

Section 5 – Location, average session time and distance travelled by Queensland children for the top three most frequent physical activities



Participation in Active play

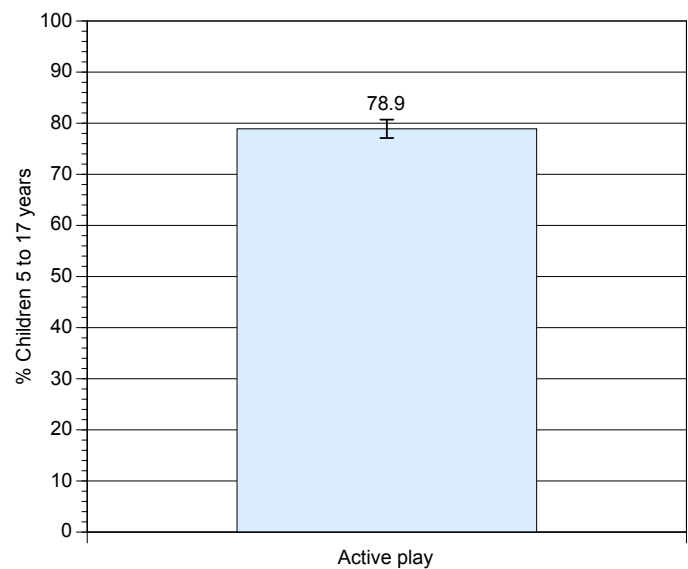
Overall participation in Active play

Active play has been found to be associated with a high proportion of children’s overall physical activity. In particular, a study of 747 children aged 10 to 11 years in the UK (Brockman et al, 2010) found that Active play five days per week was strongly associated with mean daily activity levels. Recent data on children’s active play or free time physical activity is also available from a Queensland study of 2296 children by Clemens and Lincoln (2018). Using a parent/carer report methodology in a telephone survey, study findings showed that the largest percentage of children’s physical activity came from activities completed in the school environment (33%) and in the child’s free time (42%).

Tremblay et al (2014) also notes that active play is a domain of physical activity that has received relatively scant attention in research literature and only five out of fifteen countries producing a physical activity report card for children have included active play as an indicator. Together, such results highlight that physical activity through means other than sport – including through active play – has potential to contribute to a significant proportion of children’s total physical activity.

Overall participation of children 5 to 17 years in Active play is in Figure 27 and Table 27. Results showed that 78.9% of children aged 5 to 17 years participated in Active play during the past 12 months.

Figure 27. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years – Overall results for Active play (N=5273, December 2018–April 2019)



Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Table 27. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years – Overall results for Active play (N=5273, December 2018–April 2019)

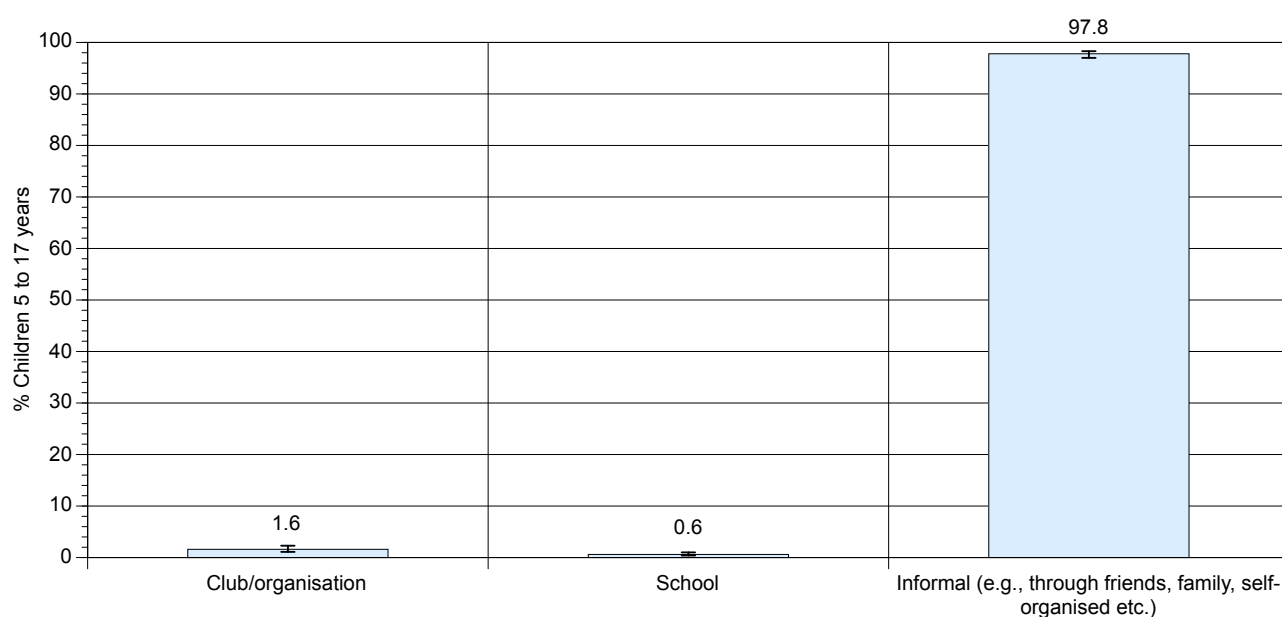
Activities	%	SE	LCL	UCL
Active play	78.9	0.9	77.1	80.7

Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Location of Active play

The location of Active play undertaken by children, as reported by parents and carers, is in Figure 28 and Table 28. Active play was largely undertaken as an informal activity by children 5 to 17 years (97.8%), followed by play at a club or organisation (1.6%) and play at school (0.6%).

Figure 28. Location where activities were undertaken for only the child's top three activities – Overall results for Active play (N=3506, December 2018–April 2019)



Question: Was it undertaken through a club, organisation or school, or was it just informal? DO NOT READ
(Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Table 28. Location where activity was undertaken for only the child's top three activities – Overall results for Active play (N=3506, December 2018–April 2019)

Location where Active play was undertaken	%	SE	LCL	UCL
Club/organisation	1.6	0.3	1.1	2.3
School	0.6	0.1	0.4	1
Informal (e.g., through friends, family, self-organised etc.)	97.8	0.3	97	98.3

*Question: Was it undertaken through a club, organisation or school, or was it just informal?
(Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities) DO NOT READ*

Distance travelled for Active play

The distance children were reported to travel (one way) to get to Active play activities is in Table 29. Parents and carers reported that children travelled an average of 0.6 kilometres one way to participate in Active play.

Table 29. Distance travelled one way for only the child's top three activities – Overall results for Active play (N=3506, December 2018–April 2019)

Kilometres that the child travelled one way to the activity	Mean km	SE	LCL	UCL
Active play	0.6	0.1	0.4	0.7

*Question: How many kilometres did (Child) have to travel to the activity – one way only?
(WRITE 0 if no travel required) (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)*

Average session length for Active play

The average time in minutes that children were reported to spend on Active play activities is in Table 30. Parents and carers reported that children spent around 68.7 minutes on each session of Active play.

