



Australian Government
Australian Sports Commission

AUSPLAY™

National Sport and Physical
Activity Participation Report
October 2023



ABOUT THIS REPORT



This is the second edition of the National Sport and Physical Activity Participation report, updating the publication from November 2022. It presents a high-level overview of participation among key demographic groups in Australia. It is designed to be a reference resource for readers to dip into as and when required, rather than a report to be read from front to back.

Each section provides the following key AusPlay results for that particular group (where data allows):

- Headline indicators
- Motivations for being active
- Barriers to being active
- All participation rates
- Most popular sport-related activities
- Most popular non-sport-related activities

An online version of this report is also available on the Clearinghouse for Sport. Future editions are planned to be online only.

About AusPlay

AusPlay commenced in October 2015 and is the largest and most comprehensive survey of its kind ever conducted in Australia. From 2016 to 2022, 20,000 Australian residents aged 15 or over completed the survey. Apart from providing information about their own participation, parents/guardians of children under the age of 15 are asked about the organised physical activities undertaken by one of their children aged 0-14 outside of school hours. It is important to note that information is not collected on children's school activities or casual play outside of school as many parents/guardians aren't able to provide this information accurately.

Respondents are asked about their participation in sport and physical activity in the 12 months prior to interview. Until the end of June 2023, interviews were conducted by telephone and continued uninterrupted during COVID-19. The final quarter of telephone interviewing (April to June 2023) had a reduced sample. As a result, the national sample for the July 2022 to June 2023 period was 16,927 and lower than the historical 20,000 per annum.

In July 2023, AusPlay moved to online data collection which makes this report the last to be based on telephone interviewing. The annual online sample size (40,000) will be double the historical telephone sample which, combined with questions on gender diversity and sex using the Australian Bureau of Statistics standards (2020), will allow participation rates among more segments of the population to be reported in the future.

Further information about the change to online data collection will be communicated on the [Clearinghouse for Sport](#) in 2024.

JUMP TO PARTICIPATION STATISTICS ABOUT...

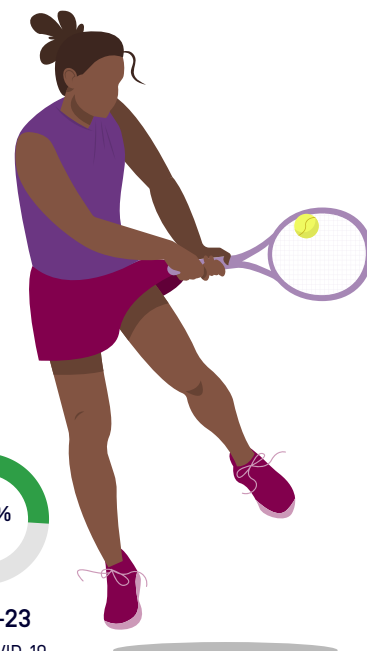
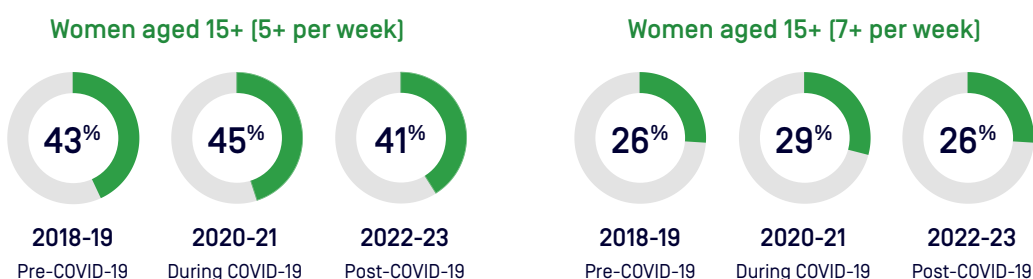
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KEY FINDINGS

The latest AusPlay data provides an indication of how the end of the acute phase of the COVID-19 pandemic has affected Australians' participation in sport and physical activity.

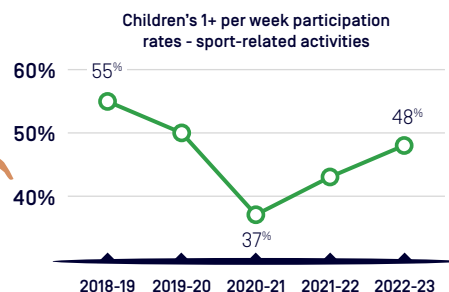
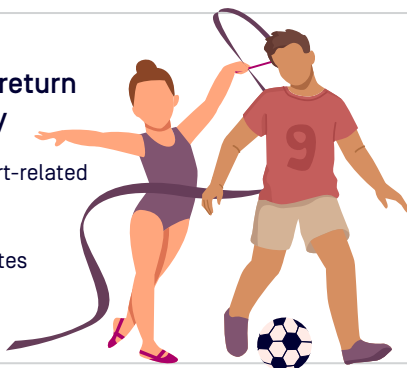
Higher frequency participation among Australian women aged 15+ has dropped back to pre-pandemic levels

When COVID-19 restrictions were in full force, women drove increased participation, especially at higher frequencies. The latest AusPlay data shows these higher levels of participation have not been sustained since restrictions eased.



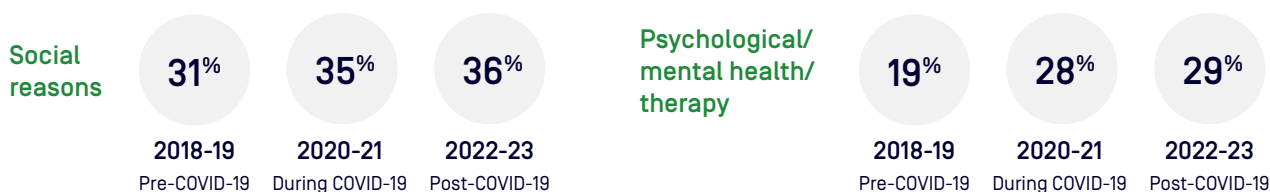
Children aged 0-14 continue to return to their regular sporting activity

Regular (1+ per week) participation in sport-related activities reached a low point in 2020-21. Since then, children (both boys and girls) have been returning to sport, although rates are not yet back to pre-pandemic levels.



Australians continue to exercise for the social and mental health benefits

The trend over the past few years of increasing numbers of Australians 15+ exercising for the social or mental health benefits appears to have slowed down but both are still a greater motivator now than before the pandemic.



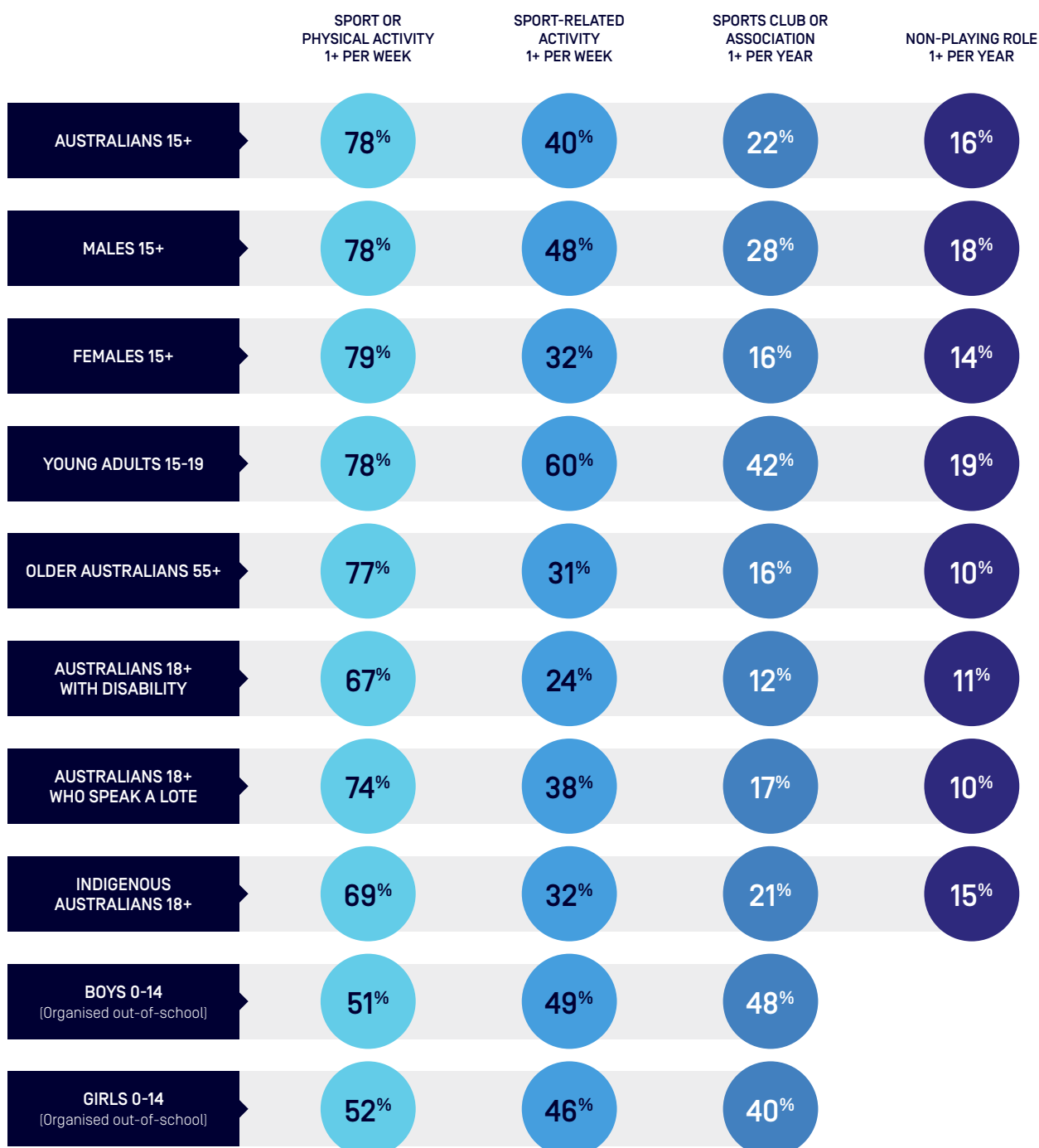
Further information

The ASC has also produced a [short review](#) of how the COVID-19 pandemic impacted participation in sport and physical activity, drawing on the findings from the three previous COVID-19 updates.

PARTICIPATION SNAPSHOT 2022-23



PARTICIPATE IN OR THROUGH



AUSTRALIANS AGED 15+

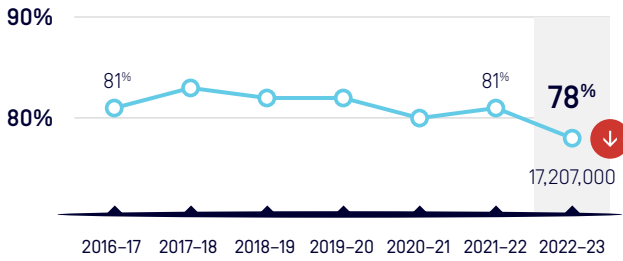
The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

- ↑ Statistically significant increase since 2021–22
- ↓ Statistically significant decrease since 2021–22

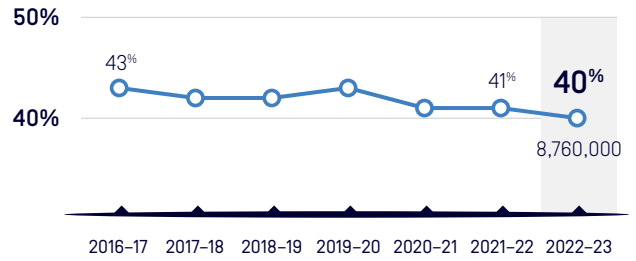


Headline indicators

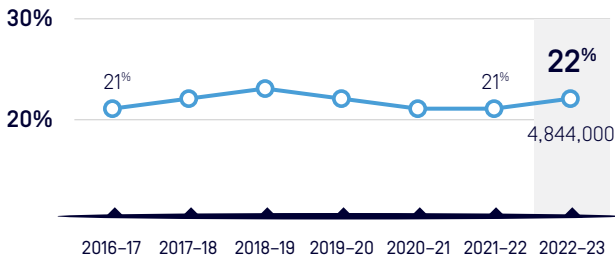
Participate in sport or physical activity 1+ per week



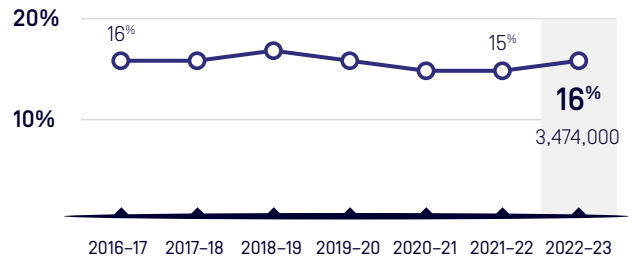
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

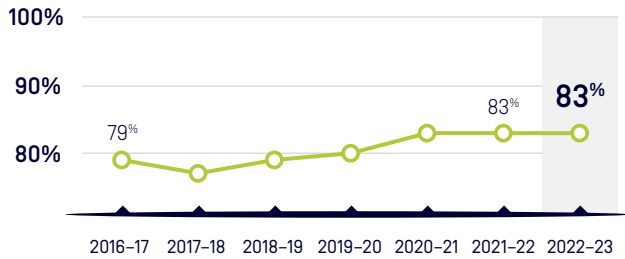


Take on a non-playing role 1+ per year

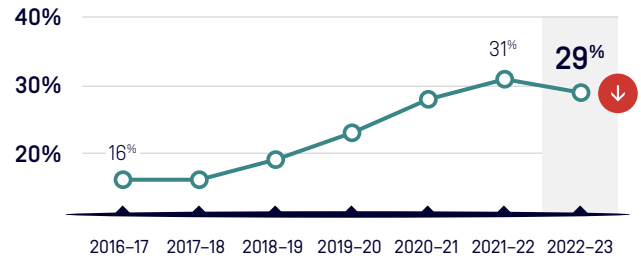


Top motivations in 2022-23

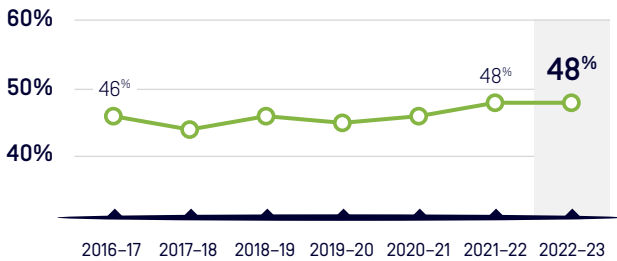
Physical health or fitness



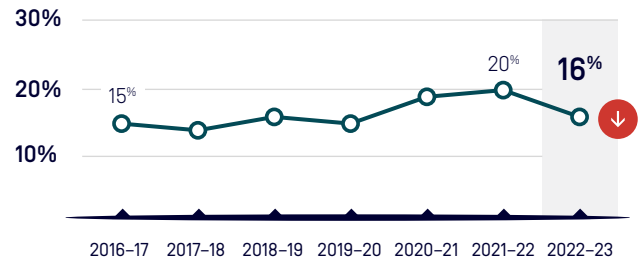
Psychological/mental health/therapy



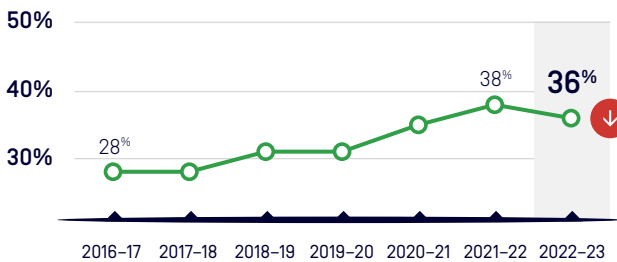
Fun/enjoyment



To be outdoors/enjoy nature

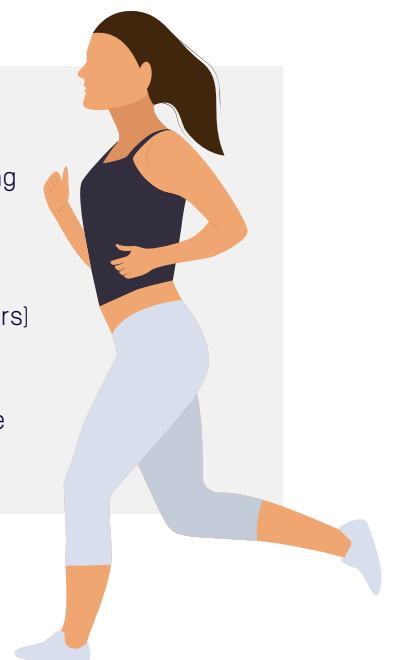


Social reasons



What's changed?

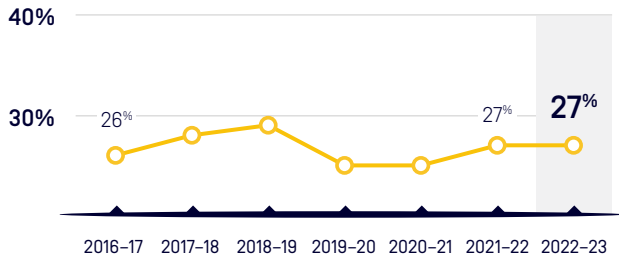
The reasons for getting active that increased most during COVID-19 (mental health, social reasons, to be outdoors) came off their peak but have remained higher than before the pandemic.



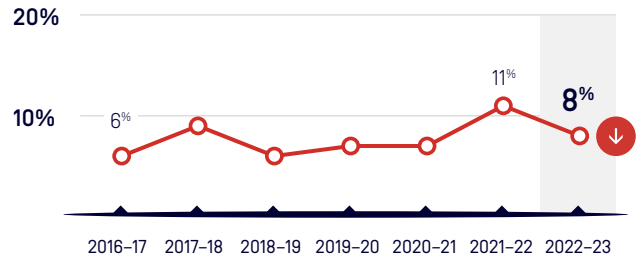
Based on all participants (1+ per year).

Top barriers in 2022-23

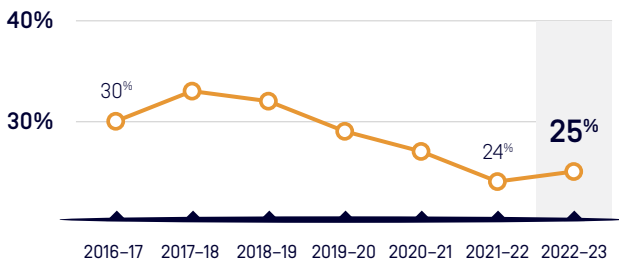
Poor health or injury



Not a priority (any more)

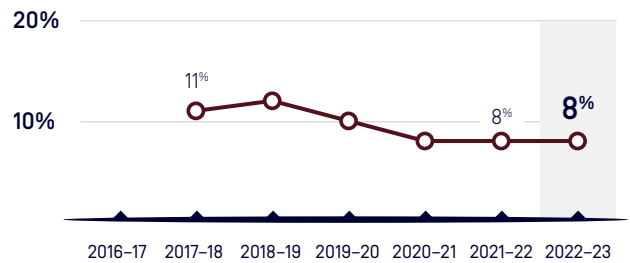


Not enough time/
too many other commitments

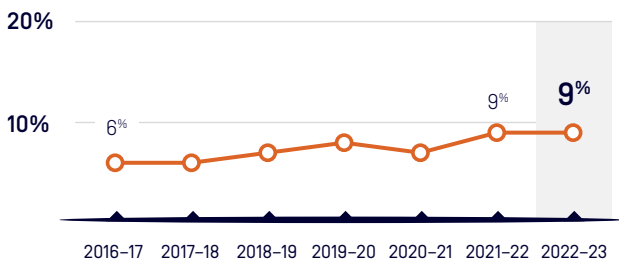


Have a physical job

*Response option only identified from 2017



Increasing age/too old



What's changed?

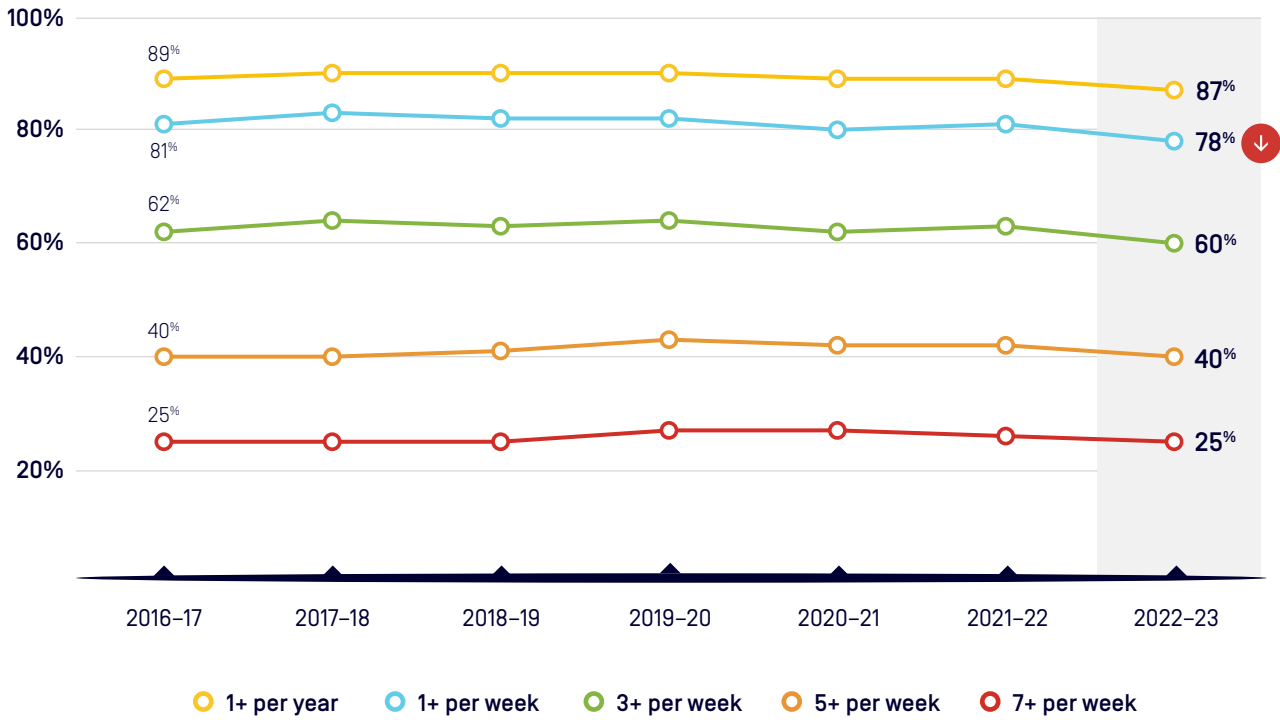
The proportion of non-participants saying exercise is not a priority decreased, after peaking in 2021-22.



Based on all non-participants.

All participation rates 2016-17 to 2022-23











FREQUENCY OF PARTICIPATION



Most popular **sport-related** activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS

Males aged 15+

	Running/athletics	2,084,000
	Cycling	1,748,000
	Swimming	1,702,000
	Golf	1,020,000
	Football/soccer	1,008,000
	Basketball	811,000
	Tennis	689,000
	Cricket	573,000
	Australian football	472,000
	Surfing	463,000

Females aged 15+

	Swimming	2,245,000
	Running/athletics	1,640,000
	Cycling	1,063,000
	Netball	573,000
	Tennis	516,000
	Football/soccer	360,000
	Basketball	299,000
	Surfing	278,000
	Golf	260,000
	Volleyball	214,000

Top 10 sports/activities shown.

What's changed?







Among adults 15+, Running/athletics is less popular in 2022-23 than it was in 2021-22 but has still grown in participant numbers since before COVID.








Swimming and Basketball are more popular activities in 2022-23 than in 2021-22.



Most popular non-sport-related activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS

Males aged 15+		
	Fitness/gym	3,861,000
	Walking [recreational]	3,662,000
	Bushwalking	896,000
	Exergaming*	697,000
	Yoga	220,000
	Pilates	132,000

Females aged 15+		
	Walking [recreational]	5,736,000
	Fitness/gym	4,473,000
	Yoga	1,211,000
	Bushwalking	1,296,000
	Pilates	1,053,000
	Exergaming*	679,000
	Dancing [recreational]	315,000

Activities with estimates of less than 40,000 not shown.

*Virtual/technology-based/gaming exercise, for example, motion sensing console games, smart treadmills, online platforms such as Zwift.

What's changed?

Among adults 15+, Walking is less popular in 2022-23 than it was in 2021-22 but has still grown in participant numbers since before COVID-19.

Bushwalking, Pilates and Exergaming have continued to increase after becoming more popular during COVID-19.



MALES AGED 15+

According to the 2021 Census there are 10.2 million males in Australia aged 15+, making up 49% of the 15+ population. There are 3.3 million males aged 15-34, 3.3 million aged 35-54 and 3.5 million aged 55+. Over more than six years, AusPlay has interviewed around 79,000 males aged 15+.



In terms of participation in sport and physical activity, a typical male in the 35-54 age bracket might be someone like Scott*. He's 41 and lives in New South Wales. AusPlay tells us someone like Scott typically participates in fitness or gym activities and/or running, with running/athletics the most popular sport for his age group.

Scott gets active for health reasons and is also considering taking up walking.

The following pages tell us more about how males aged 15+ participate in sport and physical activity and how, if at all, that has changed.

*Not a real person. Profile information based on data from AusPlay and other ASC research.

