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School Sport Survey

State of the Nation

2026

Arolwg Chwaraeon Ysgol

School Sport Survey

Noddir gan
Lywodraeth Cymru
Sponsored by
Welsh Government

Headline Findings:

Active Nation: How many are participating?

43% of pupils participated in organised sport outside of the curriculum three or more times per week (Future Generations Indicator 38). This has increased by **3-percentage-points** since 2022.

Everyone: Who is participating?

There is a **16-percentage-point** difference in participation in organised sport outside of the curriculum three or more times per week between the least and most deprived areas. This gap has increased by **2-percentage-points** since 2022 and **4-percentage-points** since 2018.

Lifelong: Participation trends, and what's in demand?

- On average, pupils reported demand for **10 sports**.
- **84%** of pupils said they wanted to do at least one sport that they don't already do.

Enjoyment: How do pupils feel when taking part in sport?

55% of pupils said they enjoyed sport in Community Sport Clubs 'A lot', compared to **51%** of pupils enjoying PE and Active Lessons, **51%** of pupils enjoying Other Settings like the park or garden, and **31%** of pupils enjoying School Sport Clubs 'A lot'.



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1. Introduction

This State of the Nation Report explores the findings from the Sport Wales 2026 School Sport Survey.

The School Sport Survey is one of the largest, per capita opportunities in the world for young people to have their say on sport. In 2026, **122,000** pupils responded, from **1,000** schools and is our largest survey to date. The survey took place from the 13th of April to the 17th of July 2026.

The School Sport Survey is a national, online survey of pupils from years 3 to 11. Survey links are provided to every school in Wales and shared with pupils in the classroom. Guidance is also provided to teachers to assist their pupils, should they need to.

The survey captures attitudes, behaviours and opportunities for young people in sport. The survey is key to understanding who, where, and how often young people participate in, and have a demand for, sport.

Teachers are also offered the opportunity to share their views on school sport provision and the support they need to deliver it.

The results of the survey allow Sport Wales, schools, local authorities, sports and the wider sector to shape the future of sport, in line with the voices of young people.

This report contains a summary of key data that can help to better understand the sporting landscape for young people across Wales, providing a base of evidence from which to shape policy and practice.

The data in this report can be explored in more detail through our online, interactive dashboard which can be found on the Sport Wales School Sport Survey webpage. The data has been presented in line with The Vision for Sport in Wales.

Thank you

Sport Wales would like to extend a heartfelt thank you to everyone who took part, supported and delivered the 2026 School Sport Survey.

INDUSTRYLINE RESEARCH

NDTi National Development Team for Inclusion

2. Active Nation: How many are participating?

The Vision for sport in Wales is to create an active nation, with as many people as possible inspired to be active through sport.

The following section explores a range of School Sport Survey data, looking at participation and provision, to help build a better understanding of sporting activity levels and opportunities for young people in Wales.



2.1 National participation

Across Wales, **98%** of pupils took part in at least one sport in the last academic year, equating to over **301,000** pupils.

Participation varies by setting:

- **86% (263,000)** of pupils participated in sport in PE or Lesson Time
- **39% (119,000)** of pupils participated in sport in School Sport Clubs
- **62% (191,000)** of pupils participated in sport in Community Sport Clubs
- **80% (244,000)** of pupils participated in sport Somewhere Else

2.2 National frequency of participation

National Indicator 38 under the Well-being of Future Generations (Wales) Act 2015 tracks the percentage of people participating in sporting activities three or more times a week.

For children and young people, weekly participation in organised sport outside of the curriculum is used to track progress against the indicator. This refers to School Club and Community Club sport. Throughout this report it is shortened to 'Club Sport'.

In 2026:

- **38% (117,000)** of pupils participated in club sport less than once per week
- **9% (29,000)** of pupils participated in in club sport once per week
- **10% (30,000)** of pupils participated in club sport twice per week
- **43% (130,000)** of pupils participated in club sport three or more times per week

Compared with 2022, the proportion of pupils participating in club sport three or more times per week has increased by **3-percentage points**, however the proportion reporting no regular participation also increased by **3-percentage points**.

