



Australian Government
Australian Sports Commission

AUSPLAY™

National Sport and Physical
Activity Participation Report
November 2022



ABOUT THIS REPORT



This report presents a high level overview of participation among key demographic groups in Australia. Unlike previous AusPlay Focus reports, it is not designed to be read front to back. Rather, the intention is for readers to dip into the demographic groups that are of interest to them as and when required.

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**

About AusPlay

AusPlay commenced in October 2015 and is the largest and most comprehensive survey of its kind ever conducted in Australia. Each year, 20,000 Australian residents aged 15 or over complete 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. These interviews are conducted by mobile telephone and have continued uninterrupted during COVID-19.

NB. AusPlay now collects data on gender diversity and sex based on the Australian Bureau of Statistics [data collection standards](#) (2020). Data collected from 1 July 2022 in accordance with these standards will be used for future reporting.

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KEY FINDINGS



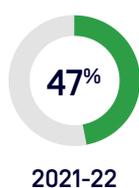
AusPlay data shows there have been significant changes in sport and physical activity participation, motivations and barriers from 2020-21 to 2021-22.

Children are getting back to regular (1+ per week) participation

Participation in organised out-of-school hours sport and physical activity for children aged 0-14 years was heavily impacted by COVID-19. In July 2022 we reported there were indications that children were returning, and this is confirmed in the latest data.

From 2020-21 to 2021-22 there has been a significant increase in children's regular participation, driven by boys.

Children aged 0-14 (1+ per week)



Boys aged 0-14 (1+ per week)



Mental health is a common and growing driver of participation

From 2020-21 to 2021-22 there has been a significant increase in mental health as a participation motive for:

Australian men aged 15+

22% → 26%

Australian women aged 15+

34% → 37%

Young adults aged 15-19

18% → 23%

Australians aged 15+ living in major cities

29% → 32%

Australians aged 18+ living with disability

23% → 28%

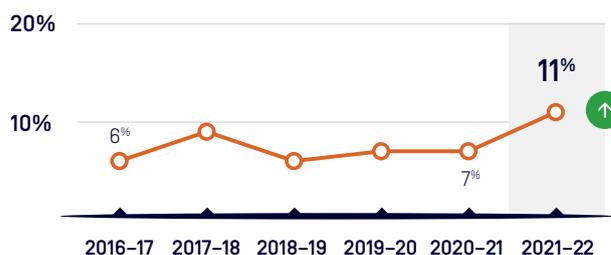
Older Australians aged 55+

19% → 23%

Getting active no longer as important for some

Inactive Australians aged 15+ who reported that physical activity "is not a priority" has increased significantly, up from seven per cent in 2020-21 to 11 per cent in 2021-22 and is now at the highest level recorded since AusPlay commenced data collection in October 2015.

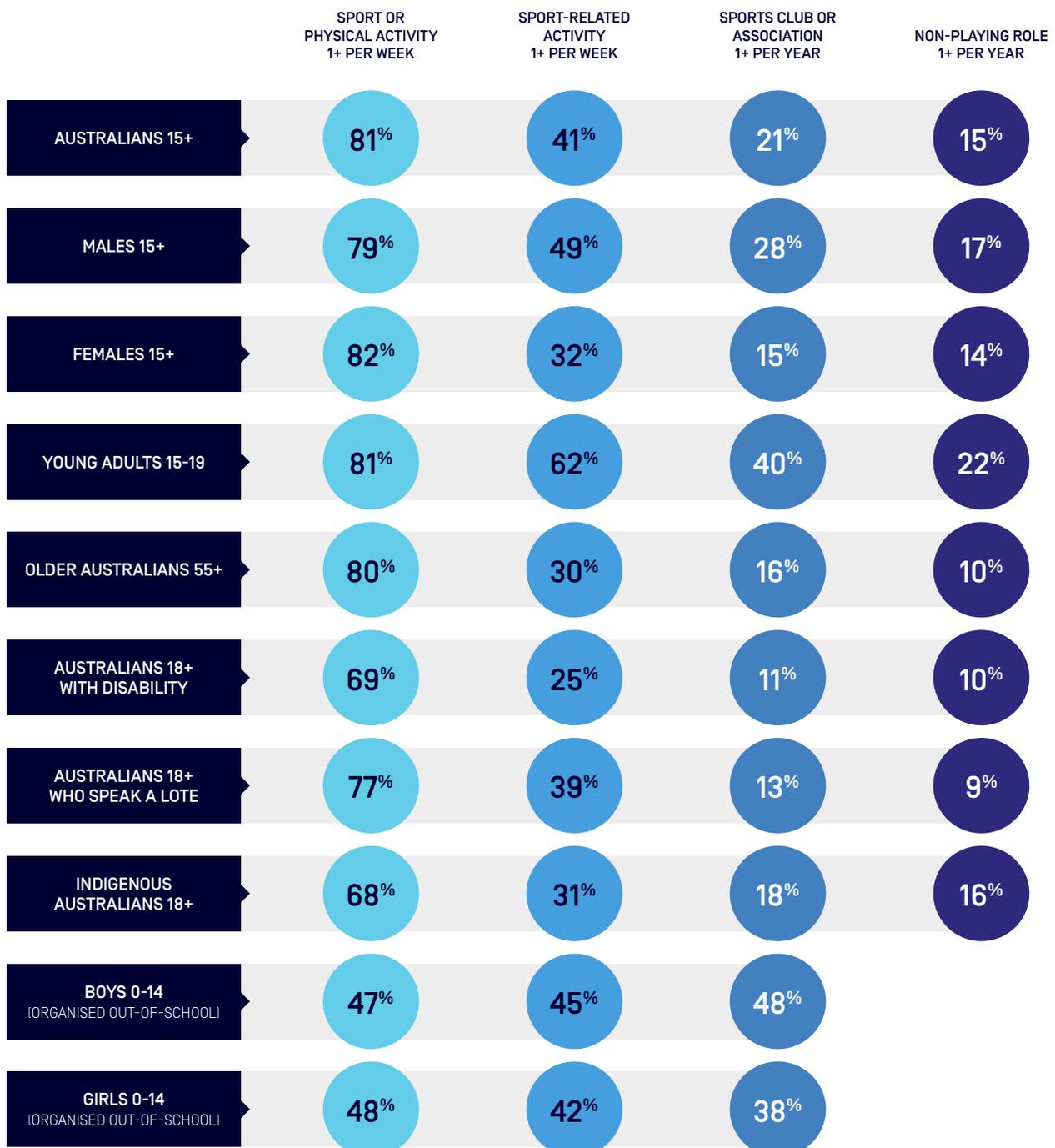
This suggests some Australians may have made physical activity a priority during the heights of COVID-19 but as life returns to normal it's no longer as important.



PARTICIPATION SNAPSHOT 2021-22



PARTICIPATE IN OR THROUGH



AUSTRALIANS AGED 15+

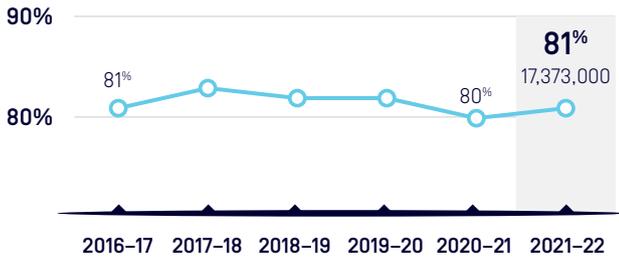
The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

-  Statistically significant increase since 2020–21
-  Statistically significant decrease since 2020–21

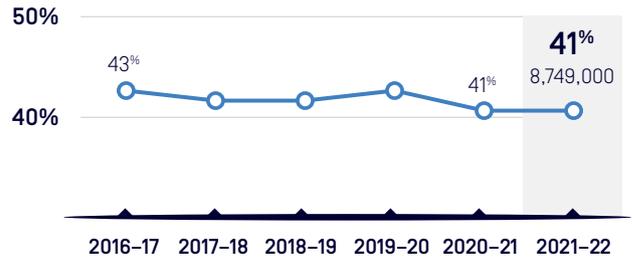


Headline indicators

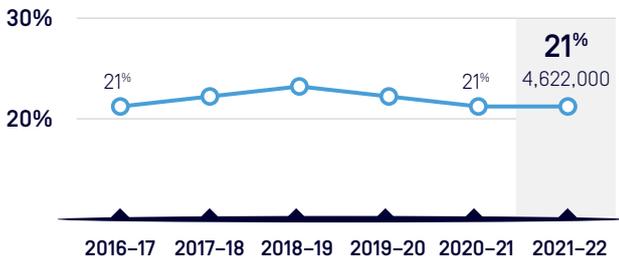
Participate in sport or physical activity 1+ per week



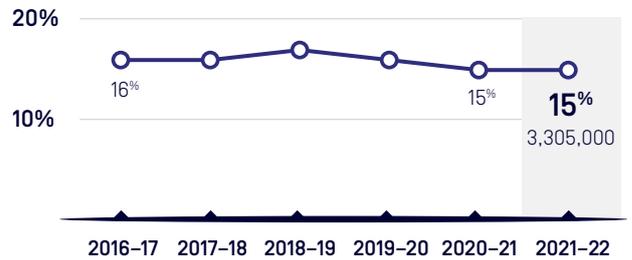
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

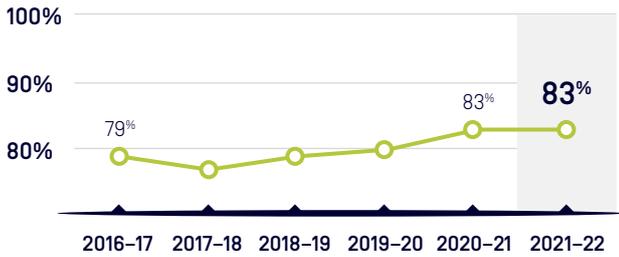


Take on a non-playing role 1+ per year

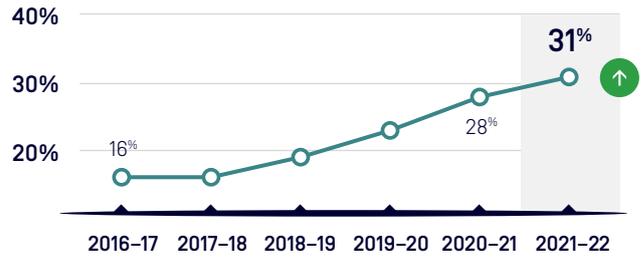


Top motivations in 2021-22

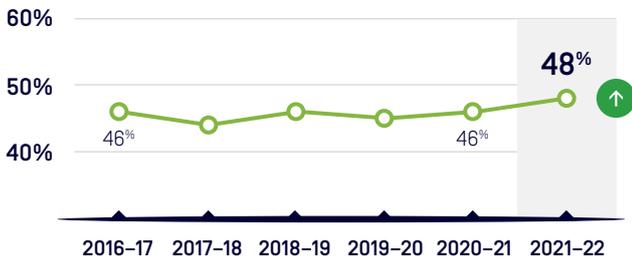
Physical health or fitness



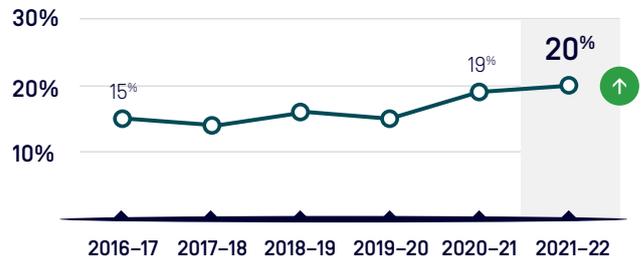
Psychological/mental health/therapy



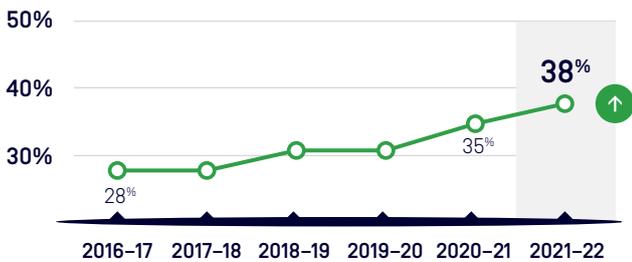
Fun/enjoyment



To be outdoors/enjoy nature

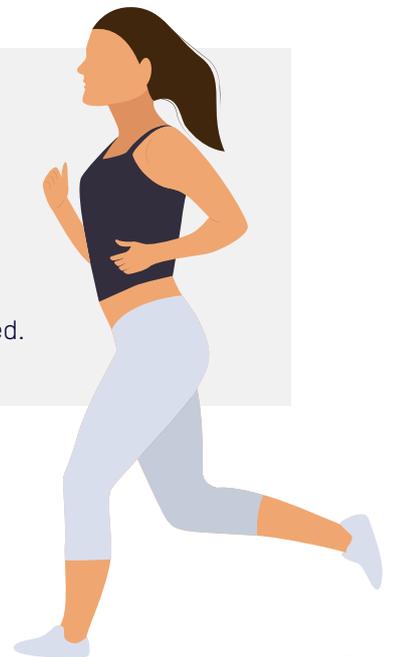


Social reasons



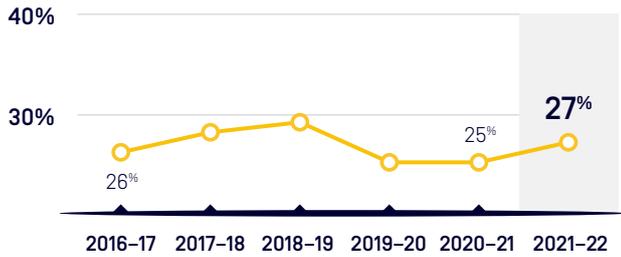
What's changed?

Since 2020-21, the percentage of active Australians 15+ who are motivated for non-fitness-related reasons has increased.

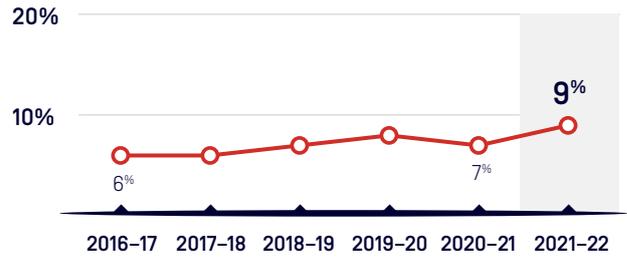


Top barriers in 2021-22

Poor health or injury



Increasing age/too old



Not enough time/
too many other commitments

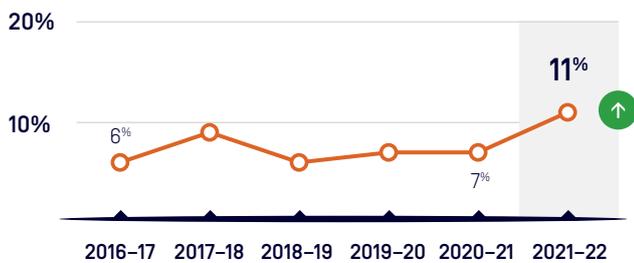


Have a physical job

*Response option only identified from 2017



Not a priority (any more)



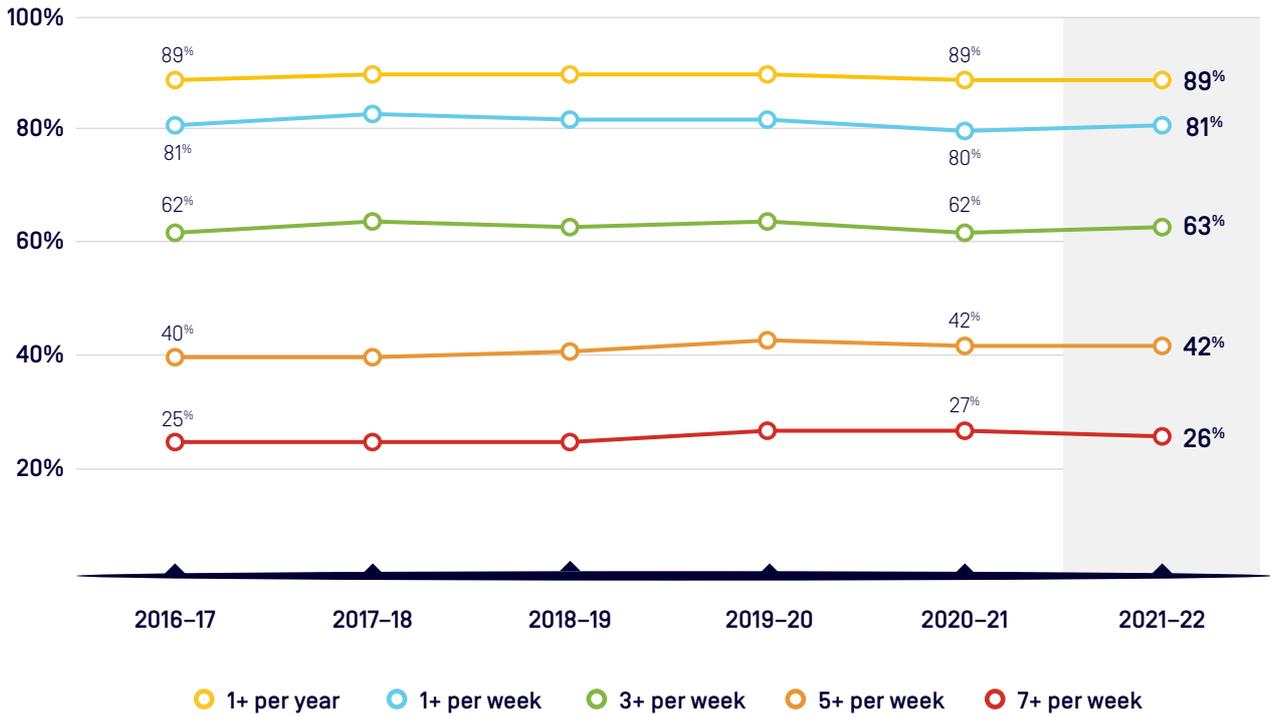
What's changed?

The percentage of inactive Australians 15+ for whom physical activity is no longer a priority increased to 11% in 2021-22 - its highest ever result in AusPlay.



All participation rates 2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



Most popular **sport-related** activities 2021–22

ESTIMATED NUMBER OF PARTICIPANTS

Males aged 15+

	Running/athletics	2,150,000
	Cycling	1,827,000
	Swimming	1,539,000
	Golf	991,000
	Football/soccer	946,000
	Basketball	715,000
	Tennis	709,000
	Cricket	500,000
	Surfing	484,000
	Australian football	481,000

Females aged 15+

	Swimming	2,003,000
	Running/athletics	1,792,000
	Cycling	1,114,000
	Netball	553,000
	Tennis	519,000
	Football/soccer	313,000
	Basketball	281,000
	Golf	235,000
	Equestrian	222,000
	Surfing	217,000

Top 10 sports/activities shown.



Most popular non-sport-related activities 2021–22

ESTIMATED NUMBER OF PARTICIPANTS

Males aged 15+

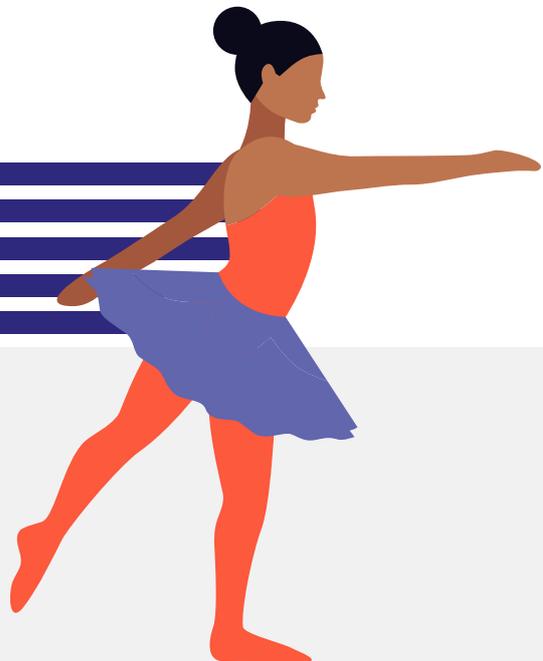
	Walking (recreational)	3,844,000
	Fitness/gym	3,590,000
	Bushwalking	872,000
	Exergaming*	515,000
	Yoga	211,000
	Pilates	123,000

Females aged 15+

	Walking (recreational)	6,211,000
	Fitness/gym	4,417,000
	Yoga	1,291,000
	Bushwalking	1,036,000
	Pilates	913,000
	Exergaming*	553,000
	Dancing (recreational)	338,000

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.



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 69,500 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.

