

Q5 Usually in a week, how often do you take part in any sport or physical activity at school – NOT including PE lessons? (e.g. after school clubs, lunchtime sessions)

Please choose one answer.

Never 1 day 2 days 3 days 4 days 5 days

Q6 Usually in a week, how often do you take part in any sport or physical activity outside school? (e.g. at a gym, community club, leisure centre, in the park).

Please choose one answer.

Never 1 day 2 days 3 days 4 days 5 days 6 days 7 days

Q7 Do you have any leadership roles in sport / physical activity? (e.g. this could be a referee, coach or organiser)

You can choose more than one answer.

In school Outside of school Neither

Q8 Would you like any leadership roles in sport / physical activity?...

In school Outside of school Neither

What you think

Q9a Would you like to be more active in school?

Yes No

Q9b [If yes to Q9a] How would you like to be more active in school?

You can choose more than one answer.

- More PE
- More opportunities to be active at breaktimes/lunchtimes
- More opportunities to be active after school
- More opportunities to be active before school
- More opportunities to be active in other lessons like English, Maths and Science

Q10 In PE and sport at school, which would you prefer?

- A female teacher/coach
- A male teacher/coach

- I don't mind
- Other

If 'other', please specify

Looking at the list below...

Q11 What five words would you most use to describe an active or 'sporty' boy?

Please choose up to five options. If you wouldn't use any of the words, please select 'none of the above' or select 'something else' and write in what word(s) you would use.

- | | | |
|-----------------------------------|----------------------------------|---|
| <input type="radio"/> Feminine | <input type="radio"/> Motivated | <input type="radio"/> Cool |
| <input type="radio"/> Masculine | <input type="radio"/> Determined | <input type="radio"/> Uncool |
| <input type="radio"/> Confident | <input type="radio"/> Proud | <input type="radio"/> Healthy |
| <input type="radio"/> Inspiring | <input type="radio"/> Modest | <input type="radio"/> Aggressive |
| <input type="radio"/> Judgmental | <input type="radio"/> Energetic | <input type="radio"/> Skilful |
| <input type="radio"/> Competitive | <input type="radio"/> Happy | <input type="radio"/> Successful |
| <input type="radio"/> Friendly | <input type="radio"/> Unhappy | <input type="radio"/> Graceful |
| <input type="radio"/> Unfriendly | <input type="radio"/> Calm | <input type="radio"/> Creative |
| <input type="radio"/> Weak | <input type="radio"/> Anxious | <input type="radio"/> None of the above |
| <input type="radio"/> Boastful | <input type="radio"/> Strong | <input type="radio"/> Something else |

If 'something else', please specify

Q12 What five words would you most use to describe an active or 'sporty' girl?

Please choose up to five options. If you wouldn't use any of the words, please select 'none of the above' or select 'something else' and write in what word(s) you would use.

- | | | |
|-----------------------------------|----------------------------------|---|
| <input type="radio"/> Feminine | <input type="radio"/> Motivated | <input type="radio"/> Cool |
| <input type="radio"/> Masculine | <input type="radio"/> Determined | <input type="radio"/> Uncool |
| <input type="radio"/> Confident | <input type="radio"/> Proud | <input type="radio"/> Healthy |
| <input type="radio"/> Inspiring | <input type="radio"/> Modest | <input type="radio"/> Aggressive |
| <input type="radio"/> Judgmental | <input type="radio"/> Energetic | <input type="radio"/> Skilful |
| <input type="radio"/> Competitive | <input type="radio"/> Happy | <input type="radio"/> Successful |
| <input type="radio"/> Friendly | <input type="radio"/> Unhappy | <input type="radio"/> Graceful |
| <input type="radio"/> Unfriendly | <input type="radio"/> Calm | <input type="radio"/> Creative |
| <input type="radio"/> Weak | <input type="radio"/> Anxious | <input type="radio"/> None of the above |
| <input type="radio"/> Boastful | <input type="radio"/> Strong | <input type="radio"/> Something else |

If 'something else', please specify

Q13 From the activities listed, which three would you like to do the most at school?

Please choose three answers.

