GIRLS ACTIVE	SURVEYLONG	S VERSION – for	teacher ref	erence only
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Questions highlighted in yellow are for girls in year groups 7+ only

Question highlighted in green will only be asked if the lead teacher has chosen for this to be included (for year groups 7+ only)

About you

Please note: This information helps us to understand who is answering our survey. Your teachers will not be told what answers you give.

Q1 What year group are you in?

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
0	0	0	0	0	0	0.0

Q2 Are you...?

A boy	A girl	Prefer to self-describe	Prefer not to say
0	0	0	0

If you prefer to self-describe, how would you prefer to self-describe?

Q3 How do you feel about...

Please choose one answer per row.

	Like it a lot	Like it	or dislike it	Dislike it	Dislike it a lot
taking part in physical activity? This includes activities like running, going for a walk or bike ride, gymnastics and might be at school or outside of school.	soully plea	0	О	0	О
taking part in PE?	0	0	0	0	0
learning at school?	О	0	О	0	0

Q4 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
- It could be activity a few times in a day (like 3 lots of 20 minutes)

Please choose one answer.

Never	1 day	2 days	3 days	4 days	5 days	6 days	7 days
0	0	0	0	0	0	0	0

Q5	Usually in a week, h lessons? (e.g. after s		•		sical activit	y at school – NOT incl	uding PE
	Please choose one a	inswer.					
	Never O	1 day O	2 days O	3 days O	4 day	s 5 days O	
Q6	Usually in a week, h		•	ny sport or phys	sical activit	y outside school? (e.g	. at a
	Please choose one a	inswer.				90	
Never	1 day	2 days	3 days	4 days	5 day	s 6 days	7 days
0	0	0	0	0	0	(6)	0
						00.	
Q7	Do you lead any spo	ort or physical a	ctivity? (e.g. th	is could be a ref	feree, coac	h or organiser)	
	You can choose mor	re than one ans	wer.		1200		
	In school	Outside of s	school	Neither	001,		
	0	0		0 (8	2		
				1984			
Q8	Would you like to le	ead any sport ar	nd physical activ	ity?			
	In school	Outside of s	school	Neither			
	0	0	cillo	0			
			6/1/2				
What y	ou think	\0	35				
Q9a	Would you like to be	e more active ir	n school?				
	Yes	No					
	0	0					
	20.						
Q9b	[If yes to Q9a] How	would vou like	to be more acti	ve in school?			
QSU	You can choose mor	·		ve iii sanoon.			
0	Mo	e than one ans					
0	More PE More opportunities	to be active at b	oreaktimes/lunc	htimes			
0.0	More opportunities						
0	More opportunities						
0	More opportunities	to be active in c	other lessons like	e English, Maths	and Science	ce	
Q10	From the activities I	isted, which thi	ree would you li	ke to do the mo	ost at schoo	ol?	
	Please choose three	answers.					
0	American Football	0	Football / Fu	tsal	0	Running	
0	Archery	0	Freerunning		0	Sailing / Windsurfing	

_		_		_	
0	Athletics: Track and Field	0	Goalball	0	Skateboarding
О	Badminton	Ο	Golf	0	Squash
0	Baseball / Softball /	Ο	Gym (e.g. weight training,	0	Swimming, Aquatics and
	Rounders		fitness training)		Diving
0	Basketball / Wheelchair	0	Gymnastics	0	Table Tennis / Polybat
	Basketball				
0	BMX / Mountain biking	0	Handball	0	Tennis / Wheelchair Tennis
Ο	Boccia	Ο	Hockey	Ο	Trampoling
0	Boxercise / Zumba	Ο	Judo	0	Triathlon
О	Boxing	Ο	Lacrosse	Ο	Ultimate Frisbee
0	Bowls	0	Martial Arts	Ο	Volleyball
0	Canoeing / Kayaking	0	Multisport / multi-skills / MATP	0	Walking
0	Chaarlaadina	0		0	Voga / Dilatos
0	Cheerleading	0	Mountaineering	0	Yoga / Pilates
0	Climbing / Mountaineering	0	Netball		
О	Cricket / Table Cricket	О	New Age Kurling	0	None of the above
О	Cycling	О	Orienteering	О	Something else
О	Dance	Ο	Panathlon		3/6
0	Dodgeball	Ο	Roller Sport / Roller Skating /	_C	.0.
			InLine Skating	20	
О	Equestrian	Ο	Rowing	U,	
0	Fencing	0	Rugby League / Rugby Union / Wheelchair Rugby	10	
	If 'something else', please spe	cify	Wallin .		

Q11a At school, how would you like to be grouped for sport, physical activity and PE?

Please choose one answer.

