



Girls Active

National report

June 2024 | Secondary Girls' report (Yrs 7-11)





Overall attitudes to PE and physical activity

71% enjoy taking part in physical activity

58% enjoy taking part in PE

46% enjoy learning at school



Top 10 barriers to being active at school

49% When I have my period*

45% I am not confident

44% I don't like other people watching me

42% When it's outside and it's not nice weather

42% I worry about how I look

39% I don't like getting hot and sweaty

39% I can't be bothered

35% I don't like taking part with boys

34% I don't like the PE kit

33% I'm not good at it



Top 10 motivators for being active at school

61% Being with friends

57% Having fun

42% Getting fit and healthy

29% It is good for my wellbeing

27% Getting better at the sports / games I play

27% Being outside

26% Playing to win

22% Learning new sports / skills

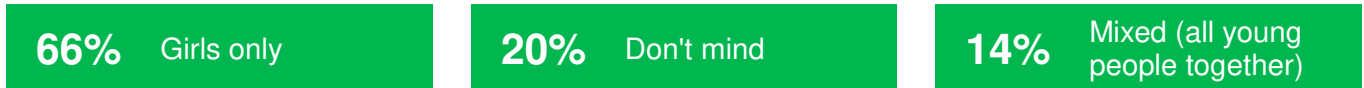
20% Being part of a team

15% Learning skills that help me in life / other school subjects

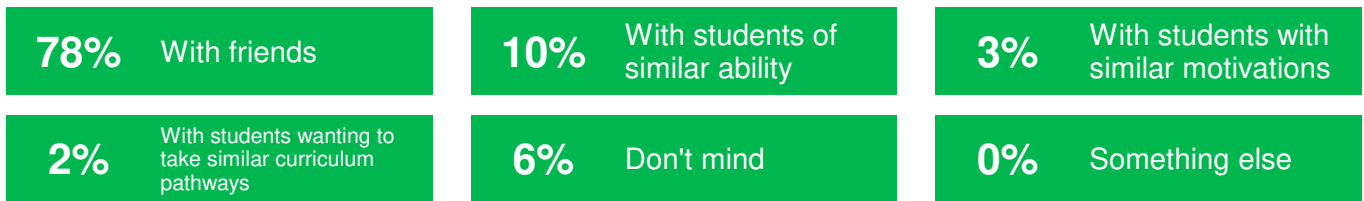


Preferred group for sport, physical activity and PE

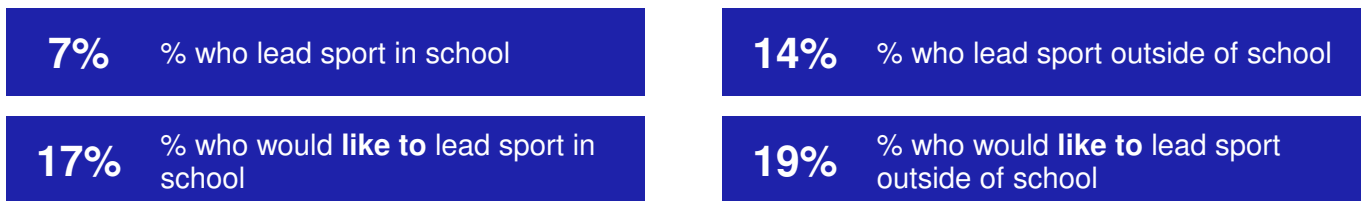
In terms of gender:



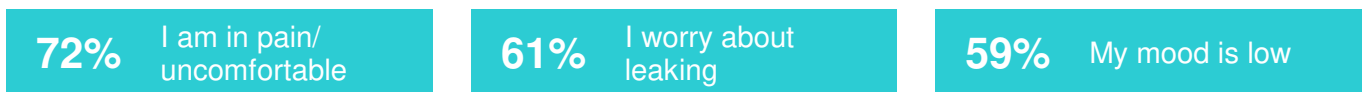
In terms of motivations:



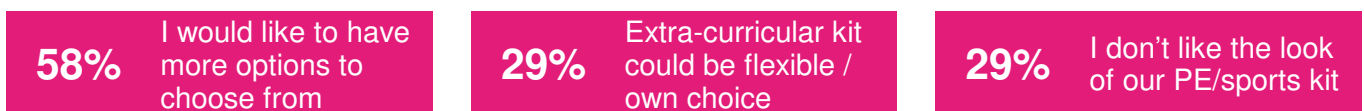
Leading sport and physical activity



Top 3 worries for girls in PE during their period



Top 3 suggested improvements to PE/sports kit



Girls' report: Introduction

This report summarises responses to the *Girls Active Questionnaire* that girls completed between October 2023 and June 2024. Overall, this study received 4527 responses from girls (8328 unweighted).

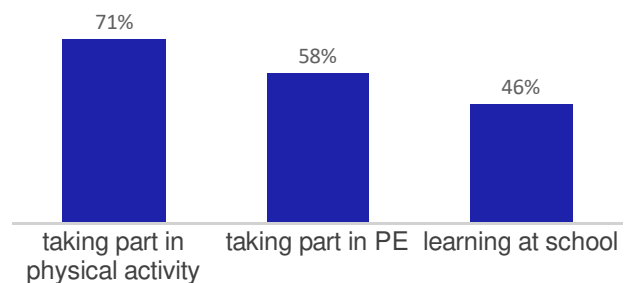
For more information about Girls Active please visit www.youthsporttrust.org/girls-active

How you feel

Girls 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.

Girls were most likely to enjoy *taking part in physical activity* (71%), followed by *taking part in PE* (58%) and *learning at school* (46%).

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



Base: All respondents

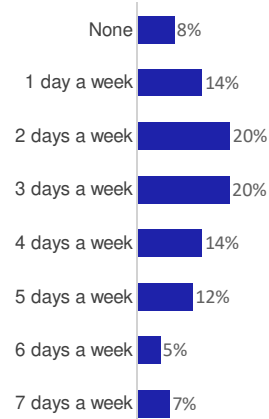
Being active

The following chart (right) shows how many days in the past week girls 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, girls took part on 3.1 days per week.

Days of physical activity per week

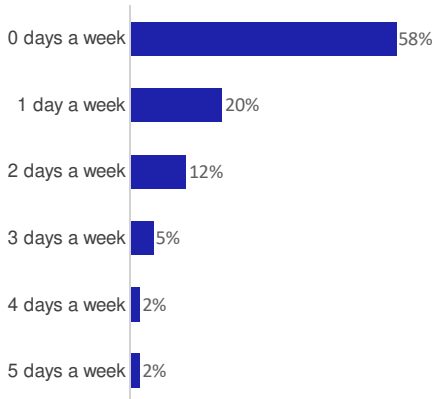


Base: All respondents

Pupils were asked how often they took part in physical activity at school, excluding PE lessons. The chart below (left) shows that girls were most likely to take part in physical activity outside of PE lessons on *0 days a week* (58%). On average, girls took part on 0.8 days per week.

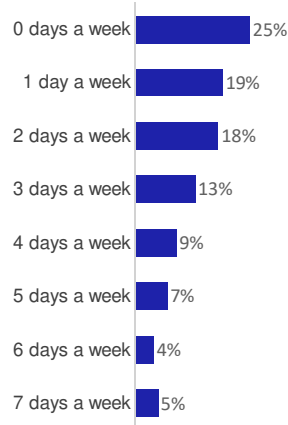
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on *0 days a week* (25%). On average, girls took part on 2.2 days per week.

Days of physical activity at school, excluding PE lessons



Base: All respondents

Days of physical activity outside of school

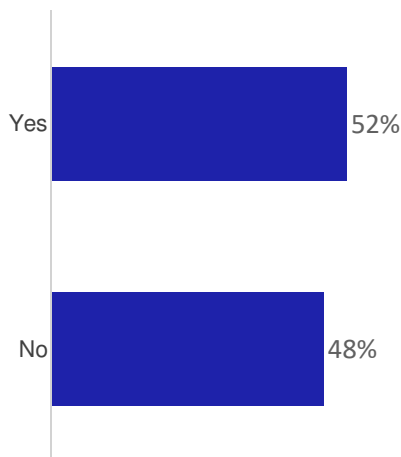


Base: All respondents

The chart below shows that 52% of girls would like to be more active when they are at school.

