

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

Please choose one answer.

Never	1 day	2 days	3 days	4 days	5 days
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

Please choose one answer.

Never	1 day	2 days	3 days	4 days	5 days	6 days	7 days
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q7 Do you lead any sport or physical activity? (e.g. this could be a referee, coach or organiser)

You can choose more than one answer.

In school	Outside of school	Neither
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q8 Would you like to lead any sport and physical activity?...

In school	Outside of school	Neither
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What you think

Q9a Would you like to be more active in school?

Yes	No
<input type="radio"/>	<input type="radio"/>

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

You can choose more than one answer.

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

Q10 From the activities listed, which three would you like to do the most at school?

Please choose three answers.

- | | | |
|---|---|---|
| <input type="radio"/> American Football | <input type="radio"/> Football / Futsal | <input type="radio"/> Running |
| <input type="radio"/> Archery | <input type="radio"/> Freerunning / Parkour | <input type="radio"/> Sailing / Windsurfing |

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

If 'something else', please specify

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

Please choose one answer.

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

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

Please choose one answer.

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

If 'something else', please specify

Looking at the list below...

Q12 ...What, if anything, motivates you to be active at school?

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

- It is good for my wellbeing
- Getting fit and healthy
- Having fun
- Playing to win
- Learning new sports / skills
- Getting better at the sports / games I play
- Being with friends
- Being outside
- Making new friends
- Being part of a team
- Learning skills that help me in life / other school subjects

- Something else
- I am not motivated by anything

If 'something else', please specify

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 me taking part'.

Feelings

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

Other people

- I don't feel encouraged to take part by my family
- My friends don't want to do it
- Other people make fun of me
- I don't like getting changed in front of other people
- I don't like how the person delivers the activities
- I don't like other people watching me
- I don't like taking part with boys

Other things

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

- Something else
- Nothing stops me taking part

If 'something else', please specify

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

- I am not confident
- I can't be bothered
- I don't enjoy it
- I don't feel I can be myself at sports clubs/facilities
- I'm not good at it
- I worry about how I look
- I don't like getting hot and sweaty
- I don't feel safe
- My breasts feel uncomfortable when I exercise**

Other people

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

Other things

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

- My school work is more important to me
- I can't get home if I stay after school
- When I have my period**
- It costs too much money
- I can't get transport to/from activities
- I don't have time because I already do a lot of physical activity
- My time is taken up with other activities
- I have an injury
- I'm not able to do it because the activities are not suitable for me
- I don't know how to get involved
- There isn't enough time to get changed
- 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

If 'something else', please specify

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.

- Yes
- No
- Not applicable

Q16 [if yes to Q15] Do you take part in PE when you have your period?

Please choose one answer.

- Always
- Mostly
- Sometimes
- Never

Q17 [if yes to Q15] When you have your period, do any of the following things worry you about taking part in PE or school sport?

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

- I don't have the energy

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

If 'something else', please specify

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'.

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

If 'something else', please specify

Q19 [if yes to Q15] How comfortable do you feel talking to your PE teacher about periods?

Please choose one answer.

- Very comfortable
- Somewhat comfortable
- Not at all comfortable

More about you

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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am happy with the amount of physical activity I do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I would like to have a say in the activities we do in PE and after school clubs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The skills I learn in PE help me in and outside of school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like it when my PE lessons are competitive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I understand why being active is good for me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel like I can be myself when I am being active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Some sports are for boys and some sports are for girls	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My school encourages me to be active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am active with my family outside of school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have the same opportunities as boys in school to do the sports and activities I want to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Events like the Women's Football and the Olympics inspire me to be more active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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

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

Please choose one answer.

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

Q23 Which one of these best describes your background or ethnicity?

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

Please specify your ethnic group? - White

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

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

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

Please specify your ethnic group? - Asian / Asian British

- Indian Pakistani Bangladeshi
 Chinese Other Asian Prefer not to say

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

- African Caribbean Other black
 Prefer not to say

Please specify your ethnic group? - Other ethnic group

- Arab Other Prefer not to say

If 'other', please specify

Q24 What is your faith / religion?

Choose one option that best describes your faith or background.

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

Q25 Do you have a disability, or a special educational need, which means you need extra help to do things?

- Yes
 No
 Prefer not to say
 Don't know

Q26 Do your parents have to pay if you have school meals?

- Yes
 No
 Prefer not to say
 Don't know

Q27 Which of the following best describes how you think about yourself?

You can choose more than one answer.

- Straight / heterosexual
 Gay / Lesbian
 Bisexual
 Not sure

Prefer not to say

Other

If 'other', please specify

Q28 What is the name of your school?

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