Table 30. Average session length for Active play where it was reported in the child's top three activities – Overall results for Active play (N=3506, December 2018–April 2019)

Minutes per session	Mean	SE	LCL	UCL
Active play	68.7	1.0	66.6	70.7

*Question: In relation to the activity, how many minutes per session did (Child) do the activity on average? (e.g., twice per week for 60 minutes > write 60 minutes)
(Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)*

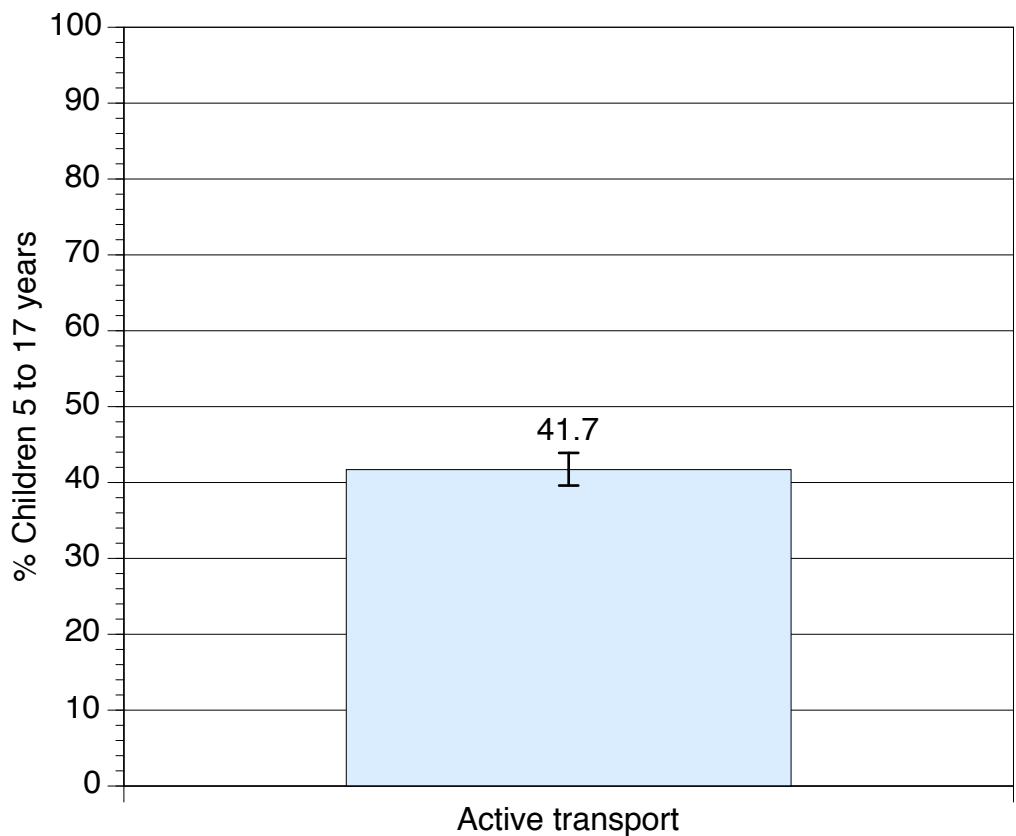
Participation in Active transport

Overall participation in Active transport

While Active play contributes to children’s general energy expenditure, Active transport to and from school also presents a further opportunity for energy expenditure and physical activity by children. In spite of many children being able to walk, ride or scooter to school, Active Healthy Kids Australia (2015) reports that only half of Australia’s children and young people use Active transport at least once per week to travel to and/or from school. Current participation was found to be around 18 minutes per day on average for Active transport for children 5–17 years.

Participation of children 5 to 17 years in Active transport is in Figure 29, with detailed types of Active transport activities in Table 31. Results showed that 41.7% of children aged 5 to 17 years participated in Active transport activities during the past 12 months. Of all types of Active transport, Walking for active transport was the highest participation activity (33.1%), followed by Cycling/bike riding for active transport (10.3%) (note that this excludes general walking for exercise).

Figure 29. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years – Overall results for Active transport (N=5273, December 2018–April 2019)



Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Table 31. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years – Overall results for Active transport (N=5273, December 2018–April 2019)

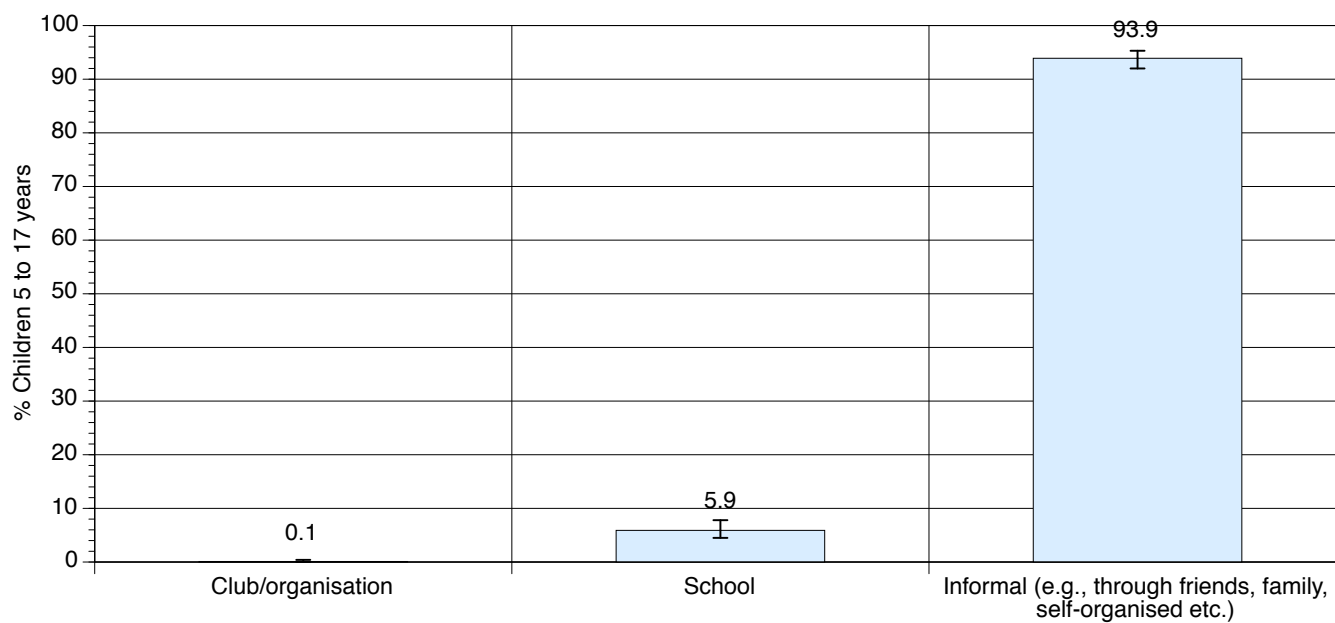
Activities	%	SE	LCL	UCL
Walking – active transport (e.g., to school, shops)	33.1	1	31.1	35.2
Cycling/bike riding – active transport (e.g., to school)	10.3	0.6	9.1	11.7
Scooter riding – active transport (e.g., to school, shops)	2.9	0.3	2.3	3.6
Running/jogging – active transport (e.g., to school, shops)	0.3	0.1	0.2	0.6
Skateboarding – active transport (e.g., to school, shops)	0.2	0.1	0.1	0.4
Active transport (all activities)	41.7	1.1	39.6	43.9

Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Location of Active transport

The location of Active transport activities undertaken by children, as reported by parents and carers, is in Figure 30. While it is not surprising to see that the highest participation type of Active transport was through informal means (93.9%), it is noteworthy that 5.9% of children also took part through a school and 0.1% through a club or organisation.

