



Girls Active

National report

June 2026 / Girls' report





Overall attitudes to PE and physical activity

77%

enjoy taking part in physical activity

64%

enjoy taking part in PE

46%

enjoy learning at school



Top 10 barriers to being active at school

41%

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

40%

I don't like getting hot and sweaty

40%

I don't like other people watching me

37%

I worry about how I look

37%

When I have my period*

36%

I am not confident

34%

I don't like taking part with boys

33%

I can't be bothered

32%

I'm not good at it

32%

I don't like the PE kit



Top 10 motivators for being active at school

67%

Being with friends

61%

Having fun

40%

Getting fit and healthy

33%

Getting better at the sports / games I play

33%

Being outside

28%

Learning new sports / skills

27%

Being part of a team

26%

Feeling good about myself

25%

Playing to win

23%

Making new friends



Preferred group for sport, physical activity and PE

In terms of gender:

66% Girls only

20% Don't mind

14% Mixed (all young people together)

In terms of motivations:

76% With friends

11% With students of similar ability

3% With students with similar motivations

3% With students wanting to take similar curriculum pathways

6% Don't mind

1% Something else



Leading sport and physical activity

12% % who lead sport in school

18% % who lead sport outside of school

22% % who would **like to** lead sport in school

16% % who would **like to** lead sport outside of school



Top 3 worries for girls in PE during their period

70% I am in pain/uncomfortable

62% I worry about leaking

60% I don't have the energy



Top 3 suggested improvements to PE/sports kit

60% I would like to have more options to choose from

28% I would like the design of our kit to be more practical

27% Extra-curricular kit could be flexible / own choice

Girls' report: Introduction

This report summarises responses to the *Girls Active Questionnaire* that girls completed between January and June 2026. This report is based on **8265 responses from girls** (11668 unweighted).

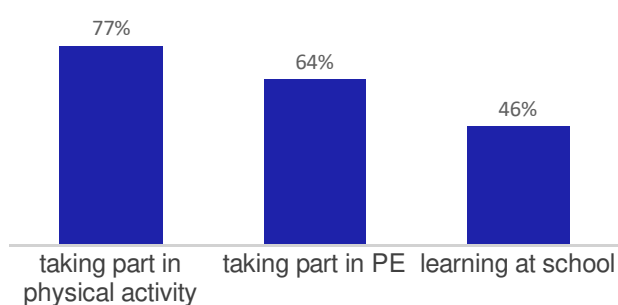
For more information about Girls Active please visit www.youthsporttrust.org/girls-active

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* (64%) and *learning at school* (46%).

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



Base: All respondents

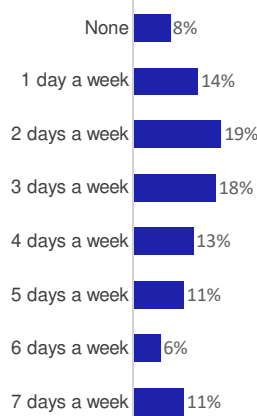
Being active (including screentime)

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

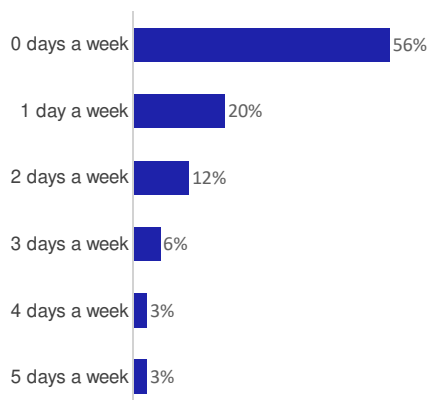


Base: All respondents

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* (56%). On average, girls took part on 0.9 days per week.

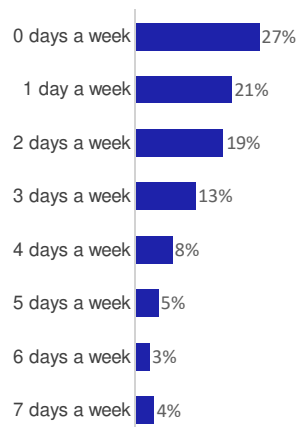
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on *0 days a week* (27%). On average, girls took part on 2.0 days per week.

Days of physical activity at school, excluding PE lessons



Base: All respondents

Days of physical activity outside of school

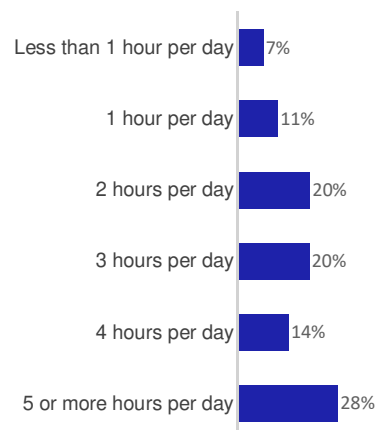


Base: All respondents

The chart on the right shows how many hours of screentime girls reported on an average school day. This included time spent in front of a TV, smart phone, computer, tablet, or similar electronic device which they used to watch shows, videos, play games or use social media, but excluded any time spent doing school work.

The most common answer was *5 or more hours per day* (28%).

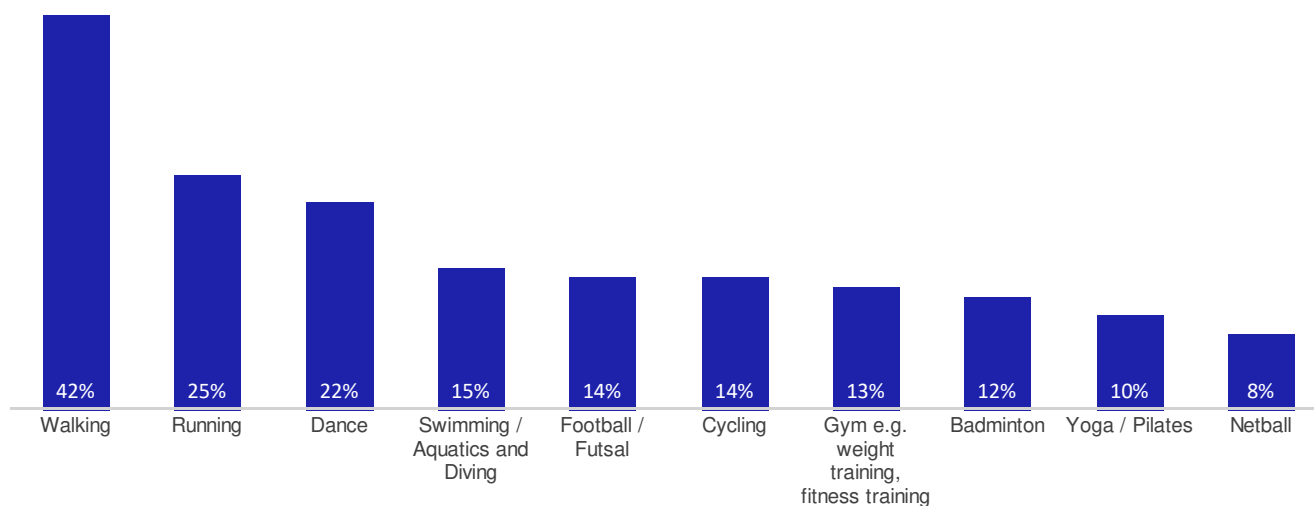
Hours of screentime excluding schoolwork



Base: All respondents

The following chart shows the top 10 activities that girls said they take part in outside of school. This included activities at a club outside of school or at home with family. The most popular activities were *Walking* (42%), *Running* (25%), and *Dance* (22%).

From the activities listed, which do you do outside of school?

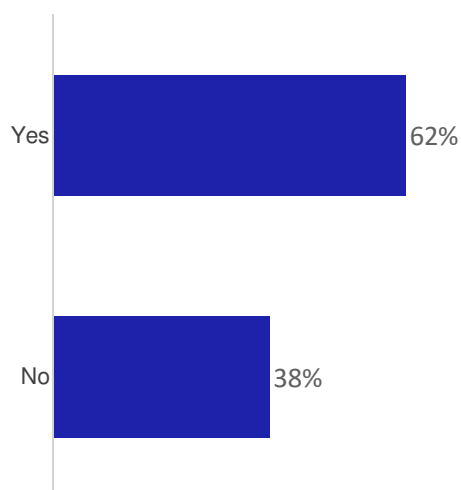


Base: All respondents

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

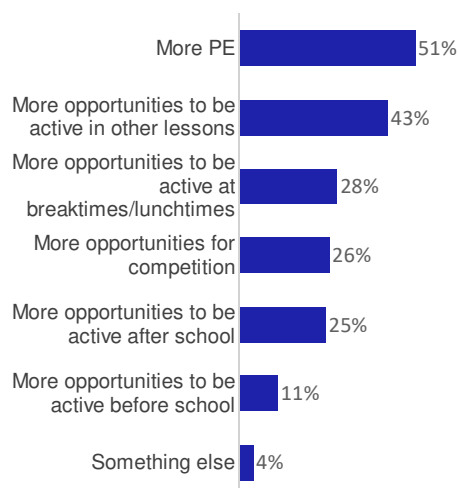
When asked *how* they would like to be more active, they were most likely to say *More PE* (51%) or *More opportunities to be active in other lessons* (43%).

Would you like to be more active in school?



Base: All respondents

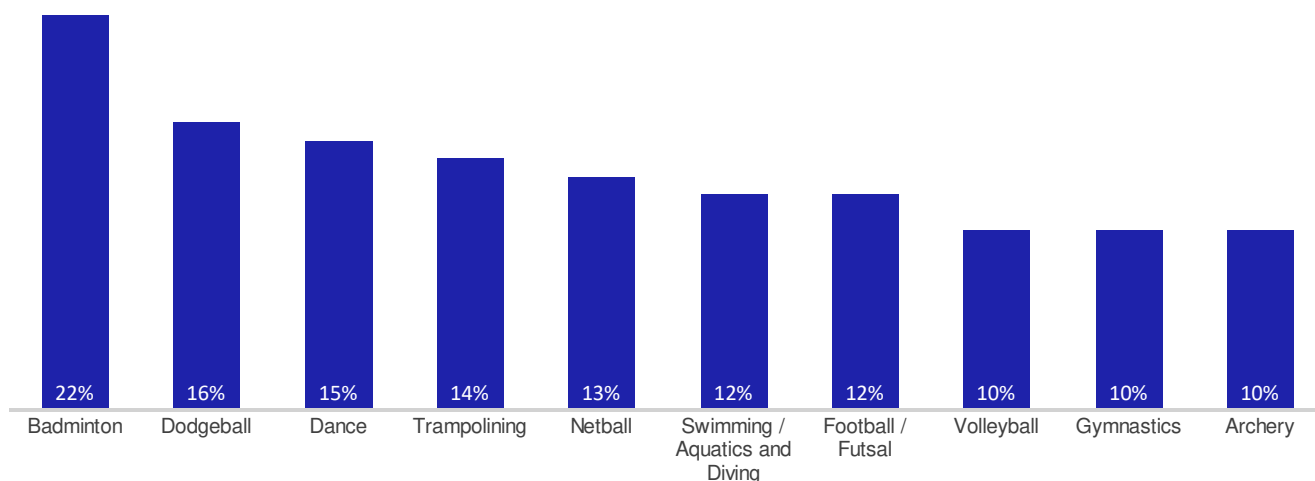
How would you like to be more active in school?



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* (22%), *Dodgeball* (16%), and *Dance* (15%).

