



# AUSPLAY™

## A NEW PICTURE OF HOW AUSTRALIANS GET ACTIVE



Australian Government  
Australian Sports Commission

### Summary of key findings

AusPlay is the only publicly funded national survey that provides data on participation in sport and physical activity by Australian adults and children. It is widely referenced in various research, policies, strategies and in the media.

The enhancements<sup>1</sup> made to the AusPlay survey in July 2023 have allowed a new picture of participation in sport and physical activity to be drawn. This picture brings into focus the extent of Australian adults' (age 15+) participation in informal<sup>2</sup> sport and physical activity, as well as giving a more nuanced understanding of organised sport<sup>3</sup>.

Information presented in this summary is based on data collected between 1 July 2023 and 31 December 2024 (a cumulative sample of 60,000+ Australians aged 15+, which also includes data for 13,000+ children aged 0-14 collected from their parent/guardian).

This summary accompanies a **full report** which provides additional data and more in-depth analysis of the information shown here.

1. The changes to AusPlay methodology are described fully in the **explanatory report** published in October 2024.
2. Activity is self-organised and is carried out either alone or with friends/family on a casual basis.
3. Activity is carried out on a formal or semi-formal basis, organised by an entity such as a sports or recreation club/association, a gym/fitness club/sports/aquatic centre, a private or commercial business, a personal trainer/coach, an event, work, educational institution, community organisation or social group.



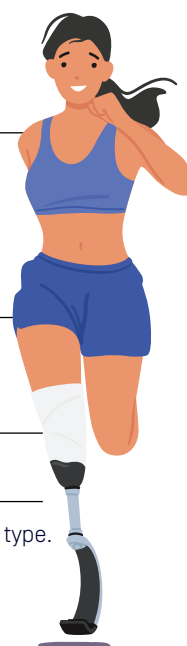
## The broad picture of participation among Australians 15+

In the previous 12 months, 85% of Australians aged 15+ participated in some type of sport or physical activity at least once. This equates to around 18,662,000 individuals.

For the first time, AusPlay is able to distinguish between the different types of activity, and can quantify the size of the informal sport market among Australians 15+.

Activity type	Estimated number of participants / % of Australians 15+
<b>Any informal activity</b>	<b>17,099,000 / 78%</b> For example: Bushwalking with family (non-sport-related), Cycling with friends (sport-related), going for a run (sport-related), Fishing (non-sport-related)
<b>Any non-sport-related physical activity</b>	<b>15,489,000 / 70%</b> For example: Recreational walking, Gym/fitness, Yoga
<b>Any sport-related activity</b>	<b>11,156,000 / 51%</b> For example: Swimming, Skateboarding, Basketball
<b>Any informal sport</b>	<b>9,459,000 / 43%</b> For example: Playing a game of backyard Cricket with friends, going for a run on your own
<b>Any organised activity</b>	<b>8,997,000 / 41%</b> For example: Taking a recreational dance class (non-sport-related), running at parkrun (sport-related)
<b>Any organised sport</b>	<b>5,812,000 / 26%</b> For example: Playing Netball with a club
<b>Non-participants</b>	<b>3,381,000 / 15%</b>

Note: Activity types are not mutually exclusive, most Australians participate in more than one activity type.



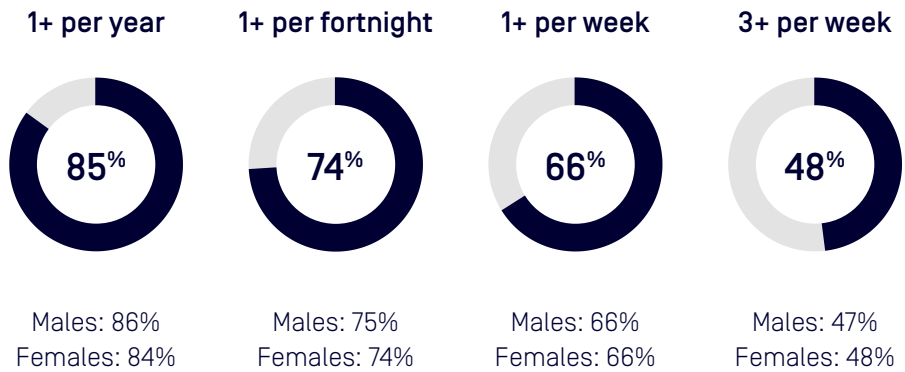
# Participation rates: Australians 15+

Just under half of Australians aged 15+ [48%] participate in some form of sport or physical activity at least three times per week.



