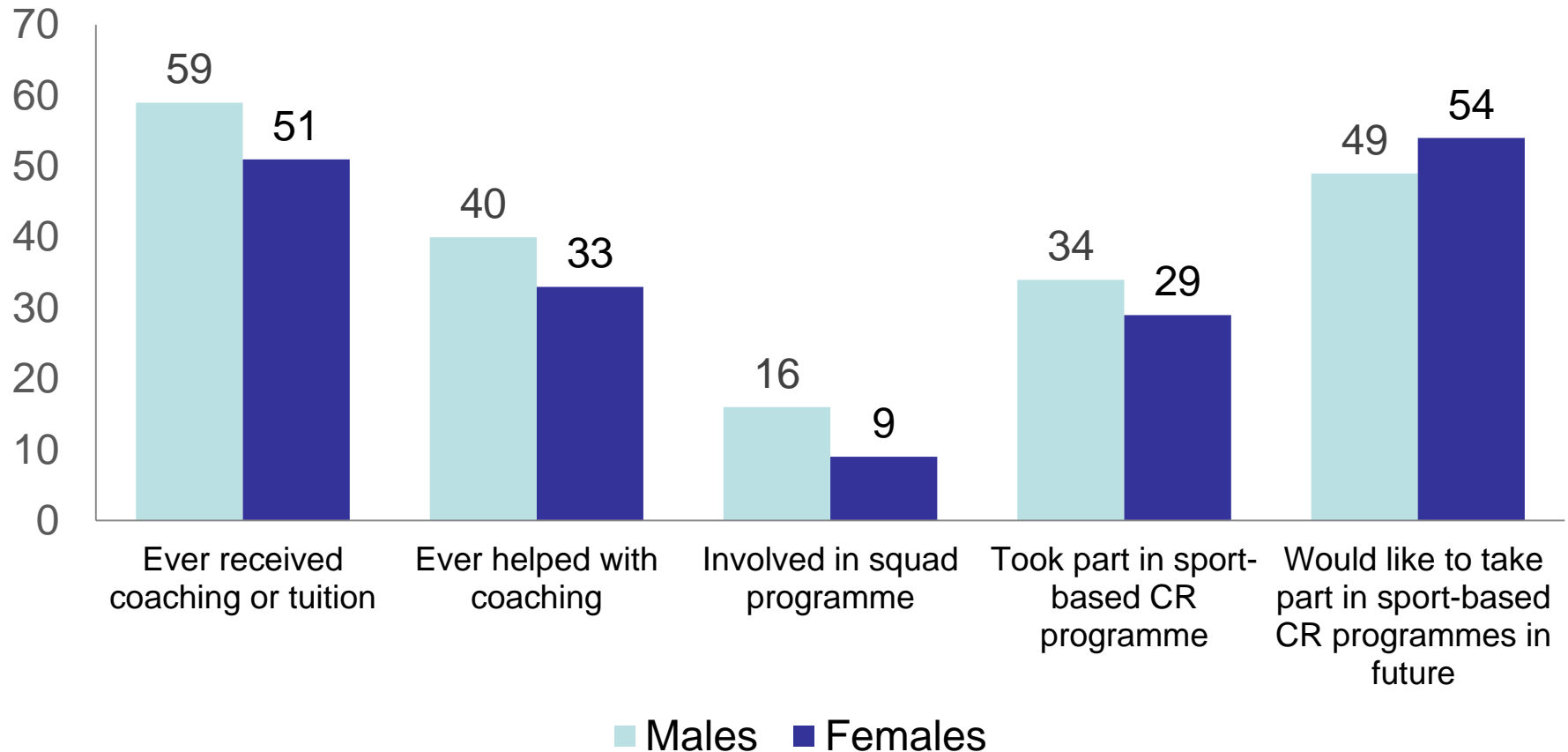
Gender differences (%)