- | | | |
|---|---|--|
| <input type="radio"/> American Football | <input type="radio"/> Football / Futsal | <input type="radio"/> Running |
| <input type="radio"/> Archery | <input type="radio"/> Freerunning / Parkour | <input type="radio"/> Sailing / Windsurfing |
| <input type="radio"/> Athletics: Track and Field | <input type="radio"/> Goalball | <input type="radio"/> Skateboarding |
| <input type="radio"/> Badminton | <input type="radio"/> Golf | <input type="radio"/> Squash |
| <input type="radio"/> Baseball / Softball /
Rounders | <input type="radio"/> Gym (e.g. weight training,
fitness training) | <input type="radio"/> Swimming, Aquatics and
Diving |
| <input type="radio"/> Basketball / Wheelchair
Basketball | <input type="radio"/> Gymnastics | <input type="radio"/> Table Tennis / Polybat |
| <input type="radio"/> BMX / Mountain biking | <input type="radio"/> Handball | <input type="radio"/> Tennis / Wheelchair Tennis |
| <input type="radio"/> Boccia | <input type="radio"/> Hockey | <input type="radio"/> Trampoline |
| <input type="radio"/> Boxercise / Zumba | <input type="radio"/> Judo | <input type="radio"/> Triathlon |
| <input type="radio"/> Boxing | <input type="radio"/> Lacrosse | <input type="radio"/> Ultimate Frisbee |
| <input type="radio"/> Bowls | <input type="radio"/> Martial Arts | <input type="radio"/> Volleyball |
| <input type="radio"/> Canoeing / Kayaking | <input type="radio"/> Multisport / multi-skills /
MATP | <input type="radio"/> Walking |
| <input type="radio"/> Cheerleading | <input type="radio"/> Mountaineering | <input type="radio"/> Yoga / Pilates |
| <input type="radio"/> Climbing / Mountaineering | <input type="radio"/> Netball | <input type="radio"/> None of the above |
| <input type="radio"/> Cricket / Table Cricket | <input type="radio"/> New Age Kurling | <input type="radio"/> Something else |
| <input type="radio"/> Cycling | <input type="radio"/> Orienteering | |
| <input type="radio"/> Dance | <input type="radio"/> Panathlon | |
| <input type="radio"/> Dodgeball | <input type="radio"/> Roller Sport / Roller Skating /
InLine Skating | |
| <input type="radio"/> Equestrian | <input type="radio"/> Rowing | |
| <input type="radio"/> Fencing | <input type="radio"/> Rugby League / Rugby Union
/ Wheelchair Rugby | |

If 'something else', please specify

Q14a At school, how would you like to be grouped for sport, physical activity and PE?

Please choose one answer.

- Girls only
- Boys only
- Mixed (boys and girls together)
- Don't mind

Q14b At school, how would you like to be grouped for sport, physical activity and PE?

Please choose one answer.

- With your friends
- With students of a similar ability
- With students with similar motivations
- With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)
- Don't mind
- Something else

If 'something else', please specify

Looking at the list below...

Q15 ...What, if anything, motivates you to be active at school?

Please choose all that apply. If nothing motivates you, please choose 'I am not motivated by anything'.

- It is good for my wellbeing
- Getting fit and healthy
- Having fun
- Playing to win
- Learning new sports / skills
- Getting better at the sports / games I play
- Being with friends
- Being outside
- Making new friends
- Being part of a team
- Learning skills that help me in life / other school subjects
- Something else
- I am not motivated by anything

If 'something else', please specify

Q16 ...What, if anything, currently stops you being active / more active at school?

Please choose all that apply, from any of the sections. If nothing stops you, please choose 'Nothing stops me taking part'.

Feelings

- I am not confident
- I can't be bothered
- I don't enjoy it
- I don't feel I can be myself in PE
- I don't feel I can be myself in extra-curricular activities
- I don't feel encouraged by my teachers
- I'm not good at it
- I worry about how I look
- I don't like getting hot and sweaty
- My breasts feel uncomfortable when I exercise**

Other people

- I don't feel encouraged to take part by my family
- My friends don't want to do it
- Other people make fun of me
- I don't like getting changed in front of other people

- I don't like how the person delivers the activities
- I don't like other people watching me
- I don't like taking part with boys

Other things

- I don't like the PE kit
- I can't get home if I stay after school
- I don't have time because I already do a lot of physical activity outside of school
- I don't like the activities on offer
- When I have my period
- I have an injury
- I'm not able to do it because the activities are not suitable for me
- I don't know how to get involved
- There isn't enough time to get changed
- When it's outside and it's not nice weather

- Something else
- Nothing stops me taking part

If 'something else', please specify

Q17 [If 'I don't like taking part with boys' is selected for Q16]: You've told us that 'I don't like taking part with boys' is one of the things that stops you being active / more active in school. Why is this?

Please choose all that apply. If you wouldn't choose any of these reasons, please select 'none of the above' or select 'something else' and write in what reason(s) you have.

