

Section 4 – Percentage of children participating in physical activity Daily, Weekly or Less than weekly

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Overall prevalence of Daily, Weekly or Less than weekly physical activity

For descriptive purposes, the percentage of children undertaking physical activity at least Daily, Weekly or Less than Weekly was also analysed. Prevalence data for major physical activity clusters were used as the basis for analysis. This provides useful data to understand the percentage of children likely to be meeting the minimum national standard to be physically active at least once per day.

It should, however, be noted that this does not provide data on the length of physical activity sessions per day. This was mainly because session length was gathered only for the top three activities reported by parents/carers.

The following definitions were used to code data using the annualised prevalence estimates of activity frequency:

- 🌀 Daily activity was defined as conducting physical activity at least 365 times per annum (or more).
- 🌀 Weekly activity was defined as conducting physical activity at least 52 times per annum (up to 364 times).
- 🌀 Less than weekly was defined as conducting physical activity from 0 to 51 times per annum.

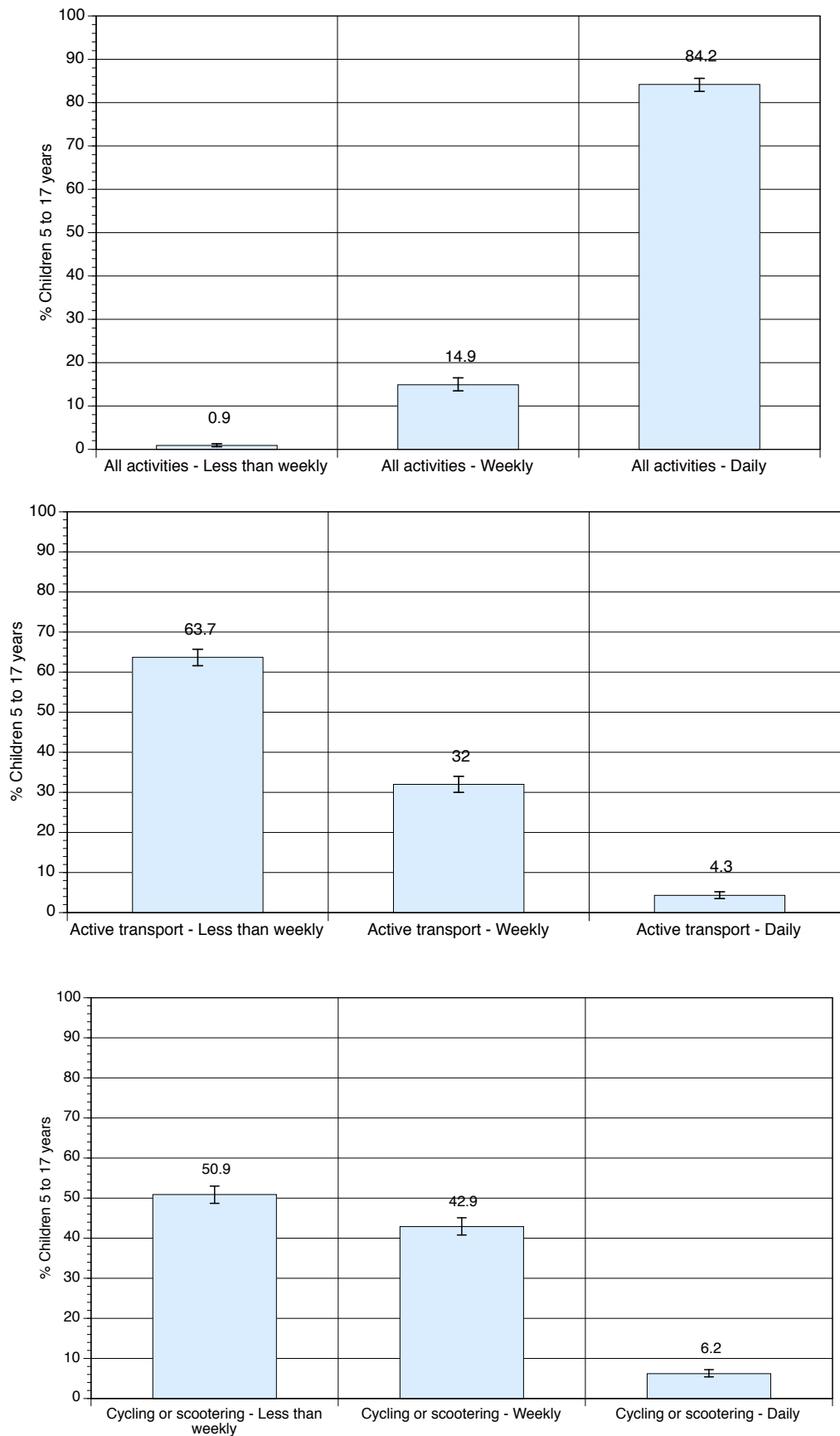
Overall prevalence estimates shown as Daily, Weekly and Less than weekly physical activity participation are shown in Figure 26 and Table 23.

