



Girls Active

National report

June 2024 | Girls' report





Overall attitudes to PE and physical activity

77% enjoy taking part in physical activity

66% enjoy taking part in PE

46% enjoy learning at school



Top 10 barriers to being active at school

39% I am not confident

39% I don't like other people watching me

36% When it's outside and it's not nice weather

35% I worry about how I look

34% When I have my period*

34% I don't like getting hot and sweaty

31% I don't like taking part with boys

31% I can't be bothered

30% I don't like getting changed in front of other people

29% I'm not good at it



Top 10 motivators for being active at school

63% Having fun

59% Being with friends

45% Getting fit and healthy

34% Being outside

32% Getting better at the sports / games I play

31% It is good for my wellbeing

30% Learning new sports / skills

27% Being part of a team

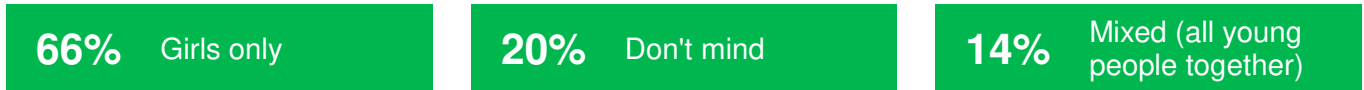
25% Playing to win

21% Learning skills that help me in life / other school subjects

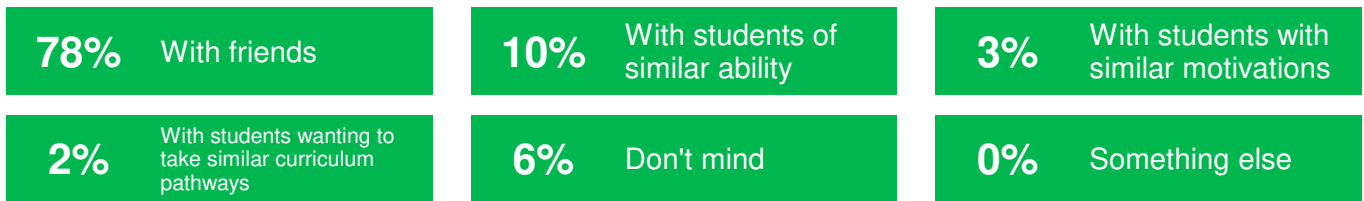


Preferred group for sport, physical activity and PE

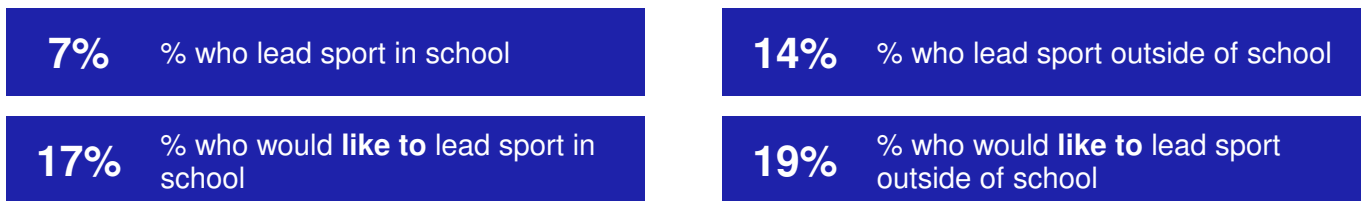
In terms of gender:



In terms of motivations:



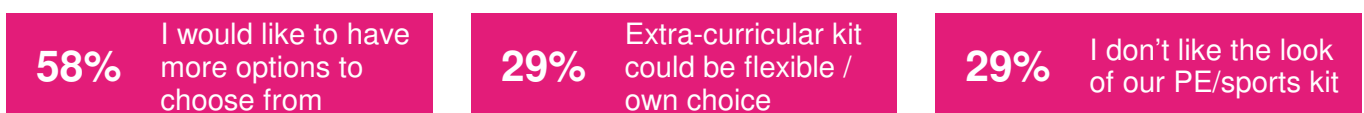
Leading sport and physical activity



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 7397 responses from girls (10826 unweighted).

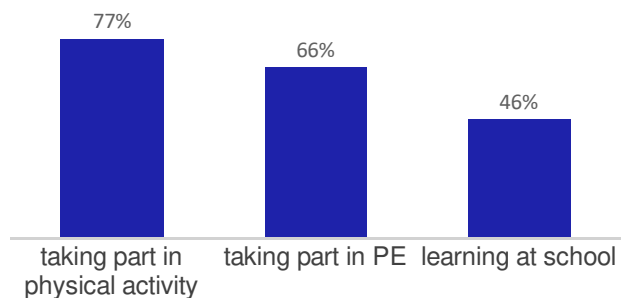
For more information about Girls Active please visit www.youthsporttrust.org/girls-active

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* (77%), followed by *taking part in PE* (66%) and *learning at school* (46%).

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



Base: All respondents

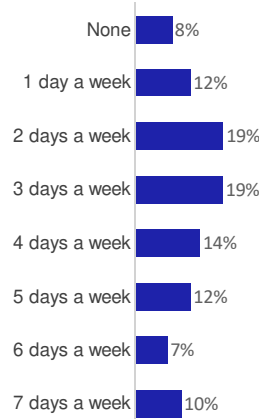
Being active

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 3.3 days per week.

Days of physical activity per week

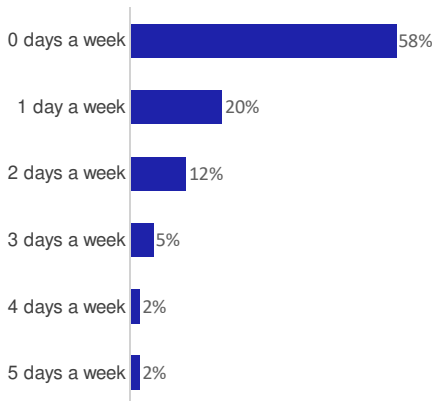


Base: All respondents

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.

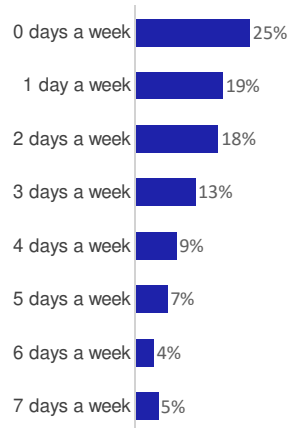
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on *0 days a week* (25%). On average, girls took part on 2.2 days per week.

Days of physical activity at school, excluding PE lessons



Base: All respondents

Days of physical activity outside of school

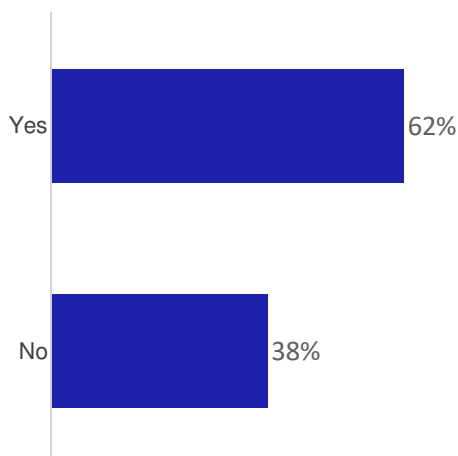


Base: All respondents

The chart below shows that 62% of girls would like to be more active when they are at school.