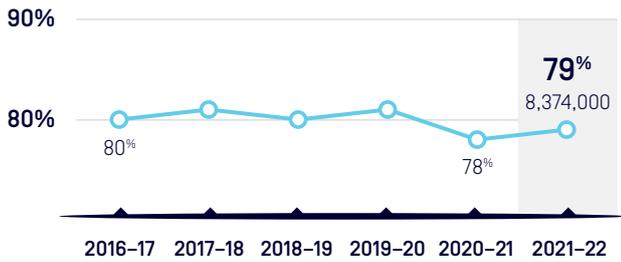
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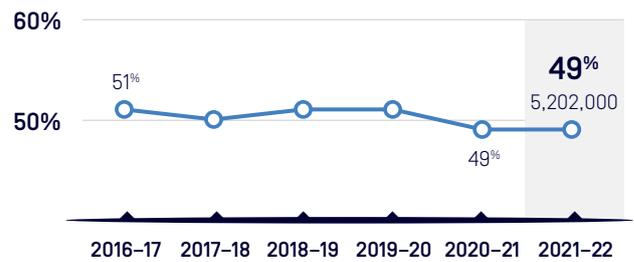


Headline indicators

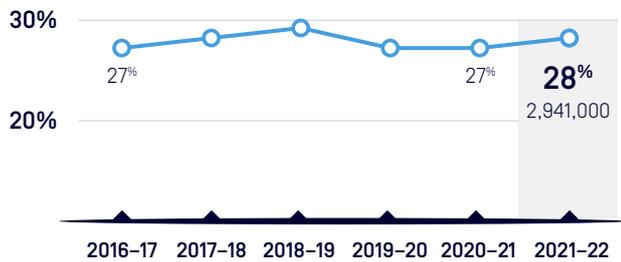
Participate in sport or physical activity 1+ per week



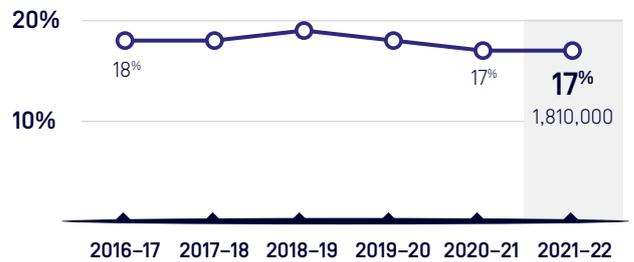
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

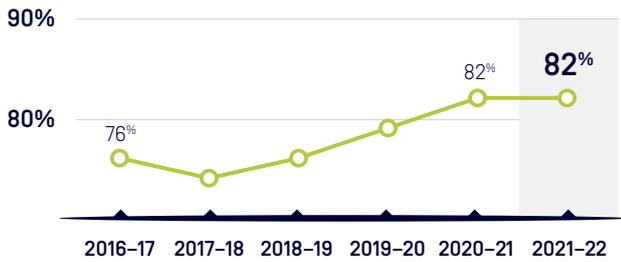


Take on a non-playing role 1+ per year

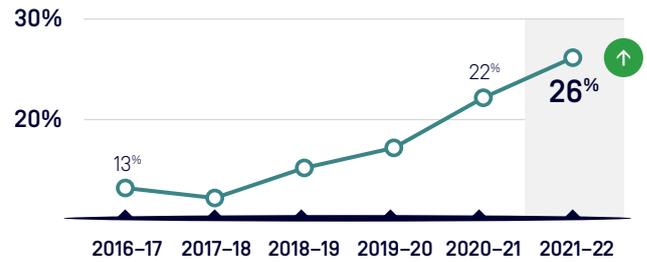


Top motivations in 2021-22

Physical health or fitness



Psychological/mental health/therapy



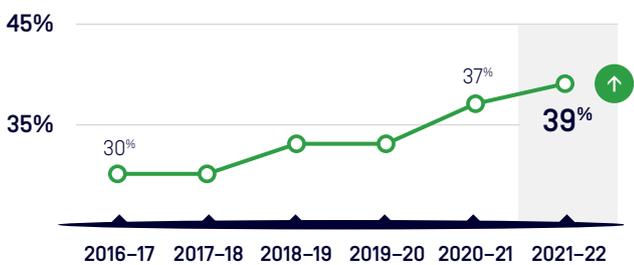
Fun/enjoyment



To be outdoors/enjoy nature



Social reasons



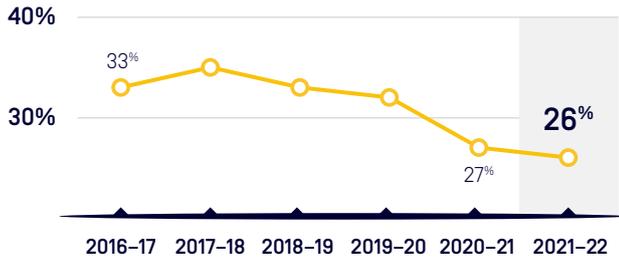
What's changed?

Since 2020-21, the percentage of active males 15+ who are motivated by the enjoyment, social and mental health benefits of physical activity has increased.

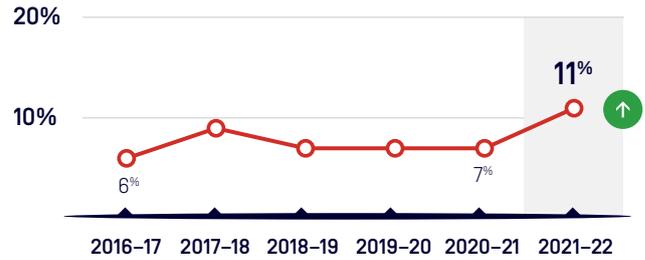


Top barriers in 2021-22

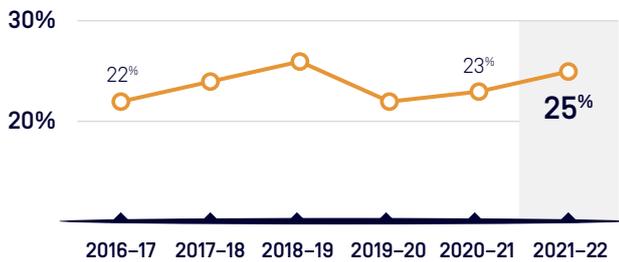
**Not enough time/
too many other commitments**



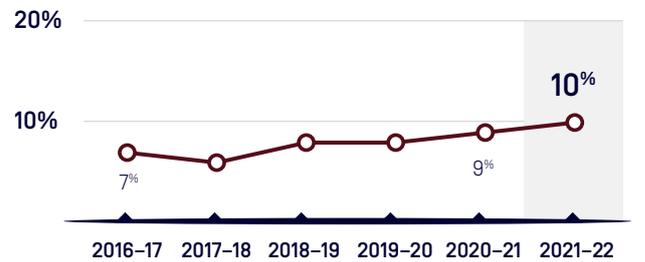
Not a priority [any more]



Poor health or injury

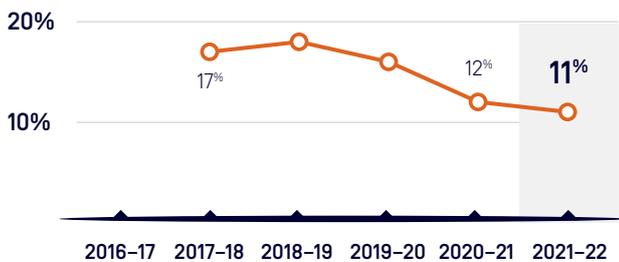


Increasing age/too old



Have a physical job

*Response option only identified from 2017



What's changed?

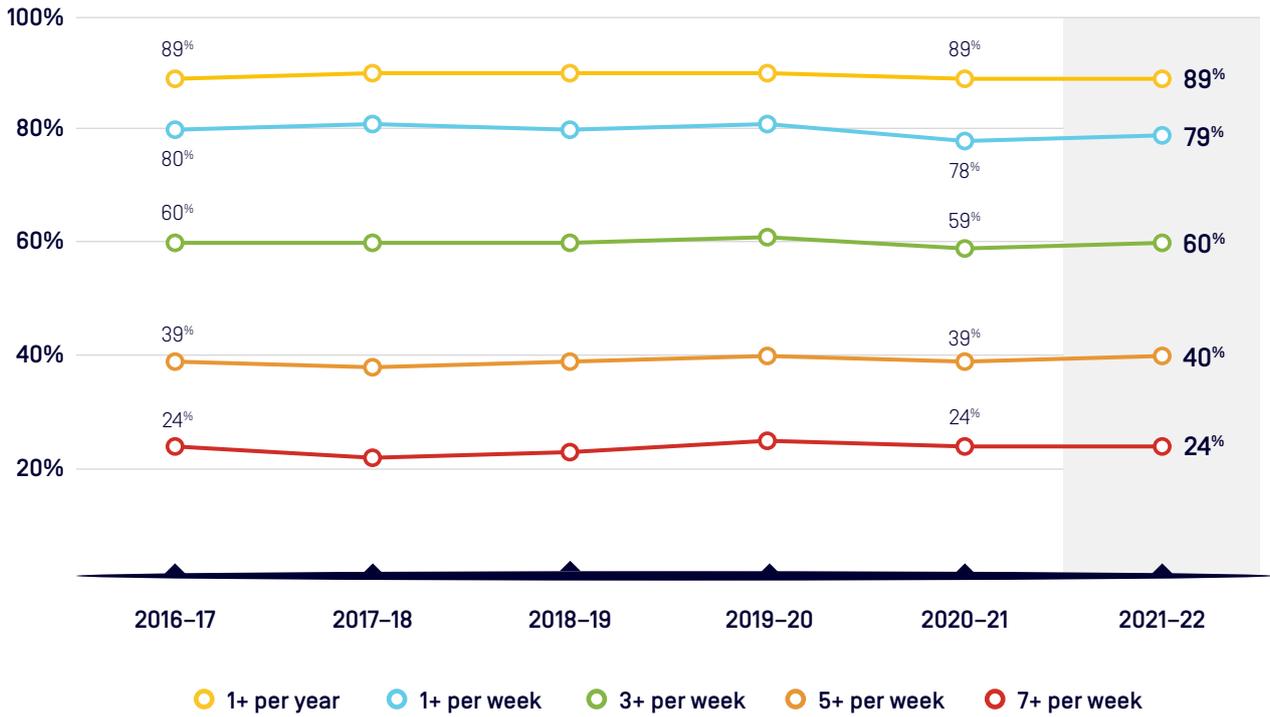
The percentage of inactive males 15+ for whom physical activity is no longer a priority increased to 11% in 2021-22 - its highest ever result in AusPlay.



All participation rates

2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



Most popular sport-related activities 2021–22

ESTIMATED NUMBER OF PARTICIPANTS

Males aged 15–34

	Running/athletics 1,033,000
	Football/soccer 597,000
	Basketball 507,000
	Swimming 460,000
	Cycling 447,000
	Australian football 308,000
	Tennis 254,000
	Cricket 234,000
	Golf 174,000
	Weightlifting 173,000

Males aged 35–54

	Running/athletics 846,000
	Cycling 755,000
	Swimming 598,000
	Golf 324,000
	Football/soccer 299,000
	Tennis 272,000
	Cricket 221,000
	Surfing 210,000
	Basketball 190,000
	Mountain biking 170,000

Males aged 55+

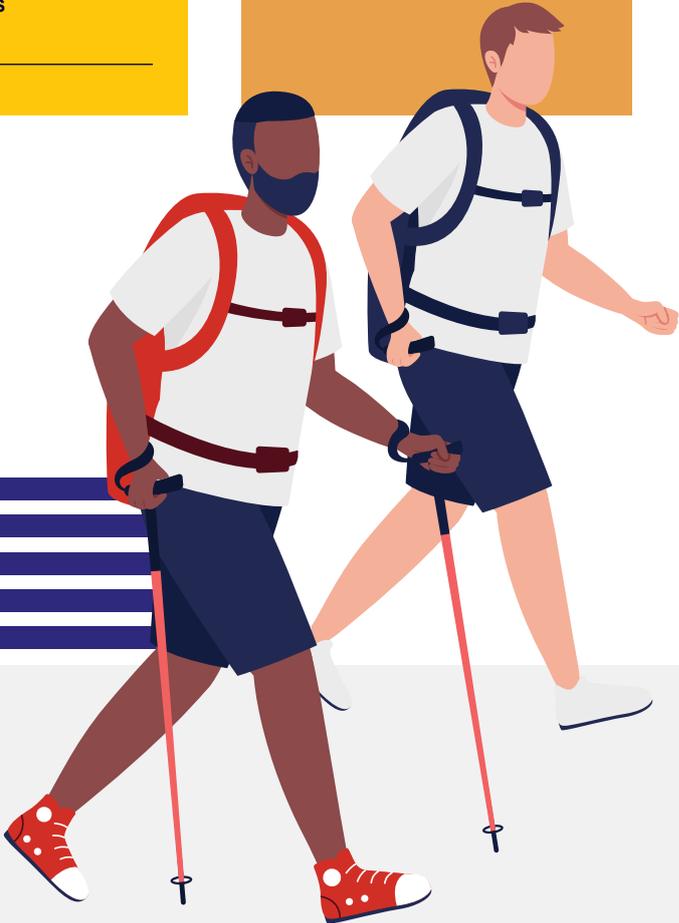
	Cycling 625,000
	Golf 493,000
	Swimming 481,000
	Running/athletics 271,000
	Tennis 183,000
	Fishing 152,000
	Bowls 141,000
	Surfing 111,000
	Canoeing/kayaking 97,000
	Sailing 88,000



Top 10 sports/activities shown.

Most popular non-sport-related activities 2021–22

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 67,600 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.

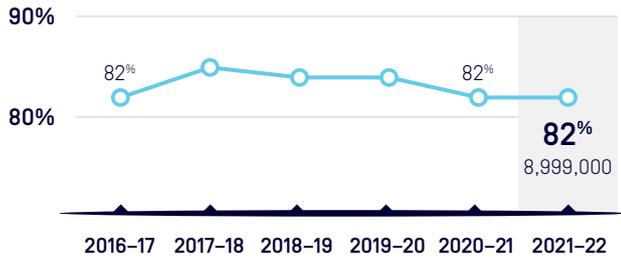


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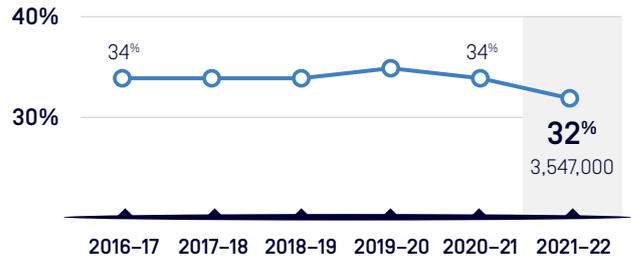
- ↑ Statistically significant increase since 2020-21
- ↓ Statistically significant decrease since 2020-21

Headline indicators

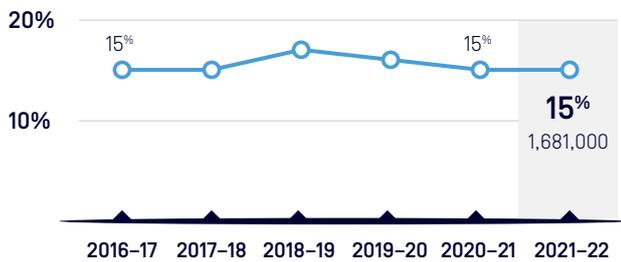
Participate in sport or physical activity 1+ per week



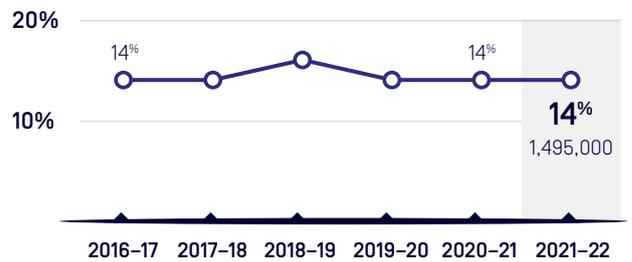
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

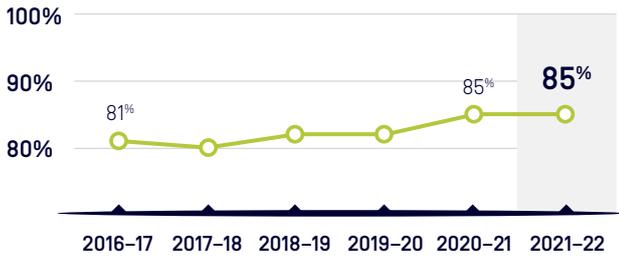


Take on a non-playing role 1+ per year

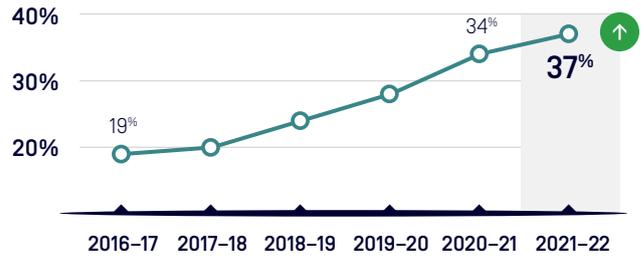


Top motivations in 2021-22

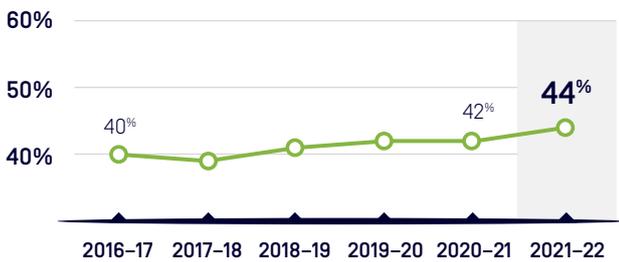
Physical health or fitness



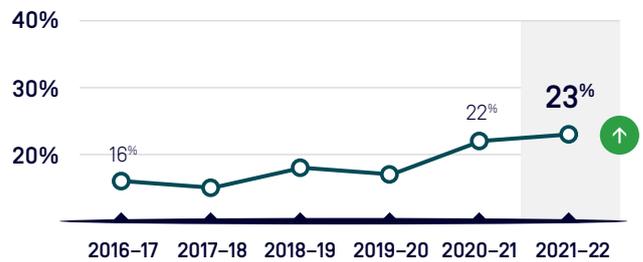
Psychological/mental health/therapy



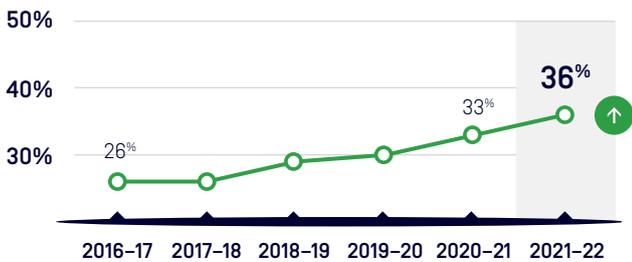
Fun/enjoyment



To be outdoors/enjoy nature



Social reasons



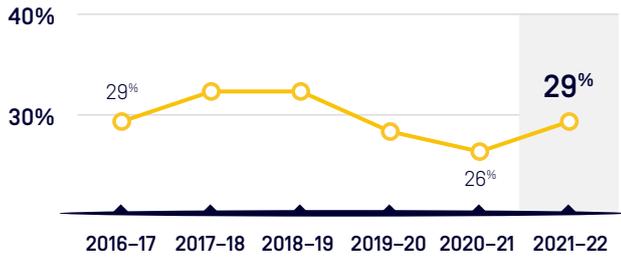
What's changed?

Since 2020-21, the percentage of active females 15+ who are motivated by the mental health, social and outdoor aspects of physical activity has increased.

