

## Exercise and sports types

**[Table 3]** Exercise and sports types often carried out over the past year (multiple answers were allowed.)

4-11 year olds (n=1,304)			12-21 year olds (n=1,185)		
Rank	Types of exercise/sports	Percentage (%)	Rank	Types of exercise/sports	Percentage (%)
1	Tag	57.2	1	Badminton	20.3
2	Dodgeball	32.0	2	Basketball	20.2
3	Swimming	31.4	3	Jogging/running	18.5
4	Bicycle riding	29.4	4	Walking	18.3
5	Swings	28.9	5	Soccer	18.1
6	Soccer	25.4	6	Muscle training	17.1
	Jump rope (including long jump rope)	25.4	7	Volleyball	15.7
8	Hide-and-seek	17.9	8	Table tennis	13.2
9	Iron bar	17.2	9	Baseball	11.0
10	Race	14.2	10	Tag	10.4

Source: 2023 Sasakawa Sports Foundation National Sports-Life Survey of Ages 4 to 11 and National Sports-Life Survey of Ages 12 to 21

**Table 3** indicates the top 10 exercise or sports activities carried out often (on many occasions) in the past year.

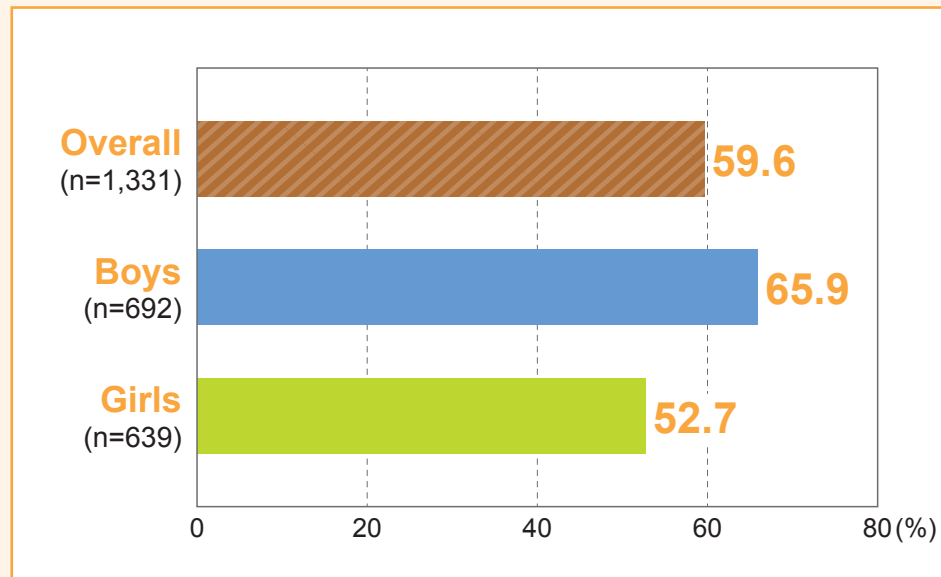
For the 4-11 year old group, “Tag” was the highest at **57.2%**, followed by “Dodgeball” at **32.0%**, “Swimming” at **31.4%**,

“Bicycle riding” at **29.4%**, and “Swings” at **28.9%**.

For the 12-21 year old group, “Badminton” was in the first place at **20.3%**, followed by “Basketball” at **20.2%**, “Jogging/running” at **18.5%**, “Walking” at **18.3%**, and “Soccer” at **18.1%**.

## ■ 4-11 year olds

**[Fig.3]** Participation rates in sports teams/clubs (4-11 year olds)



\*1) Including school club activities, sports teams, private sports teams/clubs (swimming, gymnastics, etc.), community sports teams/clubs (youth sports team, sports classes, etc.).