Figure 30. Location where activities was undertaken for only the child's top three activities – Overall results for Active transport (N=1532, December 2018–April 2019)



Question: Was it undertaken through a club, organisation or school, or was it just informal?
DO NOT READ (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Table 32. Location where activities were undertaken for only the child's top three activities – Overall results for Active transport (N=1532, December 2018–April 2019)

Location where Active transport was undertaken	%	SE	LCL	UCL
Club/organisation	0.1	0.1	0	0.4
School	5.9	0.8	4.5	7.8
Informal (e.g., through friends, family, self-organised etc.)	93.9	0.8	92	95.3

Question: Was it undertaken through a club, organisation or school, or was it just informal?
DO NOT READ (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Distance travelled for Active transport

The distance children were reported to travel (one way) for Active transport activities is in Table 33. Parents and carers reported that children travelled an average of 1.6 kilometres one way.

Table 33. Distance travelled one way for only the child's top three activities – Overall results for Active transport (N=1532, December 2018–April 2019)

Kilometres that the child travelled one way to the activity	Mean km	SE	LCL	UCL
Active transport	1.6	0.6	0.5	2.7

Question: How many kilometres did (Child) have to travel to the activity – one way only? (WRITE 0 if no travel required) (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Average session length for Active transport

The average time in minutes that children were reported to spend on Active transport activities is in Table 34. Parents and carers reported that children spent around 20.5 minutes on Active transport activities. This is interestingly quite similar to the finding of Active Healthy Kids Australia (2015), which found an average session length of around 18 minutes per day.

Table 34. Average session length for activity where it was reported in the child's top three activities – Overall results for Active transport (N=1532, December 2018–April 2019)

Minutes per session	Mean	SE	LCL	UCL
Active transport	20.5	0.4	19.7	21.4

Question: In relation to the activity, how many minutes per session did (Child) do the activity on average? (e.g., twice per week for 60 minutes > write 60 minutes) (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

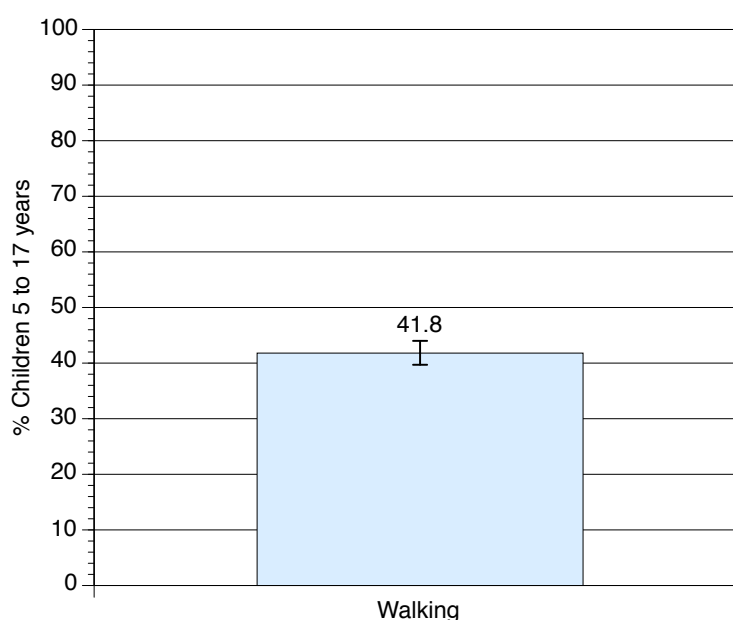
Participation in Walking

Overall participation in Walking

Participation of children 5 to 17 years in Walking is in Figure 31, with detailed types of walking activities in Table 35. It should be noted that the major category of Walking did not include walking undertaken for Active transport (refer previous section).

Results showed that 41.8% of children aged 5 to 17 years participated in Walking activities during the past 12 months. Of all types of Walking activities (excluding active transport related walking), Walking the dog was the highest participation activity (20.3%), closely followed by Walking – general exercise (19.3%). Bush walking / hiking was also quite popular with 8.6% of children also taking part in this activity.

Figure 31. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years – Overall results for Walking (N=5273, December 2018–April 2019)



Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Table 35. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years – Overall results for Walking (N=5273, December 2018–April 2019)

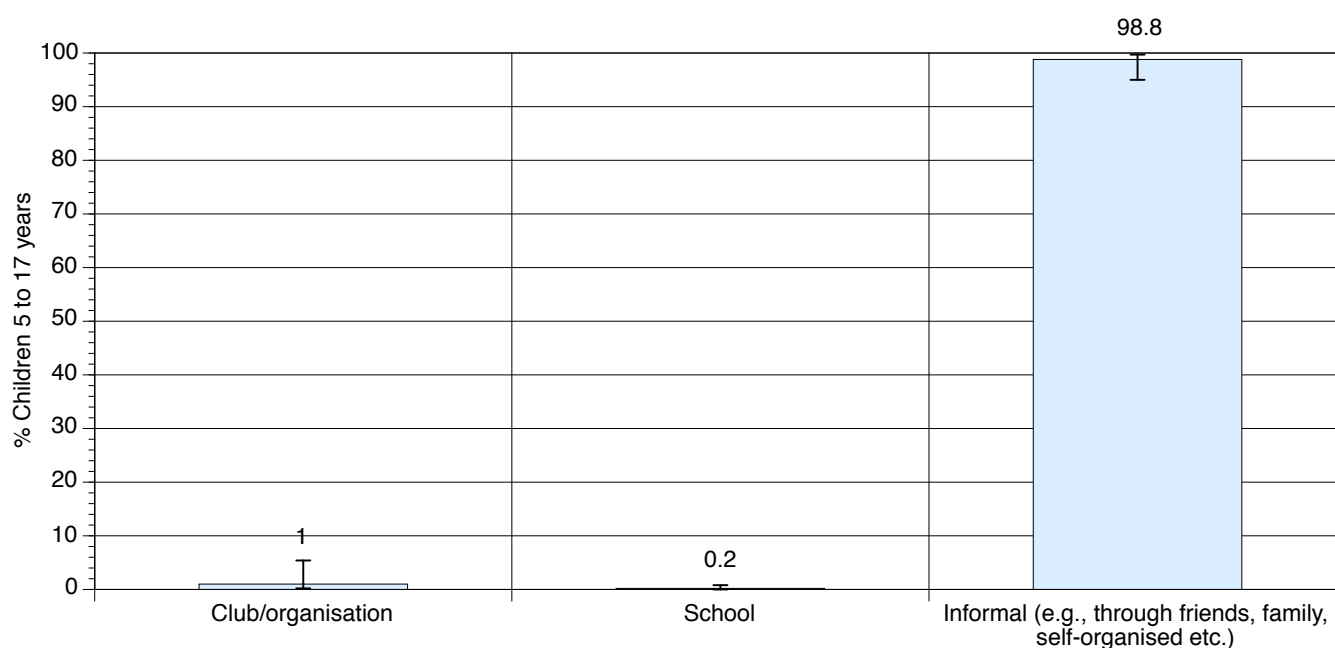
Activities	%	SE	LCL	UCL
Walking – dog	20.3	0.9	18.6	22.1
Walking – general exercise (exclude Active transport to get somewhere)	19.3	0.9	17.7	21.1
Walking – bush walking / hiking	8.6	0.6	7.5	9.9
Walking (all activities)	41.8	1.1	39.7	44

Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Location of Walking

The location of Walking activities undertaken by children, as reported by parents and carers, is in Figure 32 and Table 36. Unsurprisingly, most walking activities were reported to be undertaken informally (98.8%). However, also of interest is that 1% were undertaken as part of a club/organisation and 0.2% were undertaken via school.

Figure 32. Location where activities were undertaken for only the child's top three activities – Overall results for Walking (N=971, December 2018–April 2019)



Question: Was it undertaken through a club, organisation or school, or was it just informal?