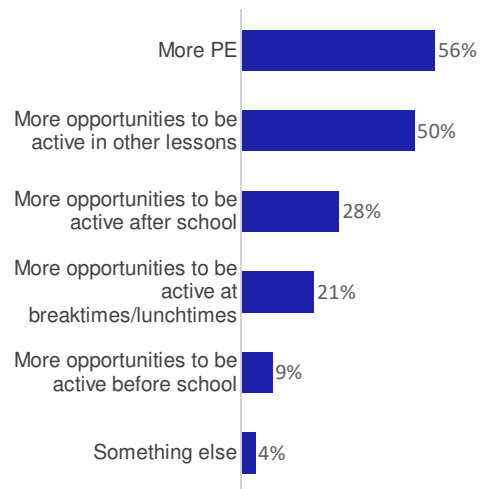
When asked *how* they would like to be more active, they were most likely to say *More PE* (56%) or *More opportunities to be active in other lessons* (50%).

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



Base: All respondents

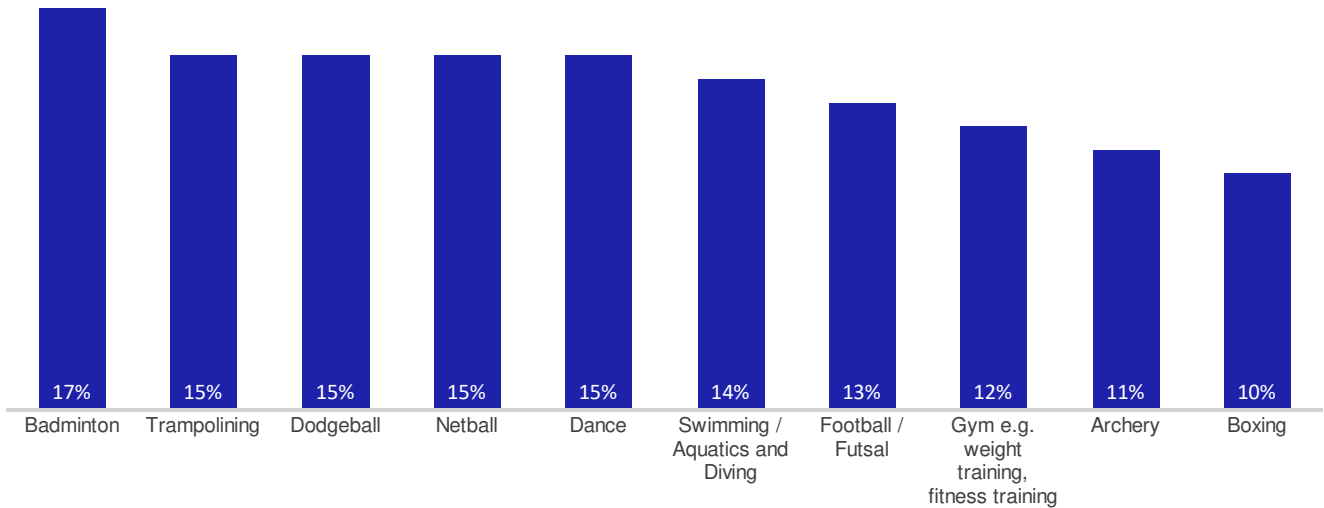
How would you like to be more active in school?



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

This chart shows the activities that girls would most like to do as part of their PE lessons or other sport/physical activity at school. The most popular activities were *Badminton* (17%), *Trampolining* (15%), and *Dodgeball* (15%).

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

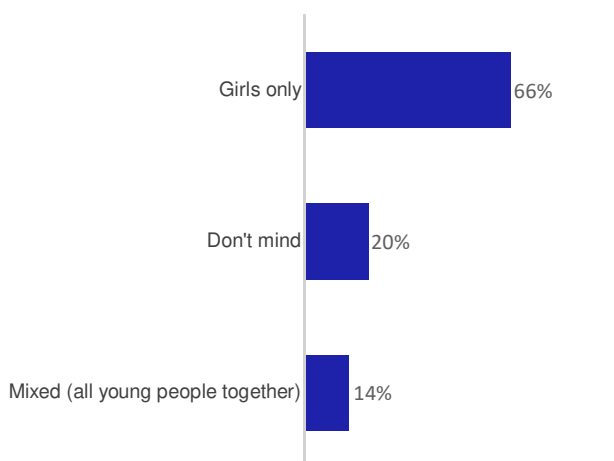


Base: All respondents

Girls 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.

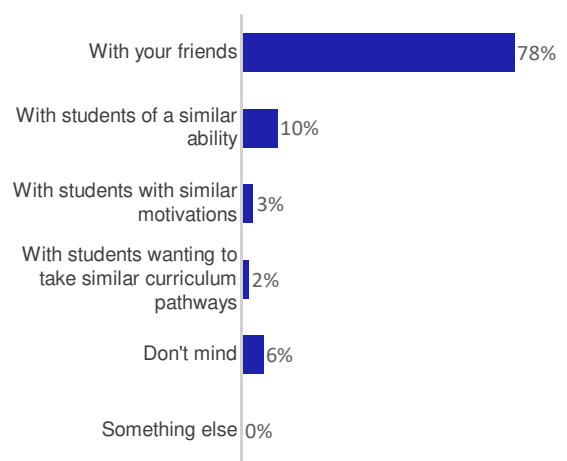
In terms of gender they were most likely to say *Girls only* (66%), while the most common response in terms of motivations was *With your friends* (78%).

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?



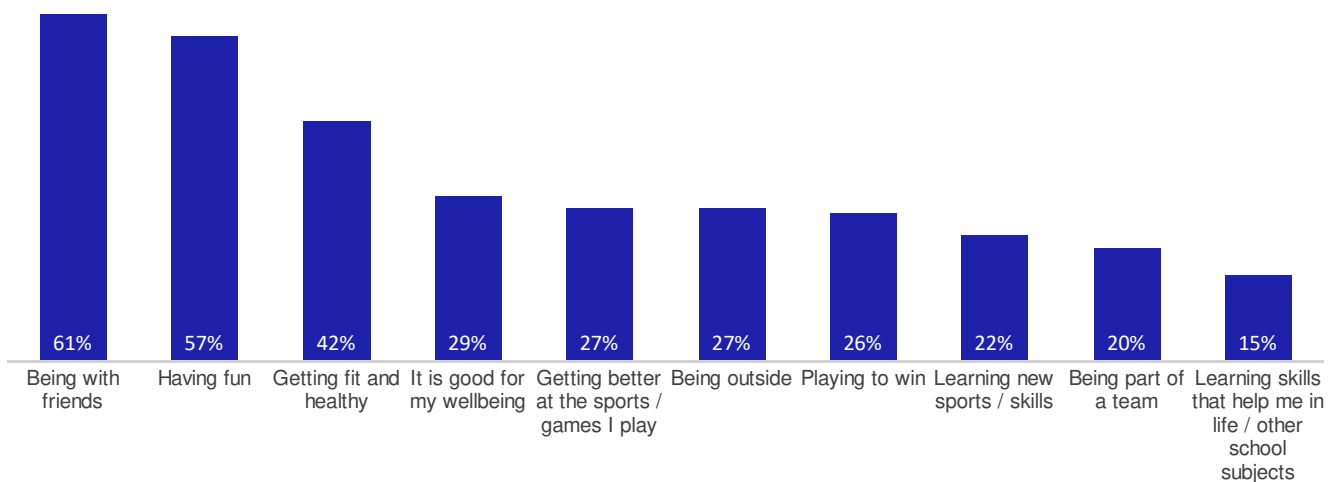
Base: All respondents

Physical activity at school

What motivates you?

