



Girls Active

Sample High School

July 2023 | Girls' report





Overall attitudes to PE and physical activity

76% enjoy taking part in physical activity

67% enjoy taking part in PE

45% enjoy learning at school



Top 10 barriers to being active at school

37% When I have my period*

34% I worry about how I look

32% I am not confident

28% I don't like getting hot and sweaty

26% I don't like other people watching me

22% I don't like the PE kit

21% When it's outside and it's not nice weather

21% I don't enjoy it

21% I'm not good at it

19% I can't be bothered



Top 10 motivators for being active at school

66% Being with friends

57% Having fun

49% Getting fit and healthy

43% Being outside

36% Getting better at the sports / games I play

29% Learning new sports / skills

26% It is good for my wellbeing

23% Being part of a team

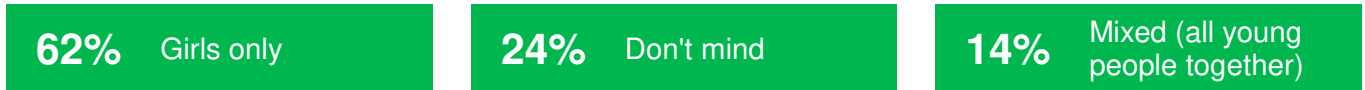
23% Playing to win

19% Making new friends

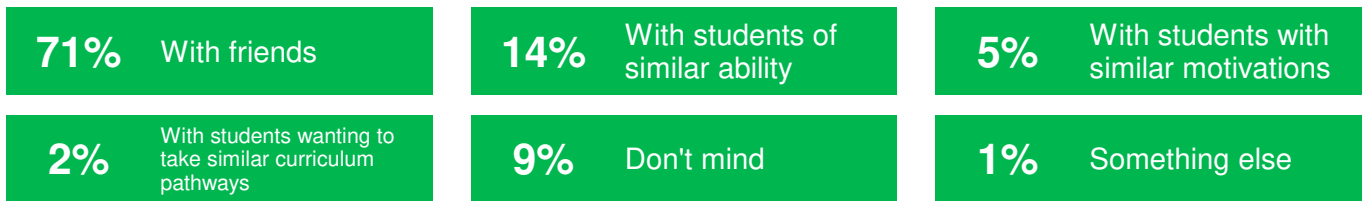


Preferred group for sport, physical activity and PE

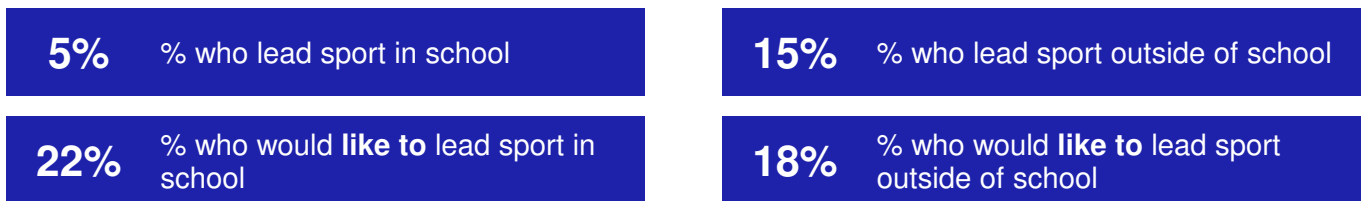
In terms of gender:



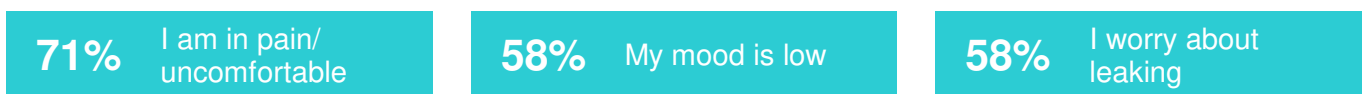
In terms of motivations:



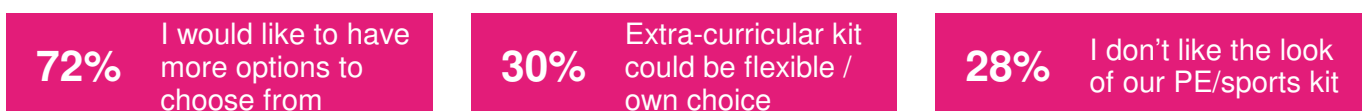
Leading sport and physical activity



Top 3 worries for girls in PE during their period



Top 3 suggested improvements to PE/sports kit



Girls' report: Introduction

This report summarises responses to the *Girls Active Questionnaire* that girls from your school completed in June 2023. Overall, **Sample High School** received **195 responses from girls**.

Throughout this report, responses from girls in your school are shown alongside 'National data'. This is data collected from **all girls** who participated in the study, and consists of 22966 responses from girls in Year 3 to Year 13. Your school's data is also broken down by key factors including key stage, disability, ethnicity and physical activity level, in Appendix 1. **No responses from boys are included in this report. If any responses were received from boys at your school, their results will be presented in a separate report.**

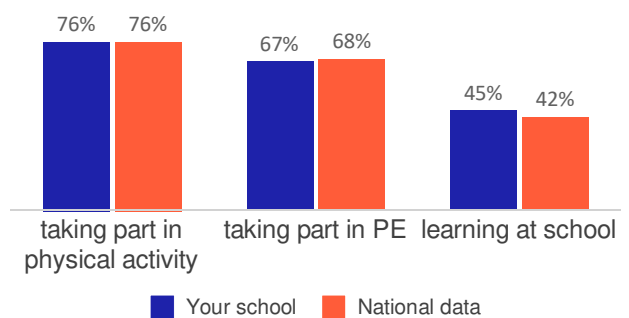
For more information about Girls Active please visit www.youthsporttrust.org/girls-active

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*, alongside the same data at a national level.

At your school, girls were most likely to enjoy *taking part in physical activity* (76%), followed by *taking part in PE* (67%) and *learning at school* (45%).

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



Base: All respondents

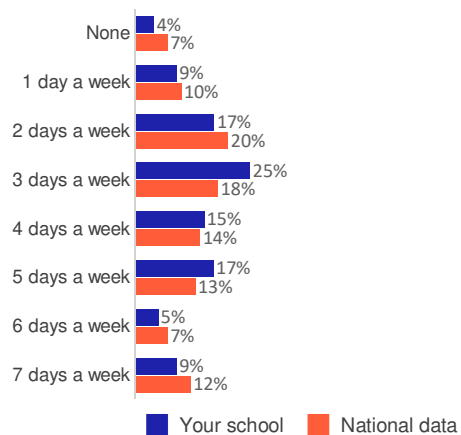
Being active

The following chart (right) shows how many days in the past week girls took part in 60 minutes or more of physical activity.

For this questionnaire, physical activity was defined as 'activity that makes you feel warmer and makes your heartbeat faster'.

On average, girls at your school took part on 3.5 days per week, compared to 3.5 nationally.

Days of physical activity per week

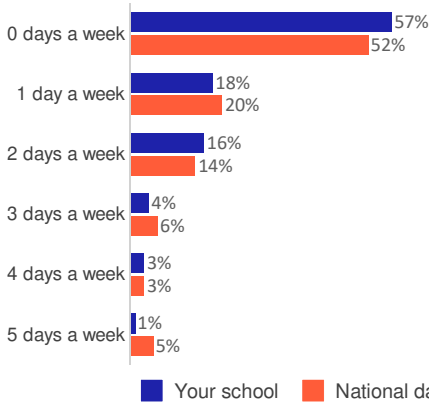


Base: All respondents

Pupils were asked how often they took part in physical activity at school, excluding PE lessons. The chart below (left) shows that girls at Sample High School were most likely to take part in physical activity outside of PE lessons on *0 days a week* (57%). On average, girls at your school took part on 0.8 days per week, compared to 1.0 nationally.