0	Girls	only
O	01113	OIIII

O Boys only

O Mixed (boys and girls together)

O Don't mind

Q11b At school, how would you like to be grouped for sport, physical activity and PE?

Please choose one answer.

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

If 'something else', please specify

	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'.
0	It is good for my wellbeing
О	Getting fit and healthy
0	Having fun
0	Playing to win
0	Learning new sports / skills
0	Getting better at the sports / games I play
0	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
0	Being outside
0	Making new friends
0	Being part of a team
0	Learning skills that help me in life / other school subjects
0	Something else
0	I am not motivated by anything
	If 'something else', please specify
	4058
Q13	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
	rease an anatappin, neman, or an assessment in neumn gateps year, prease an east incoming steps
	me taking part'.
Feelin	me taking part'.
Feelin	me taking part'.
	me taking part'.
0	me taking part'. gs I am not confident
0 0	me taking part'. I am not confident I can't be bothered
0 0 0	me taking part'. I am not confident I can't be bothered I don't enjoy it I don't feel I can be myself in PE
0 0 0 0	me taking part'. gs I am not confident I can't be bothered I don't enjoy it
0 0 0 0	me taking part'. 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
0 0 0 0 0	me taking part'. 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
0 0 0 0 0 0	me taking part'. 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
0 0 0 0 0 0 0	me taking part'. 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
0 0 0 0 0 0 0	me taking part'. 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
0 0 0 0 0 0 0	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
0 0 0 0 0 0 0	me taking part'. 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
0 0 0 0 0 0 0	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
0 0 0 0 0 0 0	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 J don't feel encouraged to take part by my family
0 0 0 0 0 0 0 0 0 0	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 people I don't feel encouraged to take part by my family My friends don't want to do it
0 0 0 0 0 0 0 0 0 0 0 0	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 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
0 0 0 0 0 0 0 0 0 0 0	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 people I don't feel encouraged to take part by my family My friends don't want to do it

I don't like taking part with boys

0

0	I don't like the PE kit
0	I can't get home if I stay after school
0	I don't have time because I already do a lot of physical activity outside of school
0	I don't like the activities on offer
0	When I have my period
0	I have an injury
0	I'm not able to do it because the activities are not suitable for me
0	I don't know how to get involved
0	There isn't enough time to get changed
0	When it's outside and it's not nice weather
0	Something else
0	Nothing stops me taking part
If 'som	nething else', please specify

Q14 ... What, if anything, currently stops you being active / more active outside of school?

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

Feelings

0 I am not confident 0 I can't be bothered 0 I don't enjoy it I don't feel I can be myself at sports clubs/facilities 0 0 I'm not good at it 0 I worry about how I look 0 I don't like getting hot and sweaty 0 I don't feel safe

My breasts feel uncomfortable when I exercise

Other people

0

0 I don't feel encouraged to take part by my family 0 My parent(s)/carer(s) worry about my safety 0 My friends don't want to do it 0 Other people make fun of me 0 I don't like getting changed in front of other people 0 I don't like how the person delivers the activities 0 I don't like other people watching me 0 I don't like taking part with boys

Other things

- O I don't like the PE kit
- O Sports clubs/facilities are too far away from where I live

0	My school work is more important to me
0	I can't get home if I stay after school
0	When I have my period
0	It costs too much money
0	I can't get transport to/from activities
0	I don't have time because I already do a lot of physical activity
0	My time is taken up with other activities
0	I have an injury
0	I'm not able to do it because the activities are not suitable for me
0	I don't know how to get involved
0	There isn't enough time to get changed
0	I don't like the activities on offer
0	When it's outside and it's not nice weather
	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 I don't like the activities on offer When it's outside and it's not nice weather Something else Nothing stops me taking part mething else', please specify
0	Something else
0	Nothing stops me taking part
It 'son	nething else', please specify
	,054
Q15	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.
0	Yes
0	No
0	Not applicable
Ū	The applicable
Q16	[if yes to Q15] Do you take part in PE when you have your period?
	Please choose one answer.
0	Always
0	Mostly
0	Sometimes
0	Never
Q17	[if yes to Q15] When you have your period, do any of the following things worry you about taking part in

Please choose all that apply. If nothing worries you, please choose 'Nothing worries me about taking part

O I don't have the energy

PE or school sport?

in PE/school sport when I have my period'.

