



**YOUNG
PEOPLE
& SPORT**
in Northern Ireland
Analysis by District Council Area



Evidence from the 2015 Young Life and Times (YLT) and Kids Life and Times (KLT) surveys

Headline Findings

Physically Active



31%
P7 pupils

9%
16 year olds

Not enough time

P7 pupils
25%

16 year olds
68%

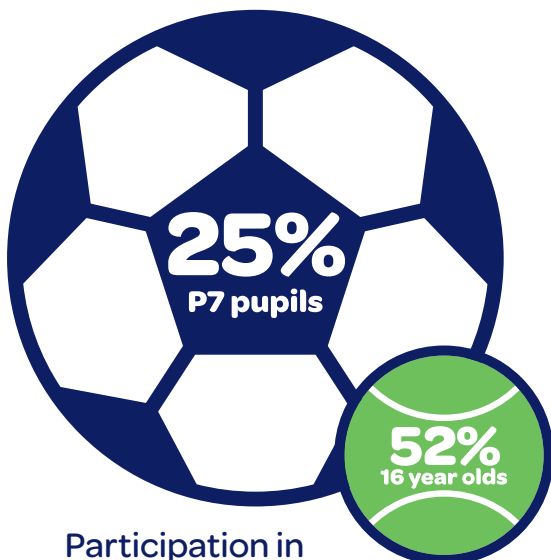
Top Barrier to Participation

31%
of 16 year olds
have been
involved

Community Relations Projects

52%
of 16 year olds
would like
to be

Sporting Activities



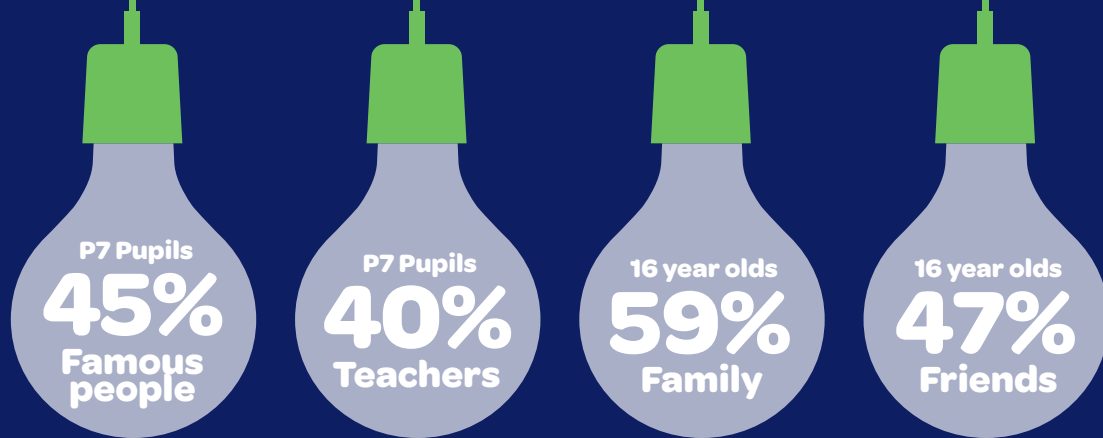
Participation in organised sporting activities outside school

Received Sports Coaching

54%
16 year olds

66%
P7 pupils

Encouragement & Inspiration



Introduction

Sport Northern Ireland's vision is to develop Northern Ireland into a place which is 'renowned as a place where people enjoy, engage and excel in sport'. This is supported by the mission statement to 'lead sports development at all levels producing more participants and more winners'.

Sport NI advocates for the contribution that sport makes to wider health, social and economic outcomes. Gaining an understanding of participation in sport and physical activity is vital in maximising this contribution. This is supported by Sport NI conducting and funding high quality research to enable evidence-based decision making in sport.

The Kids Life and Times and Young Life and Times modules were developed specifically to collect data relating to Children and Young People.

This factsheet provides a summary of the headline findings on the experiences of sport and physical activity for children and young people in Northern Ireland and across the 11 District Council areas.

The 2015 Kids Life and Times (KLT) and Young Life and Times (YLT) surveys were undertaken by ARK and the questions on sport and physical activity funded by Sport NI.

5,194 P7 children completed the KLT survey online in a school setting, whilst 1,158 16 year-olds responded to the YLT survey. More information on the surveys, technical details and tables of results can be found at: www.ark.ac.uk/klt and www.ark.ac.uk/ylt respectively.

A copy of the full report 'Young People and Sport in Northern Ireland' - Evidence from the 2015 Young Life and Times (YLT) and Kids Life and Times (KLT) surveys can also be found at www.sportni.net

60 Minutes a Day, Seven Days a Week?

	Percentage %		
	Physically active at the recommended level or above?		Would like to be more physically active than at present
	P7	16 year olds	16 year olds
NORTHERN IRELAND	32	9	78
Antrim & Newtownabbey	31	9	79
Ards & North Down	34	20	81
Armagh City, Banbridge & Craigavon	33	7	74
Belfast City	33	11	80
Causeway Coast & Glens	32	6	73
Derry City & Strabane	31	5	75
Fermanagh & Omagh	28	7	75
Lisburn City & Castlereagh	30	9	79
Mid & East Antrim	35	8	75
Mid Ulster	31	7	77
Newry City, Mourne & Down	32	6	78

Activities in a Normal Week?

