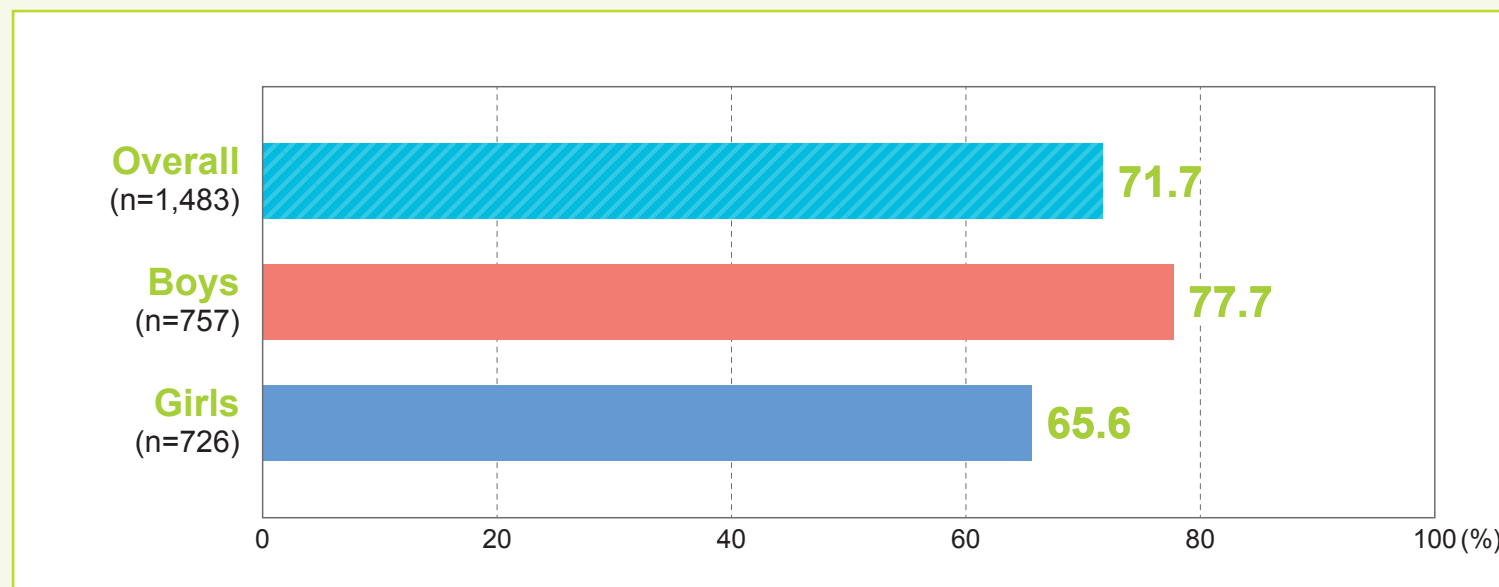


■ 12-21 year olds

【Fig.7】 Rates of sports viewing via media (12-21 year olds)



*1) Includes sports viewing through media such as television, smartphones, tablets, PCs, etc.

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

The rates of sports viewing via media for ages 12-21 are indicated in **Figure 7**.