## FREQUENCY OF PARTICIPATION IN ANY SPORT OR PHYSICAL ACTIVITY: AUSTRALIANS 15+\*

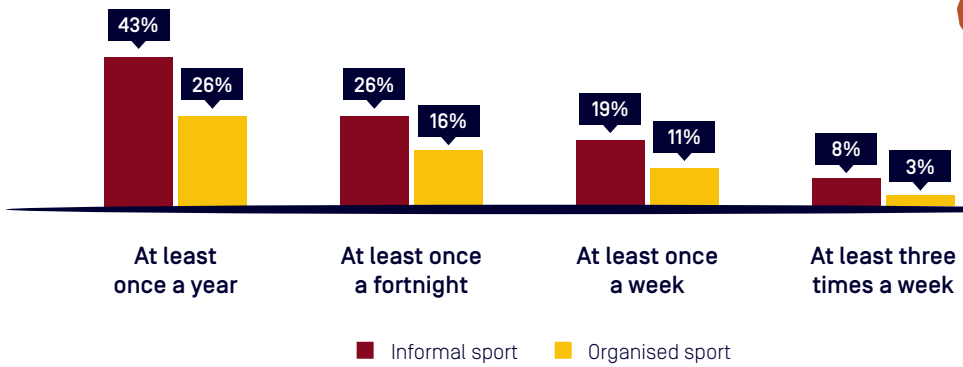
\* Averaged over the last 12 months



Informal sport has higher participation than organised sport across all frequencies.

## FREQUENCY OF PARTICIPATION IN ANY INFORMAL OR ORGANISED SPORT: AUSTRALIANS 15+\*

\* Averaged over the last 12 months

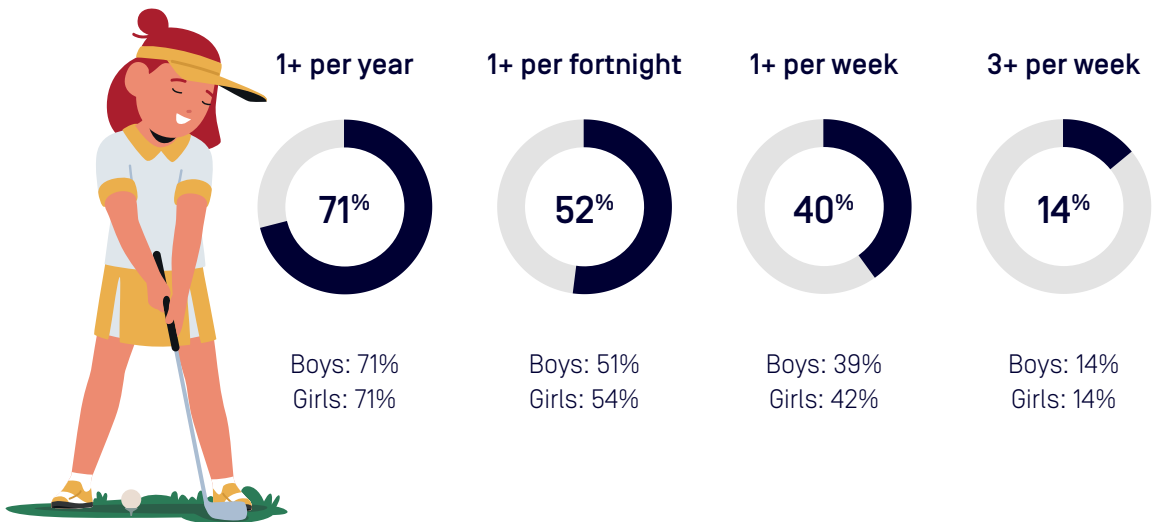


# Participation rates: Children 0-14

Around half of Australian children [52%] participate in organised sport or physical activity outside of school hours at least once a fortnight.

