

# Getting Kids Active!

2010 PHYSICAL ACTIVITY MONITOR: FACTS & FIGURES



## Opportunities at school to be active

The 2010 Physical Activity Monitor asked parents to indicate whether their child acquires sufficient amounts of physical activity through physical education classes offered at school and the extent to which they enjoy these classes. Parents were also asked to report on the availability of other physical activity and sports programs offered outside of these physical education classes, whether their child participates in these programs and the extent to which these programs meet their child's physical activity needs. According to parents, 47% of children acquire enough activity through physical education classes offered at school. When asked to indicate the extent to which their child *enjoys* physical education classes:

- 46% of parents indicate that their child strongly likes physical education classes;
- 41% of parents say that their child likes it;
- 9% say that their child neither likes nor dislikes it, and;
- 4% of children dislikes it to some extent

The majority (77%) of parents also reported that there were other physical activity and sports programs at their child's schools and more than half of parents (52%) say that their child participates in these programs. When asked to indicate how well these other programs meet their child's needs; 45% indicated that they meet their child's needs *quite* or *very well* whereas 19% say these programs *do not meet* their child's *needs at all*. The remaining 36% of parents report that these programs meet their child's needs *somewhat* or *moderately well*

### Region

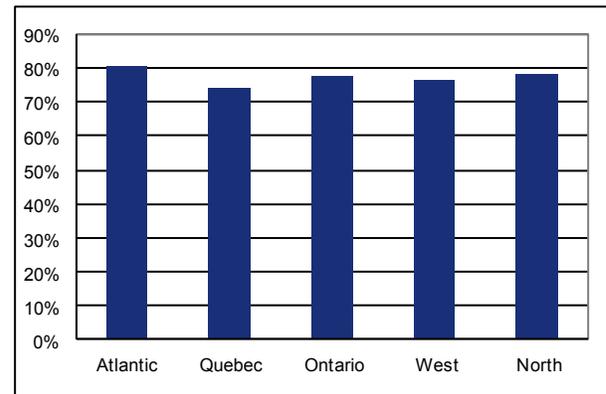
Although there are no regional differences with respect to parent's views about the amount of physical activity available through physical education programs, parents residing in the Atlantic region are relatively more likely than the average Canadian parent to indicate that their child strongly likes the physical education classes offered at school.

Although no regional differences exist regarding the availability of physical activity and sport programs outside of physical education

classes, parents living in the North are more likely to report their child participates in these types of programs at school. With respect to the suitability of these programs, relatively fewer parents residing in the Atlantic indicate that these programs meet their child's needs very well, whereas relatively more parents living in Quebec say this compared to the national average.

FIGURE 1

Availability of other physical activity and sport programs offered at school by region, 2010



Physical Activity Monitor 2010, CFLRI

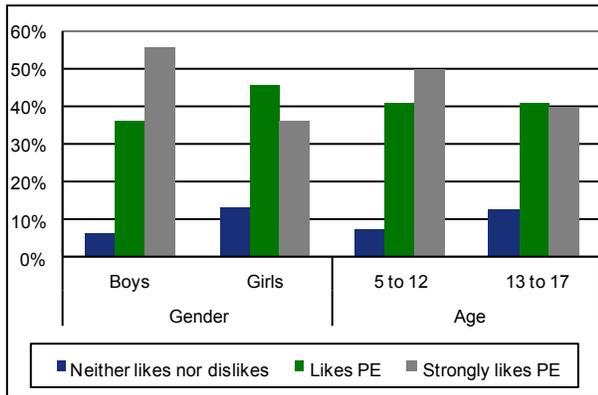
### Age and Sex

The proportion of parents who report that children accumulate enough physical activity through physical education classes does not differ by parent's or child's age or sex. According to parents, relatively more boys and young children (5-12 years) *strongly like* these classes whereas more girls than boys either *like* or else neither like or dislike physical education classes. Older parents (45-64 years) and parents of older children (13-17 years) are more likely report the availability of other physical activity and sport programs at their child's school; however, no age-related difference exists in participation rates of available programs.

A relatively higher proportion of parents with older children (13-17 years) report that these other programs meet their child's needs very well; whereas parents of younger children are more likely to say that these programs only do so to some extent.

