

Enjoying sport

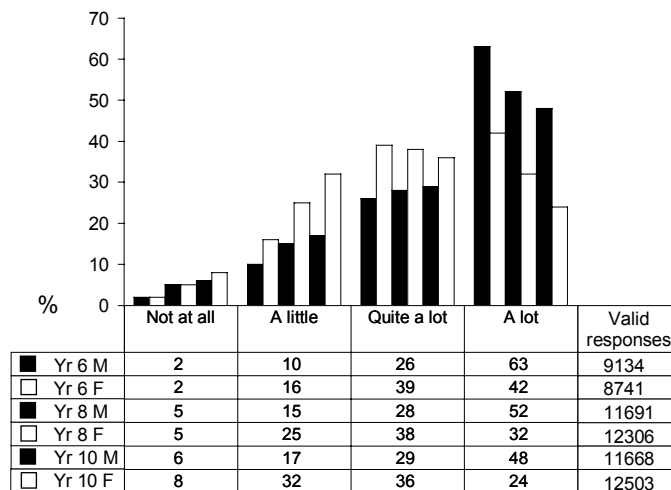
60% of 14-15 yr. old females report enjoying sport *quite a lot* or *a lot*

How much do you enjoy physical activities?

Comments

1. There is a large gender difference: far fewer females in each year group report liking sport *a lot*. The gender difference is already distinct in Year 6 (10-11 year olds) but the gap becomes wider as the age of the pupils increase.
2. The difference is especially marked in Year 10, half as many females as males say they enjoy physical activities *a lot*.
3. It is noticeable, that as males get older slightly fewer respond that they enjoy physical activities *a lot*.
4. Nevertheless, over 81% of primary school pupils and 60% of 14-15 yr. old females report enjoying sport *quite a lot* or *a lot*.

1. Is it uncool for females in secondary schools to show an interest in sport?
2. Are males enjoying physical activities less? In 2010, 48% of 14-15 year old males report enjoying physical activities *a lot*. Since 1995, this percentage has ranged from 61% to 48% (2010). It is also worth noting the decline in interest in males as they grow older e.g. 63% (10-11 yrs.), 52% (12-13 yrs) and 48% (14-15 yrs.) reported in 2010 enjoying physical activity *a lot*.



Personal fitness

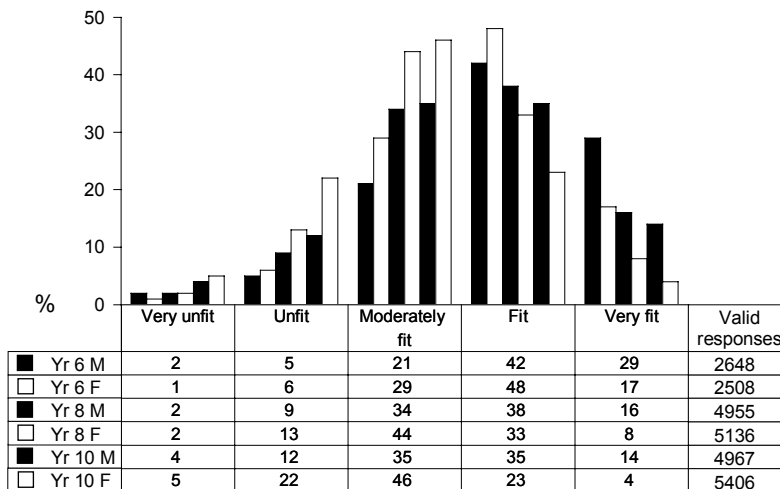
27% of 14-15 year old females think they are *unfit* or *very unfit*

How fit do you think you are?

1. More Year 6 males continue to assess themselves as *very fit* than any of the other groups.
2. 27% of the Year 10 (14-15 year old) females describe themselves as *unfit* or *very unfit*.
3. Perceived fitness declines with age in males and females.

Comments

1. The higher self-assessment of the males is consistent with their higher participation in sporting activities.
2. Do the females see themselves as less fit than the males because they participate in less physical activity or indeed are they less fit than the males?
3. This subjective method of assessing fitness may not seem very rigorous, but individual physiological measurements, in conjunction with similar questions, have shown agreement.
4. From 1991 onwards 14-15 year old females show an upward trend of those considering themselves to be 'unfit' (10% in 1991 and 22% in 2010).

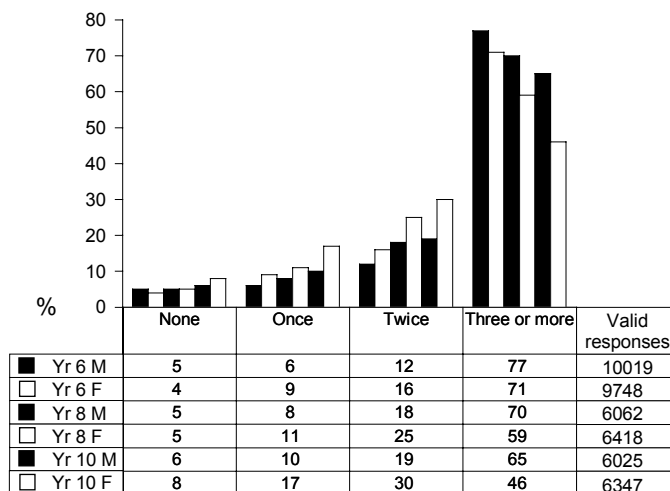


Aerobic exercise

Over 92% of 10-15 year olds report exercising at least on one day *last week*

How many days last week did you exercise and have to breathe harder and faster?

- Over 92% of all groups report exercising at least on one day last week, but again the gap is seen to widen between males and females among the frequent exercisers as they increase in age.
- Up to 8% of over 44,000 10-15 year olds, report taking no exercise *last week*.
- Up to 10% of all males and up to 17% of all females report exercising only on one day *last week*.



Comments

- There has been a question change from , 'How many times last week...', to 'How many days last week...'.
- The data suggest that at least 65% of males, and at least 46% of females, report exercising vigorously on three or more days.
- We have increasing opportunities for youngsters to adopt sedentary lifestyles: many youngsters today have seemingly endless choices for the time they spend watching television with the increased viewing options available on satellite TV, they even have televisions in their rooms; or they spend time playing computer games; and indeed the popularity of surfing the Internet is increasing on a daily basis. But how much do young people depend on parents/carers for permission and support to be active?
- Are we observing the collection of mini time-bombs where youngsters are choosing leisure options that are likely to have a detrimental effect to their general health and fitness in the years to come?
- The question has in mind the old recommendation of exercising vigorously for at least 20 minutes a time, three times a week. Current recommendations are more likely to suggest *daily* exercise.