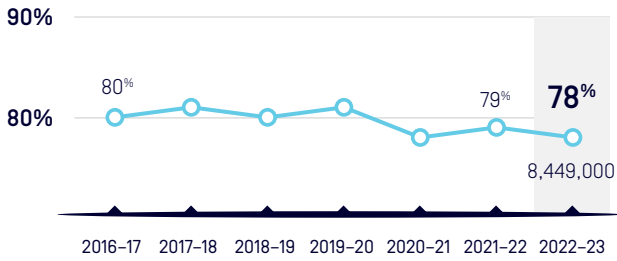
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-  Statistically significant decrease since 2021-22

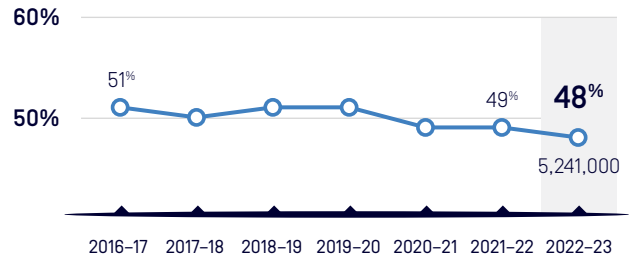


Headline indicators

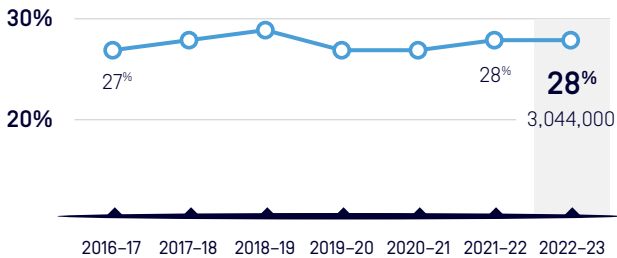
Participate in sport or physical activity 1+ per week



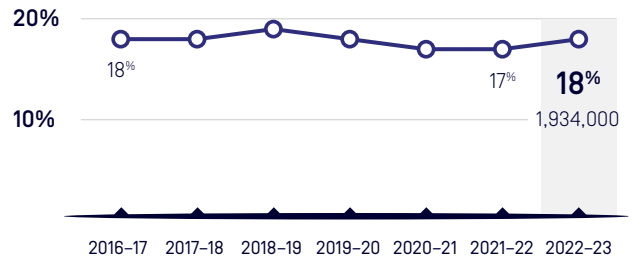
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

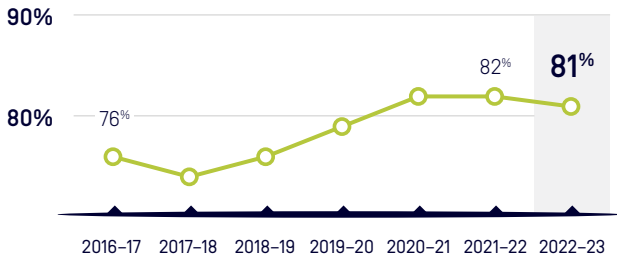


Take on a non-playing role 1+ per year

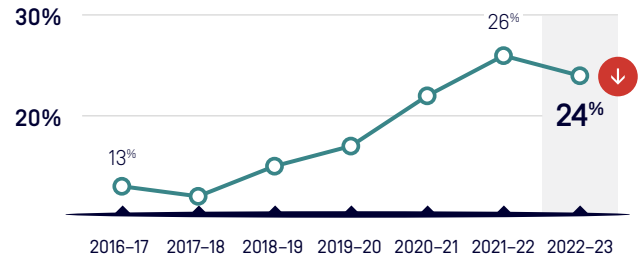


Top motivations in 2022-23

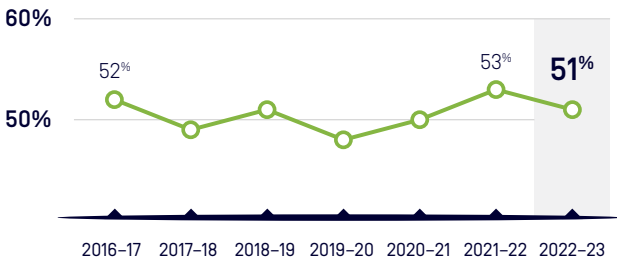
Physical health or fitness



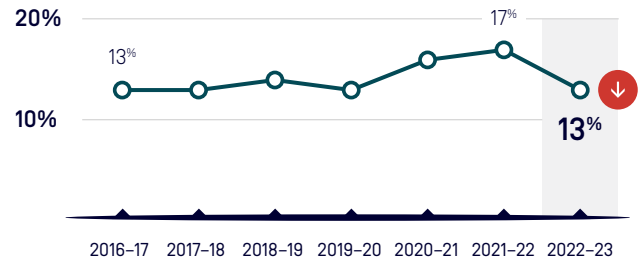
Psychological/mental health/therapy



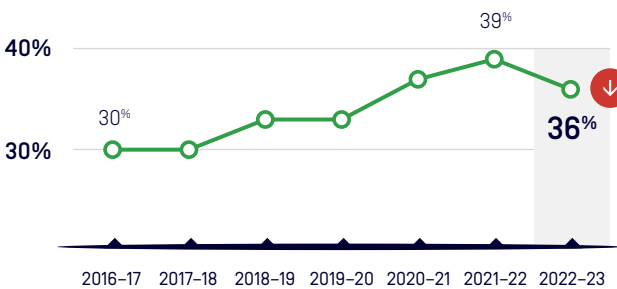
Fun/enjoyment



To be outdoors/enjoy nature

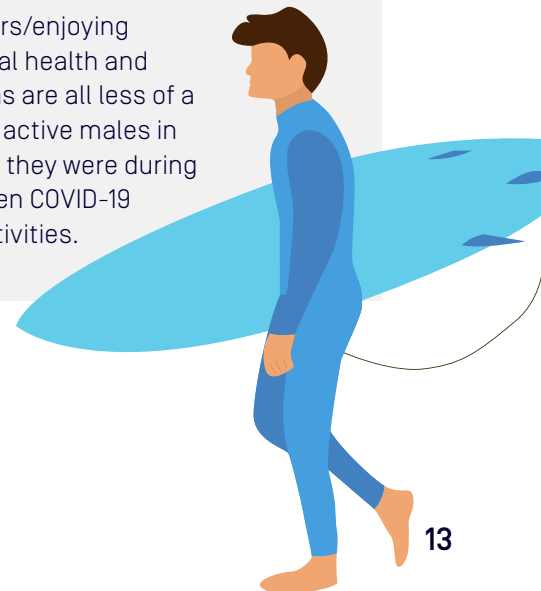


Social reasons



What's changed?

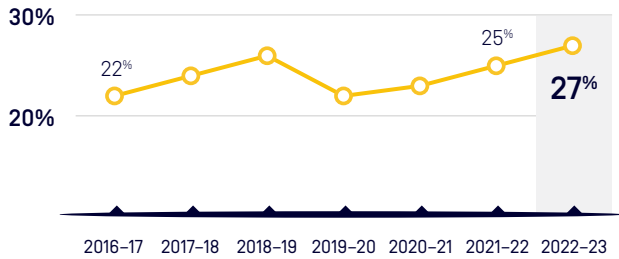
Being outdoors/enjoying nature, mental health and social reasons are all less of a motivator for active males in 2022-23 than they were during the years when COVID-19 restricted activities.



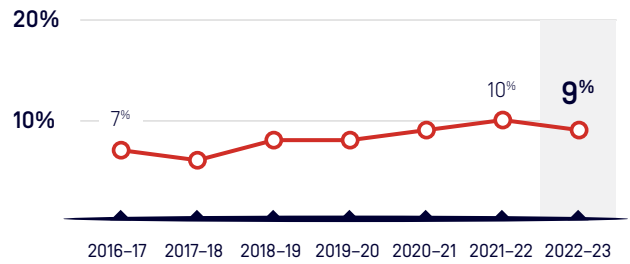
Based on all participants (1+ per year).

Top barriers in 2022-23

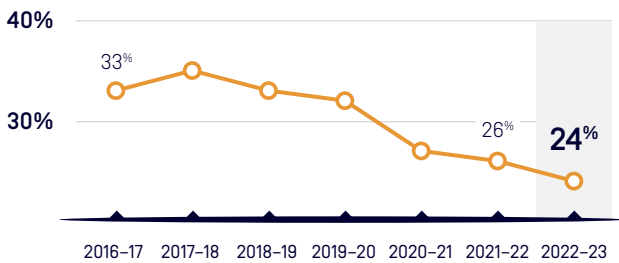
Poor health or injury



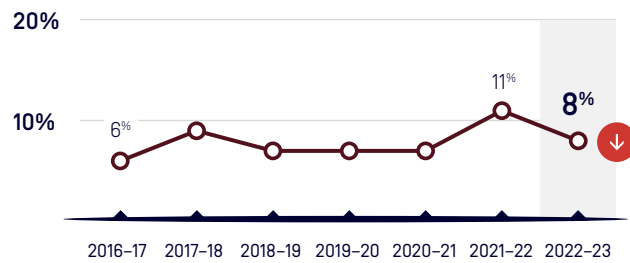
Increasing age/too old



Not enough time/
too many other commitments

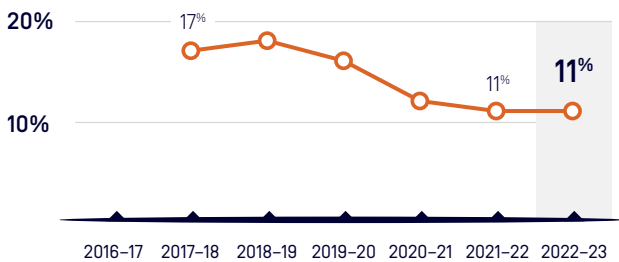


Not a priority [any more]



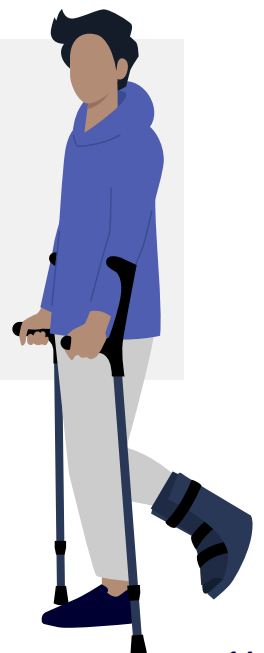
Have a physical job

*Response option only identified from 2017



What's changed?

In 2022-23, poor health/injury has taken top spot in the list of barriers for males aged 15+, nudging not enough time into second place.

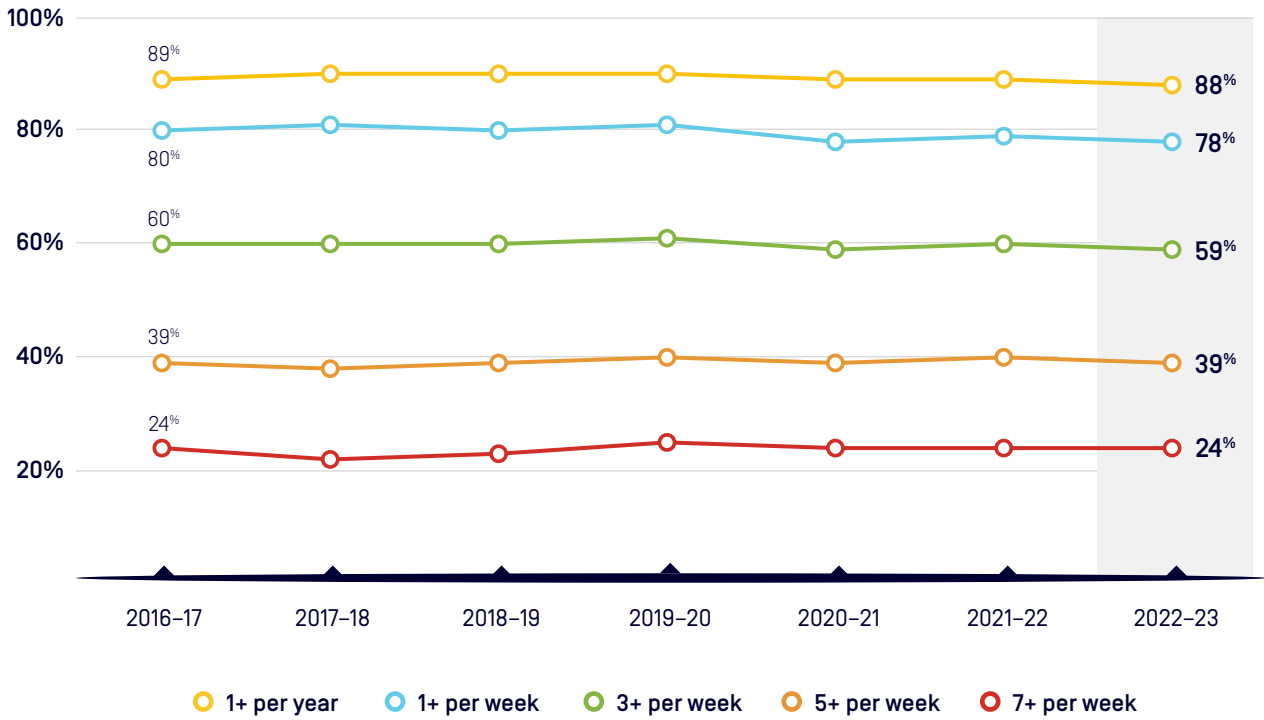


Based on all non-participants.

All participation rates

2016-17 to 2022-23










FREQUENCY OF PARTICIPATION













Most popular sport-related activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS











Males aged 15–34

	Running/athletics 974,000
	Football/soccer 642,000
	Swimming 581,000
	Basketball 541,000
	Cycling 375,000
	Cricket 293,000
	Australian football 286,000
	Tennis 229,000
	Weightlifting 191,000
	Golf 190,000

Males aged 35–54

	Running/athletics 850,000
	Cycling 754,000
	Swimming 580,000
	Golf 356,000
	Football/soccer 315,000
	Tennis 270,000
	Basketball 237,000
	Cricket 219,000
	Surfing 207,000
	Mountain biking 181,000

Males aged 55+

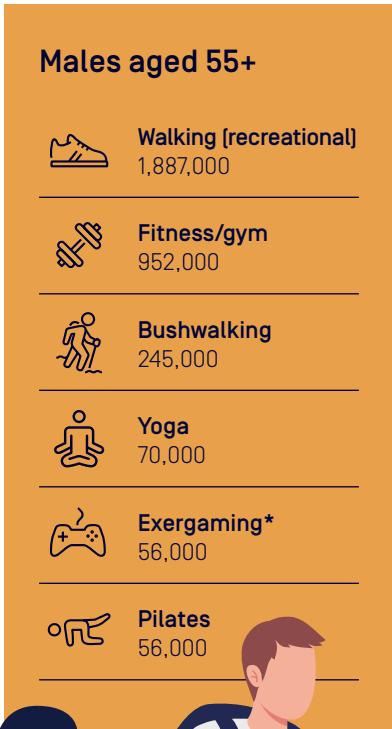
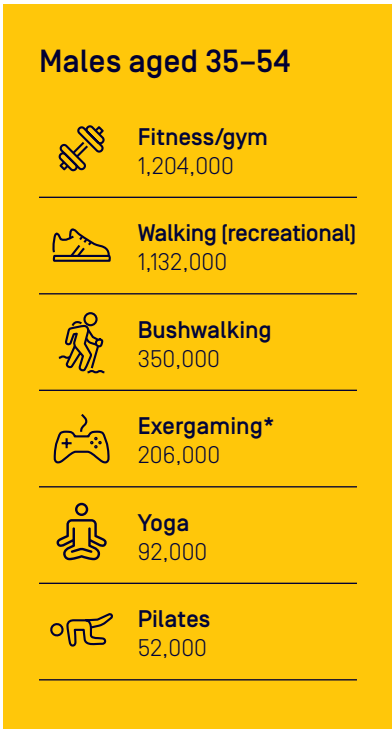
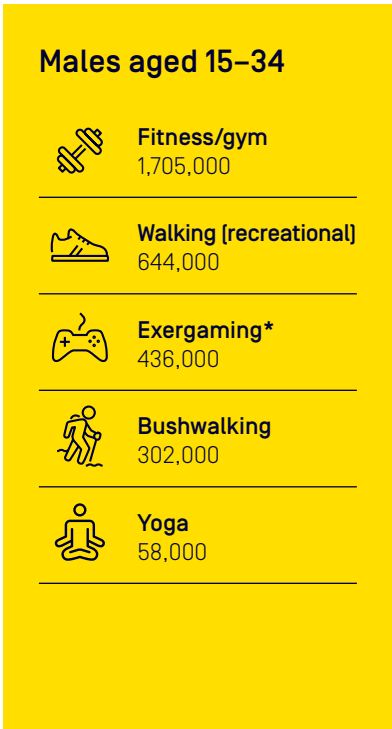
	Cycling 619,000
	Swimming 542,000
	Golf 474,000
	Running/athletics 259,000
	Tennis 190,000
	Fishing 143,000
	Bowls 123,000
	Surfing 119,000
	Canoeing/kayaking 76,000
	Sailing 72,000



Top 10 sports/activities shown.

Most popular non-sport-related activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS



Activities with estimates of less than 40,000 not shown.

*Virtual/technology-based/gaming exercise, for example, motion sensing console games, smart treadmills, online platforms such as Zwift.

FEMALES AGED 15+

The 2021 Census tells us there are 10.6 million females in Australia aged 15+, making up 51% of the 15+ population. There are 3.3 million females aged 15-34, 3.4 million aged 35-54 and 3.9 million aged 55+. Since October 2015, we have interviewed around 75,100 females aged 15+ in the AusPlay survey.

In terms of participation in sport and physical activity, a typical female in the 15-34 age bracket might be someone like Kate*. She's 29 and lives in Victoria.



AusPlay tells us she's likely to stay active by going to the gym and might frequently go for a run. She still occasionally plays netball with a club. The most popular sports for her age group are running/athletics and swimming. Some females in this age group are still active in team sports such as netball, football/soccer and basketball. Kate's main motivations to be active are health and fitness.

The following pages tell us more about how females aged 15+ participate in sport and physical activity and how, if at all, that has changed.

*Not a real person. Profile information based on data from AusPlay and other ASC research.

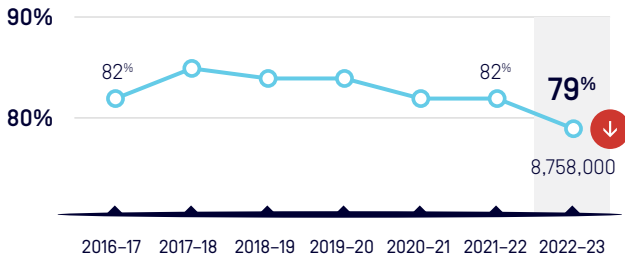


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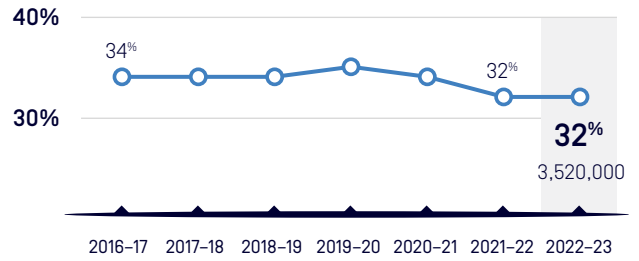
-  Statistically significant increase since 2021-22
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Headline indicators

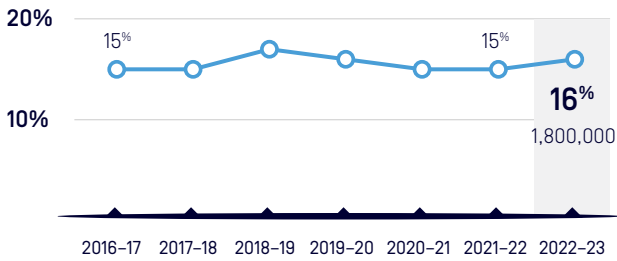
Participate in sport or physical activity 1+ per week



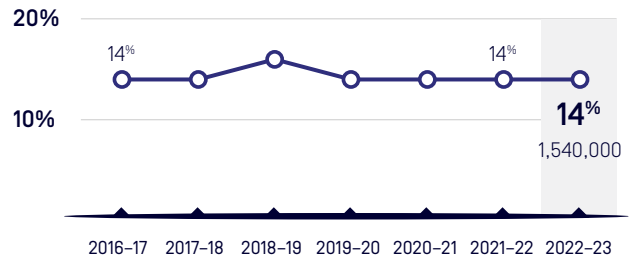
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

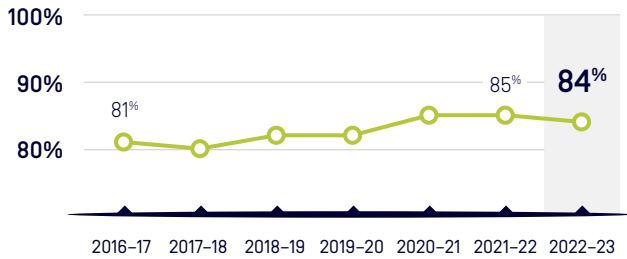


Take on a non-playing role 1+ per year

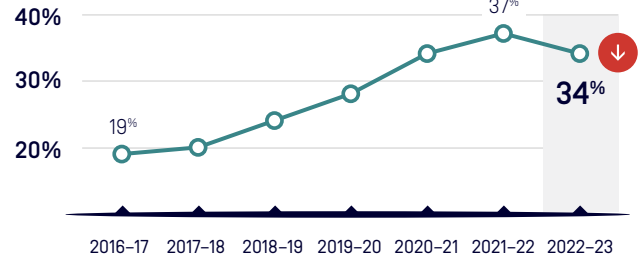


Top motivations in 2022-23

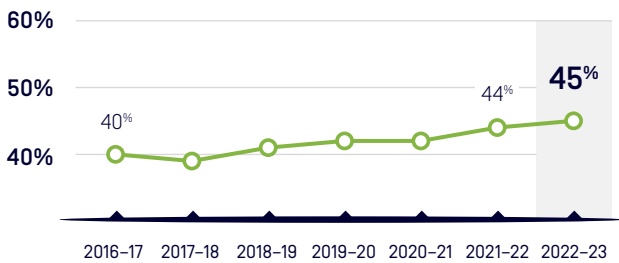
Physical health or fitness



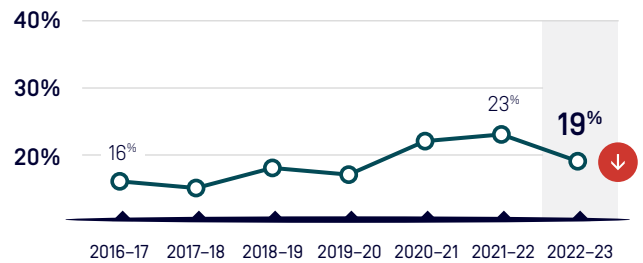
Psychological/mental health/therapy



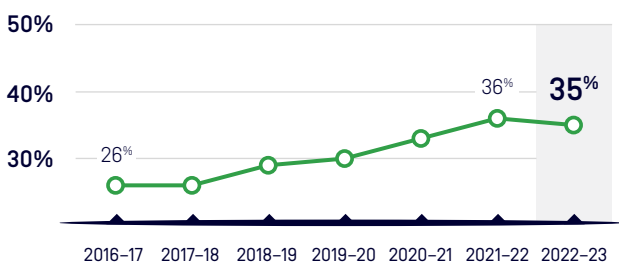
Fun/enjoyment



To be outdoors/enjoy nature



Social reasons



What's changed?

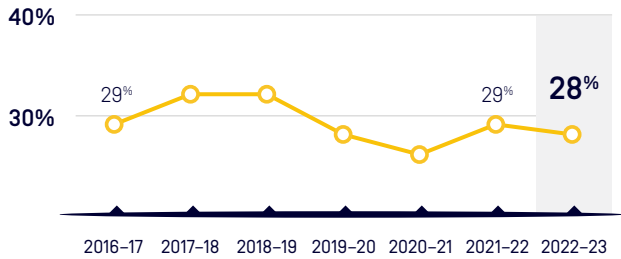
Fewer females aged 15+ are motivated by being outdoors/enjoying nature in 2022-23 than in 2021-22. This is likely linked to exercise being used as a reason to be able to leave home during COVID-19 lockdowns.



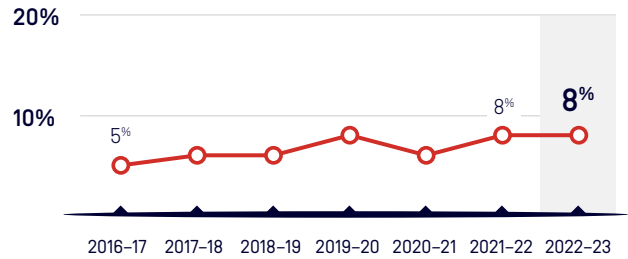
Based on all participants (1+ per year).