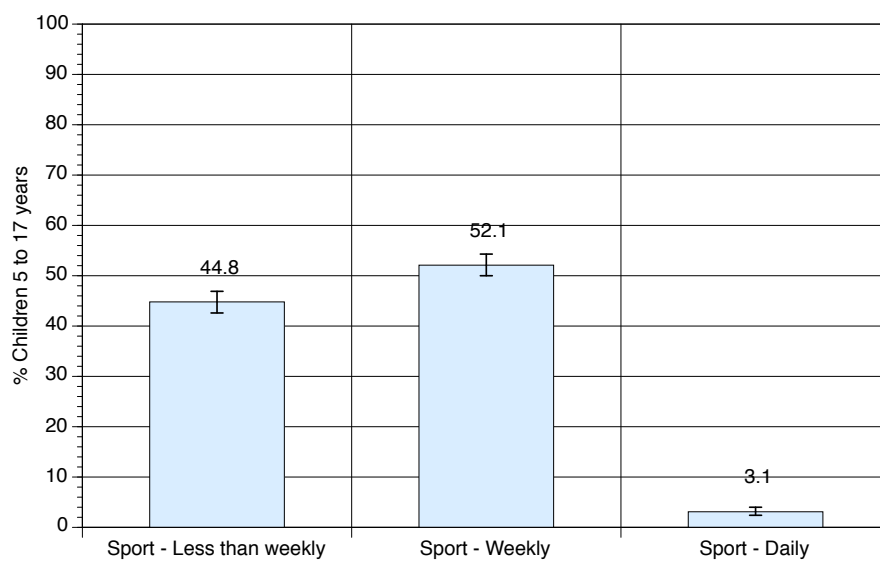
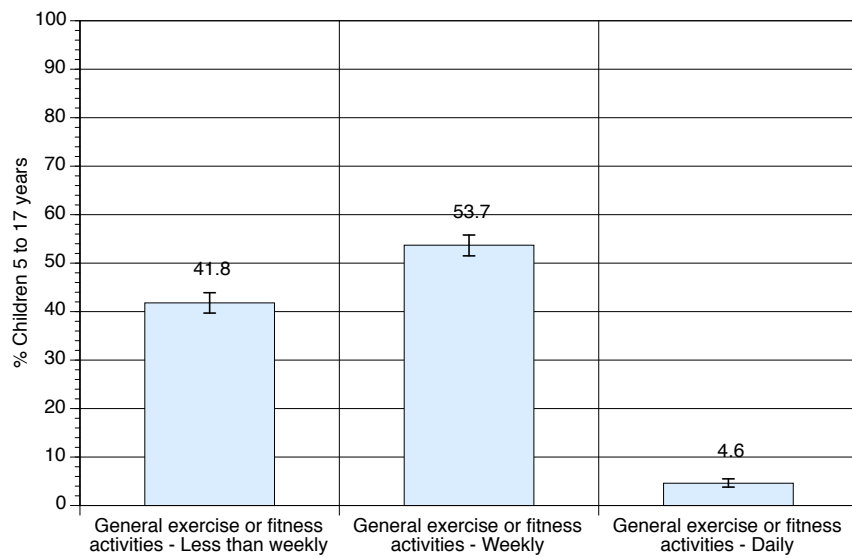
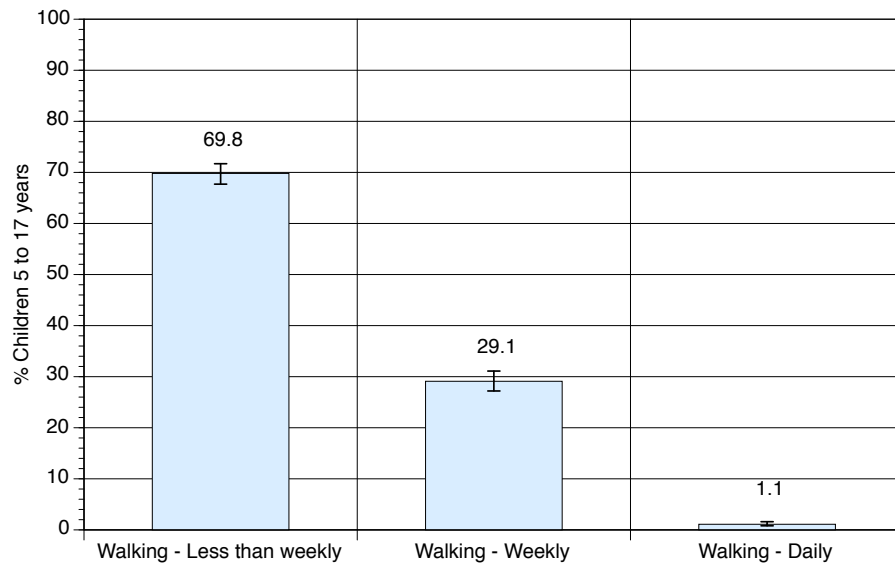
Based on all activities undertaken, results indicated that 84.2% of children 5 to 17 years participated Daily, 14.9% participated Weekly and 0.9% participated Less than weekly.

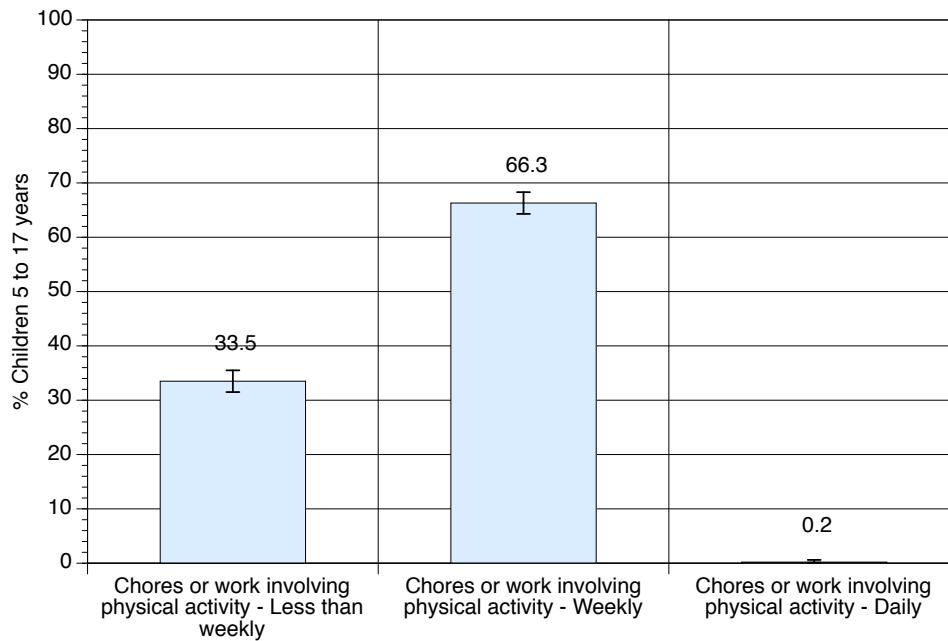
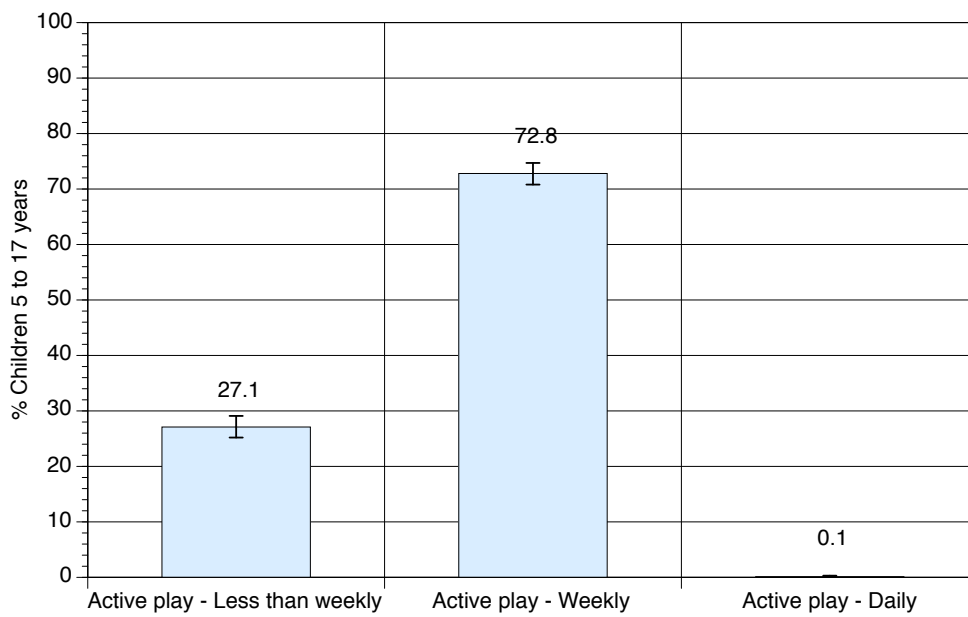
Findings also showed that the physical activities that had the highest percentage of Daily participation were Cycling or scootering (6.2%), General exercise and fitness (4.6%) and Active transport (4.3%).

