

Spotlight Series

A focus on sport, physical activity and recreation













Top sports/activities of children and youth, 5-17 years

This infographic provides findings from the Canadian Fitness and Lifestyle Research Institute's 2025 Physical Activity Monitor Parent Survey, a focus on physical activity and sport participation of children and youth (aged 5 to 17 years).

In 2025, 72% of children and youth reported participating in sport.

Top 10 sports/activities reported by sport participants (aged 5 to 17)

Soccer 34%		Volleyball 9%	
Basketball 21%		Football, rugby 8%	
Hockey, ringette 19%		Gymnastics, acro, cheer 7%	
Aquatic-based activities 17%		Martial arts 6%	
Softball, baseball 10%		Dance 6%	



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