## FREQUENCY OF PARTICIPATION IN ANY ORGANISED OUT-OF-SCHOOL HOURS SPORT OR PHYSICAL ACTIVITY: AUSTRALIAN CHILDREN 0-14\*

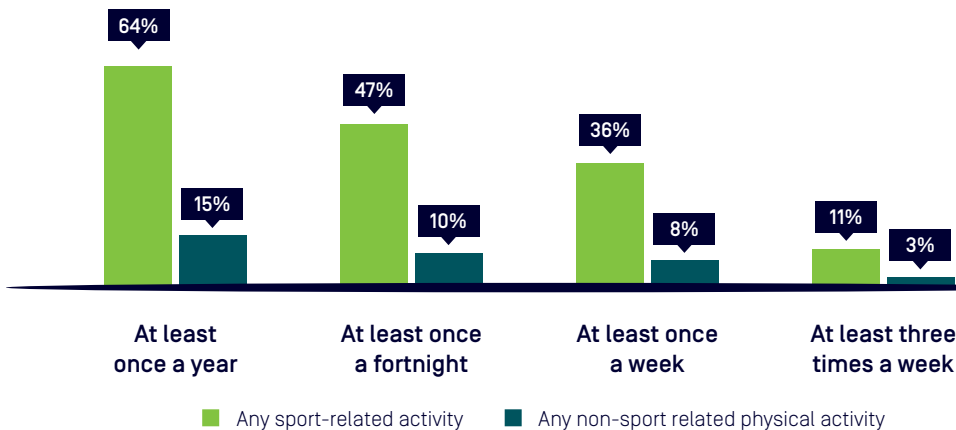
\* Averaged over the last 12 months



Sport-related activity is the predominant type of out-of-school hours organised activity for Australian children, with around two-thirds having participated at least once in the previous 12 months.

## FREQUENCY OF PARTICIPATION IN ORGANISED OUT-OF-SCHOOL HOURS SPORT- AND NON-SPORT-RELATED PHYSICAL ACTIVITY: CHILDREN 0-14\*

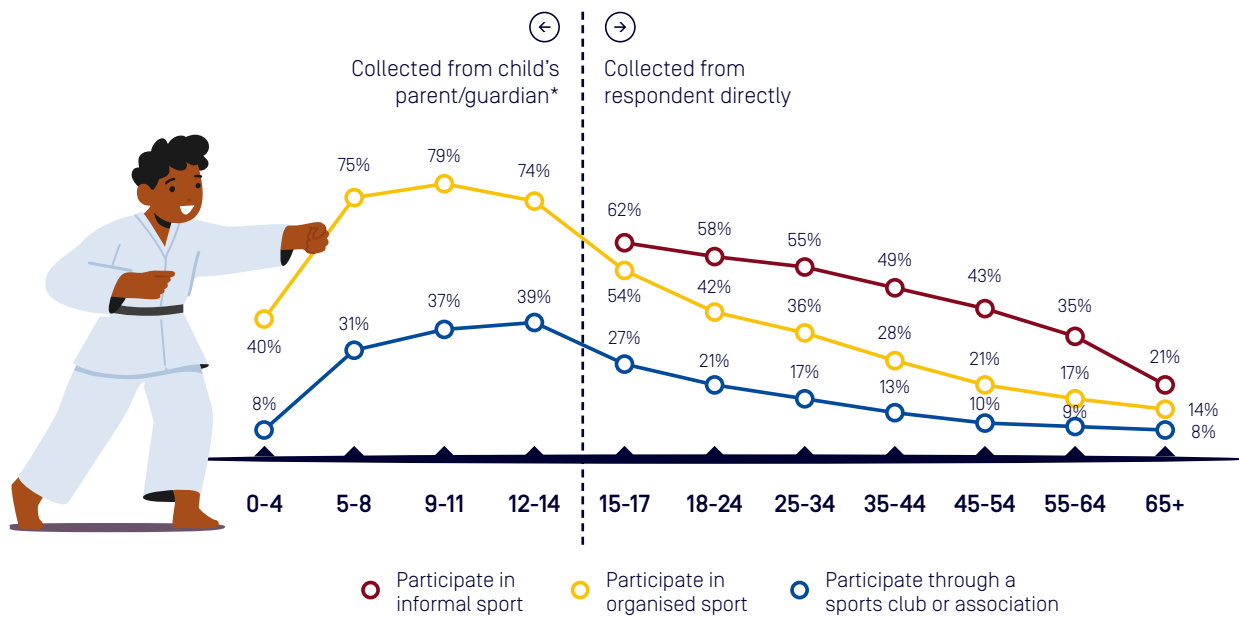
\* Averaged over the last 12 months



## Overview of participation throughout life

Bringing the data from the adults and children's parts of AusPlay together provides a clear picture of how participation changes with age. Organised sport and physical activity is important in the lives of children, peaking in the 9-11 age group. While participation in organised sport declines in the mid-teens, there are still over half (54%) of the 15-17 age group getting active in this way and around a quarter (27%) participating through a sports club or association.

