GIRLS ACTIVE SURVEY LONG VERSION – for teacher reference only

Questions highlighted in yellow are for girls in year groups 7+.

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.

What year group are you in?							
Year 7	Year 8	Year 9	Year 1	10 Year 1	L1 Year 12	2 Year 13	
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Are you?						ler .	
A boy	A girl	Prefer	to self-describe	e Prefei	r not to say 💦		
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					~ 31		
					Ser.		
How do you te	el about			-0	2,		
Please choose	one answer per	row.		(2)			
	Like it	a lot	Like it	Neither like it or dislike it	Dislike it	Dislike it a lot	
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ning at school?	ren o		0	0	0	0	
	Year 7 O Are you? A boy O How do you fe Please choose Please choose ty? This includes ties like running, for a walk or bin gymnastics and in	Year 7 Year 8 O O Are you? A boy A girl O O How do you feel about Please choose one answer per Like it Ing part in physical ty? This includes ties like running, for a walk or bike O gymnastics and might school or outside of ol.	Year 7 Year 8 Year 9 O O O Are you? A boy A girl Prefer O O O How do you feel about Please choose one answer per row. Like it a lot ing part in physical ty? This includes ties like running, for a walk or bike O gymnastics and might school or outside of ol. ing part in PE? O	Year 7 Year 8 Year 9 Year 1 0 0 0 0 0 Are you? A girl Prefer to self-describe O 0 0 0 0 0 How do you feel about Prefer to self-describe O O How do you feel about Please choose one answer per row. Like it a lot Like it ing part in physical ty? This includes ties like running, for a walk or bike 0 0 0 ing part in PE? 0 0 0 0	Year 7 Year 8 Year 9 Year 10 Year 10 O O O O O O Are you? A boy A girl Prefer to self-describe Prefer O O O O O O How do you feel about Please choose one answer per row. Neither like it or dislike it Neither like it or dislike it Ing part in physical ty? This includes ties like running, of or a walk or bike O O O Ing part in PE? O O O O	Year 7 Year 8 Year 9 Year 10 Year 11 Year 12 O O O O O O O O Are you? A boy A girl Prefer to self-describe Prefer not to say O O O O O O O O O O How do you feel about Please choose one answer per row. Like it a lot Like it Neither like it or dislike it Dislike it Ing part in physical ty? This includes ties like running, for a walk or bike O O O O Ing part in PE? O O O O O O	

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, 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
0	0	0	0	0	0

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
0	0	0	0	0	0	0	0

Q7 Do you have any leadership roles in sport / 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
0	0	0

Q8 Would you like any leadership roles in sport / physical activity?...

In school	Outside of school	Neither
0	0	0

What you think

Q9a Would you like to be more active in school?

Yes O

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

You can choose more than one answer.

O More PE

O More opportunities to be active at breaktimes/lunchtimes

No

- O More opportunities to be active after school
- O ____ More opportunities to be active before school
- O More opportunities to be active in other lessons like English, Maths and Science

Q10 In PE and sport at school, which would you prefer?

- O A female teacher/coach
- O A male teacher/coach
- 0 I don't mind
- O Other

Q11 From the activities listed, which three would you like to do the most at school?

Please choose <u>three</u> answers.

0	American Football	0	Football / Futsal	0	Running
0	Archery	0	Freerunning / Parkour	0	Sailing / Windsurfing
0	Athletics: Track and Field	0	Goalball	0	Skateboarding
0	Badminton	0	Golf	0	Squash
0	Baseball / Softball /	0	Gym (e.g. weight training,	0	Swimming, Aquatics and
	Rounders		fitness training)		Diving
0	Basketball / Wheelchair	0	Gymnastics	0	Table Tennis / Polybat
	Basketball				-Ollivi
0	BMX / Mountain biking	0	Handball	0	Tennis / Wheelchair Tennis
0	Воссіа	0	Hockey	0	Trampoling
0	Boxercise / Zumba	0	Judo	0 5	Triathlon
0	Boxing	0	Lacrosse	0	Ultimate Frisbee
0	Bowls	0	Martial Arts	0	Volleyball
0	Canoeing / Kayaking	0	Multisport / multi-skills /	0	Walking
			МАТР		
0	Cheerleading	0	Mountaineering	0	Yoga / Pilates
0	Climbing / Mountaineering	0	Netball		
0	Cricket / Table Cricket	0	New Age Kurling	0	None of the above
0	Cycling	0	Orienteering	0	Something else
0	Dance	0	Panathlon		
0	Dodgeball	0	Roller Sport / Roller Skating /		
			InLine Skating		
0	Equestrian	0	Rowing		
0	Fencing	0	Rugby League / Rugby Union		
		18	/ Wheelchair Rugby		
	If 'something else', please spec	ify			

Q14a At school, how would you like to be grouped for sport, physical activity and PE?