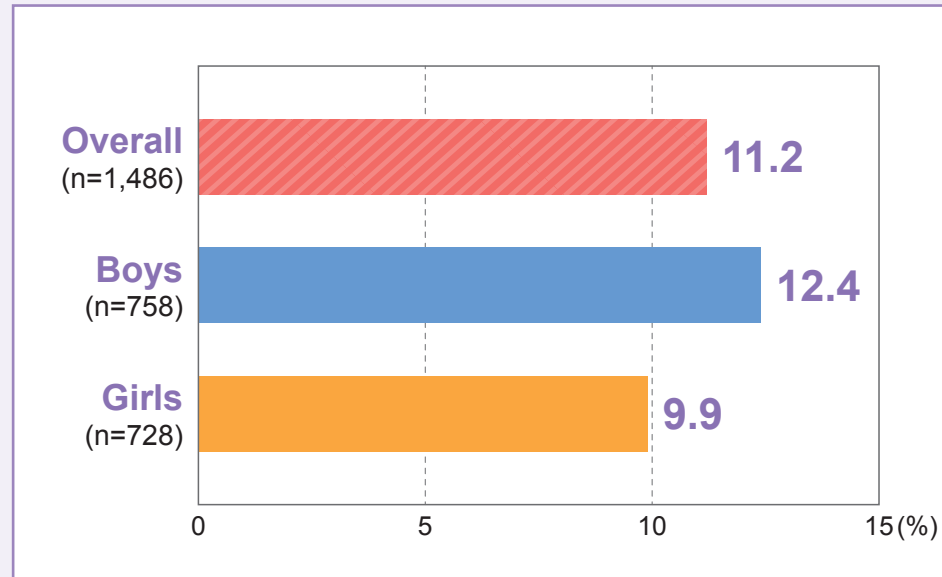
Overall, **71.7%** of survey respondents watched a sports match using a television, smartphone, or other forms of

media in the past year. Regarding the rates by gender, **77.7%** of boys and **65.6%** of girls watched a sports match, with boys outnumbering girls by 12.1 points. This trend has not changed since the survey was first conducted in 2013.

Sports volunteering

■ 12-21 year olds

[Fig.8] Sports volunteering rates (12-21 year olds)

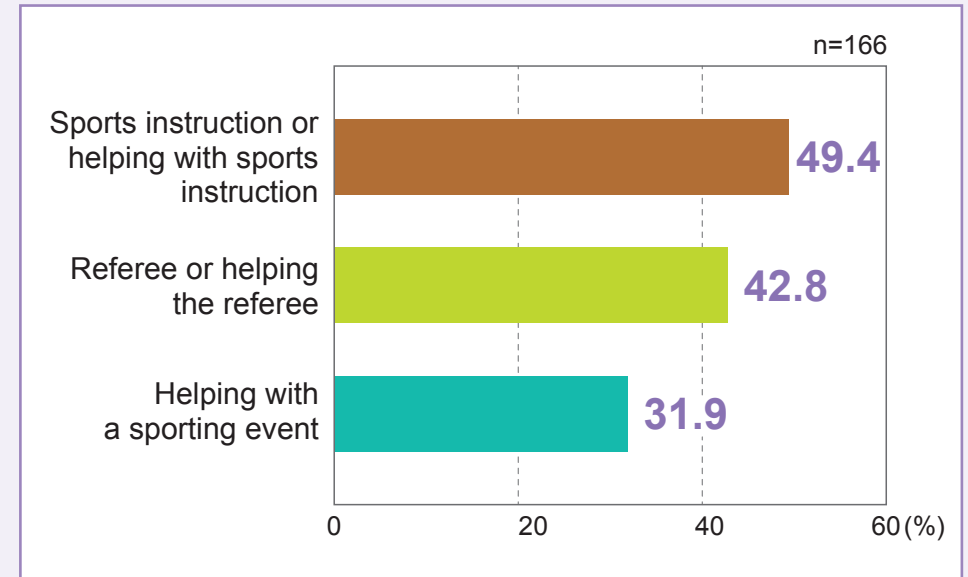


Source: 2023 Sasakawa Sports Foundation National Sports-Life Survey of Ages 12 to 21

Figure 8 shows the sports volunteering rates for ages 12-21.

Overall, **11.2%** of survey respondents participated in sports volunteering in the past year. In terms of the rates by gender, **12.4%** of boys participated in sports volunteering, which was 2.5 points higher than **9.9%** for girls. The trend of the rate for boys outnumbering the rate for girls has continued since the first survey in 2005.

[Fig.9] Sports volunteer activities (12-21 year olds) (multiple answers were allowed.)