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

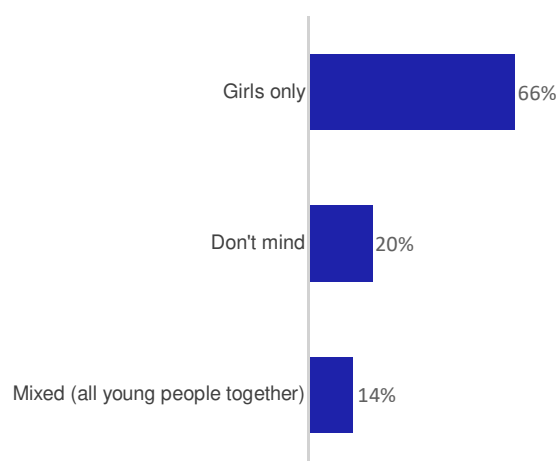


Base: All respondents

Girls were asked two questions relating to groups in PE, sport and physical activity. Firstly, (below left) in relation to gender, then secondly (below right) in relation to motivations.

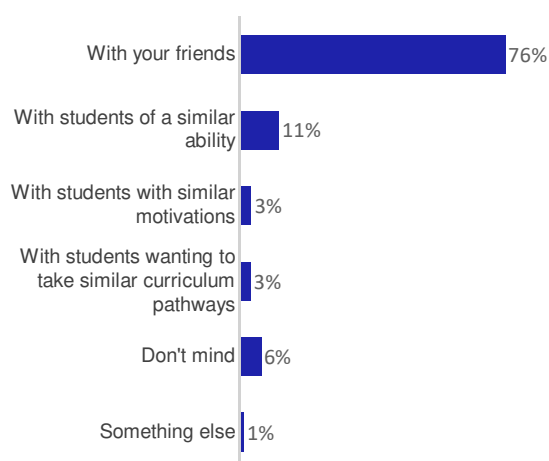
In terms of gender they were most likely to say *Girls only* (66%), while the most common response in terms of motivations was *With your friends* (76%).

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?



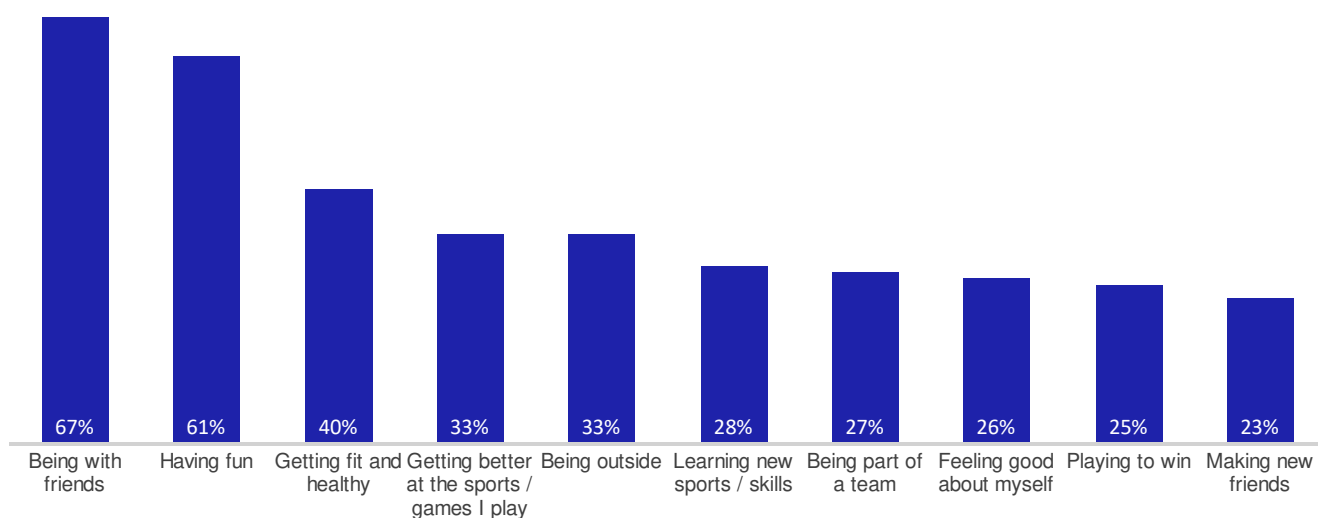
Base: All respondents

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* (67%), *Having fun* (61%), and *Getting fit and healthy* (40%).

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

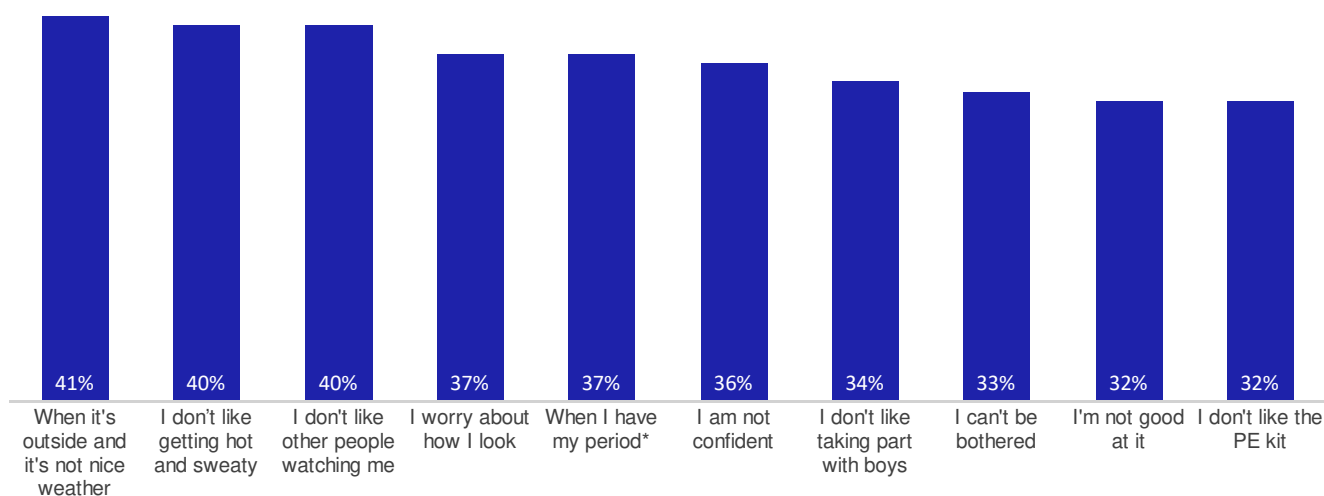


Base: All respondents

What stops you? (including influence of girls and boys)

The top 3 barriers that stopped girls from being more active were; *When it's outside and it's not nice weather* (41%), *I don't like getting hot and sweaty* (40%), and *I don't like other people watching me* (40%). 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.

The 254 respondents who said that girls making negative comments about them stops them from being active/more active at school were asked what those negative comments were typically about. They were most likely to say *How I look* or *How good I am at the sport or activity*.

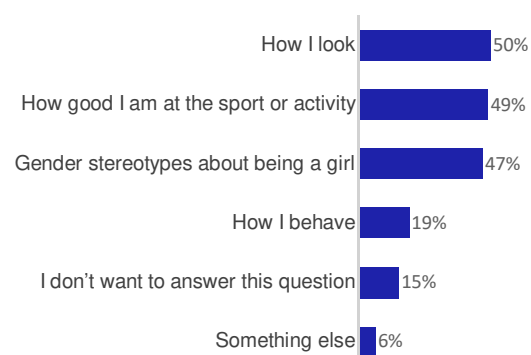
The 279 respondents who said that boys making negative comments stops them from being active/more active at school were asked what those comments were typically about, and were most likely to reply *How I look* or *How good I am at the sport or activity*.

What are the negative comments from girls typically about?



Base: All respondents in Yr 7 and above who said that girls making negative comments about them stops them from being active/more active in school

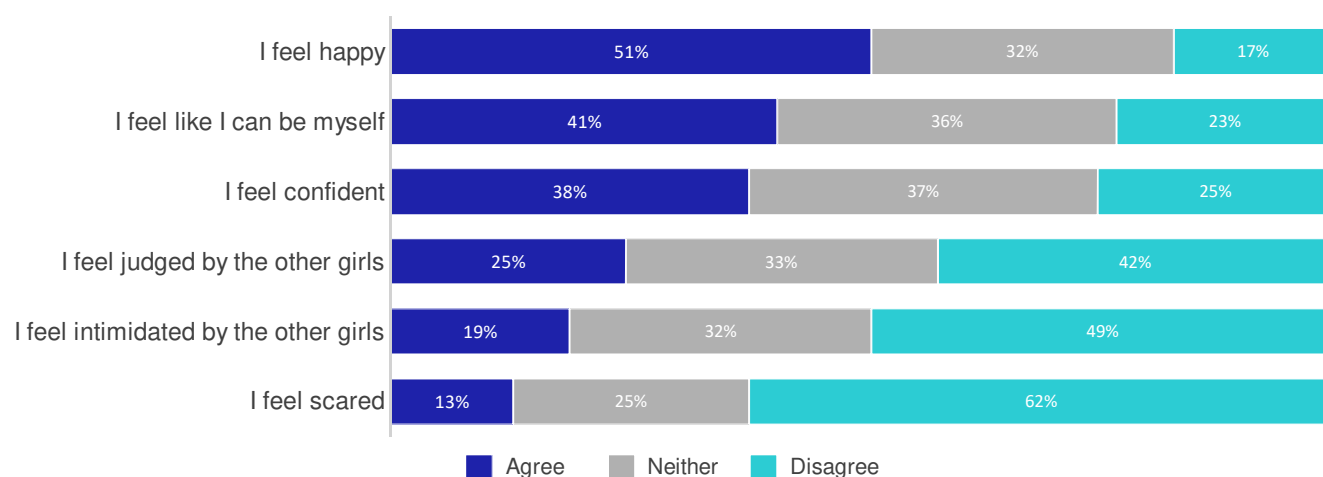
What are the negative comments from boys typically about?



Base: All respondents in Yr 7 and above who said that boys making negative comments about them stops them from being active/more active in school

Girls who said that they never take part in PE with boys were shown a list of statements and asked "When you take part in PE with girls only, how do you feel?". They responded to each statement on a scale of Strongly agree to Strongly disagree, and their response are charted below.

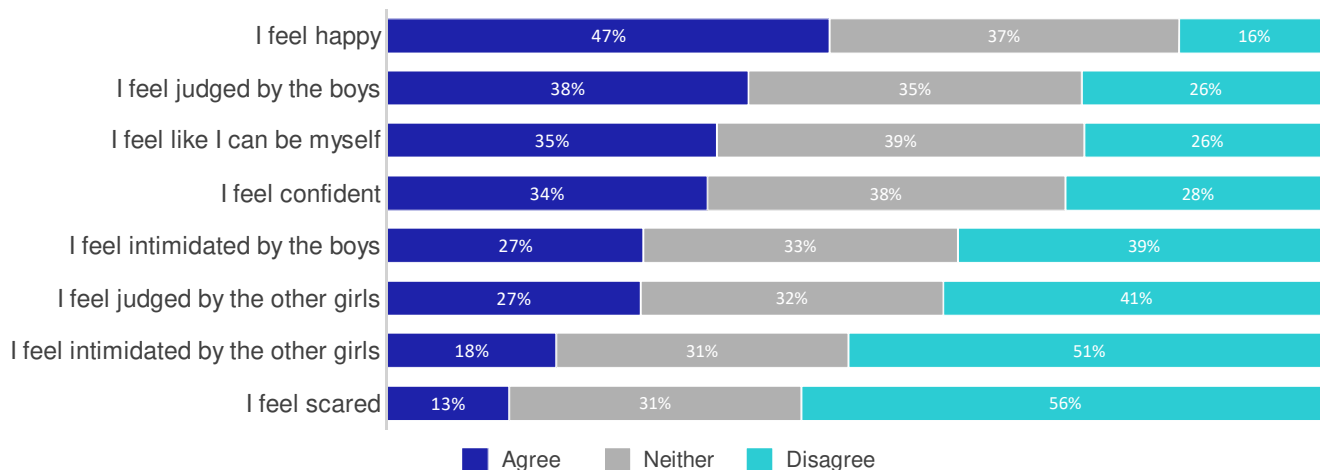
National data



Base: All respondents in Yr 7 and above who take part in PE with girls only

Girls who take part in PE with girls *and* boys were shown a list of statements and asked "When you take part in PE with girls and boys, how do you feel?". They responded to each statement on a scale of Strongly agree to Strongly disagree, and their response are charted below.