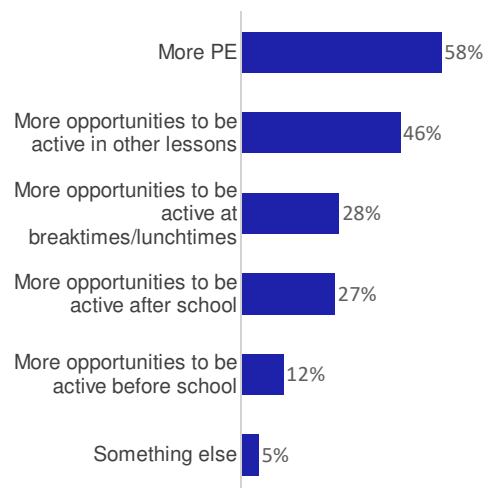
When asked *how* they would like to be more active, they were most likely to say *More PE* (58%) or *More opportunities to be active in other lessons* (46%).

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



Base: All respondents

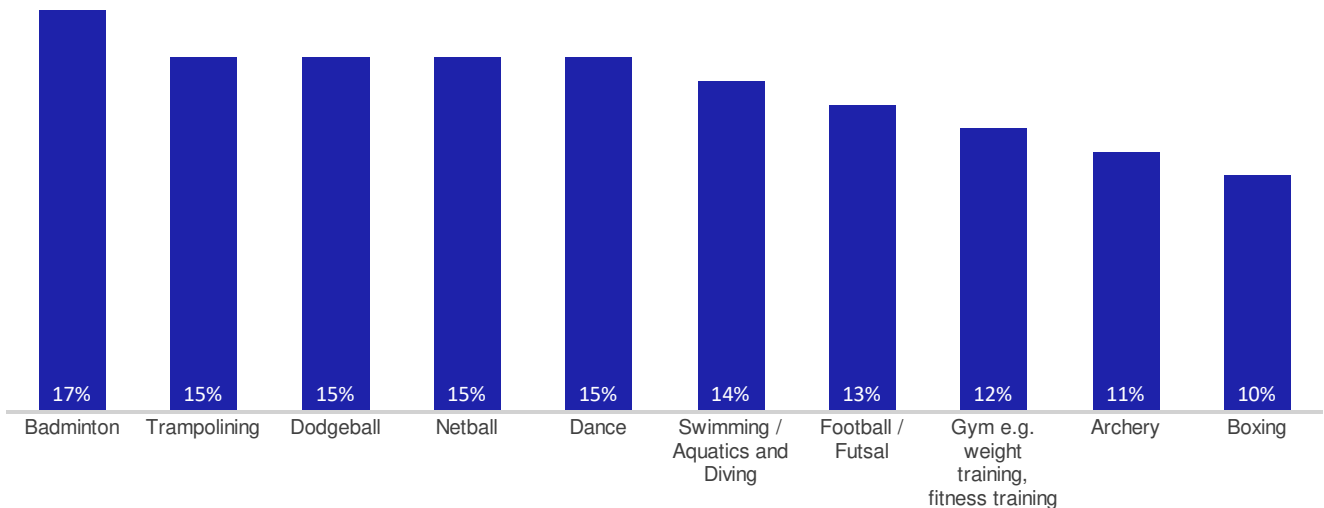
How would you like to be more active in school?



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?

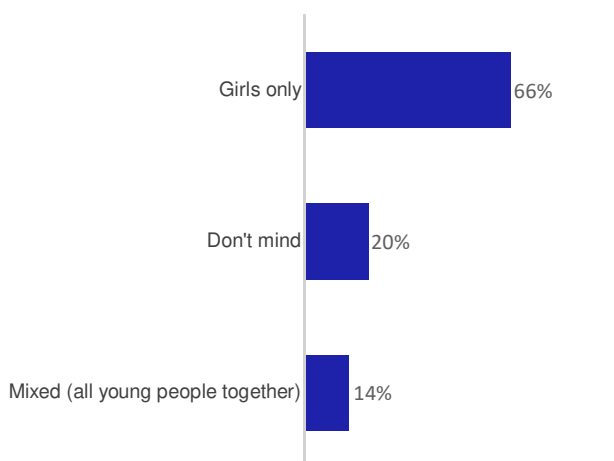


Base: All respondents

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.

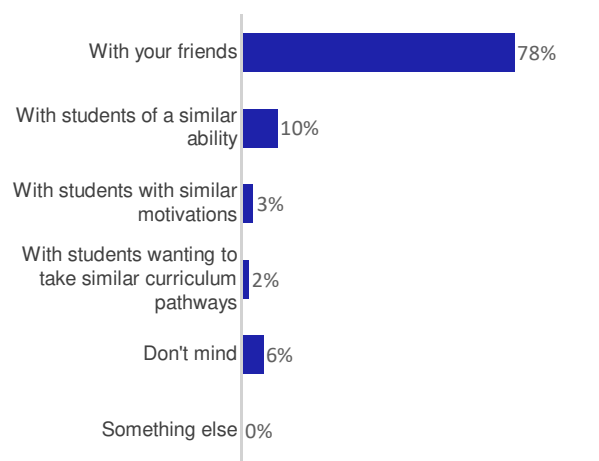
In terms of gender they were most likely to say *Girls only* (66%), while the most common response in terms of motivations was *With your friends* (78%).

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?



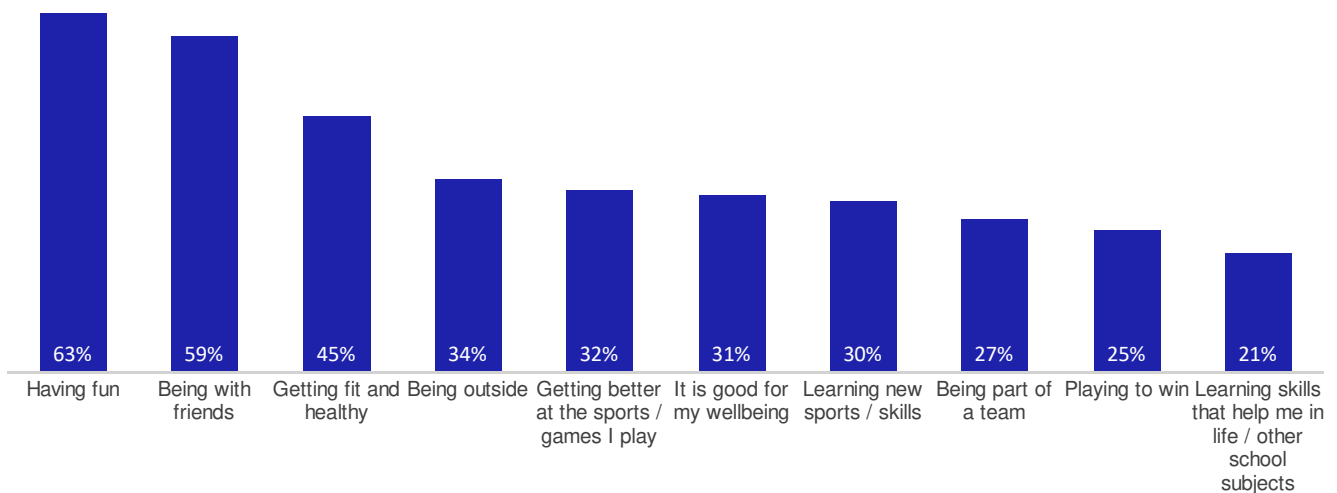
Base: All respondents

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 *Having fun* (63%), *Being with friends* (59%), and *Getting fit and healthy* (45%).

