



# *Girls Active*

*National report*

*June 2024 | Boys' report*





## Overall attitudes to PE and physical activity

**87%** enjoy taking part in PE

**87%** enjoy taking part in physical activity

**48%** enjoy learning at school



## Top 10 barriers to being active at school

**20%** I am not confident

**18%** When it's outside and it's not nice weather

**18%** I can't be bothered

**17%** I'm not good at it

**17%** I don't like getting hot and sweaty

**16%** I have an injury

**16%** I don't enjoy it

**16%** I don't like getting changed in front of other people

**16%** I worry about how I look

**15%** Other people make fun of me



## Top 10 motivators for being active at school

**65%** Having fun

**52%** Being with friends

**51%** Getting fit and healthy

**42%** Getting better at the sports / games I play

**40%** Learning new sports / skills

**39%** Being outside

**35%** Being part of a team

**35%** Playing to win

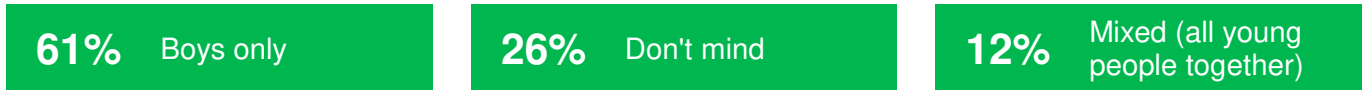
**31%** It is good for my wellbeing

**25%** Learning skills that help me in life / other school subjects

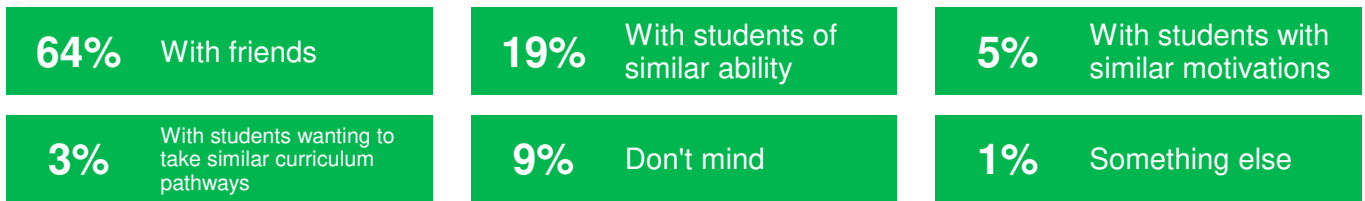


## Preferred group for sport, physical activity and PE

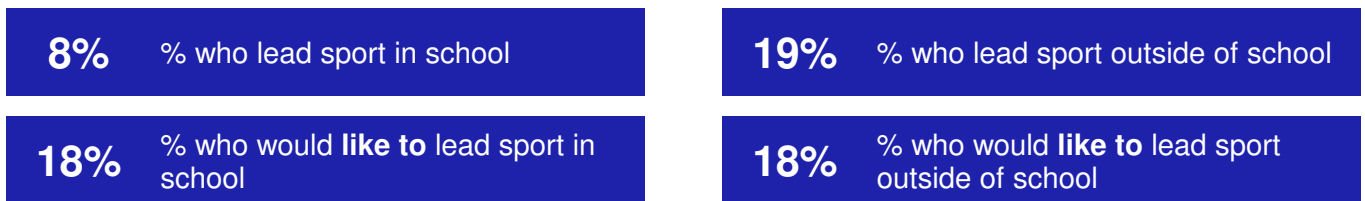
In terms of gender:



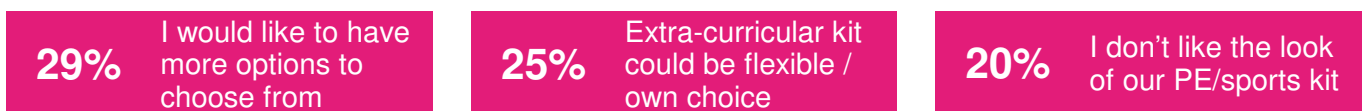
In terms of motivations:



## Leading sport and physical activity



## Top 3 suggested improvements to PE/sports kit



## Boys' report: Introduction

This report summarises responses to the *Girls Active Questionnaire* that boys completed between October 2023 and June 2024. Overall, this study received 7699 responses from boys (4270 unweighted).

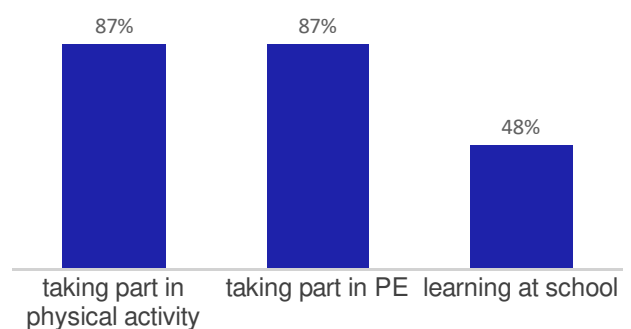
For more information about Girls Active please visit [www.youthsporttrust.org/girls-active](http://www.youthsporttrust.org/girls-active)

## How you feel

Boys were asked how they feel about taking part in physical activity, PE, and learning at school, on a scale from *Like it a lot* to *Dislike it a lot*. This chart shows the proportion that said they *Like it a lot* or *Like it*, at a national level.

Boys were most likely to enjoy *taking part in PE* (87%), followed by *taking part in physical activity* (87%) and *learning at school* (48%).

How do you feel about...? (% like it a lot/like it)



Base: All respondents

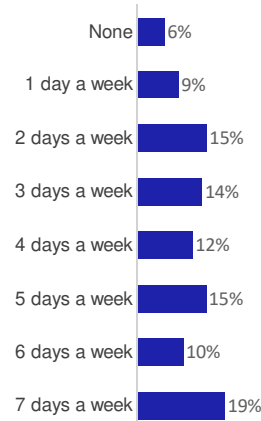
## Being active

The following chart (right) shows how many days in the past week boys took part in 60 minutes or more of physical activity.

For this questionnaire, physical activity was defined as 'activity that makes you feel warmer and makes your heartbeat faster'.

On average, boys took part on 4.0 days per week.

Days of physical activity per week

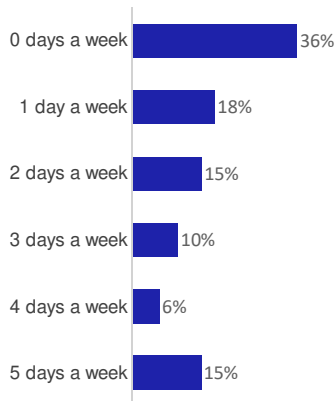


Base: All respondents

Pupils were asked how often they took part in physical activity at school, excluding PE lessons. The chart below (left) shows that boys were most likely to take part in physical activity outside of PE lessons on *0 days a week* (36%). On average, boys took part on 1.8 days per week.

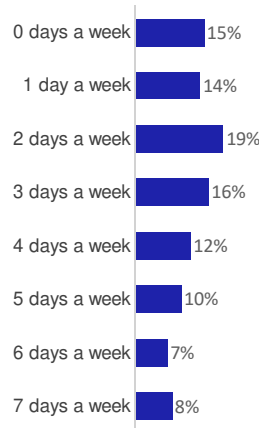
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on *2 days a week* (19%). On average, boys took part on 2.9 days per week.