2.3 National frequency of participation in a community club setting

55% (168,000) of pupils took part in sport in a community club setting at least once a week in the last academic year. This is similar to 2022.

The most popular sports participated in through community sport clubs at least once per week were:

- Football - **22% (68,000)** pupils participate weekly
- Swimming – **11% (33,000)** pupils participate weekly
- Rugby – **9% (29,000)** pupils participate weekly
- Running or Jogging - **8% (26,000)** pupils participate weekly
- Dance - **7% (20,000)** pupils participate weekly

2.4 Curricular provision of PE

Teachers reported how much time was spent providing curricular PE during the 2025-26 academic year. The table shows the average minutes per week provided for Primary and Secondary schools across Wales.

Table 1: Average curricular minutes of PE provided per week, by sector.

School type	2018	2022	2026
Primary Schools	**99 minutes**	**93 minutes**	**84 minutes**
Secondary Schools	**95 minutes**	**93 minutes**	**103 minutes**

2.5 Factors influencing the curricular and extracurricular sport offer

Teachers told us which factors influence the sports offered during curricular and extracurricular provision. Teachers could select multiple factors and the table shows the proportion of teachers who selected each factor for curricular and extracurricular provision.

Table 2: Factors influencing curricular and extracurricular sport offers

Factor	Curricular sport offer	Extracurricular sport offer
The sport facilities available at the school or in the community	87%	71%
Access to the necessary sport equipment	85%	64%
Staff skills	82%	71%
Pupil preference	50%	43%
Opportunities to compete locally	44%	23%
Staff capacity	50%	49%
Previous staff training	33%	23%
Staff preferences	37%	44%
Additional support	17%	11%
Historical precedence (i.e., we've always done it)	19%	10%
Other	6%	10%

3. Everyone:
Who is participating?



The vision is for everyone. From people who don't see themselves as sporty to people who win medals.

This section explores participation and frequency of participation by geography and demographics, examining similarities or differences across these groups to ensure the benefits of sport reach all young people across Wales.