Please choose one answer.

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

Q14b At school, how would you like to be grouped for sport, physical activity and PE?

Please choose one answer.

- O With your friends
- 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

Looking at the list below...

Q15 ... 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'.

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- O It is good for my wellbeing
- O Getting fit and healthy
- O Having fun
- O Playing to win
- O Learning new sports / skills
- O Getting better at the sports / games I play
- O Being with friends
- O Being outside
- O Making new friends
- O Being part of a team
- O Learning skills that help me in life / other school subjects
- O Something else
- O I am not motivated by anything

If 'something else', please specify

Q16 ...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

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

Other people

- 0 I don't feel encouraged to take part by my family
- 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

- 0 I don't like the PE kit
- 0 I can't get home if I stay after school
- eallsumettesponses are completed online 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 'something else', please specify

From surveys we have done in the past, we know that many girls don't want to participate in PE and Q17 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

Q18 [if yes to Q17] Do you take part in PE when you have your period?

Please choose one answer.

- 0 Always
- 0 Mostly
- 0 **Sometimes**
- 0 Never

Q19 [if yes to Q17] 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'.

, are completed online

- O I don't have the energy
- 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
- O 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)
- O I have had a bad experience before
- O Something else
- O Nothing worries me about taking part in PE/school sport when I have my period

If 'something else', please specify

Q20 [if yes to Q17] 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'.

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

If 'something else', please specify

Please choose one answer.

- 0 Very comfortable
- 0 Somewhat comfortable
- Not at all comfortable 0
- Q22 We are interested to know your thoughts on the learning across subjects that covers the changes during adolescence. We call this puberty education. This might be in subjects such as biology, PSHE, form time, PE, or possibly other subjects as well. It might cover topics like periods, breast development and health, hormones, emotions, importance of being active and wellbeing).

We are interested to understand how important you find learning about this and how relevant it is to being active.

You don't have to answer these questions. Click 'yes' if you do, 'no' if you don't want to or 'not applicable' ettesponses are if they don't apply to you.

Are you happy to answer these questions?

Please choose one answer.

- 0 Yes
- 0 No
- Not applicable 0

[if yes to Q22] Thinking about all areas of puberty education, how important do you think this learning is? **Q23**

- Very important
- Neither important nor not important Not important Not important at all Don't know / N/A
- Not important at all
- [if yes to Q22] Thinking about all areas of puberty education, how relevant do you find this learning to you **Q24** and you taking part in PE, sport and physical activity?
- Very relevant 0
- Relevant 0
- Neither relevant nor not relevant 0
- Not relevant 0
- Not relevant at all 0
- Don't know / N/A 0

More about you

Q25 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 10
I am happy with the amount of physical activity I do	0	0	Ο	o jete	0
I feel confident when I take part in physical activity	0	0	0	0	0
I would like to have a say in the activities we do in PE and after school clubs	0	0	gon o	0	0
The skills I learn in PE help me in and outside of school	0	SULO	О	0	0
I like it when my PE lessons are competitive	0201	0	0	0	Ο
I understand why being active is good for me	o	0	О	0	0
I feel like I can be myself when I am being active	0	0	Ο	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	Ο	Ο	Ο	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	O

Q26 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	0	0	0	0	0
comfortable	0	0	0	0	eline
smart	0	0	0	0	ete o
athletic	0	0	0	o con	0

Q27 How could your school PE/sports kit be improved to encourage you to take part more?

Please choose one answer.

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

Q28a Which of the following would you prefer to do on days you have PE?

Please choose one answer.

- O I would prefer to wear my PE kit all day on days I have PE
- O 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
- O 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
- O 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
- O I have no preference
- O I don't know
- Q28b What, if anything, would stop you from wanting to wear your PE kit at school outside of PE lessons on days you have PE?
- O I don't like the PE kit
- O I don't feel comfortable staying in my PE kit
- O I don't feel confident staying in my PE kit

- O I don't feel as smart staying in my PE kit
- O It feels unhygienic staying in my PE kit after PE
- O I don't want to be dirty/wet for the rest of the school day after PE
- O I don't want to smell staying in my PE kit after PE
- O I don't want to feel different from other students in their school uniform
- O I don't want to wear my PE kit in public on the way to/from school
- O I might forget to come to school in my PE kit
- O Nothing, I want to wear my PE kit outside of PE lessons on days that I have PE
- O Something else

If 'something else', please specify

Q28c What, if anything, would motivate you to wear your PE kit at school outside of PE lessons on days you have PE?