In comparison, the activities that children had the lowest Daily participation were Walking (1.1%), Chores or work involving physical activity (0.2%) and Active play (0.1%).

Figure 26. Overall prevalence of Daily, Weekly or Less than weekly physical activity based on population wide prevalence estimates (based on all children 5 to 17 years including non-participants) – Overall results (December 2018–April 2019)







Question: How often did (Child) participate in (ACTIVITY) during the past 12 months? (Base: All parents/carers with a child aged 5 to 17 years – Children not participating are included in this analysis to generate a population wide estimate for frequency of participation) (Though children participating who did more than 12 activities may have their data excluded from the analysis, if that activity was not randomly selected for frequency data) (as a maximum of 12 activities were rated).

Table 23. Overall prevalence of Daily, Weekly or Less than weekly physical activity based on population wide prevalence estimates (based on all children 5 to 17 years including non-participants) – Overall results (December 2018–April 2019)

| Daily, Weekly or Less than weekly physical activity participation during the past 12 months | % | SE | LCL | UCL |
|---|------|-----|------|------|
| All activities (N=5,273) | | | | |
| Less than weekly | 0.9 | 0.2 | 0.6 | 1.3 |
| Weekly | 14.9 | 0.8 | 13.5 | 16.5 |
| Daily | 84.2 | 0.8 | 82.6 | 85.6 |
| Active transport (N=5,253) | | | | |
| Less than weekly | 63.7 | 1.0 | 61.6 | 65.7 |
| Weekly | 32 | 1.0 | 30 | 34 |
| Daily | 4.3 | 0.4 | 3.5 | 5.2 |
| Cycling or scootering (N=5,252) | | | | |
| Less than weekly | 50.9 | 1.1 | 48.7 | 53 |
| Weekly | 42.9 | 1.1 | 40.8 | 45.1 |
| Daily | 6.2 | 0.5 | 5.4 | 7.2 |
| Walking (N=5,253) | | | | |
| Less than weekly | 69.8 | 1.0 | 67.7 | 71.7 |
| Weekly | 29.1 | 1.0 | 27.2 | 31.1 |
| Daily | 1.1 | 0.2 | 0.8 | 1.6 |
| General exercise or fitness activities (N=5,264) | | | | |
| Less than weekly | 41.8 | 1.1 | 39.7 | 43.9 |
| Weekly | 53.7 | 1.1 | 51.5 | 55.8 |
| Daily | 4.6 | 0.4 | 3.8 | 5.5 |
| Sport (N=5,239) | | | | |
| Less than weekly | 44.8 | 1.1 | 42.6 | 46.9 |
| Weekly | 52.1 | 1.1 | 50 | 54.3 |
| Daily | 3.1 | 0.4 | 2.4 | 4 |
| Recreational activities (N=5,268) | | | | |
| Less than weekly | 69.8 | 1.0 | 67.8 | 71.7 |
| Weekly | 27.6 | 1.0 | 25.8 | 29.5 |
| Daily | 2.6 | 0.4 | 2.0 | 3.4 |
| Active play (N=5,273) | | | | |

| Daily, Weekly or Less than weekly physical activity participation during the past 12 months | % | SE | LCL | UCL |
|---|------|-----|------|------|
| Less than weekly | 27.1 | 1.0 | 25.2 | 29.1 |
| Weekly | 72.8 | 1.0 | 70.8 | 74.7 |
| Daily | 0.1 | 0.1 | 0.1 | 0.3 |
| Chores or work involving physical activity (N=5,273) | | | | |
| Less than weekly | 33.5 | 1.0 | 31.5 | 35.5 |
| Weekly | 66.3 | 1.0 | 64.3 | 68.3 |
| Daily | 0.2 | 0.1 | 0.1 | 0.6 |

Question: How often did (Child) participate in (ACTIVITY) during the past 12 months? (Base: All parents/carers with a child aged 5 to 17 years – Children not participating are included in this analysis to generate a population wide estimate for frequency of participation) (Though children participating who did more than 12 activities may have their data excluded from the analysis, if that activity was not randomly selected for frequency data) (as a maximum of 12 activities were rated).

Overall prevalence of Daily, Weekly or Less than weekly physical activity – by age

For descriptive purposes, the overall prevalence of Daily, Weekly or Less than weekly physical activity by age is in Table 24. Results showed that the percentage of children participating in Daily physical activity was 90.6% of 5 to 8 years, 87.8% of children 9 to 11 years, 82.3% of children 12–14 years and 73.2% of children 15–17 years.