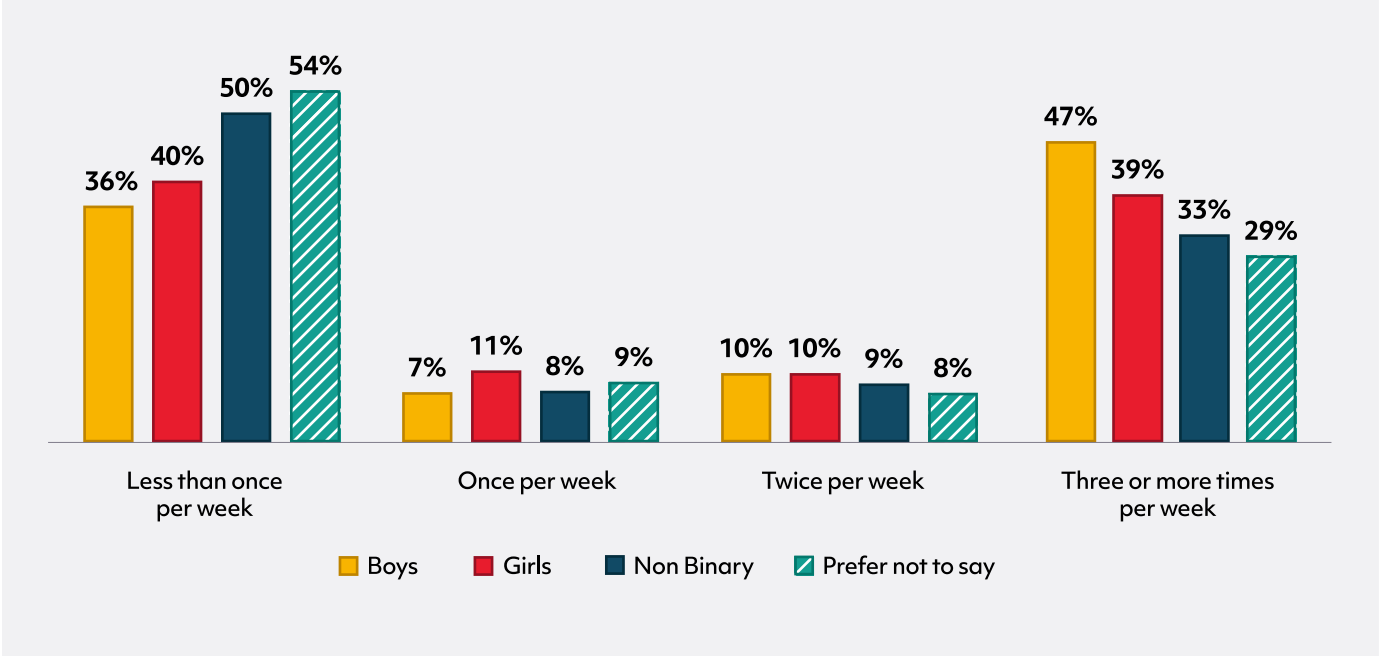
3.1 Gender

47% (71,000) of boys took part in club sport three or more times a week, compared to **39% (57,000)** of girls.

A similar pattern was observed in 2022 when **43%** of boys and **36%** of girls took part in club sport three or more times a week.

Pupils were able to report their gender as non-binary in 2026. **33% (1,000)** of non-binary pupils, and **29% (1,000)** of pupils who preferred not to report their gender, participated in club sport three or more times per week.

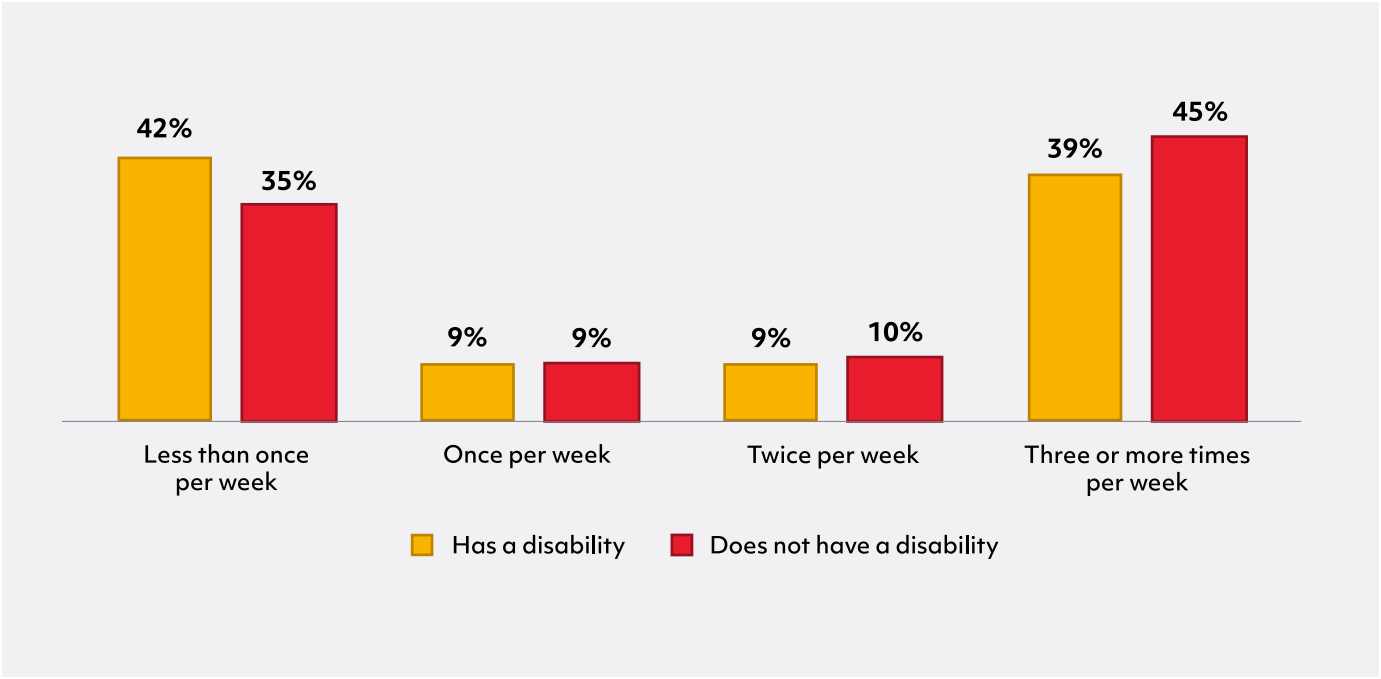
Graph 1: Frequency of participation in organised sport outside of the curriculum, by gender.



