

Section 3 – Frequency of children’s participation in specific sport, exercise and recreation activities in Queensland



Overall frequency of participation in sport, exercise or recreation activities

Top 20 highest participation activities

Frequency of participation in sport, exercise or recreation activities was also measured in the survey. Parents and carers reported how often their child took part in different activities and this was converted to an annual number of times of participation each year.

This was based on only respondents reporting that their child took part in specific activities. Each parent/carers provided a frequency estimate for a maximum of 12 activities.

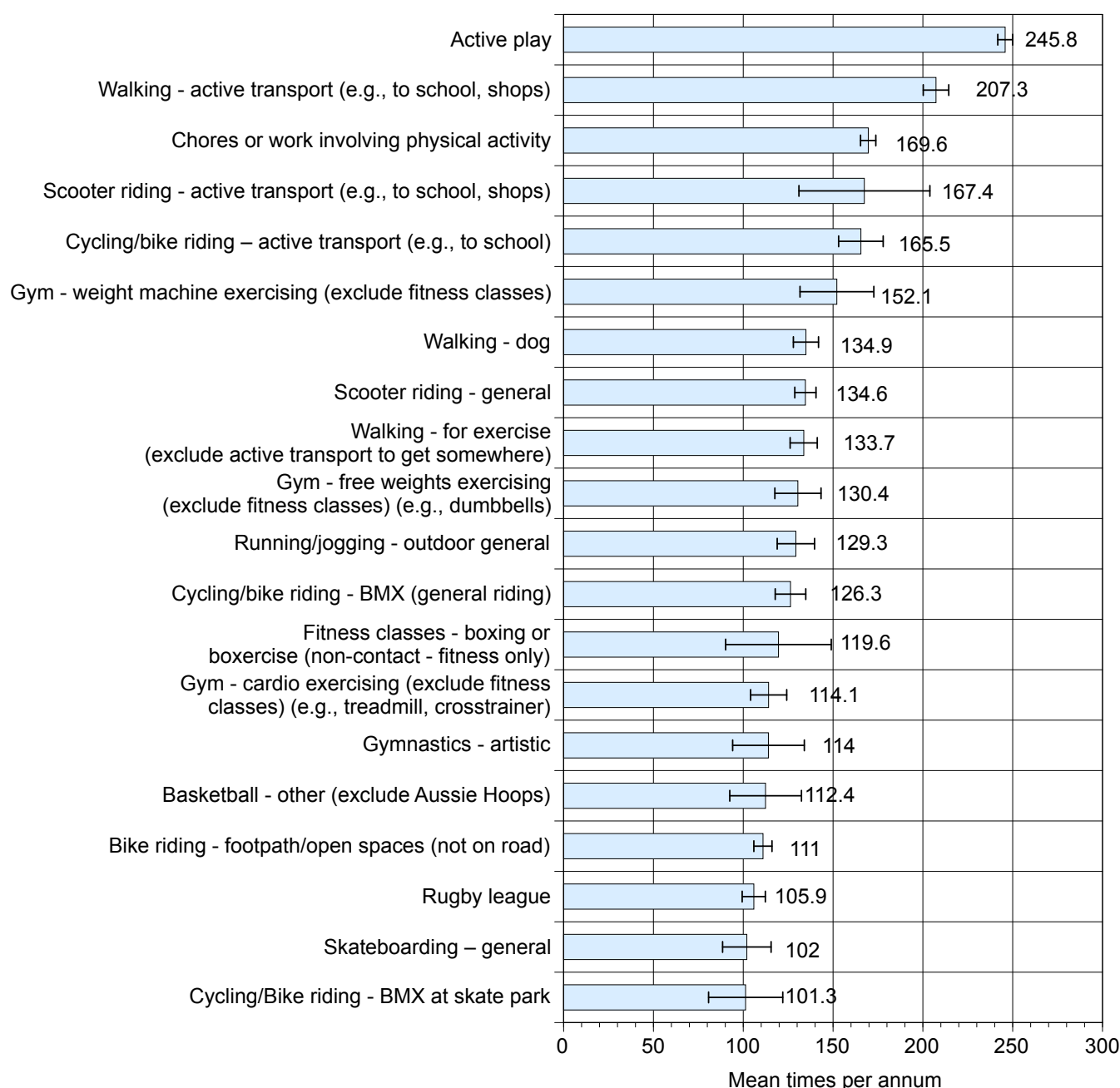
Only the top 20 most frequent activities with a cut off of N=40 respondents at a minimum are presented (although it should be noted that most had Ns well in excess of N=40). Caution should be applied to interpretation of activities with high standard errors.

The overall frequency of participation in specific sport, exercise or recreation activities is in Figure 24 and Table 19. The frequency of participation in all activities is also provided in Table 107 in Appendix F.

Findings showed that the top five activities were Active play (mean of 245.8 times per annum), Walking – active transport (207.3 times per annum), Chores or work involving physical activity (169.6 times per annum), Scooter riding – active transport (e.g., to school, shops) (167.4 times per annum) and Cycling/bike riding – active transport (e.g., to school) (165.5 times per annum).

This highlights that many of the most frequently performed physical activities of children 5 to 17 years are non-organised informal physical activities.

Figure 24. Mean frequency of participation of children 5 to 17 years in specific sport, exercise or recreation activities per annum – Overall results for the top 20 activities (Only activities with a minimum of N=40)



Question: How often did (Child) participate in (ACTIVITY) during the past 12 months?

