

## 4 Facilities and Places

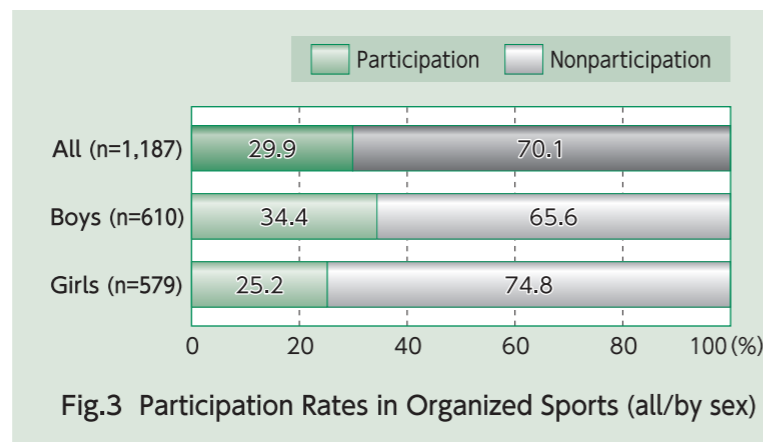
There was no gender difference found concerning the facilities and places used for playing sports or physical activities. The most popular place for both boys and girls was school/kindergarten/nursery school (65.6% for boys and 67.2% for girls), followed by park/public square/open space, their own home or friend's home, gymnasium or sports ground (outside school), and swimming school (swimming club) (Table 4).

Table 4 Utilization Rates of Facilities and Places for Sports or Physical Activities (by sex)

Rank	Boys (n=610)	%	Rank	Girls (n=579)	%
1	School/kindergarten/nursery school	65.6	1	School/kindergarten/nursery school	67.2
2	Park/public square/open space	56.4	2	Park/public square/open space	56.5
3	Own home or friend's home	31.6	3	Own home or friend's home	35.8
4	Gymnasium or sports ground (outside school)	27.9	4	Gymnasium or sports ground (outside school)	21.1
5	Swimming school (swimming club)	16.9	5	Swimming school (swimming club)	14.7
6	Swimming pool	9.2	6	Swimming pool	7.6
7	Ocean/beach/port	5.7	7	Sports club (including fitness club, boys sports group)	4.7
8	Skiing ground	5.1	8	Places near their own home or friend's home	4.1
9	Sports club (including fitness club, boys sports group)	4.8		Streets	4.1
10	Places near their own home or friend's home	3.9	10	Ocean/beach/port	3.5
				Skiing ground	3.5

## 5 Participation in Organized Sports

The participation status in organized sports was studied by asking the respondents whether they had received instruction from instructors when playing sports or physical activities that they had done the most. Of the respondents, those who had participated in organized sports were 29.9% and who had not done so were 70.1%, showing that the respondents who had participated in organized sports decreased by 13.1% (from 43.0% to 29.9%) compared to the 2011 survey (Figure 3). By gender, those who participated in organized sports were 34.4% for boys and 25.2% for girls, indicating that the girls have a lower participation rate in organized sports.



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 Established: March 1991  
 Purpose: To promote Sport for Everyone

#### Programs and Services:

1. Research and Surveys
2. Research grants and human resource development
3. Collaboration with local governments
4. Public relations