Days of physical activity at school, excluding PE lessons



Base: All respondents

Days of physical activity outside of school

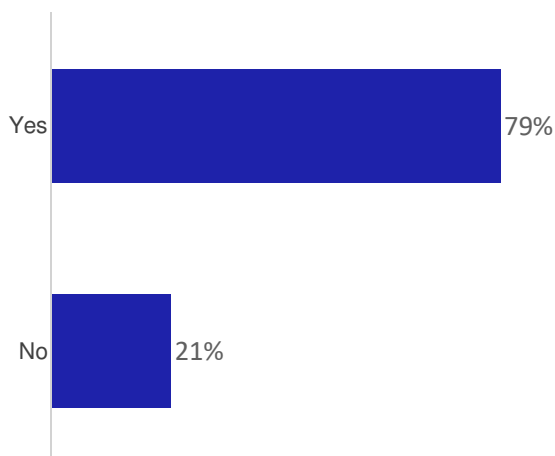


Base: All respondents

The chart below shows that 79% of boys would like to be more active when they are at school.

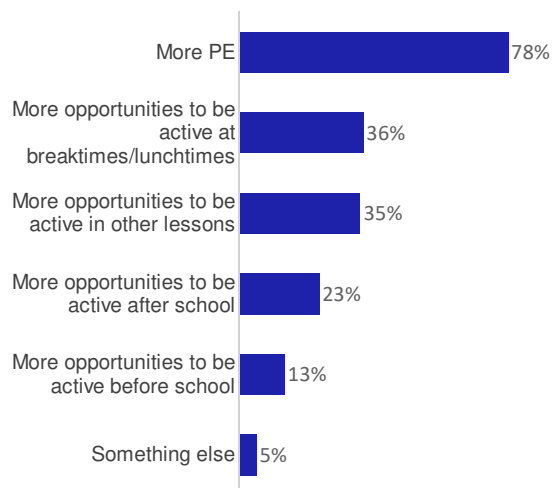
When asked *how* they would like to be more active, they were most likely to say *More PE* (78%) or *More opportunities to be active at breaktimes/lunchtimes* (36%).

Would you like to be more active in school?  
Please choose one answer



Base: All respondents

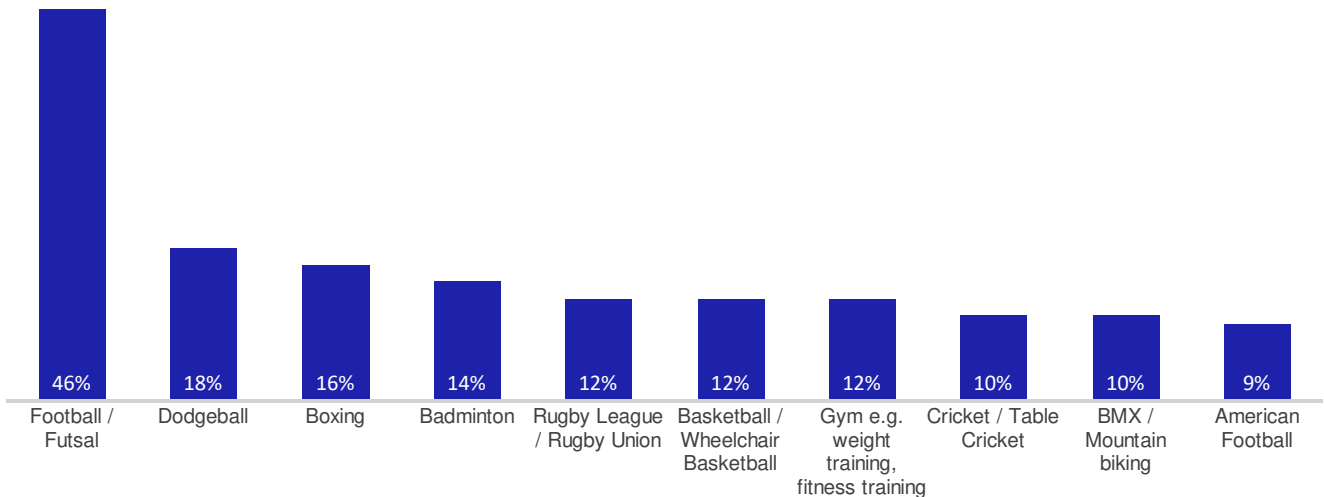
How would you like to be more active in school?



Base: All respondents who would like to be more active in school

This chart shows the activities that boys would most like to do as part of their PE lessons or other sport/physical activity at school. The most popular activities were *Football / Futsal* (46%), *Dodgeball* (18%), and *Boxing* (16%).

From the activities listed, which 3 would you most like to do in PE or other sport at school?

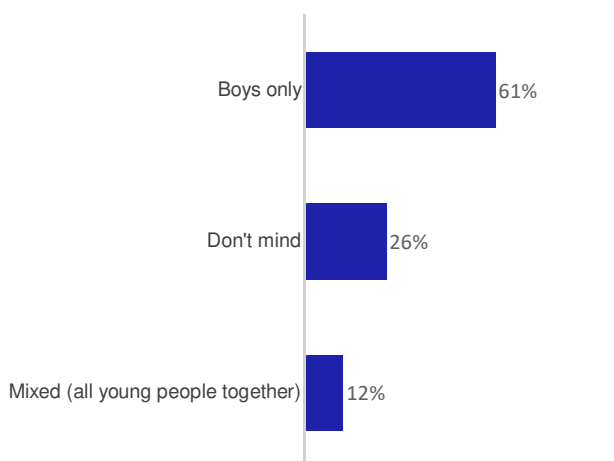


Base: All respondents

Boys were asked two questions relating to groupings in PE, sport and physical activity. Firstly, (below left) in relation to gender, then secondly (below right) in relation to motivations.

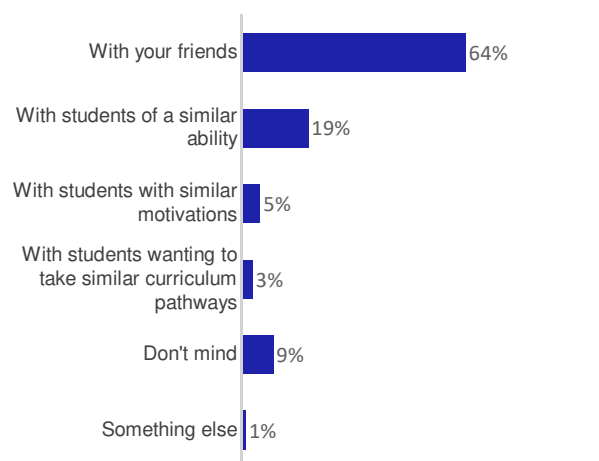
In terms of gender they were most likely to say *Boys only* (61%), while the most common response in terms of motivations was *With your friends* (64%).

How would you like to be grouped for sport and physical activities?



Base: All respondents

How would you MOST like to be grouped for sport and physical activities?