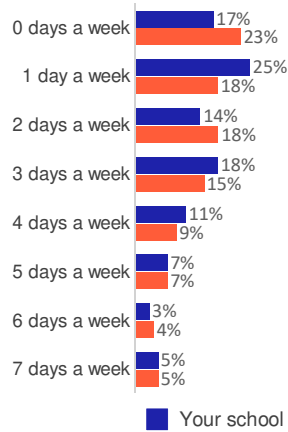
They were also asked how often they took part in sport or physical activity outside of school, and girls at Sample High School were most likely to do so on *1 day a week* (25%). On average, girls at your school took part on 2.4 days per week, compared to 2.4 nationally.

Days of physical activity at school, excluding PE lessons



Base: All respondents

Days of physical activity outside of school

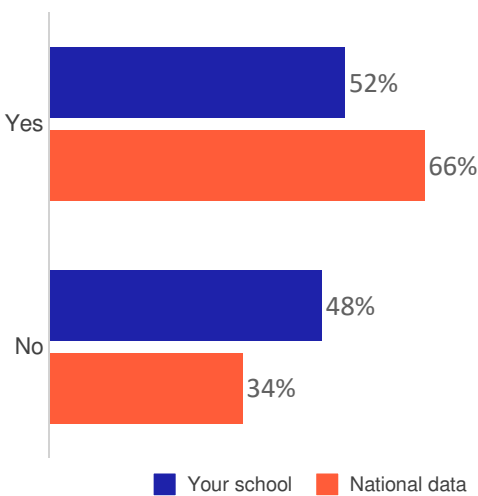


Base: All respondents

The chart below shows that 52% of girls would like to be more active when they are at your school. This compares to 66% nationally.

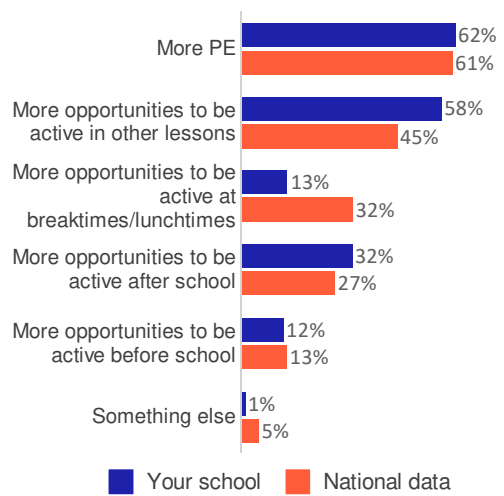
When asked *how* they would like to be more active, they were most likely to say *More PE* (62%) or *More opportunities to be active in other lessons* (58%).

Would you like to be more active in school?



Base: All respondents

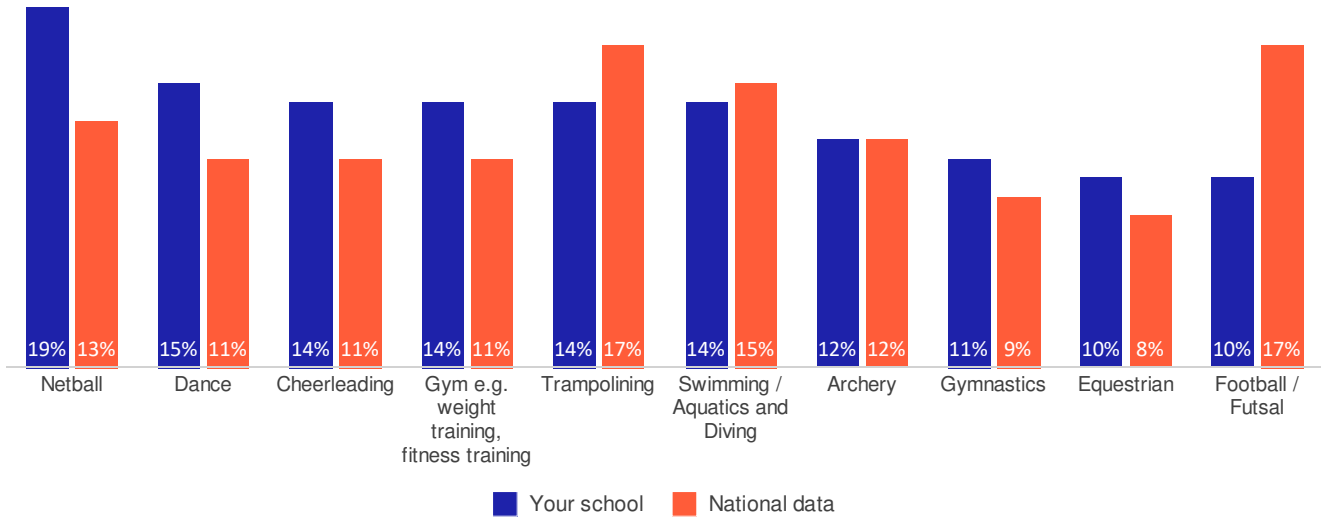
How would you like to be more active in school?