Top barriers in 2022-23

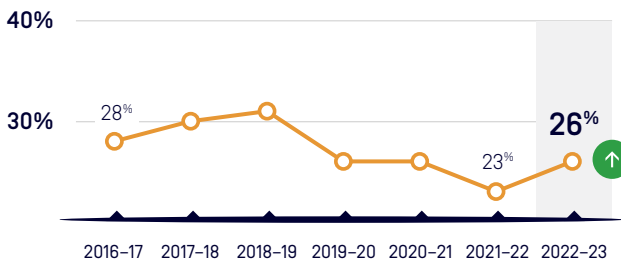
Poor health or injury



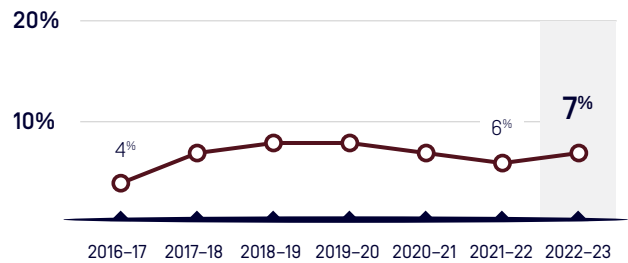
Increasing age/too old



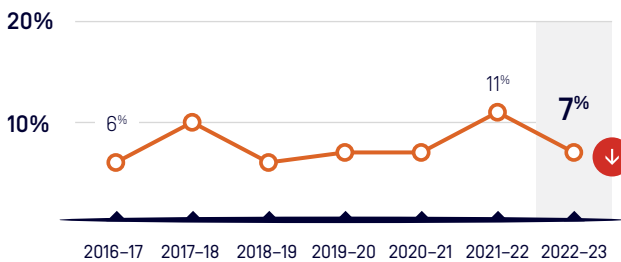
Not enough time/
too many other commitments



Too lazy



Not a priority [any more]



What's changed?

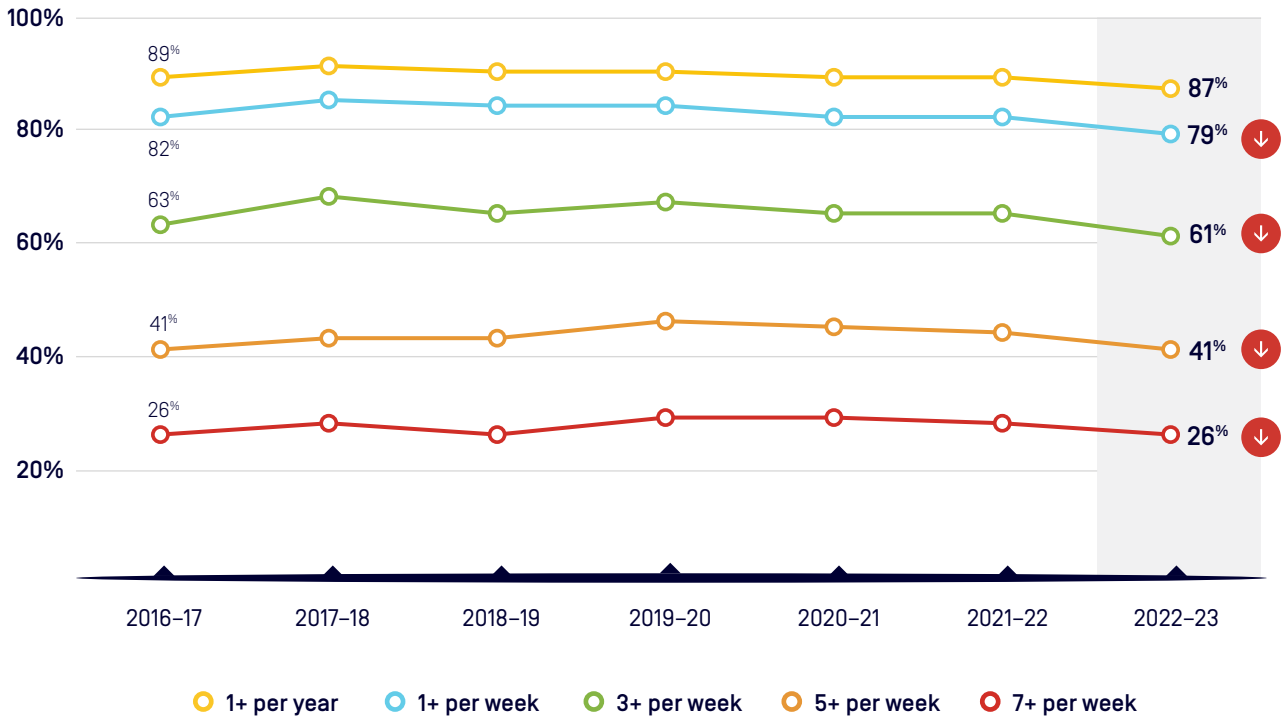
Not having enough time to exercise is becoming more of a barrier again for women, though it is not yet back to pre-COVID-19 levels.



Based on all non-participants.

All participation rates 2016–17 to 2022–23

FREQUENCY OF PARTICIPATION

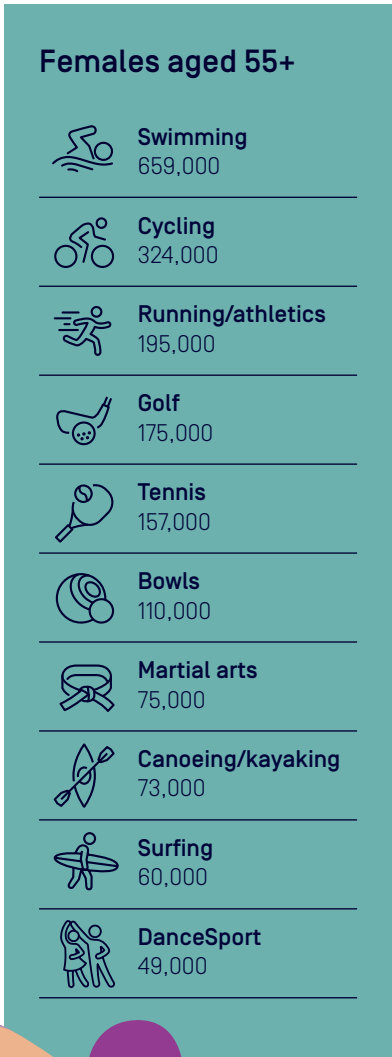
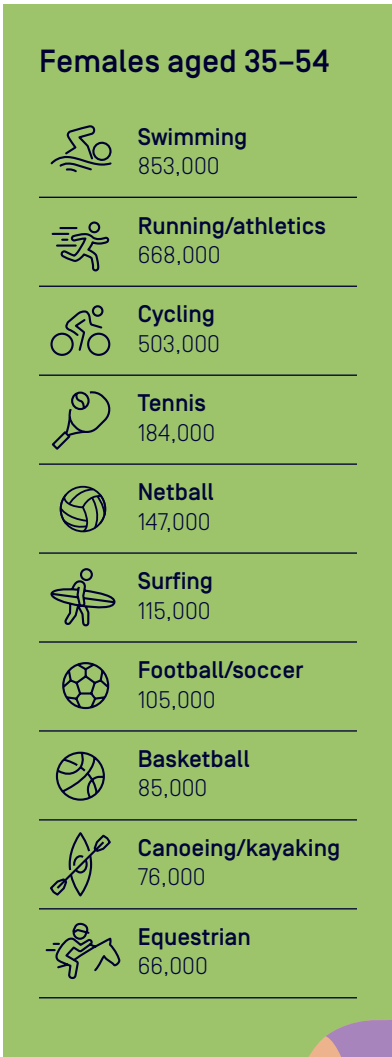
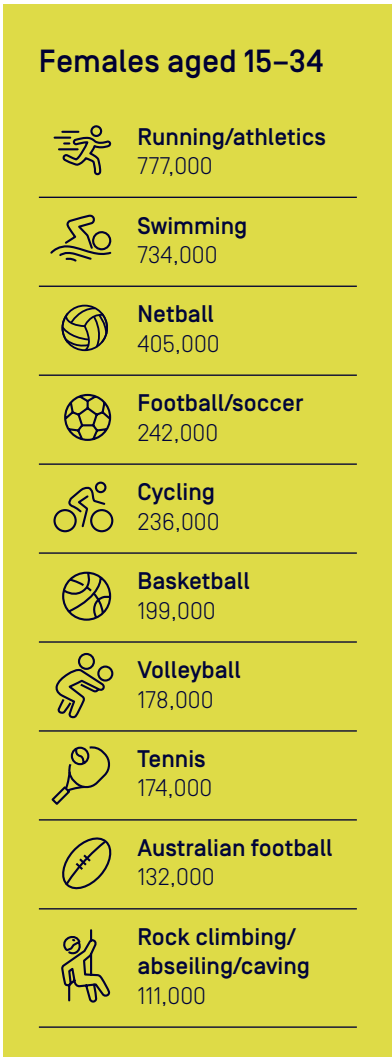


What's changed?

Participation rates among females 15+ have declined across regular frequencies. Rates for 1+ per week, 3+ per week, 5+ per week and 7+ per week, which increased for women during COVID-19, have dropped back to previous levels or below.

Most popular sport-related activities 2022–23

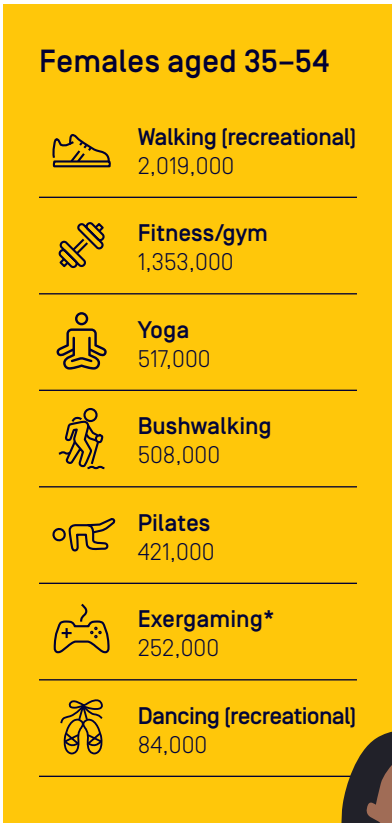
ESTIMATED NUMBER OF PARTICIPANTS



Top 10 sports/activities shown.

Most popular non-sport-related activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS



Activities with estimates of less than 40,000 not shown.

*Virtual/technology-based/gaming exercise, for example, motion sensing console games, smart treadmills, online platforms such as Zwift.

YOUNG ADULTS AGED 15–19

The 2021 Census says there are 1.5 million young adults aged 15-19 in Australia, making up 6% of the overall population. Over more than six years, AusPlay has interviewed around 8,700 young adults in this age group.

In terms of participation in sport and physical activity, a typical young adult this age bracket might be someone like Cody*. He is 17 and was very active as a young kid growing up in Queensland.

Cody used to swim but has given that up, these days he mostly goes to the gym for health and fitness reasons. At his age, having fun and social contacts are very important and motivate him to keep playing basketball. The most popular sports and physical activities for this age group are fitness/gym, basketball, football/soccer, and Australian football. A recent addition to Cody's fitness routines in the past two years has included exergaming. This was a necessary addition to stay mentally healthy during COVID-19 lockdowns and physical distancing.

The following pages tell us more about how young adults aged 15-19 participate in sport and physical activity and how, if at all, that has changed.

*Not a real person. Profile information based on data from AusPlay and other ASC research.

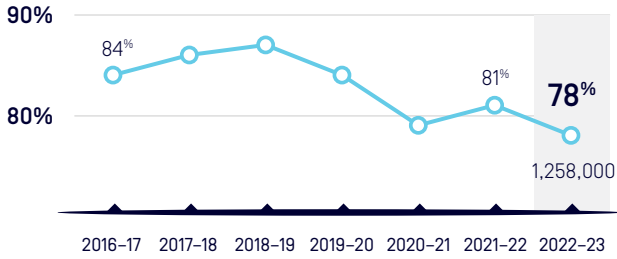
The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

- ↑ Statistically significant increase since 2021-22
- ↓ Statistically significant decrease since 2021-22

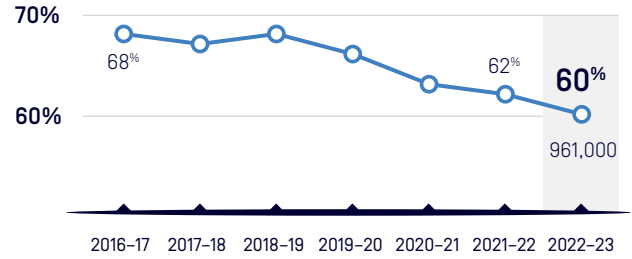


Headline indicators

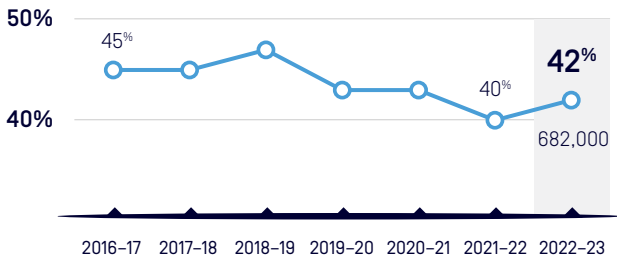
Participate in sport or physical activity 1+ per week



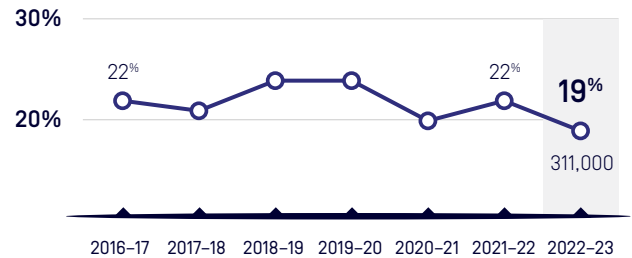
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

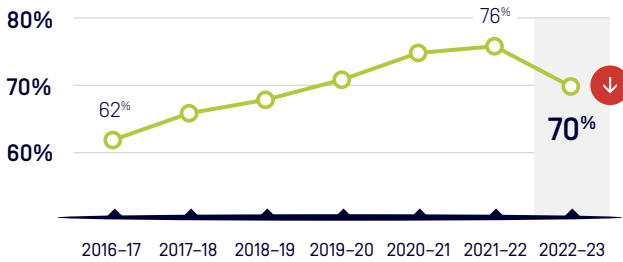


Take on a non-playing role 1+ per year

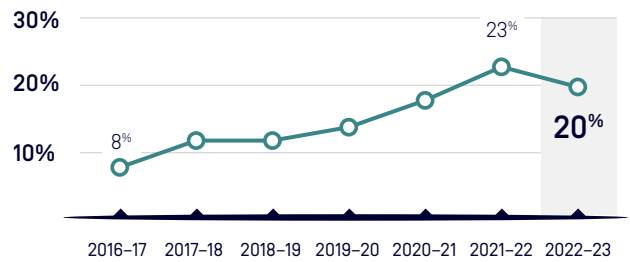


Top motivations in 2022-23

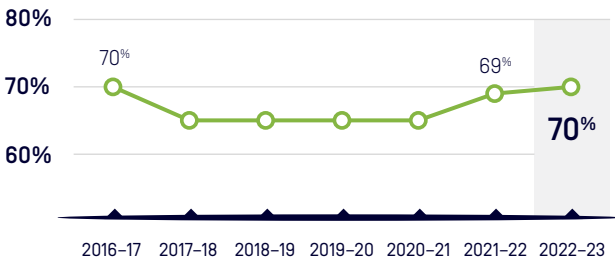
Physical health or fitness



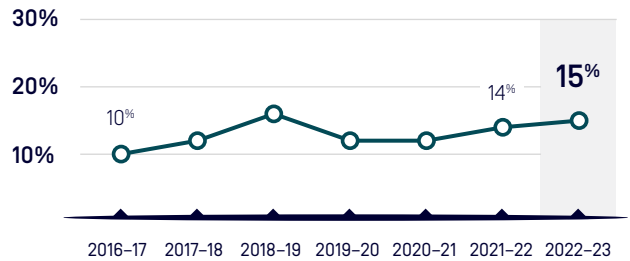
Psychological/mental health/therapy



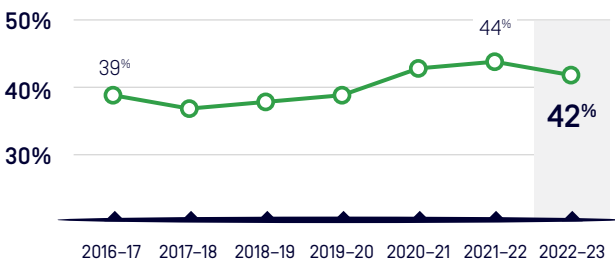
Fun/enjoyment



Performance/competition



Social reasons

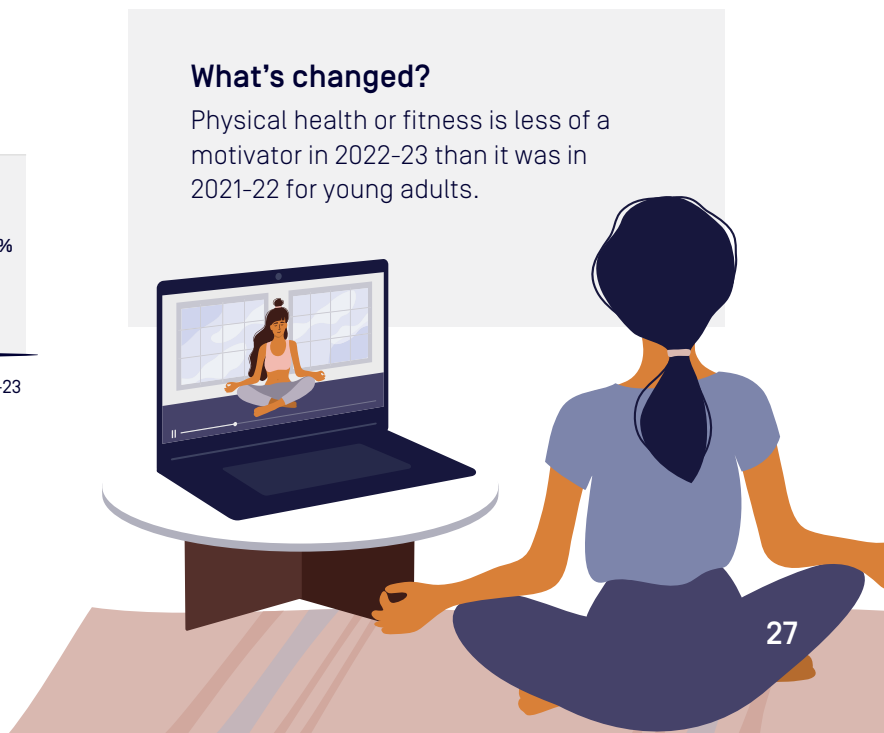


What's changed?

Physical health or fitness is less of a motivator in 2022-23 than it was in 2021-22 for young adults.

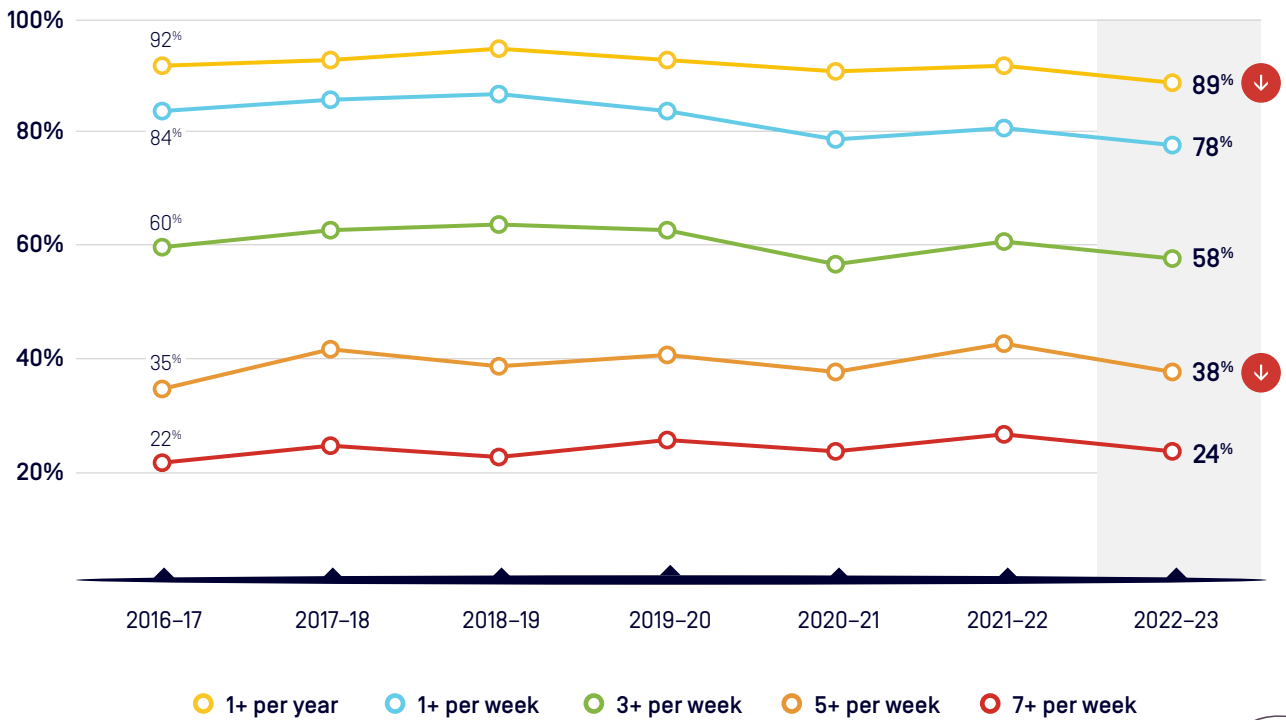
Based on all participants (1+ per year).

As this is a small population cohort, barriers are not shown.



All participation rates 2016-17 to 2022-23

FREQUENCY OF PARTICIPATION



What's changed?











Since 2021-22, 5+ per week participation has declined among 15-19 year old Australians, as well as overall participation (1+ per year).



Most popular sport and non-sport-related activities

ESTIMATED NUMBER OF PARTICIPANTS

Males aged 15–19

	Fitness/gym	332,000
	Football/soccer	214,000
	Basketball	198,000
	Running/athletics	181,000
	Exergaming*	140,000
	Swimming	121,000
	Australian football	118,000
	Walking [recreational]	77,000
	Rugby league	75,000
	Cycling	73,000

Females aged 15–19

	Fitness/gym	270,000
	Netball	166,000
	Running/athletics	162,000
	Walking [recreational]	156,000
	Swimming	150,000
	Exergaming*	139,000
	Football/soccer	118,000
	Volleyball	101,000
	Basketball	87,000
	Australian football	57,000



Top 10 sports/activities shown.

*Virtual/technology-based/gaming exercise, for example, motion sensing console games, smart treadmills, online platforms such as Zwift.

OLDER AUSTRALIANS AGED 55+

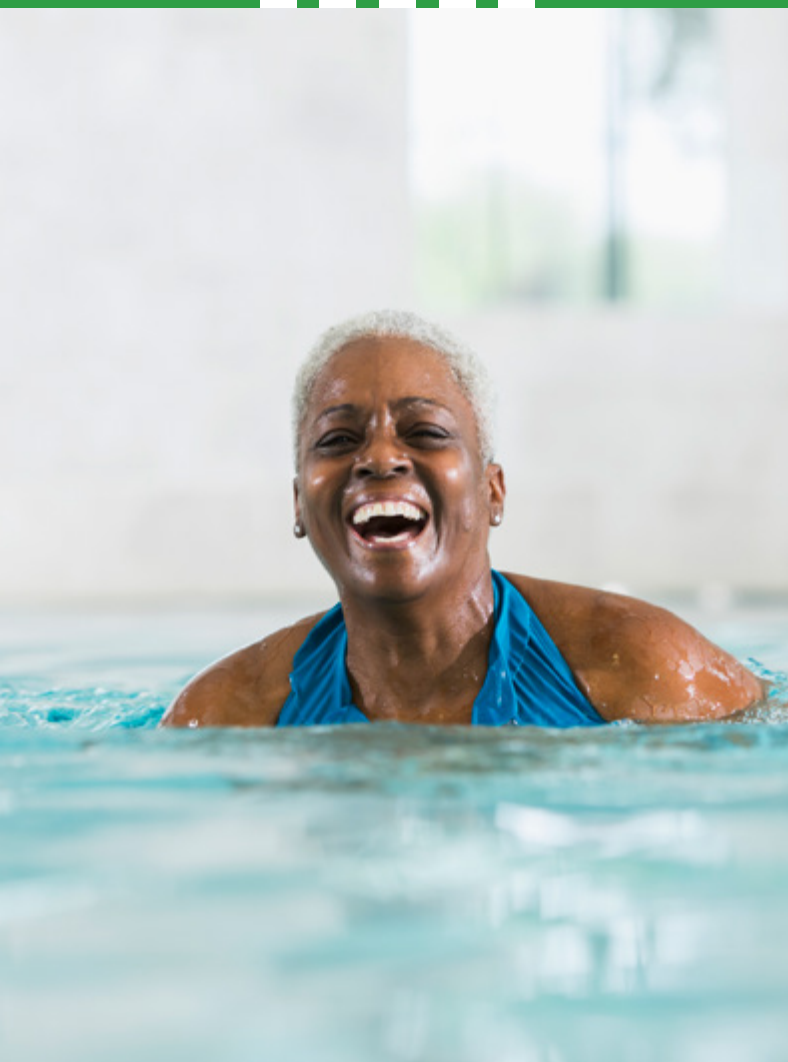
According to the 2021 Census there are 7.4 million people in Australia aged 55+, making up 29% of the overall population. There are 3 million people aged 55-64 and 4.4 million aged 65+. The AusPlay survey has collected information from around 67,600 older Australians since it began in 2015.

In terms of participation in sport and physical activity, a typical female in the 55+ age bracket might be someone like Lisa*.



Lisa is 62 and lives in South Australia. AusPlay tells us she mostly stays active by swimming at her local pool, walks whenever she can and takes the occasional yoga class with friends. More people at this age are active through physical activity versus sports, with swimming the most popular sport for her age group, and many still take part in cycling and running, golf or tennis. Martial arts is also a somewhat popular activity among women 55+. Lisa's main motivations to be active are health and fitness with fun and social interactions also playing a part too.