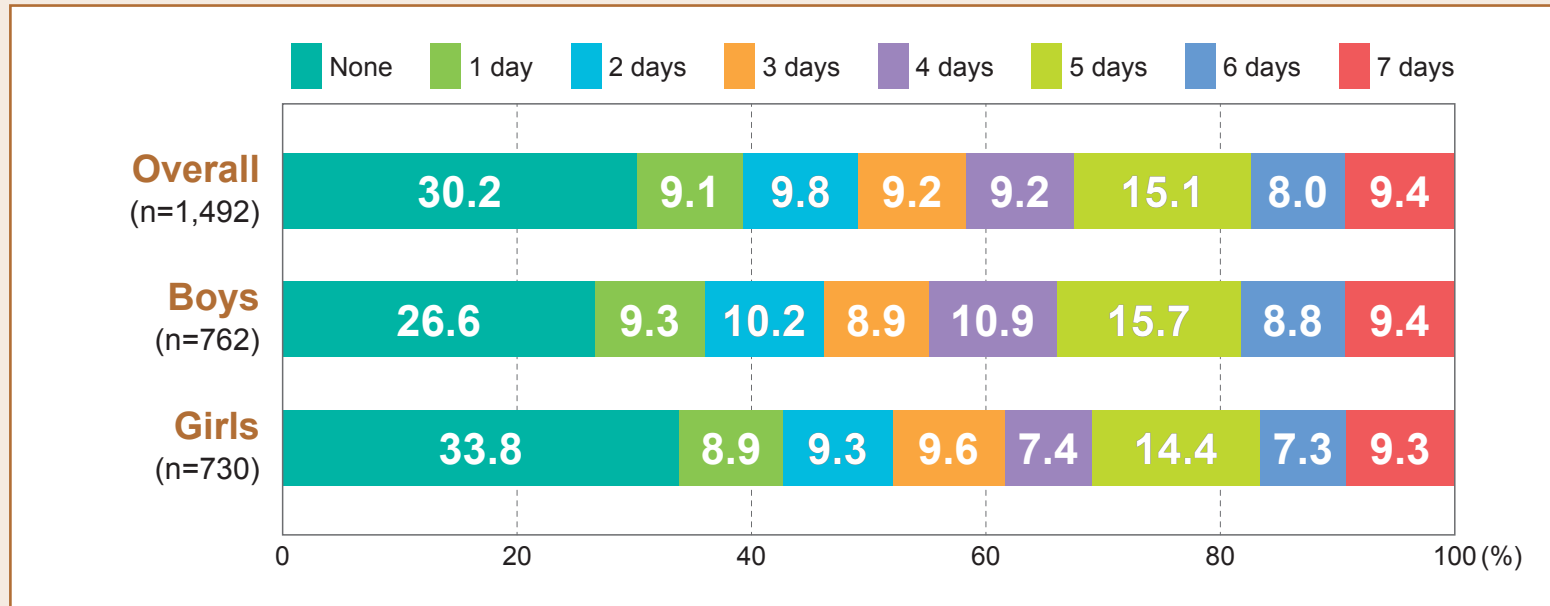
Source: 2023 Sasakawa Sports Foundation National Sports-Life Survey of Ages 12 to 21

The 12-21 age group was also asked about the types of sports volunteer activities they participated in.

As indicated in **Figure 9**, “Sports instruction or helping with sports instruction” was the highest participated volunteer activity at **49.4%**. Then, it was followed by “Referee or helping the referee” at **42.8%** and “Helping with a sporting event” at **31.9%**.

■ 12-21 year olds

[Fig.10] Number of days with at least 60 min/day of moderate-to-vigorous physical activities in the past 7 days (12-21 year olds)



*1) Number of days in the last 7 days doing physical activity equivalent in intensity to heart pounding or large increases in heart rate for a total of at least 60 minutes per day.

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

Figure 10 reveals the number of days in the last 7 days respondents engaged in moderate-to-vigorous physical activities for at least 60 minutes a day. Moderate-to-vigorous physical activities refer to activities equivalent in intensity to heart pounding or large increases in heart rate, including sports, playing with friends, walking or biking to school, etc.