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

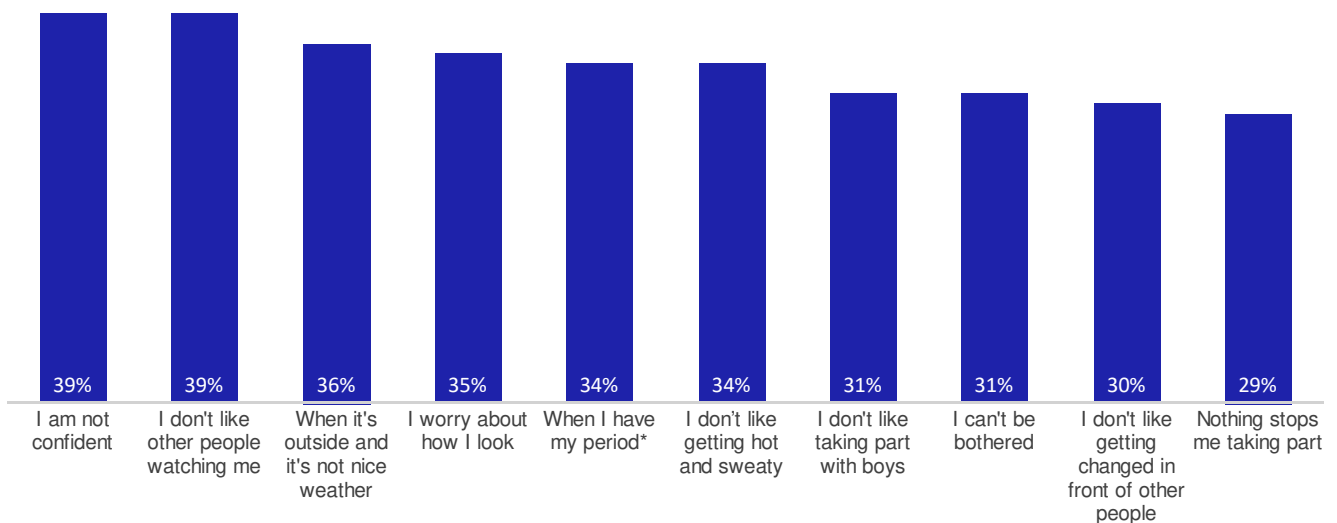


Base: All respondents

What stops you?

The top 3 barriers that stopped girls from being more active were; *I am not confident* (39%), *I don't like other people watching me* (39%), and *When it's outside and it's not nice weather* (36%). However 29% of girls said that none of these barriers stopped them.

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



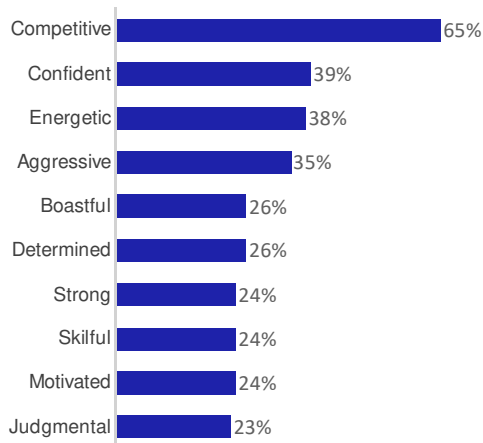
Base: All respondents

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

What you think

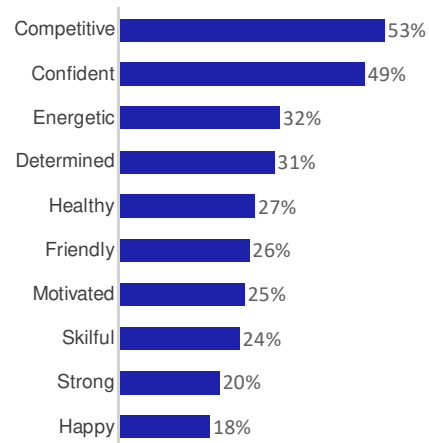
Girls were shown a list of words and asked which five they would most use to describe an active or 'sporty' boy, and an active or 'sporty' girl. The charts below show the most common words used to describe each group.

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



Base: All respondents after May 2024

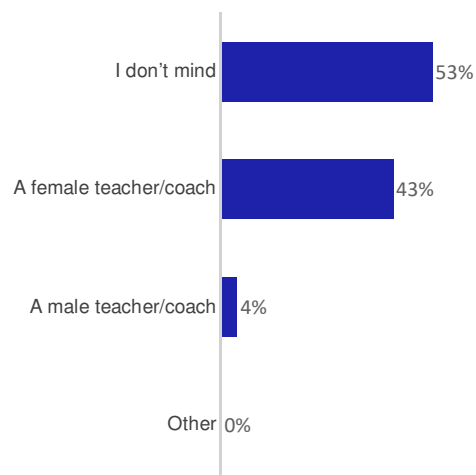
What five words would you most use to describe an active or 'sporty' girl?



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 *I don't mind*, followed by *A female teacher/coach*, *A male teacher/coach*, then *Other*.

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



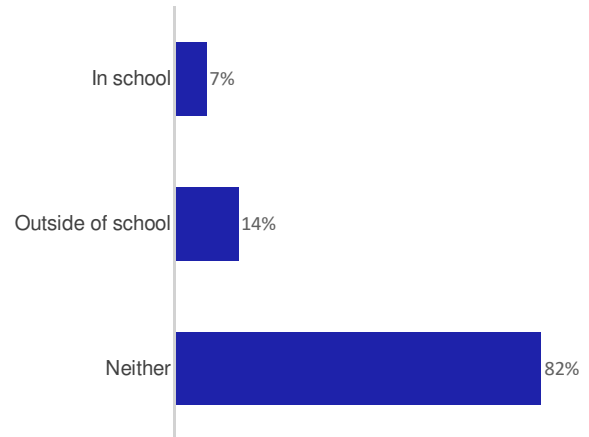
Base: All respondents after May 2024

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?

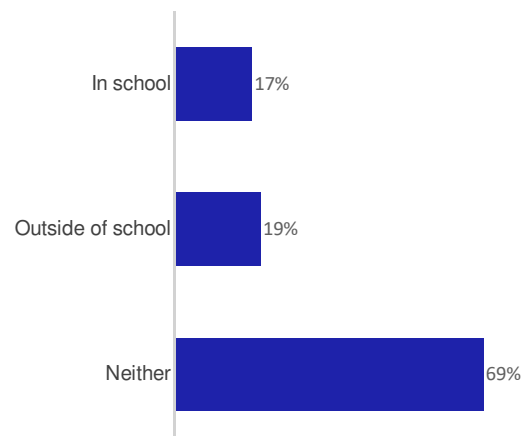


Base: All respondents

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?



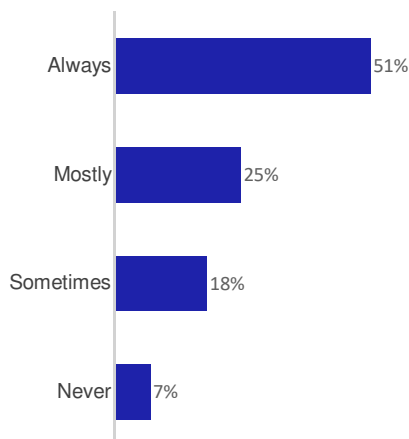
Base: All respondents

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.