Apart from overall activity participation, the three highest and three lowest Daily participation activities of children by age were as follows:

Children 5–8 years showed:

Highest Daily participation in:

- 🌀 Cycling and scootering – 11.2%
- 🌀 General exercise and fitness – 4.7%
- 🌀 Active transport – 2.2%

Lowest Daily participation in:

- 🌀 Recreational activities – 1.6%
- 🌀 Walking – 0.8%
- 🌀 Active play – 0.2%

Children 9–11 years showed:

Highest Daily participation in:

- 🌀 Cycling and scootering – 7.4%
- 🌀 General exercise and fitness – 4.4%
- 🌀 Active transport – 3.8%

Lowest Daily participation in:

- 🌀 Walking – 0.7%
- 🌀 Chores or work involving physical activity – 0.5%
- 🌀 Active play – 0.2%

Children 12–14 years showed:

Highest Daily participation in:

- 🌀 Active transport – 6.3%
- 🌀 Sport – 4.6%
- 🌀 Recreational activities – 4.1%

Lowest Daily participation in:

- 🌀 Walking – 1.7%
- 🌀 Chores or work involving physical activity – 0.2%
- 🌀 Active play – 0.1%

Children 15–17 years showed:

Highest Daily participation in:

- 🌀 Active transport – 5.9%
- 🌀 General exercise and fitness – 5.8%
- 🌀 Sport – 3%

Lowest Daily participation in:

- 🌀 Cycling and scootering – 1.3%
- 🌀 Chores or work involving physical activity – 0.1%
- 🌀 Active play – 0%

Table 24. Overall prevalence of Daily, Weekly or Less than weekly physical activity based on population wide prevalence estimates (based on all children 5 to 17 years including non-participants) – Results by age (December 2018–April 2019)

| Daily, Weekly or Less than weekly physical activity participation during the past 12 months | 5–8yrs | | | | 9–11yrs | | | | 12–14yrs | | | | 15–17yrs | | | |
|---|--------|-----|------|------|---------|-----|------|------|----------|-----|------|------|----------|-----|------|------|
| | % | SE | LCL | UCL | % | SE | LCL | UCL | % | SE | LCL | UCL | % | SE | LCL | UCL |
| All activities (N=5,273) | | | | | | | | | | | | | | | | |
| Less than weekly | 0.1 | 0.1 | 0 | 0.3 | 0.5 | 0.2 | 0.2 | 1.2 | 0.8 | 0.2 | 0.4 | 1.4 | 2.6 | 0.7 | 1.5 | 4.3 |
| Weekly | 9.3 | 1 | 7.5 | 11.5 | 11.8 | 1.4 | 9.3 | 14.8 | 16.9 | 1.7 | 13.9 | 20.4 | 24.3 | 2 | 20.6 | 28.4 |
| Daily | 90.6 | 1 | 88.4 | 92.4 | 87.8 | 1.4 | 84.7 | 90.3 | 82.3 | 1.7 | 78.8 | 85.4 | 73.2 | 2 | 69 | 77 |
| Active transport (N=5,253) | | | | | | | | | | | | | | | | |
| Less than weekly | 74.4 | 1.6 | 71.2 | 77.4 | 67 | 2.2 | 62.6 | 71.1 | 56 | 2.3 | 51.5 | 60.4 | 52.5 | 2.3 | 47.9 | 57.1 |
| Weekly | 23.4 | 1.5 | 20.6 | 26.5 | 29.2 | 2.2 | 25.1 | 33.6 | 37.7 | 2.2 | 33.5 | 42.1 | 41.5 | 2.3 | 37.1 | 46.1 |
| Daily | 2.2 | 0.5 | 1.4 | 3.4 | 3.8 | 0.7 | 2.7 | 5.5 | 6.3 | 1.1 | 4.4 | 8.9 | 5.9 | 1.2 | 4 | 8.7 |
| Cycling and scootering (N=5,252) | | | | | | | | | | | | | | | | |
| Less than weekly | 32 | 1.8 | 28.6 | 35.5 | 40.6 | 2.2 | 36.5 | 44.9 | 59.5 | 2.3 | 54.8 | 63.9 | 79.8 | 1.9 | 75.8 | 83.2 |
| Weekly | 56.9 | 1.9 | 53.1 | 60.6 | 52 | 2.2 | 47.6 | 56.3 | 37.6 | 2.3 | 33.1 | 42.2 | 19 | 1.9 | 15.6 | 22.9 |
| Daily | 11.2 | 1.1 | 9.2 | 13.6 | 7.4 | 1 | 5.6 | 9.7 | 3 | 0.7 | 1.8 | 4.8 | 1.3 | 0.4 | 0.7 | 2.4 |
| Walking (N=5,253) | | | | | | | | | | | | | | | | |
| Less than weekly | 67.1 | 1.8 | 63.5 | 70.5 | 70.7 | 2 | 66.6 | 74.5 | 70.8 | 2.2 | 66.4 | 74.8 | 71.5 | 2.2 | 67.1 | 75.6 |
| Weekly | 32.1 | 1.8 | 28.6 | 35.7 | 28.7 | 2 | 24.9 | 32.7 | 27.5 | 2.1 | 23.5 | 31.9 | 27 | 2.1 | 23.1 | 31.4 |
| Daily | 0.8 | 0.2 | 0.5 | 1.4 | 0.7 | 0.2 | 0.4 | 1.2 | 1.7 | 0.5 | 0.9 | 3.2 | 1.5 | 0.6 | 0.6 | 3.3 |
| General exercise and fitness (N=5,264) | | | | | | | | | | | | | | | | |
| Less than weekly | 31.4 | 1.8 | 27.9 | 35.1 | 38.2 | 2.1 | 34.1 | 42.4 | 51.5 | 2.3 | 47 | 56 | 50.5 | 2.3 | 46 | 55.1 |
| Weekly | 63.9 | 1.9 | 60.1 | 67.5 | 57.4 | 2.2 | 53.1 | 61.6 | 45.3 | 2.3 | 40.8 | 49.8 | 43.7 | 2.3 | 39.2 | 48.2 |