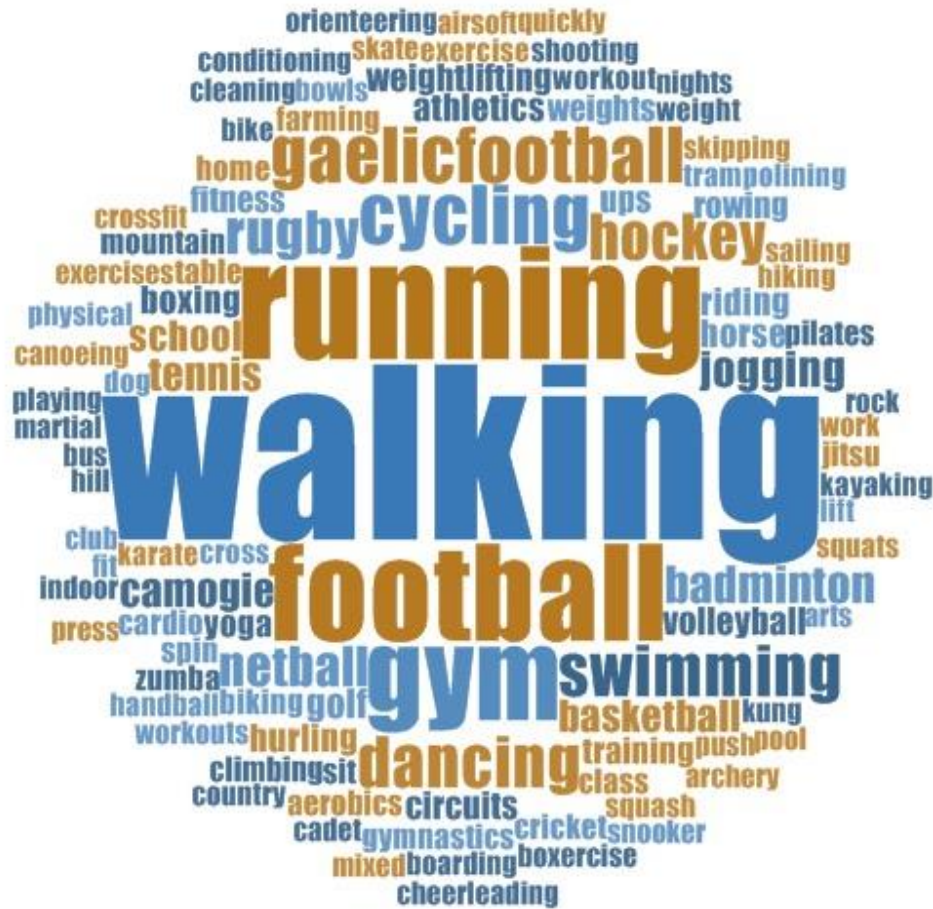
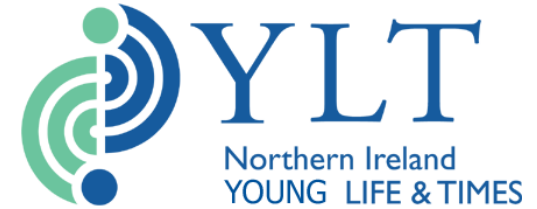
Gender differences (%)



Gender differences



3 main activities



Enjoying sport/activity



| | % | | |
|-----------------|----|----------------------|----------------------|
| | PE | Sport outside school | Adventure activities |
| A lot | 82 | 77 | 57 |
| A little | 15 | 17 | 22 |
| Not at all | 2 | 2 | 4 |
| I don't do this | 1 | 4 | 16 |



Enjoying sport/activity



| | % | | | |
|-----------------|----|----------------------|-------------------------------------------|----------------------|
| | PE | Sport outside school | Physical activity not organised by school | Adventure activities |
| A lot | 37 | 48 | 52 | 46 |
| A little | 26 | 24 | 32 | 21 |
| Not at all | 15 | 7 | 5 | 7 |
| I don't do this | 22 | 21 | 10 | 27 |



Prohibiting factors

| | % | |
|--------------------------------------------|-----|-------|
| | YLT | KLT |
| Not enough time | 69 | 25 |
| Poor health or a disability | 4 | 20 |
| I don't have anyone I can go with | 23 | 15 |
| Difficulty getting there/lack of transport | 26 | n. a. |
| Costs involved | 24 | n. a. |
| Don't know where I can do activities | 13 | 38 |
| Other reason | 7 | n. a. |
| Nothing stops or prevents me | 9 | 12 |