DO NOT READ (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Table 36. Location where activities were undertaken for only the child's top three activities – Overall results for Walking (N=971, December 2018–April 2019)

Location where Walking was undertaken	%	SE	LCL	UCL
Club/organisation	1	0.9	0.2	5.4
School	0.2	0.1	0	0.8
Informal (e.g., through friends, family, self-organised etc.)	98.8	0.9	95	99.7

Question: Was it undertaken through a club, organisation or school, or was it just informal?

DO NOT READ (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Distance travelled for Walking

The distance children were reported to travel (one way) for Walking activities is in Table 37. Parents and carers reported that children travelled an average of 1.7 kilometres one way.

Table 37. Distance travelled one way for only the child's top three activities – Overall results for Walking (N=971, December 2018–April 2019)

Kilometres that the child travelled one way to the activity	Mean km	SE	LCL	UCL
Walking	1.7	0.2	1.3	2.2

Question: How many kilometres did (Child) have to travel to the activity – one way only? (WRITE 0 if no travel required) (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Average session length for Walking

The average time in minutes that children were reported to spend on Walking activities is in Table 38. Parents and carers reported that children spent around 41.7 minutes on Walking activities.

Table 38. Average session length for activity where it was reported in the child's top three activities – Overall results for Walking (N=971, December 2018–April 2019)

Minutes per session	Mean minutes	SE	LCL	UCL
Walking	41.7	1.4	39	44.4

Question: In relation to the activity, how many minutes per session did (Child) do the activity on average? (e.g., twice per week for 60 minutes > write 60 minutes) (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

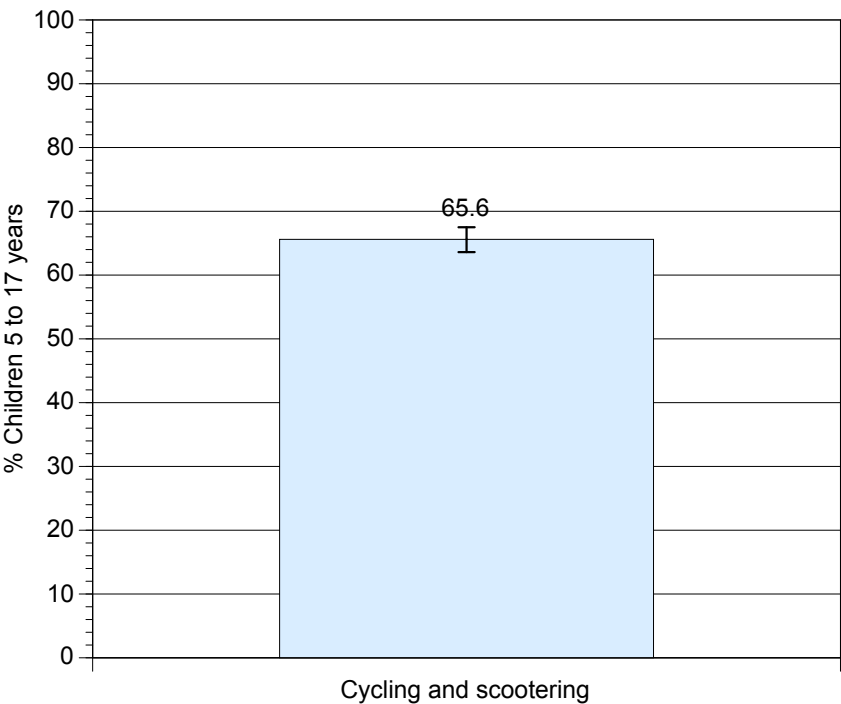
Participation in Cycling and scooting

Overall participation in Cycling and scooting

Participation of children 5 to 17 years in Cycling and scooting is in Figure 33, with detailed types of Cycling and scooting activities in Table 39. It should be noted that once again that cycling and scooting for active transport was excluded from the analysis.

Results showed that 65.6% of children aged 5 to 17 years participated in Cycling and scooting activities during the past 12 months. Of all types of Cycling and scooting activities, the top three highest participation activities were Cycling/bike riding – footpath/open spaces (not on road) (35.2%), Scooter riding – general (31.7%) and Cycling/bike riding – BMX (general riding) (14.6%).

Figure 33. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years – Overall results for Cycling and scooting (N=5273, December 2018–April 2019)



Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Table 39. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years – Overall results for Cycling/scooter (N=5273, December 2018–April 2019)

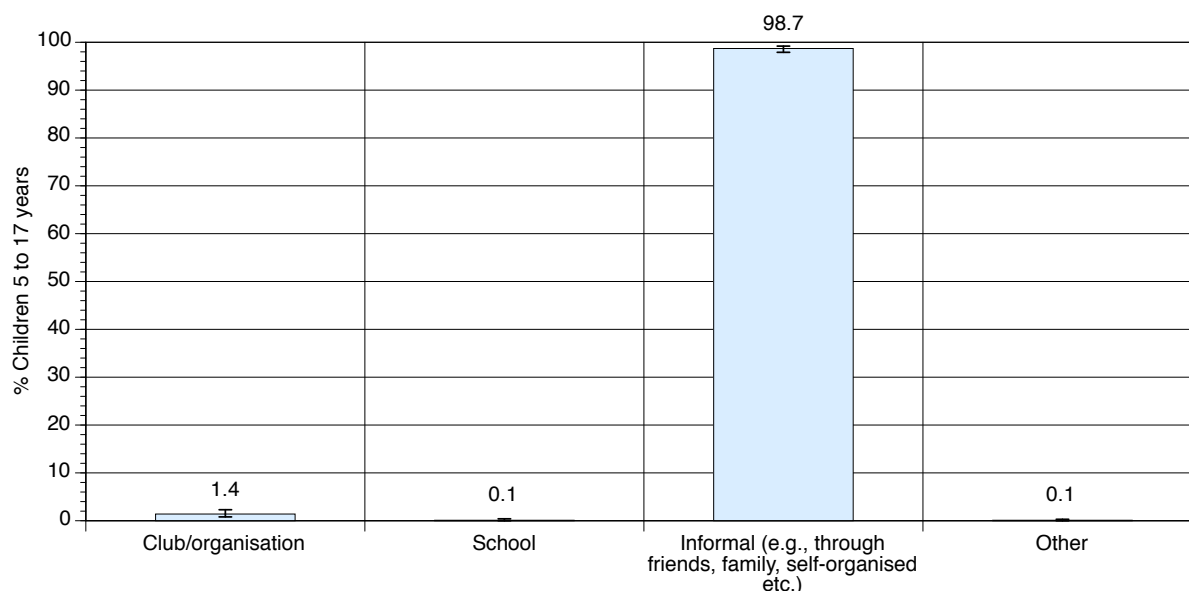
Activities	%	SE	LCL	UCL
Cycling/bike riding – footpath/open spaces (not on road)	35.2	1.1	33.1	37.3
Scooter riding – general	31.7	1.0	29.7	33.8
Cycling/bike riding – BMX (general riding)	14.6	0.8	13.2	16.2
Cycling/bike riding – mountain biking/on trails	4.9	0.5	3.9	6.1
Cycling/bike riding – on-road	3.3	0.3	2.7	4.1
Cycling/bike riding – BMX at skate park	2.4	0.4	1.7	3.3
Cycling/bike riding – track or velodrome cycling	0.4	0.2	0.2	1.2
Cycling/bike riding – BMX freestyle	0.2	0.1	0.1	0.4
Cycling/scooter (all activities)	65.6	1.0	63.6	67.5

Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Location of Cycling and scooting

The location of Cycling and scooting activities undertaken by children, as reported by parents and carers, is in Figure 34 and Table 40. Cycling and scooting activities had the highest participation through informal channels (98.7%). In addition, it is noteworthy that 1.4% participated in Cycling and scooting through a club/organisation and 0.1% through school or another channel.