The following pages tell us more about how people in Australia aged 55 and over participate in sport and physical activity and how, if at all, that has changed.

*Not a real person. Profile information based on data from AusPlay and other ASC research.

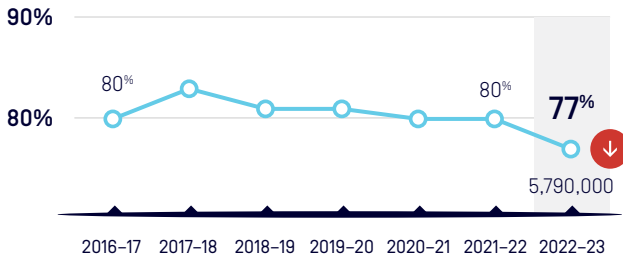


The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

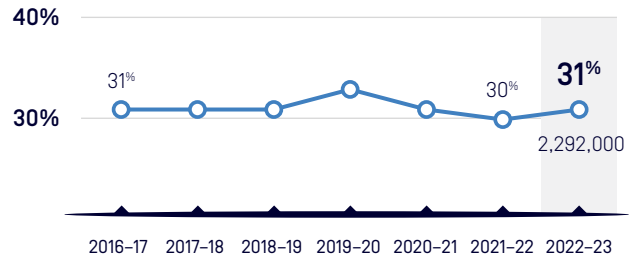
-  Statistically significant increase since 2021-22
-  Statistically significant decrease since 2021-22

Headline indicators

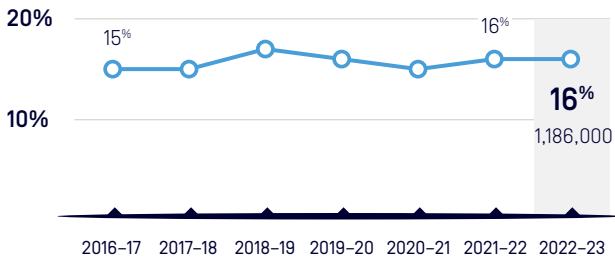
Participate in sport or physical activity 1+ per week



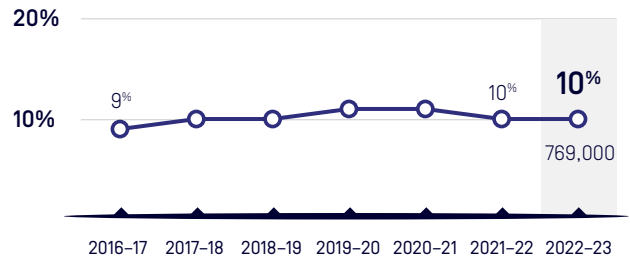
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

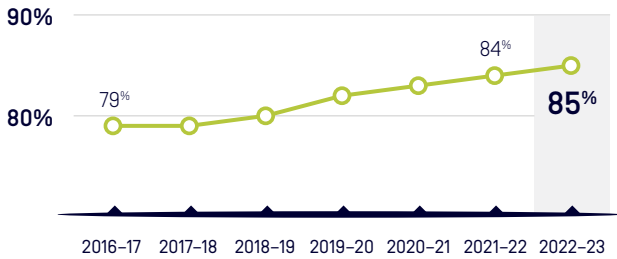


Take on a non-playing role 1+ per year

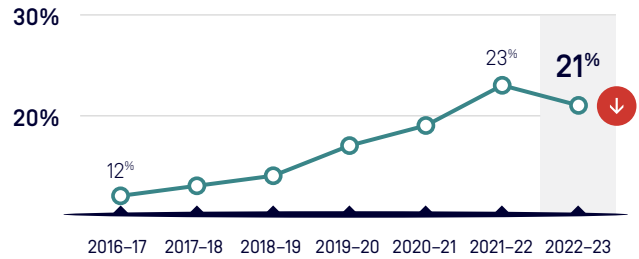


Top motivations in 2022-23

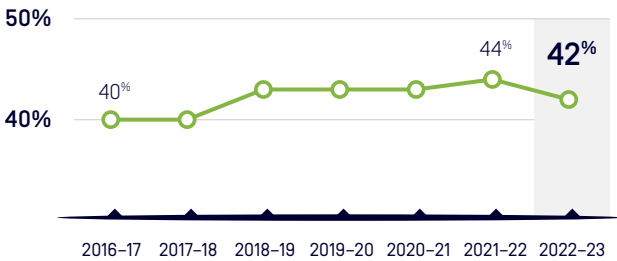
Physical health or fitness



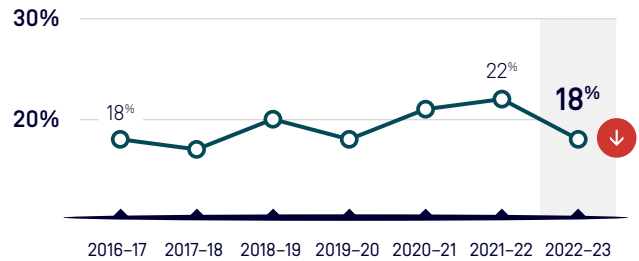
Psychological/mental health/therapy



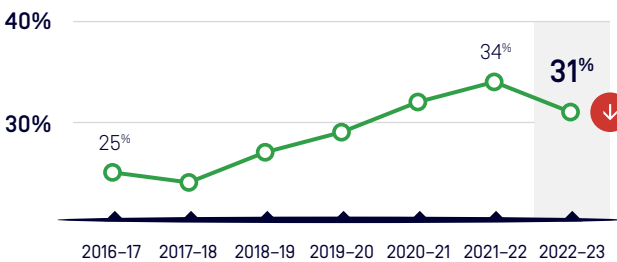
Fun/enjoyment



To be outdoors/enjoy nature

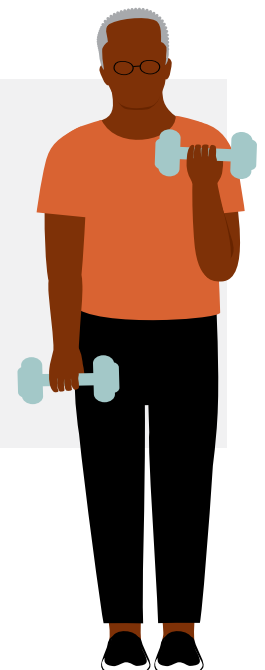


Social reasons



What's changed?

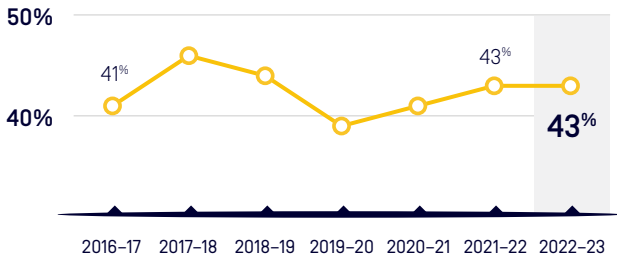
Like adults overall, older Australians are less likely to be motivated by mental health, social reasons and being outdoors than they were in 2021-22.



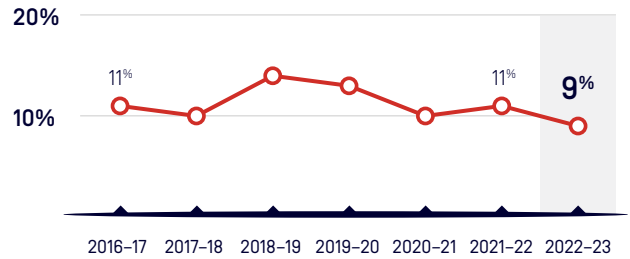
Based on all participants (1+ per year).

Top barriers in 2022-23

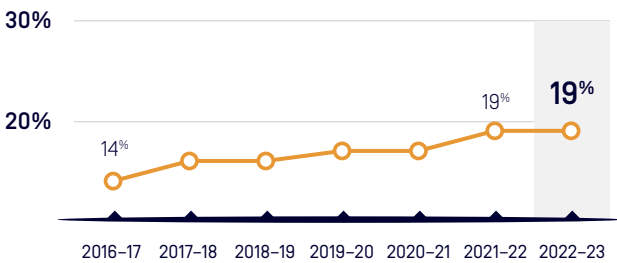
Poor health or injury



Disability

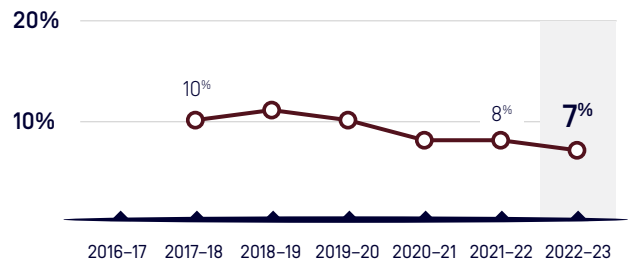


Increasing age/too old

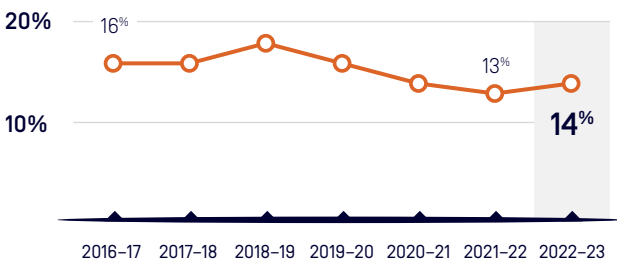


Have a physical job

*Response option only identified from 2017



Not enough time/
too many other commitments

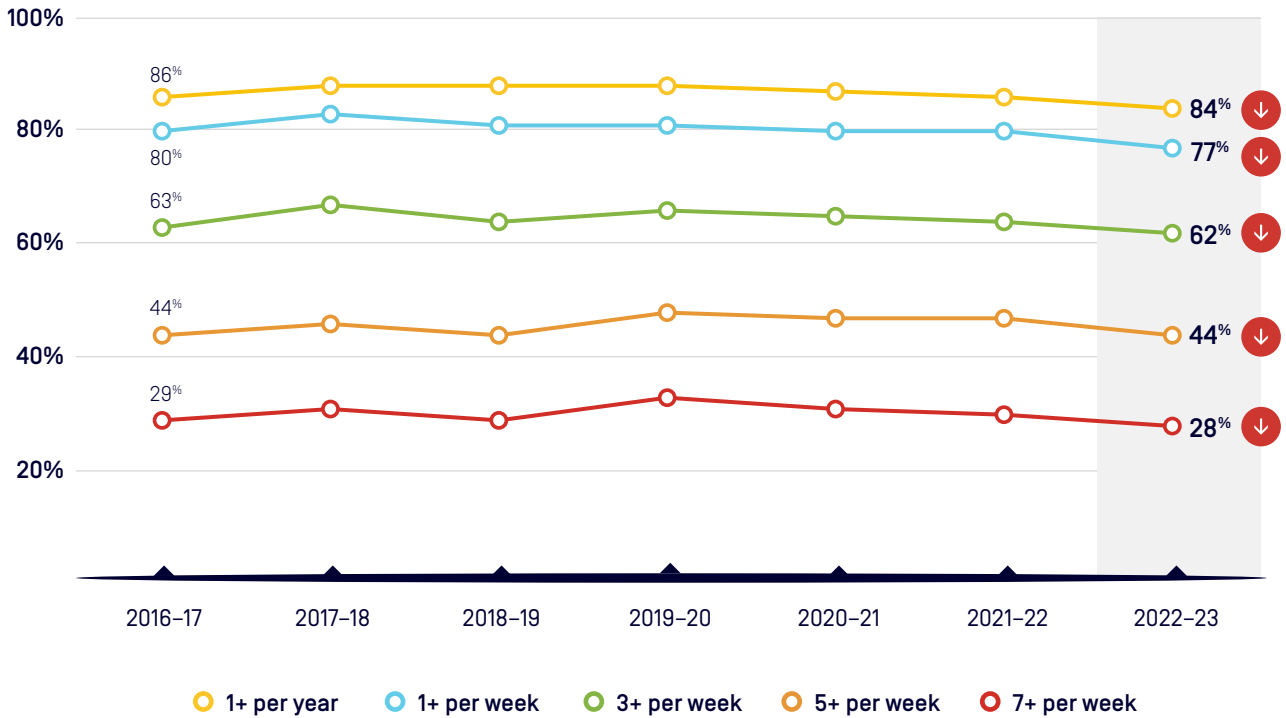


Based on all non-participants.



All participation rates 2016–17 to 2022–23

FREQUENCY OF PARTICIPATION



What's changed?











Participation rates among older Australians across all frequencies have decreased since 2021-22.













Most popular **sport-related** activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS

Males 55+

	Cycling	619,000
	Swimming	542,000
	Golf	474,000
	Running/athletics	259,000
	Tennis	190,000
	Fishing	143,000
	Bowls	123,000
	Surfing	119,000
	Canoeing/kayaking	76,000
	Sailing	72,000

Females 55+

	Swimming	659,000
	Cycling	324,000
	Running/athletics	195,000
	Golf	175,000
	Tennis	157,000
	Bowls	110,000
	Martial arts	75,000
	Canoeing/kayaking	73,000
	Surfing	60,000
	DanceSport	49,000







Top 10 sports/activities shown.










Most popular non-sport-related activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS

Males 55+

	Walking (recreational)	1,887,000
	Fitness/gym	952,000
	Bushwalking	245,000
	Yoga	70,000
	Exergaming*	56,000
	Pilates	56,000

Females 55+

	Walking (recreational)	2,494,000
	Fitness/gym	1,431,000
	Yoga	344,000
	Bushwalking	323,000
	Pilates	317,000
	Dancing (recreational)	111,000
	Exergaming*	72,000



Activities with estimates of less than 40,000 not shown.

*Virtual/technology-based/gaming exercise, for example, motion sensing console games, smart treadmills, online platforms such as Zwift.

AUSTRALIANS AGED 18+ WITH DISABILITY

According to the Australian Bureau of Statistics' 2018 Survey of Disability, Ageing and Carers, there are an estimated 3.9 million people with disability aged 18+ in Australia, making up 21% of the 18 and over population. In almost seven years, we have interviewed around 27,700 Australians with disability in the AusPlay survey.



In terms of participation in sport and physical activity, a typical male with disability might be someone like Clint*. Clint is 34 and lives in Western Australia.

Sport is important for every Australian to stay fit and healthy. It is also a main motivation for people with disability in selecting activities. Clint is mostly active through individual sporting activities such as cycling, running or swimming, the most popular sports for people with disability in Australia. Clint may also take part in the occasional round of golf for a more fun and social activity. Exergaming (riding his bike on a virtual cycling platform) has been an activity that has increased for Clint during and since the pandemic.

The following pages tell us more about how adults with disability in Australia participate in sport and physical activity and how, if at all, that has changed.

*Not a real person. Profile information based on data from AusPlay and other ASC research.

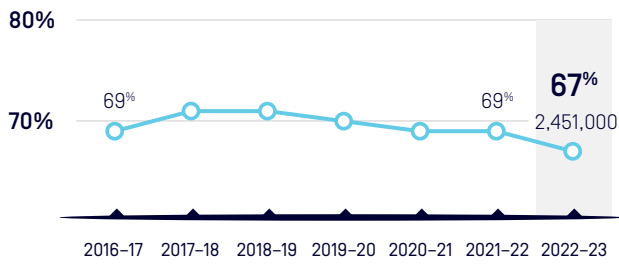
The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

-  Statistically significant increase since 2021-22
-  Statistically significant decrease since 2021-22

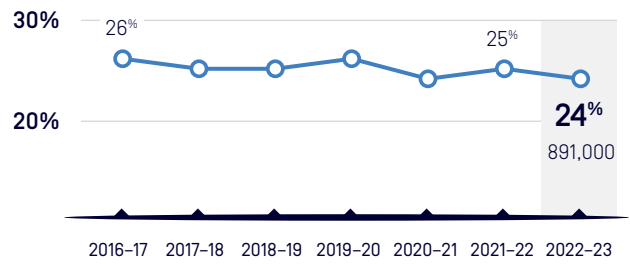


Headline indicators

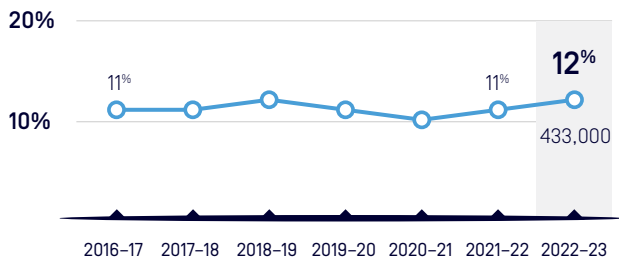
Participate in sport or physical activity 1+ per week



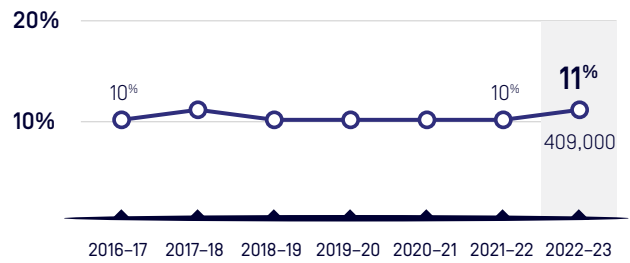
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

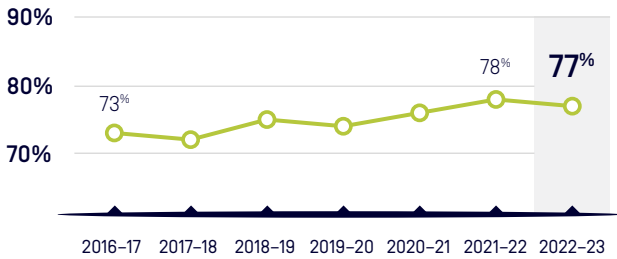


Take on a non-playing role 1+ per year

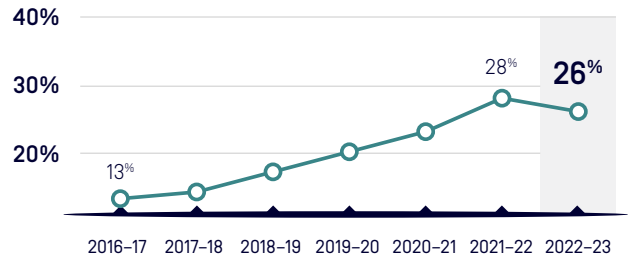


Top motivations in 2022-23

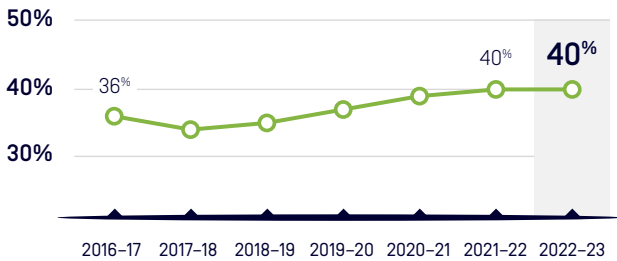
Physical health or fitness



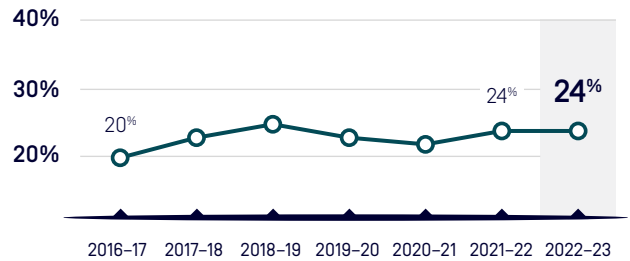
Psychological/mental health/therapy



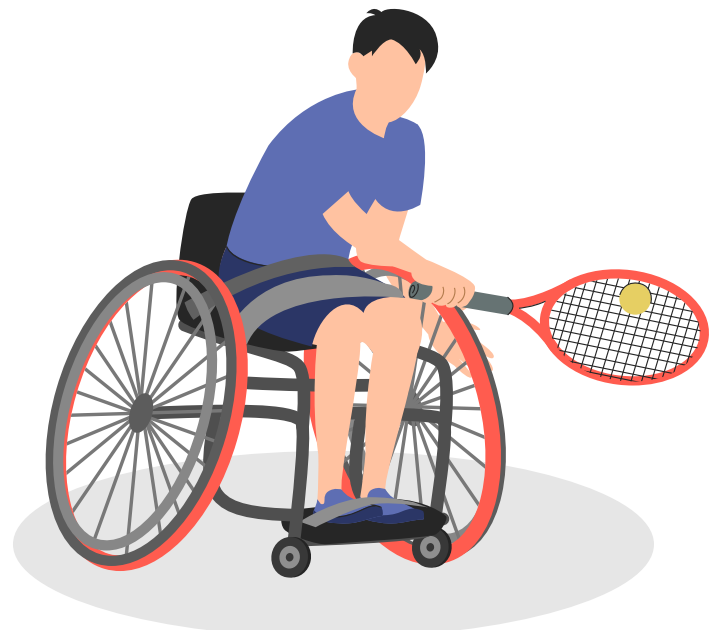
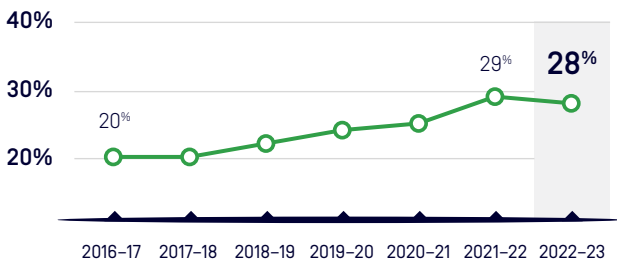
Fun/enjoyment



Physio/rehab/
physical therapy/post op



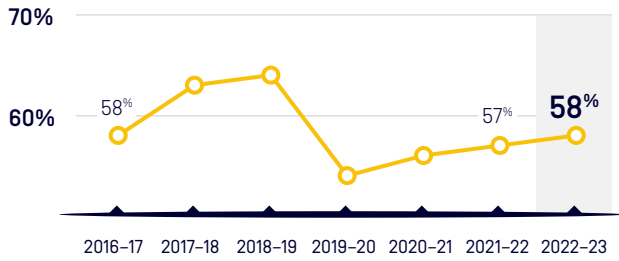
Social reasons



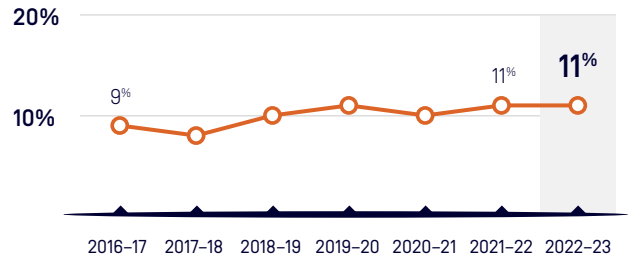
Based on all participants (1+ per year).

Top barriers in 2022-23

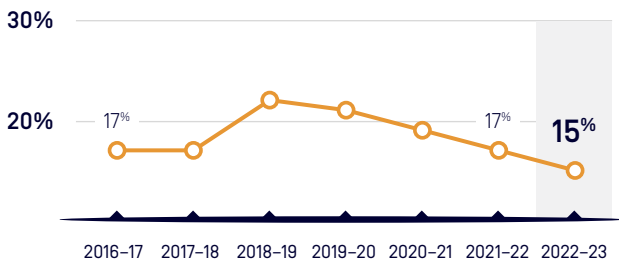
Poor health/injury



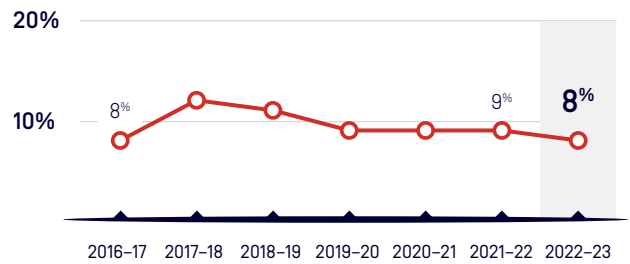
Increasing age/too old



Disability



Not enough time/
too many other commitments



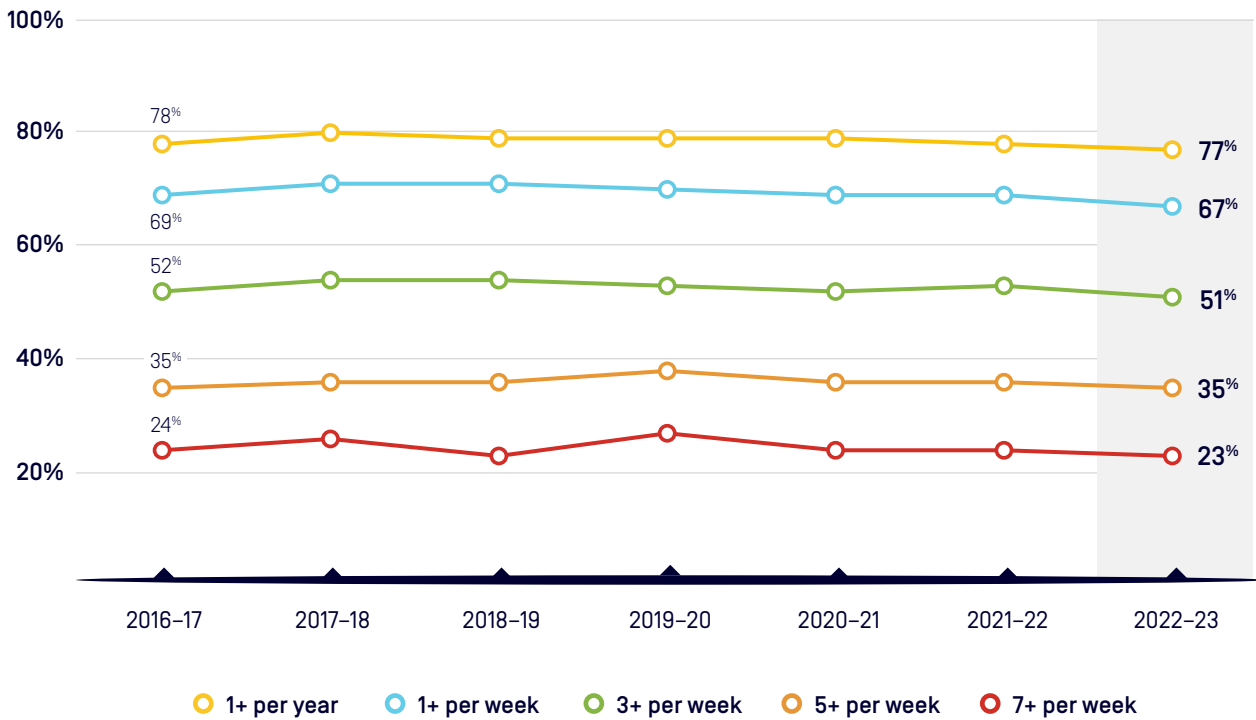
Based on all non-participants.