(Base: Only parents/carers with a child aged 5 to 17 years reporting specific activities for their child). See Table 19 for N.

Frequency data was recorded for a maximum of 12 activities per parent/carer.

For all 200+ activities, refer Table 107 in Appendix F.

Note - Ns for mean frequency of activities – It should be noted that there may be a small discrepancy between Ns for percentages and Ns for some frequency means. During interviews, interviewers reported that, in discussing frequency of participation, some respondents would suddenly recall a further activity their child took part in or occasionally change their mind on a response. This was then recorded as a frequency score and placed into a validation batch of surveys to call back respondents to re-confirm any discrepancies in data. While many were resolved, some respondents were not able to be recontacted to confirm the discrepancy. As such, data is presented as recorded in the survey.

Table 19. Mean frequency of participation of children 5 to 17 years in specific sport, exercise or recreation activities per annum – Overall results for the top 20 activities (Only activities with a minimum of N=40)

Activities	N	Mean times pa	SE	LCL	UCL
Active play	4199	245.8	2.1	241.7	250
Walking – active transport (e.g., to school, shops)	1719	207.3	3.6	200.2	214.4
Chores or work involving physical activity	4162	169.6	2.2	165.3	173.8
Scooter riding – active transport (e.g., to school, shops)	168	167.4	18.4	131	203.9
Cycling/bike riding – active transport (e.g., to school)	605	165.5	6.3	153.1	177.9
Gym – weight machine exercising (exclude fitness classes)	68	152.1	10.3	131.6	172.7
Walking – dog	994	134.9	3.6	127.9	141.9
Scooter riding – general	1519	134.6	3	128.7	140.5
Walking – for exercise (exclude active transport to get somewhere)	991	133.7	3.9	126.1	141.2
Gym – free weights exercising (exclude fitness classes) (e.g., dumbbells)	153	130.4	6.5	117.6	143.3
Running/jogging – outdoor general	489	129.3	5.3	118.9	139.7
Cycling/bike riding – BMX (general riding)	749	126.3	4.3	117.8	134.8
Fitness classes – boxing or boxercise (non–contact – fitness only)	52	119.6	14.7	90.2	149
Gym – cardio exercising (exclude fitness classes) (e.g., Treadmill, Cross trainer)	196	114.1	5.1	104.1	124.2
Gymnastics – artistic	101	114	10	94.1	134
Basketball – other (exclude Aussie Hoops)	351	112.4	10.2	92.5	132.4
Cycling/bike riding – footpath/open spaces (not on road)	1757	111	2.6	105.9	116
Rugby league	397	105.9	3.3	99.4	112.3
Skateboarding – general	229	102.0	6.8	88.5	115.5
Cycling/Bike riding - BMX at skate park	91	101.3	10.4	80.7	122

Question: How often did (Child) participate in (ACTIVITY) during the past 12 months?
 (Base: Only parents/carers with a child aged 5 to 17 years reporting specific activities for their child)
 For all 200+ activities, refer Table 107 in Appendix F.

Note - Ns for mean frequency of activities – It should be noted that there may be a small discrepancy between Ns for percentages and Ns for some frequency means. During interviews, interviewers reported that, in discussing frequency of participation, some respondents would suddenly recall a further activity their child took part in or occasionally change their mind on a response. This was then recorded as a frequency score and placed into a validation batch of surveys to call back respondents to re-confirm any discrepancies in data. While many were resolved, some respondents were not able to be recontacted to confirm the discrepancy. As such, data is presented as recorded in the survey.

Frequency of participation in sport, exercise or recreation activities – Top 10 activities by age

Frequency of activities by age – Top 10 activities

The top 10 most frequent activities for children 5 to 17 years by age are in Table 20. Results for the 200+ activities are also in Table 108 in Appendix F. Once again, N=40 was considered a minimum cut-off for activities when examining mean frequency of participation.

It should also be noted that means are based on participants (so means show how often children doing activities participate in them). In addition, the limitations of relatively small samples of 40 or above should be considered when interpreting results.

Interestingly, the most frequent activity for both 5 to 8 year olds and 9 to 11 year olds was Active play, with children 5 to 8 years participating at an average of 296 times per annum and children 9 to 11 years participating at an average of 252.6 times per annum.

In comparison, the most frequent activity for children 12 to 14 years and 15 to 17 years was Walking – Active transport (e.g., to school, shops), with children 12 to 14 years participating at an average of 239.9 times per annum and children 15 to 17 years participating at an average of 216.6 times per annum.

Table 20. Mean frequency of participation in specific physical activities for sport, exercise or recreation outside school hours for Queensland children aged 5 to 17 – Top 10 most frequent activities by age (N=5273, December 2018–April, 2019) (Only activities with a minimum of N=40)

Children aged 5–8 years (mean times per annum)	Children aged 9–11 years (mean times per annum)
1. Active play - 296	1. Active play - 252.6
2. Running/jogging - outdoor general - 200.1	2. Walking - active transport (e.g., to school, shops) - 196.9
3. Chores or work involving physical activity - 171.4	3. Scooter riding - active transport (e.g., to school, shops) - 189.3
4. Walking - active transport (e.g., to school, shops) - 167.8	4. Chores or work involving physical activity - 181.2
5. Scooter riding - active transport (e.g., to school, shops) - 154.5	5. Cycling/bike riding – active transport (e.g., to school) - 146.5
6. Walking - for exercise (exclude active transport to get somewhere) - 153.6	6. Running/jogging - outdoor general - 141.7
7. Scooter riding – general - 144.2	7. Scooter riding – general - 137
8. Cycling/bike riding – active transport (e.g., to school) - 141.8	8. Walking – dog - 134.6
9. Cycling/Bike riding - BMX (general riding) - 141.4	9. Walking - for exercise (exclude active transport to get somewhere) - 128.8
10. Walking – dog - 133	10. Cycling/Bike riding - Footpath/open spaces (not on road) - 116.7