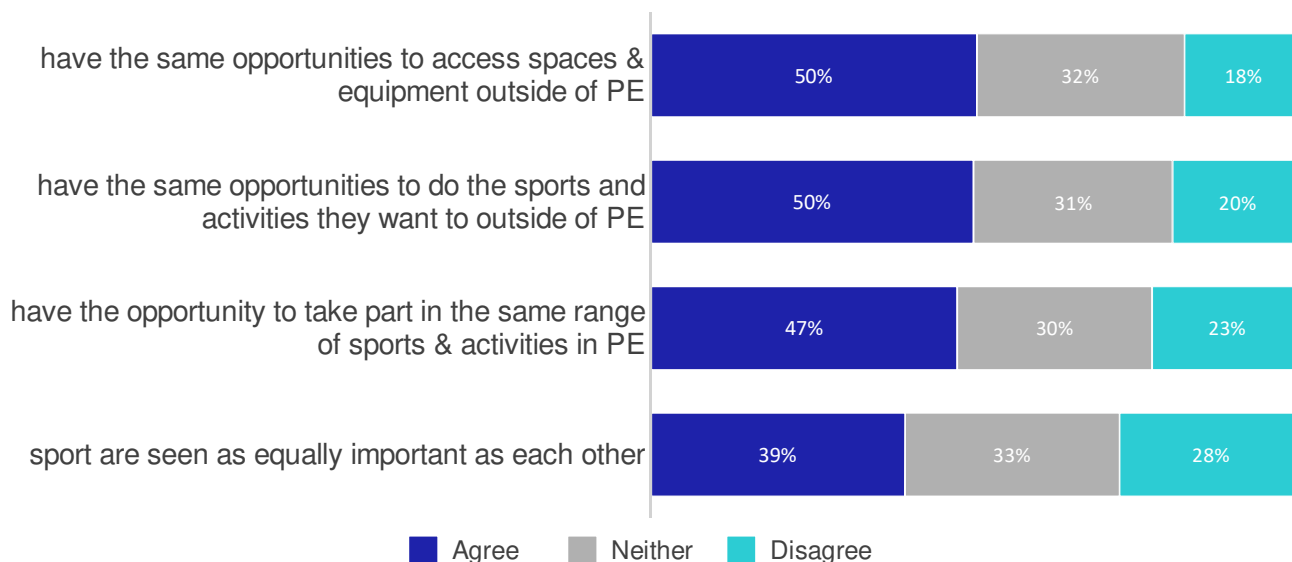
National data



Base: All respondents in Yr 7 and above who take part in PE with girls and boys

The following charts show girls' level of agreement with a series of statements about their school. Overall, girls were most likely agree that *Girls and boys have the same opportunities to access spaces and equipment outside of PE (e.g. clubs, fixtures, lunchtime)* (50%).

National data: Girls and boys...



Base: All respondents

Leading sport and physical activity

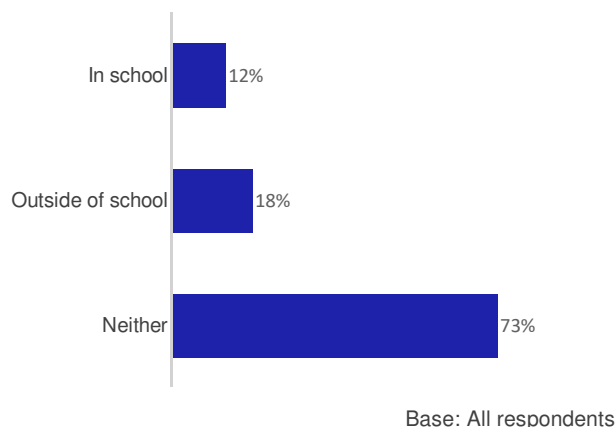
Girls were asked whether they lead any sport or physical activity - refereeing, coaching, or organising, for example - either inside or outside of school.

12% said that they lead sport in school, while 18% lead outside of school.

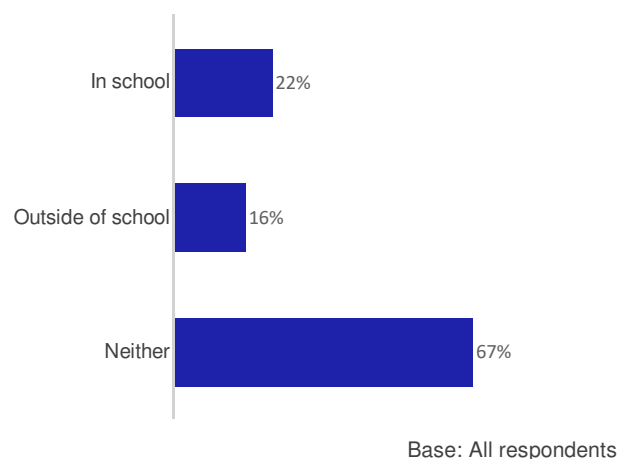
They were then asked whether they would *like to* lead sport or physical activity.

22% said that they would like to lead sport or physical activity at school, compared to 16% outside of school.

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

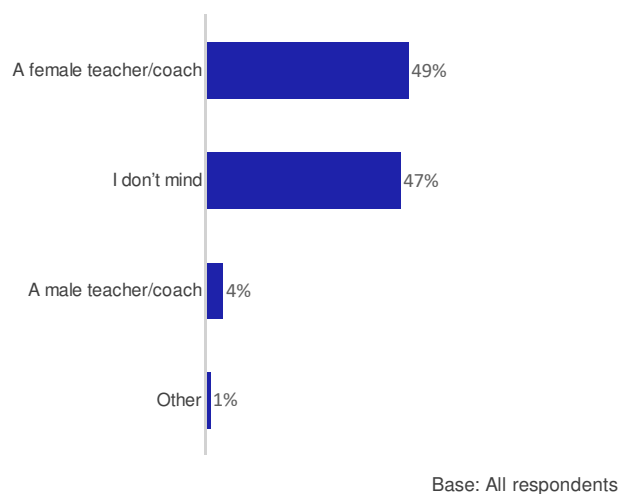


Would you like any leadership roles in sport / physical activity?



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?

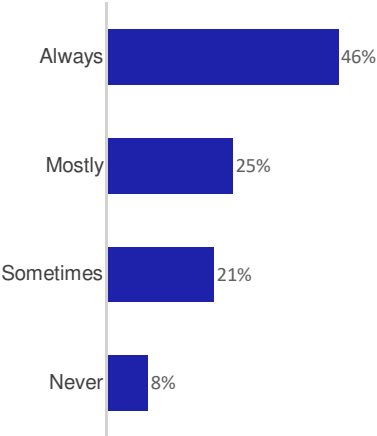


PE and periods

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.

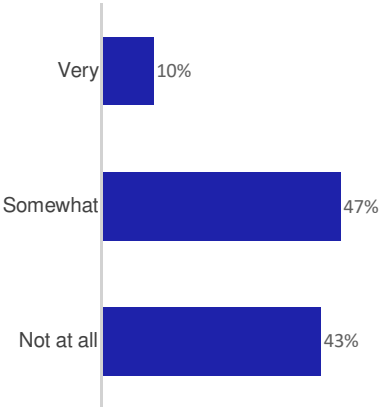
These questions were only available for those in year 7 and above, were optional, and were answered by 4487 girls. Those selecting *No* or *Not applicable* are not included the charts below.

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?



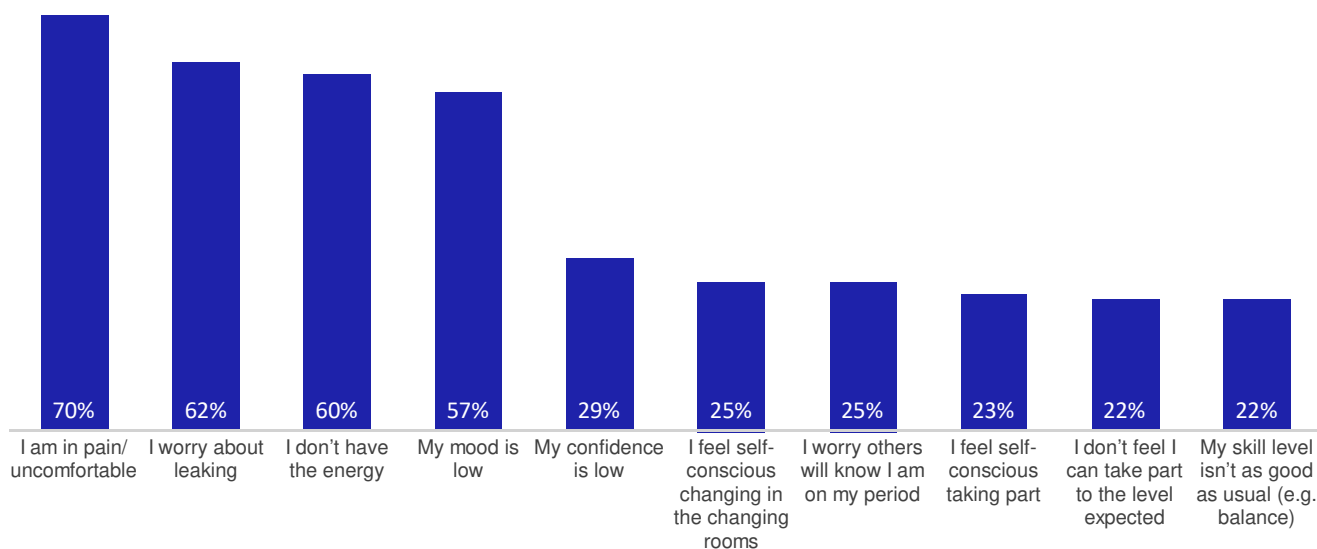
Base: All respondents in Yr 7 & above (excl. No/Not applicable)

46% of girls said that they *Always* take part in PE when they have their period, and at the other end of the scale, 8% *Never* take part in PE when they have their period.

57% 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* (70%), *I worry about leaking* (62%), or *I worry about leaking* (60%). 8% said that they weren't concerned by any of these issues.

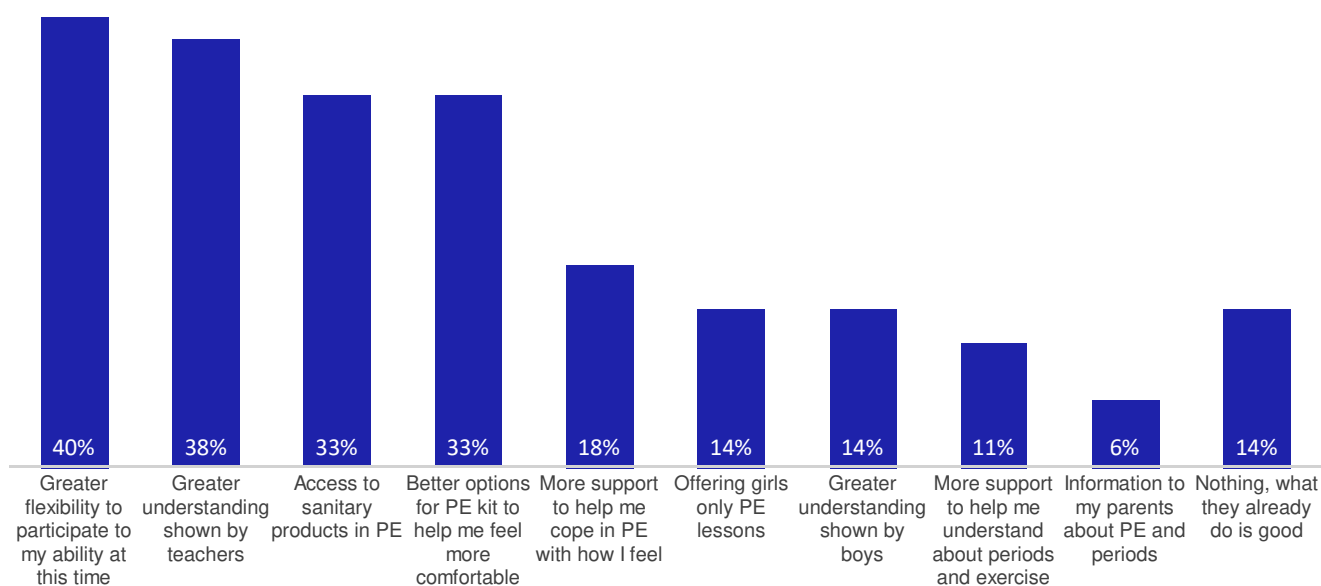
When you have your period which of the following things concern you about participating in PE or school sport?