All participation rates

2016-17 to 2022-23










FREQUENCY OF PARTICIPATION






Most popular **sport-related** activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS

Males 18+ with disability

	Swimming	229,000
	Cycling	199,000
	Running/athletics	152,000
	Golf	114,000
	Fishing	63,000
	Football/soccer	58,000
	Tennis	55,000
	Weightlifting	48,000
	Basketball	43,000

Females 18+ with disability





	Swimming	344,000
	Running/athletics	138,000
	Cycling	111,000










Activities with estimates of less than 40,000 not shown.

Most popular non-sport-related activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS

Males 18+ with disability		
	Walking (recreational)	707,000
	Fitness/Gym	524,000
	Exergaming*	103,000
	Bushwalking	83,000

Females 18+ with disability		
	Walking (recreational)	981,000
	Fitness/Gym	617,000
	Bushwalking	156,000
	Yoga	155,000
	Pilates	143,000
	Exergaming*	92,000
	Dancing (recreational)	56,000

Activities with estimates of less than 40,000 not shown.

*Virtual/technology-based/gaming exercise, for example, motion sensing console games, smart treadmills, online platforms such as Zwift.



AUSTRALIANS AGED 18+ WHO SPEAK A LANGUAGE OTHER THAN ENGLISH (LOTE) AT HOME

According to the 2021 Census there are 5.7 million people 18+ who speak a LOTE at home in Australia, making up 29% of the 18+ population. Since October 2015, around 23,400 Australians who speak a language other than English at home have been interviewed in AusPlay.

In terms of participation in sport and physical activity, an example of a woman from a linguistically diverse background might be someone like Xiaoyan*.



She's 39 and lives in Tasmania. While Xiaoyan is more likely to stay active through non-sport activities such as walking, going to a gym or yoga class, she sometimes goes for a run or a swim. She occasionally plays badminton with friends, the most popular sport for LOTE people in Australia behind running, swimming or cycling.

The following pages tell us more about how people who speak a LOTE at home participate in sport and physical activity and how, if at all, that has changed.

*Not a real person. Profile information based on data from AusPlay and other ASC research.

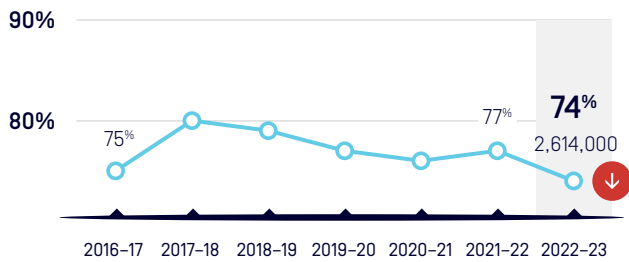


The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

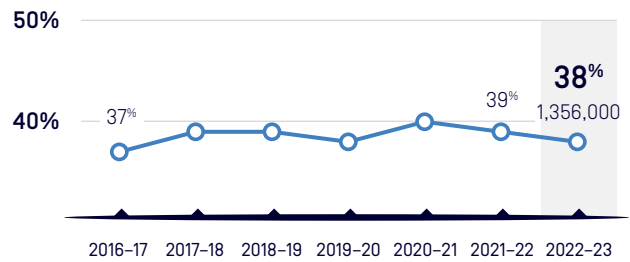
-  Statistically significant increase since 2021–22
-  Statistically significant decrease since 2021–22

Headline indicators

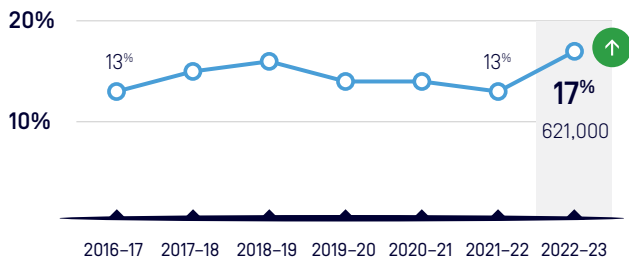
Participate in sport or physical activity 1+ per week



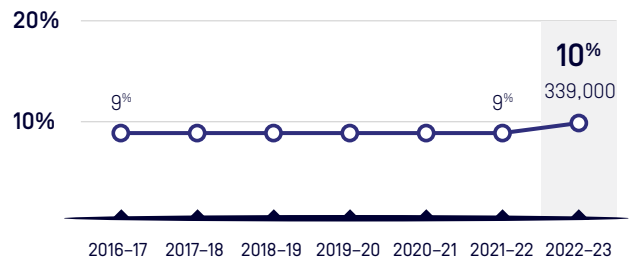
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year



Take on a non-playing role 1+ per year



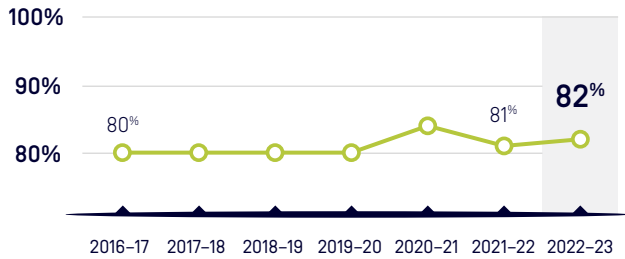
What's changed?

While regular (1+ per week) participation rates in sport and physical activity overall have decreased, the proportion of LOTE adults participating through a sports club or association has increased.

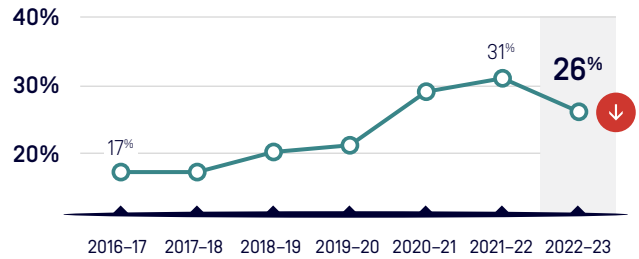


Top motivations in 2022-23

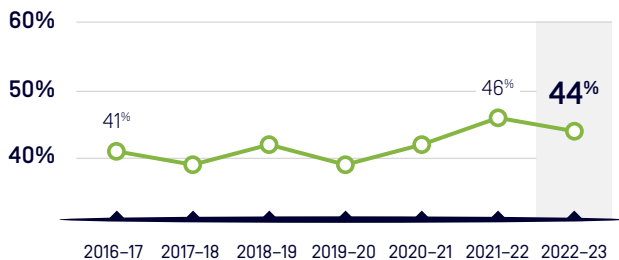
Physical health or fitness



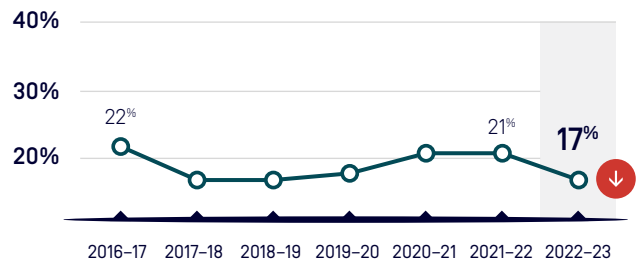
Psychological/mental health/therapy



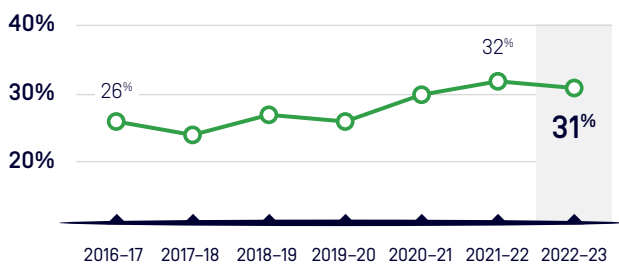
Fun/enjoyment



To lose weight/
keep weight off/tone



Social reasons



What's changed?

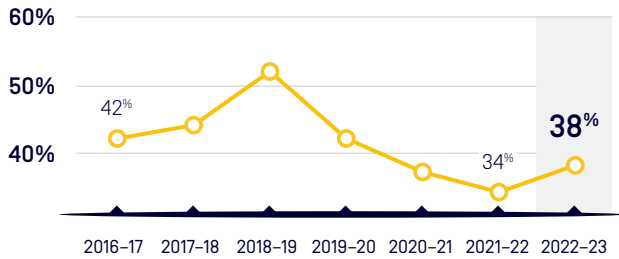
Since 2021-22, the percentage of active Australians 18+ speaking a language other than English at home who are motivated by weight loss or the effect exercise has on their mental health has decreased.



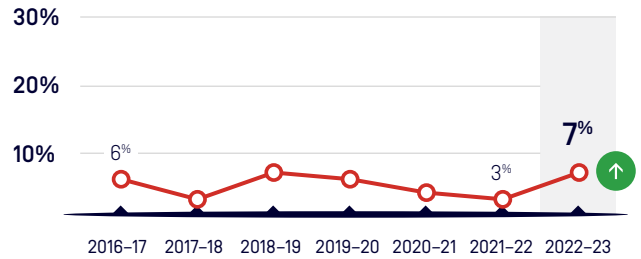
Based on all participants (1+ per year).

Top barriers in 2022-23

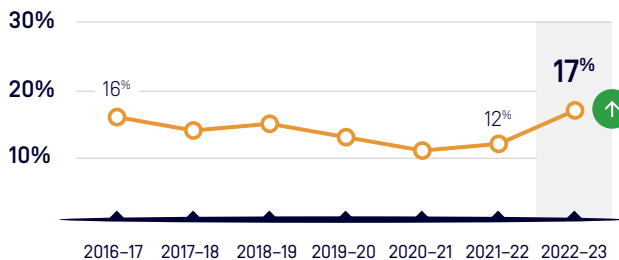
**Not enough time/
too many other commitments**



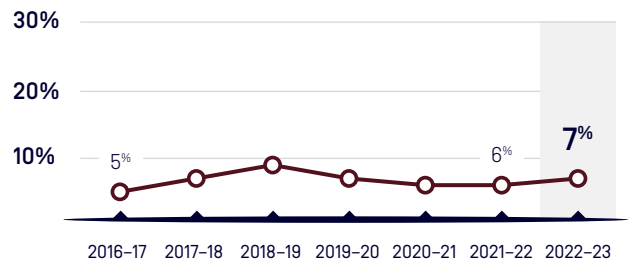
Looking after child/infant



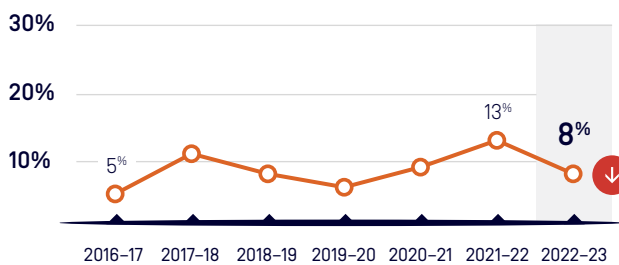
Poor health/injury



Too lazy



Not a priority [any more]



What's changed?

Poor health/injury and caring for children have become greater barriers for LOTE non-participants.

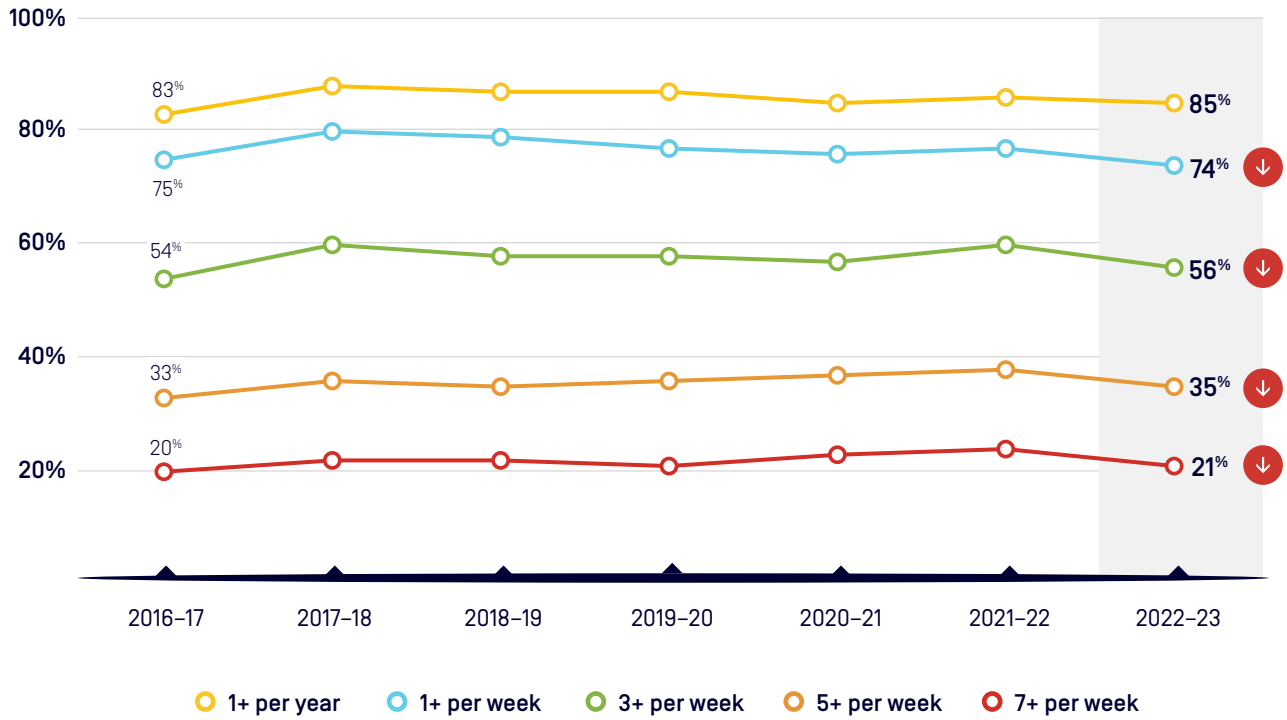


Based on all non-participants.

All participation rates

2016-17 to 2022-23


FREQUENCY OF PARTICIPATION








Most popular **sport-related** activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS

Males 18+ LOTE

	Running/athletics	380,000
	Swimming	286,000
	Cycling	246,000
	Football/soccer	242,000
	Basketball	210,000
	Tennis	140,000
	Badminton	128,000
	Cricket	120,000
	Golf	118,000
	Weightlifting	61,000

Females 18+ LOTE

	Swimming	327,000
	Running/athletics	269,000
	Cycling	133,000
	Badminton	92,000
	Tennis	77,000
	Football/soccer	54,000
	Volleyball	53,000
	Netball	49,000
	Basketball	40,000














Top 10 sports/activities shown.

Activities with estimates of less than 40,000 not shown.

Most popular **non-sport-related** activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS

Males 18+ LOTE		
	Fitness/Gym	774,000
	Walking [recreational]	464,000
	Bushwalking	156,000
	Exergaming*	132,000

Females 18+ LOTE		
	Walking [recreational]	702,000
	Fitness/Gym	697,000
	Bushwalking	255,000
	Yoga	170,000
	Pilates	112,000
	Exergaming*	112,000
	Dancing [recreational]	55,000



Activities with estimates of less than 40,000 not shown.

*Virtual/technology-based/gaming exercise, for example, motion sensing console games, smart treadmills, online platforms such as Zwift.

ABORIGINAL AND TORRES STRAIT ISLANDERS AGED 18+

The 2021 Census tells us there are 498,000 people aged 18+ in Australia who identify as having an Aboriginal or Torres Strait Islander background, making up 3% of the 18 and over population. In over six years of AusPlay we've interviewed more than 3,200 Indigenous Australians.

In terms of participation in sport and physical activity, an example of a man of Indigenous heritage might be someone like Archie*.

Archie is 46 and lives in the Northern Territory.

Archie was very active as a young kid, playing many different sports including rugby and Australian football. His activity levels have dropped off significantly in adulthood. These days, Archie might go for walk a couple of times a week and go to the gym occasionally. Walking, fitness/gym, running/athletics and swimming are the most popular sports for First Nations people in Australia. Physical fitness and health remain the main motivation for Archie's sporting participation.

Other research, more qualitative in nature, conducted by the Australian Sports Commission among Indigenous populations found that common themes of actual benefits for sport and physical activity could be classed under the categories of physical health (e.g. diabetes prevention, cardiovascular health), mental wellbeing (alleviates stress, improves mood), social benefits (competition, social skills, family togetherness) and pride (increasing confidence). Cost was one of the most frequently reported barriers to participation, including seasonal costs and uniforms/equipment. Across communities a lack of transportation was repeatedly highlighted as a barrier to participation**.


The following pages tell us more about how Indigenous people participate in sport and physical activity and how, if at all, that has changed.


*Not a real person. Profile information based on data from AusPlay and other ASC research.

**[Indigenous Study Part 2 - Qualitative research \(ASC, 2018\)](#)



The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

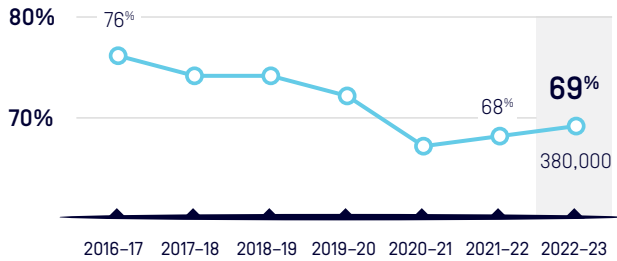
 Statistically significant increase since 2021–22

 Statistically significant decrease since 2021–22

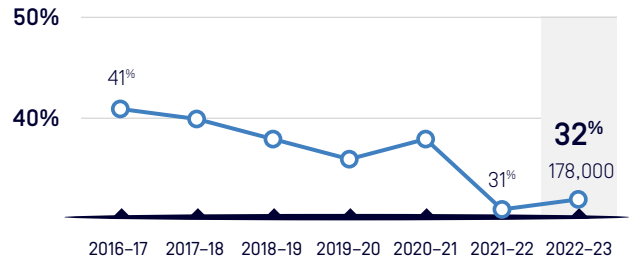
 [Click here to return to navigation menu](#)

Headline indicators

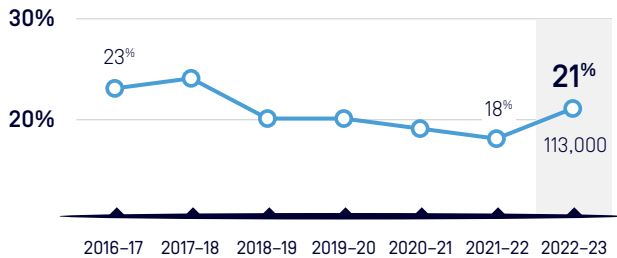
Participate in sport or physical activity 1+ per week



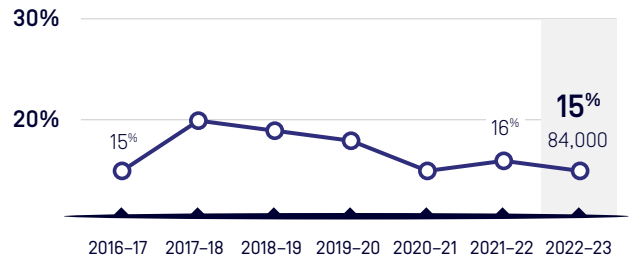
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

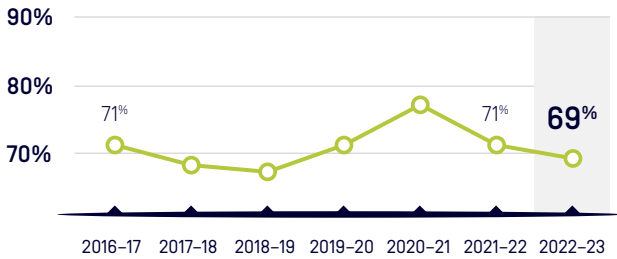


Take on a non-playing role 1+ per year

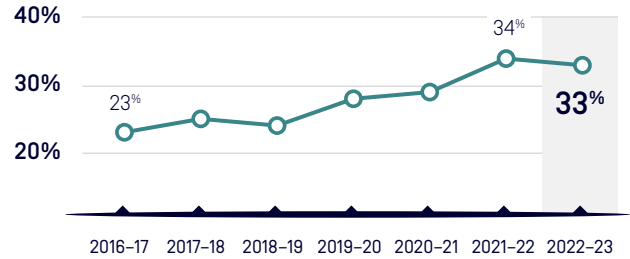


Top motivations in 2022-23

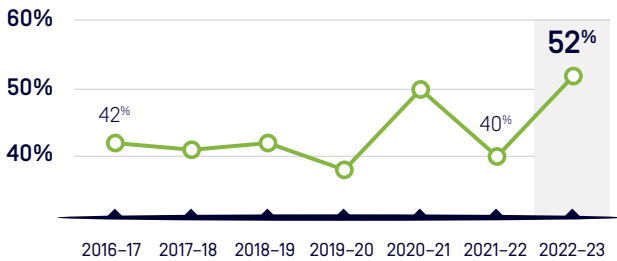
Physical health or fitness



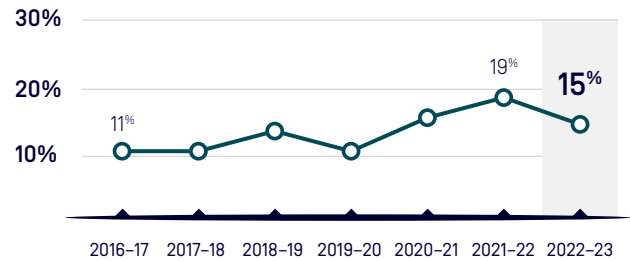
Social reasons



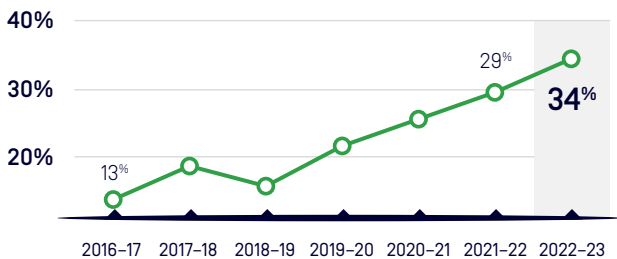
Fun/enjoyment



To be outdoors/enjoy nature



Psychological/mental health/therapy



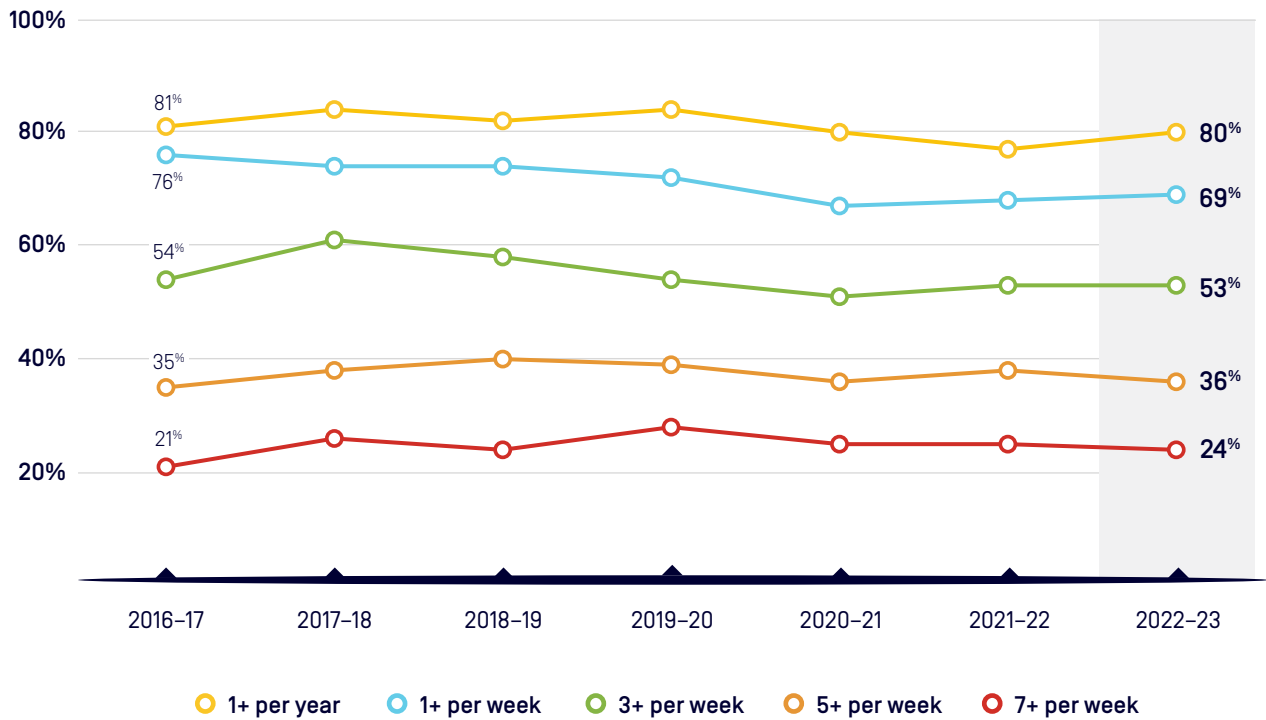
Based on all participants (1+ per year).