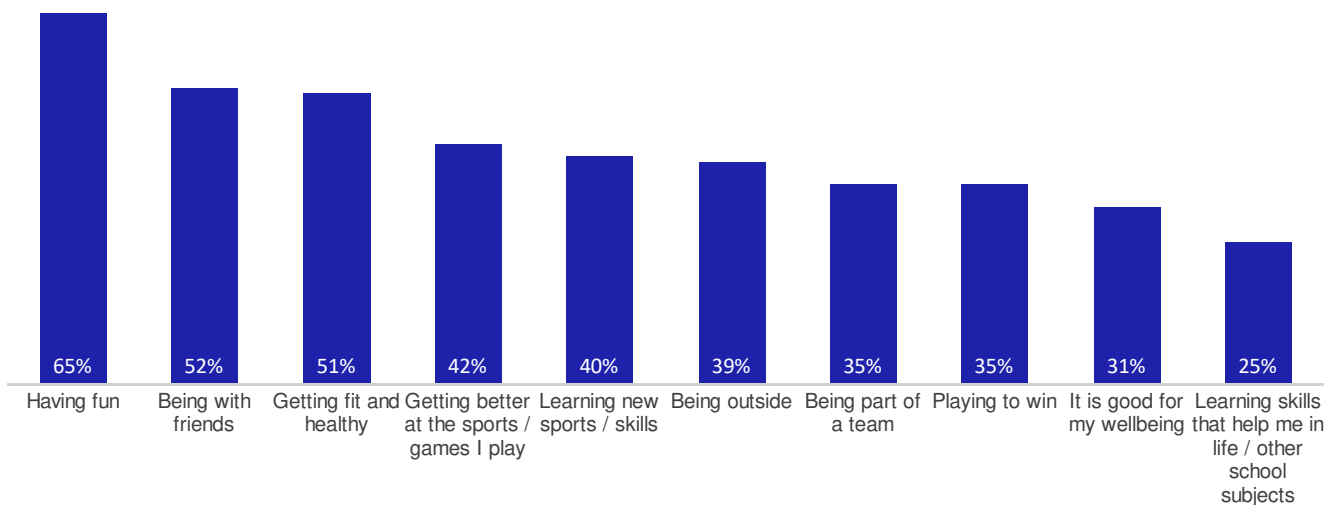
Base: All respondents

## Physical activity at school

### What motivates you?

The chart below shows the 10 most common factors that boys said motivate them to take part in sport, physical activity and PE at school. They were most likely to say *Having fun* (65%), *Being with friends* (52%), and *Getting fit and healthy* (51%).

Top 10 motivators for taking part in sport, physical activity and PE at school

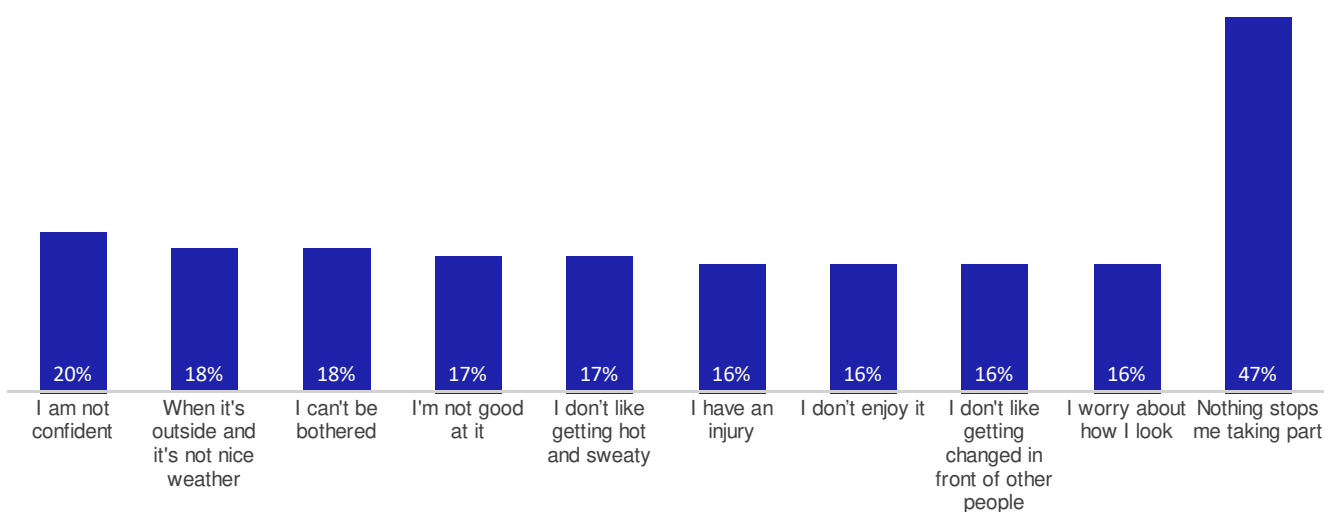


Base: All respondents

### What stops you?

The top 3 barriers that stopped boys from being more active were; *I am not confident* (20%), *When it's outside and it's not nice weather* (18%), and *I can't be bothered* (18%). However 47% of boys said that none of these barriers stopped them.

Top 10 barriers to sport, physical activity and PE at school

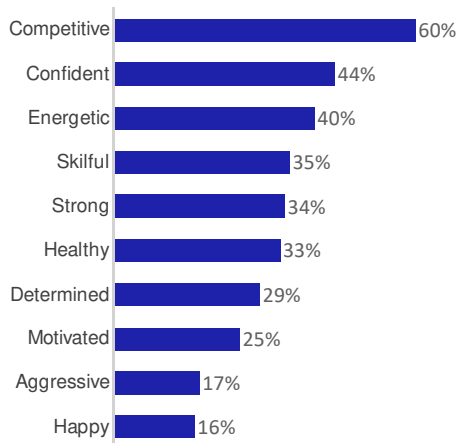


Base: All respondents

## What you think

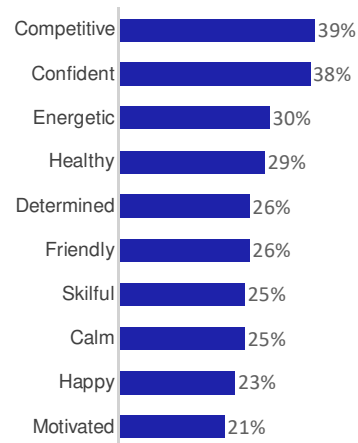
Boys were shown a list of words and asked which five they would most use to describe an active or 'sporty' boy, and an active or 'sporty' girl. The charts below show the most common words used to describe each group.

What five words would you most use to describe an active or 'sporty' boy?



Base: All respondents after May 2024

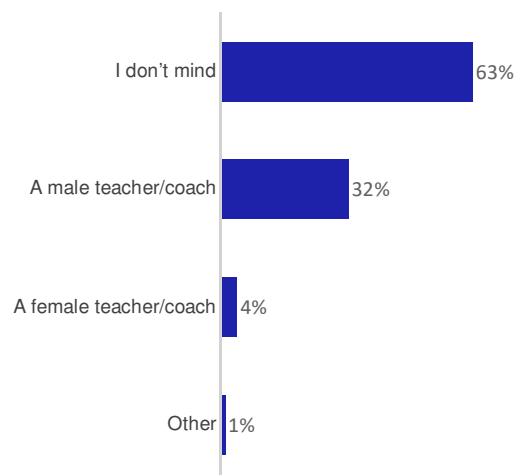
What five words would you most use to describe an active or 'sporty' girl?



Base: All respondents after May 2024

When asked who they would prefer to teach their PE and sport at school, Boys were most likely to say *I don't mind*, followed by *A male teacher/coach*, *A female teacher/coach*, then *Other*.

In PE and sport at school, which would you prefer?