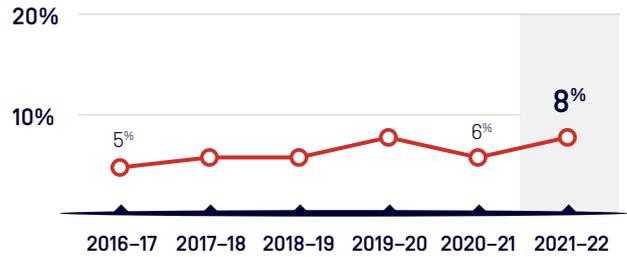


Top barriers in 2021-22

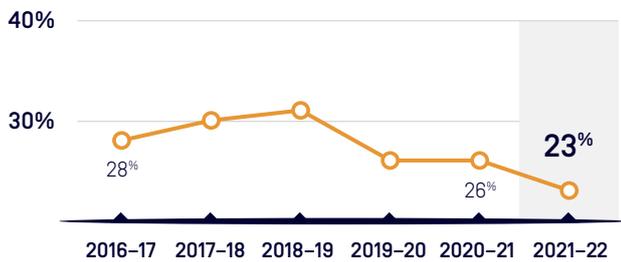
Poor health or injury



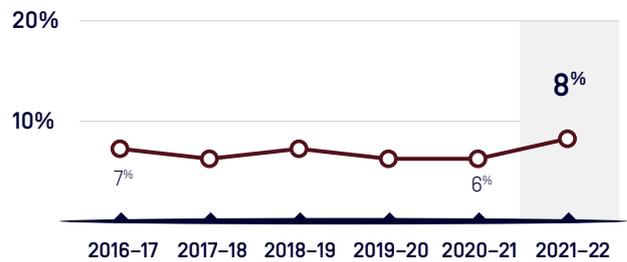
Increasing age/too old



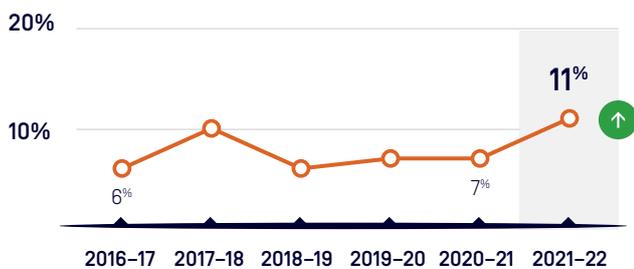
Not enough time/
too many other commitments



Don't like sport/physical activity



Not a priority [any more]



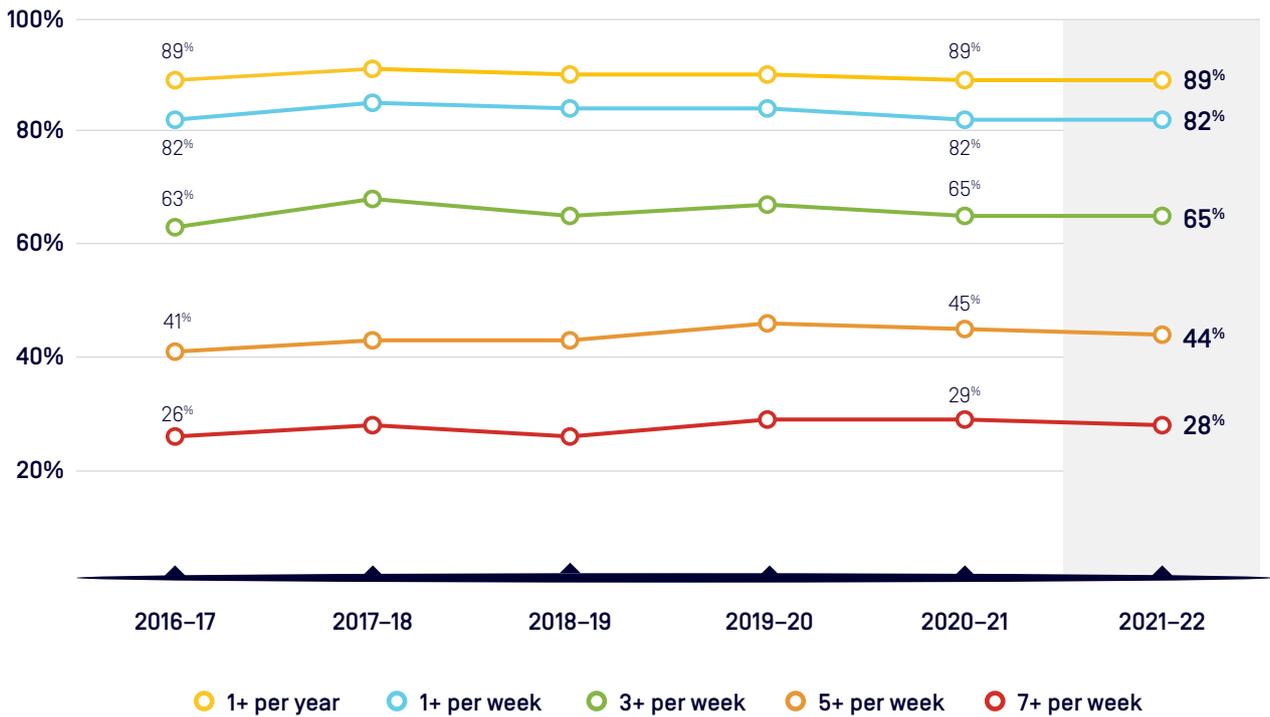
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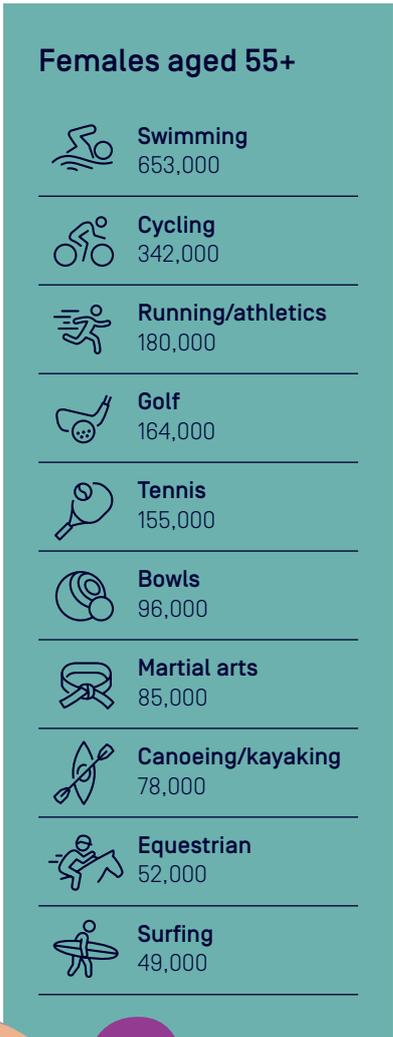
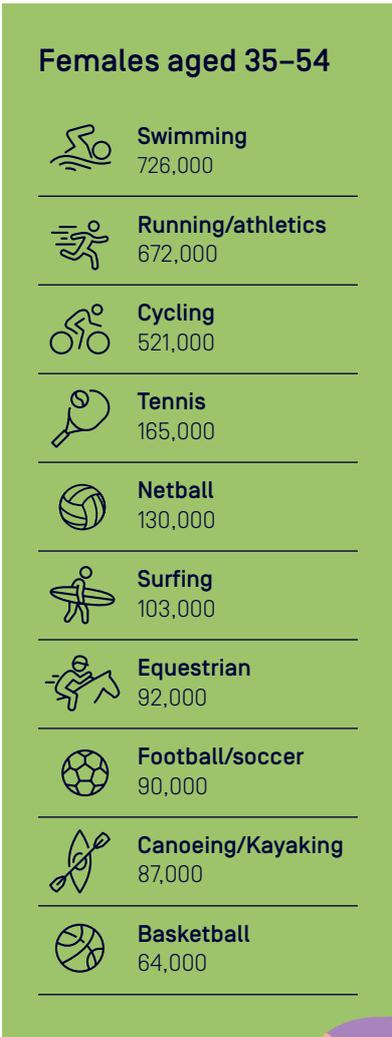
All participation rates 2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



Most popular sport-related activities 2021–22

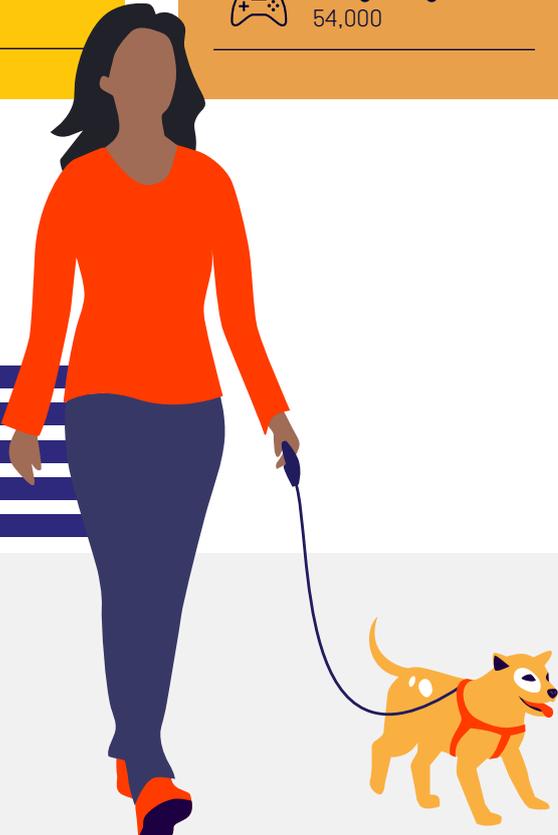
ESTIMATED NUMBER OF PARTICIPANTS



Top 10 sports/activities shown.

Most popular non-sport-related activities 2021–22

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 7,700 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.

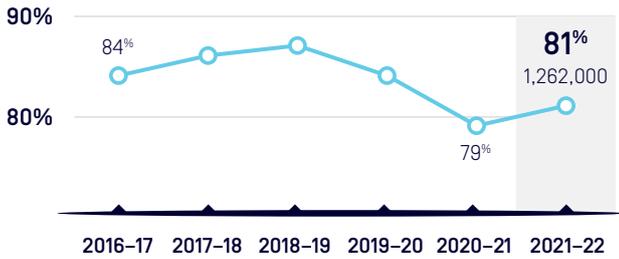
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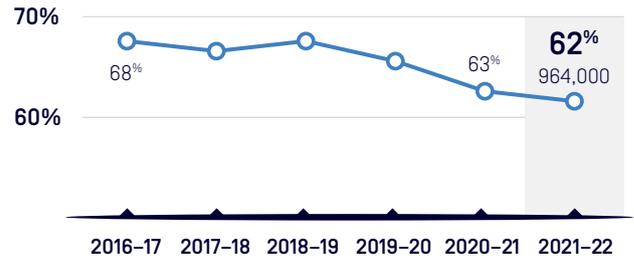


Headline indicators

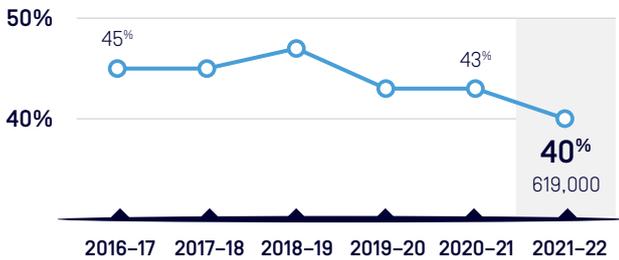
Participate in sport or physical activity 1+ per week



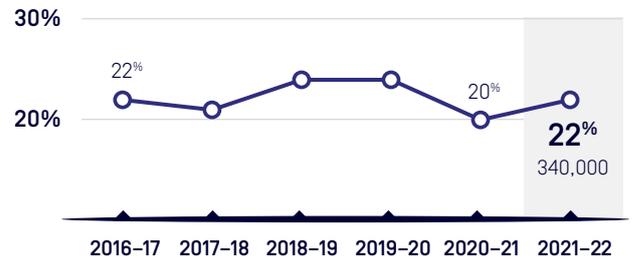
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

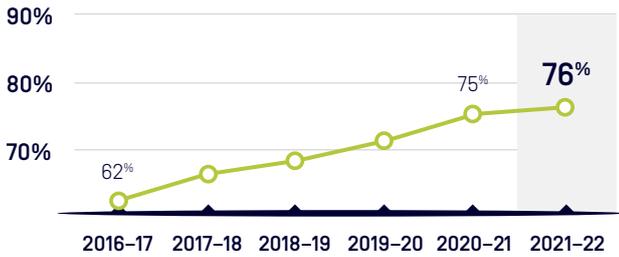


Take on a non-playing role 1+ per year

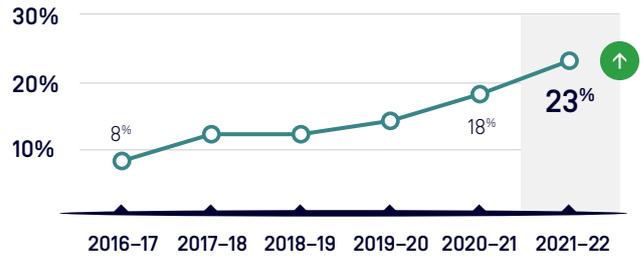


Top motivations in 2021-22

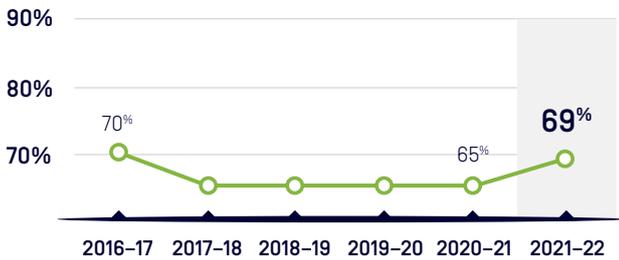
Physical health or fitness



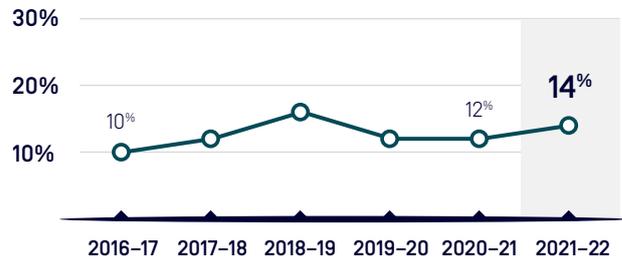
Psychological/mental health/therapy



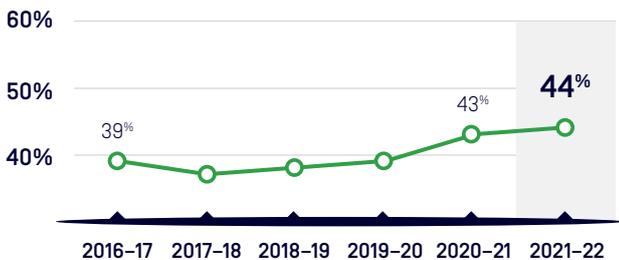
Fun/enjoyment



Performance/competition



Social reasons



What's changed?

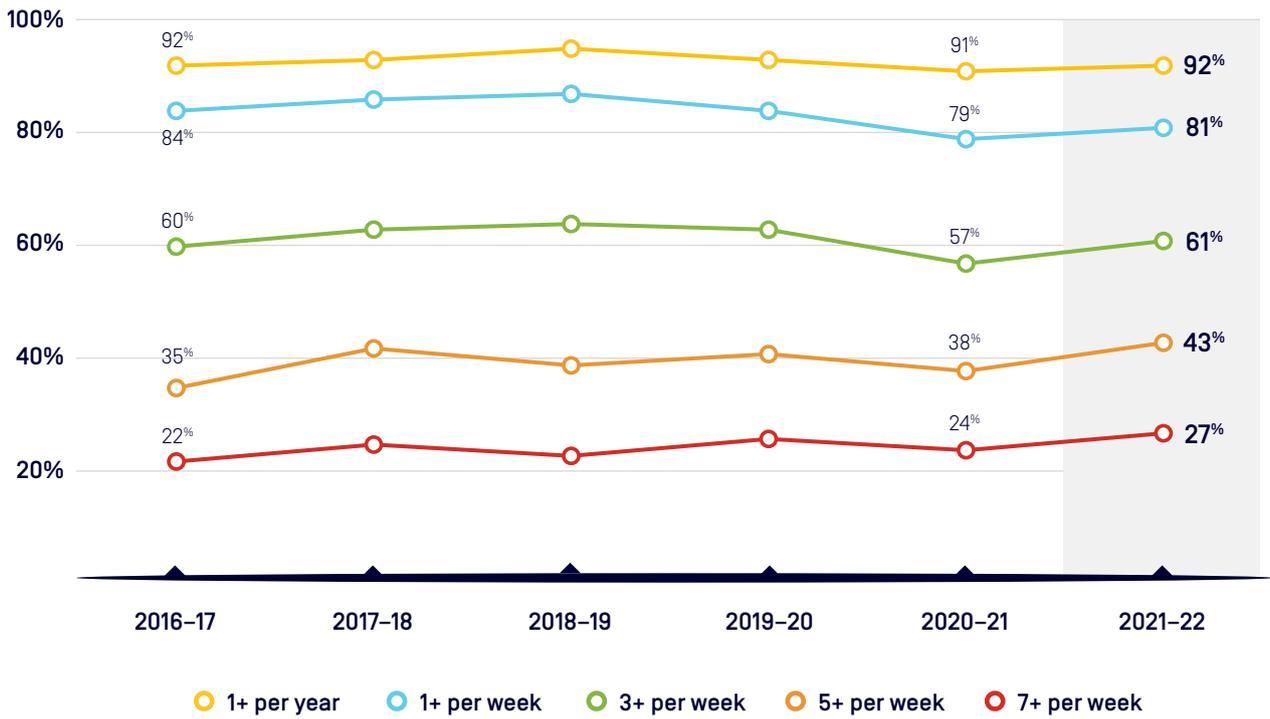
Since 2020-21, the percentage of active young adults 15-19 who are motivated by the mental health benefits of physical activity has increased.



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

All participation rates 2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



Most popular sport and non-sport-related activities

ESTIMATED NUMBER OF PARTICIPANTS

Males aged 15–19

	Fitness/gym	302,000
	Basketball	205,000
	Running/athletics	196,000
	Football/soccer	183,000
	Australian football	132,000
	Walking [recreational]	98,000
	Swimming	93,000
	Cycling	88,000
	Exergaming*	84,000
	Volleyball	69,000

Females aged 15–19

	Fitness/gym	287,000
	Running/athletics	198,000
	Walking [recreational]	179,000
	Netball	153,000
	Swimming	150,000
	Basketball	114,000
	Exergaming*	88,000
	Football/soccer	74,000
	Volleyball	64,000
	Australian football	59,000



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 61,000 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:

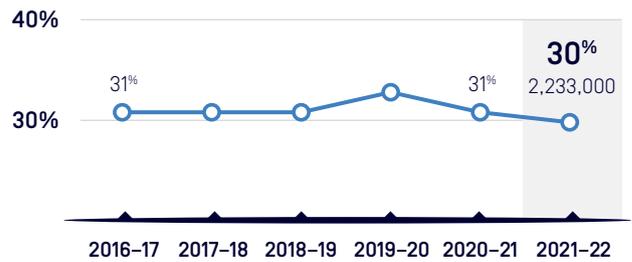
-  Statistically significant increase since 2020-21
-  Statistically significant decrease since 2020-21

Headline indicators

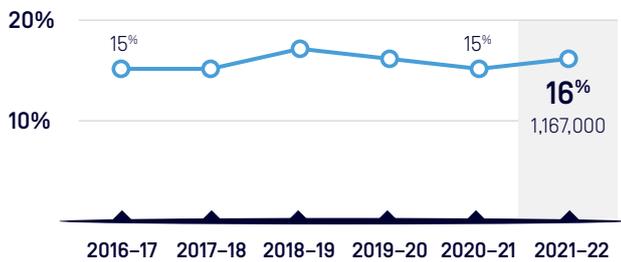
Participate in sport or physical activity 1+ per week



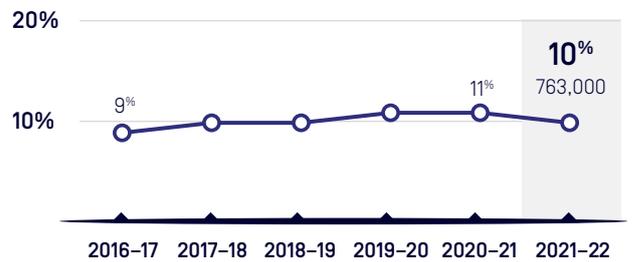
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

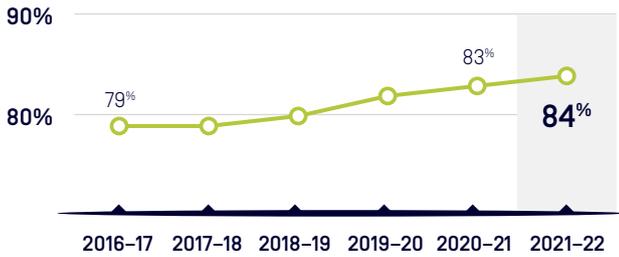


Take on a non-playing role 1+ per year

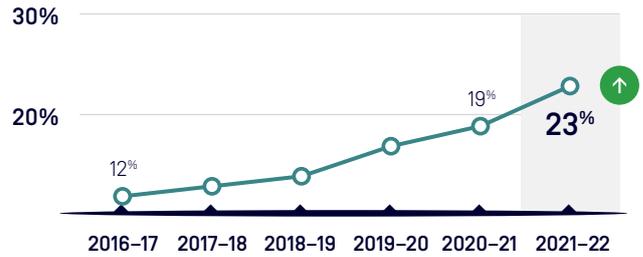


Top motivations in 2021-22

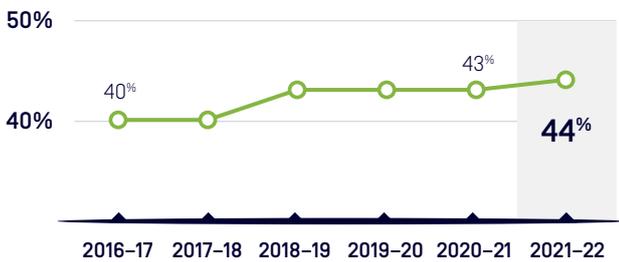
Physical health or fitness



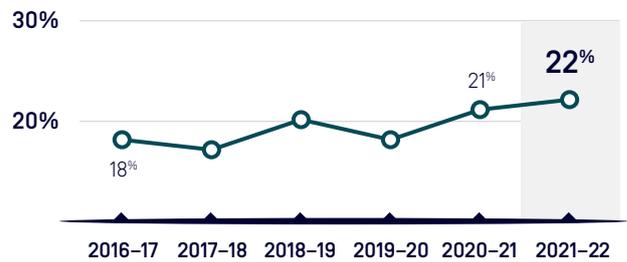
Psychological/mental health/therapy



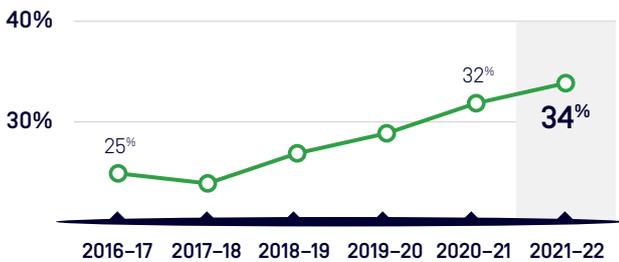
Fun/enjoyment



To be outdoors/enjoy nature

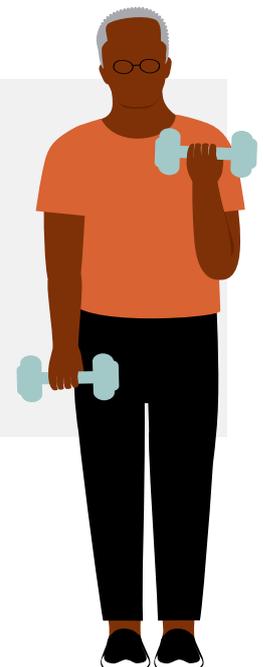


Social reasons



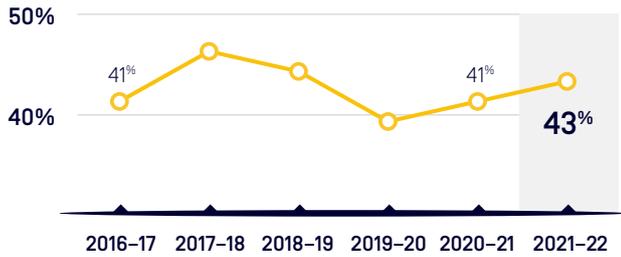
What's changed?