3.2 Disability and learning difficulties

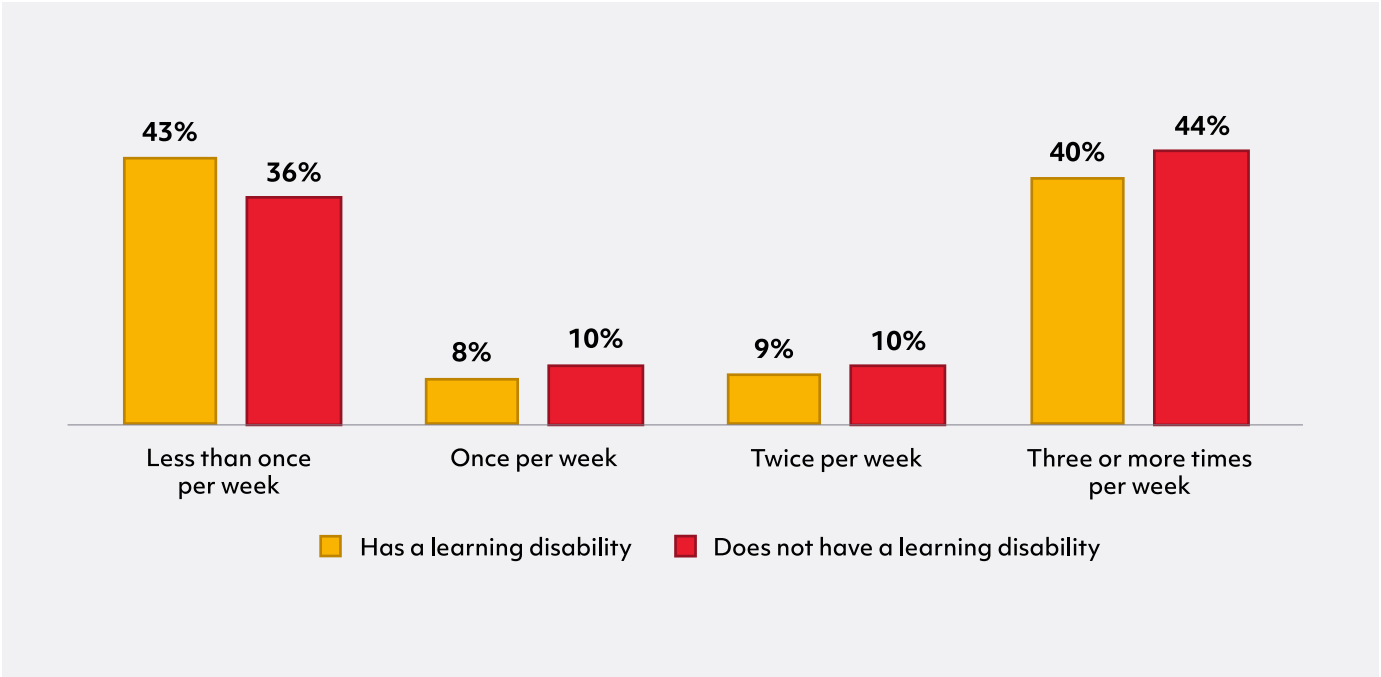
39% (25,000) of pupils with a disability participated in club sport three or more times per week, compared to **45% (83,000)** of pupils without a disability.

Graph 2: Frequency of participation in organised sport outside of the curriculum, by disability.