The chart below shows the 10 most common factors that girls said motivate them to take part in sport, physical activity and PE at school. They were most likely to say *Being with friends* (61%), *Having fun* (57%), and *Getting fit and healthy* (42%).

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

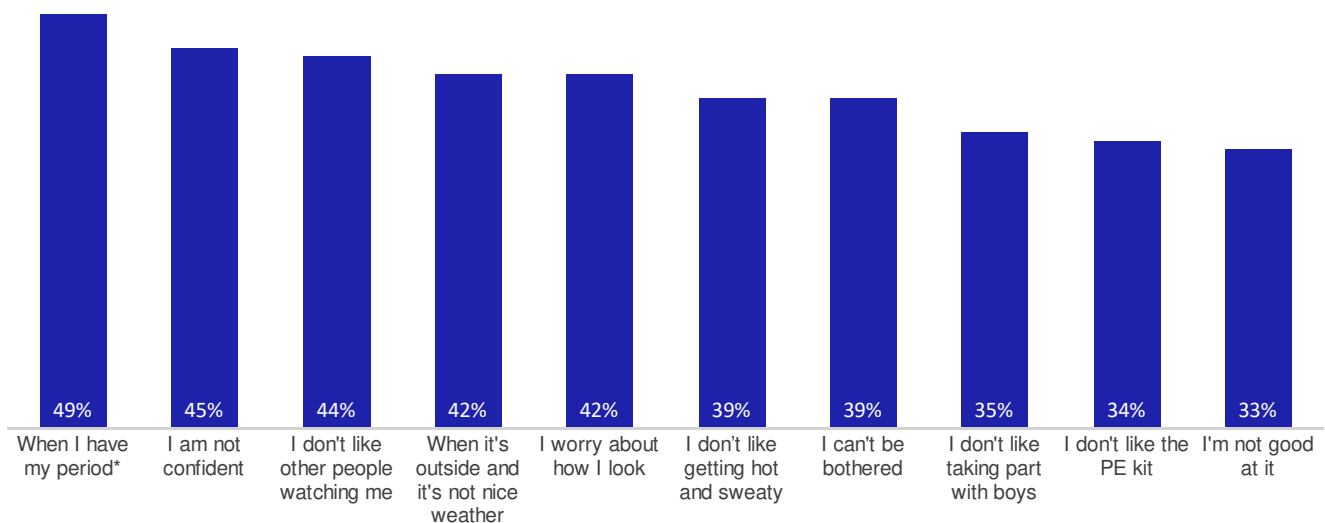


Base: All respondents

What stops you?

The top 3 barriers that stopped girls from being more active were; *When I have my period** (49%), *I am not confident* (45%), and *I don't like other people watching me* (44%). However 29% of girls said that none of these barriers stopped them.

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



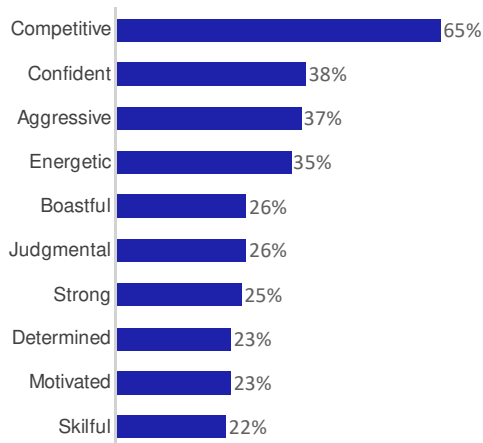
Base: All respondents

* these options were only available to girls in year 7 and above.

What you think

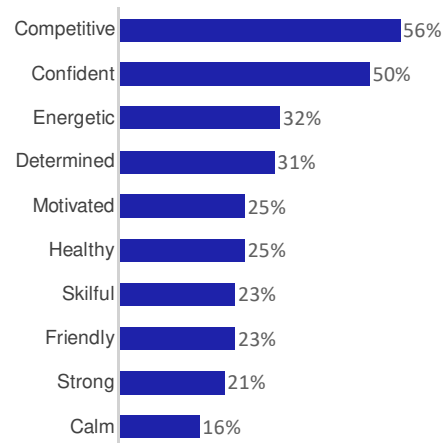
Girls were shown a list of words and asked which five they would most use to describe an active or 'sporty' boy, and an active or 'sporty' girl. The charts below show the most common words used to describe each group.

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



Base: All respondents after May 2024

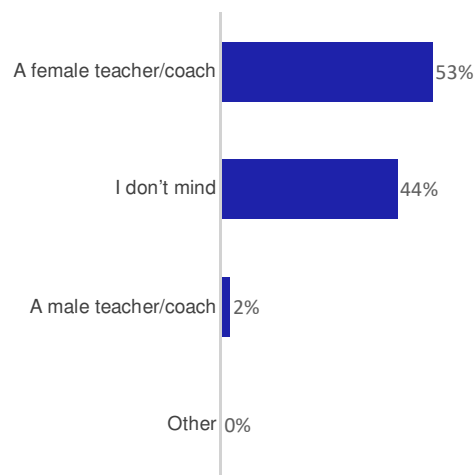
What five words would you most use to describe an active or 'sporty' girl?



Base: All respondents after May 2024

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

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



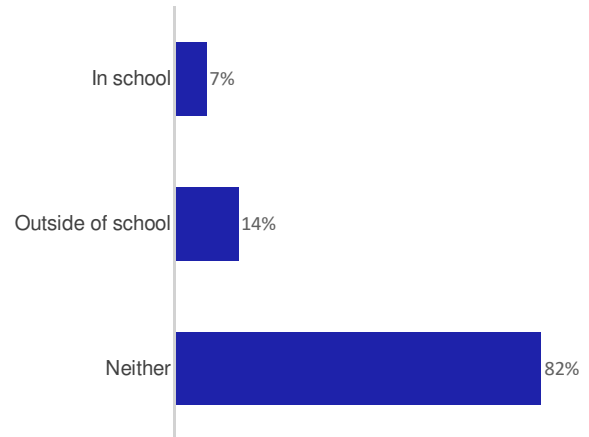
Base: All respondents after May 2024

Leading sport and physical activity

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

7% said that they lead sport in school, while 14% lead outside of school.

Do you lead any sport or physical activity?

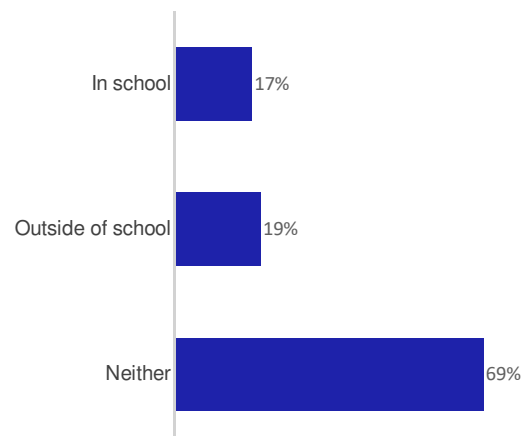


Base: All respondents

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

17% said that they would like to lead sport or physical activity at school, compared to 19% outside of school.

Would you like to lead any sport and physical activity?



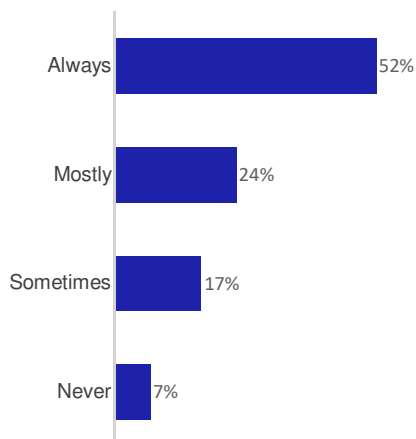
Base: All respondents

PE and periods

From our previous survey responses, we know that having your period is a significant barrier to participating in PE for many girls. The following questions were asked to help us understand more and consider how we can help make improvements for all girls in PE at this time.