Children aged 12–14 yrs (mean times per annum)	Children aged 15–17 yrs (mean times per annum)
<ol style="list-style-type: none"> 1. Walking - active transport (e.g., to school, shops) - 239.9 2. Active play - 210.6 3. Cycling/bike riding – active transport (e.g., to school) - 179.7 4. Chores or work involving physical activity - 169 5. Walking – dog - 144.5 6. Cycling/Bike riding - BMX (general riding) - 129.4 7. Basketball - other (exclude Aussie Hoops) - 125.8 8. Walking - for exercise (exclude active transport to get somewhere) - 116.3 9. Skateboarding – general - 114.3 10. Scooter riding – general - 113 	<ol style="list-style-type: none"> 1. Walking - active transport (e.g., to school, shops) - 216.6 2. Cycling/bike riding – active transport (e.g., to school) - 192.8 3. Chores or work involving physical - 156.2 4. Gym - weight machine exercising (exclude fitness classes) - 156.2 5. Active play - 152.4 6. Gym - free weights exercising (exclude fitness classes) (e.g., dumbbells) - 129.6 7. Walking – dog - 128.2 8. Gym - cardio exercising (exclude fitness classes) (e.g., Treadmill, Crosstrainer) - 124.1 9. Walking - for exercise (exclude active transport to get somewhere) - 121.9 10. Cycling/Bike riding - BMX (general riding) - 117

Significance differences in the frequency of activities by age

Compared to all other aged children, significant differences in the frequency of activities for children aged 5 to 8 years were as follows:

Children aged 5 to 8 years participated:

Less frequently in...	More frequently in....
<ul style="list-style-type: none"> 📍 Acrobatics (p<.05) 📍 Boot camp – outdoor (p<.01) 📍 Cricket – outdoor (p<.001) 📍 Cycling/bike riding – active transport (e.g., to school) (p<.05) 📍 Dancing – ballet 📍 Dancing – Hip Hop dancing (p<.01) 📍 Dancing – jazz dancing (p<.01) 📍 Dancing – Modern dancing (exclude fitness classes) (p<.05) 📍 Dancing – tap dancing (p<.05) 📍 Fishing – recreational angling/fishing (p<.05) 📍 Fitness classes – martial arts/boxing/kick boxing/muay thai/MMA (p<.01) 📍 Football – AFL / Aussie Rules (p<.01) 📍 Football – touch football (p<.05) 📍 Football/soccer – outdoor (SOCCER) (p<.001) 📍 Gym – free weights exercising (exclude fitness classes) (e.g., dumbbells) (p<.001) 📍 Gymnastics – artistic (p<.05) 📍 Hockey – outdoor (p<.05) 📍 Horses – horse riding /trail riding / Pony Club (non-equestrian) (p<.05) 📍 Martial arts – Mixed martial arts / MMA (p<.05) 📍 Martial arts – Taekwondo (p<.01) 📍 Netball – indoor netball (p<.05) 📍 Netball – outdoor netball (p<.05) 📍 Surf life saving sports – Nippers (p<.001) 📍 Swimming – laps/sprints for fitness (p<.001) 📍 Video games – console-based physical activities (e.g., Wii Fit, Xbox Kinect, Xbox 360, PlayStation) (p<.05) 📍 Softball (p<.05) 📍 Tennis – table tennis (p<.001) 	<ul style="list-style-type: none"> 📍 Active play (p<.001) 📍 Cycling/bike riding – BMX (general riding) (p<.01) 📍 Cycling/bike riding – footpath/open spaces (not on road) (p<.001) 📍 Cycling/bike riding – mountain biking/on trails (p<.01) 📍 Cycling/bike riding – stationary exercise bike (exclude spin fitness classes) (p<.001) 📍 Dancing – Dancesport (p<.05) 📍 Exercise at home – cardio (including exercise bikes, treadmill, dancing) (p<.05) 📍 Fitness classes – yoga/pilates (mix) (e.g. Body Balance) (p<.001) 📍 Golf – driving range (p<.01) 📍 Gymnastics – aerobic (p<.01) 📍 Motorsports – other (excluding motorbiking) 📍 Running/jogging – outdoor general (p<.001) 📍 Running/jogging – Parkrun (p<.01) 📍 Scooter riding – general (p<.01) 📍 Stand up paddle boarding (SUP) (p<.01) 📍 Swimming – leisure (not laps) (p<.001)

Children aged 9 to 11 years participated:

Less frequently in...	More frequently in....
<ul style="list-style-type: none"> 🌀 Baseball (p<.05) 🌀 Cycling/bike riding – BMX (general riding) (p<.01) 🌀 Cycling/bike riding – mountain biking/on trails (p<.01) 🌀 Dancing – Dancesport (p<.01) 🌀 Dancing – Hip Hop dancing (p<.01) 🌀 Exercise at home – cardio (including exercise bikes, treadmill, dancing) (p<.05) 🌀 Fishing – recreational angling/fishing (p<.01) 🌀 Fitness classes – yoga/pilates (mix) (e.g. Body Balance) (p<.01) 🌀 Football – Oztag football (p<.01) 🌀 Football – touch football (p<.01) 🌀 Futsal (p<.05) 🌀 Golf – driving range (p<.05) 🌀 Gym – cardio exercising (exclude fitness classes) (e.g., treadmill, crosstrainer) (p<.05) 🌀 Horses – horse riding /trail riding / Pony Club (non–equestrian) (p<.05) 🌀 Running/jogging – active transport (e.g., to school, shops) (p<.05) 🌀 Surf life saving sports – Nippers (p<.001) 	<ul style="list-style-type: none"> 🌀 Boxing – contact (Hit person) (exclude fitness classes) (p<.01) 🌀 Chores or work involving physical activity (p<.01) 🌀 Fitness classes – martial arts/boxing/kick boxing/muay thai/MMA (p<.05) 🌀 Jet skiing (p<.01) 🌀 Martial arts – Judo (p<.01) 🌀 Martial arts – Taekwondo (p<.05) 🌀 Squash (p<.05) 🌀 Swimming – leisure (not laps) (p<.05) 🌀 Tennis – general (e.g., doubles, singles, practice tennis) (p<.05)

Children aged 12 to 14 years participated:

Less frequently in...	More frequently in....
<ul style="list-style-type: none"> ☞ Active play (p<.001) ☞ Boating / powerboating / dinghy (engine) (p<.05) ☞ Cycling/bike riding – footpath/open spaces (not on road) (p<.001) ☞ Cycling/bike riding – mountain biking/On trails (p<.05) ☞ Fitness classes – boxing or boxercise (non–contact – fitness only) (p<.01) ☞ Football – Oztag football (p<.05) ☞ Jet skiing (p<.001) ☞ Kayaking/ canoeing / paddling (exclude rafting, stand up paddleboard) (p<.05) ☞ Martial arts – Judo (p<.001) ☞ Running/jogging – outdoor general (p<.01) ☞ Running/jogging – Parkrun (p<.001) ☞ Swimming – leisure (not laps) (p<.05) ☞ Walking – for exercise (exclude active transport to get somewhere) (p<.05) 	<ul style="list-style-type: none"> ☞ Dancing – ballet (p<.01) ☞ Dancing – Hip Hop dancing (p<.01) ☞ Dancing – jazz dancing (p<.05) ☞ Football/soccer – outdoor (SOCCER) (p<.001) ☞ Golf – golf course (p<.001) ☞ Gymnastics – aerobic (p<.05) ☞ Gymnastics – artistic (p<.05) ☞ Hockey – outdoor (p<.05) ☞ Martial arts – Jujitsu (p<.05) ☞ Martial arts – Mixed martial arts / MMA (p<.05) ☞ Surf life saving sports – Nippers (p<.001) ☞ Swimming – laps/sprints for fitness (p<.001) ☞ Walking – active transport (e.g., to school, shops) (p<.001) ☞ Waterskiing (p<.05)

Children aged 15 to 17 years participated:

Less frequently in...	More frequently in....
<ul style="list-style-type: none"> 🌀 Badminton (p<.01) 🌀 Boxing – contact (hit person) (exclude fitness classes) (p<.01) 🌀 Chores or work involving physical activity (p<.001) 🌀 Cricket – outdoor (p<.05) 🌀 Cycling/bike riding – footpath/open spaces (not on road) (p<.001) 🌀 Cycling/bike riding – stationary exercise bike (exclude spin fitness classes) (p<.001) 🌀 Dancing (other specify) (p<.001) 🌀 Exercise at home – cardio (including exercise bikes, treadmill, dancing) (p<.05) 🌀 Golf – driving range (p<.001) 🌀 Golf – golf course (p<.001) 🌀 Martial arts – Judo (p<.05) 🌀 Running/jogging – outdoor general (p<.001) 🌀 Running/jogging – Parkrun (p<.05) 🌀 Scooter riding – general (p<.01) 🌀 Squash (p<.05) 🌀 Stand up paddle boarding (SUP) (p<.001) 🌀 Tennis – general (e.g., doubles, singles, practice tennis) (p<.05) 	<ul style="list-style-type: none"> 🌀 Abseiling (p<.001) 🌀 Bowling – ten pin bowling (p<.05) 🌀 Cricket – outdoor (p<.05) 🌀 Cycling/bike riding – active transport (e.g., to school) (p<.05) 🌀 Exercise at home – strength/core/weight training/pilates/yoga (p<.05) 🌀 Fishing – recreational angling/fishing (p<.01) 🌀 Football – touch football (p<.05) 🌀 Gym – cardio exercising (exclude fitness classes) (e.g., treadmill, crosstrainer) (p<.01) 🌀 Gymnastics – aerobic (p<.05) 🌀 Horses – equestrian / dressage / show jumping (p<.001) 🌀 Horses – horse riding / trail riding / Pony Club (non-equestrian) (p<.01) 🌀 Martial arts – Karate (p<.001) 🌀 Skateboarding – active transport (e.g., to school, shops) (p<.05) 🌀 Swimming – laps/sprints for fitness (p<.01) 🌀 Video games – console-based physical activities (e.g., WiiFit, Xbox Kinect, Xbox 360, Playstation) (p<.05)

Frequency of participation in sport, exercise or recreation activities – Top 10 activities by gender