Figure 34. Location where activities were undertaken for only the child's top three activities – Overall results for Cycling and scooting (N=1631, December 2018–April 2019)



Question: Was it undertaken through a club, organisation or school, or was it just informal?
DO NOT READ (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Table 40. Location where activities were undertaken for only the child's top three activities – Overall results for Cycling and scooting (N=1631, December 2018–April 2019)

Location where Cycling and scooting was undertaken	%	SE	LCL	UCL
Club/organisation	1.4	0.4	0.8	2.3
School	0.1	0.1	0	0.4
Informal (e.g., through friends, family, self-organised etc.)	98.7	0.3	97.9	99.2
Other	0.1	0.1	0	0.3

Question: Was it undertaken through a club, organisation or school, or was it just informal?
DO NOT READ (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Distance travelled for Cycling and scooting

The distance children were reported to travel (one way) for Cycling and scooting activities is in Table 41. Parents and carers reported that children travelled an average of 1.2 kilometres one way.

Table 41. Distance travelled one way for only the child's top three activities – Overall results for Cycling and scooting (N=1631, December 2018–April 2019)

Kilometres that the child travelled one way to the activity	Mean km	SE	LCL	UCL
Cycling and scooting	1.2	0.1	0.9	1.4

Question: How many kilometres did (Child) have to travel to the activity – one way only? (WRITE 0 if no travel required) (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Average session length for Cycling and scooting

The average time in minutes that children were reported to spend on Cycling and scooting activities is in Table 42. Parents and carers reported that children spent around 44.6 minutes on Cycling and scooting activities.

Table 42. Average session length for activity where it was reported in the child's top three activities – Overall results for Cycling and scooting (N=1631, December 2018–April 2019)

Minutes per session	Mean minutes	SE	LCL	UCL
Cycling and scooting	44.6	2.1	40.5	48.8

Question: In relation to the activity, how many minutes per session did (Child) do the activity on average? (e.g., twice per week for 60 minutes > write 60 minutes) (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

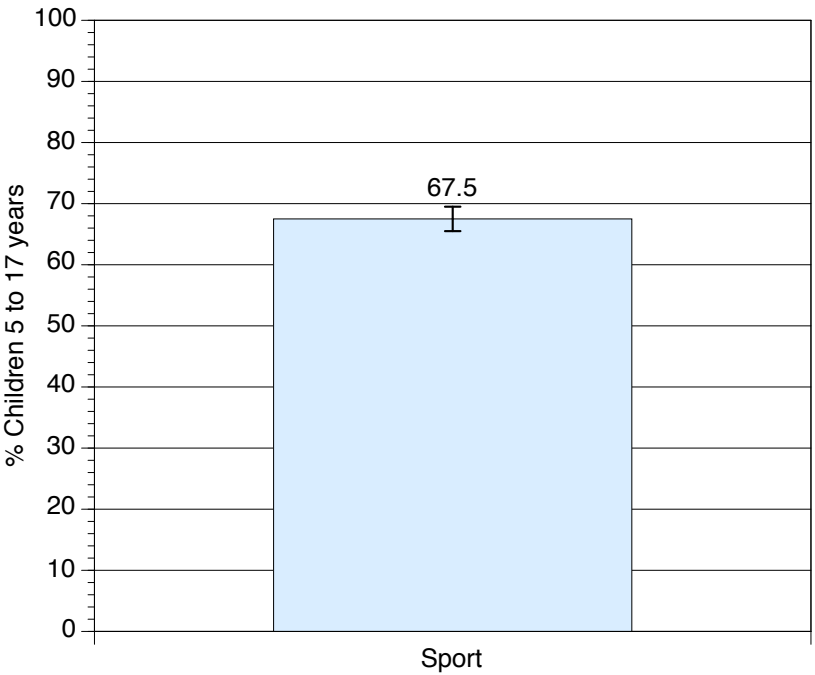
Participation in Sport

Overall participation in Sport

Participation of children 5 to 17 years in Sport is in Figure 35, with detailed types of sporting activities in Figure 35 and Table 43. This data includes only the top 20 sporting activities. Results showed that 67.5% of children aged 5 to 17 years participated in Sport during the past 12 months.

Of all types of sporting activities, the highest participation sports were Football/soccer – outdoor (SOCCER) (17.4%), Netball – outdoor netball (8.1%), Basketball - other (exclude Aussie Hoops) (7.8%), Rugby league (7.7%) and Cricket – outdoor (7.3%).

Figure 35. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years – Overall results for Sport (N=5273, December 2018–April 2019)



Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Table 43. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years – Overall results for Sport based on the top 20 activities only (N=5273, December 2018–April 2019)

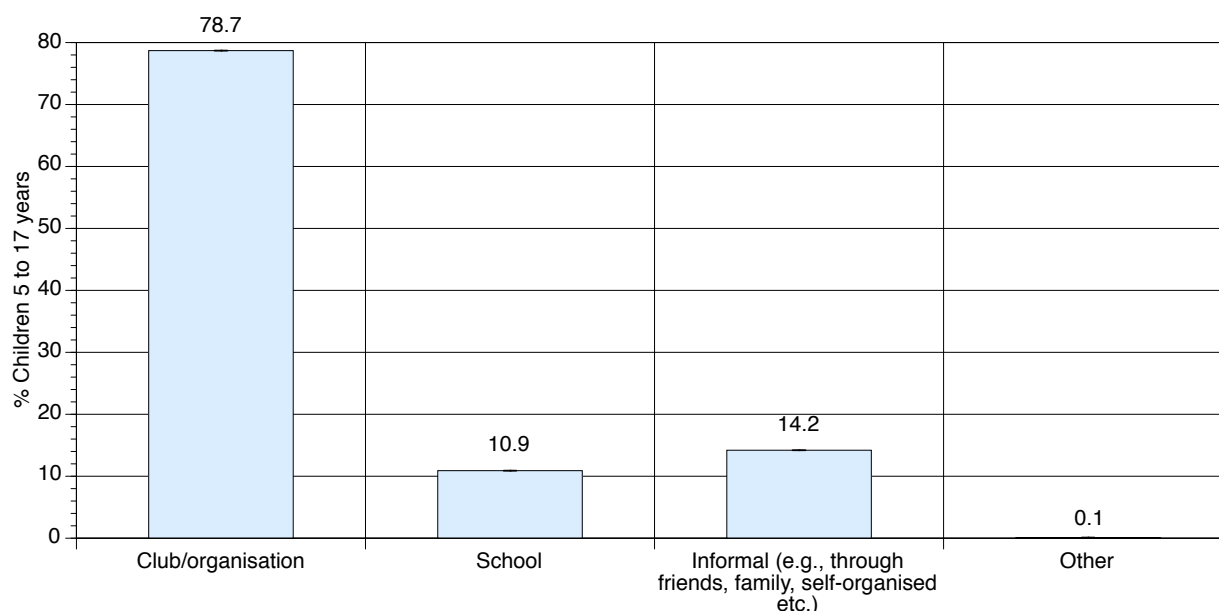
Activities	%	SE	LCL	UCL
Football/soccer – outdoor (SOCCER)	17.4	0.9	15.7	19.2
Netball – outdoor netball	8.1	0.6	7.1	9.3
Basketball – other (exclude Aussie Hoops)	7.8	0.6	6.7	9.1
Rugby league	7.7	0.6	6.6	8.9
Cricket – outdoor	7.3	0.6	6.1	8.6
Tennis – general (e.g., doubles, singles, practice tennis)	7.0	0.5	6.1	8.1
Football – touch football	6.2	0.6	5.2	7.4
Gymnastics – aerobic	5.4	0.4	4.7	6.3
Football – AFL / Aussie Rules	4.2	0.4	3.5	5.0
Rugby union	3.1	0.4	2.4	3.9
Athletics – track and field (general)	2.8	0.3	2.2	3.6
Gymnastics – trampolining (exclude backyard)	2.7	0.4	2.1	3.6
Athletics – Little Athletics	2.2	0.3	1.7	2.7
Martial arts – Taekwondo	2.2	0.3	1.7	2.9
Hockey – outdoor	2.1	0.3	1.6	2.7
Surf life saving sports - Nippers	2.1	0.4	1.5	3.1
Football/soccer – indoor (SOCCER)	2.0	0.3	1.6	2.6
Volleyball – general	1.8	0.3	1.3	2.5
Netball - indoor netball	1.8	0.4	1.2	2.7
Football - Oztag football	1.7	0.4	1.1	2.5
Sports (all activities – not just the top 20 sports)	67.5	1.0	65.5	69.5

Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Location of Sport

The location of Sports undertaken by children, as reported by parents and carers, is in Figure 36 and Table 44. The highest participation channel for Sport was through clubs or organisations (78.7%), followed by informal channels (14.2%) and school (10.9%).

Figure 36. Location where activities were undertaken for only the child's top three activities – Overall results for Sport (N=1641, December 2018–April 2019)



Question: Was it undertaken through a club, organisation or school, or was it just informal?
DO NOT READ (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Table 44. Location where activities were undertaken for only the child's top three activities – Overall results for Sport (N=1641, December 2018–April 2019)

Location where Sport was undertaken	%	SE	LCL	UCL
Club/organisation	78.7	0.0	78.7	78.7
School	10.9	0.0	10.9	10.9
Informal (e.g., through friends, family, self-organised etc.)	14.2	0.0	14.2	14.2
Other	0.1	0.0	0.1	0.1

Question: Was it undertaken through a club, organisation or school, or was it just informal?
DO NOT READ (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Distance travelled for Sport

The distance children were reported to travel (one way) for Sport is in Table 45. Parents and carers reported that children travelled an average of 15.5 kilometres one way to participate in Sport.

Table 45. Distance travelled one way for only the child's top three activities – Overall results for Sport (N=1641, December 2018–April 2019)

Kilometres that the child travelled one way to the activity	Mean km	SE	LCL	UCL
Sport	15.5	1.2	13.2	17.9

Question: How many kilometres did (Child) have to travel to the activity – one way only? (WRITE 0 if no travel required) (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Average session length for Sport

The average time in minutes that children were reported to spend on Sport is in Table 46. Parents and carers reported that children spent around 79.1 minutes on sporting activities.

Table 46. Average session length for activity where it was reported in the child's top three activities – Overall results for Sport (N=1641, December 2018–April 2019)

Minutes per session	Mean minutes	SE	LCL	UCL
Sport	79.1	1.4	76.4	81.8

Question: In relation to the activity, how many minutes per session did (Child) do the activity on average? (e.g., twice per week for 60 minutes > write 60 minutes) (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Participation in General exercise and fitness

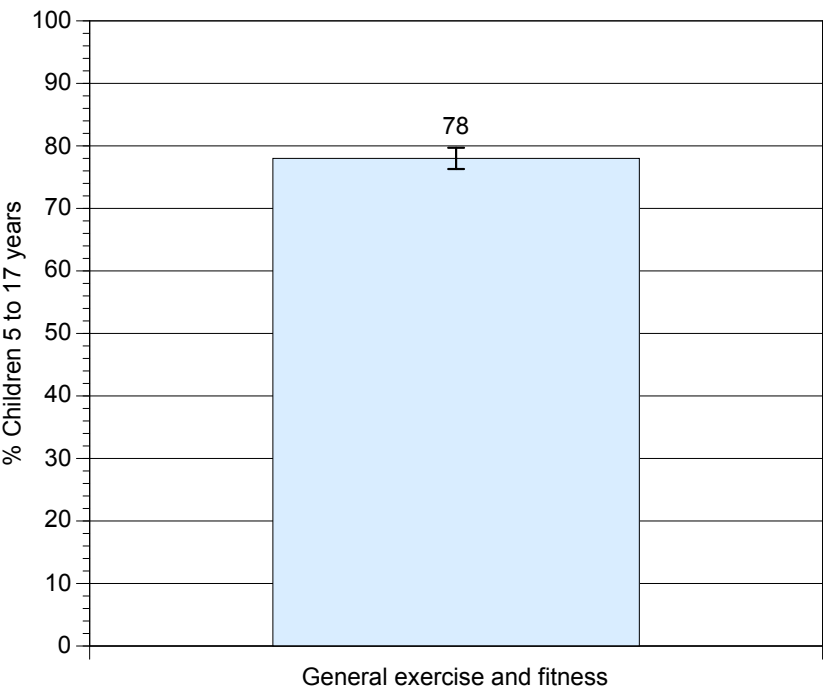
Overall participation in General exercise and fitness

Participation of children 5 to 17 years in General exercise and fitness is in Figure 37, with detailed types of activities in Table 47. Only the top 20 highest participation activities are presented.

Results showed that 78% of children aged 5 to 17 years participated in General exercise and fitness activities during the past 12 months. Of all types of General exercise and fitness activities, swimming, running and gym had the highest participation.

The top five activities were Swimming – leisure (not laps) (54.6%), Swimming – laps/sprints for fitness (24.9%), Running/jogging – outdoor general (9.6%), Running/jogging – Parkrun (3.8%), and Running/jogging – cross country (3.5%). Of all the gym activities that followed, Gym – cardio exercising (exclude fitness classes) (e.g., Treadmill, Cross trainer) (4.1%) had the highest participation, followed by Gym – free weights exercising (exclude fitness classes) (e.g., dumbbells) (2.9%).

Figure 37. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years – Overall results for General exercise and fitness (N=5273, December 2018–April 2019)



Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Table 47. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years –
Overall results for General exercise and fitness (N=5273, December 2018–April 2019)