- | | |
|---|--|
| <input type="radio"/> Boys don't think girls have the skills to win | <input type="radio"/> I have low confidence taking part in front of boys |
| <input type="radio"/> Boys are too critical of girls | <input type="radio"/> I don't feel I can be myself in front of boys |
| <input type="radio"/> Boys are too aggressive towards girls | <input type="radio"/> I worry about how I look in front of boys |
| <input type="radio"/> Boys are too aggressive towards everyone | <input type="radio"/> I don't like getting hot and sweaty in front of boys |
| <input type="radio"/> Boys don't play fairly | <input type="radio"/> Boys make fun of me |
| <input type="radio"/> Boys don't value girls | <input type="radio"/> I am not skilful enough to take part with boys |
| <input type="radio"/> Boys dominate the sport/activity | <input type="radio"/> I am not strong enough to take part with boys |
| <input type="radio"/> Boys think their skills are better than girls | <input type="radio"/> I am not aggressive enough to take part with boys |
| <input type="radio"/> None of these | <input type="radio"/> Something else |

If 'something else', please specify

Q18 From surveys we have done in the past, we know that many girls don't want to participate in PE and physical activity when they are on their period. We would like to ask you more questions on that topic so that we can help make this time easier for you.

You don't have to answer these questions. Click 'yes' if you do, 'no' if you don't want to or 'not applicable' if they don't apply to you.

Are you happy to answer these questions?

Please choose one answer.

- Yes
- No
- Not applicable

Q19 [if yes to Q18] Do you take part in PE when you have your period?

Please choose one answer.

- Always
- Mostly
- Sometimes
- Never

Q20 [if yes to Q18] When you have your period, do any of the following things worry you about taking part in PE or school sport?

Please choose all that apply. If nothing worries you, please choose 'Nothing worries me about taking part in PE/school sport when I have my period'.

- I don't have the energy
- I am in pain/ it is uncomfortable
- My mood is low
- My confidence is low
- I worry about leaking
- I worry others will know I am on my period
- I feel self-conscious taking part
- I feel self-conscious changing in the changing rooms
- I don't feel supported/understood by my teachers
- I don't feel supported/understood by other girls
- I don't feel I can take part to the level expected
- My skill level isn't as good as usual (for example, my balance isn't as good)
- I have had a bad experience before
- Something else
- Nothing worries me about taking part in PE/school sport when I have my period

If 'something else', please specify

Q21 [if yes to Q18] What, if anything, can your school do to help you in PE when you have your period?

Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'.

- Better options for PE kit to help me feel more comfortable
- More support to help me cope in PE with how I feel
- Greater flexibility to participate to my ability at this time (for example, less intense activity, or choice of different activities)
- Greater understanding shown by teachers (for example, improved changing room privacy, permission to use the bathroom)
- More support to help me understand about periods and exercise
- Access to sanitary products in PE
- Information to my parents about PE and periods
- Offering girls only PE lessons
- Something else
- Nothing, what they already do is good

If 'something else', please specify

Q22 [if yes to Q18] How comfortable do you feel talking to your PE teacher about periods?

Please choose one answer.

- Very comfortable
- Somewhat comfortable
- Not at all comfortable

More about you

Q23 How much do you agree with each of the following sentences?

Please choose one answer for each sentence.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I am happy with the way my body looks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am happy with the amount of physical activity I do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel confident when I take part in physical activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to have a say in the activities we do in PE and after school clubs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In PE or sport at school, I feel pressure to win or perform well	<input type="radio"/>				
The skills I learn in PE help me in and outside of school	<input type="radio"/>				
I like it when my PE lessons are competitive	<input type="radio"/>				
I understand why being active is good for me	<input type="radio"/>				
I feel like I can be myself when I am being active	<input type="radio"/>				
If you are good at PE or sport at school, you are more likely to be popular in school	<input type="radio"/>				
Some sports are for boys and some sports are for girls	<input type="radio"/>				
My school encourages me to be active	<input type="radio"/>				
I am active with my family outside of school	<input type="radio"/>				
I have the same opportunities as boys in school to do the sports and activities I want to	<input type="radio"/>				
When I see females be successful in sport, I am inspired	<input type="radio"/>				
When I see males be successful in sport, I am inspired	<input type="radio"/>				
In PE and sport at my school, girls and boys are treated equally	<input type="radio"/>				
If a boy doesn't treat a girl equally in PE or sport, I would challenge them and ask them why	<input type="radio"/>				

Q24 [If 'some sports are for boys and some sports are for girls' is selected as 'strongly agree' or 'agree' to Q23]: You've told us that you think 'some sports are for boys and some sports are for girls'. Why do you think this?

Please choose all that apply. If you wouldn't choose any of these reasons, please select 'none of the above' or select 'something else' and write in what reason(s) you have.