40% (12,000) of pupils with a learning difficulty participated in club sport three or more times per week, compared to **44% (101,000)** of pupils without a learning difficulty.

Graph 3: Frequency of participation in organised sport outside of the curriculum, by learning difficulty.



The 2026 School Sport Survey also asked a series of questions about schools' opportunity, skills and resources available to deliver PE, sport and physical activity to pupils with additional learning needs.

- **87%** of schools said pupils with additional learning needs have the opportunity to participate in Sport, PE lessons and physical activity all of the time.
- **86%** of schools said they have accessible spaces to deliver activities inclusively.
- **79%** of schools said staff are confident in adapting activities and tasks to include disabled pupils and pupils with additional learning needs.
- **65%** of schools said they use additional people or support staff to support inclusion.
- **56%** of schools said they have equipment that enables inclusion.

3.3 Ethnicity

45% (5,000) of pupils from Mixed or Multiple ethnic groups participated in club sport three or more times per week, compared with **34% (2,000)** of pupils from Other ethnic groups.

Table 3: Participation in organised sport outside of the curriculum three or more times a week, by ethnicity

Ethnicity	Percentage	Number of Pupils
White	44%	104,000
Mixed or Multiple ethnic group	45%	5,000
Asian, Asian Welsh or Asian British	35%	4,000
Black, Black Welsh, Black British, Caribbean, or African	41%	4,000
Other ethnic group	34%	2,000

3.4 Welsh Language

52% (31,000) of pupils who said they speak Welsh very well participated in club sport three or more times per week, compared with **32% (7,000)** of pupils who said they do not speak Welsh.

Table 4: Participation in organised sport outside of the curriculum three or more times a week, by Welsh language ability

Speaks Welsh	Percentage	Number of Pupils
Very well	52%	31,000
A fair amount	45%	24,000
A little	42%	44,000
Just a few words	36%	24,000
Does not speak Welsh	32%	7,000

Pupils who said they could speak a little Welsh, a fair amount of Welsh, or speak Welsh very well were asked whether they usually speak Welsh when they do sport.

Among Welsh-speaking pupils, **14% (39,000)** reported that they usually speak Welsh when participating in sport, while **86% (244,000)** reported that they do not usually speak Welsh when participating in sport.

3.5 Geography

Participation in club sport three or more times per week differs between the West Wales and Gwent Sport Partnership Regions.

- In West Wales, **45% (30,000)** pupils participate three or more times per week
- In Mid Wales, **44% (8,000)** pupils participate three or more times per week
- In Central South Wales, **43% (42,000)** pupils participate three or more times per week
- In North Wales, **41% (27,000)** pupils participate three or more times per week
- In Gwent, **40% (24,000)** pupils participate three or more times per week

3.6 Socioeconomic deprivation

Within the School Sport Survey, Free School Meal (FSM) is used as a measure of socioeconomic deprivation. Pupils in FSM Quartile 1 represent the least deprived pupils, and FSM Quartile 4 represent the most deprived pupils.

In 2026:

- **51% (34,000)** pupils in FSM Quartile 1 participated in club sport three or more times per week
- **44% (36,000)** pupils in FSM Quartile 2 participated in club sport three or more times per week
- **40% (32,000)** pupils in FSM Quartile 3 participated in club sport three or more times per week
- **35% (25,000)** pupils in FSM Quartile 4 participated in club sport three or more times per week.

There was a **16-percentage-point** difference between pupils in the most deprived quartile (FSM4) and those in the least deprived quartile (FSM1) in the proportion who participated in club sport three or more times per week.

This difference has increased since 2022 where a **14-percentage-point** difference was observed between the least and most deprived.