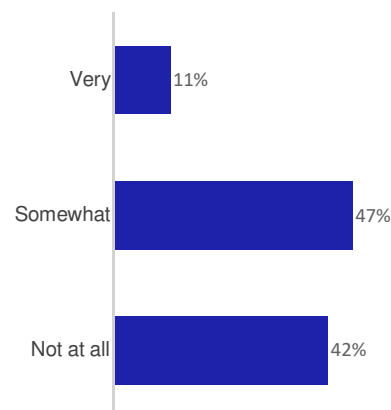
These questions were only available for those in year 7 and above, were optional, and were answered by 3668 girls. Those selecting *No* or *Not applicable* are not included in the charts below.

Do you take part in PE when you have your period?



Base: All respondents in Yr 7 & above (excl. No/Not applicable)

In your PE lesson, how comfortable would you feel talking to your teacher about periods?



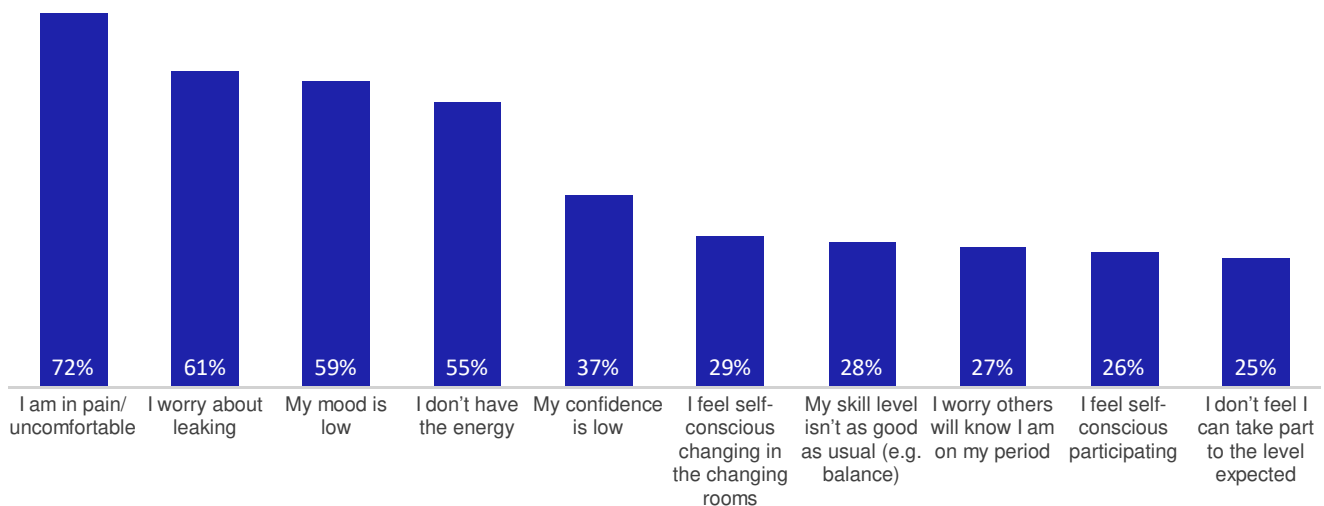
Base: All respondents in Yr 7 & above (excl. No/Not applicable)

52% of girls said that they *Always* take part in PE when they have their period, and at the other end of the scale, 7% *Never* take part in PE when they have their period.

58% of pupils said that they were *Very* or *Somewhat* comfortable talking to their teacher about periods.

When asked what worries them about participating in PE or school sport when they have their period, girls were most likely to say *I am in pain/ uncomfortable* (72%), *I worry about leaking* (61%), or *I don't have the energy* (59%). 7% said that they weren't concerned by any of these issues.

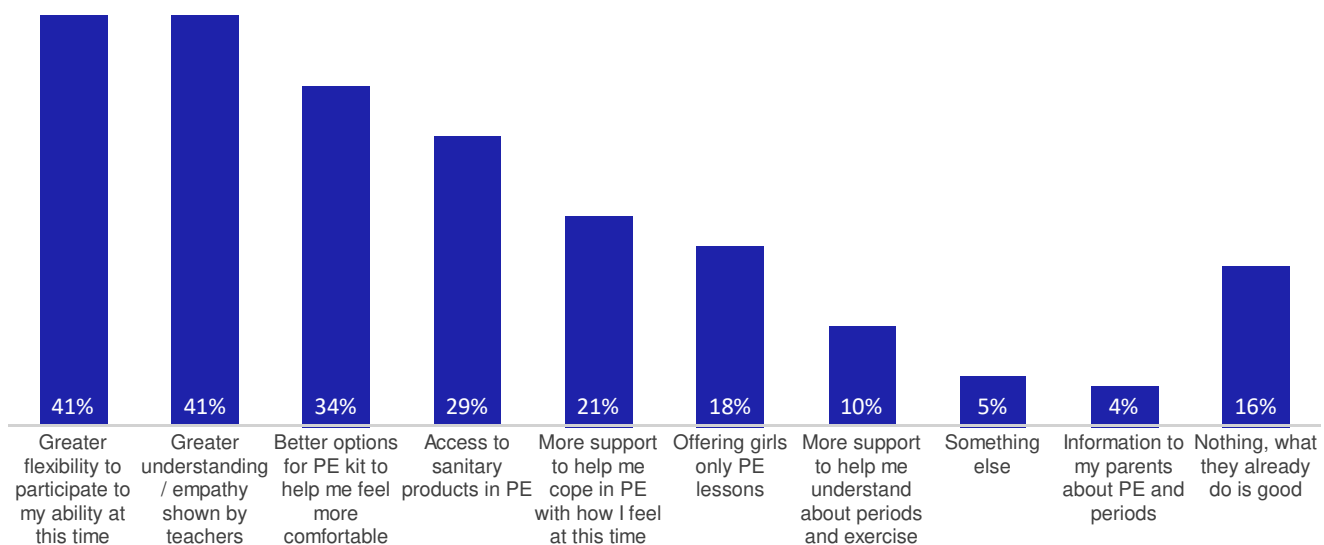
When you have your period which of the following things concern you about participating in PE or school sport?



Base: All respondents in Yr 7 & above (excl. No/Not applicable)

Girls were also asked what the school could do to help them in PE when they have their period. The most common answers were *Greater flexibility to participate to my ability at this time* (41%), *Greater understanding / empathy shown by teachers* (41%), or *Better options for PE kit to help me feel more comfortable* (34%). 16% said *Nothing, what they already do is good*.

What, if anything, can your school do to help you in PE when you have your period?



Base: All respondents in Yr 7 & above (excl. No/Not applicable)

More about you

Girls 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* (85%), *My school encourages me to be active* (59%) and *I feel good when I do physical activity* (58%).

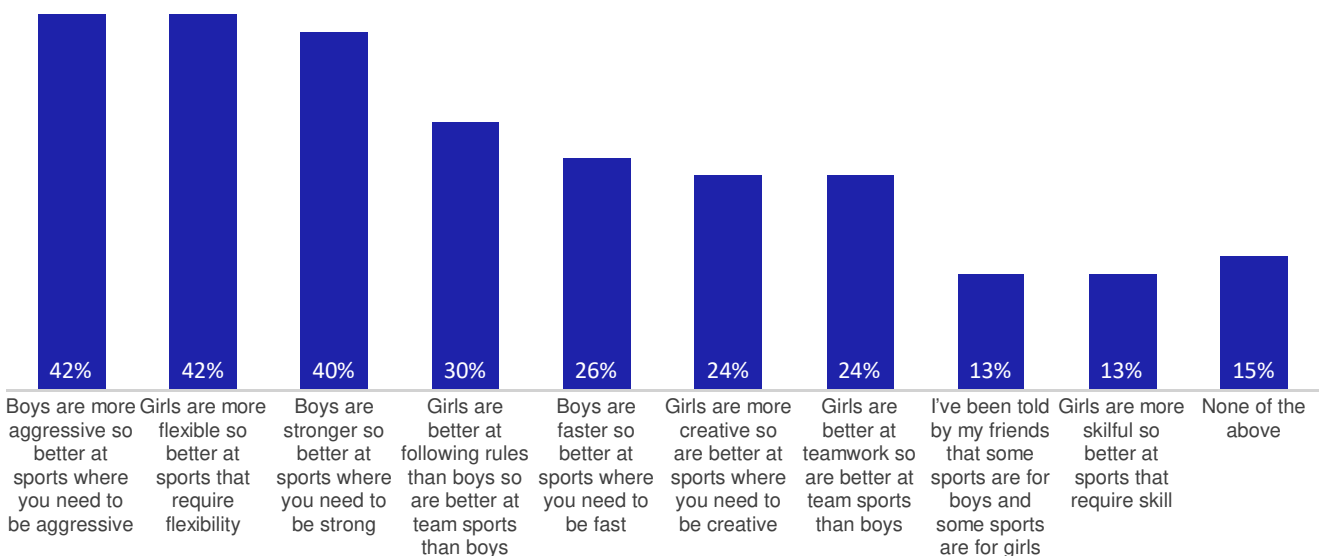
National data



Base: All respondents (*after May 2024)

The following question was only asked of Girls 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'?