O	I am in pain/ it is uncomfortable
O	My mood is low
O	My confidence is low
O	I worry about leaking
O	I worry others will know I am on my period
O	I feel self-conscious taking part
O	I feel self-conscious changing in the changing rooms
O	I don't feel supported/understood by my teachers
0	I don't feel supported/understood by other girls
O	I don't feel I can take part to the level expected
O	My skill level isn't as good as usual (for example, my balance isn't as good)
0	I have had a bad experience before
0	Something else
0	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
	If 'something else', please specify
	in something cise, picuse specify
Q18	[if yes to Q15] 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'.
	uo is good.
O	Better options for PE kit to help me feel more comfortable
O	More support to help me cope in PE with how I feel
0	Greater flexibility to participate to my ability at this time (for example, less intense activity, or choice of
	different activities)
0	Greater understanding shown by teachers (for example, improved changing room privacy, permission to use
	the bathroom)
0	More support to help me understand about periods and exercise
0	Access to sanitary products in PE
0	Information to my parents about PE and periods
0	Offering girls only PE lessons
0	Something else
0	Nothing, what they already do is good
	If 'something else', please specify
	The state of the s
4	
<.0	
Q19	[if yes to Q15] How comfortable do you feel talking to your PE teacher about periods?
	Please choose one answer.
0	Very comfortable
0	·
U	Somewhat comfortable
0	Somewhat comfortable Not at all comfortable

Q20 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	0	0	0	0	0
I am happy with the amount of physical activity I do	0	0	0	0	lejego
I would like to have a say in the activities we do in PE and after school clubs	O	0	0	Sileon	0
The skills I learn in PE help me in and outside of school	0	0	1,8901	0	0
I like it when my PE lessons are competitive	0	9/51/	0	0	0
I understand why being active is good for me	0 816	0	0	0	0
I feel like I can be myself when I am being active	11.00	0	0	0	0
Some sports are for boys and some sports are for girls	0	0	0	0	0
My school encourages me to be active	0	0	0	0	0
I am active with my family outside of school	0	0	0	0	0
I have the same opportunities as boys in school to do the sports and activities I want to	O	O	O	O	0
Events like the Women's Football and the Olympics inspire me to be more active	O	O	O	0	O

Q21. 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	О	0	0	0	oline
comfortable	0	0	0	0	léje o
smart	0	0	0	0,000	0
athletic	0	0	0	125.0	0

Q22. How could your school PE/sports kit be improved to encourage you to take part more?

P	lease	choose	one	answer.

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

Q23	Which one of	these bes	t describes	your bac	ckground	or ethnicity?

U	writte (british of English)
0	White (not British or English)
0	Mixed / multiple ethnic groups
0	Asian / Asian British
0	Black / African / Caribbean / Black British
0	Other ethnic group
0	Don't know
0	Prefer not to say

Please specify your ethnic group? - White

0	British/English/Welsh/Scottis	sh/Norther	n Irish O	Irish	0	Gypsy or Irish Tra	ıvelle
O Other white				Prefer not	to say		
Please	specify your ethnic group? - N	Vixed / mu	ltiple ethnic g	groups			
0	White and Black	0	Caribbean	0	Whit	te and Asian	
0	White and Black African	0	Other mixed	0	Pref	er not to say	

Please specify your ethnic group? - Asian / Asian British

0 0	Indian Chinese	0 0	Pakistani Other Asian	0 0	Bangladeshi Prefer not to say		
Please	specify your ethnic grou	p? - Black / A	frican / Caribbean /	Black Britisl	1		
0 0	African O Caribbean O Other black Prefer not to say						
Please	specify your ethnic grou	p? - Other etl	nnic group				
0	Arab	0	Other	0	Prefer not to say		
If 'othe	er', please specify				Prefer not to say		
Q24	What is your faith / reli	gion?			e Ale Collin		
	Choose one option that	best describ	es your faith or back	ground.	1262		
0	Christian			,	$O_{I_{I_{I_{I_{I_{I_{I_{I_{I_{I_{I_{I_{I_$		
0	Muslim			.05	2		
0	Hindu			1/10			
О	Sikh			181			
0	Jewish						
0	Buddhist		1/2				
0	Other religion		91.				
0	No religion						
0	Prefer not to say		162				
	·		6/1				
025	Do you have a disability	. ar a anadal	advectional pood w	بمحجم طونطي			
Q25	Do you have a disability	, or a special	educational need, w	vnich means	s you need extra help to do things?		
0	Yes	11/8					
0	No	Pho-					
0	Prefer not to say	0/.					
0	Don't know						
	(6),						
Q26	Do your parents have to	o pay if you h	ave school meals?				
0	Yes						
0	No						
0	Prefer not to say						
0,0	Don't know						
Q27	Which of the following	best describe	s how you think abo	out yourself	1		
	You can choose more th	nan one answ	er.				
O	Straight / heterosexual						
O	Gay / Lesbian						
0	Bisexual						
O	Not sure						

Prefer not to say Other

If 'other', please specify

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