| Daily, Weekly or Less than weekly physical activity participation during the past 12 months | 5–8yrs | | | | 9–11yrs | | | | 12–14yrs | | | | 15–17yrs | | | |
|---|--------|-----|------|------|---------|-----|------|------|----------|-----|------|------|----------|-----|------|------|
| | % | SE | LCL | UCL | % | SE | LCL | UCL | % | SE | LCL | UCL | % | SE | LCL | UCL |
| Daily | 4.7 | 0.8 | 3.4 | 6.6 | 4.4 | 0.9 | 2.9 | 6.7 | 3.3 | 0.8 | 2 | 5.3 | 5.8 | 1 | 4.1 | 8.1 |
| Sport (N=5,239) | | | | | | | | | | | | | | | | |
| Less than weekly | 46.1 | 2 | 42.3 | 50 | 37.1 | 2.1 | 33.1 | 41.4 | 41.1 | 2.2 | 36.8 | 45.6 | 54.6 | 2.3 | 49.9 | 59.1 |
| Weekly | 52.1 | 2 | 48.2 | 56 | 59.2 | 2.2 | 54.9 | 63.4 | 54.3 | 2.3 | 49.8 | 58.8 | 42.5 | 2.3 | 38 | 47.1 |
| Daily | 1.8 | 0.6 | 1.0 | 3.2 | 3.6 | 0.9 | 2.2 | 6 | 4.6 | 1.2 | 2.7 | 7.7 | 3 | 0.7 | 1.9 | 4.6 |
| Recreational activities (N=5,268) | | | | | | | | | | | | | | | | |
| Less than weekly | 67.2 | 1.8 | 63.5 | 70.7 | 68.5 | 2.0 | 64.5 | 72.3 | 69.5 | 2.1 | 65.3 | 73.5 | 75 | 2 | 70.9 | 78.8 |
| Weekly | 31.2 | 1.8 | 27.7 | 34.9 | 28.6 | 1.9 | 25 | 32.5 | 26.3 | 1.9 | 22.7 | 30.3 | 22.7 | 1.9 | 19.1 | 26.7 |
| Daily | 1.6 | 0.5 | 0.9 | 2.8 | 2.9 | 0.7 | 1.8 | 4.5 | 4.1 | 1.1 | 2.5 | 6.9 | 2.3 | 0.6 | 1.3 | 3.8 |
| Active play (N=5,273) | | | | | | | | | | | | | | | | |
| Less than weekly | 7.4 | 1.0 | 5.7 | 9.6 | 15.8 | 1.6 | 12.9 | 19.2 | 33.8 | 2.2 | 29.5 | 38.3 | 60.1 | 2.3 | 55.7 | 64.5 |
| Weekly | 92.4 | 1.0 | 90.2 | 94.1 | 84 | 1.6 | 80.6 | 86.9 | 66.1 | 2.2 | 61.6 | 70.3 | 39.9 | 2.3 | 35.5 | 44.3 |
| Daily | 0.2 | 0.1 | 0.1 | 0.5 | 0.2 | 0.1 | 0.1 | 0.8 | 0.1 | 0.1 | 0 | 0.8 | 0 | 0 | 0 | 0 |
| Chores or work involving physical activity (N=5,273) | | | | | | | | | | | | | | | | |
| Less than weekly | 35.7 | 1.8 | 32.2 | 39.4 | 33 | 2.1 | 28.9 | 37.3 | 30 | 2 | 26.2 | 34.1 | 34.2 | 2.2 | 30 | 38.6 |
| Weekly | 64.1 | 1.8 | 60.4 | 67.6 | 66.5 | 2.1 | 62.2 | 70.5 | 69.8 | 2 | 65.7 | 73.6 | 65.7 | 2.2 | 61.3 | 69.9 |
| Daily | 0.2 | 0.1 | 0.1 | 0.4 | 0.5 | 0.4 | 0.1 | 2.5 | 0.2 | 0.1 | 0 | 0.6 | 0.1 | 0.1 | 0 | 0.5 |

Question: How often did (Child) participate in (ACTIVITY) during the past 12 months? (Base: All parents/carers with a child aged 5 to 17 years – Children not participating are included in this analysis to generate a population wide estimate for frequency of participation) (Though children participating who did more than 12 activities may have their data excluded from the analysis, if that activity was not randomly selected for frequency data) (as a maximum of 12 activities were rated).

Overall prevalence of Daily, Weekly or Less than weekly physical activity – by gender

For descriptive purposes, the overall prevalence of Daily, Weekly or Less than weekly physical activity by gender is in Table 25. Results showed that the percentage of children participating in Daily physical activity was 85.5% for boys and 82.8% for girls.

Apart from overall activity participation, the three highest and three lowest Daily participation activities of children by gender were as follows:

Boys showed:

Highest Daily participation in:

- 🌀 Cycling and scootering – 8.5%
- 🌀 Active transport – 5.4%
- 🌀 General exercise and fitness – 5.2%

Lowest Daily participation in:

- 🌀 Walking – 0.9%
- 🌀 Active play – 0.2%
- 🌀 Chores or work involving physical activity – 0.1%

Girls showed:

Highest Daily participation in:

- 🌀 General exercise and fitness – 3.9%
- 🌀 Cycling and scootering – 3.8%
- 🌀 Active transport – 3.2%

Lowest Daily participation in:

- 🌀 Walking – 1.4%
- 🌀 Chores or work involving physical activity – 0.4%
- 🌀 Active play – 0.1%