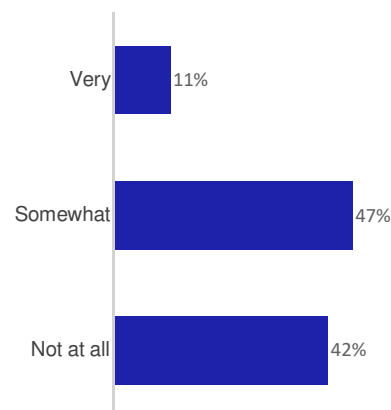
These questions were only available for those in year 7 and above, were optional, and were answered by 4242 girls. Those selecting *No* or *Not applicable* are not included in the charts below.

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?



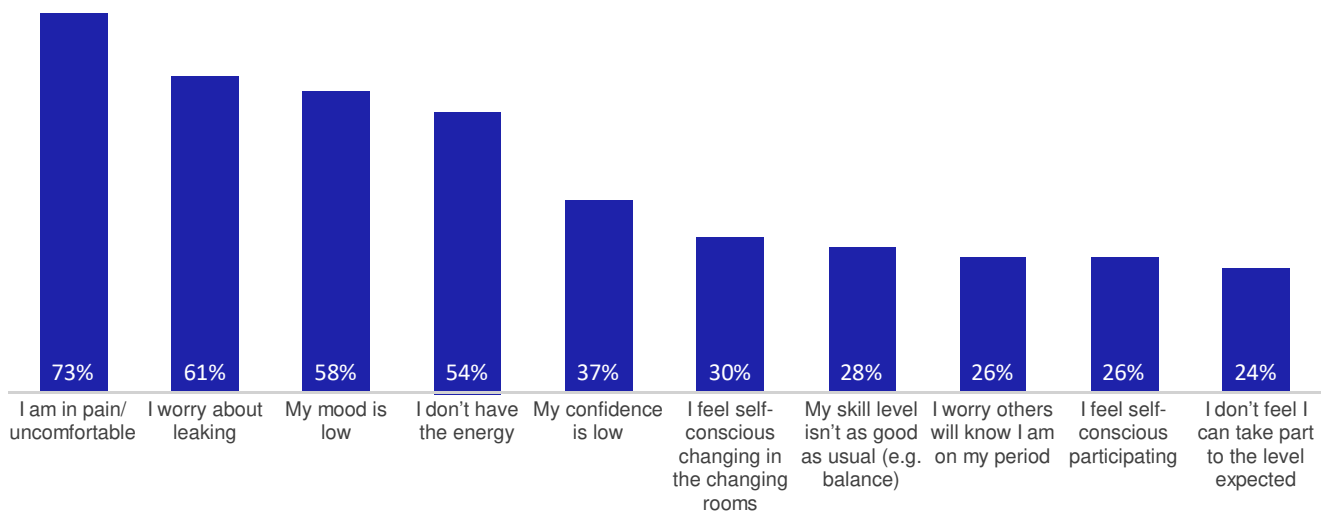
Base: All respondents in Yr 7 & above (excl. No/Not applicable)

51% 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* (73%), *I worry about leaking* (61%), or *My mood is low* (58%). 7% said that they weren't concerned by any of these issues.

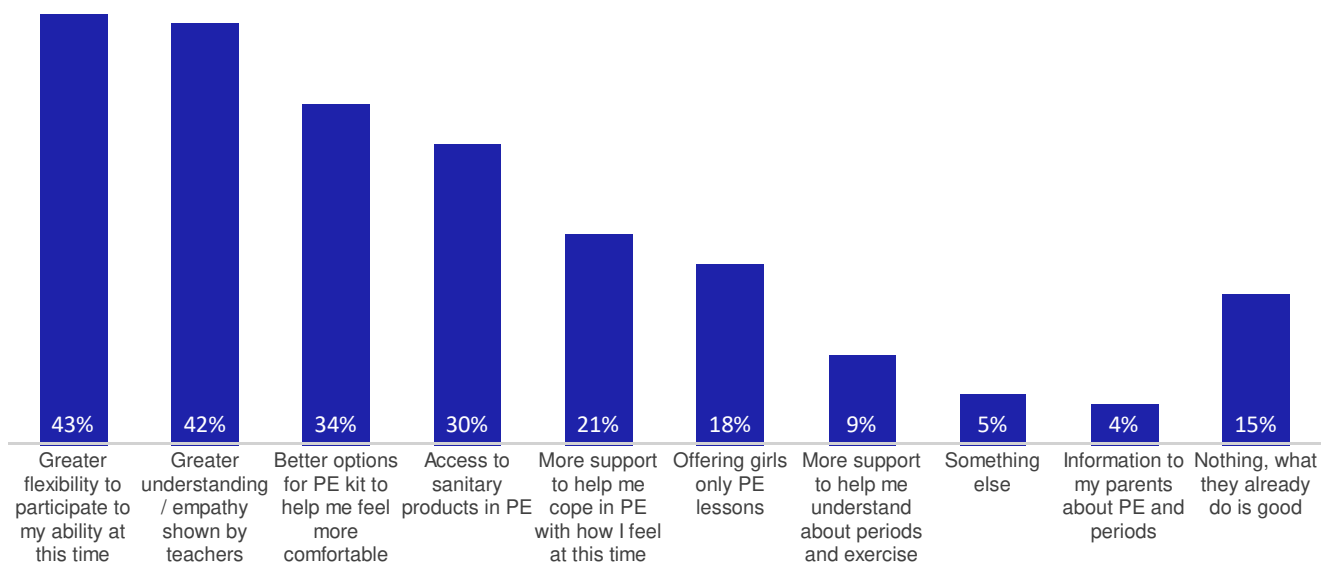
When you have your period which of the following things concern you about participating in PE or school sport?



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* (43%), *Greater understanding / empathy shown by teachers* (42%), or *Better options for PE kit to help me feel more comfortable* (34%). 15% 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* (88%), *I feel good when I do physical activity* (66%) and *My school encourages me to be active* (64%).