FIGURE 2

Extent to which child enjoys physical education classes by child age and gender, 2010



Physical Activity Monitor 2010, CFLRI

**Socio-demographic characteristics**

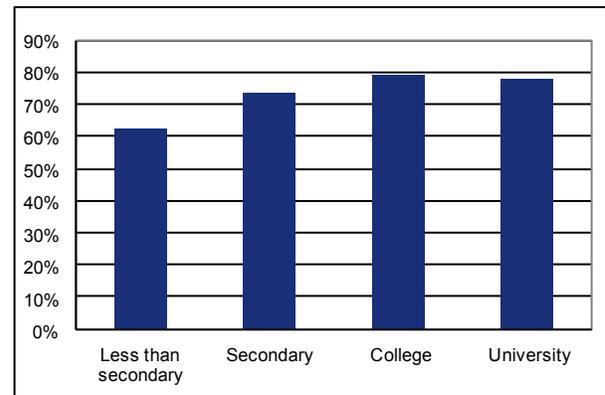
Parents from affluent households (\$100,000 or more per year) are least likely to indicate that their child achieves adequate amounts of physical activity through physical education classes. On the contrary, parents from these high income households are most likely to report the availability of other programs at school for physical activity and sport outside of physical education classes, and are more likely than those in the lowest incomes to say that their child participates in these programs. Parents that are university educated are less likely than those with a high school education or less to say that their child receives sufficient activity through physical education classes. On the contrary, parents with lower levels of education (less than high school) are less likely than those with a post-secondary education to indicate that there are other programs available at their child's school outside of physical education.

**Activity level and sport participation**

Less active parents are more likely to say that their child acquires enough physical activity through physical education classes at school compared to active parents, and are least likely to indicate that their child's school offers any other programs outside these classes. Children who participate in sport are more likely than non-participants to strongly enjoy the physical education classes offered at school whereas non-participants are more likely to say that they neither like nor dislike physical education classes, or they dislike the classes. Children who participate in sport are more likely than non-participants to have other physical activity and sport programs offered at their school outside of regular physical education classes and to participate in these programs. Parents of

FIGURE 3

Percentage indicating that child's school offers other physical activity and sport programs by parental education level, 2010



Physical Activity Monitor 2010, CFLRI

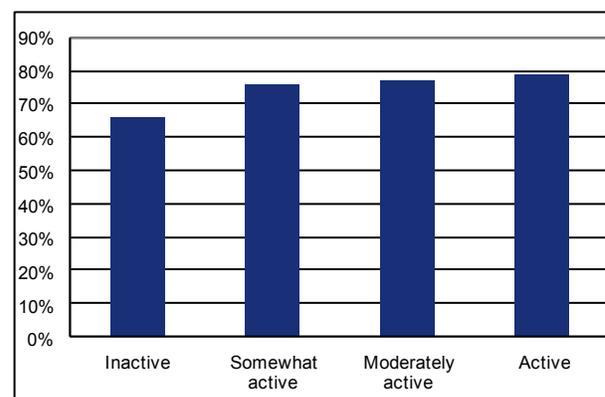
children who participate in sport are more likely than those with children who do not participate to indicate that these other programs meet their activity needs quite or very well.

**Trends**

According to parental reports, the proportion of children who acquire sufficient amounts of activity from physical education classes has decreased since 2000. Specifically, decreases in reporting this were observed across all age groups and regardless of gender (for both parents and child), among those from lower income households, those having parents with a college level education, who are active or moderately active, and among residents of the Atlantic and Central region.

FIGURE 4

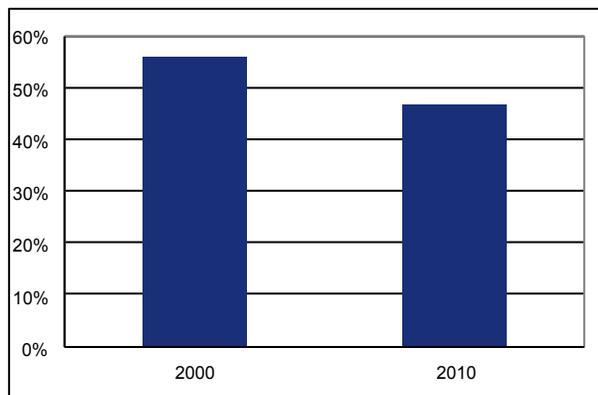
Percentage indicating that their child participates in other physical activity and sport programs at school by parent activity level, 2010



Physical Activity Monitor 2010, CFLRI

FIGURE 5

Percentage indicating that their child receives sufficient amount of activity from physical education classes, trends, 2000-2010



Physical Activity Monitor 2010, CFLRI

Some notable changes in relationships have appeared since 2000, as follows:

- Parents of adolescents are no longer more likely than those with younger children to report that their child acquires enough activity through physical education classes.
- There is no longer a relationship between household income and lack of suitability of programs outside of physical education.
- Inactive parents are now more likely than active parents to say that their child gets enough activity through physical education classes.

Conversely, there was an increase in the overall proportion of parents who report that their child's school offers other programs outside of physical education classes for physical activity and sport. Increases were noted among parents regardless of age or gender (theirs and their child's), among those in the lowest and highest income households, those with a post-secondary level education, and across all activity levels (with the exception of parents who are moderately active). The proportion reporting this has also increased among parents in every province.

Parents from low income families were more likely in 2010 compared to 2000 to indicate that these alternate programs do not meet their child's activity needs. An increase was noted however in the proportion of parents from somewhat more affluent households who report that these other programs meet their child's needs very well.

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