Base: All respondents after May 2024

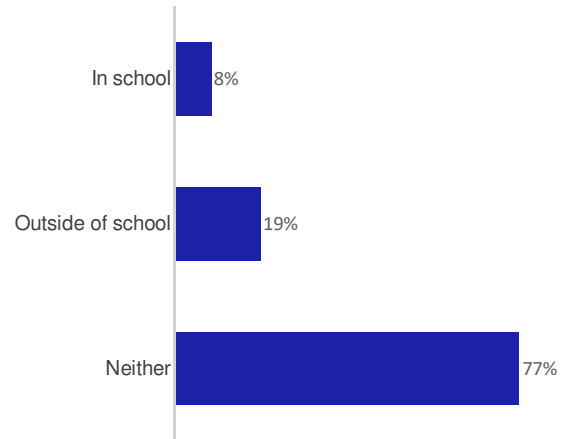


## Leading sport and physical activity

Boys were asked whether they lead any sport or physical activity - refereeing, coaching, or organising, for example - either inside or outside of school.

8% said that they lead sport in school, while 19% lead outside of school.

Do you lead any sport or physical activity?

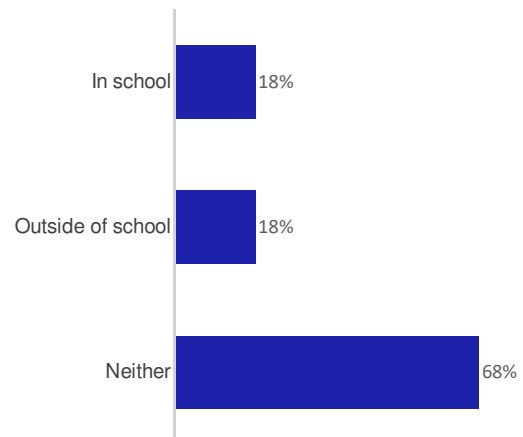


Base: All respondents

They were then asked whether they would *like to* lead sport or physical activity.

18% said that they would like to lead sport or physical activity at school, compared to 18% outside of school.

Would you like to lead any sport and physical activity?

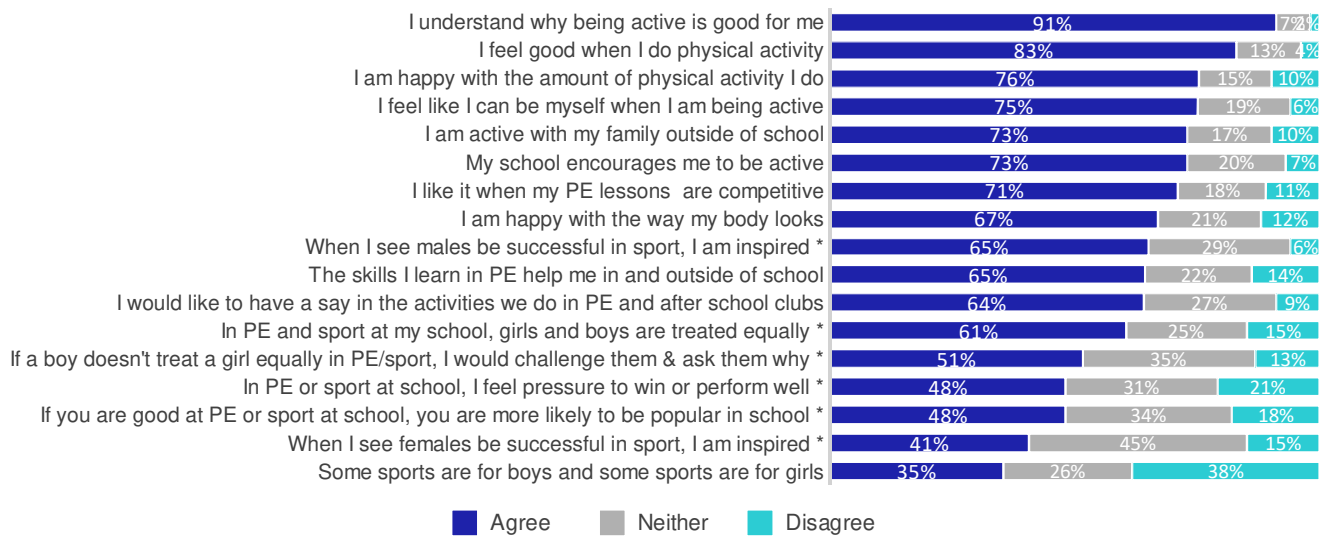


Base: All respondents

## More about you

Boys were asked whether they agreed or disagreed with a series of statements about their attitudes to physical activity. The statements they were most likely to strongly agree or agree with were *I understand why being active is good for me* (91%), *I feel good when I do physical activity* (83%) and *I am happy with the amount of physical activity I do* (76%).

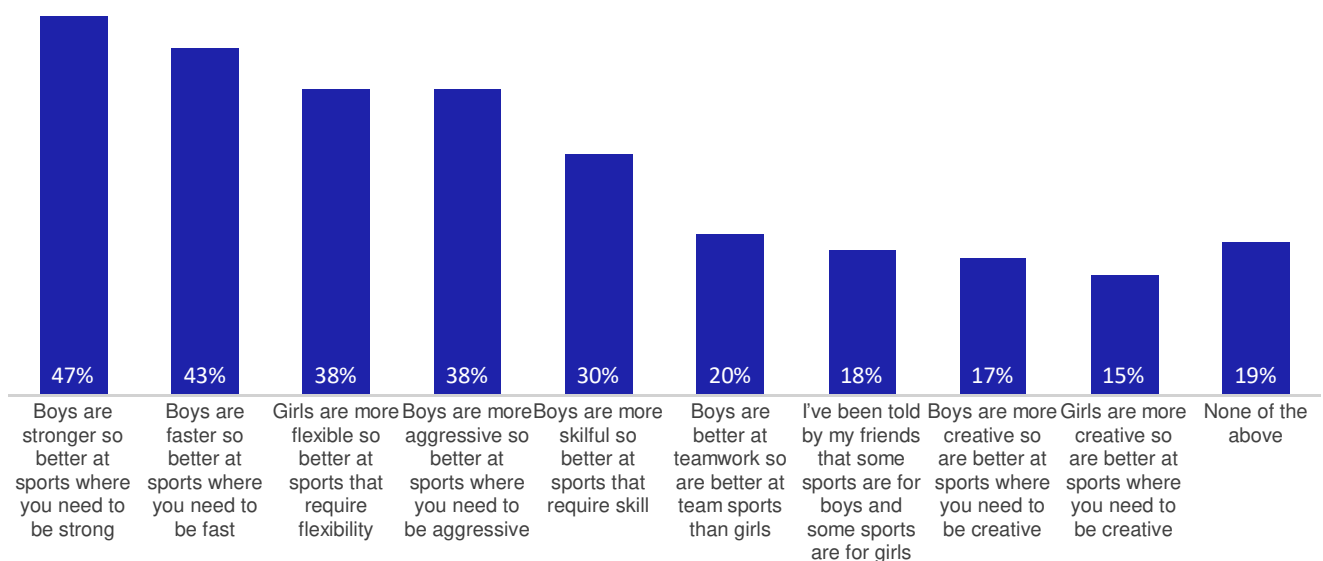
### National data



Base: All respondents (\*after May 2024)

The following question was only asked of Boys who agreed that 'Some sports are for boys and some sports are for girls'. Their reasons are shown in the chart below.