Since 2020-21, the percentage of active older Australians 55+ who are motivated by the mental health benefits of physical activity has increased.

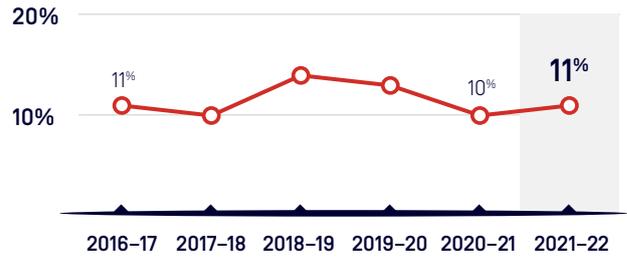


Top barriers in 2021-22

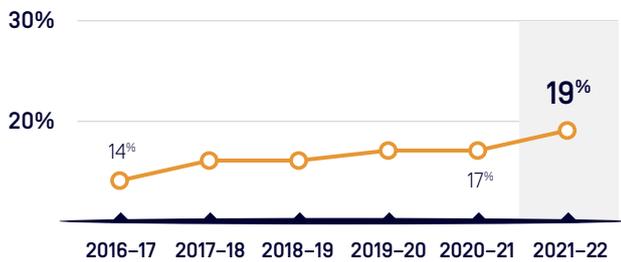
Poor health or injury



Disability

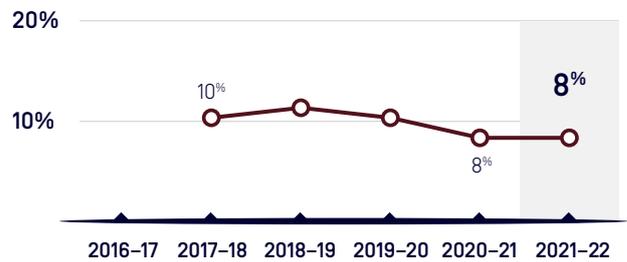


Increasing age/too old

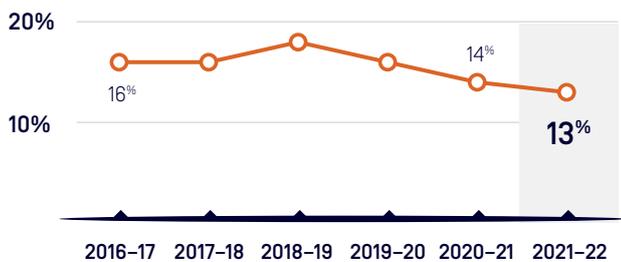


Have a physical job

*Response option only identified from 2017



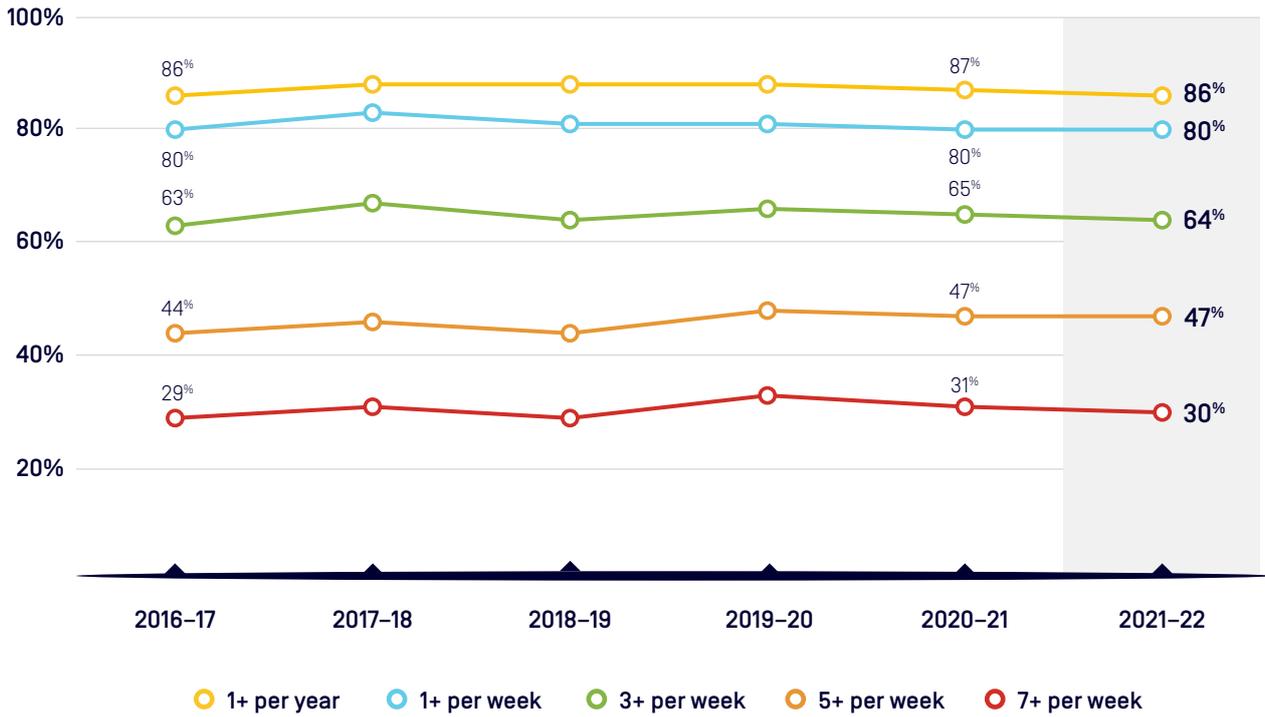
Not enough time/
too many other commitments



All participation rates

2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



Most popular **sport-related** activities 2021–22

ESTIMATED NUMBER OF PARTICIPANTS

Males 55+

	Cycling	625,000
	Golf	493,000
	Swimming	481,000
	Running/athletics	271,000
	Tennis	183,000
	Fishing	152,000
	Bowls	141,000
	Surfing	111,000
	Canoeing/kayaking	97,000
	Sailing	88,000

Females 55+

	Swimming	653,000
	Cycling	342,000
	Running/athletics	180,000
	Golf	164,000
	Tennis	155,000
	Bowls	96,000
	Martial arts	85,000
	Canoeing/kayaking	78,000
	Equestrian	52,000
	Surfing	49,000

Top 10 sports/activities shown.



Most popular non-sport-related activities 2021–22

ESTIMATED NUMBER OF PARTICIPANTS

Males 55+

	Walking (recreational)	1,912,000
	Fitness/gym	930,000
	Bushwalking	254,000
	Yoga	65,000
	Pilates	60,000

Females 55+

	Walking (recreational)	2,681,000
	Fitness/gym	1,371,000
	Yoga	368,000
	Pilates	287,000
	Bushwalking	258,000
	Dancing (recreational)	105,000
	Exergaming*	54,000



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 24,700 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 2020-21
-  Statistically significant decrease since 2020-21

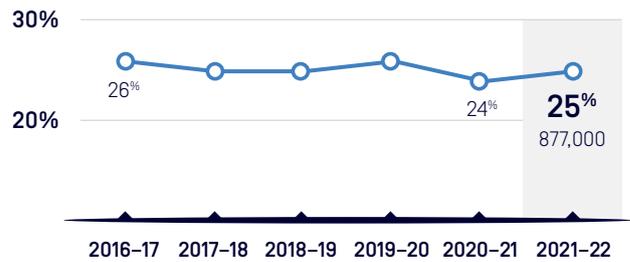


Headline indicators

Participate in sport or physical activity 1+ per week



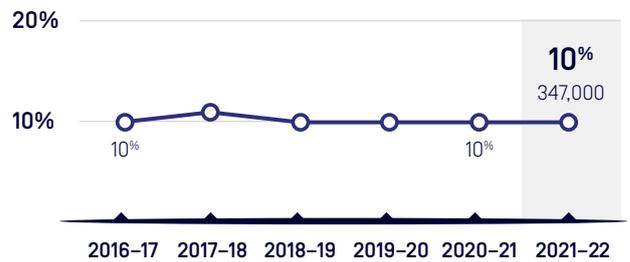
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

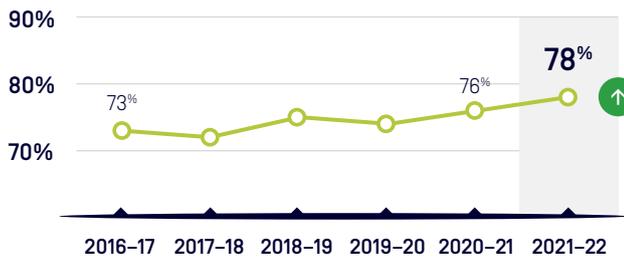


Take on a non-playing role 1+ per year

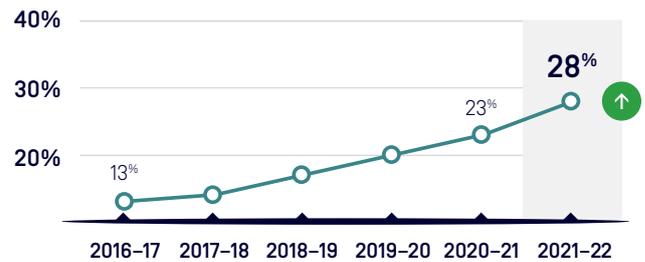


Top motivations in 2021-22

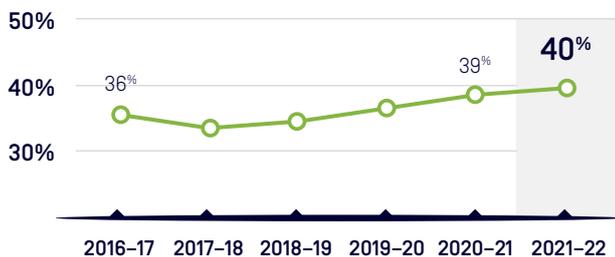
Physical health or fitness



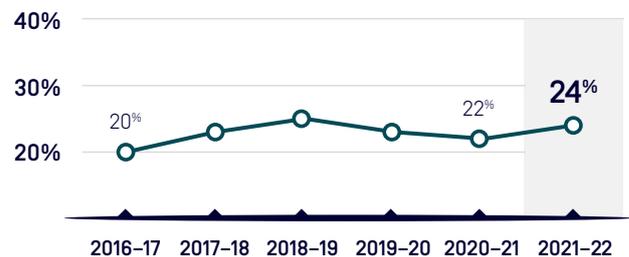
Psychological/mental health/therapy



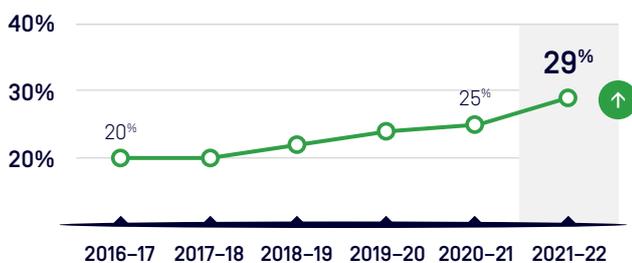
Fun/enjoyment



Physio/rehab/
physical therapy/post op



Social reasons



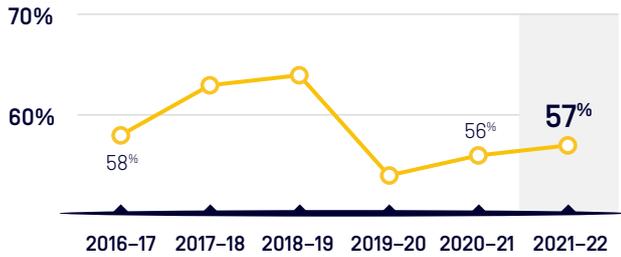
What's changed?

Since 2020-21, the percentage of active Australians 18+ with a disability who are motivated by the physical, social and mental health benefits of physical activity has increased.

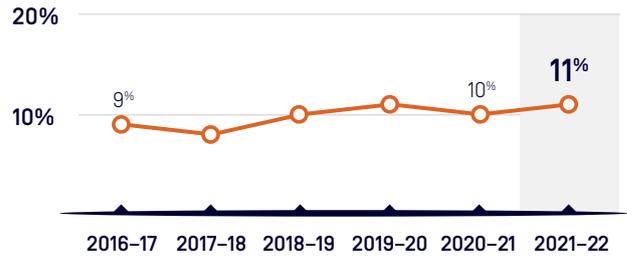


Top barriers in 2021-22

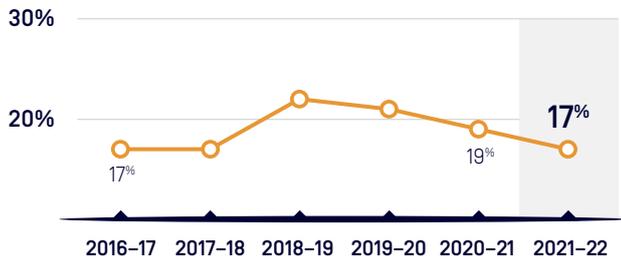
Poor health/injury



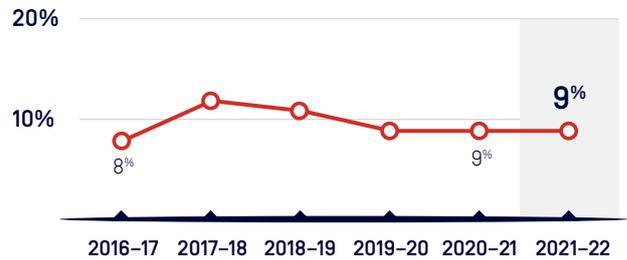
Increasing age/too old



Disability

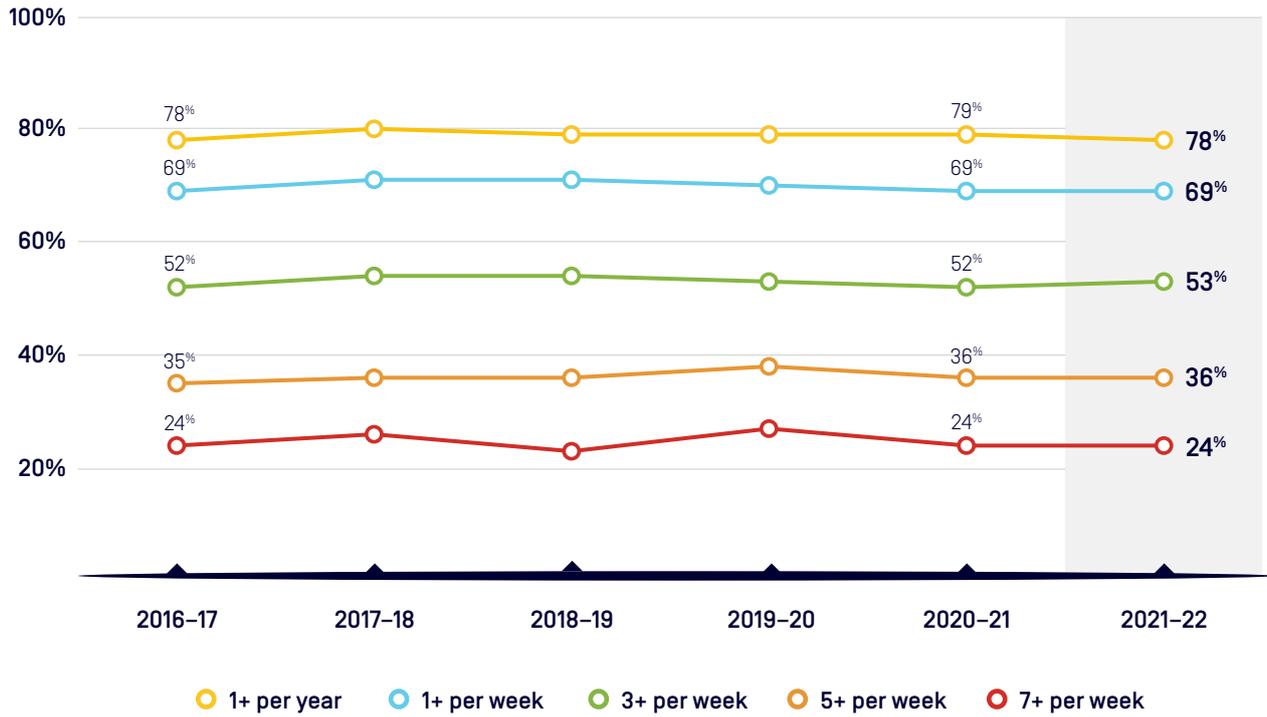


Not enough time/
too many other commitments



All participation rates 2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



Most popular **sport-related** activities 2021–22

ESTIMATED NUMBER OF PARTICIPANTS

Males 18+ with disability

	Cycling	225,000
	Swimming	187,000
	Running/athletics	122,000
	Golf	95,000
	Fishing	57,000
	Football/soccer	56,000
	Tennis	52,000
	Basketball	46,000
	Surfing	43,000

Females 18+ with disability

	Swimming	280,000
	Cycling	111,000
	Running/athletics	104,000



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

Most popular non-sport-related activities 2021–22

ESTIMATED NUMBER OF PARTICIPANTS

Males 18+ with disability

	Walking (recreational)	724,000
	Fitness/Gym	442,000
	Bushwalking	85,000
	Exergaming*	63,000

Females 18+ with disability

	Walking (recreational)	1,079,000
	Fitness/Gym	639,000
	Yoga	145,000
	Pilates	105,000
	Bushwalking	88,000
	Exergaming*	73,000
	Dancing (recreational)	42,000

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.

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



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 20,700 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.