4. Lifelong: Participation trends, and what's in demand?



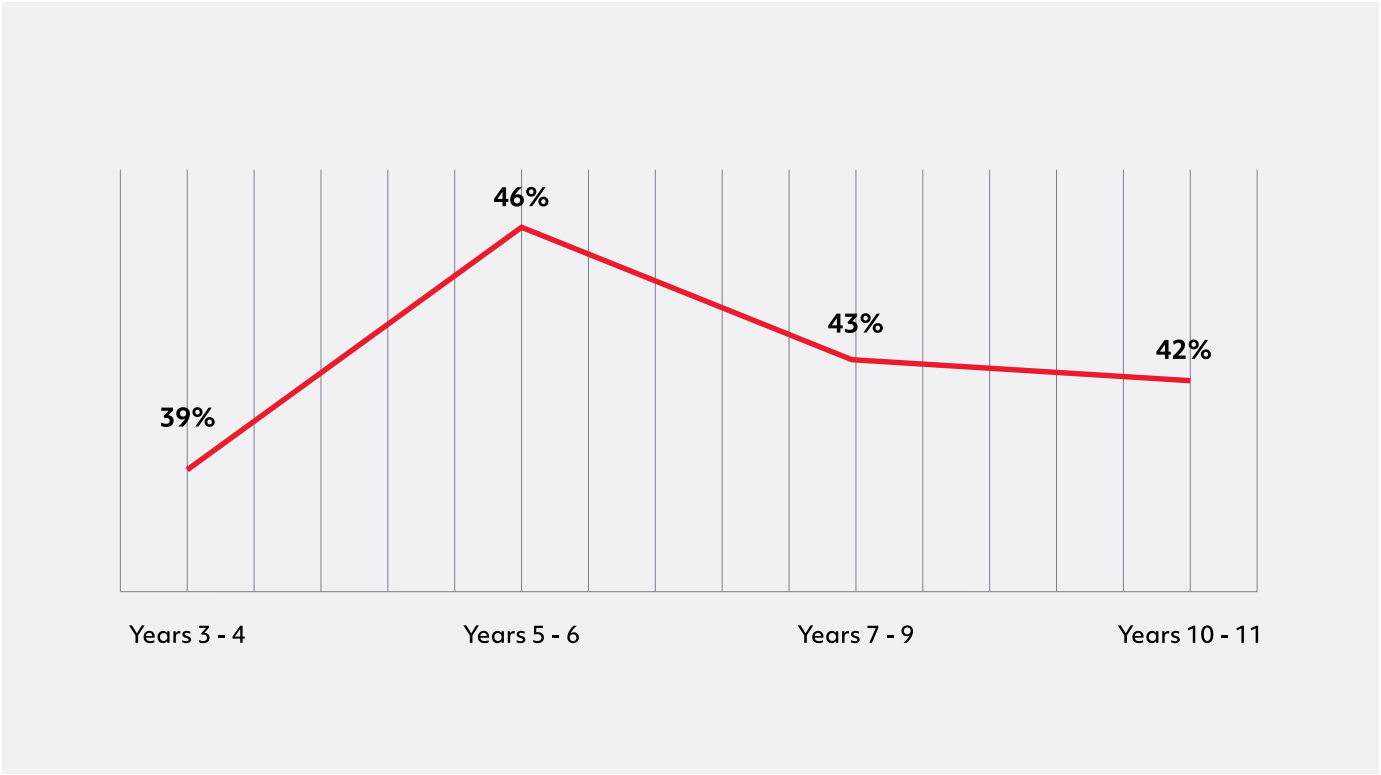
The vision is for life. It responds to the needs of people at different stages of their life.

This section explores different factors that may impact young people's participation in sport at different stages of their life.

4.1 Frequency of participation by year group

Participation amongst Year 5-6 pupils was highest compared to all other year groups, with **46% (32,000)** pupils participating in club sport three or more times per week.

Graph 4: Participation in organised sport outside of the curriculum three or more times a week, by school year groups.