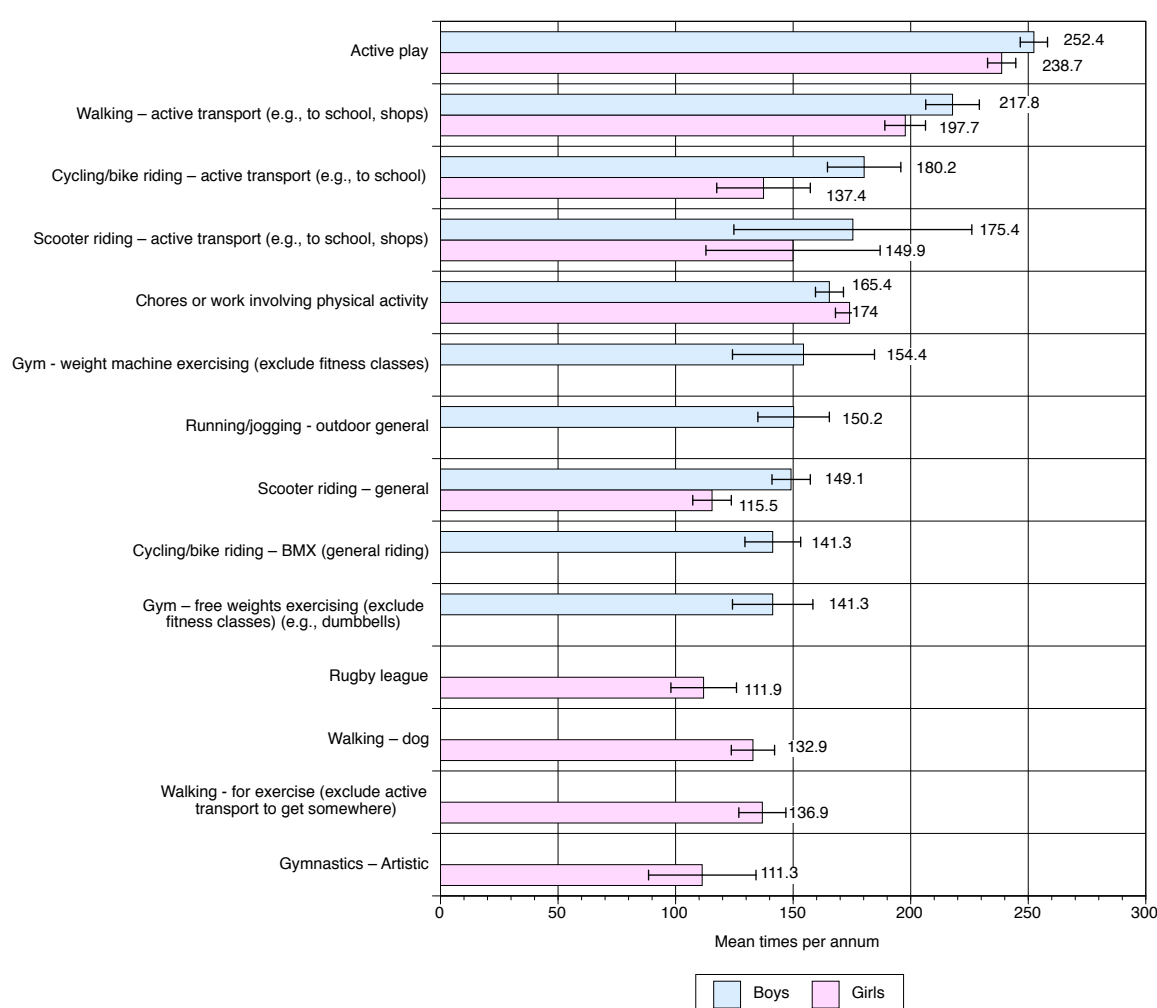
Frequency of activities by gender – Top 10 activities

The top 10 most frequent activities by gender are in Figure 25 and Table 21. Results for the 200+ activities are also in Table 109 in Appendix F. N=40 was used as an arbitrary cut off.

The highest frequency activity for boys and girls was Active play. Walking – active transport was the second most frequent activity for both genders. Single activities are also shown in the bar graphs to highlight activities which were unique to boys or girls (based on the top 20 most frequent activities).

It should also be noted that means are based on participants (so means show how often children doing activities participate in them). In addition, the limitations of relatively small samples of 40 or above should be considered when interpreting results.

Figure 25. Mean frequency of participation in specific physical activities for sport, exercise or recreation outside school hours for Queensland children aged 5 to 17 – Top 10 most frequent activities by gender (N=5273, December 2018–April, 2019) (Only activities with a minimum of N=40)



Question: How often did (Child) participate in (ACTIVITY) during the past 12 months?
 (Base: Only parents/carers with a child aged 5 to 17 years reporting specific activities for their child)
 For all 200+ activities, refer Table 109 in Appendix F. Note that single activities were those that were only in the top 10 for either gender. Activities with both genders show activities that were common to boys and girls in the top 10.