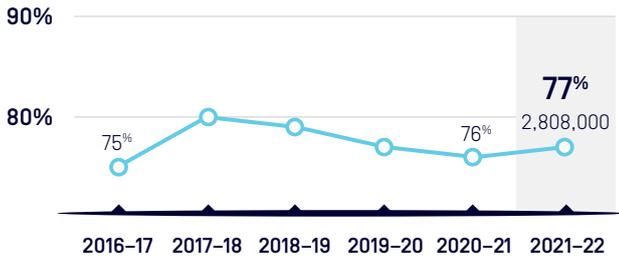


The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

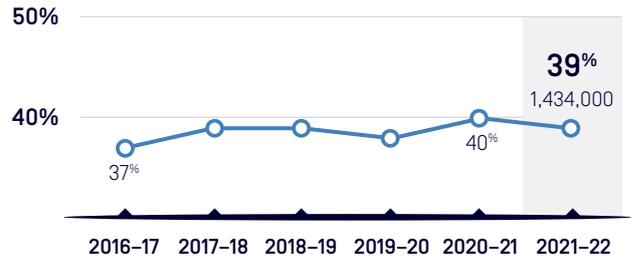
-  Statistically significant increase since 2020–21
-  Statistically significant decrease since 2020–21

Headline indicators

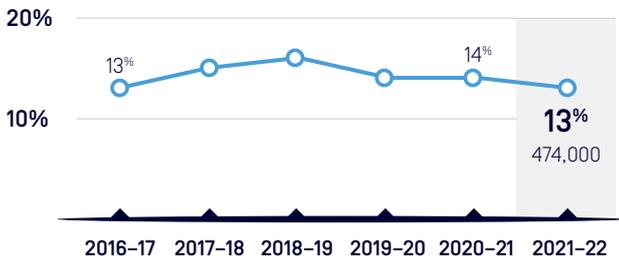
Participate in sport or physical activity 1+ per week



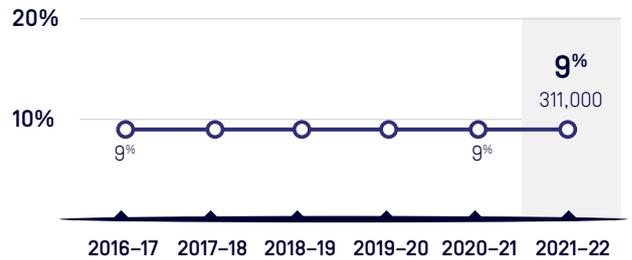
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

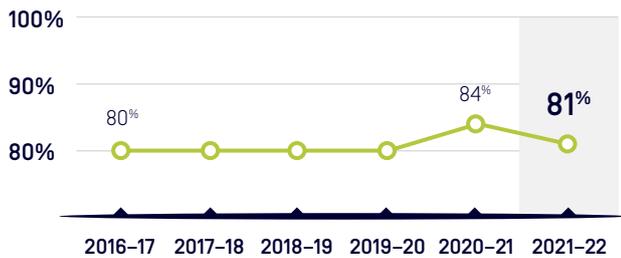


Take on a non-playing role 1+ per year

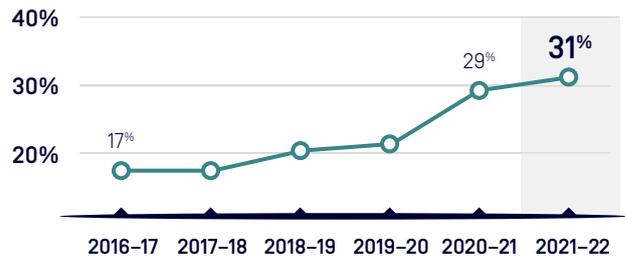


Top motivations in 2021-22

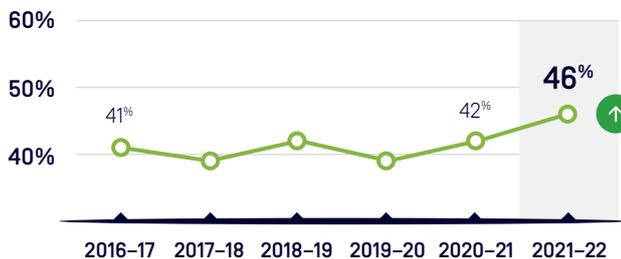
Physical health or fitness



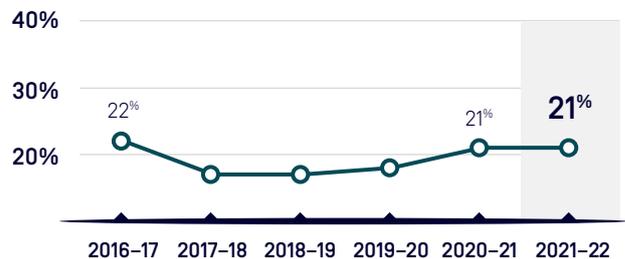
Psychological/mental health/therapy



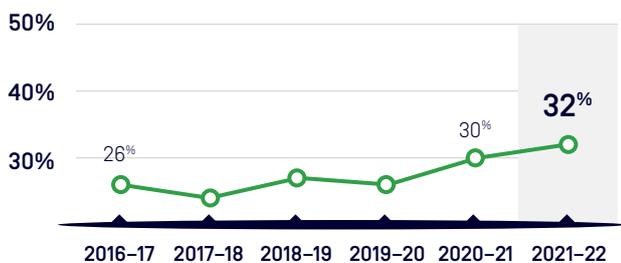
Fun/enjoyment



To lose weight/
keep weight off/tone

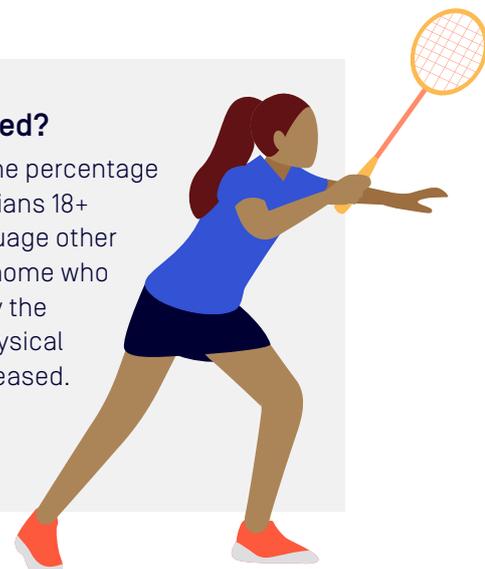


Social reasons



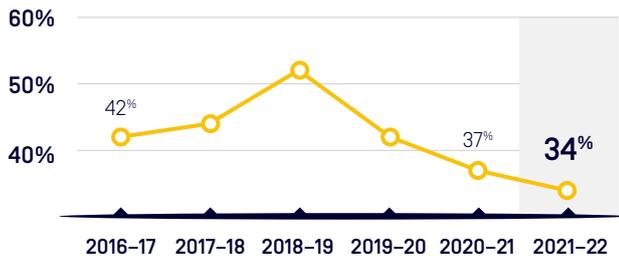
What's changed?

Since 2020-21, the percentage of active Australians 18+ speaking a language other than English at home who are motivated by the enjoyment of physical activity has increased.

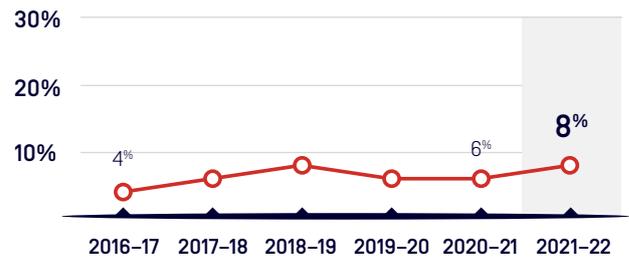


Top barriers in 2021-22

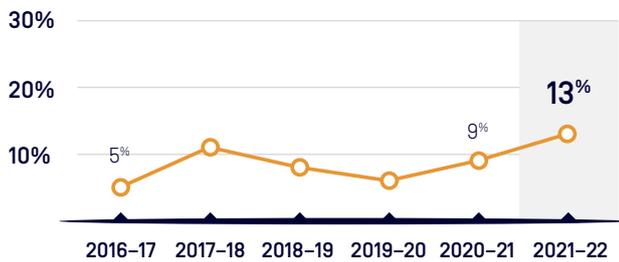
Not enough time/
too many other commitments



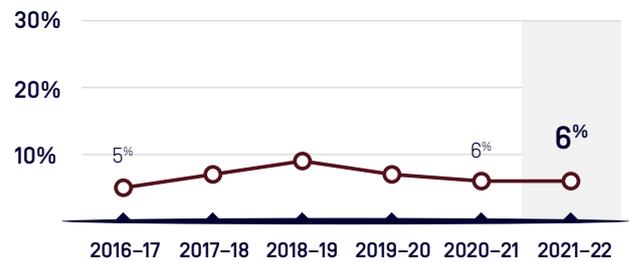
Don't like sport/physical activity



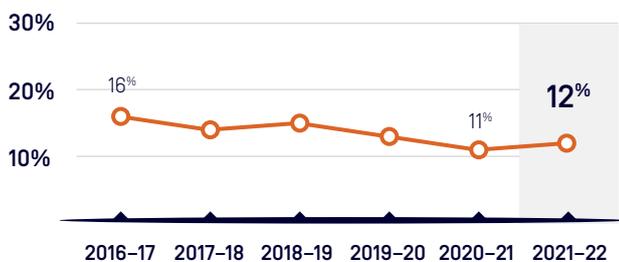
Not a priority [any more]



Too lazy



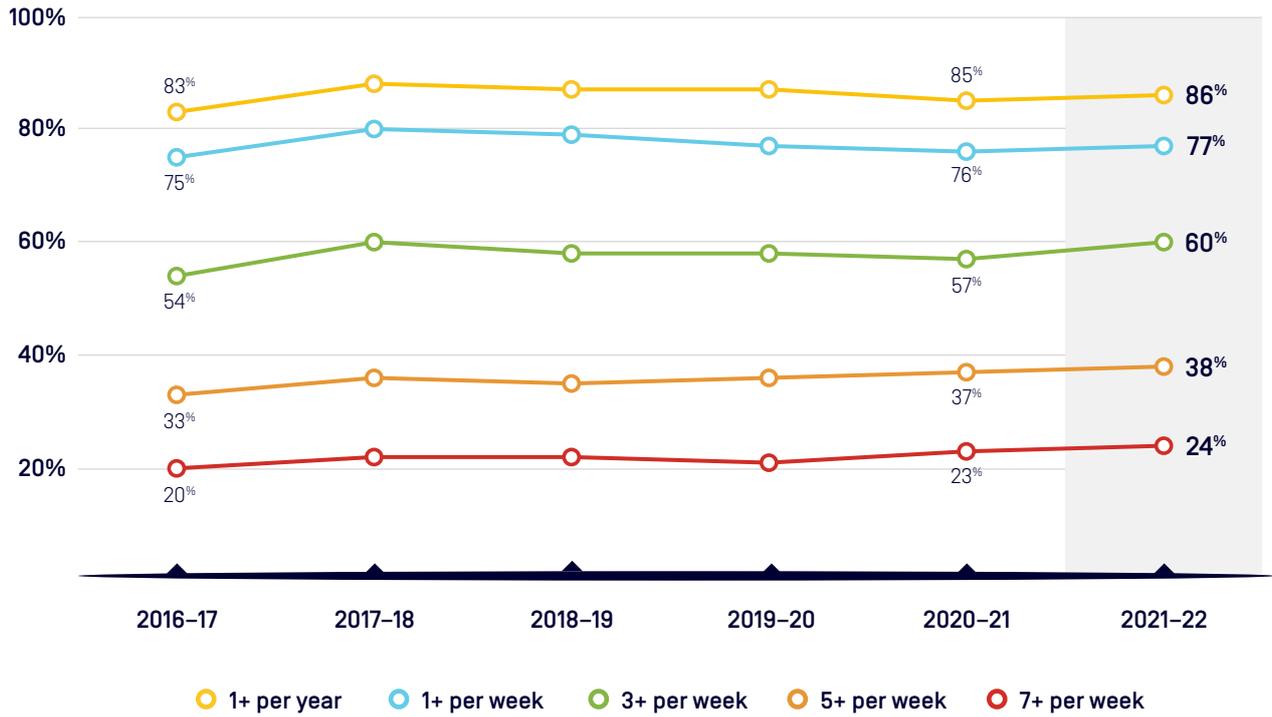
Poor health/injury



All participation rates

2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



Most popular **sport-related** activities 2021–22

ESTIMATED NUMBER OF PARTICIPANTS

Males 18+ LOTE

	Running/athletics	443,000
	Swimming	281,000
	Cycling	274,000
	Football/soccer	247,000
	Basketball	148,000
	Tennis	130,000
	Cricket	123,000
	Badminton	112,000
	Golf	59,000
	Weightlifting	50,000

Females 18+ LOTE

	Running/athletics	339,000
	Swimming	251,000
	Cycling	141,000
	Badminton	82,000
	Tennis	70,000
	Football/soccer	59,000
	Basketball	53,000



Top 10 sports/activities shown.

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

Most popular non-sport-related activities 2021–22

ESTIMATED NUMBER OF PARTICIPANTS

Males 18+ LOTE

	Fitness/Gym	688,000
	Walking [recreational]	594,000
	Bushwalking	139,000
	Exergaming*	118,000

Females 18+ LOTE

	Walking [recreational]	809,000
	Fitness/Gym	668,000
	Yoga	224,000
	Bushwalking	136,000
	Pilates	99,000
	Exergaming*	88,000
	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 2,800 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:

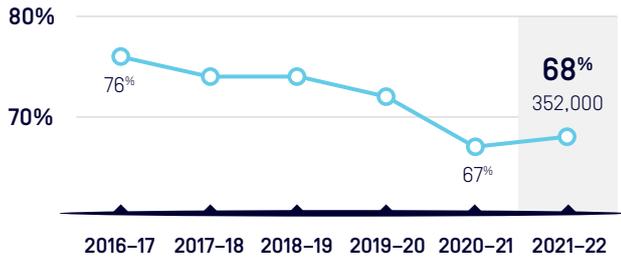
↑ Statistically significant increase since 2020–21

↓ Statistically significant decrease since 2020–21

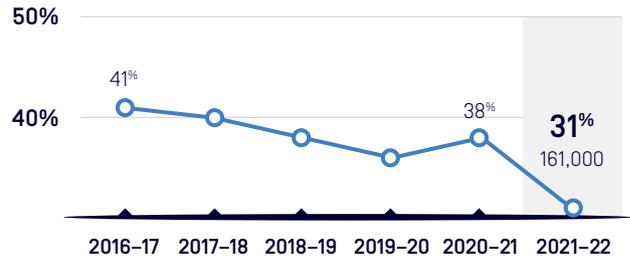
← Click here to return to navigation menu

Headline indicators

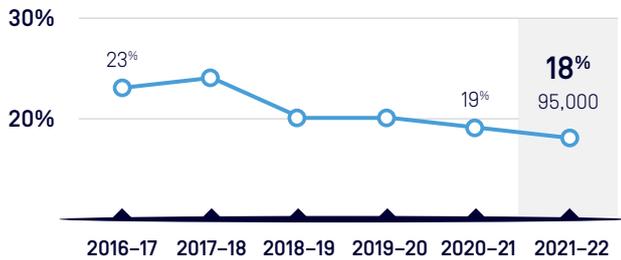
Participate in sport or physical activity 1+ per week



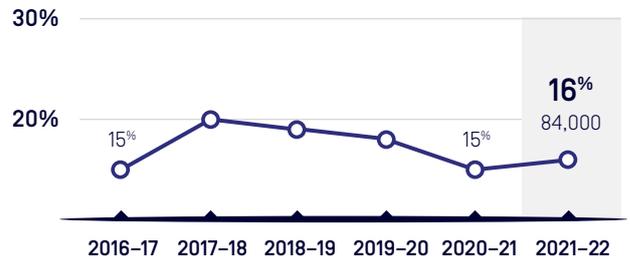
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

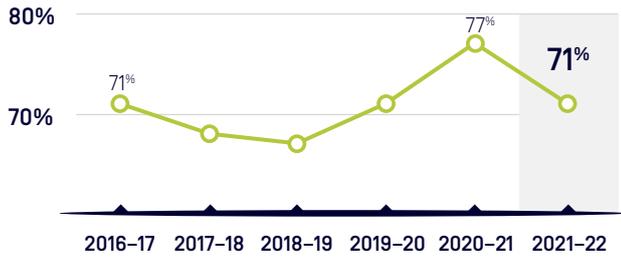


Take on a non-playing role 1+ per year

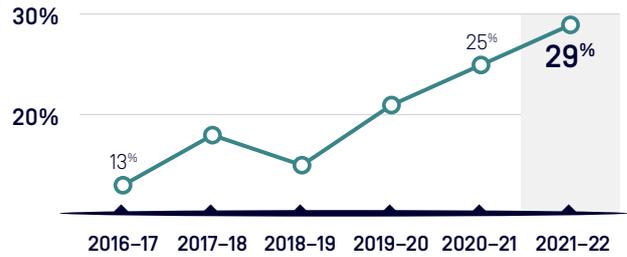


Top motivations in 2021-22

Physical health or fitness



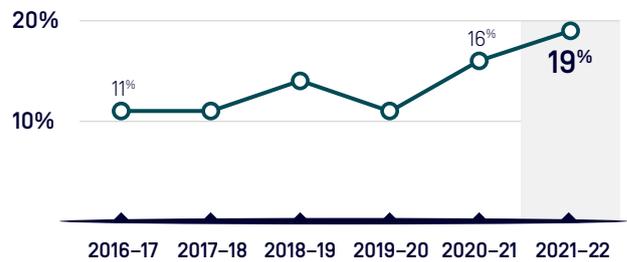
Psychological/mental health/therapy



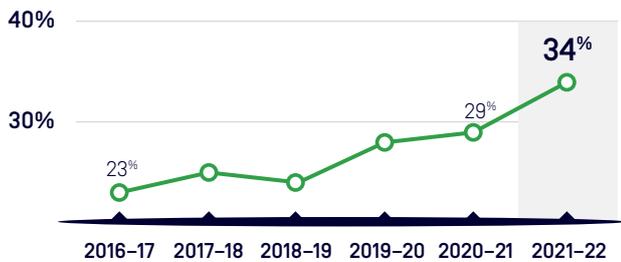
Fun/enjoyment



To be outdoors/enjoy nature



Social reasons

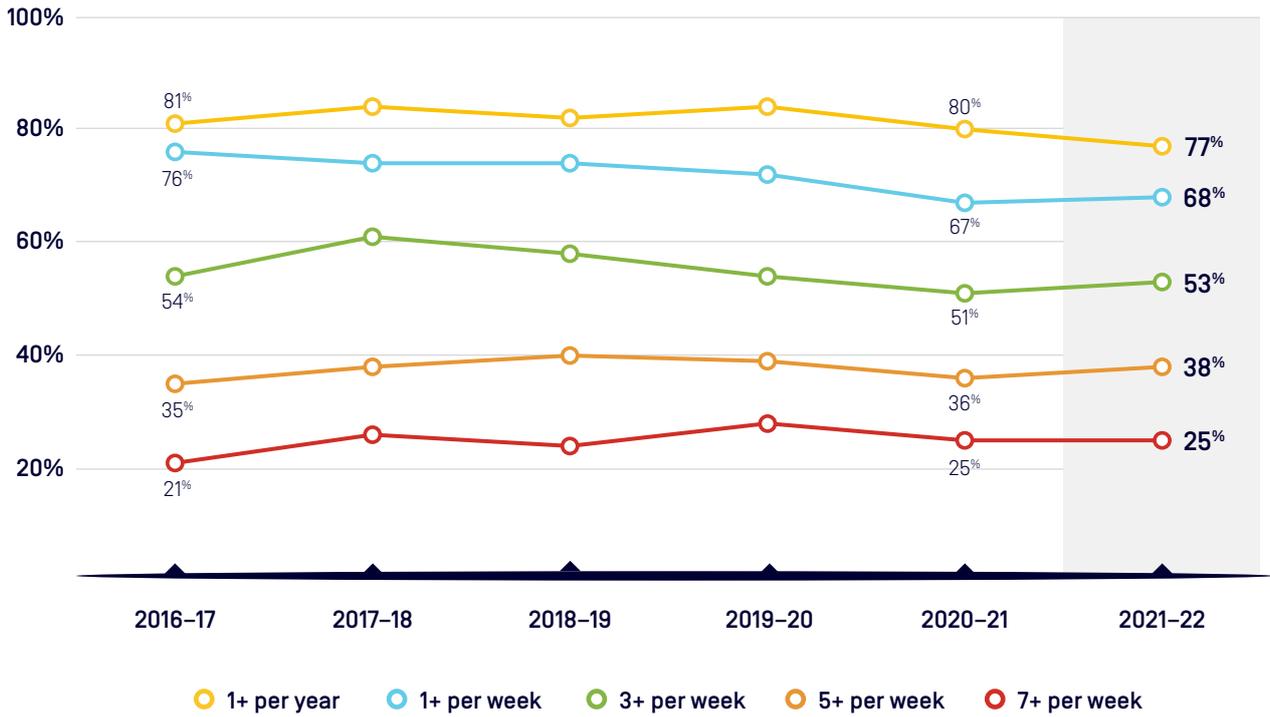


As this is a small population cohort, barriers are not shown.

All participation rates

2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



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

ESTIMATED NUMBER OF PARTICIPANTS

Aboriginal and Torres Strait Islanders 18+		
	Walking (recreational)	214,000
	Fitness/gym	155,000
	Running/athletics	60,000
	Swimming	57,000



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

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 92,000 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.