As this is a small population cohort, barriers are not shown.

All participation rates

2016-17 to 2022-23

FREQUENCY OF PARTICIPATION



Most popular **sport and non-sport-related** activities

ESTIMATED NUMBER OF PARTICIPANTS

Aboriginal and Torres Strait Islanders 18+		
	Walking (recreational)	201,000
	Fitness/gym	164,000
	Swimming	92,000
	Running/athletics	59,000
	Exergaming*	47,000



Activities with estimates of less than 40,000 not shown.

*Virtual/technology-based/gaming exercise, for example, motion sensing console games, smart treadmills, online platforms such as Zwift.

AUSTRALIANS AGED 15+ IN MAJOR CITIES

According to the 2021 Census there are 15 million people in Australia aged 15+ who live in a major city, making up 72% of the Australian 15+ population. By age, there are 5.1 million aged 15-34, 5 million aged 35-54 and 4.9 million aged 55+. AusPlay has included interviews with more than 103,600 Australians aged 15+ in major cities.



In terms of participation in sport and physical activity, a typical person in the 35-54 age bracket might be someone like Emma*.

She's 38 and lives in Perth, Western Australia. AusPlay tells us that Emma's busy life juggling work, family and leisure pushes her to find activities without a rigid schedule or structure. She wants to remain active and healthy and will walk whenever she can, with the occasional jog, and frequents a gym close to her apartment. She will sometimes attend yoga classes with friends or when they have the time, meet for a game of tennis at nearby courts.

The following pages tell us more about how Australians aged 15+ who live in major cities participate in sport and physical activity and how, if at all, that has changed.

*Not a real person. Profile information based on data from AusPlay and other ASC research.

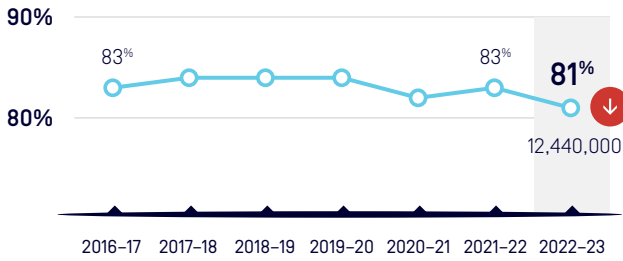
The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

-  Statistically significant increase since 2021-22
-  Statistically significant decrease since 2021-22

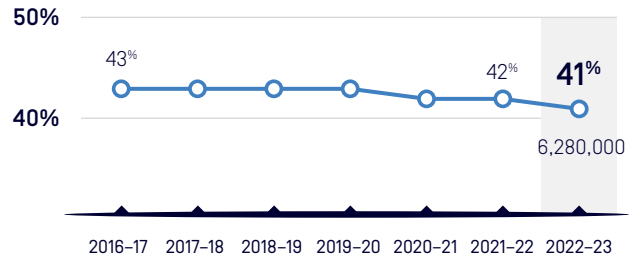


Headline indicators

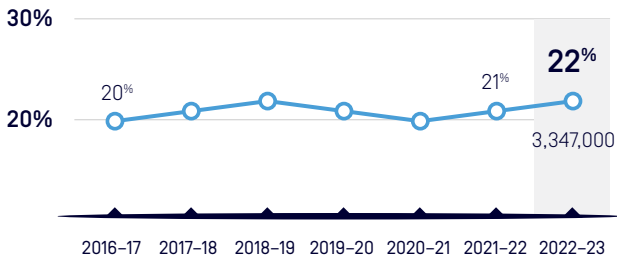
Participate in sport or physical activity 1+ per week



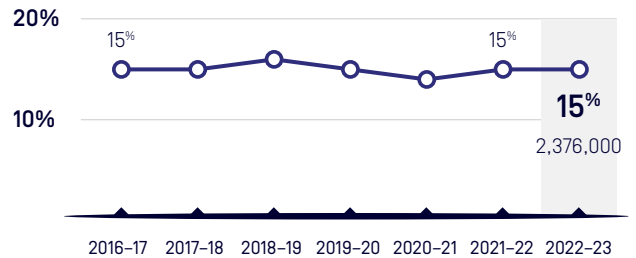
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

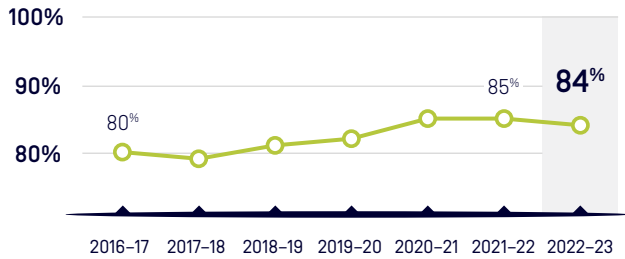


Take on a non-playing role 1+ per year

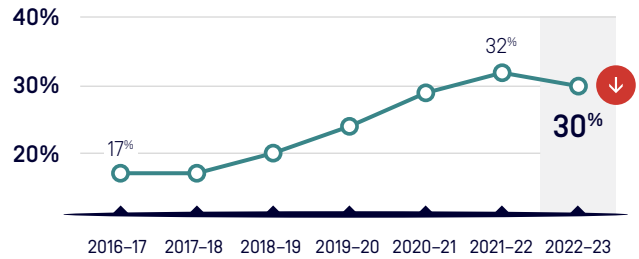


Top motivations in 2022-23

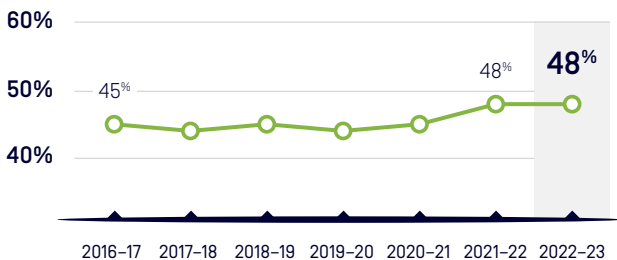
Physical health or fitness



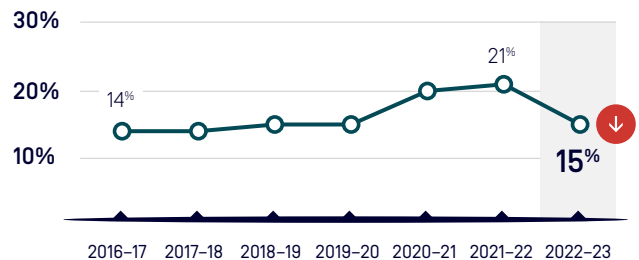
Psychological/mental health/therapy



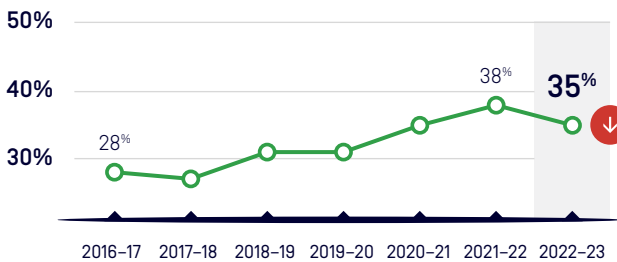
Fun/enjoyment



To be outdoors/enjoy nature



Social reasons



What's changed?

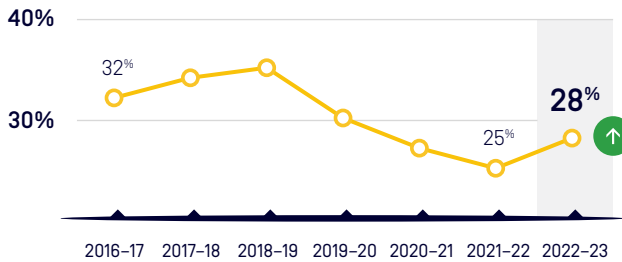
Since 2021-22, the percentage of active Australians 15+ in major cities who are motivated by being outdoors, as well as by the social and mental health benefits of physical activity has decreased.



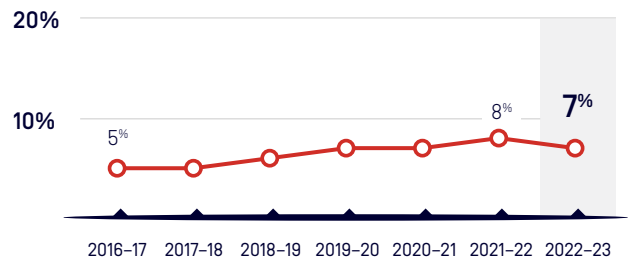
Based on all participants (1+ per year).

Top barriers in 2022-23

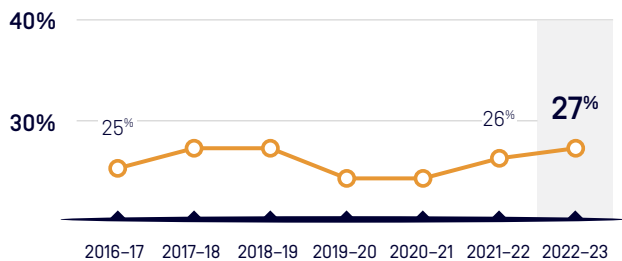
**Not enough time/
too many other commitments**



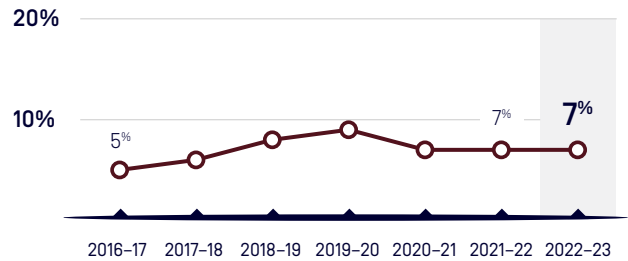
Increasing age/too old



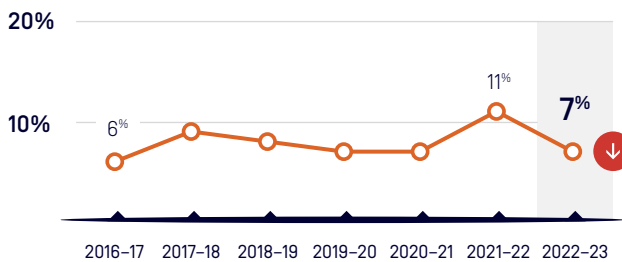
Poor health/injury



Too lazy



Not a priority [any more]



Based on all non-participants.

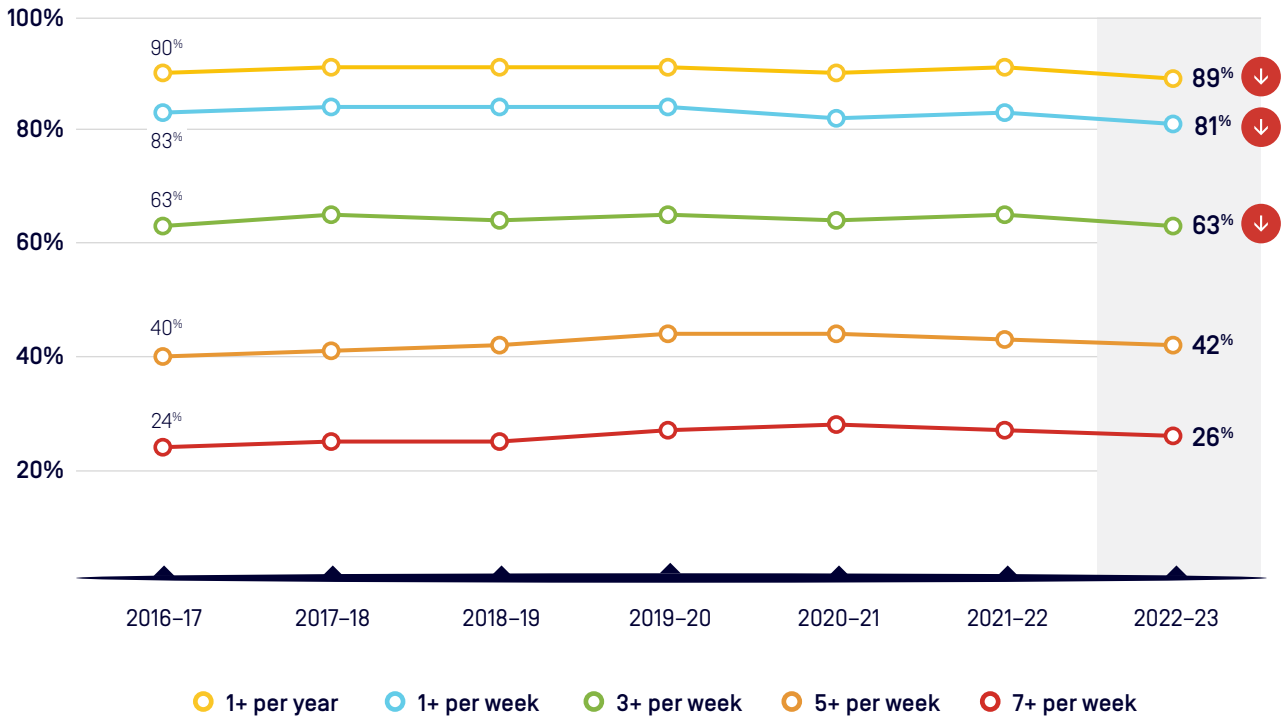
What's changed?

As Australians in major cities return to their busy lives after COVID-19 restrictions, the proportion of non-participants saying they don't have time to exercise has started to increase again.



All participation rates 2016–17 to 2022–23

FREQUENCY OF PARTICIPATION



What's changed?









Since 2021-22, participation rates at the 1+ per year, 1+ per week and 3+ per week frequency levels have declined.



Most popular **sport-related** activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS

Males aged 15+ in major cities

	Running/athletics	1,582,000
	Cycling	1,278,000
	Swimming	1,271,000
	Football/soccer	796,000
	Golf	729,000
	Basketball	650,000
	Tennis	547,000
	Cricket	398,000
	Surfing	351,000
	Australian football	320,000

Females aged 15+ in major cities

	Swimming	1,607,000
	Running/athletics	1,261,000
	Cycling	782,000
	Netball	405,000
	Tennis	375,000
	Football/soccer	259,000
	Basketball	236,000
	Surfing	185,000
	Golf	164,000
	Volleyball	153,000










Top 10 sports/activities shown.








Most popular non-sport-related activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS

Males aged 15+ in major cities

	Fitness/gym	2,966,000
	Walking [recreational]	2,632,000
	Bushwalking	631,000
	Exergaming*	503,000
	Yoga	158,000
	Pilates	106,000
	Dancing [recreational]	45,000

Females aged 15+ in major cities

	Walking [recreational]	4,067,000
	Fitness/gym	3,337,000
	Bushwalking	940,000
	Yoga	931,000
	Pilates	847,000
	Exergaming*	519,000
	Dancing [recreational]	231,000



Activities with estimates of less than 40,000 not shown.

*Virtual/technology-based/gaming exercise, for example, motion sensing console games, smart treadmills, online platforms such as Zwift.

AUSTRALIANS AGED 15+ IN REGIONAL/ RURAL AREAS

According to the 2021 Census there are 5.7 million people in Australia aged 15+ who live in a regional or rural area (non-major urban area), making up 28% of the Australian 15+ population. By age, there are 1.6 million aged 15-34, 1.7 million aged 35-54 and 2.5 million aged 55+. Since October 2015, more than 44,400 Australians aged 15+ who live in regional/ rural areas have taken part in the AusPlay survey.

In terms of participation in sport and physical activity, a typical person in the 15-34 age bracket might be someone like Braden*.



He's 24 and lives in Goondiwindi, Queensland. AusPlay tells us that Braden still plays rugby as it's an activity he took part in during his youth and brought much social benefit and fun to his life. He also attends a local gym/fitness club several times a week. Weekends can be spent in the country cycling or bushwalking with friends. In fact, cycling, running/athletics, swimming and golf are the most popular sports for his age group, while many also still take part in various team sports.

The following pages tell us more about how Australians aged 15+ who live in regional or rural areas participate in sport and physical activity and how, if at all, that has changed.

*Not a real person. Profile information based on data from AusPlay and other ASC research.

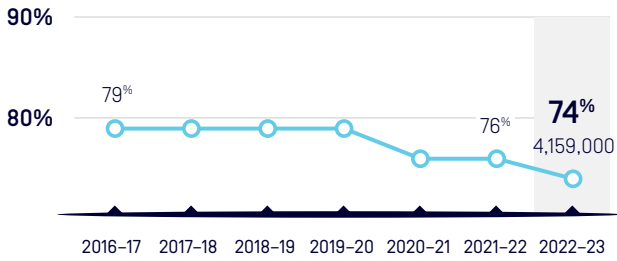


The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

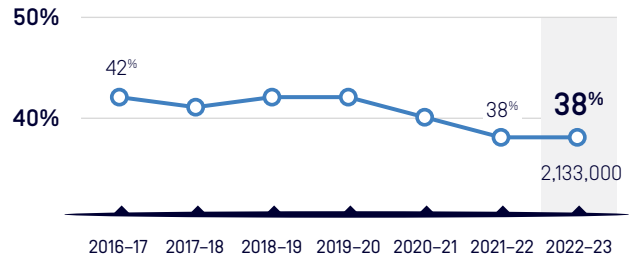
-  Statistically significant increase since 2021-22
-  Statistically significant decrease since 2021-22

Headline indicators

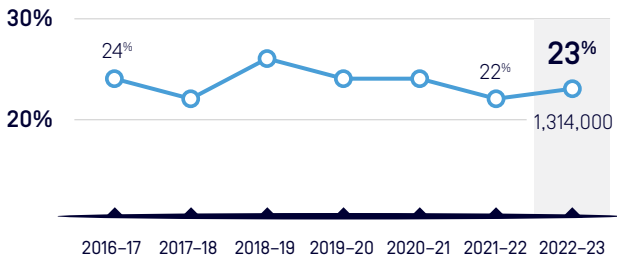
Participate in sport or physical activity 1+ per week



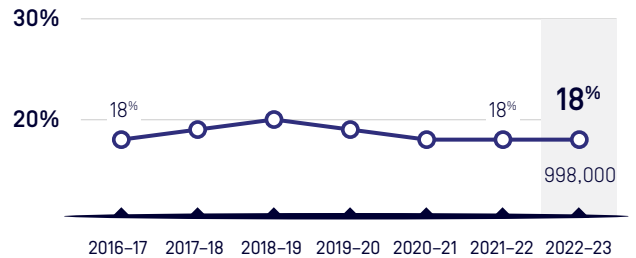
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

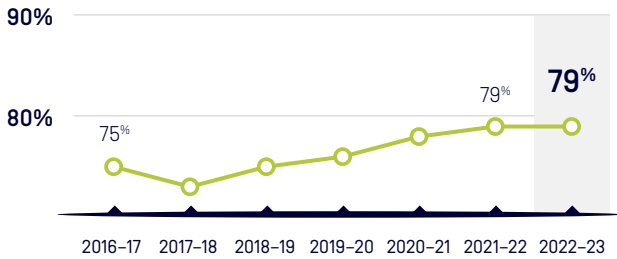


Take on a non-playing role 1+ per year

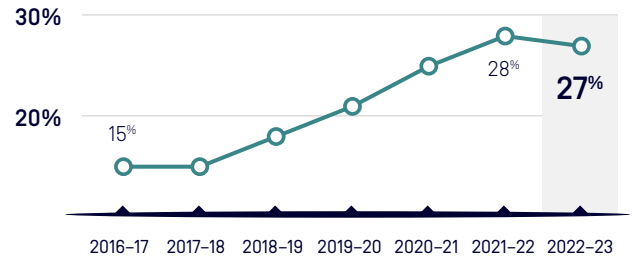


Top motivations in 2022-23

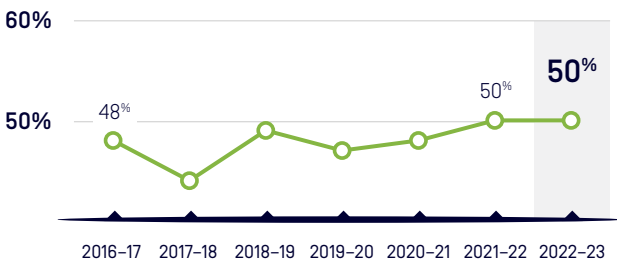
Physical health or fitness



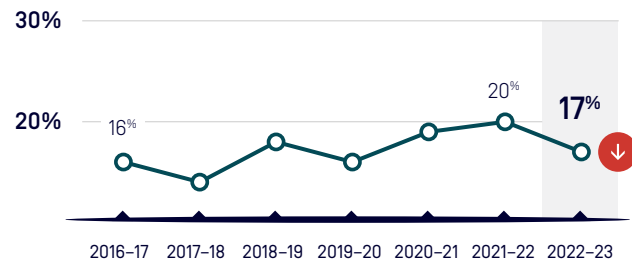
Psychological/mental health/therapy



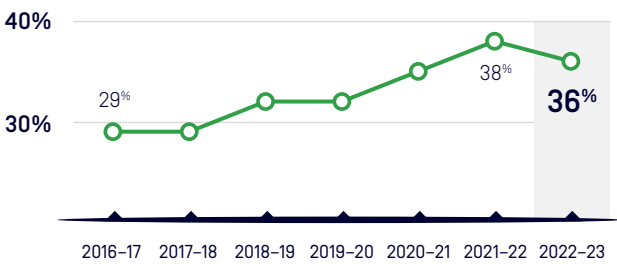
Fun/enjoyment



To be outdoors/enjoy nature



Social reasons



What's changed?

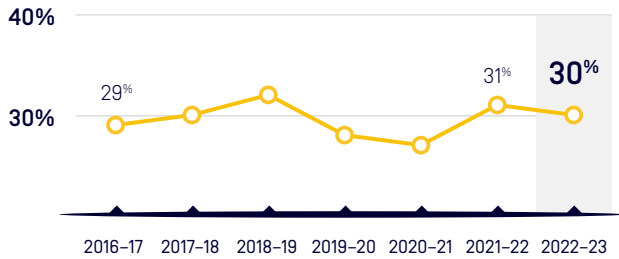
Australians aged 15+ in regional/rural areas are still equally as motivated by mental health benefits as they were in 2021-22, but are less likely to give being outdoors as a reason for being active.



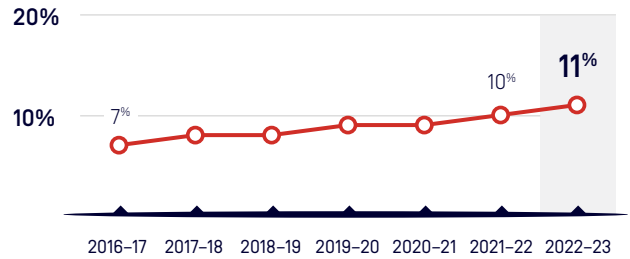
Based on all participants (1+ per year).