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* (40%), *Greater understanding shown by teachers* (38%), or *Access to sanitary products in PE* (33%). 14% 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?

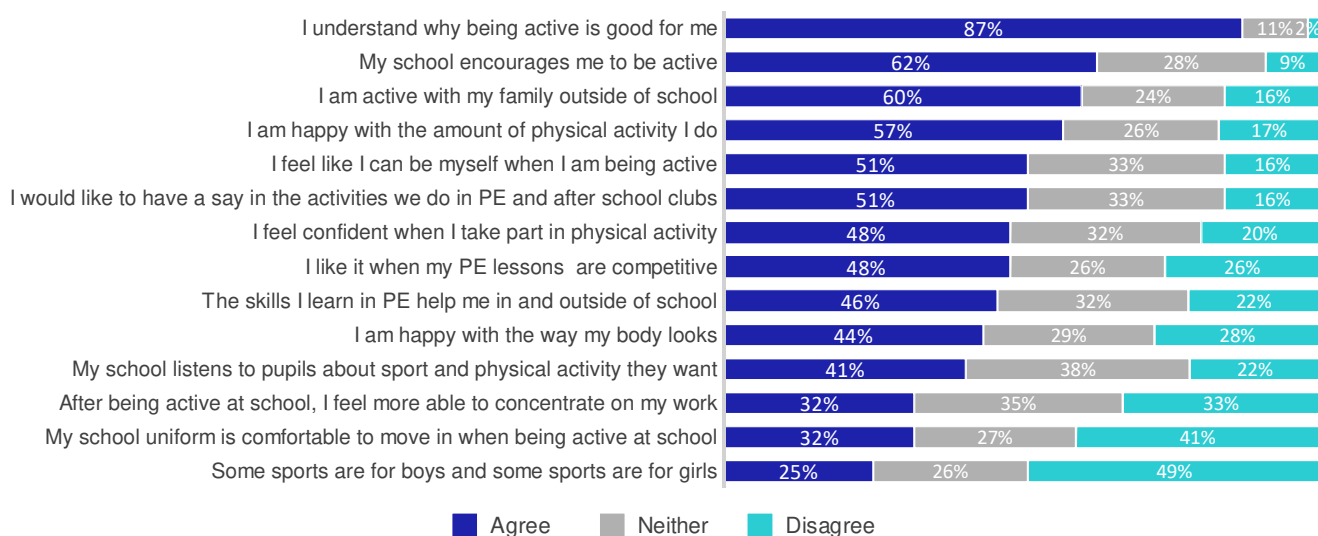


Base: All respondents in Yr 7 & above (excl. No/Not applicable)

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* (87%), *My school encourages me to be active* (62%) and *I am active with my family outside of school* (60%).

National data

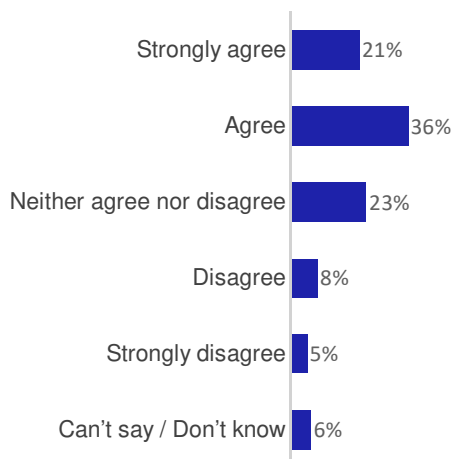


Base: All respondents

Overall, 58% of girls *Strongly agreed* or *Agreed* with the statement "If I find something difficult, I keep trying until I can do it".

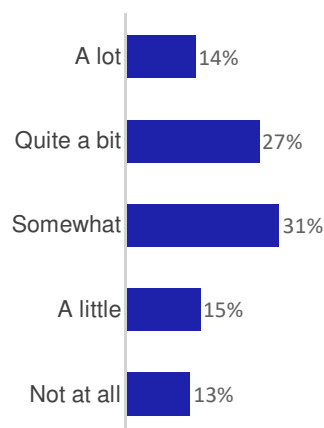
When asked if they felt that they belong at their school 41% replied *A lot* or *Quite a bit*.

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



Base: All respondents

How much do you agree or disagree with the following statement: I feel that I belong at my school.



Base: All respondents

The following charts show how girls rated their happiness and life satisfaction on a scale of 0 to 10, where 0 is 'not at all' and 10 is 'completely'.

Overall, how happy did you feel yesterday?



Base: All respondents

Overall, how satisfied are you with your life nowadays?

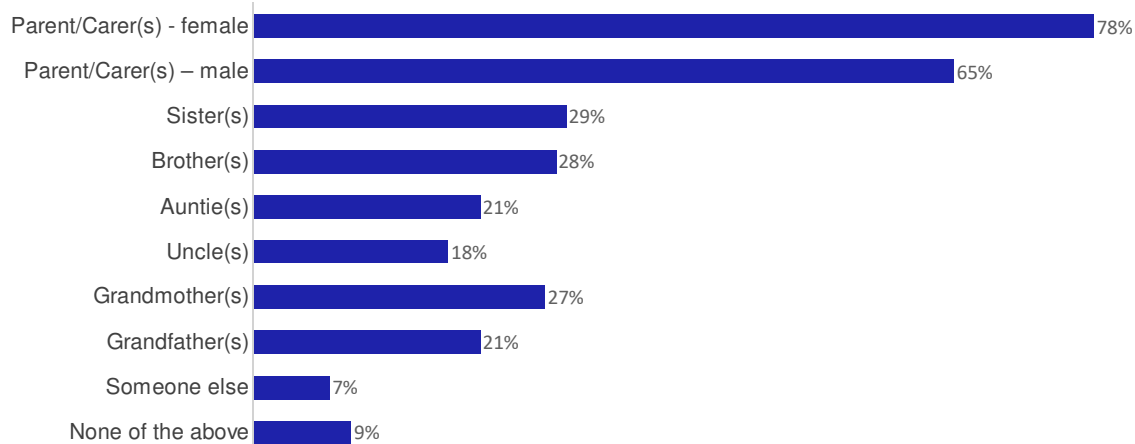


Base: All respondents

Girls were most likely to say that they were supported in being active by their *Parent/Carer(s) - female* (78%) or *Parent/Carer(s) – male* (65%).

9% said that nobody in their family supported them to be active.

Who in your family supports you to be active?

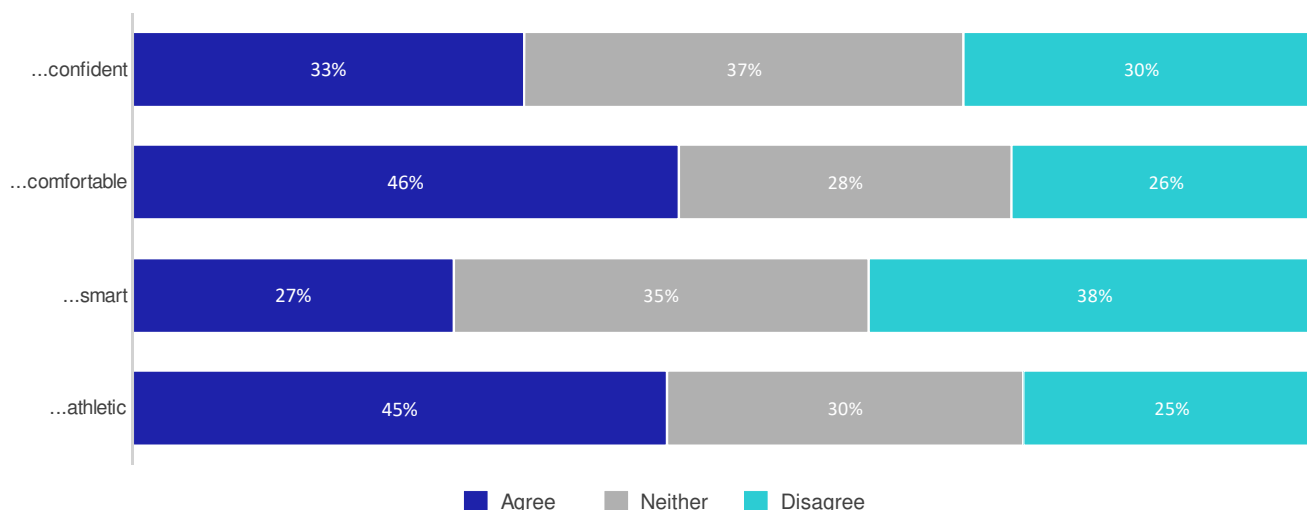


Base: All respondents in Yr 7 & above

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*, 27% felt *Smart* and 45% felt *Athletic*.

National data

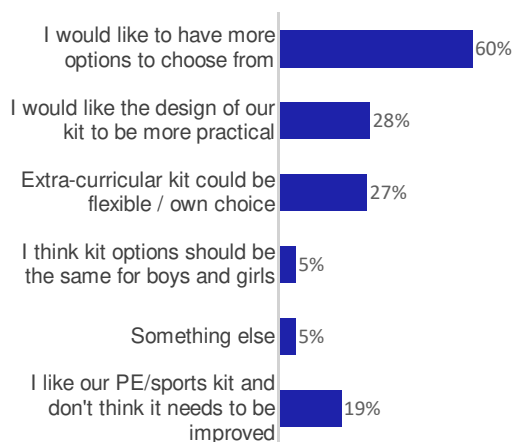


Base: All respondents

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*' (60%), '*I would like the design of our kit to be more practical*' (28%), and '*Extra-curricular kit could be flexible / own choice*' (27%).

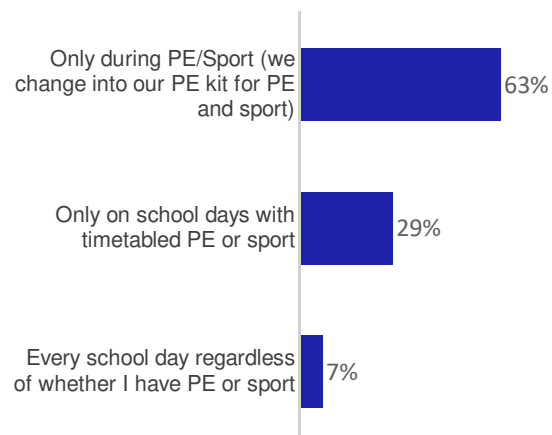
19% said that they like the current PE kit or didn't think it needed to be changed.

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



Base: All respondents

At school, when are you allowed to wear your PE/sports kit?