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 at your school were *Netball* (19%), *Dance* (15%), and *Cheerleading* (14%).

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

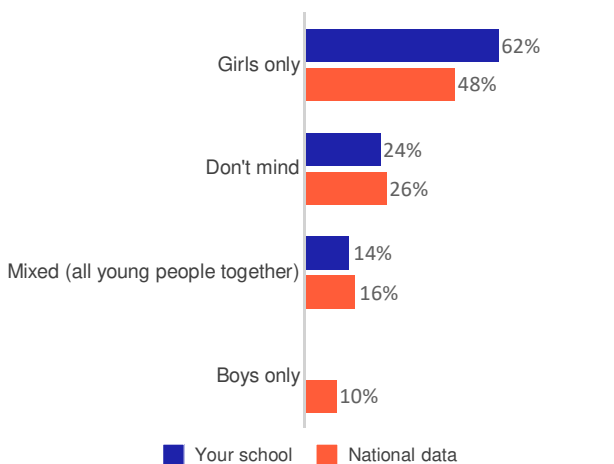


Base: All respondents

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

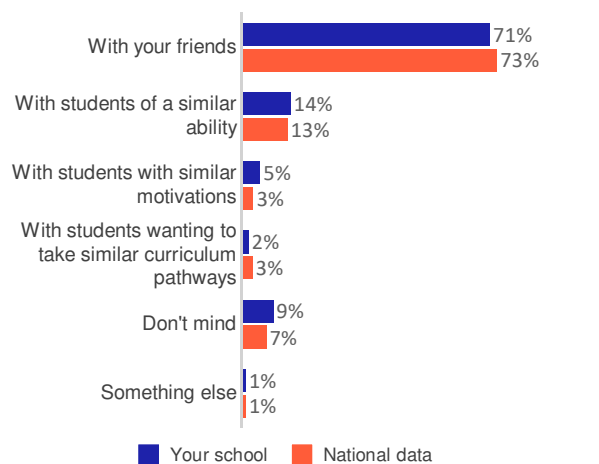
In terms of gender they were most likely to say *Girls only* (62%), while the most common response in terms of motivations was *With your friends* (71%).

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?



