Activity Sheet 7.2 Age and requirements for participation

Age affects the activities that we take part in, as the table below shows. Examine the table and consider:

1. What are the four most popular activities for the 16-19-year-old group?
2. What do you think are the requirements that might help a member of this age group to become active?
3. What are the four most popular activities for the 60-69-year-old group?
4. What do you think are the requirements that might help a member of this age group to become active?
5. Which activities have higher participation rates after the age of 24 than before?
6. Why do you think this is the case?

**Percentage taking part in the 4 weeks before interview**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Age** | 16-19 | 20-24 | 25-29 | 30-44 | 45-59 | 60-69 | 70+ |
| **Overall** | 77 | 69 | 70 | 67 | 59 | 50 | 30 |
| **Selected activities** |
| **Walking** | 29 | 31 | 33 | 39 | 40 | 37 | 22 |
| **Swimming** | 19 | 17 | 17 | 20 | 13 | 7 | 3 |
| **Keep Fit/Yoga** | 15 | 16 | 19 | 16 | 11 | 7 | 4 |
| **Cycling** | 18 | 12 | 12 | 13 | 8 | 4 | 2 |
| **Weight training** | 11 | 13 | 12 | 8 | 3 | 1 | 0 |
| **Running/jogging** | 11 | 9 | 11 | 8 | 3 | 1 | 0 |
| **Soccer** | 24 | 13 | 11 | 6 | 1 | 0 | 0 |
| **Golf** | 5 | 5 | 6 | 6 | 5 | 4 | 2 |
| **Tennis** | 6 | 4 | 2 | 2 | 1 | 1 | 0 |
| **Badminton** | 6 | 2 | 3 | 2 | 2 | 1 | 0 |
| **Bowls** | 1 | 0 | 0 | 0 | 1 | 4 | 3 |
| **Squash** | 2 | 2 | 3 | 2 | 1 | 0 | 0 |
| **Table tennis** | 5 | 2 | 1 | 1 | 1 | 0 | 0 |

*Source www.statistics.gov.uk/*