Appendix A – Included activities within the ‘1x30 sport’ indicator’

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| --- | --- | --- | --- |
| **Equestrian**  Horse riding  Horse riding - Dressage  Horse riding - Pony trekking  Horse riding - Show jumping  Horse riding - Three day eventing  Horse riding – Schooling  Horse riding – Trekking  Horse riding – other  Harness racing\*\*\*\*  Polo  **Climbing/mountaineering**  Climbing - Ice  Climbing - Indoor / wall climbing  Climbing - Rock / rock climbing  Climbing - Rope  Abseiling\*\*\*\*  Mountaineering  Mountaineering - High altitude  Bouldering\*\*\*\*  Caving / Pot holing\*\*\*\*  **Hockey**  Hockey - Field  Hockey - Ice  Hockey - Roller  Hockey - Street  **Sailing**  Sailing – Dinghy racing (inc. Multihull)  Sailing – Dinghy cruising (inc. Multihull)  Sailing – Keelboat racing  Sailing – Keelboat cruising  Sailing – Yacht racing (inc. Multihull)  Sailing – yacht cruising (inc. Multihull)  Windsurfing or boardsailing  Jet skiingwater craft\*\*\*\*  **Running & Jogging**  Running - Cross country / beach / fell running  Running - Road  Running - Track  Running - Ultra Marathon  Jogging  **Martial Arts**  Judo  Ju-jitsu  Kabaddi\*\*\*\*  Karate  Martial Arts  Martial Arts - Chinese  Taekwondo  Tai Chi  Tang Soo Do  Aikaido  Kendo  Self defence  **Swimming/diving**  Swimming - Deep water  Swimming - Open water  Swimming / Diving [INDOORS]  Swimming / Diving [OUTDOORS]  Diving - Deep water / Free\*\*\*\*  **Athletics**  Athletics - Field  Athletics - Track  **Canoeing/Kayaking**  Kayaking\*\*\*\*  Kayaking – Whitewater\*\*\*\*  Canoe polo\*\*\*\*  Canoeing\*\*\*\* | **Gym/fitness activities**  Gym  Aerobics / step aerobics  Body attack  Body balance  Body building  Body combat / cardio kick  Body Jam  Body pump  Body step  Body Vive  Exercise bike / exercise machine / spinning class  Skipping  Boxercise  Conditioning activities /circuit training / assault course / stretching / toning  Cross training  Dance exercise  Health and Fitness  Step machine / Air walker / airwalk / airwalker  Keepfit / keep fit / sit ups  Yoga  Pilates  Weight training  Aquafit / Aquacise / Aqua aerobics / aqua arobics/ Aqua fit/ water aerobics\*\*\*\*  Zumba  **Walking**  Walking – Cliff\*\*\*\*  Walking – Gorge\*\*\*\*  Walking - Hill walking\*\*\*\*  Walking / Power walking\*\*\*\*  Rambling\*\*\*\*  Hill trekking\*\*\*\*  Recreational Walking \*\*\*  **Snowsports**  Ski flying  Skiing  Skiing - Barefoot snow  Skiing - Barefoot water  Skiing - Extreme  Skiing - Free  Skiing - Grass or Dry ski slope  Skiing - Mono  Skiing - Parachute  Skiing - Ribbing  Skiing - Speed  Skiing – Cross Country  Skiing - Roller  Snowboarding  Telemark  **Cycling**  Recreational Cycling  Cycling  Cyclo-cross  Mountain biking  Track Cycling  Road Cycling  BMX  Bicycle polo  **Football**  Football/ soccer (include 5 and 6-a-side and 11-a-side) [INDOORS]  Football/ soccer (include 5 and 6-a-side and 11-a-side) [OUTDOORS]  Futsal\*\*\*\* | **Racquet sports**  Squash  Racketball  Badminton  Tennis / real tennis / short tennis  **Rugby**  Rugby League  Rugby Union  Tag rugby  Touch rugby  **Wrestling**  Wrestling – Cumberland  Wrestling – Greco-Roman  Wrestling – Olympic  Wrestling – Westmoreland  Wrestling – Cornish  Wrestling – Grappling  Wrestling – Beach  Wrestling – Lancashire or ‘Catch as Catch can’  **Gaelic sports**  Gaelic football  Gaelic sports  Hurling  Irish handball  Curling  **Wheelchair sports**  Wheelchair sports – Archery\*\*\*\*  Wheelchair sports – Basketball\*\*\*\*  Wheelchair sports – Rugby\*\*\*\*  Wheelchair sports - Table tennis\*\*\*\*  Wheelchair sports – Tennis\*\*\*\*  **Motorsports**  Motorcycling - Motocross  Motorcycling - Off road  Motorcycling - Trail riding  Motor racing / Banger racing  Motor sprints  Motorcycling - Trials riding  Motorcycling – enduro  Motorcycling – super moto  Motorcycling – track racing  Motorcycling – drag/sprint  Motorcycling – rallying  Motorcycling - sidecar racing  Rally Cross  Rallying  Road racing (motors)  Trials racing  Karting  Go Karting  Auto Cross  Motorcycling – speedway  Drag racing  Autotests  Hill Climb  **Air sports**  Sky diving  Parachuting\*\*\*\*  Paragliding\*\*\*\*  Gliding\*\*\*\*  Hang-gliding\*\*\*\*  **Gymnastics**  Gymnastics  Trampolining / trampoline\*\*\*\*  **Baseball/softball**  Softball  Baseball  **Other aquatic sports**  Sub aqua / SCUBA diving\*\*\*\*  Snorkelling\*\*\*\*  Hockey – Underwater | Octopush\*\*\*\*  Water polo\*\*\*\*  **Other team sports/activities**  American football  Australian Rules Football\*\*\*\*  Basketball  Bowls\*  Camogie  Cricket  Dodgeball\*\*\*\*  Fives – Rugby\*\*\*\*  Netball  Rounders  Shinty  Stoolball  Ultimate Frisbee\*\*\*\*  Volleyball  Floorball\*\*\*\*  Polocrosse\*\*\*\*  Tug of war\*\*\*\*  Handball\*\*\*\*  Korfball\*\*\*\*  Lacrosse  **Other sports**  Angling\*\*\*\*  Archery \*\*\*\*  Arm wrestling\*\*\*\*  Baton twirling  Biathlon  Body boarding\*\*\*\*  Bobsleigh\*\*\*\*  Boccia\*\*\*\*  Boxing  Cheerleading  Croquet  Dragon boat racing\*\*\*\*  Fencing  Fives – Eton\*\*\*\*  Frisby / Frisbee\*\*\*\*  Golf / Pitch and Putt / Putting  High wire\*\*\*\*  Highland Games\*\*\*\*  Hovering\*\*\*\*  Ice skating  Kite surfing / kite boarding\*\*\*\*  Life saving  Luge\*\*\*\*  Luge – Street\*\*\*\*  Medau\*\*\*\*  Mine exploration\*\*\*\*  Modern Pentathlon\*\*\*\*  Orienteering  Parkour/Free Running  Powerboat racing\*\*\*\*  Powerlifting  Rafting / white water rafting\*\*\*\*  Roller blading / roller skating\*\*\*\*  Rowing  Sea fishing\*\*\*\*  Skateboarding  Skating - in-line / inline skating  Sombo  Surfing / Boardsurfing / Board surfing\*\*\*\*  Surf life saving  Sportsboats\*\*\*\*  Table tennis\*\*\*\*  Tobogganing/ sledging/ sledding\*\*\*\*  Triathlon  Wake boarding / wakeboarding\*\*\*\*  Waterskiing  Weightlifting |

\*\*\* excluded from ‘1x30 sport’ indicator

\*\*\*\* respondents are asked about the intensity they did the activity at, and only included if at least moderate intensity. All other sports on the list above are automatically classified as at least moderate intensity.