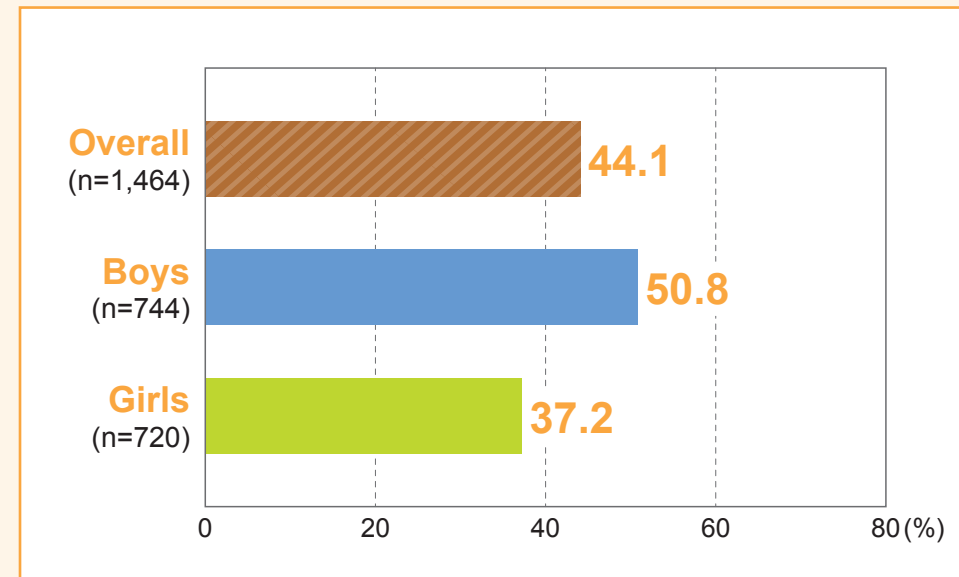
Source: 2023 Sasakawa Sports Foundation National Sports-Life Survey of Ages 4 to 11

The participation rates in sports teams/clubs for ages 4-11 are indicated in **Figure 3**.

The overall rate of participation in sports teams/clubs for ages 4-11 was **59.6%**. Regarding the rates by gender, boys had a participation rate of **65.9%** and girls had a participation rate of **52.7%**.

## ■ 12-21 year olds

**[Fig.4]** Participation rates in sports teams/clubs (12-21 year olds)



\*1) Including school club activities, sports teams, private sports teams/clubs (swimming, gymnastics, etc.), community sports teams/clubs (youth sports team, sports classes, etc.).

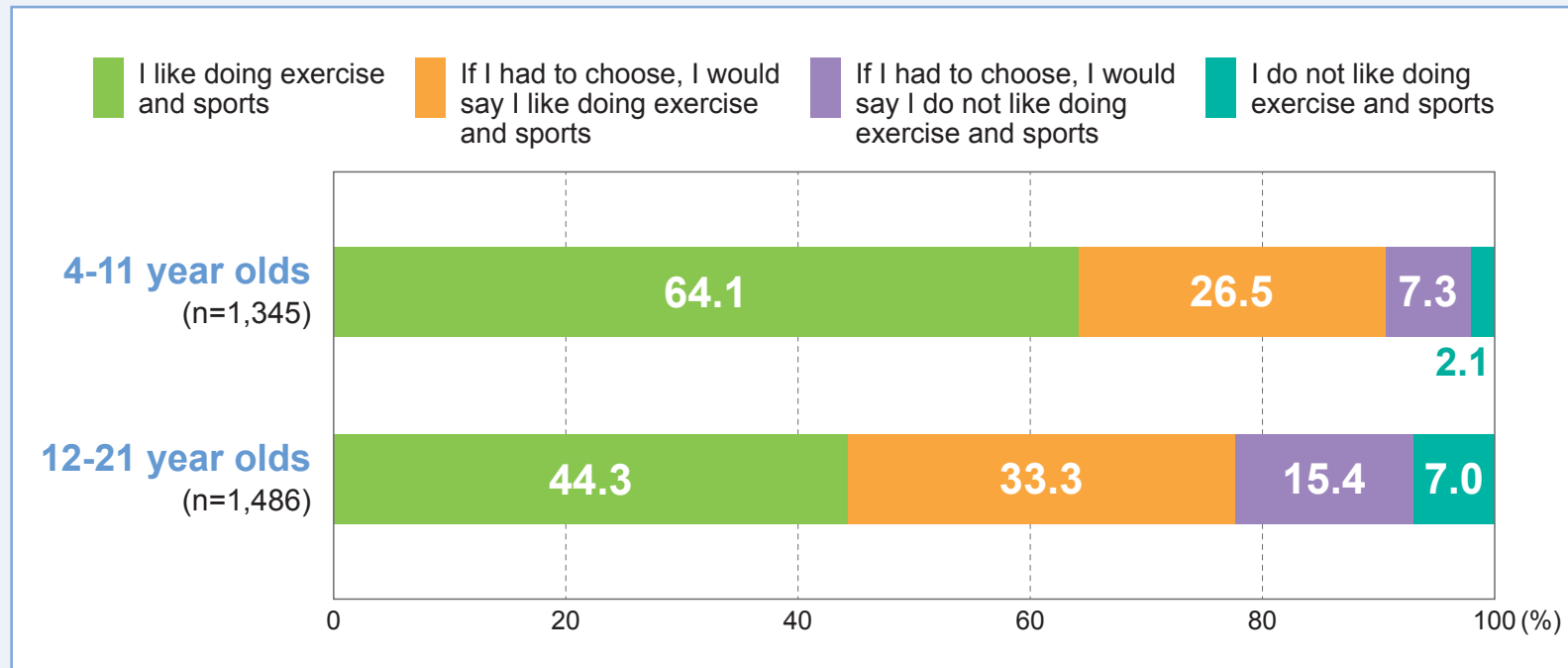
Source: 2023 Sasakawa Sports Foundation National Sports-Life Survey of Ages 12 to 21