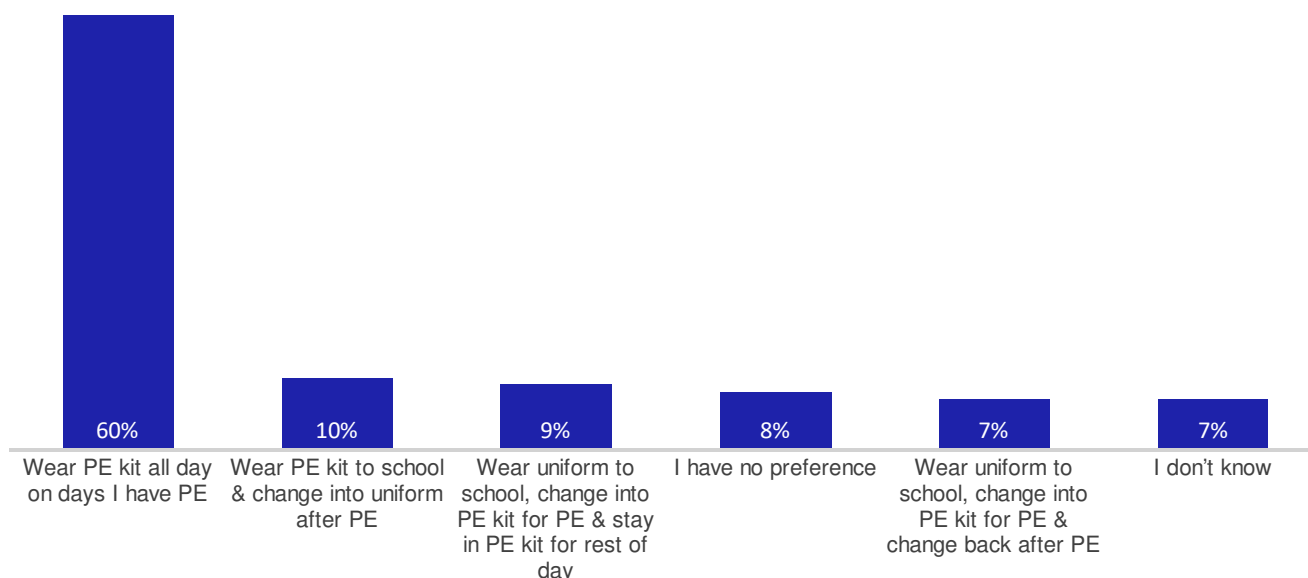


Base: All respondents

Girls were most likely to say that they were allowed to wear their PE kit *Only during PE/Sport (we change into our PE kit for PE and sport)* (63%).

Girls were asked which of the following options they would prefer to do on days they have PE. The most popular choice was *I would prefer to wear my PE kit all day on days I have PE*.

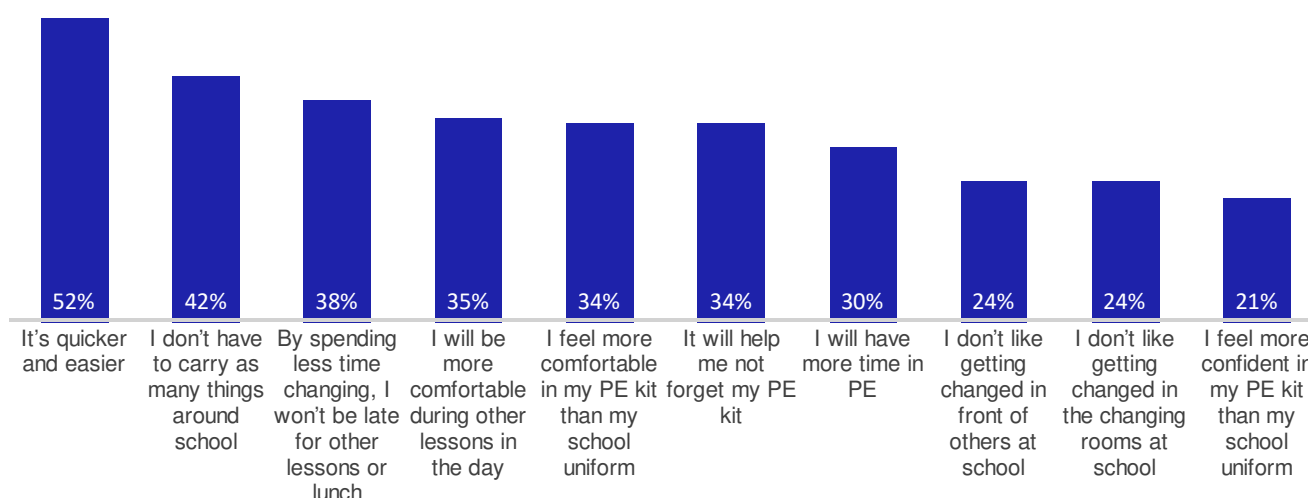
Which of the following would you prefer to do on days you have PE?



Base: All respondents in Year 7 & above

The chart below shows the top 10 things that would motivate girls to wear their PE kit at school outside of PE lessons on days they have PE. They were most likely to say *It's quicker and easier* (52%). However, 3% said that nothing would encourage them to wear their PE kit outside of PE lessons on days that they have PE.

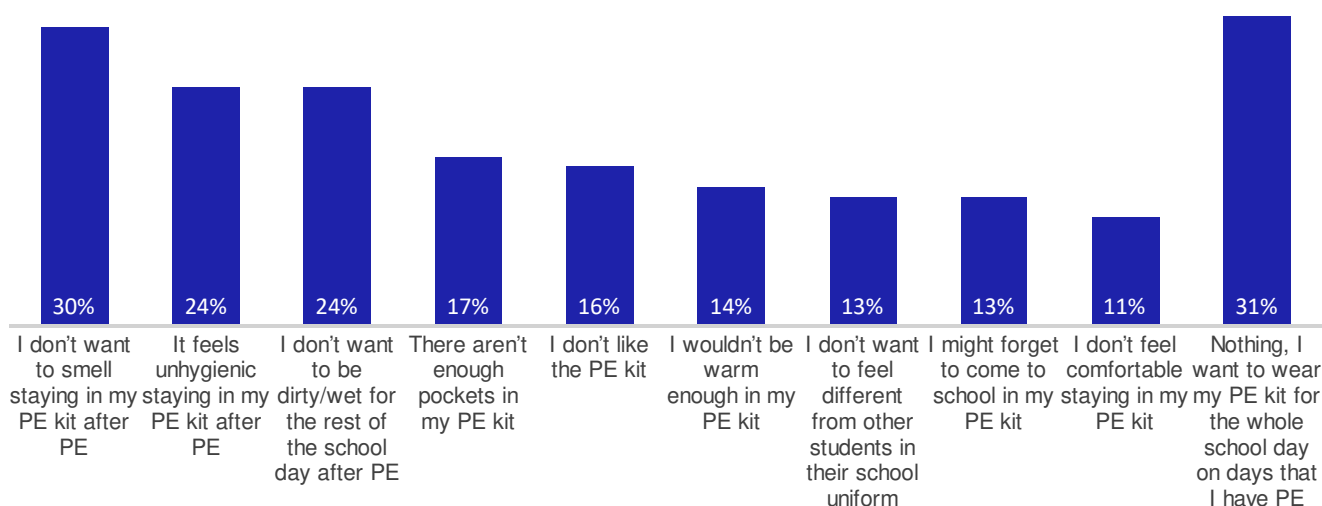
Thinking about the days that you have PE, what would motivate you to wear your PE kit for the whole school day?



Base: All respondents in Year 7 & above

The most common reason that girls said they wouldn't want to wear PE kit at school outside of PE lessons on days they have PE was *I don't want to smell staying in my PE kit after PE* (30%). The top 10 reasons are shown below, although 31% of girls said that they weren't put off by any of these barriers.

Thinking about the days that you have PE, what would stop you from wanting to wear your PE kit for the whole school day?

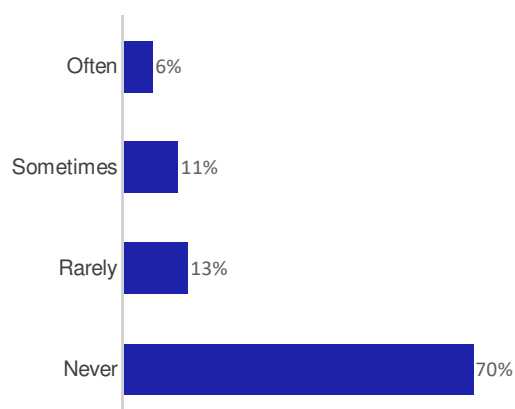


Base: All respondents in Year 7 & above

As part of the PE kit section, girls in year 7 and above were asked how frequently they received information about sports bras during PE lessons. Overall, 17% said *Often* or *Sometimes*, while 83% said *Rarely* or *Never*.

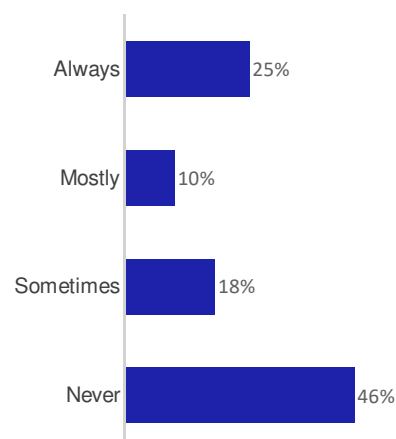
When asked how often they wear a sports bra in PE, 35% of girls said *Always* or *Mostly*, while 46% said *Never*.

How frequently do you receive information/education about sports bras during your PE lessons?



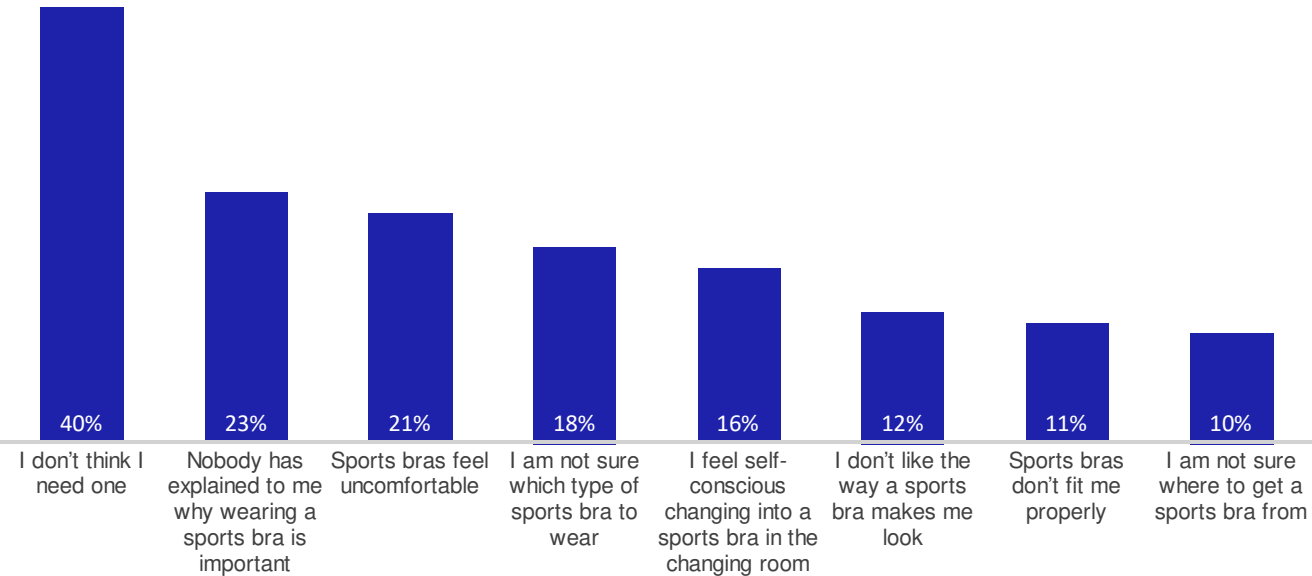
Base: All respondents in Yr 7 & above

How often, if at all, do you wear a sports bra when you take part in PE?



Base: All respondents in Yr 7 & above

What if anything, stops you from wearing a sports bra when you take part in PE?



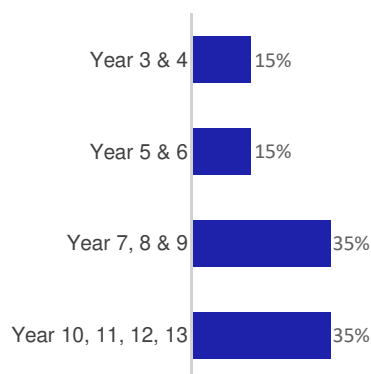
Base: All respondents in Year 7 & above

Those who said that they *Mostly*, *Sometimes*, or *Never* wear a sports bra in PE were asked what, if anything, stopped them from doing so. The chart above shows that the most common responses were *I don't think I need one* (40%), and *Nobody has explained to me why wearing a sports bra is important* (23%).