People inspiring children and young people to do sport

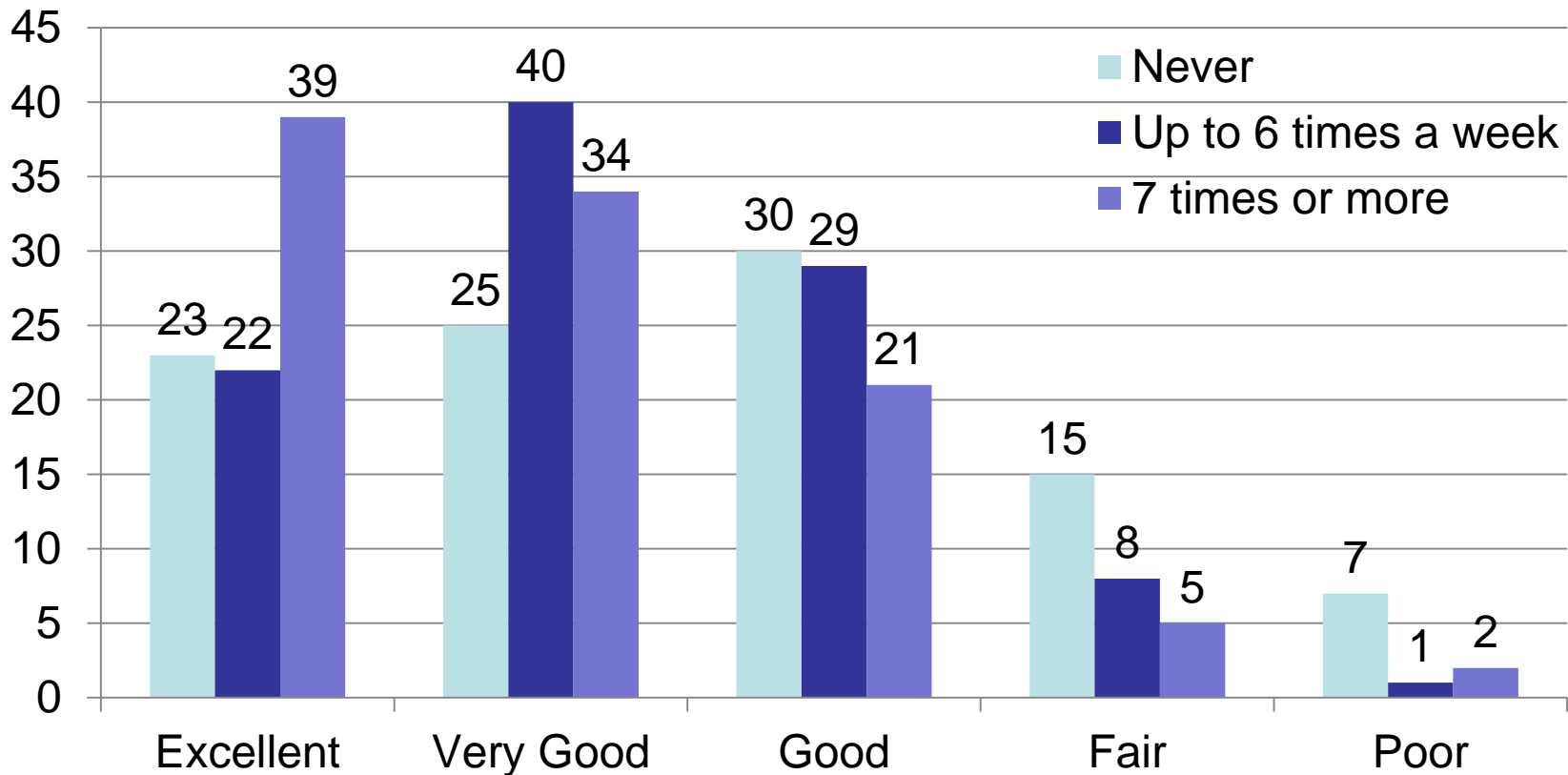
| | YLT | KLT |
|--------------------------------------|-----|-----|
| My family | 59 | 19 |
| A teacher | 27 | 40 |
| My friends | 47 | 21 |
| A famous person | 16 | 45 |
| Someone else | 2 | 10 |
| No-one has inspired or encouraged me | 14 | 20 |