### Why do you think that 'some sports are for boys and some sports are for girls'?

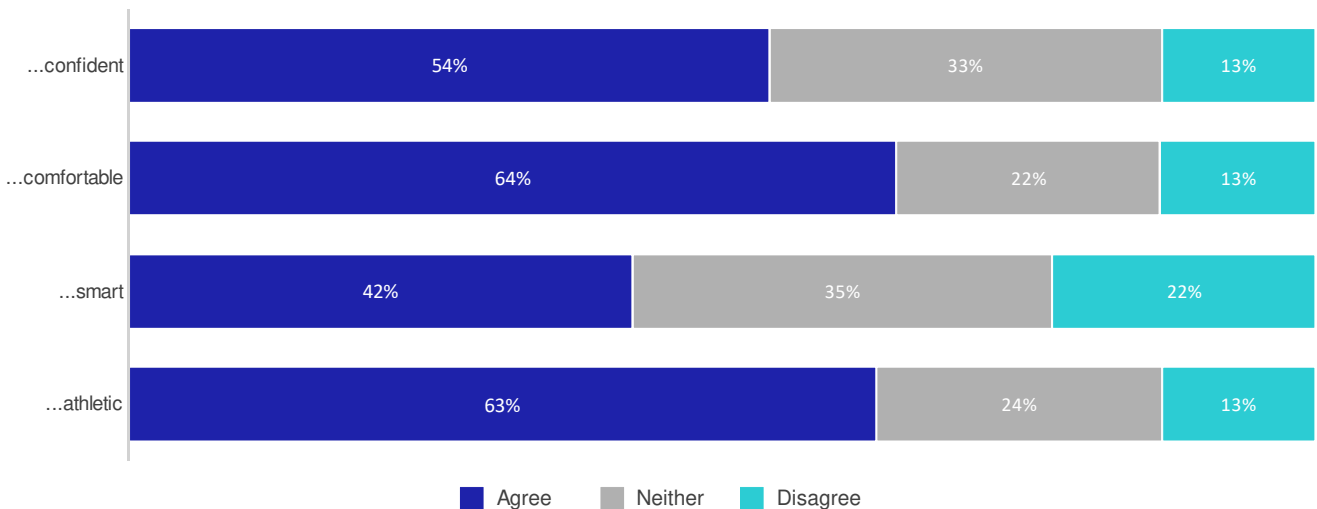


Base: All respondents after May 2024

## PE kit

When asked how their PE/sports kit made them feel, 54% of boys agreed or strongly agreed that it made them feel *Confident*, 64% said they felt *Comfortable*, 42% felt *Smart* and 63% felt *Athletic*.

### National data

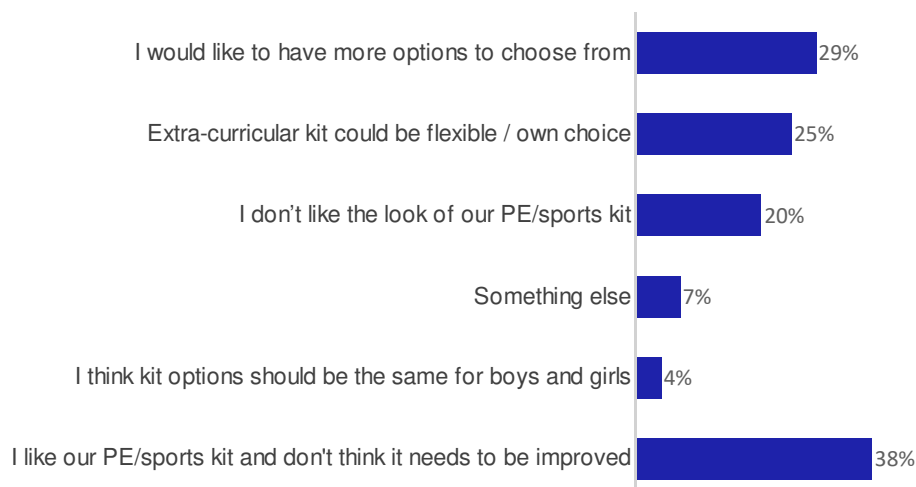


Base: All respondents

When given the opportunity to suggest improvements to their PE kit, boys were most likely to say '*I would like to have more options to choose from*' (29%), '*Extra-curricular kit could be flexible / own choice*' (25%), and '*I don't like the look of our PE/sports kit*' (20%).

38% said that they like the current PE kit or didn't think it needed to be changed.

### How could your PE/sports kit be improved?

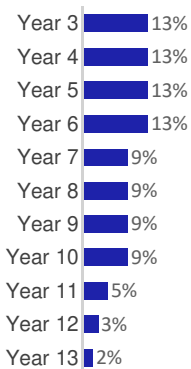


Base: All respondents

# Pupil profile

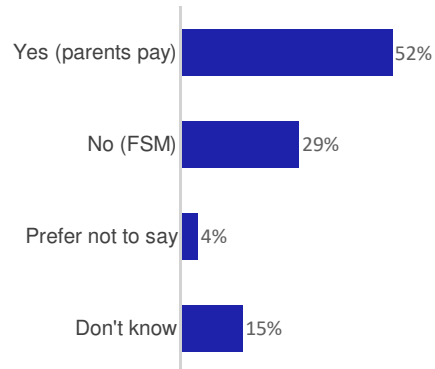
The charts below show the profile of boys who responded to the questionnaire. Boys were most likely to describe their ethnic background as *White (British or English)* (46%). 29% said that they receive free school meals, and 12% said that they have a Special Educational Need or Disability (SEND).

Year group



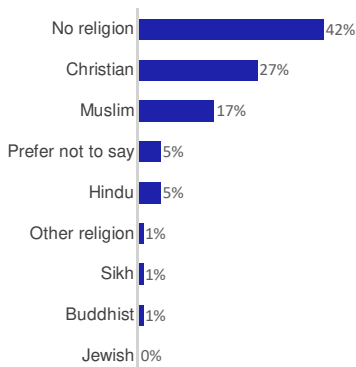
Base: All respondents

Do your parents have to pay if you have school meals?



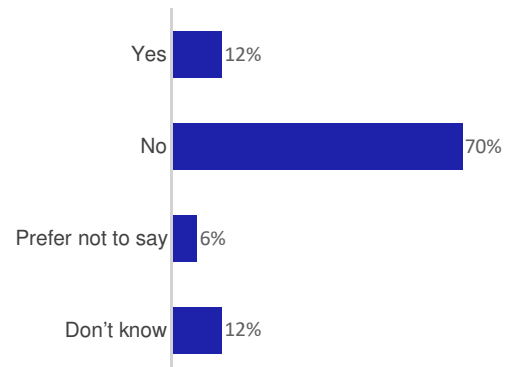
Base: All respondents

Faith or religion



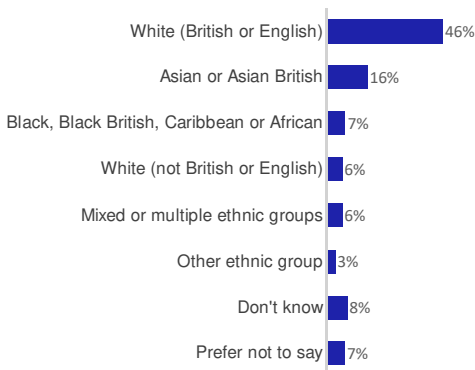
Base: All respondents in Yr 7 & above

Disability or special educational needs



Base: All respondents

Ethnic background



Base: All respondents

## Appendix 1

In the following tables **national data** is broken down by key factors, including 'physical activity level', in which 'more active' is defined as those who take part in physical activity on 5 or more days per week, and 'less active' is those who take part on one day per week or less. Responses from groups of less than 5 have been hidden, to protect the identity of respondents.