Table 21. Mean frequency of participation in specific physical activities for sport, exercise or recreation outside school hours for Queensland children aged 5 to 17 – Top 10 most frequent activities by gender (N=5273, December 2018–April, 2019) (Only activities with a minimum of N=40)

Boys (mean times per annum)	Girls (mean times per annum)
<ol style="list-style-type: none"> 1. Active play – 252.4 2. Walking – active transport (e.g., to school, shops) – 217.8 3. Cycling/bike riding – active transport (e.g., to school) – 180.2 4. Scooter riding - active transport (e.g., to school, shops) – 175.4 5. Chores or work involving physical activity – 165.4 6. Gym - weight machine exercising (exclude fitness classes) – 154.4 7. Running/jogging - outdoor general – 150.2 8. Scooter riding – general – 149.1 9. Gym – free weights exercising (exclude fitness classes) (e.g., dumbbells) – 141.3 10. Cycling/bike riding – BMX (general riding) – 141.3 	<ol style="list-style-type: none"> 1. Active play – 238.7 2. Walking – active transport (e.g., to school, shops) – 197.7 3. Chores or work involving physical activity – 174 4. Scooter riding – active transport (e.g., to school, shops) – 149.9 5. Cycling/bike riding – active transport (e.g., to school) – 137.4 6. Walking - for exercise (exclude active transport to get somewhere) – 136.9 7. Walking – dog – 132.9 8. Scooter riding – general – 115.5 9. Rugby league – 111.9 10. Gymnastics – Artistic – 111.3

Significance differences in the frequency of activities by gender

Significant differences in the frequency of activity by gender were also examined. Findings showed the following trends. It is noteworthy that boys participated more frequently than girls in many activities.

Boys participated:

Less frequently in... (girls participated more often in)	More frequently in.... (girls participated less often in)
<ul style="list-style-type: none"> Badminton (p<.05) Chores or work involving physical activity (p<.05) Dancing – folk dancing (any nationality specific dancing) (p<.001) Netball – outdoor netball (p<.001) Personal training / PT – outdoors (p<.01) Rollerblading – outdoor (p<.05) Surf lifesaving sports – Nippers (p<.001) 	<ul style="list-style-type: none"> Boating / powerboating / dinghy (engine) (p<.01) Cricket – outdoor (p<.001) Cycling/bike riding – BMX (general riding) (p<.001) Cycling/bike riding – footpath/open spaces (not on road) (p<.001) Cycling/bike riding – mountain biking/On trails (p<.05) Cycling/bike riding – active transport (e.g., to school) (p<.01) Cycling/bike riding – on-road (p<.001) Fishing – recreational angling/fishing (p<.001) Fitness classes – boxing or boxercise (non-contact – fitness only) (p<.01) Fitness classes – yoga/pilates (mix) (e.g. Body Balance) (p<.05) Football – Oztag football (p<.01) Football/soccer – outdoor (SOCCER) (p<.01) Gym – cardio exercising (exclude fitness classes) (e.g., treadmill, cross trainer) (p<.05) Gym – free weights exercising (exclude fitness classes) (e.g., dumbbells) (p<.05) Handball (p<.01) Martial arts – Jujitsu (p<.05) Motorbikes – motorcycling (not on trials, but elsewhere) (p<.01) Orienteering/regaining (p<.001) Rugby union (p<.001) Running/jogging – outdoor general (p<.001) Running/jogging – Parkrun (p<.01) Running/jogging – active transport (e.g., to school, shops) (p<.05) Scooter riding – general (p<.001) Skateboarding – general (p<.001) Skateboarding – active transport (e.g., to school, shops) (p<.05) Squash (p<.05)

Less frequently in... (girls participated more often in)	More frequently in.... (girls participated less often in)
	<p>Ⓢ Video games – console–based physical activities (e.g., Wii Fit, Xbox Kinect, Xbox 360, Playstation) (p<.001)</p> <p>Ⓢ Walking – active transport (e.g., to school, shops) (p<.01)</p>

Frequency of participation in sport, exercise or recreation activities – Top 10 activities by region

Frequency of activities by region – Top 10 activities

The top 10 most frequent activities for children 5 to 17 years by region are in Table 22. Detailed results by region for all 200+ activities are in Table 110 and Table 111 in Appendix F. Once again, N=40 was considered a minimum cut-off for activities when examining mean frequency of participation.

It should also be noted that means are based on participants (so means show how often children doing activities participate in them). In addition, the limitations of relatively small samples of 40 or above should be considered when interpreting results.

Findings showed that the top three most frequent activities in Far North Region were Active play, Walking – active transport (e.g., to school, shops) and Cycling/bike riding – active transport (e.g., to school). The top three most frequent activities in North Region were Active play, Cycling/bike riding – active transport (e.g., to school) and Walking – active transport (e.g., to school, shops). In South West region, the top three most frequent activities were Active play, Walking – active transport (e.g., to school, shops) and Chores or work involving physical activity.

In North Coast region, the top three most frequent activities were Active play, Walking – active transport (e.g., to school, shops) and Chores or work involving physical activity. In South Coast region, the top three most frequent activities were Active play, Walking – active transport (e.g., to school, shops) and Chores or work involving physical activity.

Table 22. Mean frequency of participation in specific physical activities for sport, exercise or recreation outside school hours for Queensland children aged 5 to 17 – Top 10 most frequent activities by region (N=5273, December 2018–April, 2019) (Only activities with a minimum of N=40)

Far North Region (mean times per annum)	North Region (mean times per annum)
1. Active play - 251.5	1. Active play - 261.6
2. Walking - active transport (e.g., to school, shops) - 219.2	2. Cycling/bike riding – active transport (e.g., to school) - 218.7
3. Cycling/bike riding – active transport (e.g., to school) - 180.9	3. Walking - active transport (e.g., to school, shops) - 192.2
4. Chores or work involving physical activity - 170.7	4. Chores or work involving physical activity - 178.4
5. Running/jogging - outdoor general - 161.8	5. Scooter riding – general - 171.5
6. Cycling/Bike riding - BMX (general riding) - 159.4	6. Cycling/Bike riding - footpath/open spaces (not on road) - 155.8
7. Walking – dog - 157.9	7. Running/jogging - outdoor general - 147.3
8. Walking - for exercise (exclude active transport to get somewhere) - 155.6	8. Walking – dog - 146.7
9. Scooter riding – general - 146.6	9. Cycling/Bike riding - BMX (general riding) - 141.7
10. Cycling/Bike riding - footpath/open spaces (not on road) - 142.8	10. Dancing – ballet - 129.8