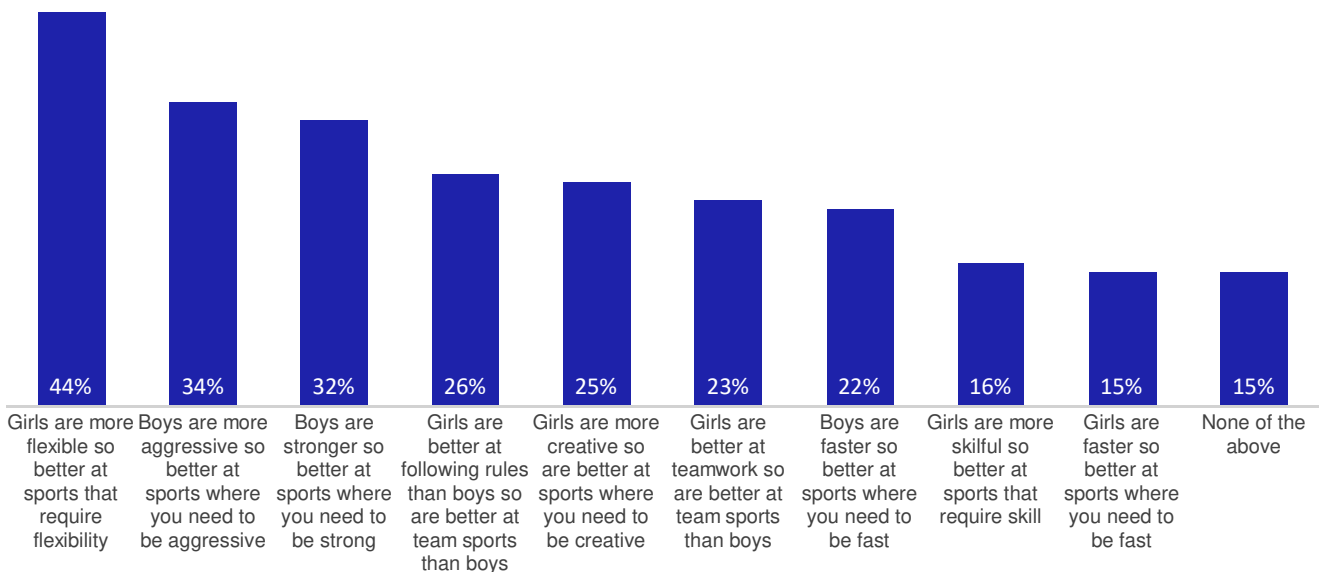
National data



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'?

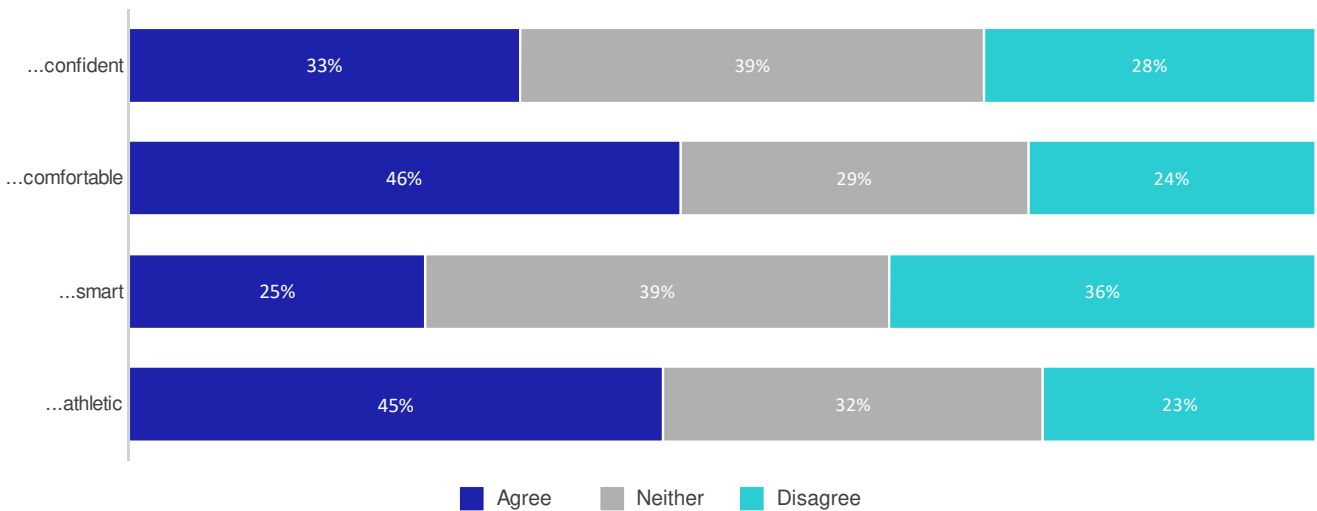


Base: All respondents after May 2024

PE kit

When asked how their PE/sports kit made them feel, 33% of girls agreed or strongly agreed that it made them feel *Confident*, 46% said they felt *Comfortable*, 25% felt *Smart* and 45% felt *Athletic*.

National data

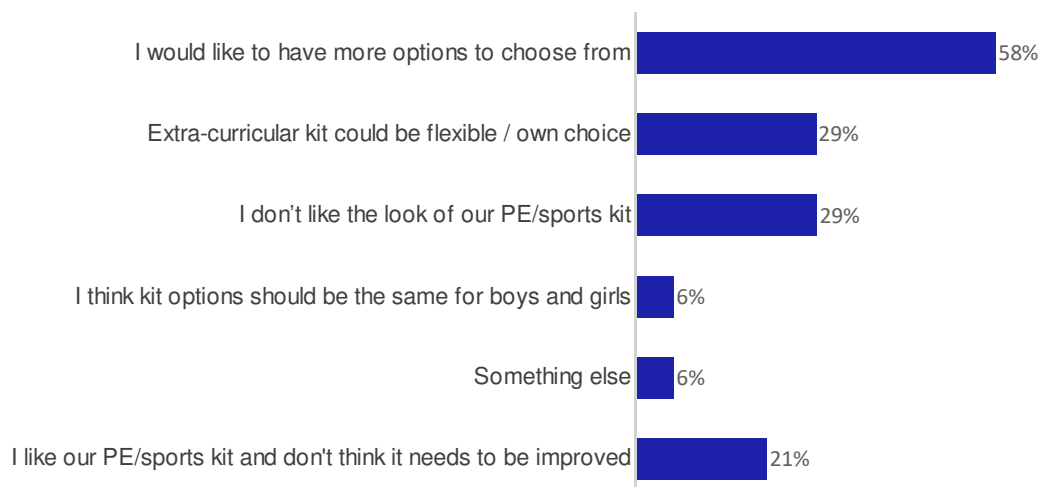


Base: All respondents

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?

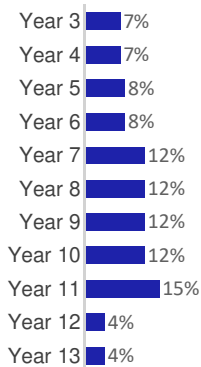


Base: All respondents

Pupil profile

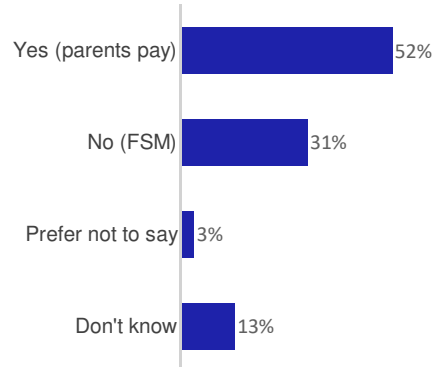
The charts below show the profile of girls who responded to the questionnaire. Girls were most likely to describe their ethnic background as *White (British or English)* (51%). 31% said that they receive free school meals, and 9% said that they have a Special Educational Need or Disability (SEND).