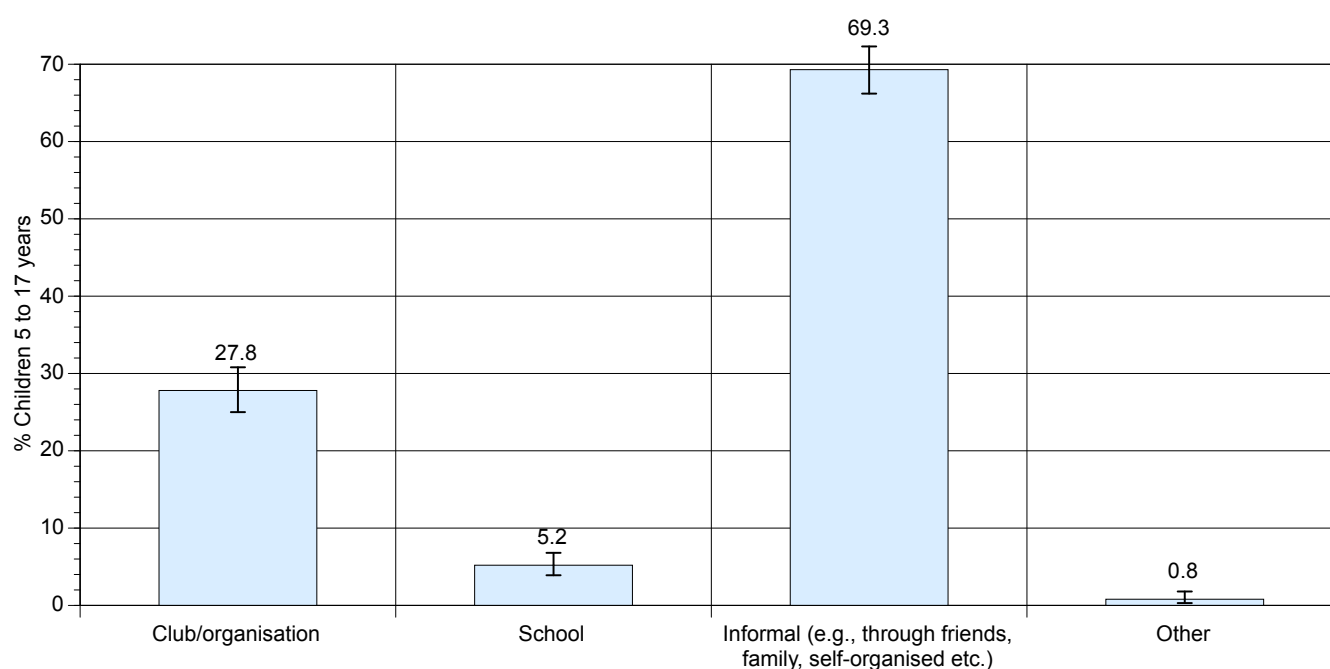
Activities	%	SE	LCL	UCL
Swimming – leisure (not laps)	54.6	1.1	52.5	56.7
Swimming – laps/sprints for fitness	24.9	1.0	23.1	26.8
Running/jogging – outdoor general	9.6	0.7	8.4	11
Gym – cardio exercising (exclude fitness classes) (e.g., treadmill, cross trainer)	4.1	0.5	3.3	5.1
Running/jogging – Parkrun	3.8	0.4	3.1	4.6
Running/jogging – cross country	3.5	0.4	2.9	4.3
Gym – free weights exercising (exclude fitness classes) (e.g., dumbbells)	2.9	0.3	2.3	3.6
Fitness classes – boxing or boxercise (non-contact – fitness only)	1.4	0.3	0.9	2.2
Gym – weight machine exercising (exclude fitness classes)	1.1	0.2	0.8	1.5
Exercise at home – cardio (including exercise bikes, treadmill, dancing)	1.0	0.4	0.5	2
Exercise at home – strength/core/weight training/pilates/yoga	0.5	0.1	0.3	0.9
Gym – weight training for body building / body sculpting (exclude fitness classes)	0.5	0.2	0.3	1
Boot camp – outdoor	0.5	0.2	0.2	0.9
Running/jogging – trail or bush (excluding cross-country)	0.4	0.1	0.3	0.7
Crossfit	0.4	0.1	0.2	0.6
Fitness classes – martial arts/boxing/kick boxing/muay thai/MMA	0.3	0.1	0.2	0.6
Running/jogging – treadmill at home (exclude gym)	0.3	0.1	0.2	0.7
Fitness classes – circuit training (e.g. F45, circuit class, mix of weights/cardio)	0.3	0.1	0.2	0.6
Walking – water walking/exercise	0.3	0.1	0.1	0.5
Fitness classes – other	0.3	0.1	0.2	0.6
General exercise and fitness (all activities)	78	0.9	76.3	79.7

Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Location of General exercise and fitness activities

The location of General exercise and fitness activities undertaken by children, as reported by parents and carers, is in Figure 38 and Table 48. General exercise and fitness was undertaken largely through informal channels (69.3%), followed by clubs/organisations (27.8%) and through school (5.2%).

Figure 38. Location where activities were undertaken for only the child's top three activities – Overall results for General exercise and fitness (N=1962, December 2018–April 2019)



Question: Was it undertaken through a club, organisation or school, or was it just informal?
DO NOT READ (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Table 48. Location where activities were undertaken for only the child's top three activities – Overall results for General exercise and fitness (N=1962, December 2018–April 2019)

Location where General exercise and fitness activities were undertaken	%	SE	LCL	UCL
Club/organisation	27.8	1.5	25	30.8
School	5.2	0.7	3.9	6.8
Informal (e.g., through friends, family, self-organised etc.)	69.3	1.5	66.2	72.3
Other	0.8	0.3	0.3	1.8

Question: Was it undertaken through a club, organisation or school, or was it just informal?
DO NOT READ (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Distance travelled for General exercise and fitness

The distance children were reported to travel (one way) for General exercise and fitness activities is in Table 49. Parents and carers reported that children travelled an average of 5.0 kilometres one way.

Table 49. Distance travelled one way for only the child's top three activities – Overall results for General exercise and fitness (N=1962, December 2018–April 2019)

Kilometres that the child travelled one way to the activity	Mean km	SE	LCL	UCL
General exercise and fitness	5.0	0.4	4.2	5.7

Question: How many kilometres did (Child) have to travel to the activity – one way only? (WRITE 0 if no travel required) (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Average session length for General exercise and fitness

The average time in minutes that children were reported to spend on General exercise and fitness activities is in Table 50. Parents and carers reported that children spent around 59.4 minutes on General exercise and fitness activities.

Table 50. Average session length for activity where it was reported in the child's top three activities – Overall results for General exercise and fitness (N=1962, December 2018–April 2019)

Minutes per session	Mean minutes	SE	LCL	UCL
General exercise and fitness	59.4	1.0	57.5	61.4

Question: In relation to the activity, how many minutes per session did (Child) do the activity on average? (e.g., twice per week for 60 minutes > write 60 minutes) (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

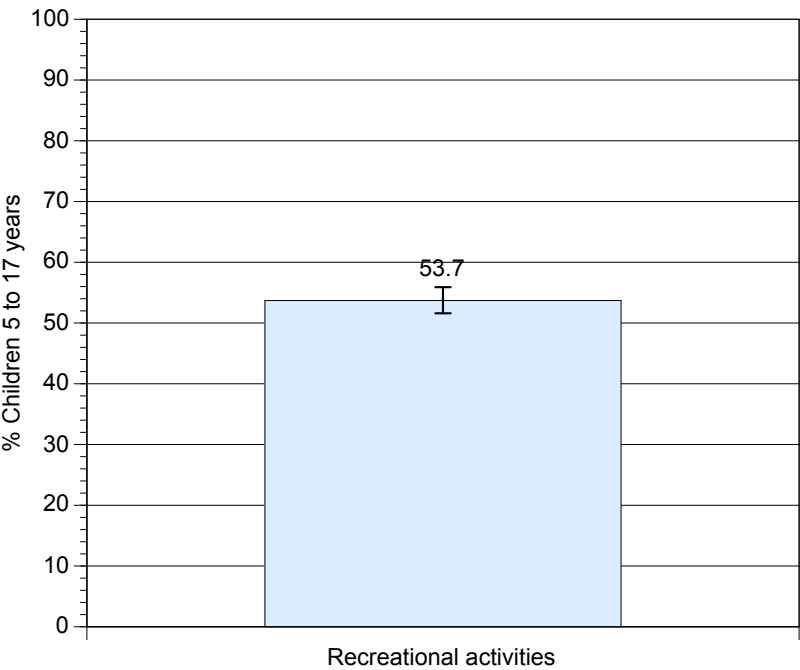
Participation in Recreational activities

Overall participation in Recreational activities

Participation of children 5 to 17 years in Recreational activities is in Figure 39, with detailed types of activities in Table 51. Only the top 20 highest participation activities are presented. Results showed that 53.7% of children aged 5 to 17 years participated in Recreational activities.