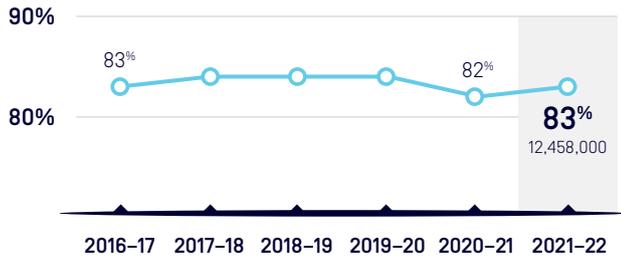


The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

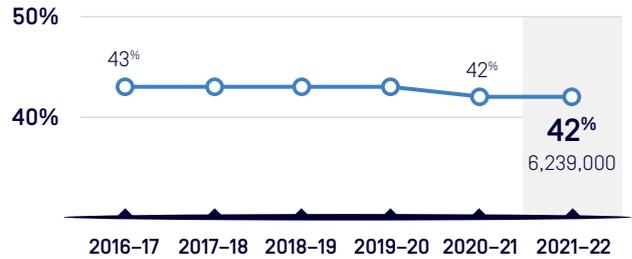
-  Statistically significant increase since 2020-21
-  Statistically significant decrease since 2020-21

Headline indicators

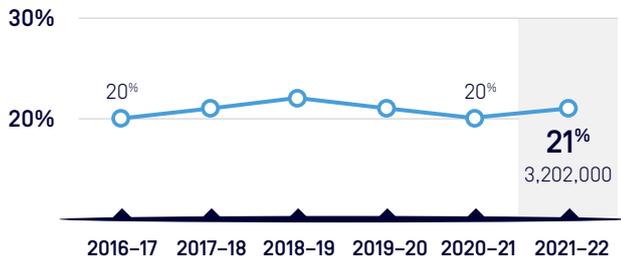
Participate in sport or physical activity 1+ per week



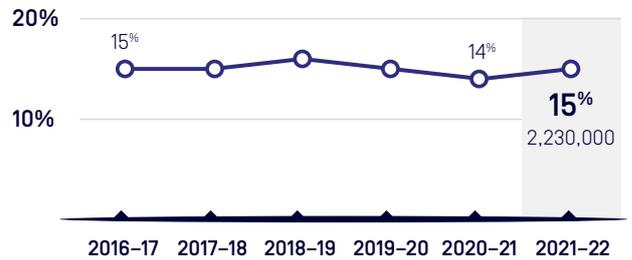
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

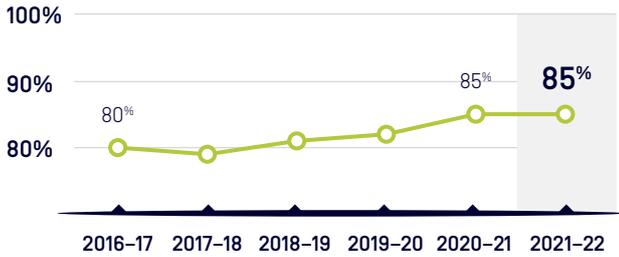


Take on a non-playing role 1+ per year

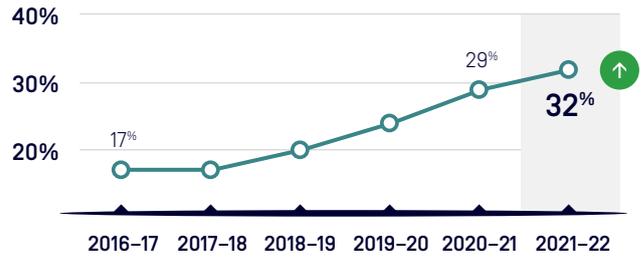


Top motivations in 2021-22

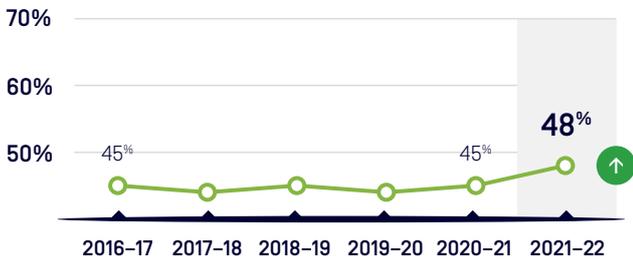
Physical health or fitness



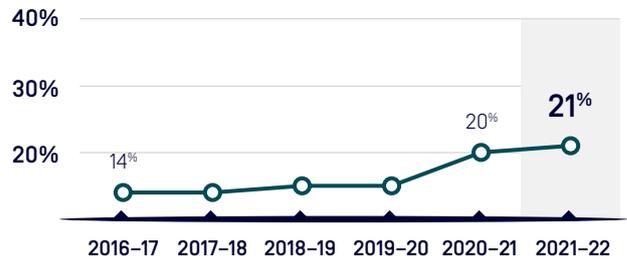
Psychological/mental health/therapy



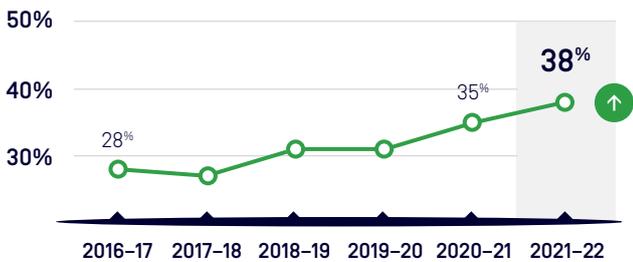
Fun/enjoyment



To be outdoors/enjoy nature

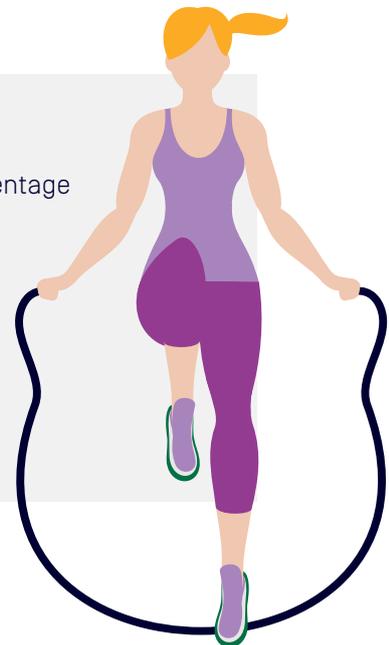


Social reasons



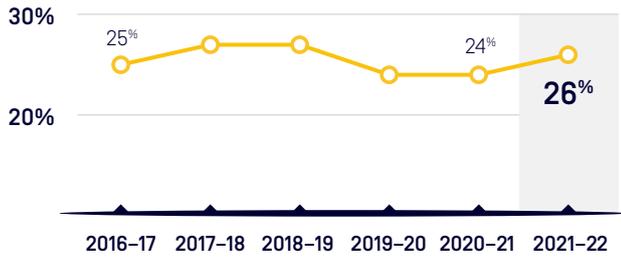
What's changed?

Since 2020-21, the percentage of active Australians 15+ in major cities who are motivated by the enjoyment, social and mental health benefits of physical activity has increased.

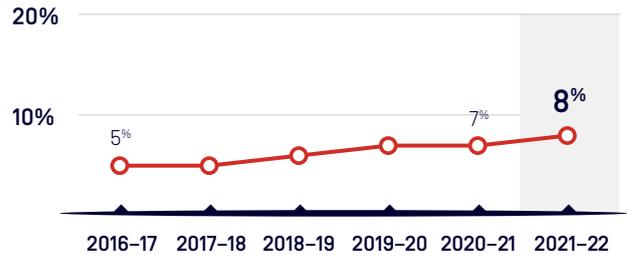


Top barriers in 2021-22

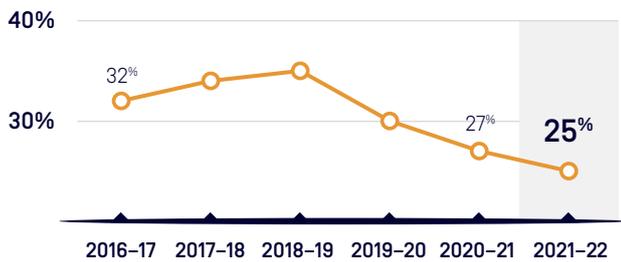
Poor health/injury



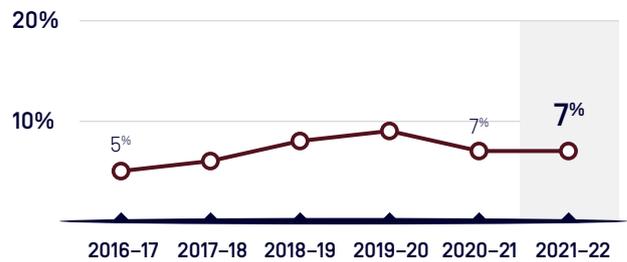
Increasing age/too old



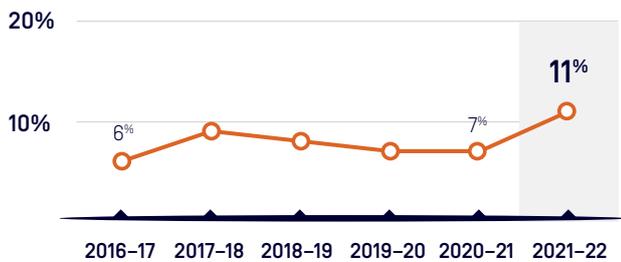
Not enough time/
too many other commitments



Too lazy



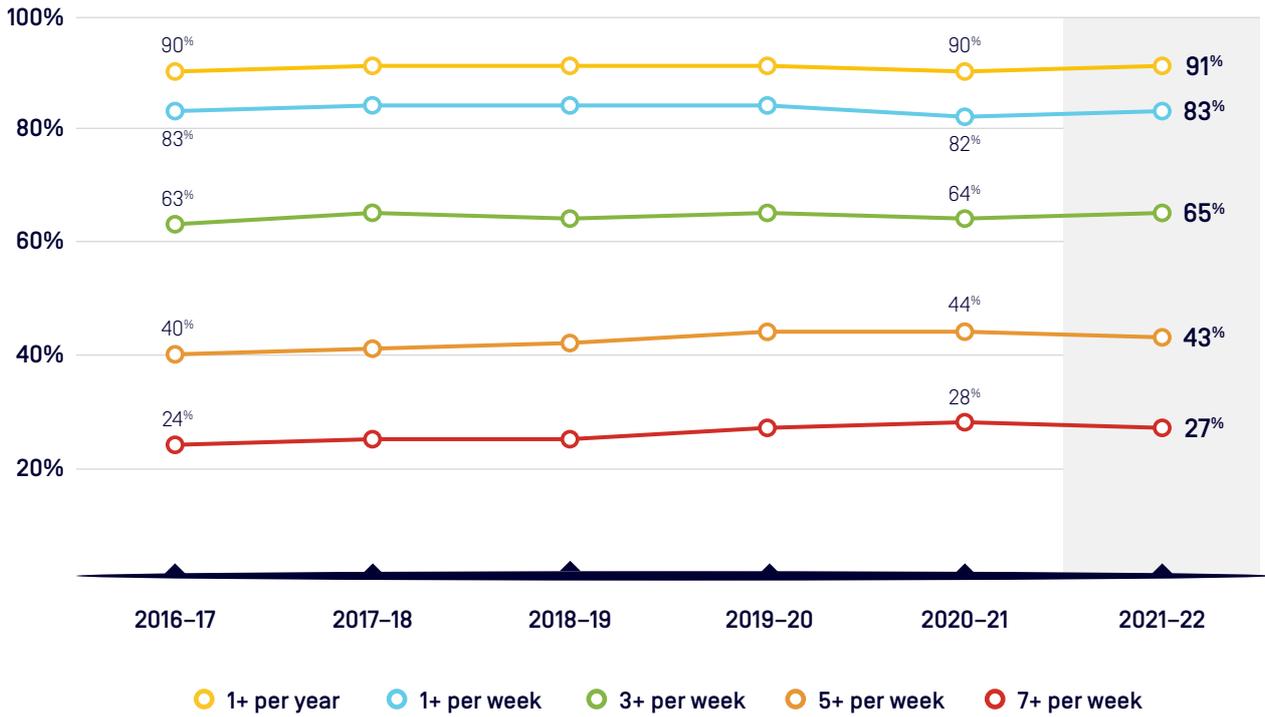
Not a priority [any more]



All participation rates

2016–17 to 2021–22

FREQUENCY OF PARTICIPATION



Most popular **sport-related** activities 2021–22

ESTIMATED NUMBER OF PARTICIPANTS

Males aged 15+ in major cities

	Running/athletics	1,675,000
	Cycling	1,351,000
	Swimming	1,119,000
	Football/soccer	731,000
	Golf	702,000
	Tennis	544,000
	Basketball	537,000
	Cricket	368,000
	Surfing	354,000
	Australian football	318,000

Females aged 15+ in major cities

	Swimming	1,376,000
	Running/athletics	1,326,000
	Cycling	782,000
	Netball	382,000
	Tennis	375,000
	Football/soccer	218,000
	Basketball	206,000
	Surfing	161,000
	Golf	148,000
	Canoeing/Kayaking	139,000



Top 10 sports/activities shown.

Most popular non-sport-related activities 2021–22

ESTIMATED NUMBER OF PARTICIPANTS

Males aged 15+ in major cities

	Walking (recreational)	2,739,000
	Fitness/Gym	2,738,000
	Bushwalking	612,000
	Exergaming*	350,000
	Yoga	164,000
	Pilates	100,000

Females aged 15+ in major cities

	Walking (recreational)	4,401,000
	Fitness/Gym	3,319,000
	Yoga	954,000
	Bushwalking	745,000
	Pilates	701,000
	Exergaming*	414,000
	Dancing (recreational)	243,000



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 39,600 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.

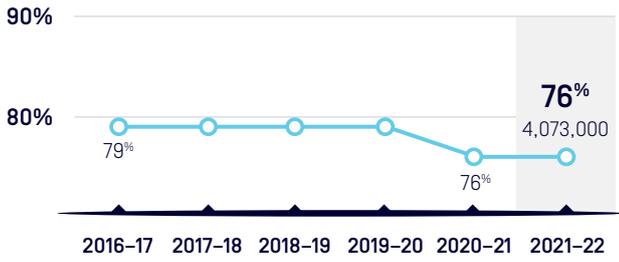


The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

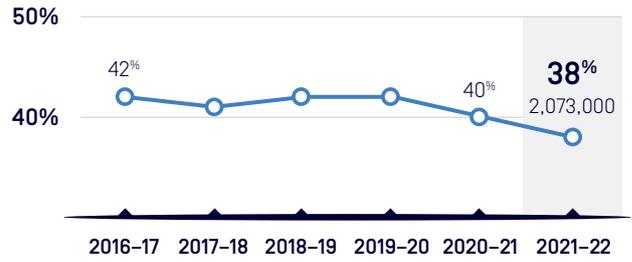
-  Statistically significant increase since 2020-21
-  Statistically significant decrease since 2020-21

Headline indicators

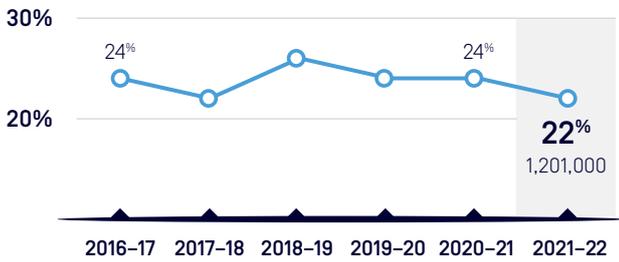
Participate in sport or physical activity 1+ per week



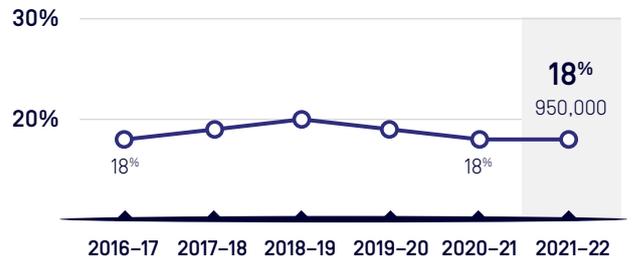
Participate in sport-related activity 1+ per week



Participate through a sports club or association 1+ per year

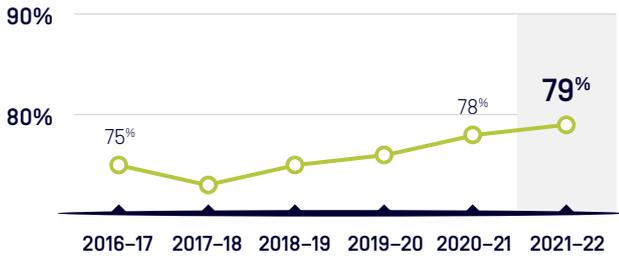


Take on a non-playing role 1+ per year

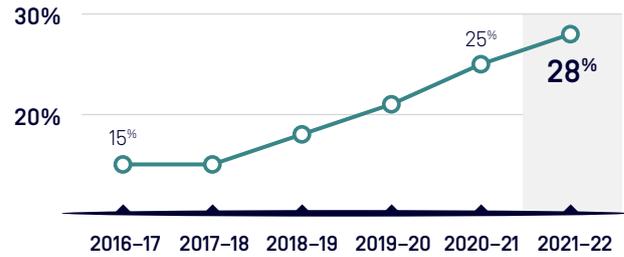


Top motivations in 2021-22

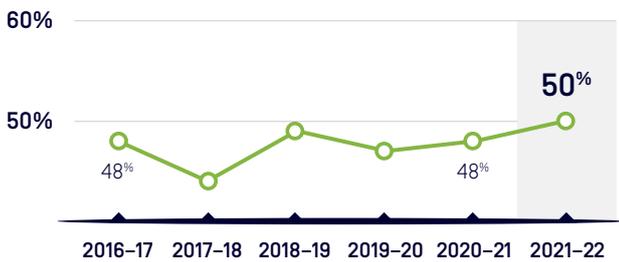
Physical health or fitness



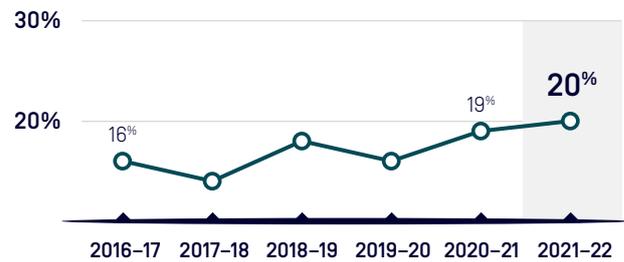
Psychological/mental health/therapy



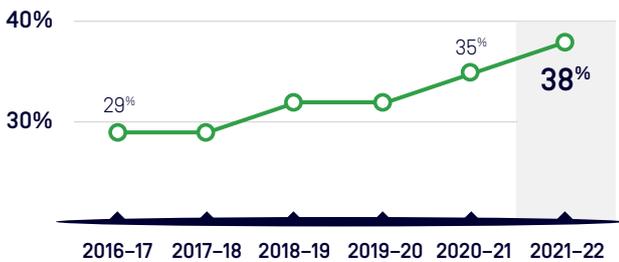
Fun/enjoyment



To be outdoors/enjoy nature

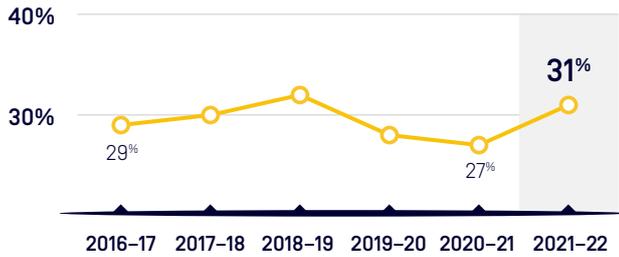


Social reasons

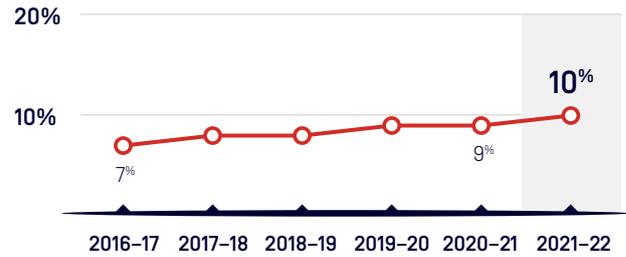


Top barriers in 2021-22

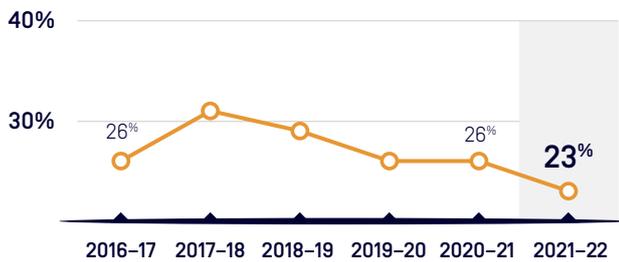
Poor health or injury



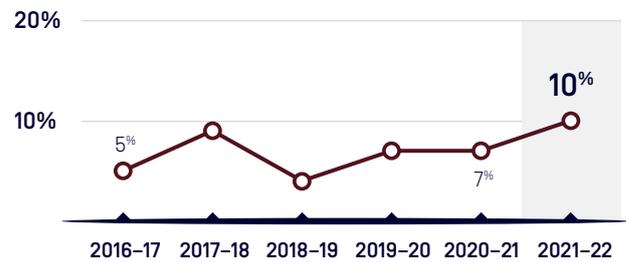
Increasing age/too old



Not enough time/
too many other commitments

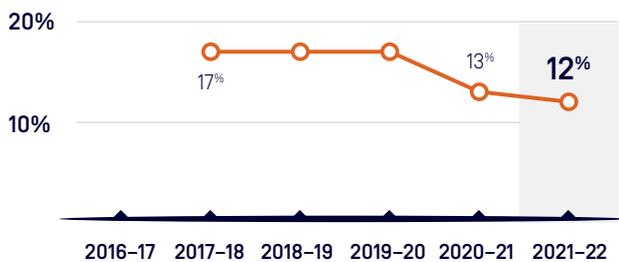


Not a priority (any more)



Have a physical job

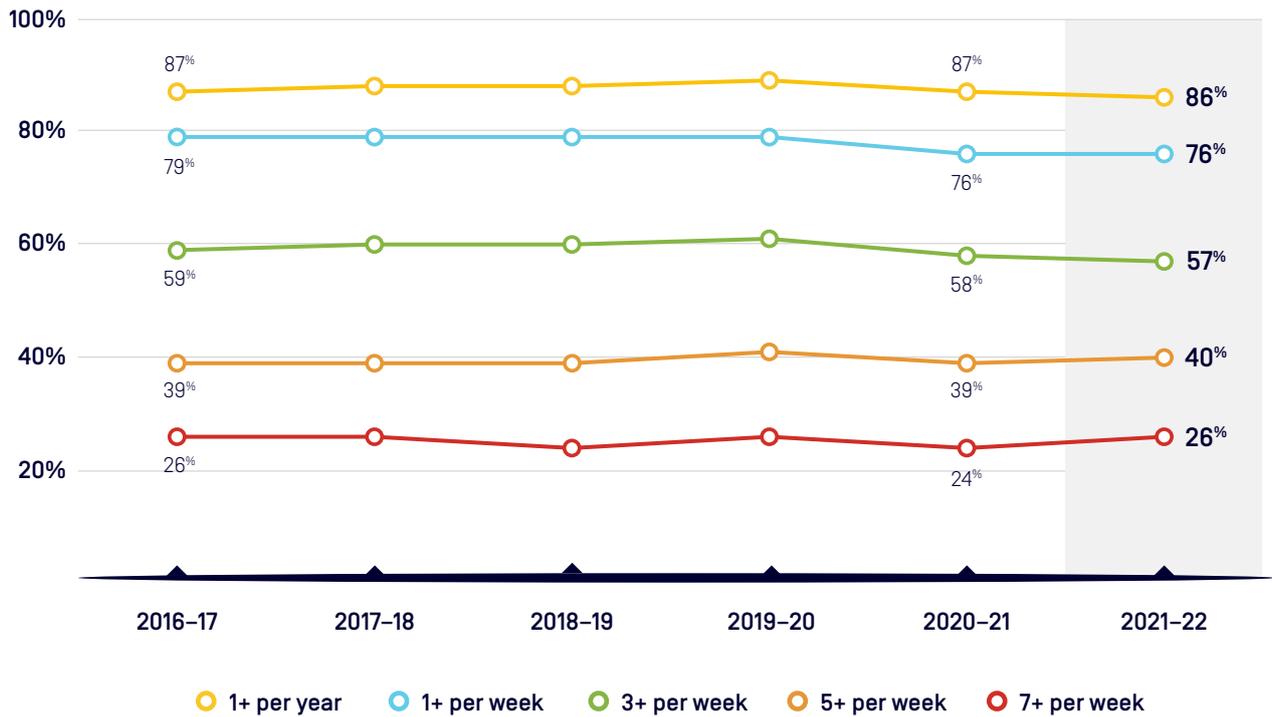
*Response option only identified from 2017



All participation rates

2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



Most popular **sport-related** activities 2021–22

ESTIMATED NUMBER OF PARTICIPANTS

Males 15+ in regional/rural areas

	Cycling	404,000
	Running/athletics	371,000
	Swimming	358,000
	Golf	258,000
	Fishing	157,000
	Football/soccer	151,000
	Australian football	146,000
	Tennis	140,000
	Basketball	131,000
	Cricket	111,000

Females 15+ in regional/rural areas

	Swimming	543,000
	Running/athletics	371,000
	Cycling	285,000
	Netball	143,000
	Tennis	121,000
	Equestrian	113,000
	Golf	75,000
	Football/soccer	74,000
	Canoeing/Kayaking	63,000
	Basketball	54,000



Top 10 sports/activities shown.