These tables use the following acronyms:

**SEND:** Special Educational Need or Disability

**EDC:** Ethnically Diverse Communities

For more information about Girls Active please visit [www.youthsporttrust.org/girls-active](http://www.youthsporttrust.org/girls-active)

How do you feel about the following? (% Like it a lot / Like it)

% Like it a lot / Like it	National data		Key Stage			SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
taking part in physical activity	87	89	90	85	79	80	89	87	88	71	94
taking part in PE	87	91	91	87	80	81	90	88	88	76	92
learning at school	48	-	-	45	55	39	52	48	49	38	51

Last week, on how many days did you do 60 minutes (1 hour) or more of physical activity that made you feel warmer and make your heart beat faster?

Break % Respondents	National data		Key Stage			SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
None	6%	6%	6%	5%	8%	8%	5%	5%	7%	40%	-
1 day a week	9%	13%	8%	8%	8%	13%	8%	7%	10%	60%	-
2 days a week	15%	16%	14%	15%	15%	18%	14%	15%	13%	-	-
3 days a week	14%	11%	11%	17%	18%	13%	15%	12%	17%	-	-
4 days a week	12%	10%	11%	15%	13%	10%	14%	14%	11%	-	-
5 days a week	15%	14%	13%	16%	16%	11%	16%	15%	15%	-	34%
6 days a week	10%	9%	12%	9%	9%	7%	10%	11%	9%	-	22%
7 days a week	19%	21%	26%	15%	14%	20%	18%	20%	19%	-	44%

Usually in a week, how often do you take part in any sport or physical activity at school – NOT including PE lessons?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Never	36%	33%	42%	37%	34%	38%	32%	60%	26%
1 day a week	18%	20%	16%	12%	20%	20%	17%	16%	18%
2 days a week	15%	16%	13%	14%	15%	17%	14%	10%	12%
3 days a week	10%	10%	8%	10%	9%	10%	9%	7%	9%
4 days a week	6%	6%	5%	5%	6%	5%	8%	2%	9%
5 days a week	15%	15%	16%	23%	15%	11%	19%	5%	26%

Usually in a week, how often do you take part in any sport or physical activity outside school?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Never	15%	14%	16%	23%	13%	15%	14%	45%	5%
1 day a week	14%	14%	13%	13%	14%	13%	15%	23%	5%
2 days a week	19%	18%	20%	17%	19%	16%	21%	17%	11%
3 days a week	16%	17%	15%	17%	17%	16%	17%	6%	15%
4 days a week	12%	12%	10%	9%	13%	13%	11%	4%	14%
5 days a week	10%	10%	9%	3%	11%	12%	8%	2%	18%
6 days a week	7%	6%	9%	6%	8%	9%	5%	1%	15%
7 days a week	8%	8%	8%	12%	7%	6%	10%	2%	16%

Do you lead any sport or physical activity?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
In school	8%	9%	5%	11%	7%	6%	10%	8%	9%
Outside of school	19%	18%	21%	19%	18%	17%	21%	12%	24%
Neither	77%	77%	77%	74%	77%	80%	74%	83%	70%

Would you like to lead any sport and physical activity?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
In school	18%	20%	13%	23%	18%	15%	22%	10%	22%
Outside of school	18%	20%	13%	25%	17%	19%	16%	10%	21%
Neither	68%	65%	76%	57%	70%	70%	67%	82%	62%

## How would you like to be more active in school?

Break % Respondents	National data		Key Stage			SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
More PE	78%	76%	75%	80%	80%	75%	78%	79%	77%	75%	79%
More opportunities to be active at breaktimes/lunchtimes	36%	38%	38%	34%	26%	28%	35%	35%	37%	33%	40%
More opportunities to be active after school	23%	23%	22%	21%	24%	29%	22%	22%	26%	20%	25%
More opportunities to be active before school	13%	16%	15%	9%	9%	15%	13%	14%	12%	9%	17%
More opportunities to be active in other lessons like English, Maths and Science	35%	31%	34%	39%	36%	32%	35%	36%	35%	25%	40%
Something else	5%	6%	6%	3%	3%	7%	4%	4%	5%	5%	5%

From the activities listed, which three would you like to do the most in PE or other sport and physical activity at school? Please choose up to three options. If you wouldn't choose any, please sel... (10 most popular answers)

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Football / Futsal	46%	50%	38%	39%	47%	45%	47%	36%	51%
Dodgeball	18%	21%	10%	16%	17%	17%	18%	20%	16%
Boxing	16%	17%	14%	15%	17%	12%	22%	12%	17%
Badminton	14%	13%	16%	8%	15%	17%	11%	9%	12%
Rugby League / Rugby Union	12%	11%	15%	14%	13%	16%	8%	10%	15%
Basketball / Wheelchair Basketball	12%	12%	14%	11%	13%	10%	17%	11%	11%
Gym e.g. weight training, fitness training	12%	10%	17%	8%	13%	14%	11%	6%	16%
Cricket / Table Cricket	10%	10%	10%	3%	12%	9%	12%	9%	11%
BMX / Mountain biking	10%	12%	6%	12%	10%	13%	7%	11%	12%
American Football	9%	7%	15%	9%	9%	9%	9%	9%	12%

At school, how would you most like to be grouped for sport, physical activity and PE? Please choose one answer

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Boys only	61%	59%	67%	54%	64%	61%	62%	59%	64%
Don't mind	26%	28%	23%	33%	25%	28%	24%	25%	24%
Mixed (all young people together)	12%	13%	11%	13%	11%	11%	14%	16%	12%

At school, how would you most like to be grouped for sport, physical activity and PE? Please choose one answer

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
With your friends	64%	65%	62%	58%	64%	62%	65%	68%	59%
With students of a similar - ability	19%	20%	15%	22%	19%	23%	14%	10%	23%
With students with similar motivations	5%	3%	9%	3%	5%	4%	6%	1%	6%
With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)	3%	3%	3%	7%	2%	2%	3%	1%	4%
Don't mind	9%	9%	10%	8%	9%	8%	11%	18%	8%
Something else	1%	1%	1%	2%	0%	1%	1%	1%	1%

In PE and sport at school, which would you prefer?

Break % Respondents	National data	Key Stage			SEND		Ethnicity		Physical activity level		
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
A female teacher/coach	4%	7%	3%	2%	8%	7%	4%	3%	5%	7%	3%
A male teacher/coach	32%	31%	25%	42%	36%	33%	32%	33%	33%	30%	33%
I don't mind	63%	62%	72%	55%	55%	58%	64%	64%	62%	62%	63%
Other	1%	1%	1%	1%	1%	1%	1%	0%	1%	1%	1%



Looking at the list below... What five words would you most use to describe an active or 'sporty' boy?