	Percentage %						
	Walk or cycle to school/work		Participate in PE at school or college		Participate in organised sports activities/gym outside school		Participate in outdoor adventure activities
	P7	16 year olds	P7	16 year olds	P7	16 year olds	16 year olds
NORTHERN IRELAND	49	42	53	44	74	52	11
Antrim & Newtownabbey	48	38	55	56	72	46	18
Ards & North Down	50	37	56	41	79	52	6
Armagh City, Banbridge & Craigavon	48	41	53	47	77	54	10
Belfast City	63	58	54	42	68	50	9
Causeway Coast & Glens	48	43	51	54	76	66	14
Derry City & Strabane	53	35	55	38	75	48	4
Fermanagh & Omagh	40	35	45	44	79	56	14
Lisburn City & Castlereagh	48	45	59	31	80	49	8
Mid & East Antrim	48	51	54	41	74	45	10
Mid Ulster	47	32	50	40	14	52	14
Newry City, Mourne & Down	40	44	52	43	73	44	12

Top 5 Barriers to Participation

Percentage %								
	Not enough time		Not having anyone to go with		Difficulty with/lack of transport	Costs involved	Not knowing where the activities take place	
	P7	16 year olds	P7	16 year olds	16 year olds	16 year olds	P7	16 year olds
NORTHERN IRELAND	25	68	15	23	26	24	38	13
Antrim & Newtownabbey	23	65	15	24	22	22	42	11
Ards & North Down	24	59	17	22	28	25	41	11
Armagh City, Banbridge & Craigavon	23	75	16	23	26	18	40	6
Belfast City	29	66	15	24	19	34	32	19
Causeway Coast & Glens	28	68	16	19	32	30	36	16
Derry City & Strabane	24	71	16	20	29	25	37	13
Fermanagh & Omagh	26	71	15	23	30	30	38	18
Lisburn City & Castlereagh	27	70	16	25	26	29	36	16
Mid & East Antrim	23	70	14	19	20	20	41	11
Mid Ulster	26	68	14	22	27	19	39	14
Newry City, Mourne & Down	23	68	11	28	28	19	40	12

Who Encourages & Inspires Participation?

Percentage %								
	Family		Teachers		Friends		Famous people	
	P7	16 year olds	P7	16 year olds	P7	16 year olds	P7	16 year olds
NORTHERN IRELAND	19	59	40	27	21	47	45	16
Antrim & Newtownabbey	16	53	43	21	23	43	50	9
Ards & North Down	26	54	42	31	56	17	49	20
Armagh City, Banbridge & Craigavon	17	63	42	22	23	52	48	17
Belfast City	18	57	37	36	22	39	44	17
Causeway Coast & Glens	17	64	39	29	21	53	41	22
Derry City & Strabane	22	65	36	28	19	31	41	10
Fermanagh & Omagh	18	57	42	24	27	45	49	12
Lisburn City & Castlereagh	25	61	44	23	24	46	47	16
Mid & East Antrim	21	56	40	22	18	44	44	18
Mid Ulster	19	59	36	32	21	53	43	14
Newry City, Mourne & Down	17	61	39	26	18	49	44	18

Sports Coaching

Percentage %			
	Participants receiving sports tuition or coaching		Participants helped with sports coaching or instructions
	P7	16 year olds	16 year olds
NORTHERN IRELAND	66	54	36
Antrim & Newtownabbey	65	47	32
Ards & North Down	68	56	42
Armagh City, Banbridge & Craigavon	65	54	38
Belfast City	66	58	36
Causeway Coast & Glens	64	57	34
Derry City & Strabane	66	54	33
Fermanagh & Omagh	65	56	33
Lisburn City & Castlereagh	69	61	42
Mid & East Antrim	62	44	38
Mid Ulster	61	52	42
Newry City, Mourne & Down	69	51	32

Community Relations Projects

Percentage %		
	Participants have been involved in project	Participants who would like to take part in future
	16 year olds	16 year olds
NORTHERN IRELAND	31	52
Antrim & Newtownabbey	33	59
Ards & North Down	15	52
Armagh City, Banbridge & Craigavon	28	52
Belfast City	42	55
Causeway Coast & Glens	32	54
Derry City & Strabane	30	44
Fermanagh & Omagh	43	56
Lisburn City & Castlereagh	26	45
Mid & East Antrim	33	49
Mid Ulster	43	56
Newry City, Mourne & Down	24	50



This document is available
in other accessible formats
on request, and online at
www.sportni.net

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