### PARTICIPATION IN INFORMAL AND ORGANISED SPORT BY AGE

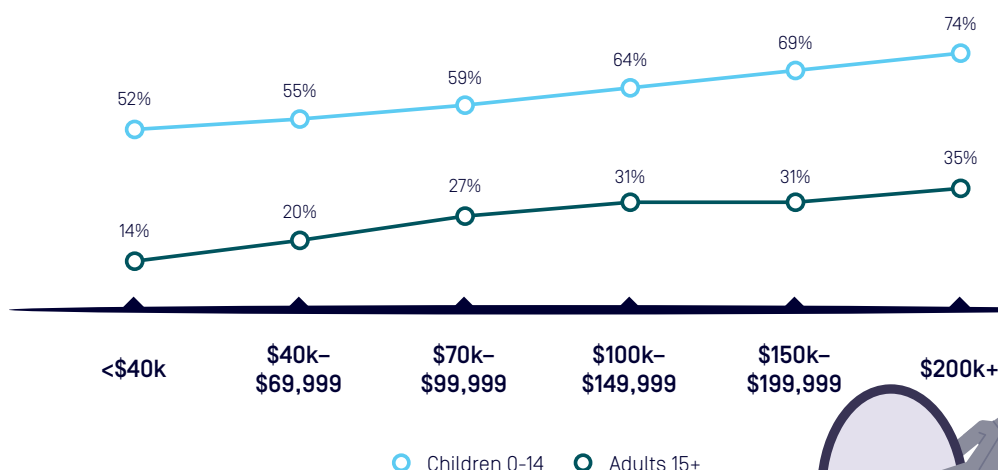


\*Only organised out-of-school hours activities are included in AusPlay's child data collection as a parent/guardian cannot accurately recall their child's activity during school or in active play outside of school.

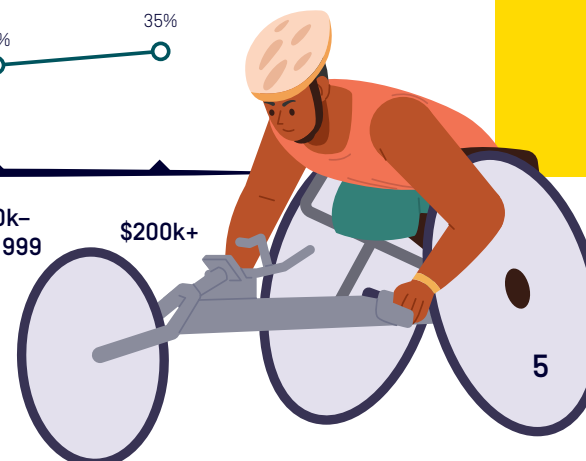
## Participation by household income

Participation in organised sport increases with household income for both adults and children.

### PARTICIPATION IN ORGANISED SPORT BY HOUSEHOLD INCOME



Note: Household income is only collected from respondents 18+.



# Where activity takes place


The importance of public space and free community facilities, for both organised and informal activity is evident in the data, and being active in the home environment is measured for the first time.

## AUSTRALIANS 15+

The five most common locations for activity among Australians 15+ were:

	% of Australians 15+
Public space	61%
Home environment	29%
Gym/fitness club/ sports/leisure centre	28%
Free community facilities	21%
Sports club or association facilities	18%

Organised sports most often participated in using public space or free community facilities were:

	Estimated number of participants
 Running/jogging*	847,000
 Football/soccer	353,000
 Basketball	262,000
 Swimming	253,000
 Cycling	176,000

\*Includes one-off events such as fun runs and regular events, like parkrun

## CHILDREN 0-14<sup>4</sup>

The five most common locations for activity among Australian children 0-14 were:

	% of Australian children 0-14
Sports club or association facilities	27%
Gym/fitness club/ sports/leisure centre	19%
Private or commercial premises	17%
Public space	17%
Free community facilities	15%

Children's organised sports most often participated in using public space or free community facilities were:

	Estimated number of participants
 Football/soccer	235,000
 Swimming	170,000
 Basketball	115,000
 Running/jogging*	111,000
 Australian football	103,000

\*Includes one-off events such as fun runs and regular events, like parkrun

4. Only organised out-of-school hours activities are included in AusPlay's child data collection as a parent/guardian cannot accurately recall their child's activity during school or in active play outside of school.