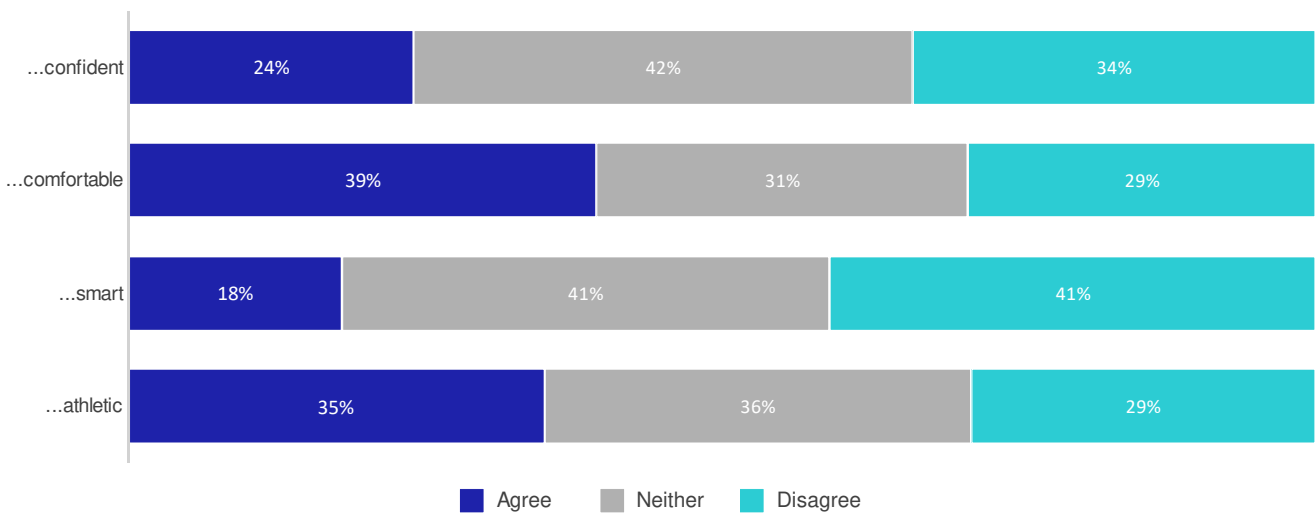


Base: All respondents after May 2024

PE kit

When asked how their PE/sports kit made them feel, 24% of girls agreed or strongly agreed that it made them feel *Confident*, 39% said they felt *Comfortable*, 18% felt *Smart* and 35% felt *Athletic*.

National data

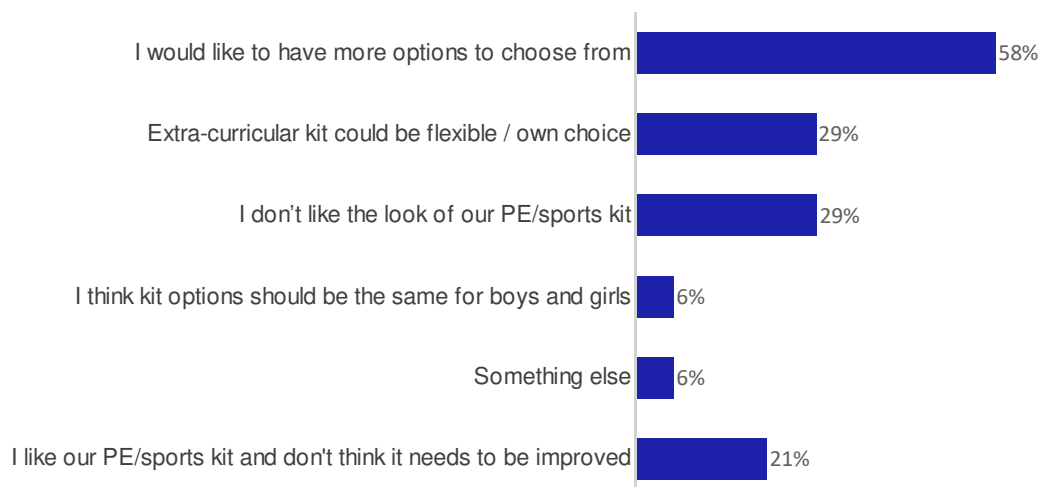


Base: All respondents

When given the opportunity to suggest improvements to their PE kit, girls were most likely to say '*I would like to have more options to choose from*' (58%), '*Extra-curricular kit could be flexible / own choice*' (29%), and '*I don't like the look of our PE/sports kit*' (29%).

21% 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?

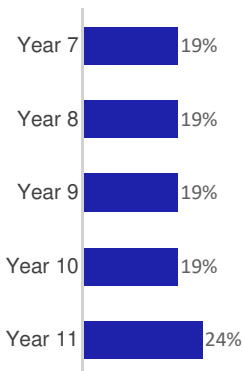


Base: All respondents

Pupil profile

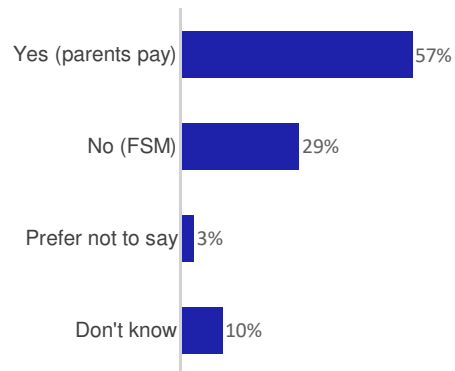
The charts below show the profile of girls who responded to the questionnaire. Girls were most likely to describe their ethnic background as *White (British or English)* (54%). 29% said that they receive free school meals, and 9% said that they have a Special Educational Need or Disability (SEND).

Year group



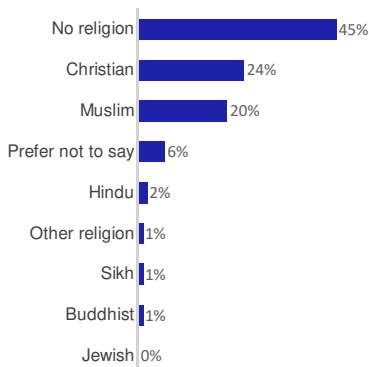
Base: All respondents

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



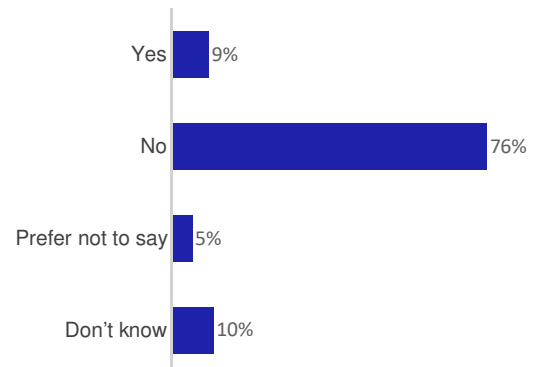
Base: All respondents

Faith or religion



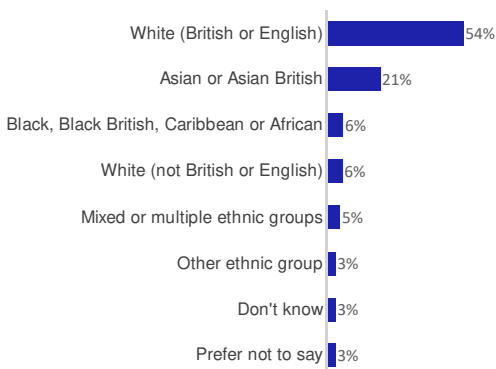
Base: All respondents in Yr 7 & above

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

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
taking part in physical activity	71	70	73	66	73	75	67	50	84
taking part in PE	58	59	56	50	61	61	55	43	67
learning at school	46	42	51	38	48	45	47	37	48