Most popular non-sport-related activities 2021–22

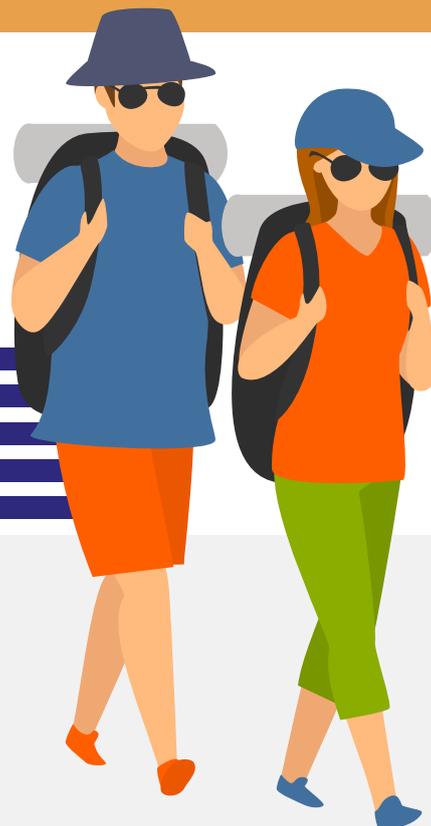
ESTIMATED NUMBER OF PARTICIPANTS

Males 15+ in regional/rural areas

	Walking (recreational)	935,000
	Fitness/Gym	655,000
	Bushwalking	226,000
	Exergaming*	128,000

Females 15+ in regional/rural areas

	Walking (recreational)	1,567,000
	Fitness/Gym	920,000
	Yoga	286,000
	Bushwalking	254,000
	Pilates	168,000
	Exergaming*	118,000
	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

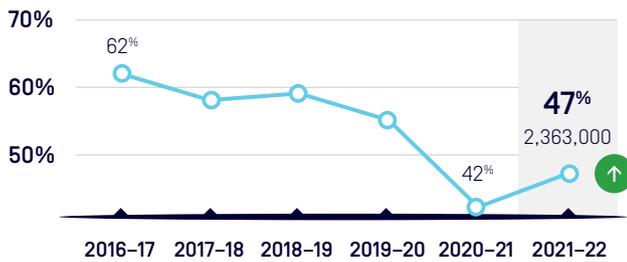
The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

-  Statistically significant increase since 2020-21
-  Statistically significant decrease since 2020-21

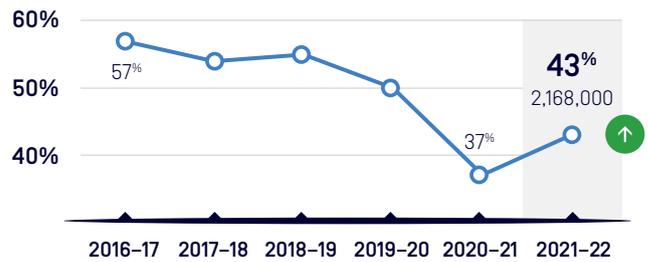


Headline indicators

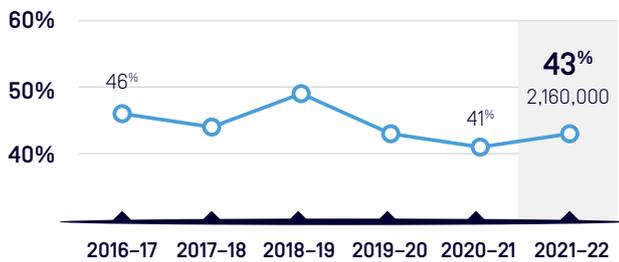
Participate in organised outside-of-school hours sport or physical activity 1+ per week



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?

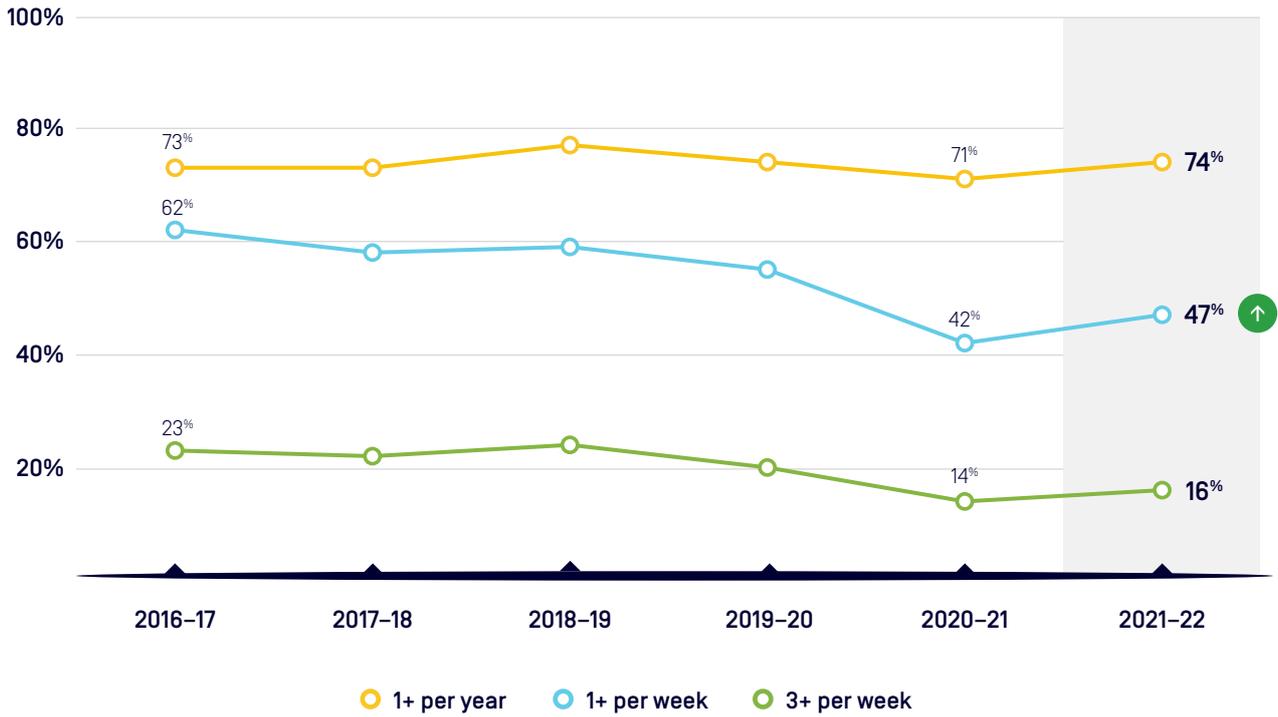
Since 2020-21, the percentage of children 0-14 participating at least once a week in organised outside-of-school sport or physical activity has increased. This is driven by sport-related participation which has also increased.



All participation rates

2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



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

ESTIMATED NUMBER OF PARTICIPANTS

Boys 0-14

	Swimming	857,000
	Football/soccer	531,000
	Australian football	326,000
	Basketball	254,000
	Cricket	209,000
	Gymnastics	155,000
	Tennis	150,000
	Athletics/running	140,000
	Rugby league	132,000
	Karate	86,000

Girls 0-14

	Swimming	918,000
	Dancing [recreational]	397,000
	Gymnastics	379,000
	Netball	297,000
	Football/soccer	189,000
	Basketball	150,000
	Athletics/running	116,000
	Tennis	111,000
	Australian football	93,000
	DanceSport	90,000

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 12,400 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.

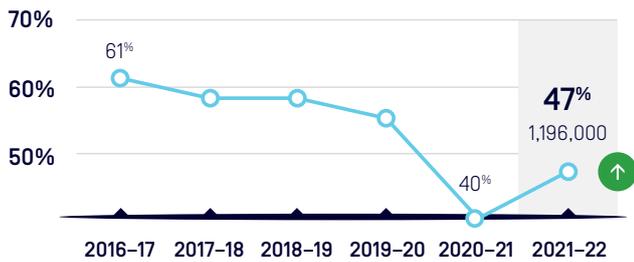
The graphs on the following pages use these symbols to highlight statistically significant changes in the last year:

-  Statistically significant increase since 2020-21
-  Statistically significant decrease since 2020-21



Headline indicators

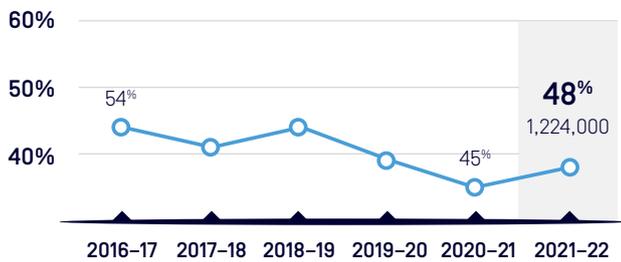
Participate in organised outside-of-school hours sport or physical activity 1+ per week



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

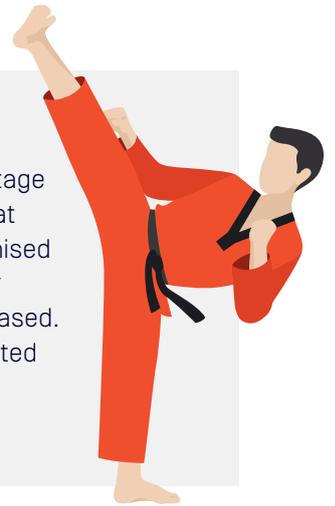


Participate through a sports club or association 1+ per year



What's changed?

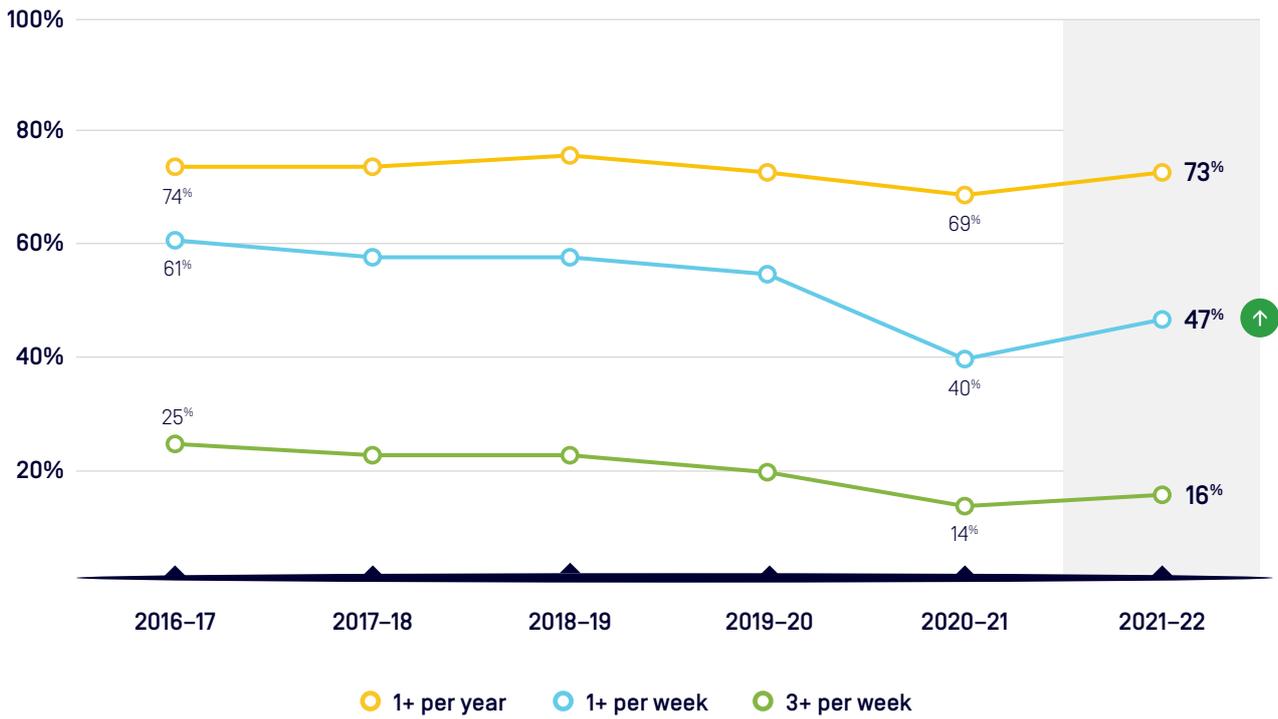
Since 2020-21, the percentage of boys 0-14 participating at least once a week in organised outside-of-school sport or physical activity has increased. This is driven by sport-related participation which has also increased.



All participation rates

2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



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

ESTIMATED NUMBER OF PARTICIPANTS

Boys 0-4

	Swimming	309,000
	Gymnastics	87,000

Boys 9-11

	Swimming	160,000
	Football/soccer	148,000
	Australian football	101,000
	Cricket	95,000
	Basketball	82,000
	Athletics/running	60,000
	Tennis	56,000
	Rugby league	47,000

Boys 5-8

	Swimming	338,000
	Football/soccer	197,000
	Australian football	112,000
	Basketball	72,000
	Tennis	60,000
	Karate	52,000
	Gymnastics	45,000
	Cricket	44,000

Boys 12-14

	Football/soccer	136,000
	Australian football	104,000
	Basketball	97,000
	Cricket	70,000
	Swimming	50,000

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 nearly 11,000 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 2020-21
-  Statistically significant decrease since 2020-21



Headline indicators

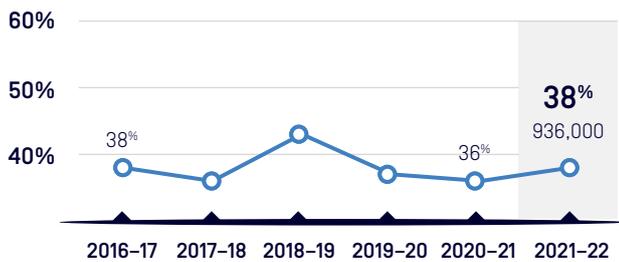
Participate in organised outside-of-school hours sport or physical activity 1+ per week



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

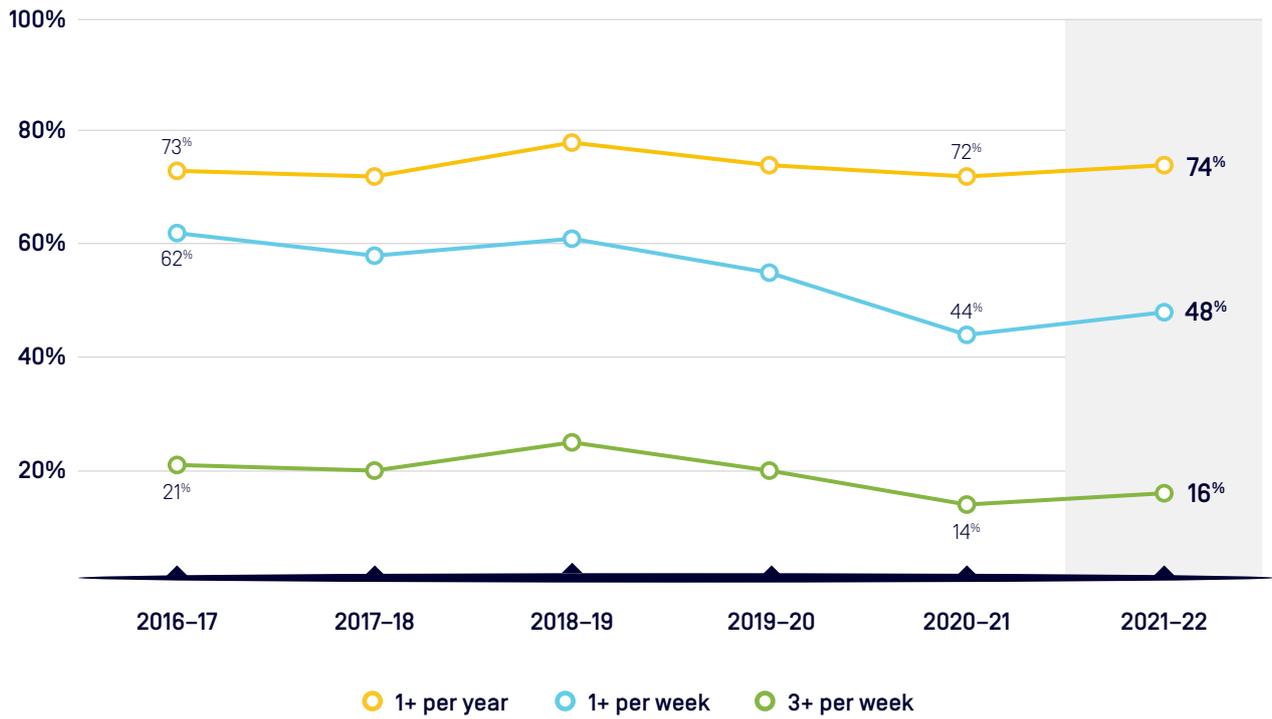


Participate through a sports club or association 1+ per year



All participation rates 2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



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

ESTIMATED NUMBER OF PARTICIPANTS

Girls 0-4

	Swimming	345,000
	Dancing (recreational)	116,000
	Gymnastics	82,000

Girls 5-8

	Swimming	318,000
	Gymnastics	169,000
	Dancing (recreational)	152,000
	Football/soccer	80,000
	Netball	64,000
	Athletics/running	47,000
	DanceSport	41,000