Break % Respondents	National data		Key Stage		SEND		Ethnicity		Physical activity level	
	Total	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Competitive	60%	55%	60%	66%	48%	63%	63%	59%	49%	62%
Confident	44%	38%	45%	51%	33%	47%	48%	44%	38%	46%
Energetic	40%	51%	36%	40%	38%	42%	41%	39%	32%	39%
Skilful	35%	42%	35%	27%	32%	36%	34%	37%	29%	38%
Strong	34%	38%	29%	29%	29%	33%	34%	35%	37%	36%
Healthy	33%	41%	30%	29%	34%	33%	35%	31%	30%	36%
Determined	29%	31%	26%	27%	21%	32%	31%	27%	19%	31%
Motivated	25%	21%	28%	27%	18%	26%	24%	26%	22%	26%
Aggressive	17%	14%	20%	18%	21%	16%	18%	17%	21%	14%
Happy	16%	22%	12%	13%	20%	15%	16%	16%	19%	15%
Cool	16%	21%	13%	12%	15%	15%	15%	18%	14%	16%
Masculine	14%	5%	17%	20%	11%	15%	14%	17%	8%	17%
Friendly	13%	17%	12%	15%	18%	13%	14%	13%	10%	14%
Calm	12%	11%	14%	11%	12%	12%	11%	14%	11%	12%
Proud	12%	15%	12%	5%	12%	12%	11%	11%	14%	12%
Successful	10%	11%	11%	7%	10%	9%	10%	9%	8%	11%
Boastful	9%	8%	10%	11%	12%	9%	12%	6%	12%	6%
Inspiring	8%	7%	8%	9%	7%	9%	8%	8%	4%	10%
Judgmental	5%	4%	5%	8%	12%	4%	6%	5%	6%	4%
Creative	5%	6%	5%	3%	6%	4%	3%	5%	3%	4%
Unfriendly	3%	2%	3%	6%	8%	3%	3%	4%	7%	3%
Modest	2%	1%	2%	2%	1%	2%	2%	3%	1%	1%
Anxious	1%	1%	1%	2%	3%	1%	1%	2%	4%	1%
Uncool	1%	1%	1%	1%	4%	1%	1%	1%	3%	1%
Graceful	1%	1%	1%	1%	2%	1%	1%	1%	1%	1%
Feminine	1%	0%	1%	3%	4%	0%	0%	1%	1%	1%
Unhappy	1%	1%	1%	2%	1%	1%	1%	1%	1%	0%
Weak	1%	1%	1%	1%	2%	1%	1%	1%	3%	0%
Other	1%	1%	1%	2%	1%	1%	1%	1%	1%	1%
None of the above	3%	1%	3%	4%	3%	2%	2%	2%	5%	2%

## What five words would you most use to describe an active or 'sporty' girl?

Break % Respondents	National data		Key Stage		SEND		Ethnicity		Physical activity level	
	Total	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Competitive	39%	34%	39%	47%	32%	41%	44%	35%	32%	39%
Confident	38%	36%	35%	41%	32%	40%	43%	35%	29%	38%
Energetic	30%	36%	25%	30%	23%	33%	32%	29%	20%	31%
Healthy	29%	32%	25%	29%	21%	30%	29%	28%	24%	30%
Determined	26%	29%	22%	26%	16%	28%	28%	23%	18%	30%
Friendly	26%	35%	21%	21%	28%	26%	25%	26%	25%	23%
Skilful	25%	26%	25%	22%	24%	24%	26%	24%	23%	25%
Calm	25%	32%	24%	14%	27%	24%	24%	27%	25%	23%
Happy	23%	32%	21%	13%	25%	23%	23%	22%	22%	24%
Motivated	21%	18%	22%	21%	18%	22%	22%	20%	20%	23%
Feminine	17%	12%	19%	23%	13%	17%	15%	20%	12%	18%
Proud	15%	21%	16%	6%	16%	15%	14%	14%	15%	14%
Strong	15%	15%	12%	13%	16%	15%	16%	14%	15%	17%
Cool	13%	13%	10%	9%	9%	12%	9%	17%	11%	14%
Successful	10%	14%	10%	6%	11%	9%	10%	9%	11%	10%
Creative	10%	11%	10%	4%	8%	8%	7%	13%	13%	8%
Inspiring	8%	7%	8%	9%	8%	8%	8%	9%	9%	9%
Boastful	7%	6%	7%	10%	7%	8%	8%	7%	9%	8%
Graceful	7%	9%	8%	4%	8%	7%	7%	7%	5%	8%
Judgmental	6%	3%	6%	10%	10%	5%	6%	6%	4%	6%
Modest	6%	4%	5%	11%	3%	7%	6%	6%	4%	6%
Aggressive	5%	4%	7%	6%	9%	4%	5%	5%	6%	5%
Weak	4%	4%	5%	4%	8%	4%	3%	6%	4%	5%
Anxious	4%	3%	5%	4%	5%	4%	4%	4%	4%	4%
Uncool	4%	4%	4%	5%	10%	3%	3%	5%	3%	4%
Unfriendly	4%	3%	4%	6%	7%	3%	4%	4%	3%	4%
Unhappy	2%	2%	2%	3%	5%	2%	1%	3%	2%	2%
Masculine	2%	1%	2%	3%	3%	2%	2%	2%	2%	2%
Other	1%	1%	1%	1%	1%	1%	1%	1%	2%	1%
None of the above	6%	4%	8%	8%	6%	6%	6%	6%	10%	5%

Looking at the list below, what if anything, motivates you to be active at school?

Break % Respondents	National data		Key Stage			SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Having fun	65%	69%	68%	61%	59%	55%	67%	66%	63%	55%	70%
Being with friends	52%	50%	56%	51%	53%	44%	54%	52%	53%	41%	58%
Getting fit and healthy	51%	56%	55%	48%	39%	46%	53%	54%	47%	37%	59%
Getting better at the sports / games I play	42%	49%	49%	39%	31%	36%	45%	44%	42%	26%	51%
Learning new sports / skills	40%	52%	48%	33%	25%	33%	42%	39%	40%	27%	46%
Being outside	39%	45%	47%	33%	31%	32%	42%	43%	36%	25%	49%
Being part of a team	35%	43%	47%	27%	19%	30%	36%	36%	33%	23%	44%
Playing to win	35%	37%	37%	33%	35%	33%	37%	34%	37%	27%	42%
It is good for my wellbeing	31%	29%	34%	29%	29%	26%	32%	31%	32%	22%	37%
Learning skills that help me in life / other school subjects	25%	32%	30%	20%	17%	24%	26%	24%	26%	15%	32%
Making new friends	24%	32%	30%	17%	17%	22%	24%	23%	23%	18%	30%
Something else	2%	4%	3%	2%	1%	3%	2%	2%	2%	3%	3%
I am not motivated by anything	5%	2%	3%	5%	13%	7%	5%	5%	6%	11%	4%