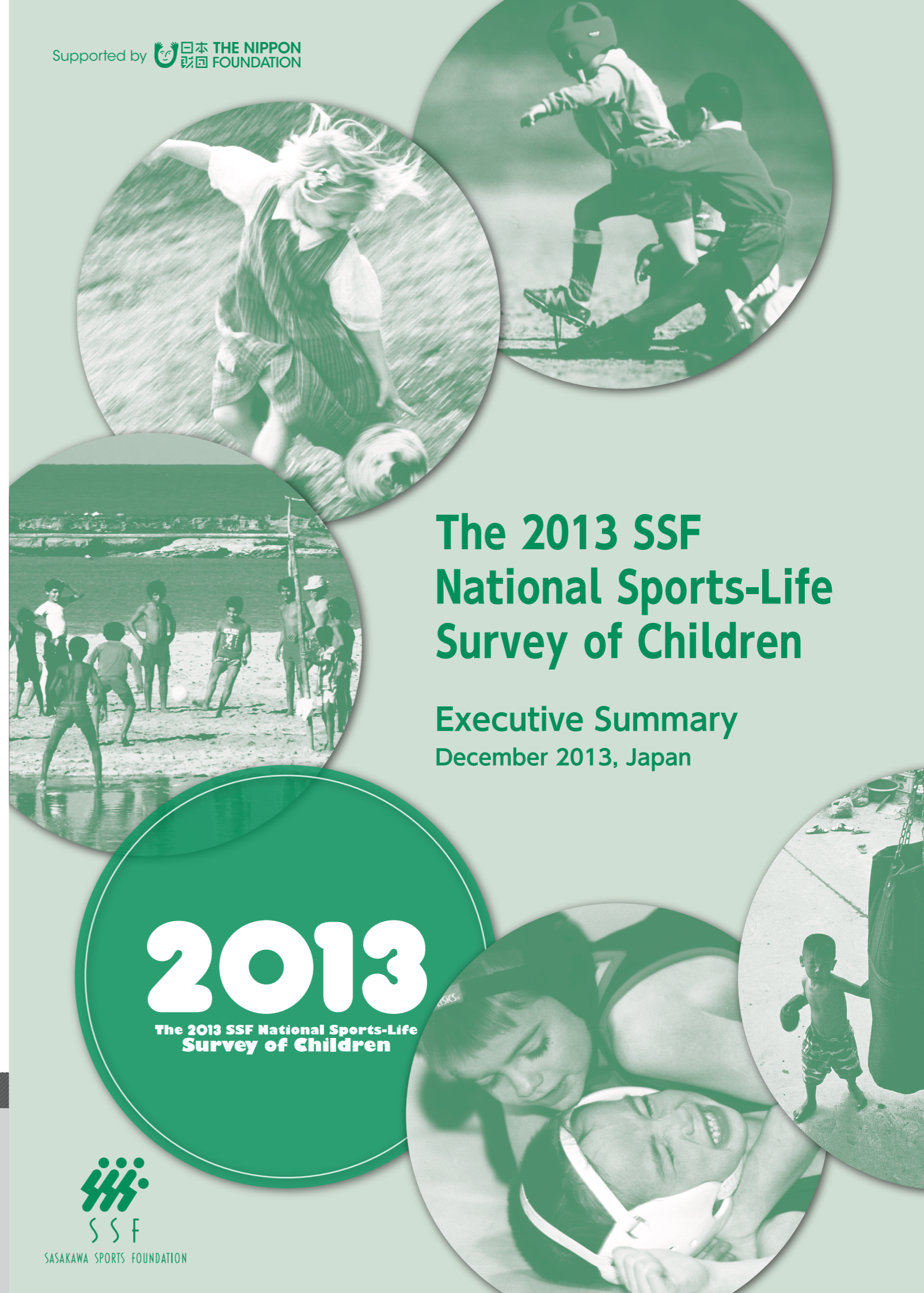


# The 2013 SSF National Sports-Life Survey of Children

Executive Summary  
 December 2013, Japan

# 2013

The 2013 SSF National Sports-Life Survey of Children



Toward the realization of “Sport for Everyone,” Sasakawa Sports Foundation (SSF) has been conducting a “Sports-Life Survey of Children Aged Four to Nine Years” every two years, which is designed to understand the participation rate of children in sports and physical activities after school and holidays and the sports environment surrounding children.

This survey was carried out from June 29 to July 31, 2013, using the household drop-off survey method with a questionnaire. The subjects were 1,800 randomly selected boys and girls aged four to nine years throughout the country. The survey questions included the current situations concerning their sports and physical activities (such as frequency, time, and intensity), available sports facilities, sport spectating, family involvement in their sports and physical activities, and lifestyle habits (such as breakfast and sleep). The number of valid responses was 1,211 (a response rate of 67.3%).

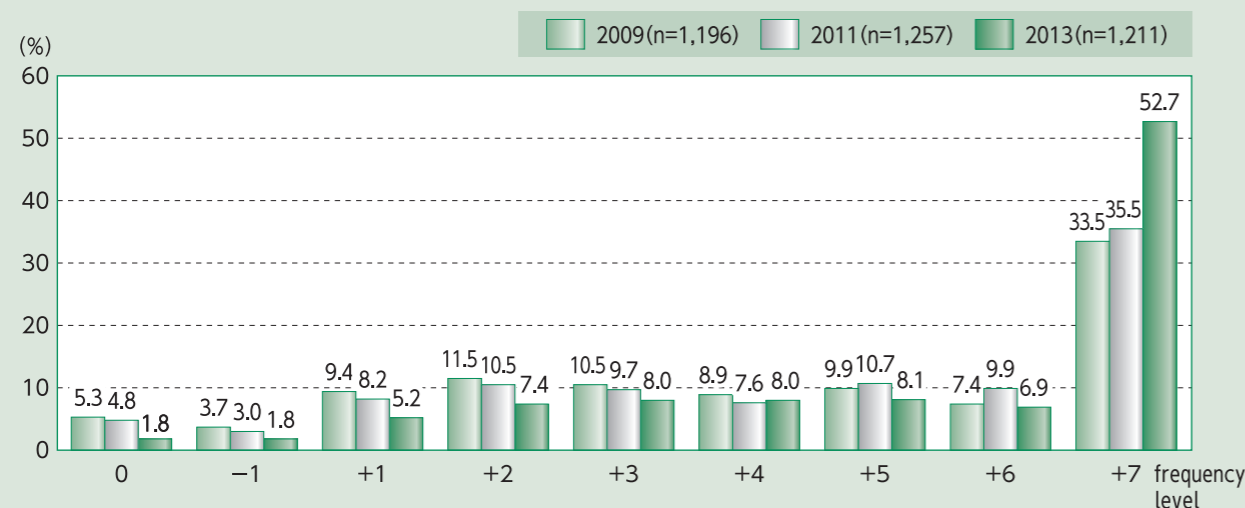
The following is a summary of the main results of the survey.