The participation rates in sports teams/clubs for ages 12-21 are shown in **Figure 4**.

The overall rate of participation in sports teams/clubs for ages 12-21 was **44.1%**. For boys, the participation rate was **50.8%**, which was 13.6 points higher than **37.2%** for girls.

# Liking for exercise and sports participation

**[Fig.5]** Liking for exercise and sports participation



Source: 2023 Sasakawa Sports Foundation National Sports-Life Survey of Ages 4 to 11 and National Sports-Life Survey of Ages 12 to 21

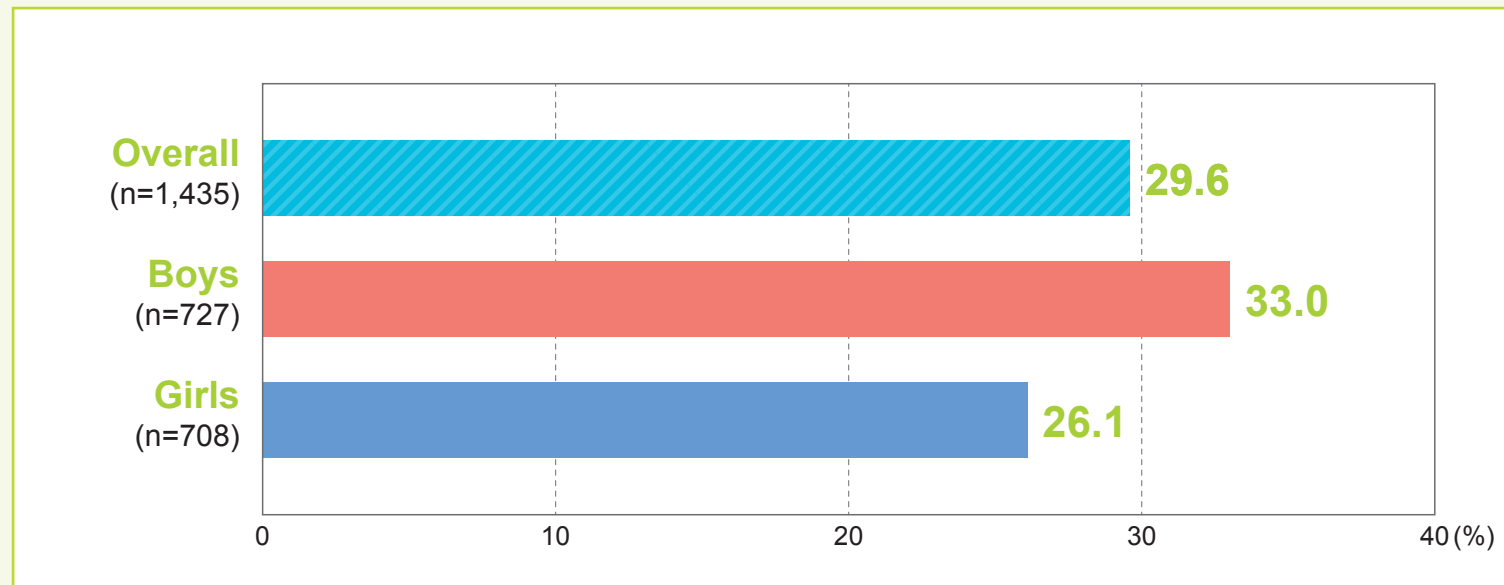
The rates of liking and disliking for exercise and sports participation are indicated in **Figure 5**.