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- O I don't like getting changed in the changing rooms at school
- O I don't like getting changed in front of others at school
- O I don't feel safe in the changing rooms at school
- O It's quicker and easier
- O I feel more comfortable in my PE kit than my school uniform
- O I feel more confident in my PE kit than my school uniform
- O I don't have to carry as many things around school
- O It will help me not forget my PE kit
- O I will have more time in PE
- O By spending less time changing, I won't be late for other lessons or lunch
- O I will be more comfortable during other lessons in the day
- O It means I can be more active during the day (like breaktime and lunch)
- O I could travel to and from school in a more active way (e.g. cycle)
- O Nothing, I don't want to wear my PE kit outside of PE lessons on days that I have PE
- O Something else

If 'something else', please specify

Q29 Thinking about all the things you do at school and at home, how much do you agree or disagree with the following statement:

	If I find something difficult, I keep trying until I can do it.										
	O Strongly a	gree	O Agre	e	C Neither nor dis	agree	Dis	O Sagree		O Strongly disagree	O Can't say / Don't know
Q30	How much o	do you ag	ree or o	lisagree	with the	followi	ng state	ment:			
	I feel that I	belong at	my sch	ool.							
	O A lo	t	Q	O uite a bi	t		O ewhat		O A lit		O Not at all
Q31	Overall, how "completely		did you t	feel yest	erday? (On a scal	e of 0 to	10, wh	iere 0 is	"not at all	" and 10 is
	0	0	0	0	0	0	0	0	0	0	0
	0	1	2	3	4	5	6	7	8	9 (O)	10
Q32	Overall, hov is "complete		d are yo	u with y	our life r	nowaday	ys? On a	scale o	of 0 to 10	, where 0	is "not at all" and 10
	0	0	0	0	0	0	0	6	0	0	0
	0	1	2	3	4	5	618	7	8	9	10
Q33	Which one o	of these k	oest des	cribes y	our back	ground	or ethnic	city?			
 Q33 Which one of these best describes your background or ethnicity? O White (British or English) O White (not British or English) O Mixed / multiple ethnic groups O Asian / Asian British O Black / African / Caribbean / Black British O Other ethnic group O Don't know O Prefer not to say 											
Please	specify your	ethnic gr	oup? - V	Vhite							
0 0	British/Engli Other white		n/Scottis	h/North	ern Irish	0 0	lrish Prefe	er not to	O say	Gypsy	or Irish Traveller
Please	specify your	ethnic gr	oup? - N	/lixed / ı	multiple	ethnic g	roups				
0 0	White and B White and B		an	0 0	Caribl Other	bean r mixed		0 0		e and Asia er not to sa	
Please	specify your	ethnic gr	oup? - A	sian / A	sian Brit	ish					
0 0	Indian Chinese			0 0	Pakist Other	tani r Asian		0 0	-	ladeshi er not to sa	ау

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

0 0	African Prefer not to say	0	Caribbean	0	Other black
Please	e specify your ethnic grou	ıp? - Other eth	nnic group		
0	Arab	0	Other	0	Prefer not to say
lf 'oth	er', please specify				
Q34	What is your faith / rel	igion?			ompleted online
	Choose one option tha	t best describe	es your faith or bac	kground.	Y Ollin
0	Christian				XCV
0	Muslim				
0	Hindu				ally
0	Sikh				~~~··
0	Jewish				all and a second
0	Buddhist				Sol
0	Other religion				onsestle comp
0	No religion				0/1-
0	Prefer not to say			2	

- 0 Christian
- 0 Muslim
- 0 Hindu
- Sikh 0
- Jewish 0
- 0 Buddhist
- 0 Other religion
- 0 No religion
- 0 Prefer not to say

Q35 Do you have a disability, or a special educational need, which means you need extra help to do things?

- 0 Yes
- 0 No
- 0 Prefer not to say
- 0 Don't know
- Q36 Do your parents have to pay if you have school meals?
- 0 Yes
- 0 No
- Prefer not to say 0
- 0 Don't know

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If you have any issues / concerns about anything you have been asked in this survey, please speak to your teacher.