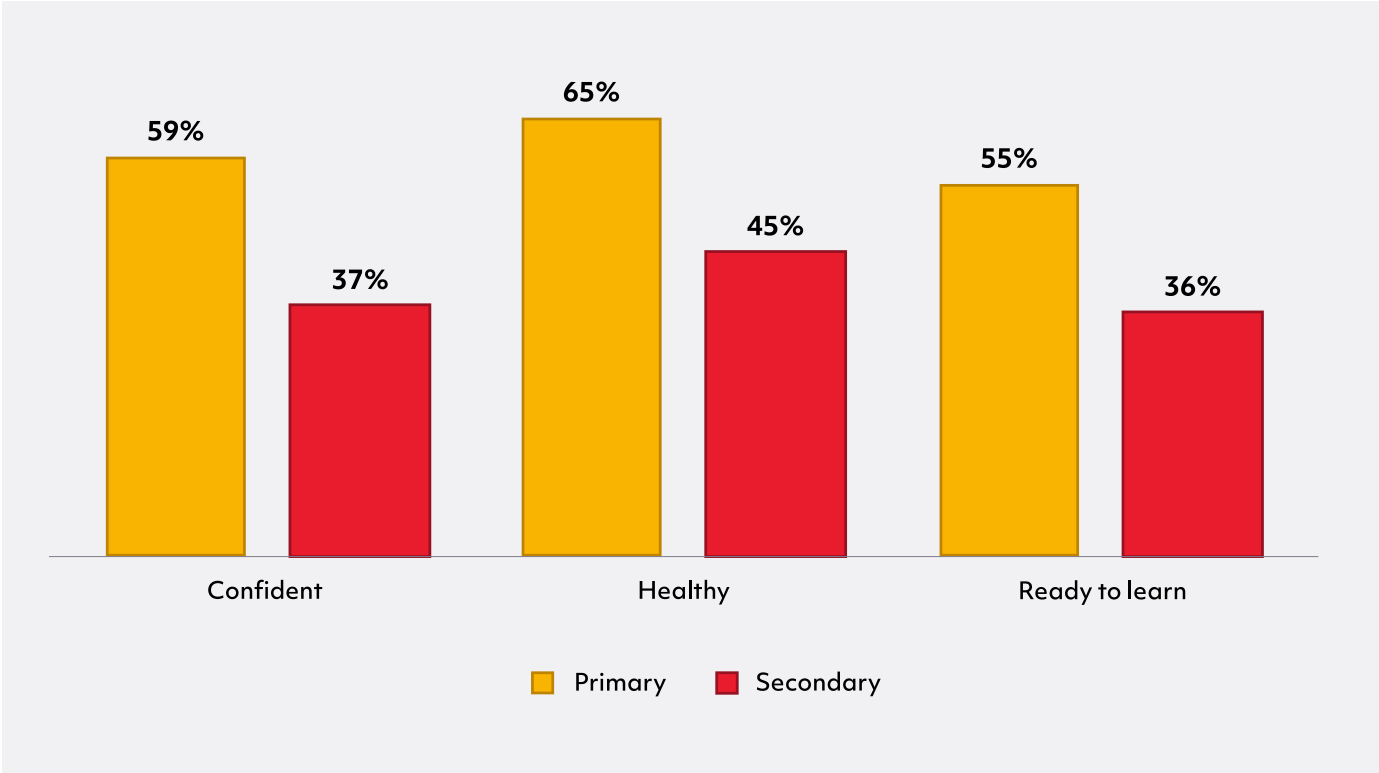


4.2 Pupils' experience of PE and Active Lessons

The school Curriculum for Wales aims to support learners to become confident, healthy and ready to learn for life. PE and Active lessons can contribute to these aims:

- **47% (131,000)** of pupils said PE and Active Lessons made them feel 'Very' Confident.
- **53% (150,000)** of pupils said PE and Active Lessons made them feel 'Very' Healthy.
- **44% (125,000)** of pupils said PE and Active Lessons made them feel 'Very' Ready to Learn.

Graph 5: Pupils' perception of PE and Active Lessons making them feel 'Very' Confident, Healthy and Ready to learn, by Sector.



The percentage of Secondary School pupils who said they feel 'Very' Confident, Healthy and Ready to Learn in PE and Active lessons was lower than of Primary School pupils.

- **A 22-percentage-point** difference exists between the percentage of Primary and Secondary pupils who said they feel 'Very' Confident
- **A 20-percentage-point** difference exists between the percentage of Primary and Secondary pupils who said they feel 'Very' Healthy
- **A 18-percentage-point** difference exists between the percentage of Primary and Secondary pupils who said they feel 'Very' Ready to Learn.