Year group



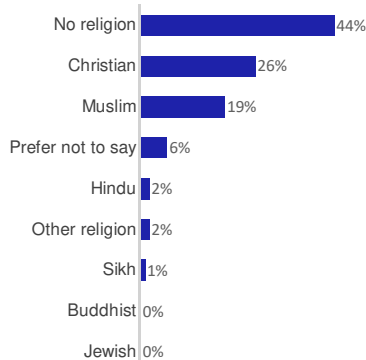
Base: All respondents

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



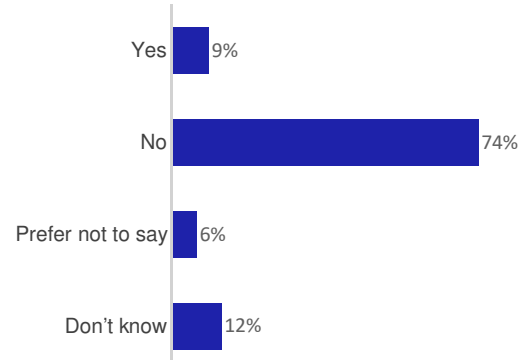
Base: All respondents

Faith or religion



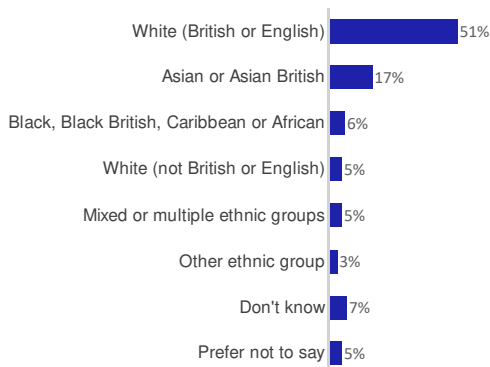
Base: All respondents in Yr 7 & above

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	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	77	88	86	70	73	72	78	79	73	56	87
taking part in PE	66	86	81	59	56	58	69	65	64	51	75
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	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
None	8%	8%	4%	8%	9%	10%	8%	7%	9%	39%	-
1 day a week	12%	12%	9%	14%	14%	11%	12%	9%	16%	61%	-
2 days a week	19%	20%	17%	20%	19%	17%	19%	16%	21%	-	-
3 days a week	19%	15%	16%	19%	20%	20%	19%	21%	17%	-	-
4 days a week	14%	10%	14%	14%	13%	14%	15%	17%	11%	-	-
5 days a week	12%	12%	14%	12%	13%	11%	12%	14%	11%	-	43%
6 days a week	7%	8%	9%	6%	5%	6%	7%	8%	5%	-	23%
7 days a week	10%	15%	16%	7%	8%	12%	9%	9%	10%	-	34%

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	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
More PE	58%	59%	59%	55%	58%	59%	58%	60%	54%	54%	64%
More opportunities to be active at breaktimes/lunchtimes	28%	41%	37%	21%	21%	32%	27%	25%	30%	27%	31%
More opportunities to be active after school	27%	22%	26%	25%	32%	24%	28%	26%	30%	24%	30%
More opportunities to be active before school	12%	14%	15%	8%	10%	13%	11%	11%	12%	9%	17%
More opportunities to be active in other lessons like English, Maths and Science	46%	36%	47%	52%	47%	42%	46%	47%	47%	41%	50%
Something else	5%	6%	5%	4%	3%	5%	4%	4%	5%	4%	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
Badminton	17%	15%	20%	15%	19%	17%	19%	17%	14%
Trampoline	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	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	43%	33%	27%	62%	41%	45%	42%	39%	50%	53%	37%
A male teacher/coach	4%	8%	5%	2%	3%	9%	3%	3%	4%	4%	4%
I don't mind	53%	58%	67%	36%	56%	46%	55%	58%	45%	42%	59%
Other	0%	1%	1%	0%	0%	1%	0%	0%	1%	0%	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	65%	63%	63%	68%	51%	68%	67%	65%	59%	63%
Confident	39%	37%	38%	38%	31%	41%	41%	37%	36%	37%
Energetic	38%	51%	36%	34%	27%	40%	36%	41%	39%	39%
Aggressive	35%	32%	35%	40%	39%	34%	34%	38%	35%	35%
Boastful	26%	20%	23%	31%	29%	27%	28%	26%	23%	28%
Determined	26%	33%	25%	21%	22%	27%	27%	26%	22%	27%
Strong	24%	27%	26%	24%	23%	25%	25%	24%	23%	25%
Skilful	24%	33%	21%	22%	17%	26%	24%	26%	27%	25%
Motivated	24%	23%	21%	25%	14%	26%	26%	22%	21%	25%
Judgmental	23%	16%	23%	29%	26%	23%	25%	24%	22%	22%
Healthy	23%	29%	23%	18%	21%	23%	23%	22%	21%	23%
Masculine	17%	9%	17%	23%	17%	17%	15%	20%	17%	16%
Proud	11%	15%	10%	10%	9%	11%	11%	11%	11%	10%
Unfriendly	10%	7%	10%	12%	16%	9%	10%	10%	11%	10%
Happy	8%	15%	7%	6%	8%	8%	9%	6%	8%	8%
Cool	7%	9%	7%	6%	13%	6%	6%	8%	7%	8%
Friendly	7%	11%	7%	4%	9%	6%	6%	7%	7%	7%
Successful	6%	9%	7%	4%	4%	6%	7%	5%	7%	7%
Uncool	5%	4%	6%	3%	4%	4%	4%	6%	5%	4%
Inspiring	4%	5%	4%	4%	8%	4%	4%	5%	5%	5%
Calm	4%	6%	5%	2%	5%	3%	3%	5%	6%	4%
Creative	2%	4%	2%	1%	3%	2%	2%	3%	3%	2%
Weak	2%	1%	2%	2%	4%	1%	2%	2%	3%	1%
Unhappy	2%	1%	2%	2%	3%	1%	1%	2%	3%	2%
Modest	1%	1%	1%	1%	1%	1%	1%	2%	2%	1%
Anxious	1%	1%	1%	1%	2%	1%	1%	1%	2%	1%
Feminine	1%	1%	1%	1%	2%	1%	0%	2%	2%	1%
Graceful	0%	1%	0%	0%	1%	0%	0%	1%	1%	0%
Other	1%	1%	1%	1%	3%	1%	1%	1%	1%	1%
None of the above	4%	1%	5%	3%	5%	3%	4%	3%	5%	4%

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	53%	39%	53%	60%	45%	54%	58%	49%	45%	54%
Confident	49%	46%	48%	52%	46%	51%	50%	50%	45%	47%
Energetic	32%	38%	31%	34%	26%	33%	32%	34%	31%	33%
Determined	31%	33%	30%	31%	30%	33%	33%	31%	27%	35%
Healthy	27%	34%	27%	23%	21%	28%	26%	29%	26%	30%
Friendly	26%	40%	26%	19%	25%	26%	25%	27%	26%	26%
Motivated	25%	19%	22%	29%	20%	27%	27%	24%	23%	26%
Skilful	24%	27%	25%	21%	17%	26%	24%	25%	25%	25%
Strong	20%	20%	21%	21%	14%	21%	20%	21%	19%	23%
Happy	18%	31%	18%	12%	17%	17%	18%	15%	18%	17%
Calm	17%	26%	18%	13%	16%	17%	15%	19%	20%	16%
Proud	14%	22%	13%	9%	13%	13%	13%	13%	16%	14%
Cool	14%	14%	13%	11%	14%	13%	12%	15%	14%	14%
Inspiring	14%	15%	12%	16%	16%	14%	13%	15%	14%	14%
Judgmental	11%	2%	9%	17%	16%	10%	12%	10%	11%	8%
Successful	11%	15%	12%	8%	10%	11%	11%	11%	10%	11%
Feminine	11%	10%	13%	9%	9%	11%	9%	14%	12%	10%
Boastful	8%	3%	6%	11%	7%	7%	8%	7%	7%	6%
Aggressive	7%	2%	7%	10%	11%	6%	7%	7%	7%	5%
Creative	7%	12%	7%	3%	9%	6%	5%	8%	8%	7%
Graceful	6%	8%	5%	5%	5%	5%	4%	7%	6%	6%
Anxious	4%	6%	4%	3%	7%	4%	5%	4%	4%	4%
Unfriendly	4%	1%	3%	7%	5%	4%	4%	4%	4%	3%
Modest	4%	3%	4%	4%	4%	4%	3%	5%	3%	5%
Masculine	2%	0%	1%	2%	3%	2%	1%	2%	2%	2%
Weak	2%	1%	1%	2%	2%	1%	2%	2%	2%	1%
Unhappy	1%	1%	1%	2%	2%	1%	1%	1%	2%	1%
Uncool	1%	0%	1%	1%	1%	1%	1%	1%	1%	1%
Other	1%	1%	1%	1%	1%	1%	1%	0%	0%	1%
None of the above	3%	1%	4%	3%	6%	2%	3%	2%	4%	3%