Table 25. Overall prevalence of Daily, Weekly or Less than weekly physical activity based on population wide prevalence estimates (based on all children 5 to 17 years including non-participants) – Results by gender (December 2018–April 2019)

| Daily, Weekly or Less than weekly physical activity participation during the past 12 months | Boys | | | | Girls | | | |
|---|------|-----|------|------|-------|-----|------|------|
| | % | SE | LCL | UCL | % | SE | LCL | UCL |
| All activities (N=5,273) | | | | | | | | |
| Less than weekly | 0.7 | 0.2 | 0.4 | 1.1 | 1.1 | 0.3 | 0.6 | 1.9 |
| Weekly | 13.8 | 1 | 11.9 | 16 | 16.1 | 1.1 | 14.1 | 18.4 |
| Daily | 85.5 | 1.1 | 83.3 | 87.5 | 82.8 | 1.1 | 80.5 | 84.9 |
| Active transport (N=5,253) | | | | | | | | |
| Less than weekly | 62.5 | 1.5 | 59.6 | 65.4 | 64.9 | 1.5 | 61.9 | 67.8 |
| Weekly | 32.1 | 1.4 | 29.4 | 34.9 | 31.9 | 1.5 | 29.1 | 34.9 |
| Daily | 5.4 | 0.7 | 4.2 | 7 | 3.2 | 0.5 | 2.4 | 4.2 |
| Cycling and scootering (N=5,252) | | | | | | | | |
| Less than weekly | 45.7 | 1.5 | 42.7 | 48.7 | 56.3 | 1.6 | 53.2 | 59.3 |
| Weekly | 45.8 | 1.5 | 42.8 | 48.8 | 39.9 | 1.6 | 36.9 | 43 |
| Daily | 8.5 | 0.8 | 7.1 | 10.2 | 3.8 | 0.5 | 3 | 4.9 |
| Walking (N=5,253) | | | | | | | | |
| Less than weekly | 74.8 | 1.3 | 72.1 | 77.3 | 64.5 | 1.5 | 61.5 | 67.3 |
| Weekly | 24.3 | 1.3 | 21.8 | 27 | 34.2 | 1.5 | 31.3 | 37.1 |
| Daily | 0.9 | 0.3 | 0.5 | 1.6 | 1.4 | 0.3 | 0.9 | 2.1 |
| General exercise and fitness (N=5,264) | | | | | | | | |
| Less than weekly | 41.4 | 1.5 | 38.5 | 44.4 | 42.1 | 1.5 | 39.2 | 45.1 |
| Weekly | 53.4 | 1.5 | 50.4 | 56.4 | 54 | 1.5 | 51 | 57 |
| Daily | 5.2 | 0.7 | 4 | 6.7 | 3.9 | 0.6 | 2.9 | 5.2 |
| Sport (N=5,239) | | | | | | | | |
| Less than weekly | 38.8 | 1.5 | 35.9 | 41.8 | 51 | 1.6 | 48 | 54.1 |
| Weekly | 57.2 | 1.5 | 54.2 | 60.2 | 46.8 | 1.6 | 43.7 | 49.8 |
| Daily | 3.9 | 0.6 | 2.9 | 5.3 | 2.2 | 0.6 | 1.3 | 3.7 |
| Recreational activities (N=5,268) | | | | | | | | |
| Less than weekly | 74.4 | 1.4 | 71.6 | 77 | 65 | 1.4 | 62.1 | 67.7 |
| Weekly | 23.3 | 1.3 | 20.8 | 26.1 | 32.1 | 1.4 | 29.4 | 34.8 |
| Daily | 2.2 | 0.4 | 1.5 | 3.3 | 3 | 0.6 | 2.1 | 4.3 |
| Active play (N=5,273) | | | | | | | | |

| Daily, Weekly or Less than weekly physical activity participation during the past 12 months | Boys | | | | Girls | | | |
|---|------|-----|------|------|-------|-----|------|------|
| | % | SE | LCL | UCL | % | SE | LCL | UCL |
| Less than weekly | 25.7 | 1.4 | 23.2 | 28.5 | 28.5 | 1.4 | 25.8 | 31.4 |
| Weekly | 74.1 | 1.4 | 71.4 | 76.7 | 71.4 | 1.4 | 68.5 | 74.1 |
| Daily | 0.2 | 0.1 | 0.1 | 0.4 | 0.1 | 0.1 | 0 | 0.3 |
| Chores or work involving physical activity (N=5,273) | | | | | | | | |
| Less than weekly | 34.8 | 1.4 | 32.1 | 37.7 | 32 | 1.5 | 29.2 | 35 |
| Weekly | 65.1 | 1.4 | 62.2 | 67.8 | 67.6 | 1.5 | 64.6 | 70.4 |
| Daily | 0.1 | 0.1 | 0 | 0.3 | 0.4 | 0.2 | 0.1 | 1.1 |

Question: How often did (Child) participate in (ACTIVITY) during the past 12 months? (Base: All parents/carers with a child aged 5 to 17 years – Children not participating are included in this analysis to generate a population wide estimate for frequency of participation) (Though children participating who did more than 12 activities may have their data excluded from the analysis, if that activity was not randomly selected for frequency data) (as a maximum of 12 activities were rated).

Overall prevalence of Daily, Weekly or Less than weekly physical activity – by region

For descriptive purposes, the overall prevalence of Daily, Weekly or Less than weekly physical activity by region is in Table 26. The percentage of children participating in Daily physical activity by region was:

- 87.1% in Far North
- 83.8% in North
- 86.3% in South West
- 82.9% in North Coast
- 84.1% in South Coast

Apart from overall activity participation, the three highest and three lowest Daily participation activities of children by region were as follows:

Far North showed:

Highest Daily participation in:

- Cycling and scootering – 9%
- General exercise and fitness – 7.5%
- Active transport – 4.9%

Lowest Daily participation in:

- Walking – 2%
- Active play – 0.1%
- Chores or work involving physical activity – 0.1%

North showed:

Highest Daily participation in:

- Cycling and scootering – 10.5%
- General exercise and fitness – 5.5%
- Active transport – 4.1%

Lowest Daily participation in:

- Walking – 1.4%
- Active play – 0%
- Chores or work involving physical activity – 0%

South West showed:







Highest Daily participation in:

- Cycling and scootering – 8.1%
- General exercise and fitness – 3.9%
- Active transport – 3.7%







Lowest Daily participation in:

- Walking – 1.7%
- Chores or work involving physical activity – 0.4%
- Active play – 0%

North Coast showed:

| Highest Daily participation in: | Lowest Daily participation in: |
|--|---|
|  General exercise or fitness – 4.3% |  Walking – 1% |
|  Active transport – 3.6% |  Active play – 0.3% |
|  Cycling and scootering and Recreational activities – 3.1% (each) |  Chores or work involving physical activity – 0.2% |

South Coast showed:

| Highest Daily participation in: | Lowest Daily participation in: |
|--|---|
|  Cycling and scootering activities – 6% |  Walking – 0.7% |
|  Active transport – 5.1% |  Chores or work involving physical activity – 0.3% |
|  General exercise and fitness – 4.1% |  Active play – 0.2% |

Detailed tables by region and age and region by gender are also in Table 118 and Table 119 in Appendix F.