South West Region (mean times per annum)	North Coast Region (mean times per annum)
<ol style="list-style-type: none"> 1. Active play - 266.3 2. Walking - active transport (e.g., to school, shops) - 243.7 3. Chores or work involving physical activity - 187 4. Running/jogging - outdoor general - 174.8 5. Walking - for exercise (exclude active transport to get somewhere) - 165.9 6. Scooter riding – general - 164.9 7. Cycling/Bike riding - BMX (general riding) - 158.2 8. Cycling/Bike riding - footpath/open spaces (not on road) - 147 9. Cycling/bike riding – active transport (e.g., to school) - 146.6 10. Walking – dog - 141 	<ol style="list-style-type: none"> 1. Active play - 250.4 2. Walking - active transport (e.g., to school, shops) - 187.5 3. Chores or work involving physical activity - 155.6 4. Cycling/bike riding – active transport (e.g., to school) - 134.7 5. Walking – dog - 129 6. Gym - Free weights exercising (exclude fitness classes) (e.g., dumbbells) - 126.4 7. Skateboarding – general - 122 8. Walking - for exercise (exclude active transport to get somewhere) - 120.8 9. Running/jogging - Outdoor general - 118 10. Gym - Cardio exercising (exclude fitness classes) (e.g., Treadmill, Crosstrainer) - 111.6

South Coast Region (mean times per annum)
<ol style="list-style-type: none"> 1. Active play - 224.5 2. Walking - active transport (e.g., to school, shops) - 216.1 3. Chores or work involving physical activity - 170.5 4. Cycling/bike riding – active transport (e.g., to school) - 170 5. Walking – dog - 130.2 6. Scooter riding – general - 128.5 7. Walking - for exercise (exclude active transport to get somewhere) - 128.3 8. Basketball - other (exclude Aussie Hoops) - 116.1 9. Cycling/Bike riding - BMX (general riding) - 115.6 10. Running/jogging - outdoor general - 107.2

Significant differences in the frequency of activities by region

Analysis identified a range of significant differences in the frequency of activities by region.

Children in Far North Region participated significantly:

Less frequently in...	More frequently in...
<p>Ⓢ Fitness classes – martial arts/boxing/kick boxing/muay thai/MMA ($p<.001$)</p>	<p>Ⓢ Cycling/bike riding – BMX (general riding) ($p<.05$)</p> <p>Ⓢ Cycling/bike riding – footpath/open spaces (not on road) ($p<.01$)</p> <p>Ⓢ Exercise at home – cardio (including exercise bikes, treadmill, dancing) ($p<.05$)</p> <p>Ⓢ Fishing – recreational angling/fishing ($p<.05$)</p> <p>Ⓢ Horses – equestrian / dressage / show jumping</p> <p>Ⓢ Motorbikes – trail biking / dirt biking / Peewee riding ($p<.05$)</p> <p>Ⓢ Squash ($p<.01$)</p> <p>Ⓢ Swimming – leisure (not laps) ($p>.01$)</p>

Children in North Region participated significantly:

Less frequently in...	More frequently in...
<ul style="list-style-type: none"> Ⓢ Athletics – track and field (general) ($p < .01$) Ⓢ Fishing – recreational angling/fishing ($p < .01$) Ⓢ Football – touch football ($p < .05$) Ⓢ Hockey – outdoor ($p < .001$) Ⓢ Skateboarding – active transport (e.g., to school, shops) ($p < .05$) Ⓢ Surf life saving sports – Nippers ($p < .01$) Ⓢ Tennis – table tennis ($p < .001$) 	<ul style="list-style-type: none"> Ⓢ Active play ($p < .01$) Ⓢ Badminton ($p < .05$) Ⓢ Cricket – outdoor ($p < .05$) Ⓢ Cycling/bike riding – BMX at skate park ($p < .05$) Ⓢ Cycling/bike riding – footpath/open spaces (not on road) ($p < .001$) Ⓢ Cycling/bike riding – active transport (e.g., to school) ($p < .001$) Ⓢ Cycling/bike riding – on-road ($p < .05$) Ⓢ Cycling/bike riding – track or velodrome cycling ($p < .05$) Ⓢ Dancing – ballet ($p < .05$) Ⓢ Fitness classes – boxing or boxercise (non-contact – fitness only) ($p < .01$) Ⓢ Fitness classes – martial arts/boxing/kick boxing/muay thai/MMA ($p < .001$) Ⓢ Football – AFL / Aussie Rules ($p < .05$) Ⓢ Football/soccer – outdoor (SOCCER) ($p < .01$) Ⓢ Gym – weight machine exercising (exclude fitness classes) ($p < .05$) Ⓢ Martial arts – Judo ($p < .001$) Ⓢ Roller skating – indoor ($p < .05$) Ⓢ Running/jogging – active transport (e.g., to school, shops) ($p < .001$) Ⓢ Scooter riding – general ($p < .001$) Ⓢ Skating – artistic skating/artistic roller skating ($p < .05$)

Children in South West Region participated significantly:

Less frequently in...	More frequently in...
<ul style="list-style-type: none"> ☞ Cricket – outdoor ($p<.05$) ☞ Cycling/bike riding – BMX at skate park ($p<.05$) ☞ Dancing – jazz dancing ($p<.05$) ☞ Fitness classes – other (please specify) ($p<.05$) ☞ Martial arts – Kung fu wushu (Kung Fu) ($p<.05$) ☞ Running/jogging – Parkrun ($p<.01$) ☞ Swimming – leisure (not laps) ($p<.01$) ☞ Tennis – table tennis ($p<.01$) 	<ul style="list-style-type: none"> ☞ Active play ($p<.001$) ☞ Chores or work involving physical activity ($p<.01$) ☞ Cycling/bike riding – BMX (general riding) ($p<.01$) ☞ Cycling/bike riding – footpath/open spaces (not on road) ($p<.001$) ☞ Fishing – recreational angling/fishing ($p<.05$) ☞ Motorbikes – motorcycling (not on trials, but elsewhere) ($p<.05$) ☞ Motorbikes – trail biking / dirt biking / Peewee riding ($p<.01$) ☞ Running/jogging – outdoor general ($p<.01$) ☞ Scooter riding – general ($p<.001$) ☞ Volleyball – beach volleyball ($p<.001$) ☞ Walking – active transport (e.g., to school, shops) ($p<.001$) ☞ Walking – for exercise (exclude active transport to get somewhere) ($p<.01$)

Children in North Coast Region participated significantly:

Less frequently in...	More frequently in...
<ul style="list-style-type: none"> ☞ Chores or work involving physical activity (p<.001) ☞ Cycling/bike riding – BMX (general riding) (p<.001) ☞ Cycling/bike riding – footpath/open spaces (not on road) (p<.001) ☞ Cycling/bike riding – active transport (e.g., to school) (p<.01) ☞ Dancing (other specify) (p<.01) ☞ Exercise at home – cardio (including exercise bikes, treadmill, dancing) (p<.01) ☞ Fishing – recreational angling/fishing (p<.001) ☞ Football – touch football (p<.05) ☞ Football/soccer – outdoor (SOCCER) (p<.01) ☞ Gymnastics – aerobic (p<.05) ☞ Handball (p<.01) ☞ Horses – horse riding /trail riding / Pony Club (non–equestrian) (p<.05) ☞ Jet skiing (p<.05) ☞ Kayaking/ canoeing / paddling (exclude rafting, stand up paddleboard) (p<.05) ☞ Martial arts – Judo (p<.001) ☞ Martial arts – Jujitsu (p<.001) ☞ Motorbikes – trail biking / dirt biking / Peewee riding (p<.001) ☞ Roller skating – indoor (p<.01) ☞ Running/jogging – treadmill at home (exclude gym) (p<.05) ☞ Scooter riding – general (p<.001) ☞ Scooter riding – active transport (e.g., to school, shops) (p<.001) ☞ Skateboarding – active transport (e.g., to school, shops) (p<.05) ☞ Swimming – leisure (not laps) (p<.05) ☞ Video games – console–based physical activities (e.g., WiiFit, Xbox Kinect, Xbox 360, Playstation) (p<.001) ☞ Walking – active transport (e.g., to school, shops) (p<.001) ☞ Walking – for exercise (exclude active transport to get somewhere) (p<.05) 	<ul style="list-style-type: none"> ☞ Acrobatics (p<.05) ☞ Boxing – contact (hit person) (exclude fitness classes) (p<.01) ☞ Cycling/bike riding – mountain biking/on trails (p<.001) ☞ Go–Karting / gokarting (p<.05) ☞ Golf – golf course (p<.05) ☞ Gym – weight training for body building / body sculpting (exclude fitness classes) (p<.001) ☞ Hockey – outdoor (p<.05) ☞ Martial arts – kickboxing – contact (p<.001) ☞ Tennis – table tennis (p<.05) ☞ Waterskiing (p<.05)

Children in South Coast Region participated significantly:

Less frequently in...	More frequently in...
<ul style="list-style-type: none"> Active play ($p < .001$) Boxing – contact (hit person) (exclude fitness classes) ($p < .05$) Cycling/bike riding – footpath/open spaces (not on road) ($p < .001$) Cycling/bike riding – mountain biking/on trails ($p < .01$) Cycling/bike riding – on-road ($p < .05$) Fitness classes – martial arts/boxing/kick boxing/muay thai/MMA ($p < .05$) Fitness classes – yoga/pilates (mix) (e.g. Body Balance) ($p < .05$) Gym – weight machine exercising (exclude fitness classes) ($p < .05$) Martial arts – kickboxing – contact ($p < .01$) Motorbikes – motocross/freestyle motocross ($p < .001$) Motorbikes – motorbike racing ($p < .01$) Motorbikes – motorcycling (not on trials, but elsewhere) ($p < .01$) Motorbikes – trail biking / Dirt biking / Peewee riding ($p < .001$) Netball – indoor netball ($p < .01$) Rollerblading – outdoor ($p < .05$) Running/jogging – outdoor general ($p < .01$) Waterskiing ($p < .001$) 	<ul style="list-style-type: none"> Football – Oztag football ($p < .05$) Football – touch football ($p < .001$) Gymnastics – rhythmic ($p < .05$) Martial arts – Jujitsu ($p < .01$) Running/jogging – Parkrun ($p < .01$) Running/jogging – trail or bush (excluding cross-country) ($p < .05$) Scooter riding – active transport (e.g., to school, shops) ($p < .05$) Skateboarding – active transport (e.g., to school, shops) ($p < .01$) Surf life saving sports – Nippers ($p < .01$)