

Supplementary File 2 - Full national participation data by all Specific Activities in Active Lives Survey Years 2 and 3.

Activities	November 2016-17 (ALS 2)	November 2017-18 (ALS 3)	ONS MYE-weighted	Annual population estimates for England and Wales						6-year total population at risk
	Rate (%)	Rate (%)	Rate (%)	2012	2013	2014	2015	2016	2017	
Running	15.40%	15.20%	15.32%	7026986	7073363	7129484	7186880	7243553	7282198	42942464
Fitness class	14.60%	14.10%	14.33%	6576041	6619442	6671962	6725675	6778710	6814876	40186707
Gym session	12.00%	13.50%	12.76%	5854110	5892746	5939500	5987316	6034529	6066724	35774925
Swimming	10.20%	10.50%	10.37%	4756421	4787813	4825800	4864650	4903011	4929169	29066865
Exercise machines	8.40%	8.80%	8.59%	3940559	3966566	3998037	4030223	4062004	4083675	24081064
Hill and mountain walking	**	6.30%	6.25%	2867564	2886489	2909391	2932813	2955940	2971710	17523907
Weights session	4.60%	5.60%	5.13%	2355853	2371402	2390217	2409459	2428459	2441415	14396805
Interval sessions	5.40%	4.70%	5.10%	2338867	2354303	2372983	2392086	2410949	2423812	14292999
Football	5.00%	4.50%	4.76%	2183745	2198157	2215598	2233435	2251046	2263056	13345038
Generic fitness training	4.40%	4.20%	4.29%	1968897	1981892	1997616	2013698	2029577	2040405	12032086
Golf	2.20%	2.10%	2.14%	981864	988344	996186	1004206	1012125	1017524	6000250
Badminton	2.00%	1.90%	1.92%	881734	887553	894595	901797	908908	913757	5388343
Tennis	1.90%	1.70%	1.83%	839447	844987	851691	858548	865318	869935	5129927
Boxing (inclusive of boxing fitness classes)	1.70%	1.70%	1.65%	759328	764340	770404	776606	782730	786906	4640314
Rowing (inclusive of indoor rowing)	1.60%	1.40%	1.48%	680907	685401	690839	696401	701892	705637	4161076
Table Tennis	1.00%	0.90%	0.95%	435916	438793	442274	445835	449351	451748	2663917
Squash	0.80%	0.80%	0.77%	351139	353456	356261	359129	361961	363892	2145838
Bowls	0.80%	0.70%	0.75%	341830	344086	346816	349608	352365	354245	2088948
Climbing and bouldering	**	0.70%	0.70%	321167	323287	325852	328475	331065	332832	1962678
Basketball	0.70%	0.70%	0.67%	307403	309432	311887	314398	316877	318567	1878563
Cricket	0.70%	0.70%	0.66%	302879	304878	307297	309771	312213	313879	1850916
Equestrian	0.70%	0.60%	0.65%	299278	301253	303644	306088	308502	310148	1828913
Gymnastics (excluding trampolining)	0.70%	0.60%	0.65%	299546	301523	303915	306362	308777	310425	1830547
Gymnastics (inclusive of all trampolining)			0.65%	299546	301523	303915	302003	308777	310425	1830547
Gymnastics (inclusive of institutional (i.e., non-home based) trampolining)			0.65%	299546	301523	303915	302003	308777	310425	1830547