Pupil profile

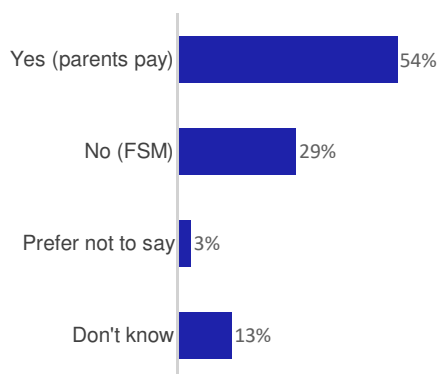
The charts below show the profile of girls who responded to the questionnaire. Girls were most likely to describe their ethnic background as *White (British or English)* (54%). 29% said that they receive free school meals, and 12% said that they have a Special Educational Need or Disability (SEND).

Year group



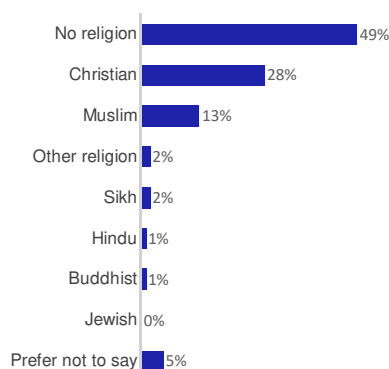
Base: All respondents

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



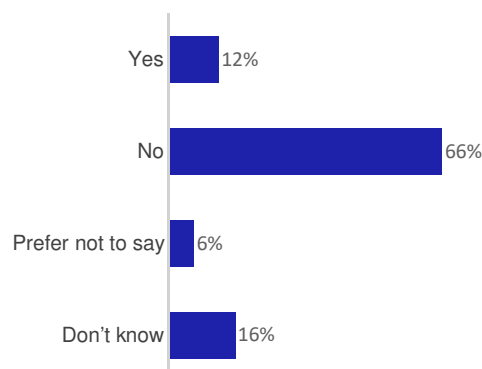
Base: All respondents

Faith or religion



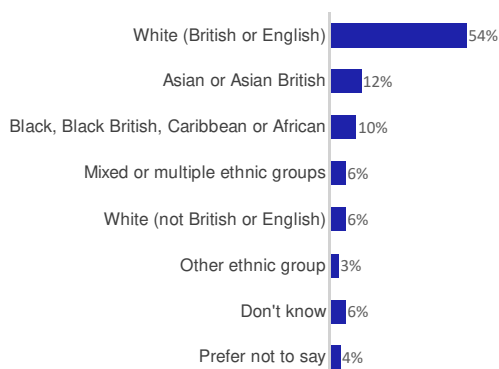
Base: All respondents in Yr 7 & above

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	87	73	70	71	79	77	75	55	89
taking part in PE	64	84	79	61	52	59	68	63	64	47	77
learning at school	46	-	-	41	49	39	50	44	49	39	51

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%	6%	5%	7%	10%	8%	7%	6%	9%	36%	-
1 day a week	14%	14%	10%	13%	16%	15%	13%	11%	17%	64%	-
2 days a week	19%	16%	18%	21%	19%	18%	19%	17%	20%	-	-
3 days a week	18%	13%	18%	20%	20%	17%	19%	19%	18%	-	-
4 days a week	13%	10%	14%	14%	14%	13%	13%	15%	11%	-	-
5 days a week	11%	14%	11%	11%	9%	10%	11%	12%	10%	-	39%
6 days a week	6%	7%	8%	6%	6%	5%	7%	8%	5%	-	23%
7 days a week	11%	20%	17%	9%	6%	13%	10%	11%	10%	-	38%

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	56%	51%	62%	50%	56%	56%	57%	73%	43%
1 day a week	20%	21%	18%	19%	20%	19%	20%	18%	18%
2 days a week	12%	14%	11%	15%	12%	12%	12%	6%	13%
3 days a week	6%	8%	4%	8%	6%	7%	6%	2%	10%
4 days a week	3%	3%	3%	3%	3%	4%	2%	1%	8%
5 days a week	3%	4%	2%	5%	3%	3%	3%	1%	9%

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	27%	25%	29%	23%	27%	21%	32%	57%	11%
1 day a week	21%	22%	20%	19%	21%	19%	23%	25%	10%
2 days a week	19%	19%	19%	19%	19%	19%	19%	10%	13%
3 days a week	13%	14%	12%	15%	13%	15%	11%	4%	13%
4 days a week	8%	8%	9%	10%	8%	11%	6%	2%	16%
5 days a week	5%	5%	5%	5%	5%	6%	4%	1%	14%
6 days a week	3%	3%	3%	2%	3%	4%	2%	0%	10%
7 days a week	4%	4%	4%	6%	4%	4%	3%	1%	13%

From the activities listed, which do you do outside of school? (e.g. this could be at a club outside of school, or at home with your family). You can choose more than 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
Walking	42%	41%	43%	40%	43%	41%	44%	36%	46%
Running	25%	26%	23%	21%	26%	24%	25%	14%	35%
Dance	22%	26%	18%	25%	21%	24%	18%	14%	28%
Swimming / Aquatics and Diving	15%	18%	12%	18%	14%	15%	14%	8%	21%
Football / Futsal	14%	18%	11%	13%	14%	14%	15%	9%	18%
Cycling	14%	16%	12%	15%	14%	14%	14%	9%	19%
Gym e.g. weight training, fitness training	13%	11%	14%	15%	13%	14%	12%	6%	23%
Badminton	12%	12%	12%	8%	14%	7%	21%	11%	12%
Yoga / Pilates	10%	8%	11%	9%	10%	10%	12%	7%	16%
Netball	8%	9%	7%	8%	8%	9%	7%	3%	12%

On an average school day, how many hours do you spend in front of a TV, smart phone, computer, tablet, or similar electronic device when you watch shows, videos, play games or use social media?

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
Less than 1 hour per day	7%	23%	12%	4%	2%	8%	8%	6%	8%	8%	9%
1 hour per day	11%	25%	17%	8%	6%	11%	12%	10%	12%	8%	14%
2 hours per day	20%	23%	26%	18%	17%	16%	21%	20%	20%	14%	23%
3 hours per day	20%	12%	21%	21%	22%	18%	21%	21%	19%	17%	21%
4 hours per day	14%	5%	11%	16%	18%	14%	14%	15%	15%	13%	12%
5 or more hours per day	28%	12%	14%	33%	35%	32%	24%	29%	27%	40%	20%

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

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	12%	12%	12%	14%	13%	12%	12%	9%	16%
Outside of school	18%	19%	17%	23%	17%	21%	15%	8%	32%
Neither	73%	73%	74%	66%	74%	71%	75%	84%	59%

Would you like any leadership roles in sport / 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	22%	26%	17%	24%	22%	19%	25%	15%	31%
Outside of school	16%	19%	14%	20%	16%	17%	16%	10%	23%
Neither	67%	61%	74%	60%	67%	69%	65%	78%	55%

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
Yes	62%	85%	78%	60%	48%	63%	62%	60%	63%	49%	72%
No	38%	15%	22%	40%	52%	37%	38%	40%	37%	51%	28%

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	51%	54%	52%	51%	50%	54%	52%	54%	47%	50%	54%
More opportunities to be active at breaktimes/lunchtimes	28%	37%	37%	24%	16%	26%	26%	25%	29%	25%	32%
More opportunities to be active after school	25%	26%	25%	26%	24%	22%	26%	23%	28%	23%	27%
More opportunities to be active before school	11%	16%	16%	8%	7%	11%	11%	10%	11%	9%	16%
More opportunities to be active in other lessons like English, Maths and Science	43%	36%	40%	47%	48%	38%	43%	45%	43%	37%	49%
More opportunities for competition	26%	21%	32%	25%	27%	24%	26%	27%	26%	18%	33%
Something else	4%	6%	6%	4%	3%	6%	3%	4%	4%	6%	5%

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	49%	38%	32%	60%	49%	49%	48%	47%	53%	55%	39%
A male teacher/coach	4%	7%	6%	3%	3%	6%	3%	3%	4%	5%	4%
I don't mind	47%	54%	61%	36%	47%	43%	48%	49%	42%	39%	56%
Other	1%	1%	1%	1%	1%	2%	0%	1%	1%	1%	1%

From the activities listed, which three would you like to do the most in PE or other sport and physical activity at school? (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	22%	17%	27%	18%	24%	21%	25%	24%	18%
Dodgeball	16%	18%	15%	15%	17%	15%	18%	19%	12%
Dance	15%	17%	13%	17%	14%	18%	10%	15%	16%
Trampolining	14%	16%	13%	15%	14%	17%	12%	14%	14%
Netball	13%	13%	12%	8%	14%	14%	11%	9%	15%
Swimming / Aquatics and Diving	12%	15%	9%	14%	11%	11%	12%	12%	12%
Football / Futsal	12%	14%	9%	11%	12%	12%	11%	8%	14%
Volleyball	10%	9%	11%	10%	11%	9%	12%	9%	9%
Gymnastics	10%	12%	8%	13%	9%	12%	7%	10%	11%
Archery	10%	9%	11%	11%	9%	8%	12%	11%	8%

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%	69%	64%	64%	67%	67%	65%	69%	61%
Don't mind	20%	17%	22%	17%	20%	20%	19%	19%	22%
Mixed (all young people together)	14%	14%	15%	19%	13%	13%	16%	13%	17%

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	76%	76%	78%	75%	75%	77%	75%	83%	66%
With students of a similar ability	11%	11%	10%	11%	12%	12%	9%	5%	19%
With students with similar motivations	3%	2%	4%	4%	3%	3%	4%	2%	4%
With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)	3%	4%	2%	3%	3%	3%	3%	3%	4%
Don't mind	6%	7%	6%	6%	7%	5%	8%	6%	6%
Something else	1%	1%	0%	1%	0%	0%	1%	1%	0%

