

Spotlight Series

A focus on sport, physical activity and recreation



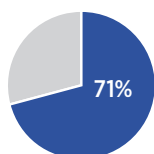
Sport participation among children and youth by gender

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).

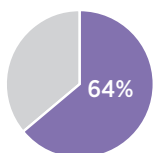
In 2022, 68% of children and youth reported participating in sport in the past year

Gender of child

Boys



Girls



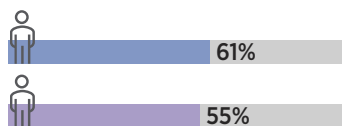
Parent's sport participation by child's gender

Boys Girls

Parent participates in sport

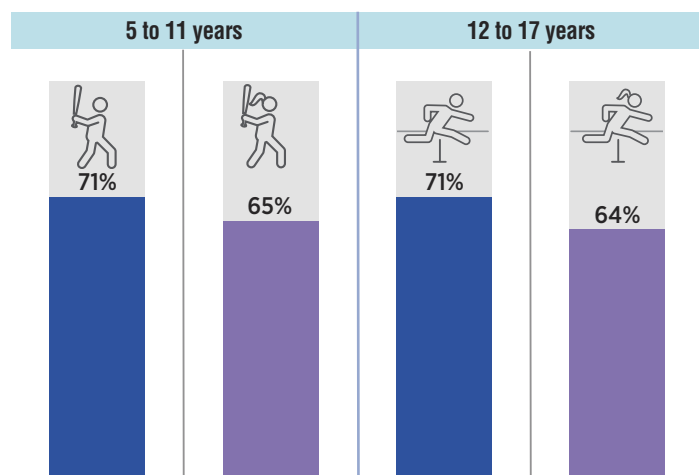


Parent does not participate in sport



Sport participation by gender and age

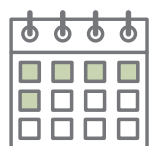
Boys Girls



Regularity and frequency of sport participation by gender

Boys Girls

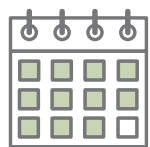
Regularity (months per year)



1 to 5 months

25%

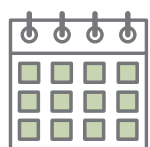
28%



6 to 11 months

34%

32%



12 months

24%

23%

Frequency (times per week)

4 or more times 24% | 21%



2 to 3 times 39% | 37%



Once 15% | 19%



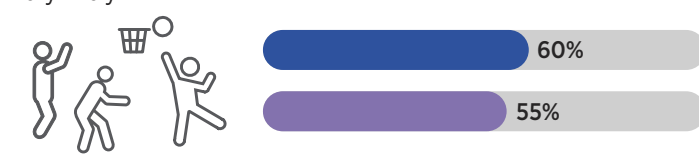
Less often, variable 5% | 5%



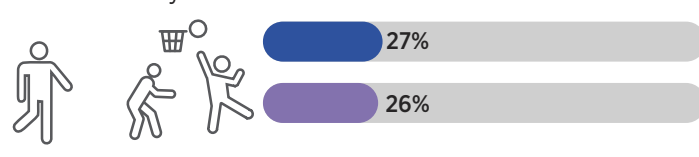
Likelihood of participating in sport in next six months by gender

Boys Girls

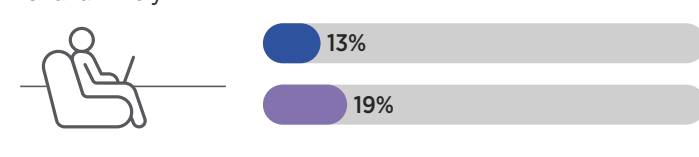
Very likely



Somewhat likely



Not at all likely



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