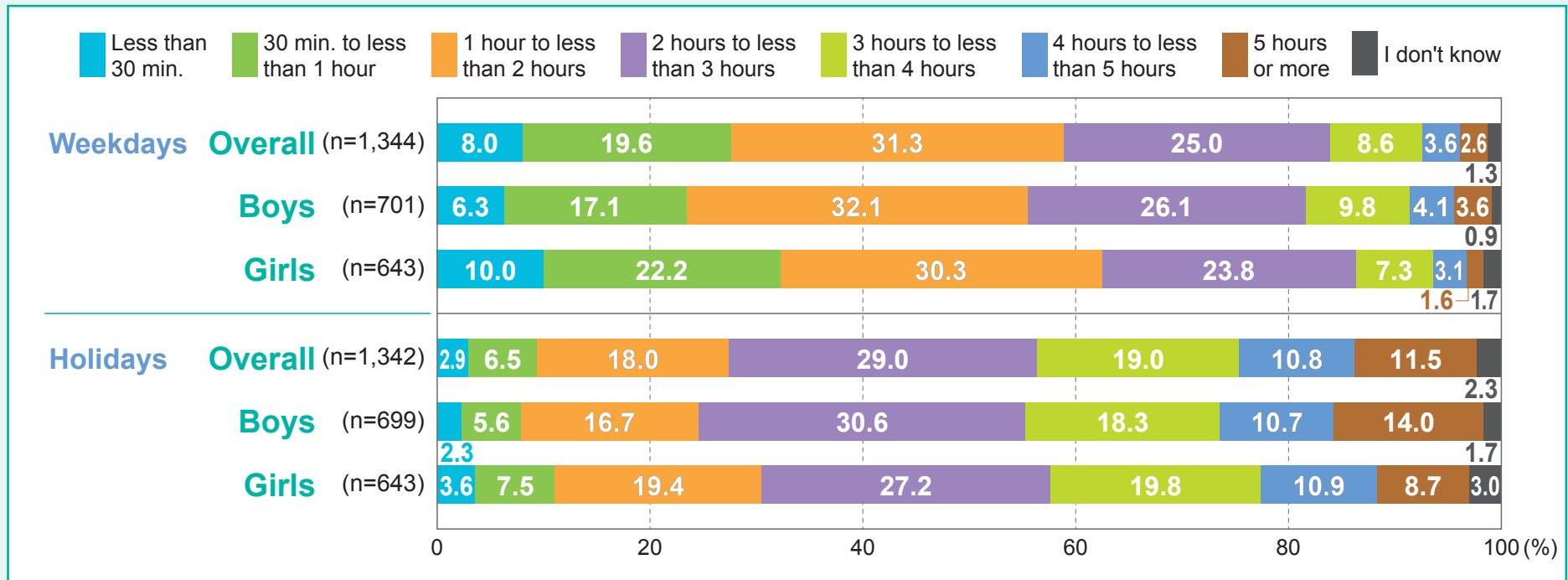
Overall, **30.2%** of survey respondents answered “None”, followed by

“5 days” at **15.1%**. Those who engaged in moderate-to-vigorous physical activities 5 or more days a week were **32.5%**. The results by gender showed that “None” was the highest percentages for both boys and girls, at **26.6%** and **33.8%** respectively, with girls outnumbering boys by 7.2 points. Regarding the rates of “5 or more days a week”, boys showed **33.9%** and girls **31.0%**, with little gender difference.

Media usage time (screen time)

■ 4-11 year olds

[Fig.11] Media usage time (4-11 year olds)



*1) Number of hours watching TV or DVD, using PCs, video games (including TV, PCs, cellular device games, etc.) or using smartphone per day outside of school class (including kindergarten and preschool).

