

Spotlight Series

A focus on sport, physical activity and recreation



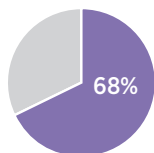
Sport participation among children and youth by age

This infographic provides findings from the Canadian Fitness and Lifestyle Research Institute's 2022 Physical Activity Monitor Parent Survey (a focus on physical activity and sport participation of children and youth aged 5 to 17 years).

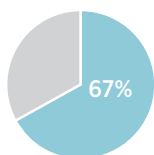
In 2022, 68% of children and youth reported participating in sport in the past year

Age of child

5 to 11 years



12 to 17 years



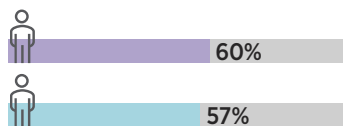
Parent's sport participation by child's age

■ 5 to 11 years ■ 12 to 17 years

Parent participates in sport

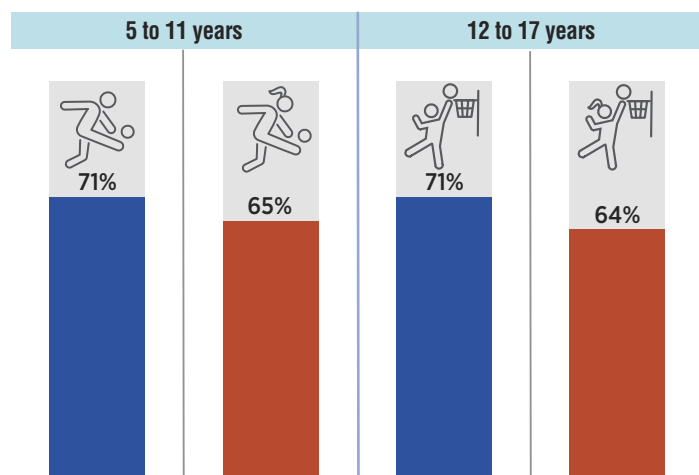


Parent does not participate in sport



Sport participation by gender and age

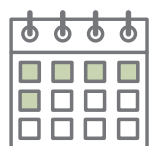
■ Boys ■ Girls



Regularity and frequency of sport participation by age

■ 5 to 11 years ■ 12 to 17 years

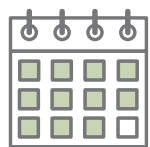
Regularity (months per year)



1 to 5 months

28%

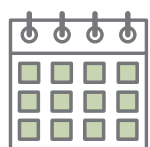
25%



6 to 11 months

33%

33%



12 months

22%

25%

Frequency (times per week)

4 or more times 18% | 27%



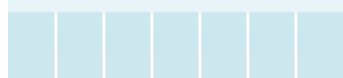
2 to 3 times 37% | 39%



Once 24% | 11%



Less often, variable 4% | 5%



Likelihood of participating in sport in next six months by age

■ 5 to 11 years ■ 12 to 17 years

Very likely



62%

54%

Somewhat likely



28%

25%

Not at all likely



10%

21%



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