## What, if anything, currently stops you being active / more active at school?

Break % Respondents	National data		Key Stage			SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Nothing stops me taking part	47%	47%	52%	46%	46%	33%	52%	49%	47%	33%	54%
I am not confident	20%	18%	14%	23%	27%	23%	19%	16%	25%	31%	13%
When it's outside and it's not nice weather	18%	18%	15%	19%	26%	16%	19%	15%	24%	24%	14%
I can't be bothered	18%	14%	12%	21%	31%	20%	18%	16%	22%	30%	13%
I'm not good at it	17%	14%	13%	18%	27%	21%	16%	14%	20%	27%	11%
I don't like getting hot and sweaty	17%	17%	11%	16%	25%	19%	16%	14%	20%	22%	11%
I have an injury	16%	18%	15%	17%	19%	16%	16%	13%	20%	19%	15%
I don't enjoy it	16%	15%	14%	18%	22%	20%	15%	13%	20%	24%	11%
I don't like getting changed in front of other people	16%	19%	12%	16%	17%	17%	15%	12%	21%	21%	13%
I worry about how I look	16%	14%	11%	17%	22%	16%	15%	13%	21%	22%	12%
Other people make fun of me	15%	17%	12%	17%	18%	19%	15%	12%	20%	20%	12%
I don't feel I can be myself in PE	15%	16%	10%	16%	21%	20%	14%	11%	21%	23%	11%
I don't like the PE kit	15%	16%	11%	16%	22%	17%	15%	11%	21%	22%	12%
I don't like other people watching me	14%	13%	11%	16%	17%	15%	14%	10%	19%	20%	10%
My friends don't want to do it	14%	14%	9%	14%	20%	12%	15%	10%	19%	19%	11%
I don't like the activities on offer	14%	12%	10%	16%	23%	13%	15%	12%	18%	17%	11%
Something else	14%	13%	11%	15%	18%	14%	14%	11%	18%	17%	12%
I don't have time because I already do a lot of physical activity outside of school	13%	12%	9%	16%	21%	12%	14%	11%	18%	14%	13%
I can't get home if I stay after school	12%	12%	8%	14%	18%	16%	12%	9%	17%	15%	10%
I don't know how to get involved	12%	12%	10%	14%	16%	13%	12%	9%	17%	15%	10%
I don't like how the person delivers the activities	12%	11%	8%	13%	18%	12%	12%	8%	17%	16%	9%
There isn't enough time to get changed	12%	12%	7%	14%	17%	12%	12%	8%	17%	15%	9%
I don't feel encouraged to take part by the teachers	11%	11%	7%	13%	18%	11%	12%	8%	17%	16%	8%
I don't feel I can be myself in extra-curricular activities	11%	11%	7%	13%	17%	12%	12%	8%	16%	15%	8%
I'm not able to do it because the activities are not suitable for me	11%	11%	8%	12%	17%	12%	12%	7%	17%	14%	9%
I don't feel encouraged to take part by my family	11%	11%	7%	12%	16%	10%	11%	8%	15%	14%	8%

## How much do you agree with each of the following sentences? (% Strongly agree / Agree)

% Strongly agree / Agree	National data	Key Stage				SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
I am happy with the way my body looks	67	83	72	59	52	69	69	66	67	62	73
I am happy with the amount of physical activity I do	76	85	80	72	65	71	77	79	71	61	86
I would like to have a say in the activities we do in PE and after school clubs	64	66	68	61	61	64	65	65	65	56	71
In PE or sport at school, I feel pressure to win or perform well *	48	-	54	50	36	53	47	46	51	50	49
The skills I learn in PE help me in and outside of school	65	81	68	62	42	67	65	64	64	55	69
I like it when my PE lessons are competitive	71	78	71	70	67	67	74	69	75	62	78
I understand why being active is good for me	91	91	93	92	86	86	93	94	90	83	95
I feel like I can be myself when I am being active	75	83	80	72	64	73	78	75	75	62	83
If you are good at PE or sport at school, you are more likely to be popular in school *	48	-	41	49	57	54	47	48	51	50	50
Some sports are for boys and some sports are for girls	35	37	23	38	50	41	35	33	40	40	34
My school encourages me to be active	73	81	79	69	58	74	73	75	71	69	74
I am active with my family outside of school	73	84	82	70	54	72	74	75	70	57	83
I have the same opportunities as boys in school to do the sports and activities I want to	-	-	-	-	-	-	-	-	-	-	-
Events like the Women's Football and the Olympics inspire me to be more active	34	62	52	21	11	45	33	29	34	24	49
I feel good when I do physical activity	83	88	86	81	75	74	87	84	84	71	90

## You've told us that you think 'some sports are for boys and some sports are for girls'. Why do you think this?

Break % Respondents	National data		Key Stage			SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Boys are stronger so better at sports where you need to be strong	47%	35%	43%	50%	61%	37%	52%	45%	54%	34%	54%
Boys are faster so better at sports where you need to be fast	43%	43%	43%	43%	46%	42%	44%	39%	51%	47%	45%
Girls are more flexible so better at sports that require flexibility	38%	30%	40%	37%	39%	25%	43%	37%	40%	26%	44%
Boys are more aggressive so better at sports where you need to be aggressive	38%	25%	35%	44%	50%	28%	42%	39%	40%	27%	42%
Boys are more skilful so better at sports that require skill	30%	30%	33%	30%	29%	29%	31%	26%	34%	24%	33%
Boys are better at teamwork so are better at team sports than girls	20%	19%	16%	21%	18%	21%	20%	15%	25%	15%	23%
I've been told by my friends that some sports are for boys and some sports are for girls	18%	21%	21%	16%	17%	21%	18%	14%	21%	19%	20%
Boys are more creative so are better at sports where you need to be creative	17%	21%	17%	17%	14%	24%	15%	13%	19%	16%	18%
Girls are more creative so are better at sports where you need to be creative	15%	12%	16%	17%	18%	11%	17%	16%	17%	9%	19%
Boys are better at following rules than girls so are better at team sports than girls	13%	14%	10%	15%	15%	18%	13%	10%	18%	9%	15%
Girls are better at following rules than boys so are better at team sports than boys	13%	9%	14%	14%	11%	12%	15%	14%	13%	9%	14%
Girls don't know the rules of team sports as well so aren't as good at them as boys	11%	9%	10%	15%	8%	10%	12%	11%	12%	7%	13%
Boys don't know the rules of team sports as well so aren't as good at them as girls	10%	11%	9%	9%	13%	13%	10%	7%	13%	8%	12%
Girls are better at teamwork so are better at team sports than boys	9%	9%	12%	9%	8%	12%	9%	10%	9%	6%	10%
Boys are more flexible so better at sports that require flexibility	9%	11%	6%	10%	9%	12%	9%	6%	13%	8%	9%
I've been told by my family that some sports are for boys and some sports are for girls	8%	13%	10%	6%	3%	10%	8%	10%	7%	7%	10%
Girls are more skilful so better at sports that require skill	6%	7%	8%	4%	4%	11%	5%	6%	5%	5%	5%
Girls are faster so better at sports where you need to be fast	5%	6%	5%	4%	3%	9%	5%	3%	6%	6%	6%
Something else	4%	3%	3%	4%	3%	4%	4%	4%	3%	2%	4%
Girls are stronger so better at sports where you need to be strong	3%	5%	5%	1%	1%	6%	2%	3%	2%	2%	1%
Girls are more aggressive so better at sports where you need to be aggressive	3%	5%	2%	2%	1%	2%	3%	2%	2%	4%	2%
None of the above	19%	15%	17%	21%	27%	16%	19%	24%	13%	20%	17%

How much do you agree with each of the following? My PE/sports kit makes me feel... (% Strongly agree / Agree)

% Strongly agree / Agree	National data		Key Stage			SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
...confident	54	72	59	48	36	59	54	52	54	51	58
...comfortable	64	75	69	60	47	66	65	65	62	60	66
...smart	42	60	42	36	29	51	42	37	45	41	46
...athletic	63	77	68	57	48	66	64	63	62	55	66

How could your PE/sports kit be improved?

Break % Respondents	National data		Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active	
I like our PE/sports kit and don't think it needs to be improved	38%	38%	36%	38%	39%	41%	34%	31%	36%	
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper)	29%	28%	30%	26%	29%	27%	32%	33%	26%	
I think kit options should be the same for boys and girls	4%	4%	3%	6%	3%	3%	5%	5%	4%	
Extra-curricular kit could be flexible / own choice	25%	25%	25%	24%	25%	25%	25%	26%	28%	
I don't like the look of our PE/sports kit	20%	18%	25%	22%	20%	18%	23%	24%	22%	
Something else	7%	8%	6%	10%	6%	8%	7%	7%	9%	