Table 26. Overall prevalence of Daily, Weekly or Less than weekly physical activity based on population wide prevalence estimates
(based on all children 5 to 17 years including non-participants) – Results by region (December 2018–April 2019)

| Daily, Weekly or Less than weekly physical activity participation during the past 12 months | Far North | | | | North | | | | South West | | | |
|---|-----------|-----|------|------|-------|-----|------|------|------------|-----|------|------|
| | % | SE | LCL | UCL | % | SE | LCL | UCL | % | SE | LCL | UCL |
| All activities (N=5,273) | | | | | | | | | | | | |
| Less than weekly | 1.7 | 0.5 | 0.9 | 3.2 | 1 | 0.4 | 0.4 | 2.1 | 1.1 | 0.4 | 0.5 | 2.3 |
| Weekly | 11.1 | 1.1 | 9.1 | 13.5 | 15.3 | 1.5 | 12.5 | 18.5 | 12.6 | 1.4 | 10.1 | 15.5 |
| Daily | 87.1 | 1.2 | 84.5 | 89.4 | 83.8 | 1.6 | 80.5 | 86.6 | 86.3 | 1.4 | 83.3 | 88.9 |
| Active transport (N=5,253) | | | | | | | | | | | | |
| Less than weekly | 62.5 | 2.1 | 58.3 | 66.5 | 66.5 | 1.9 | 62.7 | 70.1 | 67.4 | 2 | 63.4 | 71.1 |
| Weekly | 32.6 | 2.1 | 28.7 | 36.7 | 29.4 | 1.8 | 26 | 33.1 | 28.9 | 1.9 | 25.3 | 32.8 |
| Daily | 4.9 | 1 | 3.3 | 7.2 | 4.1 | 0.8 | 2.8 | 5.9 | 3.7 | 0.8 | 2.5 | 5.5 |
| Cycling and scootering (N=5,252) | | | | | | | | | | | | |
| Less than weekly | 49.3 | 2.1 | 45.1 | 53.4 | 50.5 | 2.1 | 46.5 | 54.5 | 51.1 | 2.1 | 47.1 | 55.2 |
| Weekly | 41.8 | 2.1 | 37.8 | 45.8 | 39.1 | 2 | 35.2 | 43 | 40.7 | 2 | 36.8 | 44.8 |
| Daily | 9 | 1.3 | 6.7 | 11.9 | 10.5 | 1.2 | 8.3 | 13.2 | 8.1 | 1.1 | 6.1 | 10.7 |
| Walking (N=5,253) | | | | | | | | | | | | |
| Less than weekly | 66.7 | 2 | 62.6 | 70.4 | 73.4 | 1.8 | 69.7 | 76.8 | 69.2 | 1.9 | 65.2 | 72.8 |
| Weekly | 31.3 | 2 | 27.6 | 35.3 | 25.2 | 1.8 | 21.9 | 28.8 | 29.1 | 1.9 | 25.6 | 33 |
| Daily | 2 | 0.6 | 1.1 | 3.6 | 1.4 | 0.5 | 0.7 | 2.8 | 1.7 | 0.7 | 0.8 | 3.7 |
| General exercise and fitness (N=5,264) | | | | | | | | | | | | |
| Less than weekly | 39.7 | 2 | 35.7 | 43.7 | 43.6 | 2 | 39.7 | 47.6 | 46.3 | 2.1 | 42.2 | 50.3 |
| Weekly | 52.8 | 2.1 | 48.7 | 57 | 50.9 | 2 | 46.9 | 54.9 | 49.9 | 2.1 | 45.8 | 53.9 |

| Daily, Weekly or Less than weekly physical activity participation during the past 12 months | Far North | | | | North | | | | South West | | | |
|---|-----------|-----|------|------|-------|-----|------|------|------------|-----|------|------|
| | % | SE | LCL | UCL | % | SE | LCL | UCL | % | SE | LCL | UCL |
| Daily | 7.5 | 1.3 | 5.3 | 10.5 | 5.5 | 1 | 3.8 | 7.8 | 3.9 | 0.8 | 2.6 | 5.7 |
| Sport (N=5,239) | | | | | | | | | | | | |
| Less than weekly | 46.1 | 2.1 | 41.9 | 50.2 | 42.2 | 2 | 38.3 | 46.2 | 52.5 | 2.1 | 48.4 | 56.5 |
| Weekly | 49.6 | 2.1 | 45.5 | 53.8 | 55.3 | 2 | 51.2 | 59.2 | 45 | 2.1 | 41 | 49.1 |
| Daily | 4.3 | 0.9 | 2.9 | 6.4 | 2.5 | 0.7 | 1.5 | 4.2 | 2.5 | 0.5 | 1.7 | 3.7 |
| Recreational activities (N=5,268) | | | | | | | | | | | | |
| Less than weekly | 68.9 | 1.9 | 65.1 | 72.4 | 72.5 | 1.8 | 68.8 | 75.8 | 67 | 1.9 | 63.1 | 70.7 |
| Weekly | 28.7 | 1.8 | 25.3 | 32.4 | 25.3 | 1.7 | 22 | 28.8 | 30.9 | 1.9 | 27.4 | 34.7 |
| Daily | 2.4 | 0.6 | 1.4 | 4.1 | 2.3 | 0.6 | 1.4 | 3.8 | 2.1 | 0.6 | 1.2 | 3.5 |
| Active play (N=5,273) | | | | | | | | | | | | |
| Less than weekly | 23.2 | 1.8 | 19.9 | 26.9 | 23 | 1.7 | 19.8 | 26.6 | 22.4 | 1.8 | 19.1 | 26 |
| Weekly | 76.7 | 1.8 | 73 | 80 | 77 | 1.7 | 73.4 | 80.2 | 77.6 | 1.8 | 74 | 80.8 |
| Daily | 0.1 | 0.1 | 0 | 0.7 | 0 | 0 | 0 | 0.2 | 0 | 0 | 0 | 0.2 |
| Chores or work involving physical activity (N=5,273) | | | | | | | | | | | | |
| Less than weekly | 31.4 | 1.9 | 27.8 | 35.2 | 32.4 | 1.9 | 28.8 | 36.3 | 26.8 | 1.8 | 23.3 | 30.5 |
| Weekly | 68.5 | 1.9 | 64.7 | 72.1 | 67.6 | 1.9 | 63.7 | 71.2 | 72.8 | 1.8 | 69.1 | 76.3 |
| Daily | 0.1 | 0.1 | 0 | 0.3 | 0 | 0 | 0 | 0 | 0.4 | 0.2 | 0.1 | 1.1 |