Top barriers in 2022-23

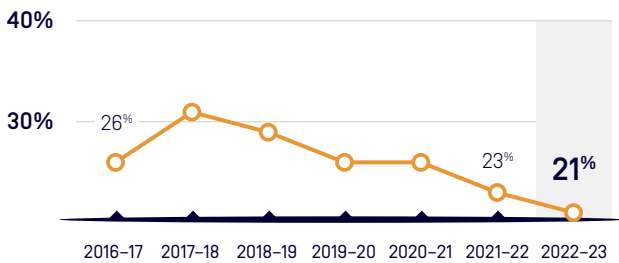
Poor health or injury



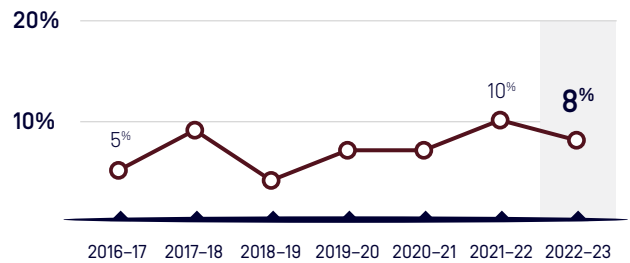
Increasing age/too old



Not enough time/
too many other commitments

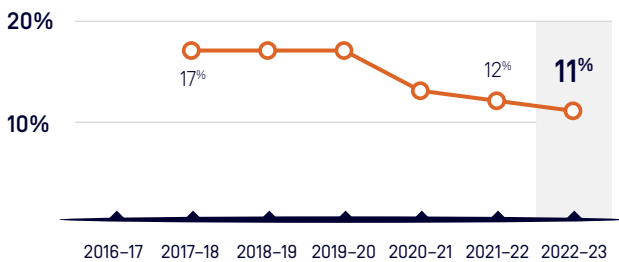


Not a priority (any more)



Have a physical job

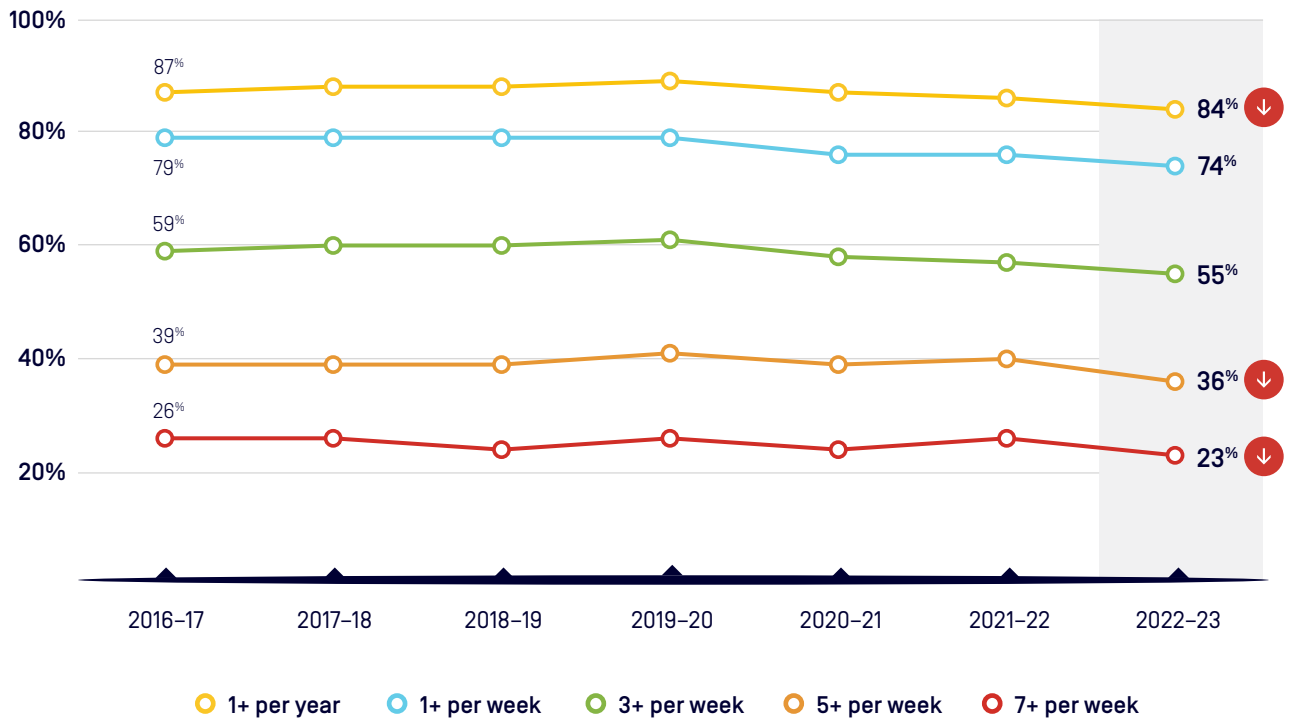
*Response option only identified from 2017



Based on all non-participants.

All participation rates 2016–17 to 2022–23

FREQUENCY OF PARTICIPATION



What's changed?










Since 2021-22, participation rates at the 5+ per week and 7+ per week frequency levels have declined, along with participation overall (1+ per year).



Most popular **sport-related** activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS

Males 15+ in regional/rural areas

	Cycling	409,000
	Running/athletics	405,000
	Swimming	361,000
	Golf	271,000
	Fishing	155,000
	Football/soccer	153,000
	Cricket	145,000
	Australian football	134,000
	Basketball	131,000
	Mountain biking	114,000

Females 15+ in regional/rural areas

	Swimming	572,000
	Running/athletics	330,000
	Cycling	255,000
	Netball	145,000
	Equestrian	118,000
	Tennis	118,000
	Golf	89,000
	Football/soccer	85,000
	Surfing	85,000
	Canoeing/kayaking	67,000






Top 10 sports/activities shown.










Most popular non-sport-related activities 2022–23

ESTIMATED NUMBER OF PARTICIPANTS

Males 15+ in regional/rural areas

	Walking (recreational)	927,000
	Fitness/gym	754,000
	Bushwalking	240,000
	Exergaming*	162,000
	Yoga	56,000

Females 15+ in regional/rural areas

	Walking (recreational)	1,500,000
	Fitness/gym	1,003,000
	Bushwalking	326,000
	Yoga	256,000
	Pilates	186,000
	Exergaming*	138,000
	Dancing (recreational)	77,000





Activities with estimates of less than 40,000 not shown.

*Virtual/technology-based/gaming exercise, for example, motion sensing console games, smart treadmills, online platforms such as Zwift.

CHILDREN AGED 0-14

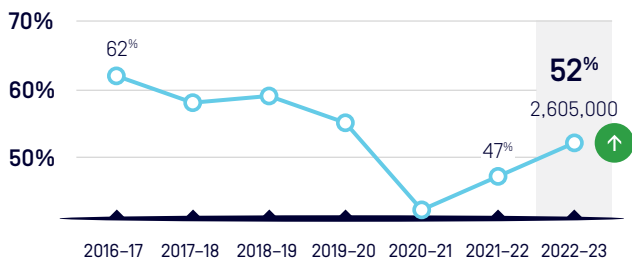
The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

-  Statistically significant increase since 2021-22
-  Statistically significant decrease since 2021-22

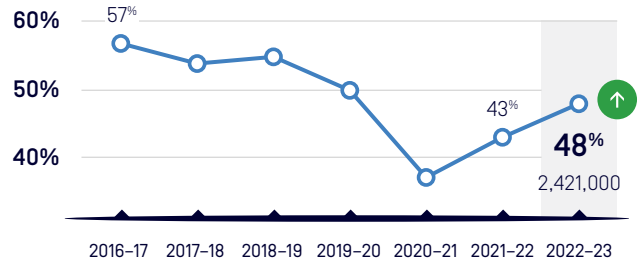


Headline indicators

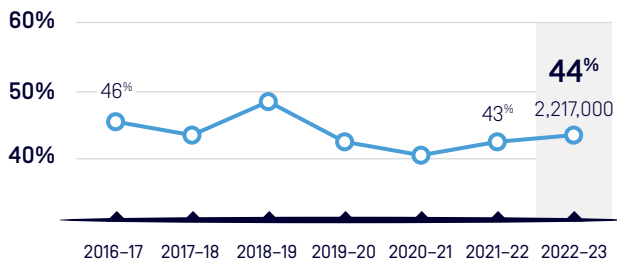
Participate in organised outside-of-school hours sport or physical activity 1+ per week



Participate in organised outside-of-school hours sport-related activity 1+ per week



Participate through a sports club or association 1+ per year



What's changed?

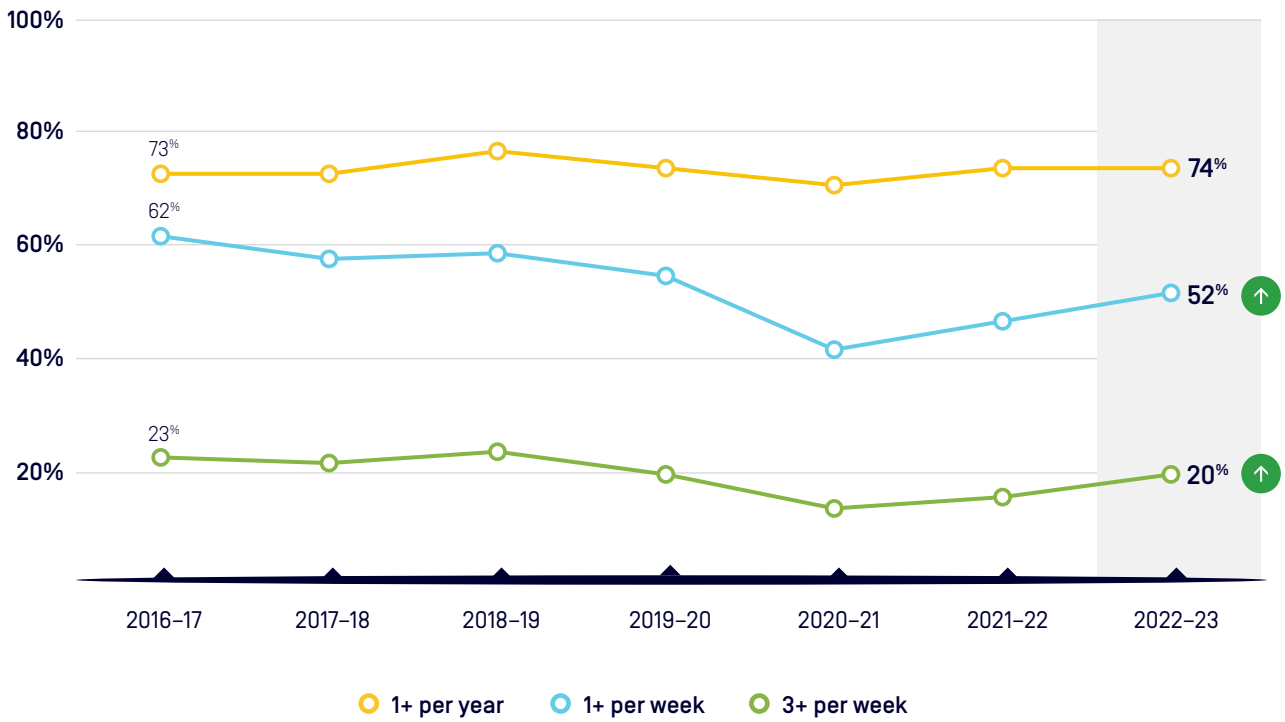
The percentage of children 0-14 participating at least once a week in organised outside-of-school sport or physical activity has increased but is not yet back to pre-COVID levels. This is driven by sport-related participation which has also increased.



All participation rates

2016-17 to 2022-23

FREQUENCY OF PARTICIPATION



Most popular **sport** and **non-sport-related** activities

ESTIMATED NUMBER OF PARTICIPANTS

Boys 0-14

	Swimming	948,000
	Football/soccer	523,000
	Basketball	330,000
	Australian football	310,000
	Gymnastics	191,000
	Tennis	155,000
	Cricket	150,000
	Running/athletics	146,000
	Rugby league	122,000
	Rugby union	85,000

Girls 0-14

	Swimming	970,000
	Gymnastics	465,000
	Dancing (recreational)	402,000
	Netball	296,000
	Football/soccer	245,000
	Basketball	147,000
	Running/athletics	131,000
	Tennis	124,000
	DanceSport	111,000
	Australian football	78,000

Top 10 sports/activities shown.



BOYS AGED 0-14

According to the 2021 Census there are 2.4 million boys aged 0-14 in Australia. Over more than six years, AusPlay has collected data about the organised outside of school sport and physical activity of around 14,000 boys aged 0-14.

In terms of participation in sport and physical activity, a typical boy might be someone like Angus*. He's eight and lives in New South Wales.

AusPlay tells us that Angus has been learning to swim since he was five. He's just about to complete the final level of swimming lessons and is pondering whether to keep swimming with the squad. He also plays football/soccer and would like to start karate with his best friend from school. His parents aren't sure about all these commitments and the driving involved, not to mention the costs.

The following pages tell us more about how boys aged 0-14 in Australia participate in sport and physical activity and how, if at all, that has changed.

*Not a real person. Profile information based on data from AusPlay and other ASC research.

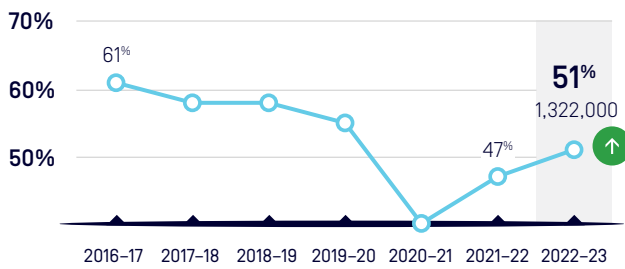
The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

- ↑ Statistically significant increase since 2021-22
- ↓ Statistically significant decrease since 2021-22

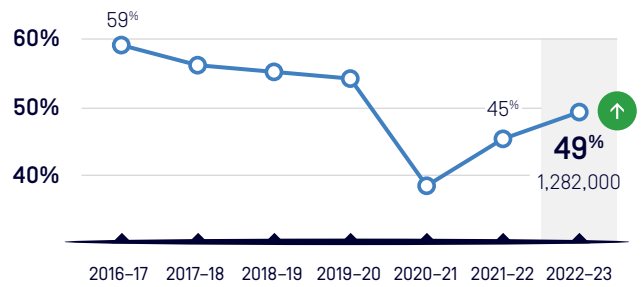


Headline indicators

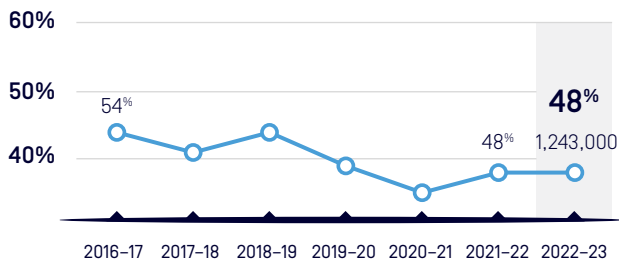
Participate in organised outside-of-school hours sport or physical activity 1+ per week



Participate in organised outside-of-school hours sport-related activity 1+ per week



Participate through a sports club or association 1+ per year



What's changed?

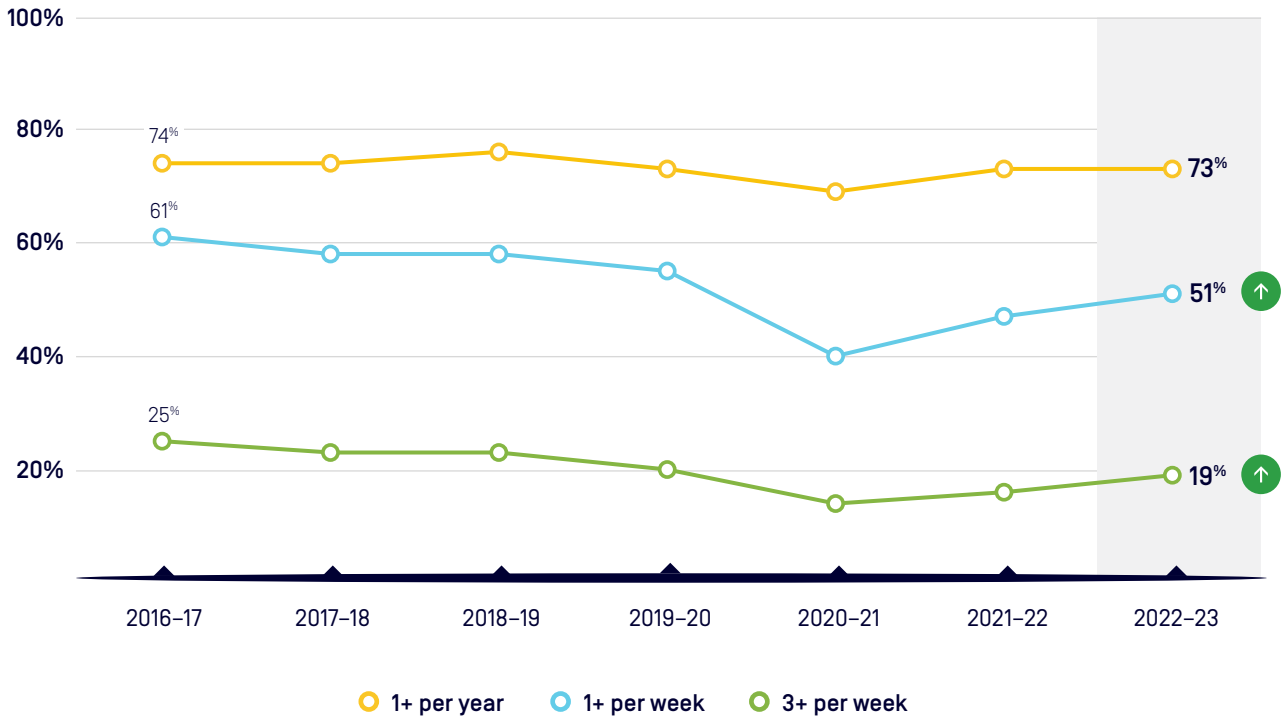
Since 2021-22, the percentage of boys 0-14 participating at least once a week in organised outside-of-school sport or physical activity has increased. This is driven by sport-related participation which has also increased.



All participation rates

2016-17 to 2022-23




FREQUENCY OF PARTICIPATION






Most popular **sport** and **non-sport-related** activities

ESTIMATED NUMBER OF PARTICIPANTS

Boys 0-4

	Swimming	377,000
	Gymnastics	95,000
	Football/soccer	48,000

Boys 9-11

	Swimming	163,000
	Football/soccer	137,000
	Australian football	101,000
	Basketball	101,000
	Cricket	62,000
	Running/athletics	49,000
	Tennis	49,000
	Rugby league	49,000

Boys 5-8

	Swimming	310,000
	Football/soccer	225,000
	Australian football	128,000
	Basketball	100,000
	Gymnastics	68,000
	Tennis	56,000
	Running/athletics	53,000

Boys 12-14

	Basketball	124,000
	Football/soccer	114,000
	Swimming	97,000
	Australian football	79,000
	Cricket	53,000
	Tennis	47,000

Activities with estimates of less than 40,000 not shown.

GIRLS AGED 0-14

The 2021 Census tells us there are 2.3 million girls aged 0-14 in Australia. We have collected information through AusPlay about the organised outside of school sport and physical activities of more than 12,400 girls aged 0-14.



In terms of participation in sport and physical activity, a typical girl might be someone like Lily*. She's 12 and lives in Tasmania.

From AusPlay we know Lily likely enjoys playing netball. She has played this sport for several years and loves the camaraderie and fun it provides. She was also swimming until not long ago but decided that five mandatory training sessions a week at her level was just a bit too much, and all her friends had now left the squad anyway.

The following pages tell us more about how girls aged 0-14 in Australia participate in sport and physical activity and how, if at all, that has changed.

*Not a real person. Profile information based on data from AusPlay and other ASC research.

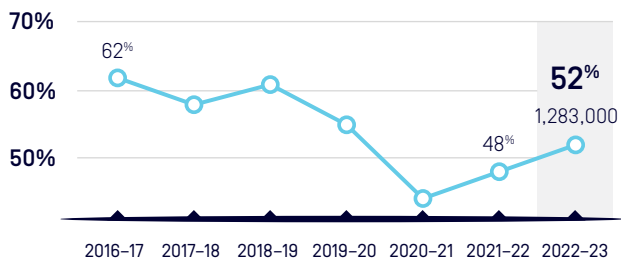
The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

-  Statistically significant increase since 2021-22
-  Statistically significant decrease since 2021-22

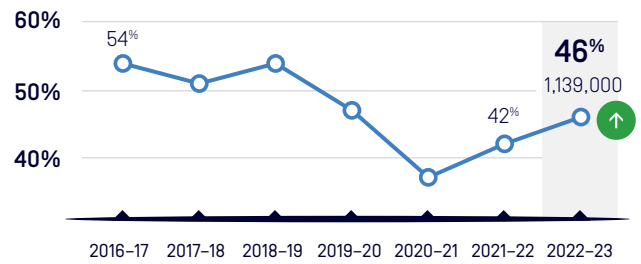


Headline indicators

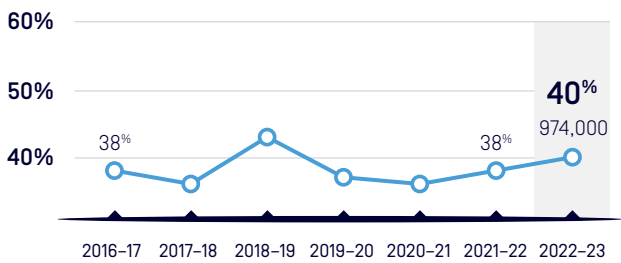
Participate in organised outside-of-school hours sport or physical activity 1+ per week



Participate in organised outside-of-school hours sport-related activity 1+ per week

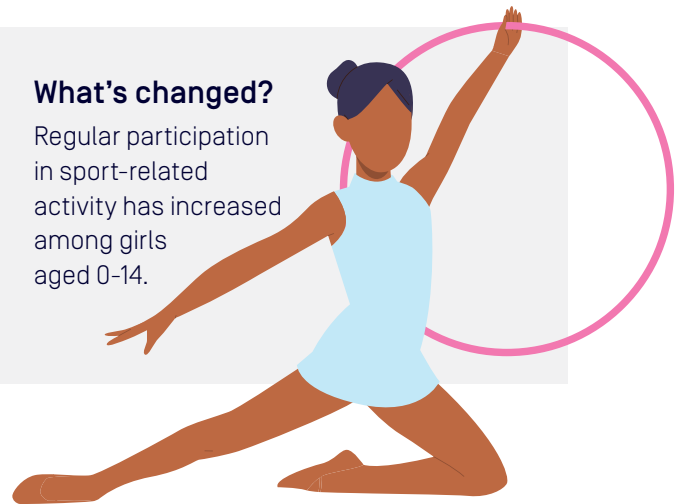


Participate through a sports club or association 1+ per year



What's changed?

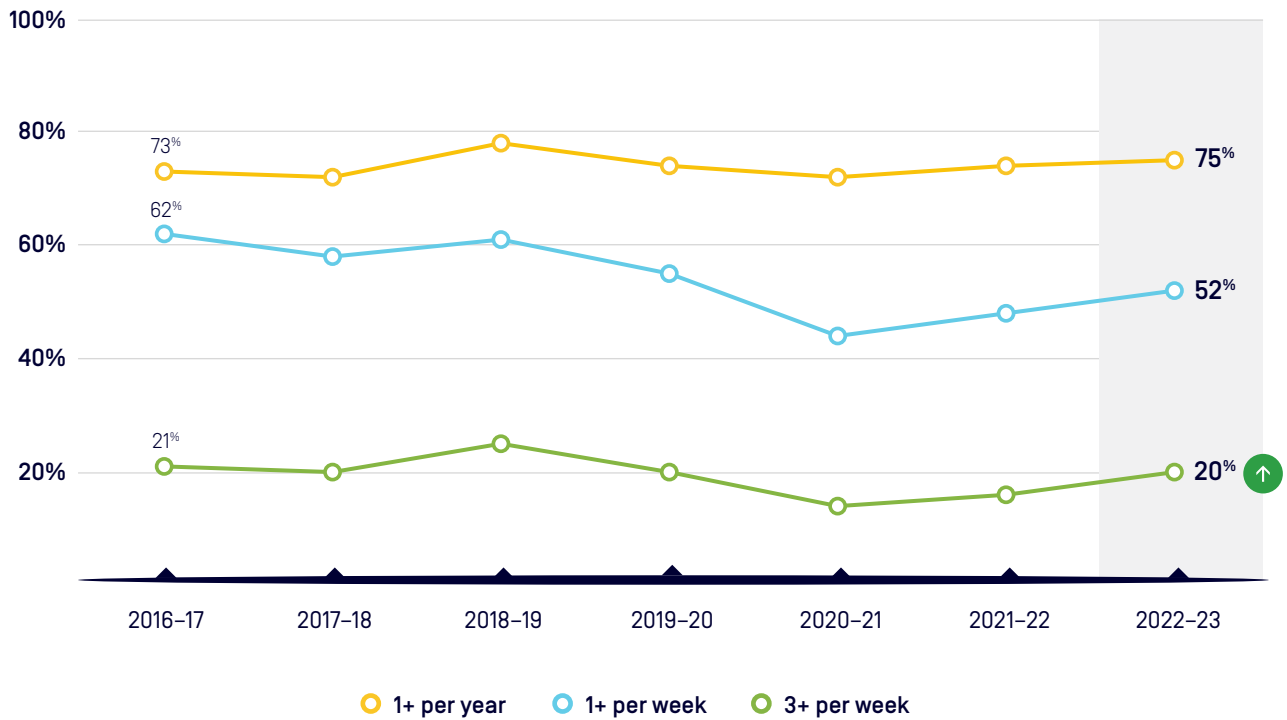
Regular participation in sport-related activity has increased among girls aged 0-14.



All participation rates

2016-17 to 2022-23

FREQUENCY OF PARTICIPATION



What's changed?





Since 2021-22, the proportion of girls 0-14 participating in sport or physical activity 3+ times per week has increased.




Most popular **sport** and **non-sport-related** activities

ESTIMATED NUMBER OF PARTICIPANTS









Girls 0-4

	Swimming	358,000
	Gymnastics	135,000
	Dancing (recreational)	103,000
	Football/soccer	42,000







Girls 5-8

	Swimming	350,000
	Gymnastics	210,000
	Dancing (recreational)	168,000
	Football/soccer	77,000
	Netball	61,000
	Tennis	48,000

Girls 9-11

	Swimming	196,000
	Netball	98,000
	Dancing (recreational)	85,000
	Gymnastics	76,000
	Basketball	67,000
	Football/soccer	60,000
	Running/athletics	48,000
	Tennis	45,000

Girls 12-14

	Netball	133,000
	Football/soccer	67,000
	Swimming	67,000
	Dancing (recreational)	46,000
	Gymnastics	44,000
	Basketball	41,000

Activities with estimates of less than 40,000 not shown.

CHILDREN AGED 0-14 LIVING IN A HOUSEHOLD WHERE A LANGUAGE OTHER THAN ENGLISH (LOTE) IS SPOKEN

According to the 2021 Census there are 1.2 million children 0-14 in Australia who live in a household where a LOTE is spoken*. AusPlay has collected information about more than 5,000 children in LOTE households.

In terms of participation in sport and physical activity, imagine a boy like Ibrahim**. He's 11 and lives in Victoria.

AusPlay tells us that he plays football/soccer. Ibrahim comes from a football-mad family and so it is natural that he would play it too. And of course it's so much fun. Moving to Australia and the new lifestyle also encouraged his parents to enrol him in swimming lessons.