4.3 Pupil demand for sport

On average, pupils reported a demand for **10 sports**.

These include sports pupils already take part in and would like to do more often, as well as sports they do not currently take part in but would like the opportunity to try.

The most common sports pupils said they wanted to do more of were:

- **39% (119,000)** of pupils want to do more Swimming
- **38% (117,000)** of pupils want to do more Football
- **31% (96,000)** of pupils want to do more Running or Jogging
- **30% (92,000)** of pupils want to do more Trampolining
- **29% (89,000**) of pupils want to do more Tennis
- **28% (86,000)** of pupils want to do more Dodgeball.

84% of pupils reported having a demand for sports they don't already do, which is equivalent to 256,000 pupils. The most common sports pupils said they would like to do, but do not already participate in were:

- **19% (58,000)** of pupils have unmet demand for Trampolining
- **15% (45,000)** of pupils have unmet demand for Target Shooting
- **14% (44,000)** of pupils have unmet demand for Archery
- **14% (43,000)** of pupils have unmet demand for Boxing
- **14% (43,000)** of pupils have unmet demand for Ice Skating
- **14% (42,000)** of pupils have unmet demand for Rock Climbing or Bouldering.

5. Enjoyment: How do pupils feel when taking part in sport?



The vision focuses on creating a wide range of positive experiences so everyone can enjoy sport.

This section examines the data on pupil opinion of their sporting experiences, as well as staff views on physical activity provision.

5.1 Enjoyment of sport, by setting

Pupils told us how much they enjoyed doing sport in each setting, from 'A lot' to 'Not at all'

- **51% (143,000)** of pupils said they enjoyed sport in PE and Active Lessons 'A lot'
- **31% (87,000)** of pupils said they enjoyed sport in School Sport Clubs 'A lot'
- **55% (157,000)** of pupils said they enjoyed sport in Community Sport Clubs 'A lot'
- **51% (145,000)** of pupils said they enjoyed sport in Other Settings, like the Park or Garden, 'A lot'.

5.2 Confidence in sport

Pupils also told us about how they feel in different situations, from 'Very confident' to 'Not at all confident':

- **45% (127,000)** of pupils said they were 'Very Confident' to learn a new skill
- **35% (99,000)** of pupils said they were 'Very Confident' to try a new sport
- **36% (102,000)** of pupils said they were 'Very Confident' to try a sport in a new place
- **42% (119,000)** of pupils said they were 'Very Confident' to try again when sport is hard.

5.3 What would help pupils do more sport?

Pupils told us what would help them do more sport. Pupils could select more than one answer.

- **59% (166,000)** of pupils said they would do more sport if there were more sports they liked
- **32% (90,000)** of pupils said they would do more sport if they felt more confident
- **22% (62,000)** of pupils said they would do more sport if they felt more comfortable
- **21% (60,000)** of pupils said they would do more sport if it was easier to take part
- **20% (56,000)** of pupils said they would do more sport if they felt more motivated
- **12% (34,000)** of pupils said they would do more sport if they had what they needed or it cost less
- **13% (36,000)** of pupils said none of these reasons would help them do more sport, and **7% (20,000)** said other reasons would help them do more sport.

5.4 What is most important to pupils when they do sport?

Pupils told us what is most important to them when they do sport. Pupils could select more than one answer.

- **80% (223,000)** of pupils said having fun was most important
- **61% (171,000)** of pupils said being with friends was most important
- **50% (140,000)** of pupils said improving their skills was most important
- **41% (115,000)** of pupils said feeling confident was most important
- **30% (82,000)** of pupils said winning was most important
- **26% (74,000)** of pupils said liking their coach or teacher was most important
- **26% (73,000)** of pupils said feeling safe was most important
- **17% (48,000)** of pupils said access to good equipment and facilities was most important
- **2% (7,000)** said none of these were most important to them, and **2% (6,000)** said other reasons were most important to them.