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
Being with friends	67%	64%	69%	68%	66%	59%	68%	70%	63%	61%	68%
Having fun	61%	65%	72%	59%	57%	53%	64%	61%	61%	52%	67%
Getting fit and healthy	40%	45%	50%	39%	33%	36%	41%	41%	39%	26%	51%
Getting better at the sports / games I play	33%	42%	50%	31%	22%	27%	35%	32%	34%	20%	45%
Being outside	33%	46%	49%	27%	25%	30%	33%	36%	28%	20%	43%
Learning new sports / skills	28%	44%	46%	24%	16%	25%	30%	27%	28%	17%	39%
Being part of a team	27%	38%	43%	22%	18%	25%	28%	26%	26%	15%	38%
Feeling good about myself	26%	29%	36%	22%	22%	26%	26%	28%	22%	16%	32%
Playing to win	25%	23%	27%	24%	25%	22%	26%	23%	28%	18%	31%
Making new friends	23%	43%	31%	20%	15%	26%	23%	22%	24%	19%	31%
Building confidence	23%	25%	33%	22%	19%	21%	24%	25%	20%	15%	30%
It is good for my wellbeing	23%	24%	27%	20%	22%	19%	24%	24%	23%	14%	30%
Learning skills that help me in life / other school subjects	19%	30%	29%	16%	13%	16%	19%	17%	21%	13%	26%
Being able to lead others	10%	14%	16%	8%	6%	10%	10%	10%	9%	6%	16%
Something else	2%	3%	3%	1%	1%	2%	1%	1%	2%	2%	2%
I am not motivated by anything	6%	2%	2%	7%	9%	9%	5%	6%	7%	13%	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
When it's outside and it's not nice weather	41%	37%	32%	43%	46%	37%	43%	37%	49%	44%	38%
I don't like getting hot and sweaty	40%	39%	34%	41%	42%	38%	39%	35%	47%	46%	34%
I don't like other people watching me	40%	37%	33%	41%	42%	39%	39%	36%	45%	47%	33%
I worry about how I look	37%	33%	33%	41%	38%	38%	36%	34%	44%	43%	33%
When I have my period	37%	-	-	50%	56%	37%	37%	36%	43%	43%	27%
I am not confident	36%	34%	31%	38%	37%	36%	35%	32%	43%	44%	28%
I don't like taking part with boys	34%	37%	31%	35%	33%	31%	35%	29%	42%	40%	29%
I can't be bothered	33%	29%	22%	34%	38%	30%	33%	27%	42%	44%	25%
I'm not good at it	32%	33%	27%	34%	31%	28%	32%	27%	41%	41%	25%
I don't like the PE kit	32%	31%	23%	35%	33%	31%	32%	26%	41%	38%	28%
I don't like getting changed in front of other people	32%	37%	28%	34%	28%	30%	31%	26%	40%	38%	28%
I don't enjoy it	29%	29%	20%	32%	31%	28%	30%	24%	38%	41%	22%
My friends don't want to do it	29%	32%	23%	30%	29%	26%	30%	24%	38%	33%	27%
I don't feel I can be myself in PE	29%	33%	23%	30%	28%	30%	28%	23%	37%	36%	24%
There isn't enough time to get changed	28%	28%	18%	33%	27%	25%	29%	23%	38%	33%	25%
Other people make fun of me	26%	31%	21%	28%	24%	27%	26%	20%	35%	31%	24%
I don't know how to get involved	26%	30%	24%	27%	23%	22%	27%	19%	37%	33%	22%
I don't have time because I already do a lot of physical activity outside of school	24%	28%	19%	25%	22%	21%	25%	18%	33%	26%	24%
I can't get home if I stay after school	23%	27%	17%	25%	22%	21%	25%	17%	34%	29%	21%
I don't feel I can be myself in extra-curricular activities	23%	27%	17%	24%	21%	20%	24%	17%	33%	29%	20%
I'm not able to do it because the activities are not suitable for me	22%	28%	18%	23%	20%	22%	23%	15%	33%	28%	19%
I don't feel encouraged to take part by the teachers	22%	27%	18%	24%	20%	20%	23%	16%	33%	28%	20%
I don't like how the person delivers the activities	22%	25%	17%	23%	20%	20%	23%	15%	32%	27%	19%
I don't feel encouraged to take part by my family	20%	27%	16%	21%	17%	17%	22%	13%	31%	26%	18%
My breasts feel uncomfortable when I exercise	18%	-	-	26%	24%	18%	18%	14%	26%	24%	12%
I don't like the activities on offer	12%	6%	8%	13%	17%	13%	11%	13%	12%	15%	10%
Boys take up most of the playground spaces	11%	11%	19%	9%	10%	14%	10%	12%	9%	8%	13%
My school uniform makes it difficult to be physically active at break or lunchtimes	11%	6%	9%	14%	12%	12%	10%	12%	10%	7%	13%
I don't feel good enough to join school sports teams	9%	6%	10%	10%	9%	10%	8%	9%	8%	8%	9%
My school work is more important to me	9%	7%	4%	6%	14%	11%	8%	9%	8%	9%	8%
I currently have an injury	8%	9%	6%	8%	8%	11%	6%	8%	8%	6%	10%
PE/School sport is mainly for sporty boys/girls	8%	6%	6%	7%	9%	10%	6%	9%	6%	8%	6%
I don't feel supported by the others in the activity	7%	6%	8%	6%	7%	9%	5%	8%	5%	7%	7%
Boys make negative comments about me when being active	5%	-	-	7%	9%	8%	4%	7%	4%	4%	6%
My time is taken up with other activities (e.g. music lessons)	5%	5%	5%	5%	6%	6%	5%	5%	5%	3%	7%
Girls make negative comments about me when being active	5%	-	-	7%	8%	7%	4%	6%	4%	5%	5%
I have a medical condition	5%	3%	4%	5%	6%	16%	2%	6%	4%	6%	4%
My time is taken up with other responsibilities (e.g. caring for brother/sister)	5%	4%	4%	5%	5%	7%	4%	5%	5%	4%	5%
There isn't enough space in the playground for physical activity	3%	4%	4%	3%	2%	3%	3%	3%	3%	2%	4%
Something else	20%	26%	16%	22%	18%	17%	22%	14%	31%	26%	18%
Nothing stops me taking part	29%	45%	32%	28%	22%	21%	33%	24%	38%	32%	33%

You've told us that girls making negative comments about you stops you from being active/more active at school. If you are happy to tell us, what are these negative comments typically about? You d...

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
How I look	59%	58%	61%	67%	53%	64%	53%	58%	71%
How good I am at the sport or activity	47%	51%	42%	38%	48%	46%	50%	50%	46%
How I behave	25%	30%	18%	36%	20%	24%	29%	36%	30%
Gender stereotypes about being a girl	18%	19%	17%	20%	15%	13%	25%	21%	27%
Something else	9%	8%	8%	14%	9%	11%	5%	10%	8%
I don't want to answer this question	16%	19%	14%	10%	16%	13%	19%	16%	13%

You've told us that boys making negative comments about you stops you from being active/more active at school. If you are happy to tell us, what are these negative comments typically about? You do...

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
How I look	50%	51%	48%	71%	41%	52%	46%	48%	55%
How good I am at the sport or activity	49%	52%	47%	49%	49%	51%	45%	38%	47%
How I behave	19%	20%	18%	24%	16%	16%	19%	30%	18%
Gender stereotypes about being a girl	47%	42%	52%	55%	45%	48%	45%	30%	60%
Something else	6%	9%	4%	13%	6%	6%	8%	4%	9%
I don't want to answer this question	15%	16%	13%	6%	17%	14%	15%	26%	10%

Do you ever take part in PE with boys?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Yes, I take part with girls and boys	33%	26%	42%	37%	33%	37%	29%	28%	39%
No, I take part with girls only	55%	60%	50%	51%	58%	52%	61%	58%	51%
Not sure	11%	14%	8%	12%	10%	11%	10%	15%	9%

When you take part in PE with girls only, how do you 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
I feel judged by the other girls	25	25	26	36	21	29	20	28	23
I feel confident	38	39	36	29	43	34	43	30	52
I feel intimidated by the other girls	19	19	20	28	16	23	15	21	18
I feel scared	13	14	13	20	10	14	11	18	13
I feel happy	51	52	49	41	57	50	52	39	64
I feel like I can be myself	41	41	39	31	46	38	43	34	51

When you take part in PE with girls and boys, how do you 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
I feel judged by the other girls	27	26	29	36	21	29	23	26	28
I feel judged by the boys	38	35	42	48	34	43	30	34	35
I feel confident	34	38	30	27	38	31	40	25	42
I feel intimidated by the other girls	18	18	19	26	15	18	18	20	16
I feel intimidated by the boys	27	22	32	40	24	31	21	26	26
I feel scared	13	13	14	16	10	13	13	22	10
I feel happy	47	51	44	44	52	46	48	33	57
I feel like I can be myself	35	38	32	27	40	33	39	27	45

How much do you agree with each of the following sentences about your school? Girls and boys... (% 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
have the opportunity to take part in the same range of sports & activities in PE	47	51	43	40	50	47	46	46	47
have the same opportunities to do the sports and activities they want to outside of PE	50	56	44	45	52	50	49	48	49
have the same opportunities to access spaces & equipment outside of PE	50	55	45	46	53	50	49	51	50
sport are seen as equally important as each other	39	46	32	33	42	38	41	39	38

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	46%	49%	44%	34%	52%	45%	49%	38%	55%
Mostly	25%	24%	26%	25%	25%	25%	25%	23%	23%
Sometimes	21%	19%	23%	28%	18%	21%	21%	26%	16%
Never	8%	8%	8%	13%	5%	9%	6%	13%	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	70%	65%	75%	75%	68%	70%	71%	72%	66%
I worry about leaking	62%	59%	65%	65%	60%	63%	60%	62%	60%
I don't have the energy	60%	56%	63%	64%	58%	59%	61%	63%	56%
My mood is low	57%	55%	59%	60%	54%	57%	58%	59%	54%
My confidence is low	29%	31%	29%	40%	25%	32%	25%	32%	26%
I feel self-conscious changing in the changing rooms	25%	26%	25%	33%	22%	28%	21%	23%	25%
I worry others will know I am on my period	25%	26%	25%	32%	22%	28%	20%	26%	24%
I feel self-conscious taking part	23%	23%	24%	31%	19%	27%	18%	23%	23%
I don't feel I can take part to the level expected	22%	22%	23%	26%	20%	23%	22%	20%	23%
My skill level isn't as good as usual (e.g. balance)	22%	23%	21%	26%	20%	20%	25%	19%	24%
I don't feel supported/ understood by my teachers	18%	18%	18%	24%	14%	17%	19%	18%	18%
I worry about being judged	17%	19%	16%	25%	13%	20%	11%	17%	17%
I have had a bad experience before	11%	10%	12%	16%	9%	11%	11%	10%	11%
I don't feel supported/ understood by other girls	6%	7%	5%	12%	4%	6%	6%	7%	6%
Something else	2%	3%	2%	4%	2%	2%	2%	2%	2%
None of the above	8%	9%	7%	5%	9%	8%	8%	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	40%	34%	44%	41%	39%	40%	41%	38%	39%
Greater understanding shown by teachers	38%	37%	39%	41%	37%	36%	42%	37%	38%
Access to sanitary products in PE	33%	36%	31%	34%	32%	33%	34%	31%	35%
Better options for PE kit to help me feel more comfortable	33%	34%	33%	39%	30%	32%	33%	32%	33%
More support to help me cope in PE with how I feel	18%	18%	19%	25%	16%	18%	18%	20%	17%
Offering girls only PE lessons	14%	15%	14%	19%	13%	15%	13%	15%	13%
Greater understanding shown by boys	14%	14%	15%	20%	12%	16%	11%	12%	17%
More support to help me understand about periods and exercise	11%	11%	11%	15%	10%	10%	12%	11%	11%
Information to my parents about PE and periods	6%	8%	5%	9%	5%	5%	7%	7%	6%
Something else	5%	6%	6%	4%	5%	6%	5%	8%	5%
Nothing, what they already do is good	14%	15%	13%	13%	15%	16%	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	10%	8%	11%	9%	11%	8%	12%	8%	12%
Somewhat	47%	45%	49%	39%	51%	45%	51%	46%	45%
Not at all	43%	48%	40%	52%	38%	46%	38%	46%	43%

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	44	74	56	36	32	38	48	40	46	40	52
I am happy with the amount of physical activity I do	57	79	71	52	45	56	59	58	53	41	75
I would like to have a say in the activities we do in PE and after school clubs	51	61	54	48	48	51	52	50	52	42	60
The skills I learn in PE help me in and outside of school	46	76	62	41	29	42	49	44	46	34	56
I like it when my PE lessons are competitive	48	62	54	45	42	47	51	45	52	38	59
I understand why being active is good for me	87	89	90	85	87	82	90	89	86	78	92
I feel like I can be myself when I am being active	51	75	59	46	42	46	56	49	53	38	65
Some sports are for boys and some sports are for girls	25	39	22	21	24	32	24	24	25	29	25
My school encourages me to be active	62	77	73	59	54	59	67	63	61	54	69
I am active with my family outside of school	60	77	74	58	48	60	62	63	55	39	76
I feel confident when I take part in physical activity	48	73	58	42	37	43	53	46	49	35	62
My school listens to pupils about sport and physical activity they want	41	64	54	32	32	36	46	40	40	34	48
After being active at school, I feel more able to concentrate on my work	32	63	43	26	20	34	34	31	32	23	43
My school uniform is comfortable to move in when being active at school	32	59	45	24	22	33	34	31	32	28	38