- | | |
|--|---|
| <input type="radio"/> Girls are faster so better at sports where you need to be fast | <input type="radio"/> Boys are faster so better at sports where you need to be fast |
| <input type="radio"/> Girls are stronger so better at sports where you need to be strong | <input type="radio"/> Boys are stronger so better at sports where you need to be strong |
| <input type="radio"/> Girls are more aggressive so better at sports where you need to be aggressive | <input type="radio"/> Boys are more aggressive so better at sports where you need to be aggressive |
| <input type="radio"/> Girls are more skilful so better at sports that require skill | <input type="radio"/> Boys are more skilful so better at sports that require skill |
| <input type="radio"/> Girls are more flexible so better at sports that require flexibility | <input type="radio"/> Boys are more flexible so better at sports that require flexibility |
| <input type="radio"/> Girls are more creative so are better at sports where you need to be creative | <input type="radio"/> Boys are more creative so are better at sports where you need to be creative |
| <input type="radio"/> Girls don't know the rules of team sports as well so aren't as good at them as boys | <input type="radio"/> Boys don't know the rules of team sports as well so aren't as good at them as girls |
| <input type="radio"/> Girls are better at teamwork so are better at team sports than boys | <input type="radio"/> Boys are better at teamwork so are better at team sports than girls |
| <input type="radio"/> Girls are better at following rules than boys so are better at team sports than boys | <input type="radio"/> Boys are better at following rules than girls so are better at team sports than girls |
| <input type="radio"/> I've been told by my friends that some sports are for boys and some sports are for girls | <input type="radio"/> I've been told by my family that some sports are for boys and some sports are for girls |
| <input type="radio"/> None of the above | <input type="radio"/> Something else |

If 'something else', please specify

Q25 How much do you agree with each of the following? Please choose one answer per row.

My PE/sports kit makes me feel...

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
...confident	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
...comfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

...smart	<input type="radio"/>				
...athletic	<input type="radio"/>				

Q26 How could your school PE/sports kit be improved to encourage you to take part more?

Please choose one answer.

- I like our PE/sports kit and don't think it needs to be improved
- I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper)
- I think kit options should be the same for boys and girls
- Extra-curricular kit could be flexible / own choice

Q27 Thinking about all the things you do at school and at home, how much do you agree or disagree with the following statement:

If I find something difficult, I keep trying until I can do it.

- | | | | | | |
|-----------------------|-----------------------|-------------------------------|-----------------------|-----------------------|---------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Strongly agree | Agree | Neither agree
nor disagree | Disagree | Strongly
disagree | Can't say /
Don't know |

Q28 How much do you feel that you belong at your school?

- | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> |
| Not at all | A little | Somewhat | Quite a bit | A lot |

Q29 Overall, how happy did you feel yesterday? On a scale of 0 to 10, where 0 is "not at all" and 10 is "completely".

- | | | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Q30 Overall, how satisfied are you with your life nowadays? On a scale of 0 to 10, where 0 is "not at all" and 10 is "completely".

- | | | | | | | | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Q31 Which one of these best describes your background or ethnicity?

- White (British or English)
- White (not British or English)
- Mixed / multiple ethnic groups
- Asian / Asian British
- Black / African / Caribbean / Black British
- Other ethnic group

- Don't know
- Prefer not to say

Please specify your ethnic group? - White

- British/English/Welsh/Scottish/Northern Irish
- Irish
- Gypsy or Irish Traveller
- Other white
- Prefer not to say

Please specify your ethnic group? - Mixed / multiple ethnic groups

- White and Black
- Caribbean
- White and Asian
- White and Black African
- Other mixed
- Prefer not to say

Please specify your ethnic group? - Asian / Asian British

- Indian
- Pakistani
- Bangladeshi
- Chinese
- Other Asian
- Prefer not to say

Please specify your ethnic group? - Black / African / Caribbean / Black British

- African
- Caribbean
- Other black
- Prefer not to say

Please specify your ethnic group? - Other ethnic group

- Arab
- Other
- Prefer not to say

If 'other', please specify

Q32 What is your faith / religion?

Choose one option that best describes your faith or background.

- Christian
- Muslim
- Hindu
- Sikh
- Jewish
- Buddhist
- Other religion
- No religion
- Prefer not to say

Q33 Do you have a disability, or a special educational need, which means you need extra help to do things?

- Yes
- No
- Prefer not to say
- Don't know

Q34 Do your parents have to pay if you have school meals?

- Yes
- No

- Prefer not to say
- Don't know

For teacher reference only - please ensure all survey responses are completed online