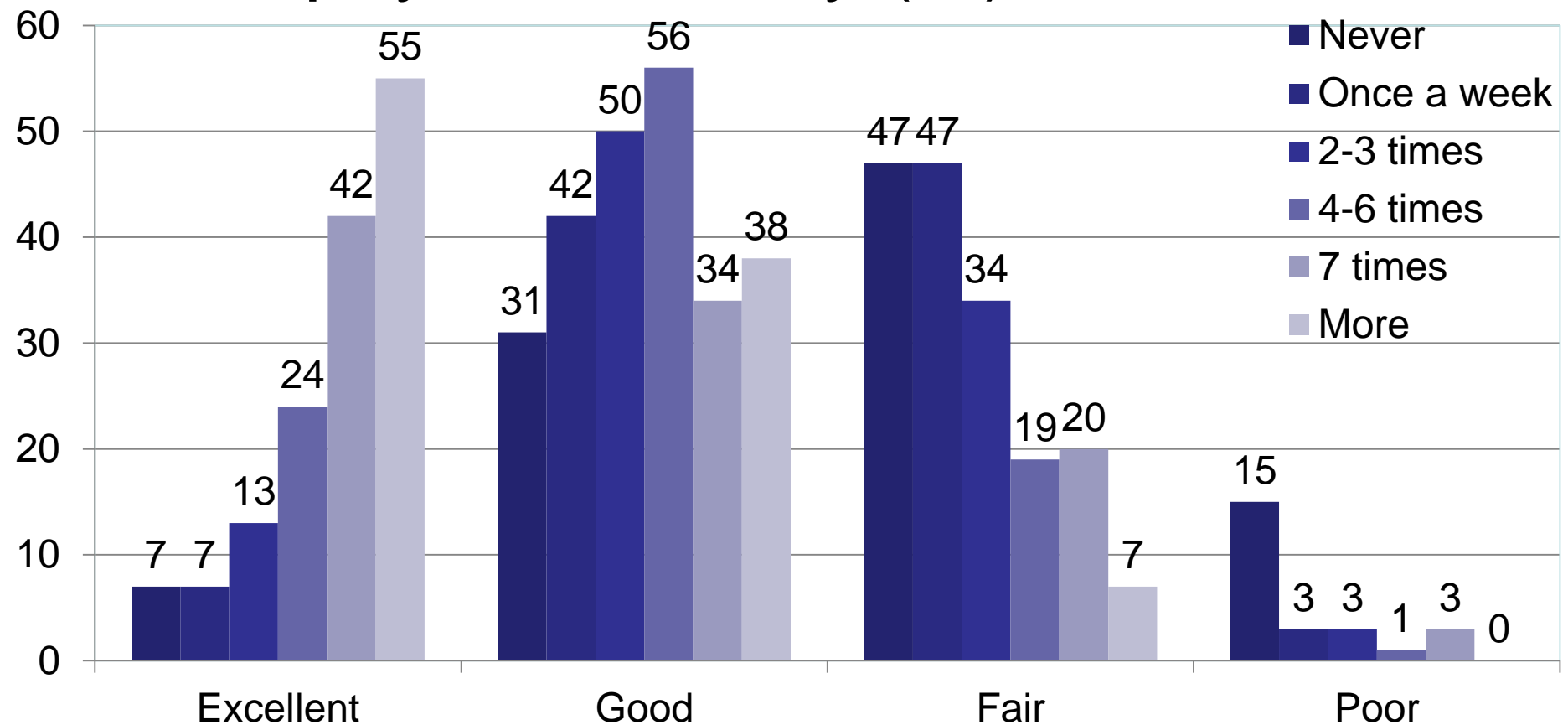
How much does sport and physical activity benefit your health?

| | % | | | |
|--------------|-----------------|-----|---------------|-----|
| | Physical health | | Mental health | |
| | KLT | YLT | KLT | YLT |
| A lot | 78 | 86 | 53 | 65 |
| A little | 16 | 11 | 30 | 28 |
| Not at all | 2 | 1 | 6 | 5 |
| I don't know | 5 | 1 | 10 | 2 |

Perceived health and level of physical activity (%)



Perceived health and level of physical activity (%)



Recommendations

Investments into non-competitive and convenient sport infrastructure

PE should be a statutory subject at all levels in schools in Northern Ireland - like in England

Children and young people should be entitled to at least 2 hours/two periods PE every week from Key Stage 1-4 - as in Scotland





Northern Ireland
Assembly



Queen's University
Belfast



The Open
University



Ulster
University

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