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
None	8%	8%	9%	11%	8%	6%	11%	38%	-
1 day a week	14%	14%	14%	10%	15%	10%	19%	62%	-
2 days a week	20%	20%	19%	19%	19%	17%	22%	-	-
3 days a week	20%	19%	20%	22%	19%	21%	18%	-	-
4 days a week	14%	14%	13%	11%	14%	17%	10%	-	-
5 days a week	12%	12%	13%	13%	12%	14%	10%	-	49%
6 days a week	5%	6%	5%	3%	6%	6%	4%	-	22%
7 days a week	7%	7%	8%	11%	7%	8%	6%	-	29%

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	58%	52%	64%	60%	57%	57%	59%	72%	49%
1 day a week	20%	22%	18%	18%	21%	22%	18%	17%	20%
2 days a week	12%	14%	10%	12%	12%	12%	12%	7%	13%
3 days a week	5%	6%	4%	4%	5%	5%	5%	2%	7%
4 days a week	2%	3%	2%	4%	2%	2%	2%	0%	4%
5 days a week	2%	3%	2%	2%	2%	2%	3%	1%	6%

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	25%	24%	26%	28%	25%	16%	36%	58%	9%
1 day a week	19%	21%	18%	17%	20%	17%	23%	26%	9%
2 days a week	18%	18%	17%	17%	17%	20%	15%	9%	11%
3 days a week	13%	14%	13%	9%	14%	16%	9%	3%	12%
4 days a week	9%	9%	9%	7%	9%	12%	5%	1%	12%
5 days a week	7%	7%	8%	7%	8%	9%	5%	2%	18%
6 days a week	4%	4%	4%	4%	4%	4%	3%	0%	12%
7 days a week	5%	4%	6%	11%	4%	6%	4%	1%	15%

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	7%	7%	6%	10%	6%	7%	6%	5%	8%
Outside of school	14%	12%	16%	20%	13%	17%	9%	8%	20%
Neither	82%	82%	80%	74%	82%	78%	86%	88%	74%

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	17%	21%	13%	19%	18%	16%	20%	16%	24%
Outside of school	19%	20%	17%	23%	19%	19%	19%	14%	25%
Neither	69%	66%	74%	66%	69%	70%	67%	74%	59%

How would you like to be more active in 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
More PE	56%	55%	58%	58%	56%	61%	50%	49%	64%
More opportunities to be active at breaktimes/lunchtimes	21%	21%	21%	26%	21%	19%	25%	22%	19%
More opportunities to be active after school	28%	25%	32%	20%	28%	25%	32%	26%	31%
More opportunities to be active before school	9%	8%	10%	11%	8%	8%	9%	7%	12%
More opportunities to be active in other lessons like English, Maths and Science	50%	52%	47%	53%	50%	52%	50%	46%	55%
Something else	4%	4%	3%	4%	4%	3%	5%	5%	4%

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
Badminton	17%	15%	20%	15%	19%	17%	19%	17%	14%
Trampolining	15%	17%	13%	21%	15%	17%	13%	14%	13%
Dodgeball	15%	17%	12%	19%	15%	14%	17%	17%	14%
Netball	15%	14%	16%	6%	16%	18%	12%	11%	13%
Dance	15%	15%	15%	21%	14%	18%	10%	11%	15%
Swimming / Aquatics and Diving	14%	14%	13%	16%	13%	13%	15%	15%	15%
Football / Futsal	13%	15%	10%	14%	13%	14%	11%	10%	16%
Gym e.g. weight training, fitness training	12%	10%	13%	8%	12%	12%	11%	10%	16%
Archery	11%	11%	11%	6%	11%	8%	15%	15%	9%
Boxing	10%	10%	9%	8%	9%	7%	13%	11%	9%

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
Girls only	66%	70%	62%	59%	68%	66%	68%	68%	64%
Don't mind	20%	19%	22%	17%	20%	21%	18%	17%	20%
Mixed (all young people together)	14%	11%	17%	24%	12%	14%	14%	15%	16%

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	78%	78%	79%	82%	77%	78%	78%	81%	72%
With students of a similar - ability	10%	11%	9%	9%	11%	11%	9%	7%	16%
With students with similar motivations	3%	2%	4%	1%	4%	3%	4%	2%	4%
With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)	2%	3%	2%	2%	2%	2%	3%	2%	3%
Don't mind	6%	6%	6%	5%	6%	5%	6%	6%	6%
Something else	0%	1%	0%	0%	0%	0%	1%	1%	0%

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
A female teacher/coach	53%	62%	41%	49%	52%	48%	60%	62%	47%
A male teacher/coach	2%	2%	3%	7%	2%	1%	3%	2%	3%
I don't mind	44%	36%	56%	43%	46%	50%	37%	36%	51%
Other	0%	0%	0%	0%	0%	0%	0%	0%	0%

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Competitive	65%	63%	68%	54%	68%	67%	65%	62%	63%
Confident	38%	38%	38%	29%	40%	40%	36%	36%	37%
Aggressive	37%	35%	40%	42%	37%	37%	39%	37%	38%
Energetic	35%	36%	34%	27%	37%	34%	38%	37%	32%
Boastful	26%	23%	31%	26%	27%	28%	26%	22%	29%
Judgmental	26%	23%	29%	28%	25%	28%	24%	25%	26%
Strong	25%	26%	24%	21%	26%	25%	25%	22%	26%
Determined	23%	25%	21%	18%	24%	24%	23%	20%	22%
Motivated	23%	21%	25%	12%	25%	24%	21%	21%	24%
Skilful	22%	21%	22%	18%	23%	21%	23%	23%	19%
Healthy	21%	23%	18%	21%	22%	20%	21%	20%	21%
Masculine	20%	17%	23%	19%	19%	17%	24%	20%	19%
Unfriendly	11%	10%	12%	18%	10%	11%	11%	12%	12%
Proud	10%	10%	10%	8%	10%	10%	10%	10%	9%
Happy	7%	7%	6%	7%	7%	7%	5%	6%	7%
Cool	6%	7%	6%	8%	6%	5%	8%	6%	8%
Successful	6%	7%	4%	4%	6%	5%	5%	6%	6%
Friendly	5%	7%	4%	5%	5%	5%	6%	6%	5%
Uncool	5%	6%	3%	5%	4%	4%	6%	5%	4%
Inspiring	4%	4%	4%	4%	4%	3%	5%	4%	4%
Calm	4%	5%	2%	5%	3%	2%	5%	6%	3%
Weak	2%	2%	2%	4%	2%	2%	2%	3%	2%
Creative	2%	2%	1%	4%	1%	1%	2%	2%	2%
Unhappy	2%	2%	2%	4%	1%	1%	2%	3%	1%
Anxious	1%	1%	1%	1%	1%	1%	1%	2%	1%
Modest	1%	1%	1%	1%	1%	1%	1%	2%	1%
Feminine	1%	1%	1%	2%	1%	1%	2%	2%	1%
Graceful	0%	0%	0%	1%	0%	0%	0%	0%	0%
Other	1%	1%	1%	3%	1%	1%	1%	1%	1%
None of the above	5%	5%	3%	6%	4%	4%	4%	6%	6%