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

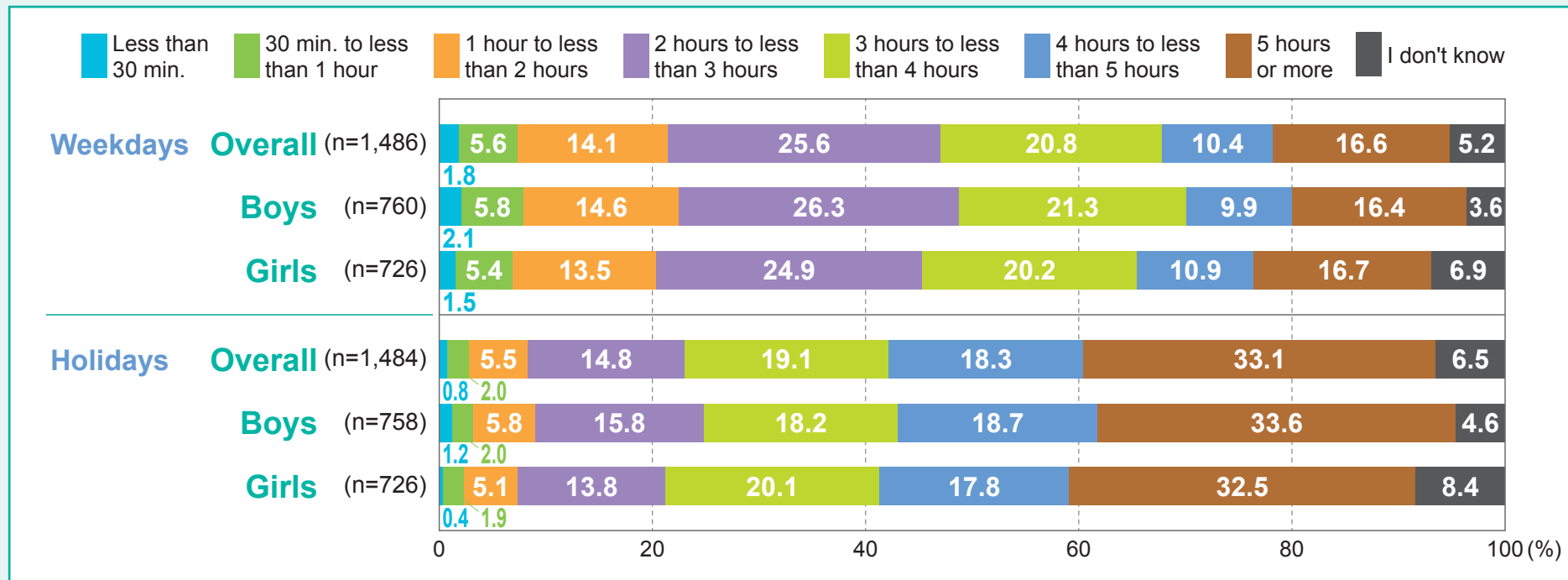
Figure 11 indicates the media usage time (screen time) for the 4-11 age group on weekdays and holidays.

In terms of the media usage time per day (outside of lessons at kindergarten, preschool, or school), the highest reported answer for weekdays was “1 hour to less than 2 hours” at **31.3%**, followed by “2 hours

to less than 3 hours” at **25.0%**. For holidays, the most frequent response was “2 hours to less than 3 hours” at **29.0%**, followed by “3 hours to less than 4 hours” at **19.0%**. The rates of media usage time less than 2 hours on holidays were lower than the rates on weekdays, whereas the opposite was true in the rates of media usage time more than 3 hours.

■ 12-21 year olds

[Fig.12] Media usage time (12-21 year olds)



*1) Number of hours watching TV or DVD, using PCs, video games (including TV, PCs, cellular device games, etc.) or using smartphone per day outside of school and/or work.

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

Figure 12 shows the media usage time (screen time) for the 12-21 age group on weekdays and holidays.

Regarding the media usage time per day (outside school or work), the highest reported answer for weekdays was “2 hours to less than 3 hours”

at 25.6%, followed by “3 hours to less than 4 hours” at 20.8%. For holidays, the most frequent response was “5 hours or more” (33.1%). These results highlight that the rate of the 12-21 age group who used media for longer periods of time on holidays was higher than the rate on weekdays.