| Daily, Weekly or Less than weekly physical activity participation during the past 12 months | North Coast | | | | South Coast | | | | | | | |
|---|-------------|-----|------|------|-------------|-----|------|------|--|--|--|--|
| | % | SE | LCL | UCL | % | SE | LCL | UCL | | | | |
| All activities (N=5,273) | | | | | | | | | | | | |
| Less than weekly | 0.9 | 0.4 | 0.4 | 2.2 | 0.6 | 0.2 | 0.3 | 1.2 | | | | |
| Weekly | 16.2 | 1.7 | 13.2 | 19.8 | 15.3 | 1.3 | 12.9 | 18.1 | | | | |
| Daily | 82.9 | 1.7 | 79.2 | 86 | 84.1 | 1.3 | 81.3 | 86.6 | | | | |
| Active transport (N=5,253) | | | | | | | | | | | | |
| Less than weekly | 63.9 | 2.2 | 59.5 | 68.1 | 60.9 | 2 | 56.9 | 64.8 | | | | |
| Weekly | 32.5 | 2.1 | 28.5 | 36.7 | 33.9 | 2 | 30.2 | 37.9 | | | | |
| Daily | 3.6 | 0.9 | 2.3 | 5.8 | 5.1 | 0.9 | 3.7 | 7.2 | | | | |
| Cycling and scootering (N=5,252) | | | | | | | | | | | | |
| Less than weekly | 50.8 | 2.3 | 46.2 | 55.3 | 51.3 | 2.1 | 47.2 | 55.3 | | | | |
| Weekly | 46.2 | 2.4 | 41.6 | 50.8 | 42.7 | 2.1 | 38.7 | 46.8 | | | | |
| Daily | 3.1 | 0.7 | 2 | 4.7 | 6 | 1 | 4.3 | 8.3 | | | | |
| Walking (N=5,253) | | | | | | | | | | | | |
| Less than weekly | 70.8 | 2.1 | 66.5 | 74.7 | 68 | 2 | 64.1 | 71.7 | | | | |
| Weekly | 28.2 | 2.1 | 24.3 | 32.4 | 31.3 | 1.9 | 27.6 | 35.2 | | | | |
| Daily | 1 | 0.4 | 0.5 | 2.1 | 0.7 | 0.3 | 0.3 | 1.8 | | | | |
| General exercise and fitness (N=5,264) | | | | | | | | | | | | |
| Less than weekly | 41.4 | 2.3 | 36.9 | 45.9 | 39.8 | 2 | 35.9 | 43.8 | | | | |

| Daily, Weekly or Less than weekly physical activity participation during the past 12 months | North Coast | | | | South Coast | | | | | | | |
|---|-------------|-----|------|------|-------------|-----|------|------|--|--|--|--|
| | % | SE | LCL | UCL | % | SE | LCL | UCL | | | | |
| Weekly | 54.3 | 2.3 | 49.8 | 58.8 | 56.1 | 2 | 52.1 | 60 | | | | |
| Daily | 4.3 | 0.9 | 2.8 | 6.5 | 4.1 | 0.8 | 2.8 | 6.1 | | | | |
| Sport (N=5,239) | | | | | | | | | | | | |
| Less than weekly | 42.5 | 2.3 | 38 | 47.1 | 44.5 | 2 | 40.6 | 48.5 | | | | |
| Weekly | 55.1 | 2.3 | 50.5 | 59.6 | 51.5 | 2.1 | 47.5 | 55.6 | | | | |
| Daily | 2.5 | 0.7 | 1.5 | 4.1 | 3.9 | 1 | 2.4 | 6.5 | | | | |
| Recreational activities (N=5,268) | | | | | | | | | | | | |
| Less than weekly | 70.4 | 2.1 | 66.1 | 74.3 | 69.5 | 1.9 | 65.7 | 73 | | | | |
| Weekly | 26.5 | 2 | 22.7 | 30.6 | 28 | 1.8 | 24.6 | 31.7 | | | | |
| Daily | 3.1 | 0.8 | 1.9 | 5.3 | 2.5 | 0.6 | 1.6 | 4 | | | | |
| Active play (N=5,273) | | | | | | | | | | | | |
| Less than weekly | 29.6 | 2.1 | 25.6 | 33.9 | 29.3 | 1.9 | 25.7 | 33.1 | | | | |
| Weekly | 70.2 | 2.1 | 65.9 | 74.1 | 70.6 | 1.9 | 66.7 | 74.1 | | | | |
| Daily | 0.3 | 0.1 | 0.1 | 0.7 | 0.2 | 0.1 | 0.1 | 0.4 | | | | |

| Daily, Weekly or Less than weekly physical activity participation during the past 12 months | North Coast | | | | South Coast | | | | | | | |
|---|-------------|-----|------|------|-------------|-----|------|------|--|--|--|--|
| | % | SE | LCL | UCL | % | SE | LCL | UCL | | | | |
| Chores or work involving physical activity (N=5,273) | | | | | | | | | | | | |
| Less than weekly | 35.3 | 2.2 | 31.1 | 39.8 | 35.4 | 1.9 | 31.8 | 39.2 | | | | |
| Weekly | 64.5 | 2.2 | 60 | 68.7 | 64.2 | 1.9 | 60.5 | 67.9 | | | | |
| Daily | 0.2 | 0.1 | 0.1 | 0.6 | 0.3 | 0.3 | 0.1 | 1.9 | | | | |

Question: How often did (Child) participate in (ACTIVITY) during the past 12 months? (Base: All parents/carers with a child aged 5 to 17 years – Children not participating are included in this analysis to generate a population wide estimate for frequency of participation) (Though children participating who did more than 12 activities may have their data excluded from the analysis, if that activity was not randomly selected for frequency data) (as a maximum of 12 activities were rate