Netball	0.60%	0.60%	0.62%	284523	286401	288673	290997	293292	294857	1738744
Fell running	0.50%	0.70%	0.62%	286309	288199	290485	292824	295133	296707	1749657
Snowsport	0.50%	0.60%	0.55%	252434	254100	256116	258178	260213	261602	1542641
Rugby Union	0.60%	0.50%	0.53%	243522	245129	247074	249063	251027	252366	1488180
Martial Arts	0.50%	0.60%	0.52%	239940	241523	243439	245399	247334	248654	1466289
Track and field athletics	0.50%	0.40%	0.50%	227164	228663	230477	232333	234165	235414	1388216
Garden trampolining	0.40%	0.50%	0.46%	209460	210843	212516	214226	215916	217068	1280028
Canoeing	0.30%	0.40%	0.35%	161109	162172	163459	164775	166074	166960	984548
Surfing, board surfing, body boarding, kite surfing	0.20%	0.30%	0.30%	137043	137948	139042	140161	141267	142020	837481
Sailing	0.30%	0.30%	0.28%	129796	130652	131689	132749	133796	134510	793192
Hockey	0.20%	0.20%	0.24%	110114	110841	111721	112620	113508	114114	672918
Angling	0.20%	0.20%	0.24%	107863	108575	109436	110317	111187	111780	659158
Parkour or free running	0.20%	0.20%	0.22%	100938	101604	102411	103235	104049	104604	616842
Tai Chi	0.20%	0.20%	0.21%	97298	97941	98718	99512	100297	100832	594598
Shooting	0.20%	0.20%	0.20%	91762	92368	93101	93850	94590	95095	560765
Rounders	0.20%	0.20%	0.18%	80395	80925	81567	82224	82872	83315	491298
Rugby League	0.20%	0.10%	0.17%	77102	77611	78226	78856	79478	79902	471175
Volleyball	0.20%	0.20%	0.17%	75798	76298	76903	77522	78134	78551	463205
Frisbee or ultimate frisbee	0.10%	0.20%	0.14%	62694	63108	63609	64121	64626	64971	383129
Skateboarding	0.10%	0.20%	0.14%	65475	65907	66430	66964	67492	67853	400121
Dodgeball	0.10%	0.10%	0.13%	57462	57841	58300	58769	59232	59548	351152
Ice skating	0.10%	0.10%	0.13%	58252	58637	59102	59578	60047	60368	355983
Scuba diving or snorkelling	0.10%	0.10%	0.12%	53491	53844	54272	54709	55140	55434	326890
Orienteering	0.10%	0.10%	0.10%	43733	44021	44371	44728	45081	45321	267254
Roller-skating, inline skating, rollerblading	0.10%	0.10%	0.10%	43672	43961	44309	44666	45018	45258	266885
Taekwondo	0.10%	0.10%	0.09%	43298	43584	43930	44284	44633	44871	264600
Archery	0.10%	0.10%	0.08%	35856	36093	36379	36672	36961	37158	219120
Handball	0.10%	0.10%	0.06%	25253	25420	25621	25828	26031	26170	154324
Life-saving	0.10%	0.10%	0.06%	27529	27710	27930	28155	28377	28528	168230
Snooker	0.10%	0.10%	0.06%	25330	25497	25699	25906	26110	26250	154792
Judo	0.10%	0.00%	0.06%	26860	27037	27251	27471	27688	27835	164142

Wrestling	0.10%	0.10%	0.06%	27529	27710	27930	28155	28377	28528	168230
Baseball or Softball	0.10%	0.00%	0.05%	20819	20957	21123	21293	21461	21576	127230
Fencing	0.10%	0.00%	0.05%	23917	24075	24266	24461	24654	24785	146157
Sledding, luge, tobogganing	*	0.10%	0.05%	22941	23092	23275	23463	23648	23774	140191
Sledding, luge, tobogganing (excluding hill or park-based activities)			0.05%	22941	23092	23275	23129	23648	23774	139857
Triathlon	0.10%	0.10%	0.05%	22941	23092	23275	23463	23648	23774	140191
Cheerleading	0.00%	0.10%	0.05%	20960	21098	21265	21436	21605	21721	128085
Lacrosse	*	0.00%	0.04%	18352	18474	18620	18770	18918	19019	112153
Croquet	0.00%	0.10%	0.04%	19674	19803	19961	20121	20280	20388	120227
Obstacle course	0.00%	0.00%	0.04%	16335	16443	16574	16707	16839	16929	99827
Motor sports	0.00%	0.00%	0.04%	18352	18474	18620	18770	18918	19019	112153
Water-skiing	0.00%	0.00%	0.03%	15474	15576	15699	15826	15950	16036	94560
Ten-pin bowling	0.00%	0.00%	0.03%	13764	13855	13965	14078	14189	14264	84115
Pool	0.00%	0.00%	0.03%	12041	12121	12217	12315	12412	12479	73585
Darts	0.00%	0.00%	0.03%	11860	11938	12033	12130	12225	12291	72476
Ice hockey	0.00%	0.00%	0.03%	11830	11908	12002	12099	12194	12259	72291
Caving or pot holing	0.00%	0.00%	0.02%	9176	9237	9310	9385	9459	9509	56077
Abseiling	*	0.00%	0.02%	9176	9237	9310	9385	9459	9509	56077
Gliding, paragliding or hang gliding	0.00%	*	0.02%	9176	9237	9310	9385	9459	9509	56077
Skittles	0.00%	0.00%	0.02%	7283	7331	7389	7448	7507	7547	44505
Boules, petanque, deck bowls	0.00%	0.00%	0.02%	9176	9237	9310	9385	9459	9509	56077
Wheelchair Rugby	*	*								
Wheelchair Basketball	*	*								
Goalball	*	*								
High ropes	*	*								
Modern Pentathlon	*	*								
Boccia	*	*								

* Result by sex is not provided in the interests of non-disclosure (results for one sex are <5 cases)

** Denominator data are not available in Active Lives Survey (ALS). This is predominantly due to insufficient data (i.e., too few participant responses by sex), to report an ALS result.