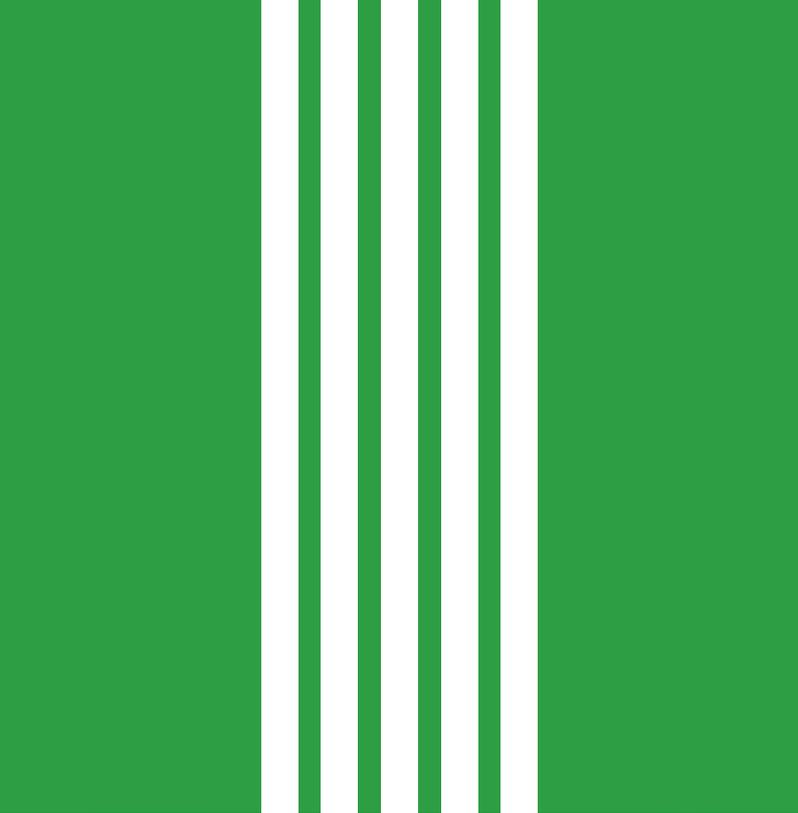
Girls 9-11

	Swimming	172,000
	Netball	124,000
	Gymnastics	80,000
	Dancing (recreational)	66,000
	Tennis	46,000
	Basketball	42,000
	Football/soccer	41,000

Girls 12-14

	Netball	109,000
	Swimming	82,000
	Basketball	69,000
	Dancing (recreational)	62,000
	Gymnastics	49,000

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 4,400 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:

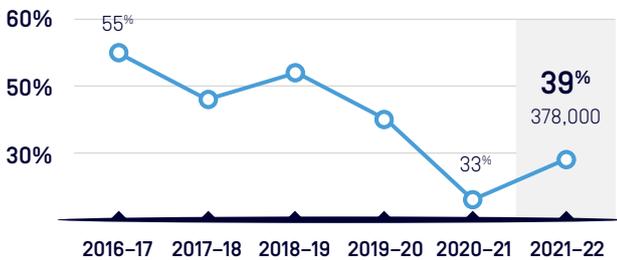
-  Statistically significant increase since 2020-21
-  Statistically significant decrease since 2020-21

Headline indicators

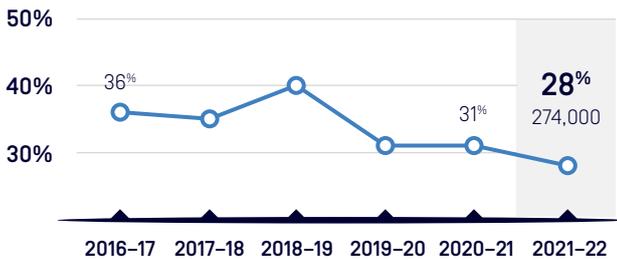
Participate in organised outside-of-school hours sport or physical activity 1+ per week



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



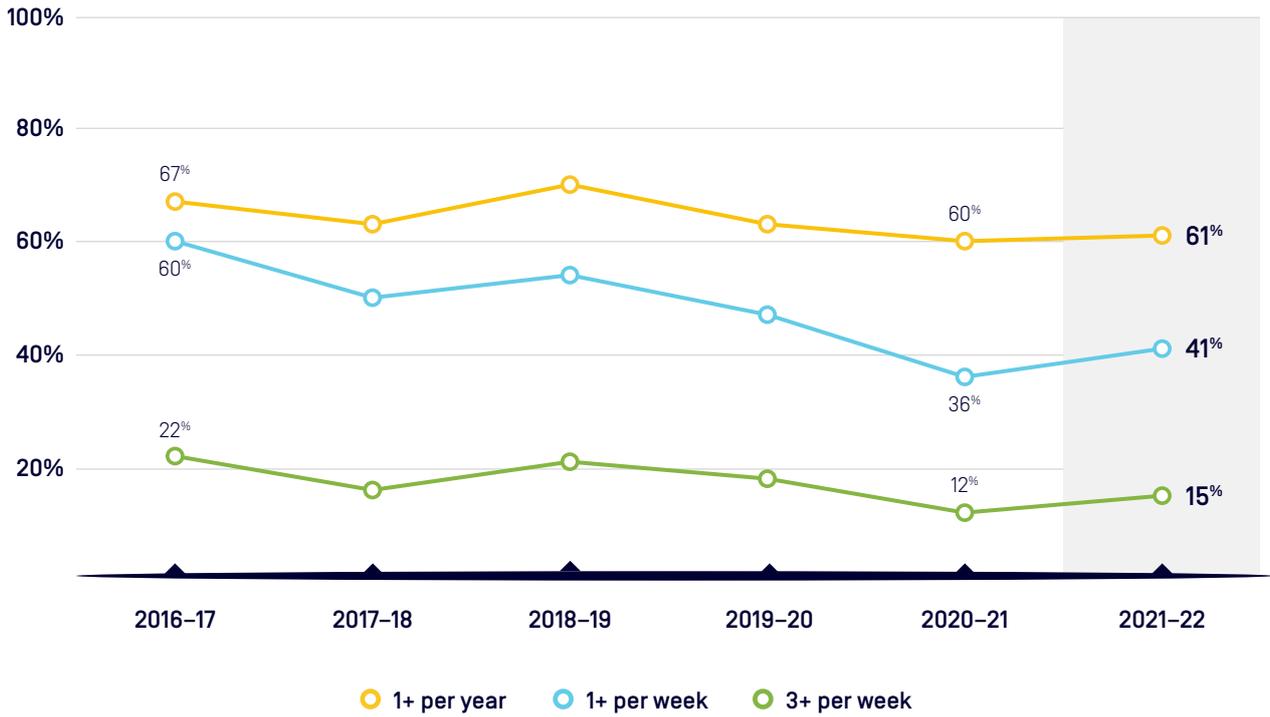
Participate through a sports club or association 1+ per year



All participation rates

2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



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

ESTIMATED NUMBER OF PARTICIPANTS

Children 0-14 in LOTE households		
	Swimming	348,000
	Football/soccer	113,000
	Dancing (recreational)	65,000
	Tennis	63,000
	Gymnastics	53,000
	Basketball	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 2020–21
- ↓ Statistically significant decrease since 2020–21

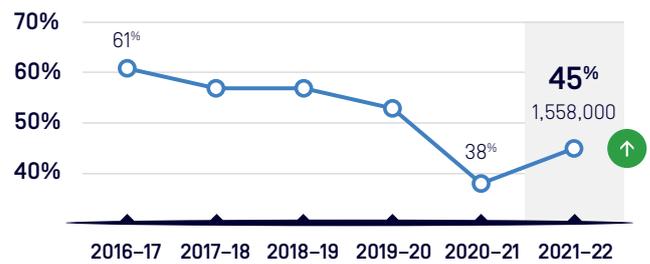


Headline indicators

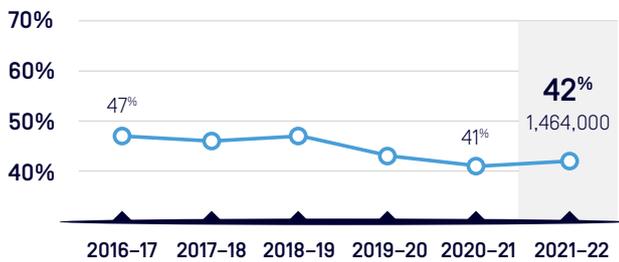
Participate in organised outside-of-school hours sport or physical activity 1+ per week



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?

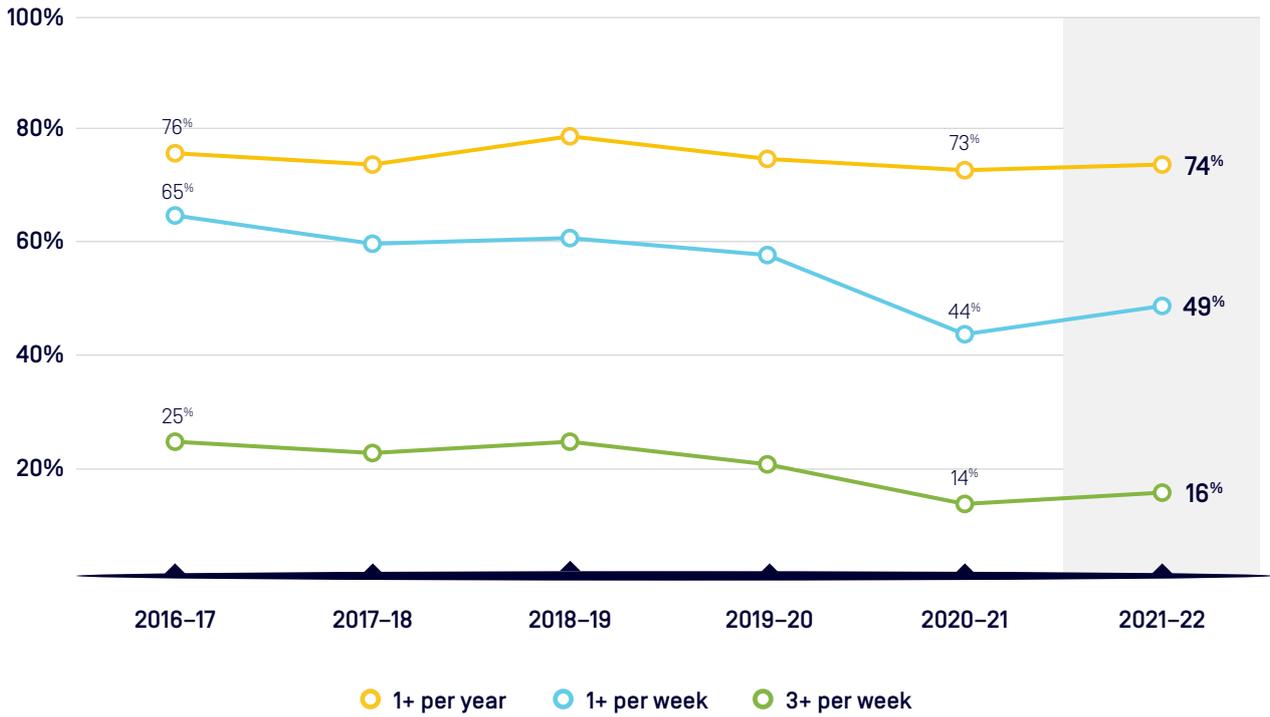
Since 2020-21, the percentage of children 0-14 in major cities participating at least once a week in organised outside-of-school sport-related physical activity has increased.



All participation rates

2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



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

ESTIMATED NUMBER OF PARTICIPANTS

Boys aged 0-14 in major cities

	Swimming	654,000
	Football/soccer	360,000
	Australian football	207,000
	Basketball	173,000
	Cricket	142,000
	Tennis	107,000
	Gymnastics	83,000
	Athletics/running	81,000
	Rugby league	79,000
	Karate	72,000

Girls aged 0-14 in major cities

	Swimming	663,000
	Dancing [recreational]	283,000
	Gymnastics	279,000
	Netball	225,000
	Football/soccer	127,000
	Basketball	103,000
	Athletics/running	76,000
	Tennis	74,000
	DanceSport	69,000
	Australian football	54,000

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 2020-21
- ↓ Statistically significant decrease since 2020-21

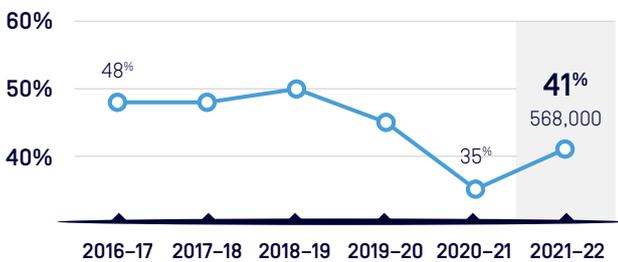


Headline indicators

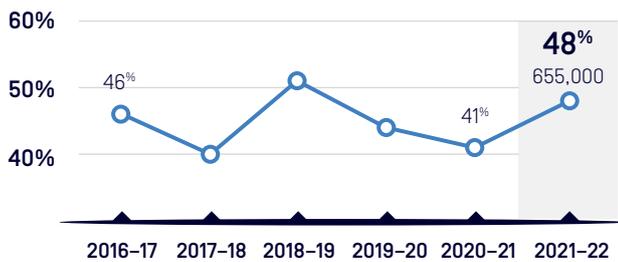
Participate in organised outside-of-school hours sport or physical activity 1+ per week



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

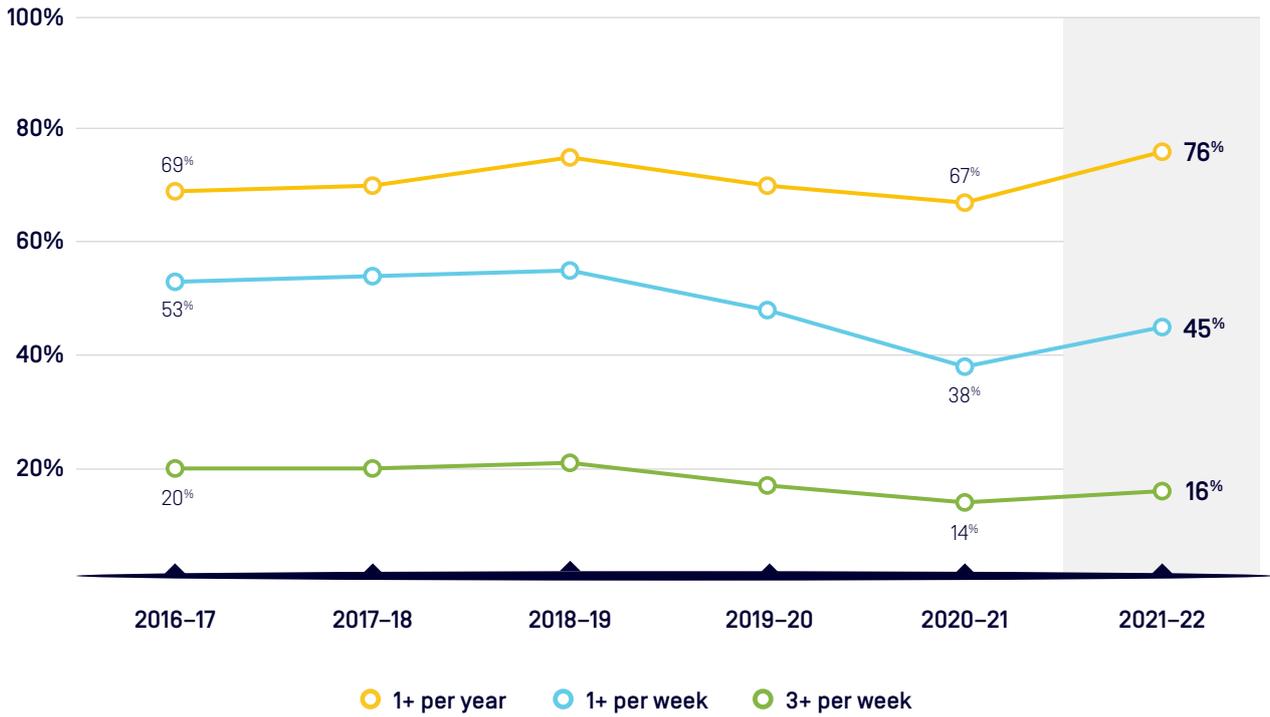


Participate through a sports club or association 1+ per year



All participation rates 2016-17 to 2021-22

FREQUENCY OF PARTICIPATION



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

ESTIMATED NUMBER OF PARTICIPANTS

Boys aged 0-14 in regional/rural areas

	Swimming	188,000
	Football/soccer	162,000
	Australian football	107,000
	Basketball	75,000
	Cricket	63,000
	Gymnastics	61,000
	Athletics/running	53,000
	Rugby league	51,000
	Tennis	40,000

Girls aged 0-14 in regional/rural areas

	Swimming	236,000
	Dancing [recreational]	105,000
	Gymnastics	92,000
	Netball	67,000
	Football/soccer	58,000
	Basketball	46,000



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

AUSTRALIANS AGED 15+ BY STATE/ TERRITORY 2021-22

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

-  Statistically significant increase since 2020-21
-  Statistically significant decrease since 2020-21



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	88%	70%	51%	24%	17%
NSW	81%	64%	41%	21%	14%
VIC	82%	65%	39%	21%	15%
QLD	78%	59%	40%	21%	16%
SA	79%	59%	38%	23%	18%
NT	78%	58%	47%	22%	12%
WA	80%	61%	42%	23%	17%
TAS	81%	59%	41%	21%	17%

Most popular **sport-related** activities

PARTICIPATION SNAPSHOT

NATIONAL

-  **Running/athletics**
18%

-  **Swimming**
16%

-  **Cycling**
14%



WA

-  **Swimming**
20% (438,000)

-  **Running/athletics**
15% (327,000)

-  **Cycling**
15% (323,000)

SA

-  **Running/athletics**
14% (211,000)

-  **Cycling**
12% (179,000)

-  **Swimming**
11% (161,000)

QLD

-  **Running/athletics**
17% (742,000)

-  **Swimming**
17% (719,000)

-  **Cycling**
12% (505,000)

NSW

-  **Running/athletics**
18% (1,278,000)

-  **Swimming**
18% (1,244,000)

-  **Cycling**
12% (800,000)

VIC

-  **Running/athletics**
20.8% (1,183,000)

-  **Cycling**
17.2% (978,000)

-  **Swimming**
14.0% (797,000)

NT

-  **Swimming**
26% (52,000)

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

-  **Cycling**
17% (35,000)

TAS

-  **Swimming**
16% (73,000)

-  **Running/athletics**
16% (71,000)

-  **Cycling**
12% (53,000)

ACT

-  **Running/athletics**
24% (87,000)

-  **Cycling**
18% (68,000)

-  **Swimming**
16% (57,000)

Most popular non-sport-related activities

PARTICIPATION SNAPSHOT

NATIONAL

-  **Walking (recreational)**
47%
-  **Fitness/gym**
37%
-  **Bushwalking**
9%



WA

-  **Walking (recreational)**
40% (882,000)
-  **Fitness/gym**
37% (811,000)
-  **Bushwalking**
7% (149,000)

SA

-  **Walking (recreational)**
46% (674,000)
-  **Fitness/gym**
37% (549,000)
-  **Bushwalking**
10% (151,000)

QLD

-  **Walking (recreational)**
42% (1,792,000)
-  **Fitness/gym**
37% (1,601,748)
-  **Bushwalking**
9% (403,000)

NSW

-  **Walking (recreational)**
48% (3,314,000)
-  **Fitness/gym**
37% (2,526,000)
-  **Bushwalking**
10% (665,000)

VIC

-  **Walking (recreational)**
51% (2,916,000)
-  **Fitness/gym**
38% (2,153,000)
-  **Yoga**
8% (433,000)

NT

-  **Walking (recreational)**
41% (82,000)
-  **Fitness/gym**
31% (62,000)
-  **Bushwalking***
6% (12,000)

TAS

-  **Walking (recreational)**
47% (212,000)
-  **Fitness/gym**
32% (141,000)
-  **Bushwalking**
15% (67,000)

ACT

-  **Walking (recreational)**
50% (182,000)
-  **Fitness/gym**
45% (163,000)
-  **Bushwalking**
11% (41,000)

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

CHILDREN AGED 0-14 BY STATE/ TERRITORY 2021-22

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

-  Statistically significant increase since 2020-21
-  Statistically significant decrease since 2020-21



Headline indicators

PARTICIPATION SNAPSHOT



	SPORT OR PHYSICAL ACTIVITY 1+ PER WEEK	SPORT-RELATED ACTIVITY 1+ PER WEEK	SPORTS CLUB OR ASSOCIATION 1+ PER YEAR
ACT	52%	51%	39%
NSW	47%	43%	44%
VIC	42%	38%	42%
QLD	52%	48%	46%
SA	51%	45%	39%
NT	49%	46%*	54%*
WA	49%	45%	39%
TAS	44%	40%	54%

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

Most popular sports or physical activities

PARTICIPATION SNAPSHOT

NATIONAL

-  **Swimming**
36%
-  **Football/soccer**
14%
-  **Gymnastics**
11%



WA

-  **Swimming**
32% (169,000)
-  **Basketball**
12% (61,000)
-  **Australian football**
11% (59,000)

SA

-  **Swimming**
33% (104,000)
-  **Australian football**
17% (54,000)
-  **Gymnastics**
16% (50,000)

QLD

-  **Swimming**
31% (324,000)
-  **Australian football**
16% (162,000)
-  **Gymnastics**
12% (120,000)

NSW

-  **Swimming**
39% (620,000)
-  **Football/soccer**
21% (340,000)
-  **Dancing (recreational)**
10% (158,000)

VIC

-  **Swimming**
36% (464,000)
-  **Australian football**
14% (178,000)
-  **Basketball**
11% (139,000)

NT

-  **Swimming*^**
27% (16,000)

TAS

-  **Swimming^**
41% (39,000)

ACT

-  **Swimming^**
45% (39,000)

*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