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Competitive	56%	53%	60%	50%	58%	60%	52%	48%	58%
Confident	50%	48%	52%	44%	52%	51%	50%	45%	48%
Energetic	32%	31%	34%	26%	33%	32%	34%	31%	31%
Determined	31%	30%	31%	27%	32%	31%	31%	28%	33%
Motivated	25%	22%	29%	20%	27%	27%	24%	24%	25%
Healthy	25%	27%	23%	20%	26%	24%	27%	25%	29%
Skilful	23%	25%	21%	18%	25%	23%	25%	24%	23%
Friendly	23%	26%	19%	17%	23%	22%	24%	24%	22%
Strong	21%	21%	21%	15%	22%	20%	23%	20%	22%
Calm	16%	18%	13%	14%	16%	14%	17%	18%	13%
Happy	15%	18%	12%	15%	15%	16%	14%	16%	14%
Inspiring	14%	12%	16%	16%	14%	13%	16%	13%	15%
Judgmental	12%	9%	17%	19%	11%	14%	11%	13%	12%
Cool	12%	13%	11%	10%	12%	10%	15%	12%	12%
Proud	12%	13%	9%	10%	12%	10%	13%	13%	10%
Feminine	11%	13%	9%	10%	11%	9%	14%	14%	10%
Successful	10%	12%	8%	9%	10%	10%	11%	10%	11%
Aggressive	9%	7%	10%	15%	8%	9%	9%	9%	7%
Boastful	8%	6%	11%	9%	8%	9%	7%	7%	7%
Creative	5%	7%	3%	9%	5%	4%	6%	6%	6%
Graceful	5%	5%	5%	5%	5%	4%	6%	6%	5%
Unfriendly	5%	3%	7%	6%	5%	6%	3%	5%	4%
Modest	4%	4%	4%	5%	4%	3%	6%	3%	5%
Anxious	4%	4%	3%	7%	4%	5%	3%	4%	3%
Masculine	2%	1%	2%	4%	1%	2%	2%	2%	1%
Unhappy	1%	1%	2%	3%	1%	2%	1%	2%	1%
Weak	1%	1%	2%	1%	1%	1%	1%	2%	1%
Uncool	1%	1%	1%	1%	1%	1%	1%	2%	1%
Other	1%	1%	1%	1%	1%	1%	0%	0%	1%
None of the above	4%	4%	3%	5%	3%	4%	3%	5%	4%

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Being with friends	61%	60%	63%	51%	63%	63%	61%	56%	60%
Having fun	57%	58%	57%	52%	59%	57%	58%	47%	59%
Getting fit and healthy	42%	42%	41%	35%	44%	43%	40%	27%	51%
It is good for my wellbeing	29%	26%	32%	25%	30%	30%	28%	18%	35%
Getting better at the sports / games I play	27%	28%	24%	26%	28%	27%	26%	16%	33%
Being outside	27%	26%	27%	25%	27%	29%	24%	19%	33%
Playing to win	26%	25%	28%	18%	28%	25%	29%	21%	32%
Learning new sports / skills	22%	24%	20%	20%	23%	22%	23%	18%	27%
Being part of a team	20%	20%	19%	17%	21%	20%	20%	14%	25%
Learning skills that help me in life / other school subjects	15%	16%	14%	11%	16%	14%	17%	13%	17%
Making new friends	14%	15%	13%	14%	15%	13%	17%	13%	15%
Something else	1%	1%	1%	2%	1%	1%	2%	1%	1%
I am not motivated by anything	8%	8%	8%	12%	7%	7%	9%	16%	6%

What, if anything, currently stops you being active / more active at 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
When I have my period	49%	47%	52%	49%	49%	45%	57%	52%	44%
I am not confident	45%	44%	46%	47%	44%	44%	45%	50%	41%
I don't like other people watching me	44%	45%	44%	43%	43%	42%	47%	50%	40%
When it's outside and it's not nice weather	42%	42%	43%	38%	43%	39%	47%	44%	39%
I worry about how I look	42%	41%	43%	47%	40%	41%	42%	43%	39%
I don't like getting hot and sweaty	39%	38%	41%	36%	39%	38%	41%	41%	34%
I can't be bothered	39%	38%	40%	36%	39%	33%	46%	49%	32%
I don't like taking part with boys	35%	37%	33%	36%	35%	31%	40%	41%	31%
I don't like the PE kit	34%	35%	34%	33%	34%	30%	40%	40%	32%
I'm not good at it	33%	34%	33%	32%	33%	30%	37%	40%	27%
I don't like getting changed in front of other people	33%	34%	32%	35%	32%	30%	37%	38%	31%
I don't enjoy it	32%	33%	31%	34%	31%	29%	36%	41%	26%
I don't feel I can be myself in PE	32%	31%	33%	35%	32%	28%	37%	37%	28%
There isn't enough time to get changed	31%	33%	29%	32%	31%	28%	34%	34%	28%
I have an injury	30%	31%	30%	37%	29%	28%	33%	31%	31%
My friends don't want to do it	30%	28%	32%	28%	30%	27%	34%	33%	27%
Nothing stops me taking part	29%	29%	28%	24%	30%	26%	32%	28%	30%
Other people make fun of me	29%	28%	29%	34%	28%	26%	32%	31%	27%
I don't like the activities on offer	28%	27%	31%	28%	28%	25%	33%	31%	26%
My breasts feel uncomfortable when I exercise	26%	26%	27%	32%	25%	22%	32%	30%	23%
I don't know how to get involved	25%	26%	24%	26%	25%	20%	30%	29%	21%
I don't have time because I already do a lot of physical activity outside of school	25%	25%	25%	23%	26%	23%	28%	24%	28%
I can't get home if I stay after school	25%	25%	24%	25%	25%	21%	29%	27%	21%
I don't feel I can be myself in extra-curricular activities	24%	24%	24%	25%	24%	20%	29%	27%	23%
I don't feel encouraged to take part by the teachers	23%	24%	23%	23%	24%	19%	28%	28%	20%
I'm not able to do it because the activities are not suitable for me	23%	23%	24%	24%	23%	19%	28%	28%	20%
I don't like how the person delivers the activities	22%	22%	23%	21%	23%	19%	27%	25%	20%
Something else	22%	22%	22%	19%	22%	18%	26%	25%	19%
I don't feel encouraged to take part by my family	20%	21%	20%	18%	21%	16%	25%	24%	17%

Do you take part in PE when you have your period?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Always	52%	53%	52%	43%	55%	51%	54%	43%	58%
Mostly	24%	23%	25%	23%	24%	25%	24%	25%	20%
Sometimes	17%	17%	17%	24%	15%	17%	17%	22%	16%
Never	7%	7%	6%	10%	6%	7%	5%	11%	6%

When you have your period which of the following things concern you about participating in PE or school sport?

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 am in pain/ uncomfortable	72%	68%	77%	74%	72%	73%	73%	72%	69%
I worry about leaking	61%	59%	63%	64%	61%	60%	63%	61%	60%
My mood is low	59%	56%	62%	63%	56%	59%	59%	56%	60%
I don't have the energy	55%	51%	58%	61%	53%	52%	59%	61%	54%
My confidence is low	37%	35%	39%	47%	34%	40%	33%	36%	39%
I feel self-conscious changing in the changing rooms	29%	30%	28%	42%	26%	30%	28%	30%	29%
My skill level isn't as good as usual (e.g. balance)	28%	27%	29%	35%	26%	28%	29%	24%	31%
I worry others will know I am on my period	27%	29%	25%	38%	24%	29%	24%	25%	27%
I feel self-conscious participating	26%	27%	25%	34%	23%	29%	23%	27%	24%
I don't feel I can take part to the level expected	25%	24%	26%	28%	23%	24%	26%	25%	26%
I don't feel supported/understood by my teachers	20%	20%	19%	28%	18%	18%	23%	21%	19%
I have had a bad experience before	12%	12%	12%	21%	10%	11%	13%	12%	12%
I don't feel supported/understood by other girls	9%	9%	9%	18%	7%	10%	8%	9%	9%
Something else	1%	2%	1%	4%	1%	1%	2%	2%	1%
None of the above	7%	8%	7%	7%	8%	8%	7%	7%	11%

