

Spotlight Series

A focus on sport, physical activity and recreation



Nature of sport participation among children and youth

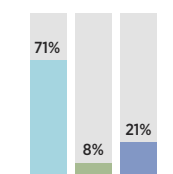
This infographic provides findings from the Canadian Fitness and Lifestyle Research Institute's 2025 Physical Activity Monitor Parent Survey, a focus on physical activity and sport participation of children and youth (aged 5 to 17 years).

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

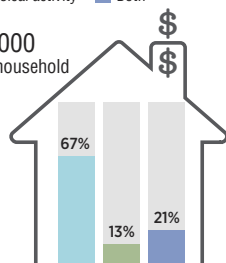
Degree of structure

Structured sport/physical activity Unstructured sport/physical activity Both

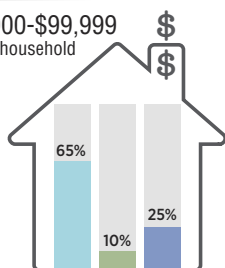
Total, children and youth, aged 5 to 17



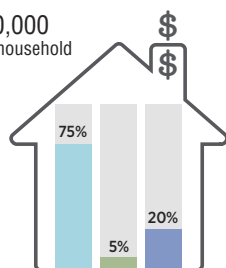
<\$60,000 Annual household income



\$60,000-\$99,999 Annual household income



≥\$100,000 Annual household income



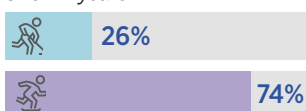
Degree of competition

Competitive sport Recreational sport

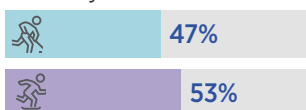
Total, children and youth, aged 5 to 17



Age 5 to 11 years

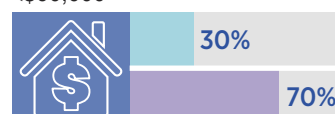


12 to 17 years



Annual household income

<\$60,000



\$60,000-\$99,999



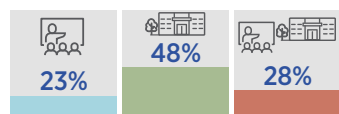
≥\$100,000



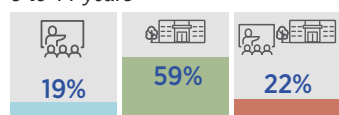
Location of activities

School programming Community programming Both equally

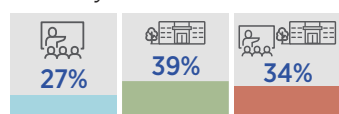
Total, children and youth, aged 5 to 17



Age 5 to 11 years

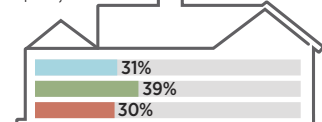


12 to 17 years

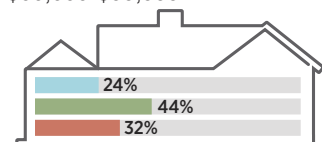


Annual household income

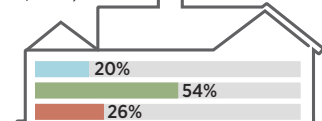
<\$60,000



\$60,000-\$99,999



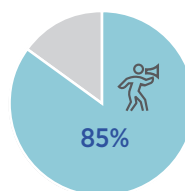
≥\$100,000



Use of a coach

Uses a coach

Total, children and youth, aged 5 to 17



Age

5 to 11 years



12 to 17 years

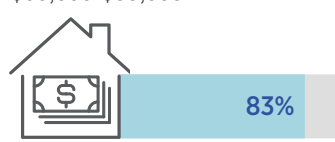


Annual household income

<\$60,000



\$60,000-\$99,999



≥\$100,000



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