## 1 Participation in Sports and Physical Activities by Frequency

Concerning the question about the frequency of participation in sports or physical activities in the 2013 survey, 1.8% of the respondents aged four to nine years replied that they had not participated in any sports or physical activities at all in the previous one year (Figure 1), which is lower than the percentage of about 5% revealed in the 2009 and 2011 surveys. The percentage of those who did participate in some sports or physical activities “seven times or more a week” was 52.7%, indicating that more than a half of the respondents aged four to nine years regularly participate in sports or physical activities.

**Table 1 Definition of frequency level**

Frequency level	Participation in sports and physical activities
0	None over the last twelve months (0 times/year)
-1	Less than once a week (1 to 51 times/year)
+1	1 to 2 times a week (52 to 103 times/year)
+2	2 to 3 times a week (104 to 155 times/year)
+3	3 to 4 times a week (156 to 207 times/year)
+4	4 to 5 times a week (208 to 259 times/year)
+5	5 to 6 times a week (260 to 311 times/year)
+6	6 to 7 times a week (312 to 363 times/year)
+7	7 or more times a week (more than 364 times/year)



**Fig.1 Participation in sports and physical activities (by frequency level)**

## 2 Types of Sports and Physical Activities

Asked which sports or physical activities they had done during the previous one year, playing tag received the highest response at 49.9%, swimming was second at 37.7%, and riding bicycles was third at 35.6%, which means that so-called playing exercises were the most popular (Table 2). In the order of popularity by gender, it was soccer (48.5%), playing tag (48.4%), and swimming (41.0%) for boys and playing tag (51.5%), riding bicycles (37.3%), and playing on the swings (36.4%) for girls (Table 3).

**Table 2 Participation Rates by Sports and Physical Activities (multiple answers permitted)**

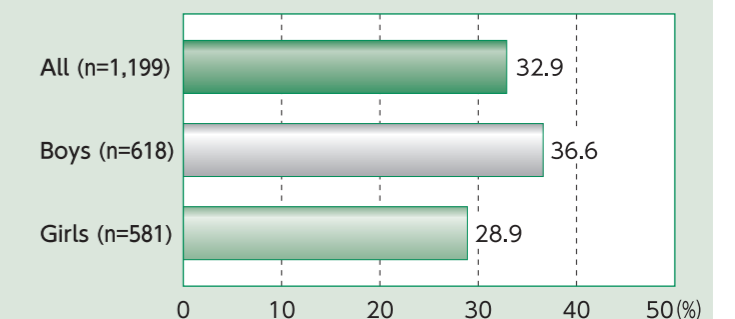
Rank	2009 (n=1,133)	%	Rank	2011 (n=1,197)	%	Rank	2013 (n=1,189)	%
1	Playing tag	31.3	1	Playing tag	34.0	1	Playing tag	49.9
2	Swimming	29.6	2	Swimming	29.9	2	Swimming	37.7
3	Soccer	25.4	3	Soccer	23.7	3	Riding bicycle	35.6
4	Dodgeball	21.7	4	Riding bicycle	23.1	4	Swing	29.8
5	Skipping rope	20.3	5	Swing	18.0	5	Soccer	28.8
6	Running	15.3	6	Dodgeball	17.4	6	Dodgeball	26.7
7	Baseball	13.3	7	Skipping rope (including long rope)	14.6	7	Skipping rope (including long rope)	26.1
8	Hide-and-seek	12.5	8	Running	12.4	8	Iron bar	21.7
9	Playing catch	8.5	9	Iron bar	11.4	9	Hide-and-seek	21.1
10	Riding unicycle	7.0	10	Hide-and-seek	10.4	10	Running	18.8

**Table 3 Participation Rates by Sports and Physical Activities and by Sex (multiple answers permitted)**

Rank	Boys (n=610)	%	Rank	Girls (n=579)	%
1	Soccer	48.5	1	Playing tag	51.5
2	Playing tag	48.4	2	Riding bicycle	37.3
3	Swimming	41.0	3	Swing	36.4
4	Riding bicycle	33.9	4	Skipping rope (including long rope)	36.3
5	Dodgeball	31.6	5	Swimming	34.2
6	Swing	23.4	6	Iron bar	30.2
7	Running	18.7	7	Hide-and-seek	25.6
8	Hide-and-seek	16.9	8	Dodgeball	21.4
9	Skipping rope (including long rope)	16.4	9	Running	18.8
10	Iron bar	13.6	10	Riding unicycle	18.1

## 3 Attendance of Spectator Sports

Those who had attended spectator sports in a gymnasium or stadium in the previous one year were 32.9% of the total (Figure 2). The most spectated sport was professional baseball (Nippon Professional Baseball, NPB) at 13.5%, followed by J League matches (J1 and J2) at 7.9%, marathon/long distance relay race at 4.5%, high school baseball at 2.3% and the Japan national team soccer matches (including Olympic soccer team) at 2.1%.



**Fig.2 Attendance Rates in Spectator Sports (all/by sex)**