The following pages tell us more about how children 0-14 in Australia who live in a LOTE household participate in sport and physical activity and how, if at all, that has changed.

*Based on the assumption that when the parent/guardian says they speak a language other than English at home, the whole household is classified as LOTE.

**Not a real person. Profile information based on data from AusPlay and other ASC research.

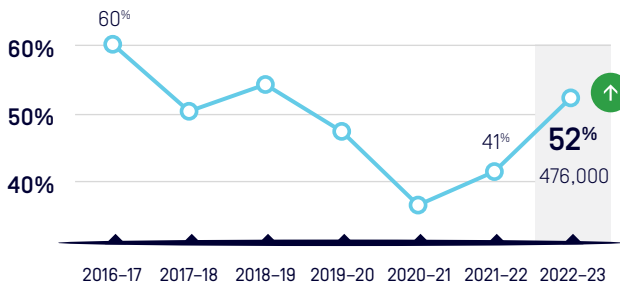


The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

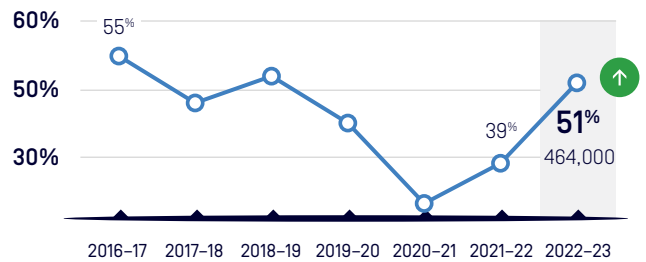
-  Statistically significant increase since 2021-22
-  Statistically significant decrease since 2021-22

Headline indicators

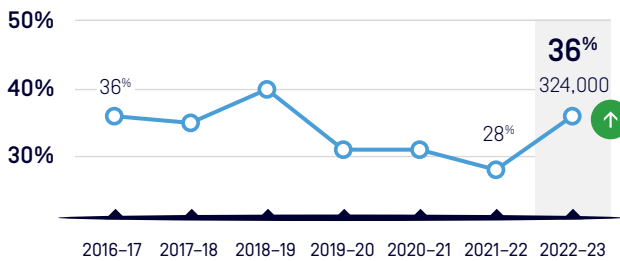
Participate in organised outside-of-school hours sport or physical activity 1+ per week



Participate in organised outside-of-school hours sport-related activity 1+ per week



Participate through a sports club or association 1+ per year



What's changed?

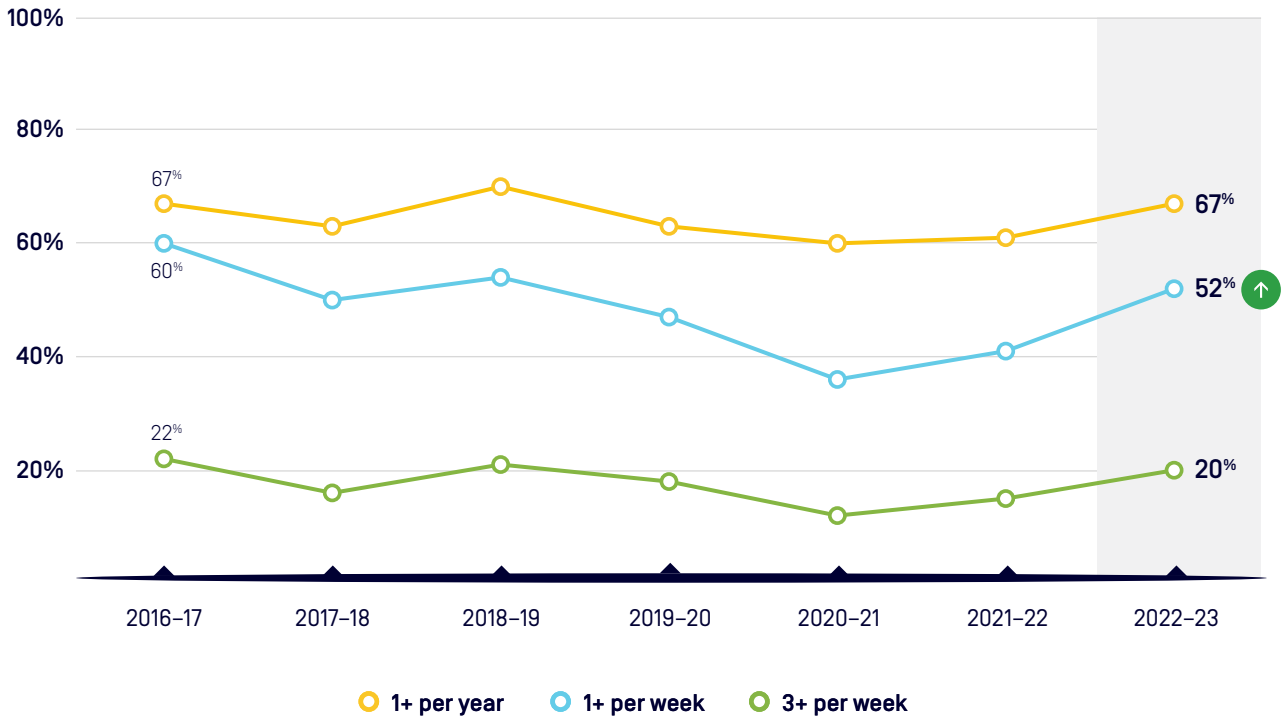
Since 2021-22, regular participation among children 0-14 living in LOTE households has increased, including through sports clubs/associations.



All participation rates

2016-17 to 2022-23







FREQUENCY OF PARTICIPATION



Most popular **sport** and **non-sport-related** activities

ESTIMATED NUMBER OF PARTICIPANTS

Children 0-14 in LOTE households



	Swimming	382,000
	Football/soccer	132,000
	Gymnastics	76,000
	Tennis	68,000
	Basketball	56,000
	Karate	43,000



Activities with estimates of less than 40,000 not shown.

CHILDREN AGED 0-14 IN MAJOR CITIES

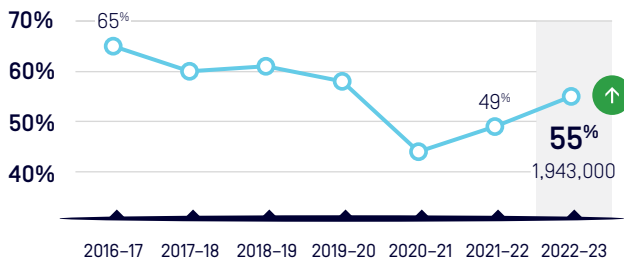
The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

-  Statistically significant increase since 2021-22
-  Statistically significant decrease since 2021-22

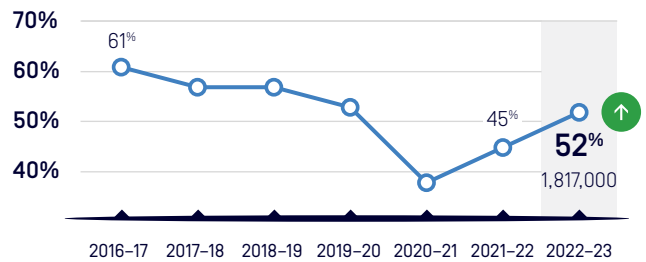


Headline indicators

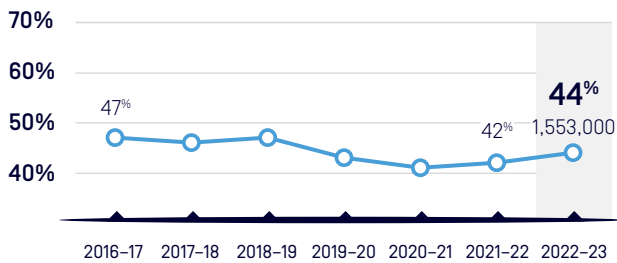
Participate in organised outside-of-school hours sport or physical activity 1+ per week



Participate in organised outside-of-school hours sport-related activity 1+ per week



Participate through a sports club or association 1+ per year



What's changed?

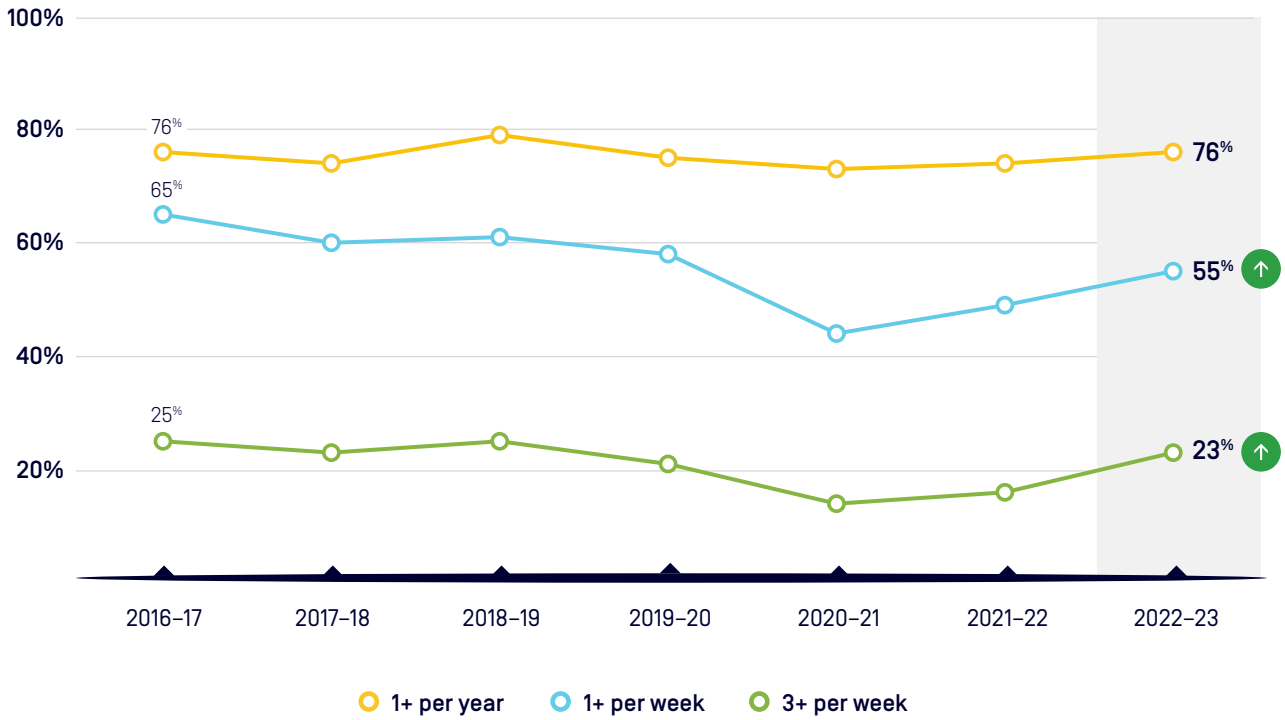
In line with the national figures, the percentage of children 0-14 in major cities who participate at least once a week has increased, driven by sport-related participation.



All participation rates

2016-17 to 2022-23











FREQUENCY OF PARTICIPATION








Most popular **sport** and **non-sport-related** activities

ESTIMATED NUMBER OF PARTICIPANTS

Boys aged 0-14 in major cities

	Swimming	701,000
	Football/soccer	389,000
	Basketball	240,000
	Australian football	202,000
	Gymnastics	134,000
	Tennis	119,000
	Cricket	102,000
	Running/athletics	95,000
	Rugby league	76,000
	Karate	61,000

Girls aged 0-14 in major cities

	Swimming	715,000
	Gymnastics	339,000
	Dancing (recreational)	294,000
	Netball	187,000
	Football/soccer	187,000
	Basketball	107,000
	Running/athletics	100,000
	DanceSport	91,000
	Tennis	87,000
	Australian football	65,000

Top 10 sports/activities shown.



CHILDREN AGED 0-14 IN REGIONAL/ RURAL AREAS

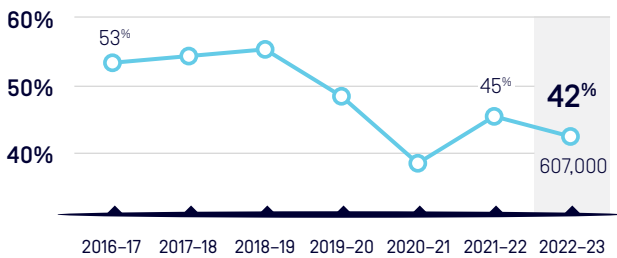
The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

- ↑ Statistically significant increase since 2021-22
- ↓ Statistically significant decrease since 2021-22

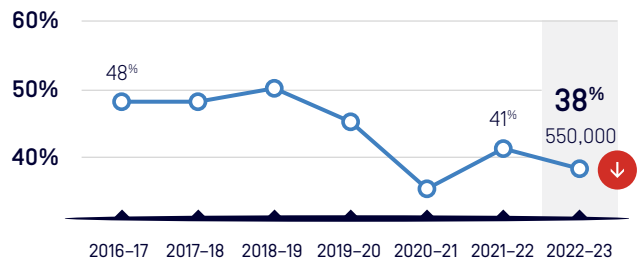


Headline indicators

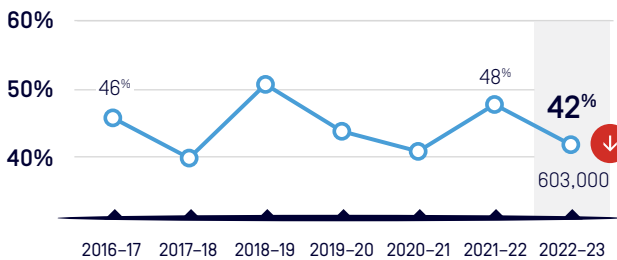
Participate in organised outside-of-school hours sport or physical activity 1+ per week



Participate in organised outside-of-school hours sport-related activity 1+ per week



Participate through a sports club or association 1+ per year



What's changed?

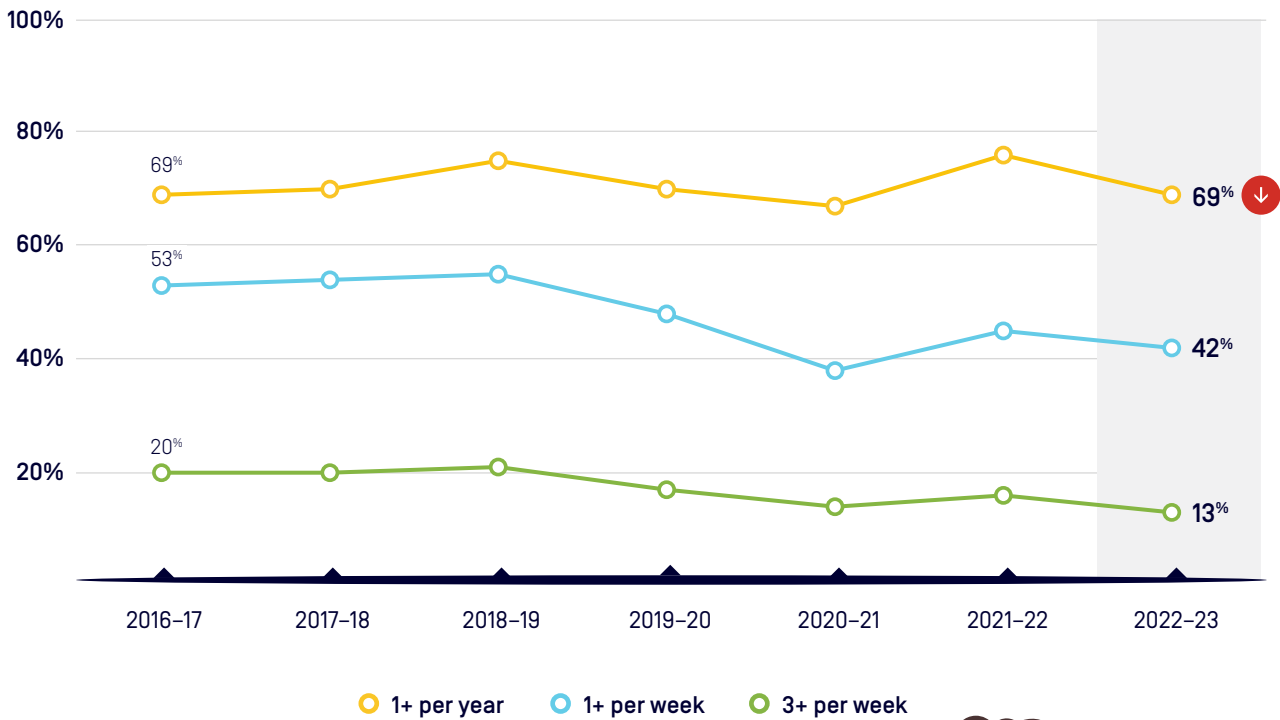
Since 2021-22, overall participation through a sports club/association has decreased among children in regional and rural areas.



All participation rates

2016-17 to 2022-23

FREQUENCY OF PARTICIPATION










What's changed?

Since 2021-22, overall participation (1+ per year) has decreased among children in regional and rural areas.

Most popular **sport** and **non-sport-related** activities

ESTIMATED NUMBER OF PARTICIPANTS

Boys aged 0-14 in regional/rural areas

	Swimming	234,000
	Football/soccer	128,000
	Australian football	104,000
	Basketball	81,000
	Gymnastics	55,000
	Running/athletics	47,000
	Rugby league	44,000
	Cricket	42,000

Girls aged 0-14 in regional/rural areas

	Swimming	229,000
	Gymnastics	115,000
	Netball	104,000
	Dancing (recreational)	102,000
	Football/soccer	58,000



Activities with estimates of less than 40,000 not shown.



AUSTRALIANS AGED 15+ BY STATE/ TERRITORY 2022-23



Headline indicators

PARTICIPATION SNAPSHOT




	SPORT OR PHYSICAL ACTIVITY 1+ PER WEEK	SPORT OR PHYSICAL ACTIVITY 3+ PER WEEK	SPORT-RELATED ACTIVITY 1+ PER WEEK	SPORTS CLUB OR ASSOCIATION 1+ PER YEAR	NON-PLAYING ROLE 1+ PER YEAR
ACT	86%	68%	45%	25%	16%
NSW	79%	59%	39%	22%	15%
NT	67%	51%	40%	30%	22%
QLD	76%	59%	39%	20%	14%
SA	76%	59%	37%	21%	19%
TAS	78%	60%	39%	21%	17%
VIC	80%	63%	41%	23%	16%
WA	79%	62%	44%	24%	18%
NATIONAL	78%	60%	40%	22%	16%

Most popular **sport-related** activities

PARTICIPATION SNAPSHOT

NATIONAL

 **Swimming**
18%

 **Running/athletics**
17%

 **Cycling**
13%



WA

 **Swimming**
20% (452,000)


 **Cycling**
16% (344,000)

 **Running/athletics**
15% (341,000)


SA


 **Swimming**
14% (207,000)


 **Running/athletics**
14% (206,000)

 **Cycling**
13% (192,000)


QLD

 **Swimming**
16% (703,000)


 **Running/athletics**
16% (688,000)

 **Cycling**
11% (485,000)


NSW

 **Swimming**
20% (1,402,000)

 **Running/athletics**
18% (1,235,000)

 **Cycling**
11% (786,000)


VIC

 **Running/athletics**
18% (1,064,000)


 **Swimming**
17% (993,000)

 **Cycling**
15% (871,000)


NT

 **Swimming**
23% (47,000)

 **Running/athletics**
21% (43,000)

 **Cycling***
9% (19,000)

TAS


 **Swimming**
16% (71,000)

 **Running/athletics**
15% (65,000)

 **Cycling**
11% (51,000)

ACT

 **Running/athletics**
22% (81,000)

 **Swimming**
20% (73,000)

 **Cycling**
17% (62,000)

*Data has relative margin of error between 50% and 100% and should be used with caution

Most popular non-sport-related activities

PARTICIPATION SNAPSHOT

NATIONAL

-  **Walking (recreational)**
43%
-  **Fitness/gym**
38%
-  **Bushwalking**
10%






WA

-  **Walking (recreational)**
39% (870,000)
-  **Fitness/gym**
36% (797,000)
-  **Bushwalking**
10% (211,000)

SA

-  **Walking (recreational)**
46% (679,000)
-  **Fitness/gym**
35% (511,000)
-  **Bushwalking**
10% (144,000)

QLD

-  **Walking (recreational)**
41% (1,774,000)
-  **Fitness/gym**
38% (1,646,000)
-  **Bushwalking**
10% (424,000)

NSW

-  **Walking (recreational)**
43% (2,993,000)
-  **Fitness/gym**
38% (2,701,000)
-  **Bushwalking**
10% (704,000)




VIC

-  **Walking (recreational)**
45% (2,630,000)
-  **Fitness/gym**
39% (2,290,000)
-  **Bushwalking**
10% (566,000)




NT

-  **Fitness/gym**
40% (83,000)
-  **Walking (recreational)**
33% (67,000)
-  **Bushwalking***
10% (21,000)

TAS

-  **Walking (recreational)**
47% (212,000)
-  **Fitness/gym**
32% (144,000)
-  **Bushwalking**
14% (63,000)

ACT

-  **Walking (recreational)**
47% (174,000)
-  **Fitness/gym**
44% (164,000)
-  **Bushwalking**
16% (58,000)

*Data has relative margin of error between 50% and 100% and should be used with caution



CHILDREN AGED 0-14 BY STATE/ TERRITORY 2022-23



Headline indicators

PARTICIPATION SNAPSHOT



	SPORT OR PHYSICAL ACTIVITY 1+ PER WEEK	SPORT OR PHYSICAL ACTIVITY 3+ PER WEEK	SPORT-RELATED ACTIVITY 1+ PER WEEK	SPORTS CLUB OR ASSOCIATION 1+ PER YEAR
ACT	63%	20%	60%	56%
NSW	54%	21%	49%	44%
NT	35%	11%**	35%*	40%*
QLD	53%	23%	49%	44%
SA	49%	23%	45%	40%
TAS	33%	6%**	30%	39%
VIC	51%	19%	49%	45%
WA	48%	15%	42%	42%
NATIONAL	52%	20%	49%	48%

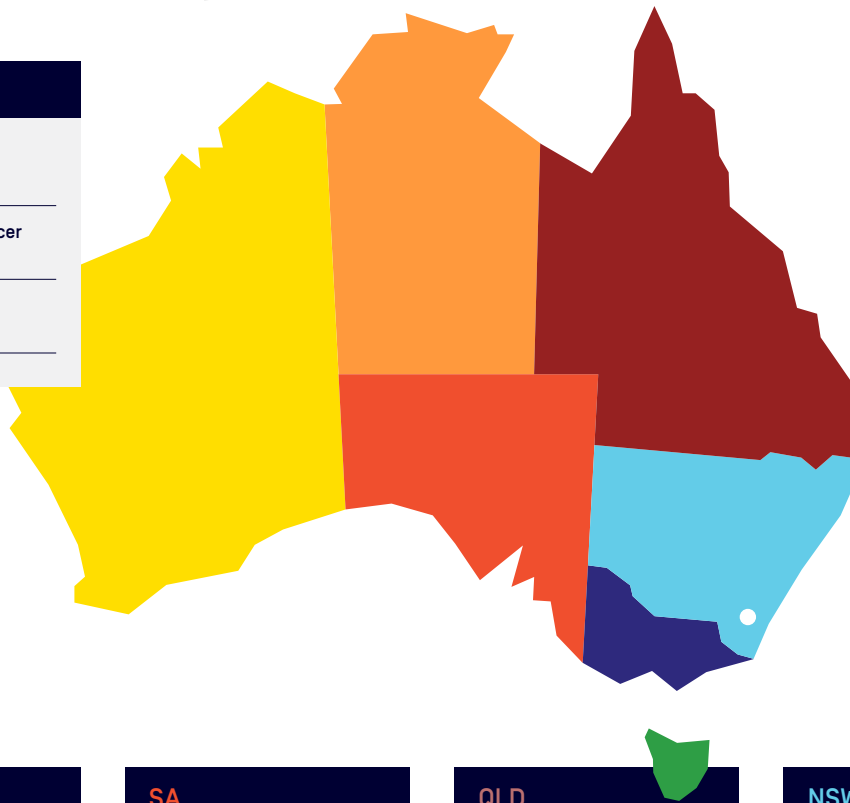
*Data has relative margin of error between 50% and 100% and should be used with caution.

**Data has relative margin of error greater than 100% and is considered too unreliable to use.

Most popular **sports** or **physical** activities

PARTICIPATION SNAPSHOT

NATIONAL	
	Swimming 38%
	Football/soccer 15%
	Gymnastics 13%




WA	
	Swimming 31% [164,000]
	Australian football 15% [82,000]
	Basketball 13% [71,000]


SA	
	Swimming 36% [113,000]
	Netball 13% [42,000]
	Football/soccer 12% [40,000]


QLD	
	Swimming 35% [365,000]
	Football/soccer 16% [162,000]
	Gymnastics 14% [149,000]

NSW	
	Swimming 42% [667,000]
	Football/soccer 21% [334,000]
	Gymnastics 14% [219,000]

VIC	
	Swimming 40% [531,000]
	Basketball 14% [181,000]
	Gymnastics 14% [179,000]

NT	
	Swimming[^] 34% [20,000]

TAS	
	Swimming[^] 25% [24,000]

ACT	
	Swimming[^] 39% [34,000]

*Data has relative margin of error between 50% and 100% and should be used with caution

[^]All estimates are less than 40,000 so only the top activity is shown



Australian Government

Australian Sports Commission

AUSPLAY™

Any further questions about AusPlay (or queries for additional customised reporting/further analysis of the dataset) can be directed to the ASC Insights team at ausplay@ausport.gov.au