Who, if at all, in your family supports you to be active?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Parent/Carer(s) - female	78%	80%	76%	72%	81%	81%	73%	67%	83%
Parent/Carer(s) – male	65%	66%	63%	56%	69%	68%	60%	51%	74%
Sister(s)	29%	32%	27%	28%	31%	28%	33%	26%	34%
Brother(s)	28%	31%	26%	27%	29%	26%	32%	24%	35%
Auntie(s)	21%	25%	18%	22%	22%	23%	19%	15%	28%
Uncle(s)	18%	22%	14%	17%	19%	19%	16%	12%	26%
Grandmother(s)	27%	31%	24%	29%	28%	32%	19%	16%	39%
Grandfather(s)	21%	24%	18%	20%	22%	25%	13%	11%	32%
Someone else – please specify:	7%	9%	5%	9%	6%	7%	7%	6%	9%
Nobody in my family supports me to be active	9%	7%	10%	12%	7%	8%	10%	16%	6%

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

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	19%	19%	17%	16%	20%	19%	17%	18%	19%
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper, coat for cold weather)	60%	59%	62%	58%	60%	58%	63%	60%	57%
I think kit options should be the same for boys and girls	5%	5%	5%	9%	4%	5%	5%	5%	6%
Extra-curricular kit could be flexible / own choice	27%	27%	27%	32%	25%	27%	27%	24%	29%
I would like the design of our PE/sports kit to be more practical (e.g. better colour, texture, length or material)	28%	28%	29%	29%	27%	30%	27%	26%	33%
Something else	5%	7%	4%	8%	4%	6%	5%	6%	5%

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	45	27	20	33	36	31	33	27	43
...comfortable	46	70	61	41	35	39	51	45	46	39	56
...smart	27	54	37	21	16	29	30	25	28	22	35
...athletic	45	72	61	40	30	38	49	45	43	34	56

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

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	19%	19%	17%	16%	20%	19%	17%	18%	19%
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper, coat for cold weather)	60%	59%	62%	58%	60%	58%	63%	60%	57%
I think kit options should be the same for boys and girls	5%	5%	5%	9%	4%	5%	5%	5%	6%
Extra-curricular kit could be flexible / own choice	27%	27%	27%	32%	25%	27%	27%	24%	29%
I would like the design of our PE/sports kit to be more practical (e.g. better colour, texture, length or material)	28%	28%	29%	29%	27%	30%	27%	26%	33%
Something else	5%	7%	4%	8%	4%	6%	5%	6%	5%

If you had the choice, 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)	SEND	Non- SEND	White British	EDC	Less active	More active
Wearing a different school uniform and trainers all day that allows me to be more active in PE and throughout the rest of the day	45%	42%	47%	41%	44%	45%	44%	35%	50%
Wearing a school uniform and school shoes all day apart from in PE, where I would wear my PE kit and trainers	31%	36%	25%	41%	31%	28%	33%	36%	28%
Wearing a school uniform and trainers instead of school shoes all day (and wearing my PE kit and trainers in PE)	25%	22%	28%	18%	26%	27%	23%	29%	22%

At school, when are you allowed to wear your PE/sports kit?

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
Only during PE/Sport (we change into our PE kit for PE and sport)	63%	37%	27%	76%	79%	62%	64%	66%	62%	66%	59%
Only on school days with timetabled PE or sport	29%	44%	60%	20%	18%	28%	30%	27%	30%	27%	33%
Every school day regardless of whether I have PE or sport	7%	19%	14%	4%	3%	10%	6%	7%	7%	7%	8%

Which of the following would you prefer to do on days you have PE?

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 would prefer to wear my PE kit all day on days I have PE	60%	60%	60%	63%	59%	63%	57%	55%	65%
I would prefer to wear my PE kit into school and change to my school uniform after PE for the rest of the school day	10%	10%	10%	8%	11%	9%	10%	10%	9%
I would prefer to wear my school uniform into school, change to my PE kit before PE and stay in my PE kit for the rest of the school day	9%	10%	8%	9%	8%	8%	9%	9%	8%
I have no preference	8%	6%	8%	7%	8%	7%	10%	9%	8%
I don't know	7%	7%	7%	7%	6%	6%	7%	10%	5%
I would prefer to wear my school uniform into school and change into my PE kit before PE and change back into school uniform after PE	7%	7%	7%	6%	7%	7%	8%	7%	6%

Thinking about the days that you have PE, what would stop you from wanting to wear your PE kit for the whole school day?

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 don't want to smell staying in my PE kit after PE	30%	29%	30%	30%	30%	30%	30%	29%	29%
It feels unhygienic staying in my PE kit after PE	24%	23%	25%	23%	25%	24%	25%	24%	23%
I don't want to be dirty/wet for the rest of the school day after PE	24%	25%	23%	23%	25%	24%	24%	22%	24%
There aren't enough pockets in my PE kit	17%	18%	17%	19%	16%	20%	13%	14%	18%
I don't like the PE kit	16%	16%	17%	20%	15%	16%	17%	20%	13%
I wouldn't be warm enough in my PE kit	14%	14%	14%	15%	14%	15%	12%	13%	13%
I don't want to feel different from other students in their school uniform	13%	13%	14%	16%	12%	15%	11%	13%	13%
I might forget to come to school in my PE kit	13%	14%	12%	15%	12%	13%	12%	13%	12%
I don't feel comfortable staying in my PE kit	11%	11%	11%	12%	11%	11%	12%	12%	10%
I don't feel confident staying in my PE kit	10%	11%	10%	13%	9%	10%	11%	11%	9%
I don't want to wear my PE kit in public on the way to/from school	7%	7%	6%	8%	6%	6%	8%	9%	6%
I don't feel as smart staying in my PE kit	6%	6%	5%	7%	5%	5%	6%	6%	5%
Nothing, I want to wear my PE kit for the whole school day on days that I have PE	31%	29%	33%	27%	32%	32%	29%	28%	35%
Something else	6%	6%	5%	6%	5%	5%	6%	7%	5%

Thinking about the days that you have PE, what would motivate you to wear your PE kit for the whole school day?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
It's quicker and easier	52%	50%	54%	46%	54%	56%	48%	46%	58%
I don't have to carry as many things around school	42%	42%	43%	40%	43%	45%	40%	39%	47%
By spending less time changing, I won't be late for other lessons or lunch	38%	38%	39%	40%	38%	41%	35%	31%	44%
I will be more comfortable during other lessons in the day	35%	34%	36%	36%	34%	40%	29%	28%	42%
I feel more comfortable in my PE kit than my school uniform	34%	34%	35%	37%	33%	39%	28%	30%	41%
It will help me not forget my PE kit	34%	34%	35%	36%	33%	36%	30%	31%	38%
I will have more time in PE	30%	31%	29%	30%	31%	34%	26%	20%	42%
I don't like getting changed in front of others at school	24%	25%	25%	30%	21%	27%	22%	24%	25%
I don't like getting changed in the changing rooms at school	24%	25%	24%	27%	22%	26%	23%	24%	24%
I feel more confident in my PE kit than my school uniform	21%	21%	22%	25%	19%	23%	17%	17%	26%
It means I can be more active during the day (like breaktime and lunch)	20%	22%	18%	22%	20%	22%	18%	13%	29%
I could travel to and from school in a more active way (e.g. cycle)	14%	15%	13%	16%	13%	14%	13%	9%	21%
I don't feel safe in the changing rooms at school	8%	9%	7%	13%	5%	8%	7%	8%	9%
Nothing, I don't want to wear my PE kit for the whole school day on days that I have PE	9%	8%	10%	8%	9%	9%	9%	10%	7%
Something else	3%	4%	3%	5%	3%	3%	4%	5%	3%

How frequently do you receive information/ education about sports bras during your 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	70%	70%	72%	73%	68%	75%	64%	70%	70%
Rarely	13%	13%	12%	10%	13%	10%	16%	12%	12%
Sometimes	11%	11%	10%	12%	12%	9%	13%	12%	12%
Often	6%	6%	5%	6%	6%	5%	6%	6%	6%

How often, if at all, do you wear a sports bra when you take part in PE?

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	46%	41%	53%	46%	45%	48%	44%	56%	40%
Always	25%	28%	20%	24%	27%	24%	26%	21%	31%
Sometimes	18%	20%	17%	19%	18%	19%	18%	15%	18%
Mostly	10%	11%	9%	10%	11%	9%	12%	8%	12%

What if anything, stops you from wearing a sports bra when you take part in PE?

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 don't think I need one	40%	39%	41%	35%	43%	40%	41%	43%	42%
Nobody has explained to me why wearing a sports bra is important	23%	24%	22%	24%	22%	23%	24%	23%	20%
Sports bras feel uncomfortable	21%	22%	21%	24%	21%	21%	22%	22%	18%
I am not sure which type of sports bra to wear	18%	19%	18%	20%	17%	18%	19%	15%	18%
I feel self-conscious changing into a sports bra in the changing room	16%	18%	15%	18%	15%	20%	12%	15%	18%
I don't like the way a sports bra makes me look	12%	10%	14%	14%	11%	14%	10%	14%	13%
Sports bras don't fit me properly	11%	9%	12%	14%	9%	11%	10%	10%	11%
I am not sure where to get a sports bra from	10%	10%	9%	13%	10%	9%	11%	9%	8%

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

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
Strongly agree	21%	43%	30%	17%	12%	23%	23%	20%	21%	15%	33%
Agree	36%	34%	38%	36%	37%	30%	40%	37%	38%	28%	37%
Neither agree nor disagree	23%	10%	18%	26%	27%	21%	22%	23%	23%	25%	16%
Disagree	8%	2%	5%	9%	11%	9%	7%	9%	6%	11%	5%
Strongly disagree	5%	2%	3%	6%	8%	9%	4%	6%	6%	10%	4%
Can't say / Don't know	6%	9%	7%	6%	5%	8%	5%	6%	6%	10%	5%

How much do you agree or disagree with the following statement: I feel that I belong at my 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
A lot	14%	14%	12%	9%	16%	13%	15%	12%	17%
Quite a bit	27%	28%	26%	23%	31%	27%	27%	23%	29%
Somewhat	31%	30%	34%	28%	32%	32%	32%	31%	28%
A little	15%	16%	14%	20%	12%	16%	13%	17%	14%
Not at all	13%	13%	14%	20%	9%	13%	13%	17%	12%

Overall, how happy did you feel yesterday?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Mean	5.7	5.7	5.6	5.1	6.0	5.7	5.7	5.2	6.0
0	5%	6%	5%	9%	4%	4%	6%	8%	5%
1	3%	3%	3%	5%	2%	3%	3%	3%	3%
2	5%	5%	5%	7%	4%	5%	5%	6%	5%
3	7%	7%	8%	10%	6%	7%	7%	9%	7%
4	10%	10%	10%	11%	9%	10%	9%	11%	7%
5	16%	16%	17%	14%	16%	15%	17%	19%	13%
6	11%	11%	11%	11%	12%	12%	11%	9%	11%
7	15%	13%	15%	10%	17%	16%	14%	11%	14%
8	13%	14%	12%	10%	15%	14%	13%	11%	16%
9	6%	7%	5%	5%	7%	7%	6%	4%	9%
10	9%	9%	9%	8%	9%	7%	10%	8%	10%

Overall, how satisfied are you with your life nowadays?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Mean	5.8	5.9	5.6	5.1	6.2	5.9	5.6	5.3	6.3
0	5%	6%	5%	8%	4%	4%	6%	8%	4%
1	3%	3%	3%	3%	2%	3%	3%	4%	2%
2	5%	5%	6%	10%	4%	5%	6%	7%	4%
3	7%	7%	8%	8%	6%	7%	8%	9%	7%
4	9%	8%	9%	9%	7%	9%	9%	8%	7%
5	16%	15%	17%	19%	15%	15%	17%	19%	11%
6	10%	10%	10%	10%	10%	10%	11%	9%	10%
7	14%	13%	14%	13%	16%	15%	13%	11%	14%
8	13%	13%	13%	7%	16%	15%	12%	10%	17%
9	9%	10%	7%	6%	10%	9%	8%	6%	12%
10	9%	10%	7%	6%	10%	8%	9%	9%	11%