For ages 4-11, “I like doing exercise and sports” was **64.1%**; “If I had to choose, I would say I like doing exercise and sports” was **26.5%**; “If I had to choose, I would say I do not like doing exercise and sports” was **7.3%**; and “I do not like doing exercise and sports” was **2.1%**.

For ages 12-21, “I like doing exercise and sports” was **44.3%**, followed by “If I had to choose, I would say I like doing exercise and sports” at **33.3%**, “If I had to choose, I would say I do not like doing exercise and sports” at **15.4%**, and “I do not like doing exercise and sports” at **7.0%**.

## ■ 12-21 year olds

【Fig.6】 Rates of live sports viewing at the venue (12-21 year olds)



Source: 2023 Sasakawa Sports Foundation National Sports-Life Survey of Ages 12 to 21

The rates of live sports viewing at the venue for ages 12-21 are shown in **Figure 6**.

Overall, **29.6%** of survey respondents watched a sports match at a gymnasium, stadium, or other facilities in the past year. This rate increased by 11.2 points from 18.4% in the 2021 survey.

In terms of the rates by gender, **33.0%** of boys and **26.1%** of girls watched a sporting event, with boys exceeding girls by 6.9 points. This tendency of boys with a higher rate of live sports viewing at the venue than girls has remained unchanged since the first survey of this item in 2001.

## Sports spectating

### ■ 12-21 year olds

**[Table 4]** Types of sports viewed live at the venue (12-21 year olds) (multiple answers were allowed.)

(%)

Rank	Types of sports	Overall (n=1,435)	Boys (n=727)	Girls (n=708)
1	Professional baseball (Nippon Professional Baseball)	10.9	12.5	9.2
2	High school baseball	4.9	5.1	4.7
3	Japan Professional Football League (J1, J2, and J3 Leagues)	4.5	7.0	2.0
4	Soccer (high school, university, JFL, etc.)	3.2	3.7	2.7
5	Professional basketball (B.LEAGUE)	2.7	2.9	2.5
	I have not watched a sports match at the venue live	70.4	67.0	73.9

Source: 2023 Sasakawa Sports Foundation National Sports-Life Survey of Ages 12 to 21

**Table 4** reveals the types of sports that were viewed live at the venue by the 12-21 age group.

Overall, “Professional baseball (Nippon Professional Baseball)” had the highest viewing rate at **10.9%**, followed by “High school baseball” at **4.9%**, “Japan Professional Football League (J1, J2, and J3 Leagues)” at **4.5%**, “Soccer (high school, university, JFL, etc.)”

at **3.2%**, and “Professional basketball (B.LEAGUE)” at **2.7%**. For both boys and girls, “Professional baseball (Nippon Professional Baseball)” had the highest viewing rate, **12.5%** for boys and **9.2%** for girls, followed by “Japan Professional Football League (J1, J2, and J3 Leagues)” at **7.0%** for boys and “High school baseball” at **4.7%** for girls.