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	63%	75%	73%	58%	57%	57%	64%	62%	63%	53%	68%
Being with friends	59%	55%	60%	60%	63%	50%	61%	61%	59%	52%	62%
Getting fit and healthy	45%	53%	53%	42%	41%	37%	47%	47%	44%	30%	55%
Being outside	34%	49%	47%	26%	27%	28%	35%	36%	30%	23%	43%
Getting better at the sports / games I play	32%	44%	50%	28%	24%	29%	33%	31%	33%	20%	41%
It is good for my wellbeing	31%	29%	37%	26%	32%	24%	33%	32%	31%	20%	38%
Learning new sports / skills	30%	52%	50%	24%	20%	25%	31%	28%	31%	23%	39%
Being part of a team	27%	45%	45%	20%	19%	20%	28%	27%	27%	18%	36%
Playing to win	25%	24%	28%	25%	28%	20%	27%	24%	28%	20%	31%
Learning skills that help me in life / other school subjects	21%	36%	33%	16%	14%	16%	22%	18%	23%	15%	26%
Making new friends	20%	37%	29%	15%	13%	19%	19%	17%	21%	16%	25%
Something else	2%	3%	2%	1%	1%	2%	1%	1%	2%	1%	2%
I am not motivated by anything	6%	1%	2%	8%	8%	11%	5%	6%	6%	14%	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
I am not confident	39%	26%	30%	44%	46%	43%	38%	38%	41%	45%	34%
I don't like other people watching me	39%	27%	32%	45%	44%	40%	37%	36%	42%	45%	34%
When it's outside and it's not nice weather	36%	25%	28%	42%	43%	35%	37%	33%	43%	38%	33%
I worry about how I look	35%	22%	28%	41%	43%	42%	34%	35%	38%	37%	33%
When I have my period	34%	-	-	47%	52%	37%	34%	35%	39%	40%	27%
I don't like getting hot and sweaty	34%	27%	27%	38%	41%	34%	34%	33%	37%	37%	30%
I don't like taking part with boys	31%	27%	29%	37%	33%	30%	30%	26%	37%	36%	28%
I can't be bothered	31%	16%	19%	38%	40%	28%	31%	27%	38%	40%	25%
I don't like getting changed in front of other people	30%	25%	26%	34%	32%	32%	29%	26%	34%	34%	28%
Nothing stops me taking part	29%	41%	34%	29%	28%	22%	32%	26%	33%	27%	32%
I'm not good at it	29%	22%	26%	34%	33%	32%	28%	25%	34%	35%	25%
I don't feel I can be myself in PE	28%	21%	22%	31%	33%	30%	27%	25%	33%	32%	24%
I don't like the PE kit	28%	20%	18%	35%	34%	28%	28%	24%	34%	33%	25%
I don't enjoy it	27%	18%	19%	33%	31%	29%	26%	24%	31%	36%	21%
There isn't enough time to get changed	25%	16%	16%	33%	29%	24%	26%	24%	29%	30%	23%
My friends don't want to do it	25%	16%	17%	28%	32%	22%	26%	23%	29%	27%	23%
I have an injury	24%	18%	18%	31%	30%	27%	24%	22%	29%	26%	24%
Other people make fun of me	24%	19%	21%	28%	29%	30%	24%	21%	29%	26%	23%
I don't like the activities on offer	23%	15%	16%	27%	31%	21%	24%	20%	28%	25%	21%
I don't know how to get involved	22%	18%	20%	26%	24%	21%	22%	17%	28%	24%	19%
I don't have time because I already do a lot of physical activity outside of school	21%	16%	15%	25%	25%	20%	22%	19%	25%	19%	23%
I can't get home if I stay after school	20%	15%	14%	25%	24%	19%	20%	16%	25%	22%	17%
I don't feel encouraged to take part by the teachers	20%	16%	15%	24%	23%	18%	20%	16%	25%	24%	17%
I don't feel I can be myself in extra-curricular activities	20%	15%	14%	24%	24%	22%	20%	16%	25%	23%	18%
I'm not able to do it because the activities are not suitable for me	19%	15%	13%	23%	24%	20%	19%	15%	25%	22%	18%
Something else	19%	15%	16%	22%	22%	15%	19%	15%	24%	21%	17%
I don't like how the person delivers the activities	19%	14%	14%	22%	23%	20%	19%	15%	23%	21%	16%
My breasts feel uncomfortable when I exercise	17%	-	-	26%	27%	21%	17%	16%	22%	21%	13%
I don't feel encouraged to take part by my family	17%	14%	13%	21%	20%	14%	17%	13%	22%	20%	15%

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	51%	53%	52%	40%	54%	50%	53%	41%	57%	
Mostly	25%	23%	25%	22%	25%	26%	24%	26%	21%	
Sometimes	18%	17%	17%	30%	15%	17%	18%	21%	17%	
Never	7%	7%	6%	8%	6%	7%	5%	12%	5%	

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	73%	68%	77%	75%	72%	74%	74%	72%	72%
I worry about leaking	61%	59%	63%	65%	61%	62%	62%	63%	59%
My mood is low	58%	56%	62%	63%	56%	59%	59%	58%	60%
I don't have the energy	54%	51%	58%	62%	52%	52%	59%	62%	51%
My confidence is low	37%	35%	39%	49%	33%	39%	34%	37%	39%
I feel self-conscious changing in the changing rooms	30%	30%	28%	39%	28%	32%	28%	31%	29%
My skill level isn't as good as usual (e.g. balance)	28%	27%	29%	38%	25%	26%	30%	22%	31%
I worry others will know I am on my period	26%	29%	25%	37%	24%	27%	24%	25%	27%
I feel self-conscious participating	26%	27%	25%	33%	23%	29%	22%	29%	24%
I don't feel I can take part to the level expected	24%	24%	26%	28%	22%	23%	26%	25%	25%
I don't feel supported/understood by my teachers	20%	20%	19%	29%	17%	18%	23%	20%	19%
I have had a bad experience before	12%	12%	12%	20%	10%	11%	13%	12%	13%
I don't feel supported/understood by other girls	8%	9%	9%	18%	6%	9%	7%	8%	8%
Something else	1%	2%	1%	4%	1%	1%	1%	2%	1%
None of the above	7%	8%	7%	6%	8%	7%	7%	6%	10%

