Data Collection:
- Paper surveys/google forms collected among kids age 9-11
- N: 125 (boys: 73; girls: 52)

Objective: Our team wanted to investigate why kids play sports and determine if they follow weekly activity guidelines.

Do Kids Play The Same Sports They Watch?

<table>
<thead>
<tr>
<th>Sports Kids Watch</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>25%</td>
<td>75%</td>
</tr>
<tr>
<td>Girls</td>
<td>33%</td>
<td>67%</td>
</tr>
</tbody>
</table>

Why Do Kids Play Sport?

- Health
- Parents' influence
- Hobby
- Socialize
- Other

Total Hours of Sports Kids Play in a Week

- 71% of boys play a main sport, but only 52% of girls play a main sport.
- The top 4 sports for boys are swimming, basketball, soccer, and tennis.
- The top 4 sports for girls are swimming, soccer, tennis, and ice skating.

Observations
- Most kids play the sport they watch.
- Most kids play their sport(s) as a hobby, regardless of sport type.
- Boys spend more time playing sports than girls.
- Some boys meet CDC’s recommendation of 1 or more hours of daily physical activity. Zero girls meet the recommendation.

CDC Youth Physical Activity Guidelines for School-Aged Children and Adolescents