What, if anything, can your school do to help you in PE when you have your period?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Greater flexibility to participate to my ability at this time	41%	36%	47%	44%	41%	39%	45%	41%	41%
Greater understanding / empathy shown by teachers	41%	41%	41%	40%	40%	39%	44%	41%	42%
Better options for PE kit to help me feel more comfortable	34%	37%	30%	36%	32%	32%	37%	34%	35%
Access to sanitary products in PE	29%	31%	27%	40%	27%	27%	33%	27%	31%
More support to help me cope in PE with how I feel at this time	21%	23%	19%	27%	19%	19%	24%	23%	18%
Offering girls only PE lessons	18%	19%	17%	22%	17%	17%	20%	18%	19%
More support to help me understand about periods and exercise	10%	11%	9%	13%	9%	9%	11%	10%	9%
Something else	5%	6%	4%	8%	4%	4%	6%	8%	3%
Information to my parents about PE and periods	4%	6%	3%	5%	4%	4%	5%	5%	3%
Nothing, what they already do is good	16%	16%	17%	14%	17%	19%	12%	13%	17%

In your PE lesson, how comfortable would you feel talking to your teacher about periods?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Very	11%	7%	15%	16%	11%	12%	11%	10%	12%
Somewhat	47%	43%	52%	41%	49%	43%	53%	46%	47%
Not at all	42%	50%	33%	43%	40%	45%	36%	44%	41%

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
I am happy with the way my body looks	38	40	36	34	41	35	41	36	39
I am happy with the amount of physical activity I do	50	53	45	48	51	54	43	31	69
I would like to have a say in the activities we do in PE and after school clubs	50	48	52	50	50	53	46	39	60
In PE or sport at school, I feel pressure to win or perform well *	45	45	45	47	44	44	47	37	53
The skills I learn in PE help me in and outside of school	37	40	33	35	39	38	36	28	41
I like it when my PE lessons are competitive	45	44	46	47	47	43	49	38	51
I understand why being active is good for me	85	84	88	79	87	88	84	73	91
I feel like I can be myself when I am being active	44	42	47	45	46	44	45	30	55
If you are good at PE or sport at school, you are more likely to be popular in school *	37	31	45	43	37	35	41	35	39
Some sports are for boys and some sports are for girls	19	18	20	26	18	16	22	26	15
My school encourages me to be active	59	60	58	54	61	59	60	51	60
I am active with my family outside of school	56	57	54	57	57	60	51	35	67
I have the same opportunities as boys in school to do the sports and activities I want to	39	42	35	37	40	37	41	36	38
Events like the Women's Football and the Olympics inspire me to be more active	25	31	17	28	25	28	21	17	24
I feel good when I do physical activity	58	54	63	52	62	60	56	40	70

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?

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 think their skills are better than girls	56%	53%	60%	62%	54%	53%	59%	54%	60%
I have low confidence taking part in front of boys	49%	47%	53%	68%	45%	54%	45%	43%	56%
Boys don't play fairly	48%	49%	47%	58%	47%	43%	55%	46%	54%
Boys are too critical of girls	47%	46%	49%	50%	46%	48%	48%	45%	53%
Boys are too aggressive towards everyone	46%	42%	54%	56%	44%	48%	44%	42%	50%
Boys are too aggressive towards girls	43%	40%	48%	56%	40%	41%	44%	39%	46%
I don't feel I can be myself in front of boys	42%	44%	40%	58%	40%	44%	41%	38%	47%
Boys dominate the sport/activity	42%	34%	55%	49%	41%	46%	40%	42%	41%
Boys don't think girls have the skills to win	40%	42%	37%	43%	40%	38%	44%	40%	42%
Boys don't value girls	36%	34%	39%	62%	32%	34%	39%	35%	42%
I worry about how I look in front of boys	35%	35%	34%	55%	30%	39%	29%	32%	31%
Boys make fun of me	27%	29%	24%	48%	21%	26%	27%	27%	22%
I don't like getting hot and sweaty in front of boys	25%	26%	24%	39%	22%	29%	19%	19%	27%
I am not aggressive enough to take part with boys	19%	16%	24%	22%	18%	18%	20%	16%	22%
I am not skilful enough to take part with boys	19%	18%	21%	24%	17%	17%	22%	22%	20%
I am not strong enough to take part with boys	18%	16%	20%	24%	16%	17%	20%	25%	17%
Something else	4%	3%	5%	3%	4%	3%	5%	3%	2%
None of these	3%	4%	2%	2%	3%	2%	3%	4%	3%

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Boys are more aggressive so better at sports where you need to be aggressive	42%	37%	47%	40%	43%	43%	44%	42%	37%
Girls are more flexible so better at sports that require flexibility	42%	37%	47%	40%	41%	44%	40%	38%	38%
Boys are stronger so better at sports where you need to be strong	40%	34%	47%	39%	43%	41%	44%	40%	45%
Girls are better at following rules than boys so are better at team sports than boys	30%	24%	36%	39%	29%	32%	31%	29%	23%
Boys are faster so better at sports where you need to be fast	26%	28%	23%	29%	26%	24%	29%	32%	23%
Girls are more creative so are better at sports where you need to be creative	24%	25%	24%	24%	26%	23%	28%	30%	15%

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Girls are better at teamwork so are better at team sports than boys	24%	21%	27%	24%	23%	22%	26%	25%	21%
I've been told by my friends that some sports are for boys and some sports are for girls	13%	12%	14%	12%	11%	13%	13%	14%	6%
Girls are more skilful so better at sports that require skill	13%	14%	11%	12%	11%	9%	14%	12%	8%
Boys don't know the rules of team sports as well so aren't as good at them as girls	12%	10%	14%	14%	13%	16%	9%	20%	6%
Boys are more skilful so better at sports that require skill	12%	12%	12%	8%	13%	12%	13%	17%	11%
Girls are faster so better at sports where you need to be fast	10%	11%	9%	23%	7%	8%	12%	10%	5%
Girls don't know the rules of team sports as well so aren't as good at them as boys	10%	10%	9%	15%	9%	9%	11%	12%	6%
I've been told by my family that some sports are for boys and some sports are for girls	10%	12%	7%	8%	9%	11%	8%	11%	5%
Boys are better at teamwork so are better at team sports than girls	7%	6%	9%	7%	8%	6%	10%	11%	3%
Something else	6%	7%	5%	4%	5%	5%	7%	7%	7%
Boys are better at following rules than girls so are better at team sports than girls	5%	4%	6%	5%	5%	4%	7%	8%	3%
Boys are more creative so are better at sports where you need to be creative	5%	4%	6%	5%	5%	3%	7%	11%	1%
Boys are more flexible so better at sports that require flexibility	4%	4%	5%	11%	3%	4%	5%	7%	1%
Girls are more aggressive so better at sports where you need to be aggressive	4%	4%	4%	9%	3%	4%	4%	7%	2%
Girls are stronger so better at sports where you need to be strong	4%	6%	1%	5%	3%	3%	4%	5%	3%
None of the above	15%	17%	13%	19%	14%	18%	10%	14%	20%

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
...confident	24	25	23	29	24	24	23	21	26
...comfortable	39	37	41	38	41	40	39	36	41
...smart	18	19	16	24	18	17	18	15	19
...athletic	35	38	31	35	36	38	31	25	40

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	21%	21%	21%	25%	21%	23%	17%	18%	21%
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper)	58%	54%	63%	56%	58%	57%	61%	55%	59%
I think kit options should be the same for boys and girls	6%	6%	6%	8%	6%	7%	6%	6%	8%
Extra-curricular kit could be flexible / own choice	29%	30%	29%	25%	29%	28%	32%	25%	34%
I don't like the look of our PE/sports kit	29%	31%	28%	30%	28%	25%	36%	32%	29%
Something else	6%	8%	4%	8%	5%	6%	6%	6%	7%