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	43%	36%	47%	46%	42%	41%	46%	45%	43%
Greater understanding / empathy shown by teachers	42%	41%	41%	42%	41%	41%	45%	41%	43%
Better options for PE kit to help me feel more comfortable	34%	37%	30%	36%	33%	33%	36%	34%	34%
Access to sanitary products in PE	30%	31%	27%	42%	27%	28%	33%	26%	33%
More support to help me cope in PE with how I feel at this time	21%	23%	19%	31%	19%	19%	24%	22%	18%
Offering girls only PE lessons	18%	19%	17%	22%	17%	16%	21%	17%	19%
More support to help me understand about periods and exercise	9%	11%	9%	13%	8%	9%	10%	9%	10%
Something else	5%	6%	4%	6%	4%	4%	6%	9%	3%
Information to my parents about PE and periods	4%	6%	3%	7%	4%	4%	5%	4%	4%
Nothing, what they already do is good	15%	16%	17%	12%	16%	18%	12%	12%	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%	17%	10%	11%	11%	9%	11%
Somewhat	47%	43%	52%	39%	49%	44%	52%	47%	47%
Not at all	42%	50%	33%	45%	41%	46%	37%	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	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	47	79	57	40	36	45	50	43	49	45	51
I am happy with the amount of physical activity I do	57	81	72	53	45	57	58	59	52	40	74
I would like to have a say in the activities we do in PE and after school clubs	53	61	62	48	52	56	53	55	52	43	61
In PE or sport at school, I feel pressure to win or perform well *	46	-	48	45	45	53	44	45	47	39	50
The skills I learn in PE help me in and outside of school	47	78	66	40	33	48	48	46	46	37	54
I like it when my PE lessons are competitive	50	64	51	44	46	50	51	47	52	41	56
I understand why being active is good for me	88	90	93	84	88	83	89	90	85	76	92
I feel like I can be myself when I am being active	52	77	61	42	47	53	53	50	51	38	62
If you are good at PE or sport at school, you are more likely to be popular in school *	36	-	26	31	45	41	36	36	40	36	37
Some sports are for boys and some sports are for girls	20	29	14	18	20	28	19	16	22	26	16
My school encourages me to be active	64	78	79	60	58	60	65	63	64	56	67
I am active with my family outside of school	63	81	78	57	54	64	63	64	59	42	74
I have the same opportunities as boys in school to do the sports and activities I want to	37	-	-	42	35	38	38	36	39	34	35
Events like the Women's Football and the Olympics inspire me to be more active	34	71	57	31	17	34	34	33	31	24	43
I feel good when I do physical activity	66	82	75	54	63	61	69	67	63	47	76

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	57%	53%	60%	60%	57%	54%	61%	58%	57%
I have low confidence taking part in front of boys	49%	47%	53%	66%	45%	55%	43%	44%	56%
Boys are too critical of girls	48%	46%	49%	49%	48%	49%	49%	50%	49%
Boys don't play fairly	47%	49%	47%	56%	48%	42%	55%	46%	51%
Boys are too aggressive towards everyone	47%	42%	54%	54%	44%	49%	43%	43%	48%
Boys dominate the sport/activity	44%	34%	55%	50%	44%	48%	42%	47%	39%
I don't feel I can be myself in front of boys	43%	44%	40%	56%	43%	45%	42%	44%	44%
Boys are too aggressive towards girls	43%	40%	48%	58%	41%	41%	46%	40%	44%
Boys don't think girls have the skills to win	41%	42%	37%	41%	44%	40%	45%	45%	38%
Boys don't value girls	39%	34%	39%	60%	35%	37%	40%	41%	39%
I worry about how I look in front of boys	34%	35%	34%	53%	31%	40%	27%	38%	28%
I don't like getting hot and sweaty in front of boys	27%	26%	24%	38%	25%	33%	22%	26%	30%
Boys make fun of me	27%	29%	24%	46%	22%	26%	27%	29%	22%
I am not skilful enough to take part with boys	20%	18%	21%	24%	20%	19%	24%	24%	18%
I am not aggressive enough to take part with boys	19%	16%	24%	21%	18%	19%	19%	19%	20%
I am not strong enough to take part with boys	19%	16%	20%	23%	18%	17%	22%	27%	15%
Something else	4%	3%	5%	3%	4%	3%	5%	3%	2%
None of these	3%	4%	2%	2%	3%	2%	3%	3%	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	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Girls are more flexible so better at sports that require flexibility	44%	47%	54%	37%	47%	39%	45%	47%	43%	42%	47%
Boys are more aggressive so better at sports where you need to be aggressive	34%	9%	29%	37%	47%	26%	38%	37%	38%	33%	33%
Boys are stronger so better at sports where you need to be strong	32%	10%	25%	34%	47%	29%	36%	34%	38%	31%	37%
Girls are better at following rules than boys so are better at team sports than boys	26%	21%	25%	24%	36%	29%	26%	29%	28%	25%	25%
Girls are more creative so are better at sports where you need to be creative	25%	25%	29%	25%	24%	24%	25%	22%	29%	28%	26%
Girls are better at teamwork so are better at team sports than boys	23%	21%	32%	21%	27%	25%	22%	20%	25%	23%	25%
Boys are faster so better at sports where you need to be fast	22%	16%	26%	28%	23%	22%	23%	23%	26%	27%	23%
Girls are more skilful so better at sports that require skill	16%	20%	21%	14%	11%	13%	14%	11%	17%	15%	20%
Girls are faster so better at sports where you need to be fast	15%	30%	18%	11%	9%	29%	10%	10%	16%	16%	14%
I've been told by my family that some sports are for boys and some sports are for girls	12%	20%	20%	12%	7%	13%	11%	12%	10%	13%	12%
Girls don't know the rules of team sports as well so aren't as good at them as boys	11%	10%	18%	10%	9%	13%	11%	10%	12%	14%	12%
I've been told by my friends that some sports are for boys and some sports are for girls	11%	10%	10%	12%	14%	11%	10%	10%	12%	13%	6%
Boys are more skilful so better at sports that require skill	10%	7%	13%	12%	12%	10%	11%	10%	11%	13%	9%
Boys don't know the rules of team sports as well so aren't as good at them as girls	10%	8%	8%	10%	14%	9%	10%	13%	7%	15%	7%
Girls are stronger so better at sports where you need to be strong	9%	20%	15%	6%	1%	16%	6%	6%	6%	9%	9%
Boys are better at teamwork so are better at team sports than girls	6%	2%	8%	6%	9%	6%	6%	5%	8%	8%	4%
Something else	5%	3%	6%	7%	5%	3%	5%	6%	6%	8%	5%
Girls are more aggressive so better at sports where you need to be aggressive	5%	11%	6%	4%	4%	10%	4%	5%	4%	7%	7%
Boys are better at following rules than girls so are better at team sports than girls	4%	2%	7%	4%	6%	4%	4%	4%	6%	6%	4%
Boys are more creative so are better at sports where you need to be creative	3%	3%	1%	4%	6%	5%	3%	2%	6%	7%	2%
Boys are more flexible so better at sports that require flexibility	3%	1%	1%	4%	5%	8%	3%	3%	5%	5%	3%
None of the above	15%	14%	13%	17%	13%	14%	15%	17%	12%	12%	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	33	65	47	25	23	36	34	31	32	29	38
...comfortable	46	71	61	37	41	46	48	45	46	42	50
...smart	25	55	32	19	16	32	25	22	25	22	28
...athletic	45	74	61	38	31	45	46	46	41	34	52

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%	