The top five Recreational activities were Fishing – recreational angling/fishing (6.6%), Horses – horse riding /trail riding / Pony Club (non–equestrian) (6.2%), Ice/snow sports – skiing, snowboarding, ice skating (excluding ice hockey) (6.2%), Dancing – jazz dancing (5.3%) and Skateboarding – general (5.0%).

Figure 39. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years – Overall results for Recreational activities (N=5273, December 2018–April 2019)



Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Table 51. Participation in physical activities for sport, exercise or recreation outside school hours during the past 12 months for Queensland children aged 5–17 years – Overall results for Recreational activities (N=5273, December 2018–April 2019)

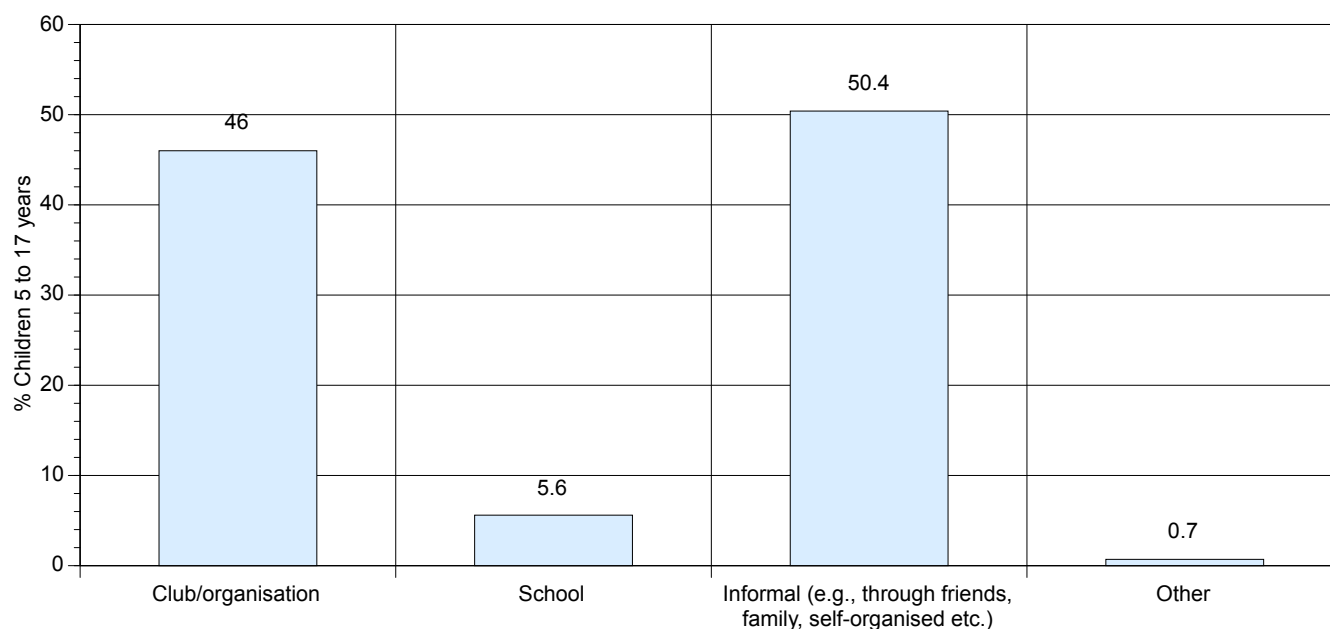
Activities	%	SE	LCL	UCL
Fishing – recreational angling/fishing	6.6	0.5	5.7	7.6
Horses – horse riding /trail riding / Pony Club (non–equestrian)	6.2	0.5	5.2	7.3
Ice/snow sports – skiing, snowboarding, ice skating (excluding ice hockey)	6.2	0.6	5.2	7.4
Dancing – jazz dancing	5.3	0.5	4.4	6.4
Skateboarding – general	5.0	0.5	4.2	6
Dancing – ballet	4.2	0.4	3.6	5
Kayaking / canoeing / paddling (exclude rafting, stand up paddleboard)	4.0	0.4	3.3	4.8
Dancing – Hip Hop dancing	3.7	0.4	3	4.6
Martial arts – Karate	3.5	0.5	2.6	4.6
Rollerblading – outdoor	3.4	0.4	2.7	4.2
Roller skating – indoor	2.6	0.4	1.9	3.4
Motorbikes – trail biking / dirt biking / Peewee riding	2.4	0.3	1.9	3
Obstacle courses – general (exclude Tough Mudder)	2.1	0.3	1.6	2.8
Dancing – tap dancing	2	0.2	1.5	2.5
Waterskiing	2	0.3	1.5	2.6
Dancing (other specify)	1.9	0.3	1.4	2.5
Dancing – Modern dancing (exclude fitness classes)	1.7	0.3	1.2	2.2
Motorbikes – motorcycling (not on trials, but elsewhere)	1.6	0.3	1.1	2.3
Rock climbing – artificial/indoor rock climbing	1.4	0.2	1	1.9
Archery	1.3	0.2	0.9	1.8
Recreational activities (all activities)	53.7	1.1	51.6	55.9

Question: During the past 12 months, did (Child) participate in any physical activities for sport, exercise or recreation outside school hours? (Base: All parents/carers with a child aged 5 to 17 years)

Location of Recreational activities

The location of Recreational activities undertaken by children, as reported by parents and carers, is in Figure 40 and Table 52. The most common location was to undertake recreational activities informally (50.4%).

Figure 40. Location where activities were undertaken for only the child's top three activities – Overall results for Recreational activities (N=854, December 2018–April 2019)



Question: Was it undertaken through a club, organisation or school, or was it just informal?
DO NOT READ (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Table 52. Location where activities were undertaken for only the child's top three activities – Overall results for Recreational activities (N=854, December 2018–April 2019)

Location where Recreational activities were undertaken	%	SE	LCL	UCL
Club/organisation	46	0	46	46
School	5.6	0	5.6	5.6
Informal (e.g., through friends, family, self-organised etc.)	50.4	0	50.4	50.4
Other	0.7	0	0.7	0.7

Question: Was it undertaken through a club, organisation or school, or was it just informal?
DO NOT READ (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Distance travelled for Recreational activities

The distance children were reported to travel (one way) for Recreational activities is in Table 53. Parents and carers reported that children travelled an average of 17.2 kilometres one way.

Table 53. Distance travelled one way for only the child's top three activities – Overall results for Recreational activities (N=854, December 2018–April 2019)

Kilometres that the child travelled one way to the activity	Mean km	SE	LCL	UCL
Recreational activities	17.2	6.1	5.2	29.1

Question: How many kilometres did (Child) have to travel to the activity – one way only? (WRITE 0 if no travel required) (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Average session length for Recreational activities

The average time in minutes that children were reported to spend on Recreational activities is in Table 54. Parents and carers reported that children spent around 78.7 minutes on Recreational activities.

Table 54. Average session length for activity where it was reported in the child's top three activities – Overall results for Recreational activities (N=854, December 2018–April 2019)

Minutes per session	Mean minutes	SE	LCL	UCL
Recreational activities	78.7	4.8	69.1	88.2

Question: In relation to the activity, how many minutes per session did (Child) do the activity on average? (e.g., twice per week for 60 minutes > write 60 minutes) (Base: All parents/carers with a child aged 5 to 17 years reporting the activity in the top 3 most frequent activities)

Mean session length, distance travelled and location of activity for other activities with sample

For reference, detailed results for other activities (i.e., mean minutes, kilometres and location of activity) are also provided in Table 112 to Table 114 in Appendix F. This only includes results with sufficient sample sizes.