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

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| **Equestrian**Horse ridingHorse riding - DressageHorse riding - Pony trekkingHorse riding - Show jumpingHorse riding - Three day eventingHorse riding – SchoolingHorse riding – TrekkingHorse riding – otherHarness racing\*\*\*\*Polo**Climbing/mountaineering**Climbing - IceClimbing - Indoor / wall climbingClimbing - Rock / rock climbingClimbing - RopeAbseiling\*\*\*\* MountaineeringMountaineering - High altitudeBouldering\*\*\*\*Caving / Pot holing\*\*\*\***Hockey**Hockey - FieldHockey - IceHockey - RollerHockey - Street**Sailing**Sailing – Dinghy racing (inc. Multihull)Sailing – Dinghy cruising (inc. Multihull)Sailing – Keelboat racingSailing – Keelboat cruisingSailing – Yacht racing (inc. Multihull)Sailing – yacht cruising (inc. Multihull)Windsurfing or boardsailingJet skiingwater craft\*\*\*\***Running & Jogging**Running - Cross country / beach / fell runningRunning - RoadRunning - TrackRunning - Ultra MarathonJogging**Martial Arts**JudoJu-jitsuKabaddi\*\*\*\* KarateMartial ArtsMartial Arts - ChineseTaekwondoTai Chi Tang Soo DoAikaidoKendoSelf defence**Swimming/diving**Swimming - Deep waterSwimming - Open waterSwimming / Diving [INDOORS]Swimming / Diving [OUTDOORS]Diving - Deep water / Free\*\*\*\***Athletics**Athletics - FieldAthletics - Track**Canoeing/Kayaking**Kayaking\*\*\*\*Kayaking – Whitewater\*\*\*\*Canoe polo\*\*\*\*Canoeing\*\*\*\*  | **Gym/fitness activities**GymAerobics / step aerobicsBody attackBody balanceBody buildingBody combat / cardio kickBody JamBody pumpBody stepBody ViveExercise bike / exercise machine / spinning classSkippingBoxerciseConditioning activities /circuit training / assault course / stretching / toning Cross trainingDance exerciseHealth and FitnessStep machine / Air walker / airwalk / airwalkerKeepfit / keep fit / sit upsYoga Pilates Weight trainingAquafit / 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 flyingSkiingSkiing - Barefoot snowSkiing - Barefoot waterSkiing - ExtremeSkiing - FreeSkiing - Grass or Dry ski slopeSkiing - MonoSkiing - ParachuteSkiing - RibbingSkiing - Speed Skiing – Cross CountrySkiing - RollerSnowboardingTelemark**Cycling**Recreational Cycling Cycling Cyclo-cross Mountain bikingTrack CyclingRoad CyclingBMX 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**SquashRacketballBadmintonTennis / real tennis / short tennis**Rugby**Rugby LeagueRugby UnionTag rugbyTouch rugby**Wrestling**Wrestling – CumberlandWrestling – Greco-RomanWrestling – OlympicWrestling – WestmorelandWrestling – CornishWrestling – GrapplingWrestling – BeachWrestling – Lancashire or ‘Catch as Catch can’**Gaelic sports**Gaelic footballGaelic sportsHurlingIrish handballCurling**Wheelchair sports**Wheelchair sports – Archery\*\*\*\*Wheelchair sports – Basketball\*\*\*\*Wheelchair sports – Rugby\*\*\*\*Wheelchair sports - Table tennis\*\*\*\*Wheelchair sports – Tennis\*\*\*\***Motorsports**Motorcycling - Motocross Motorcycling - Off roadMotorcycling - Trail ridingMotor racing / Banger racing Motor sprintsMotorcycling - Trials ridingMotorcycling – enduroMotorcycling – super motoMotorcycling – track racingMotorcycling – drag/sprintMotorcycling – rallyingMotorcycling - sidecar racingRally CrossRallyingRoad racing (motors)Trials racingKartingGo Karting Auto CrossMotorcycling – speedwayDrag racingAutotestsHill Climb**Air sports**Sky divingParachuting\*\*\*\*Paragliding\*\*\*\*Gliding\*\*\*\*Hang-gliding\*\*\*\***Gymnastics**GymnasticsTrampolining / trampoline\*\*\*\***Baseball/softball**SoftballBaseball**Other aquatic sports**Sub aqua / SCUBA diving\*\*\*\*Snorkelling\*\*\*\*Hockey – Underwater | Octopush\*\*\*\*Water polo\*\*\*\***Other team sports/activities**American footballAustralian Rules Football\*\*\*\*BasketballBowls\*CamogieCricketDodgeball\*\*\*\*Fives – Rugby\*\*\*\*NetballRoundersShintyStoolballUltimate Frisbee\*\*\*\*VolleyballFloorball\*\*\*\*Polocrosse\*\*\*\*Tug of war\*\*\*\*Handball\*\*\*\*Korfball\*\*\*\*Lacrosse**Other sports**Angling\*\*\*\*Archery \*\*\*\*Arm wrestling\*\*\*\*Baton twirlingBiathlonBody boarding\*\*\*\*Bobsleigh\*\*\*\*Boccia\*\*\*\*BoxingCheerleadingCroquet Dragon boat racing\*\*\*\*FencingFives – Eton\*\*\*\*Frisby / Frisbee\*\*\*\*Golf / Pitch and Putt / PuttingHigh wire\*\*\*\*Highland Games\*\*\*\*Hovering\*\*\*\*Ice skatingKite surfing / kite boarding\*\*\*\*Life savingLuge\*\*\*\*Luge – Street\*\*\*\*Medau\*\*\*\*Mine exploration\*\*\*\*Modern Pentathlon\*\*\*\*OrienteeringParkour/Free RunningPowerboat racing\*\*\*\*PowerliftingRafting / white water rafting\*\*\*\*Roller blading / roller skating\*\*\*\*RowingSea fishing\*\*\*\*SkateboardingSkating - in-line / inline skatingSomboSurfing / Boardsurfing / Board surfing\*\*\*\*Surf life savingSportsboats\*\*\*\*Table tennis\*\*\*\*Tobogganing/ sledging/ sledding\*\*\*\*TriathlonWake boarding / wakeboarding\*\*\*\*WaterskiingWeightlifting |

\*\*\* 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.