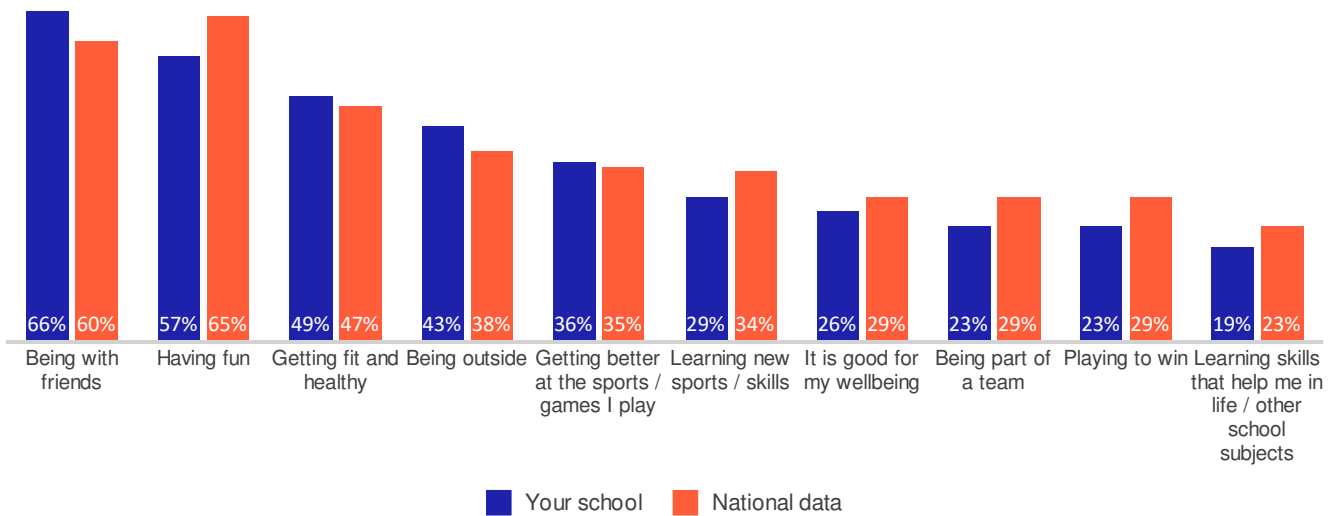
Base: All respondents

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. At your school, girls were most likely to say *Being with friends* (66%), *Having fun* (57%), and *Getting fit and healthy* (49%).

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

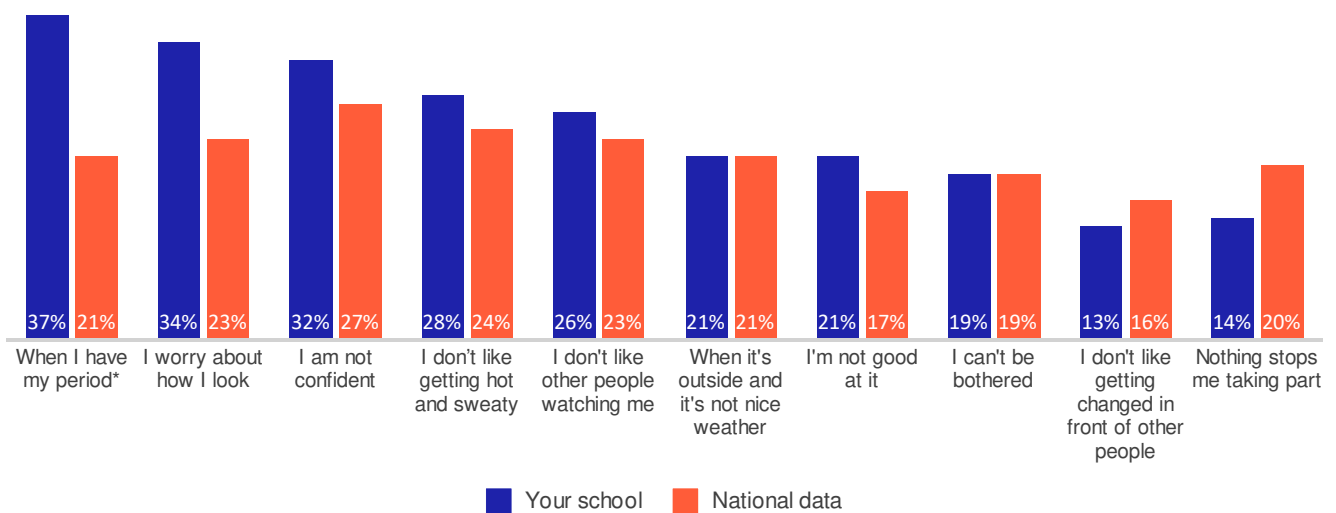


Base: All respondents

What stops you?

The top 3 barriers that stopped girls from being more active at your school were; *When I have my period** (37%), *I worry about how I look* (34%), and *I am not confident* (32%). However 14% of girls at your school 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.

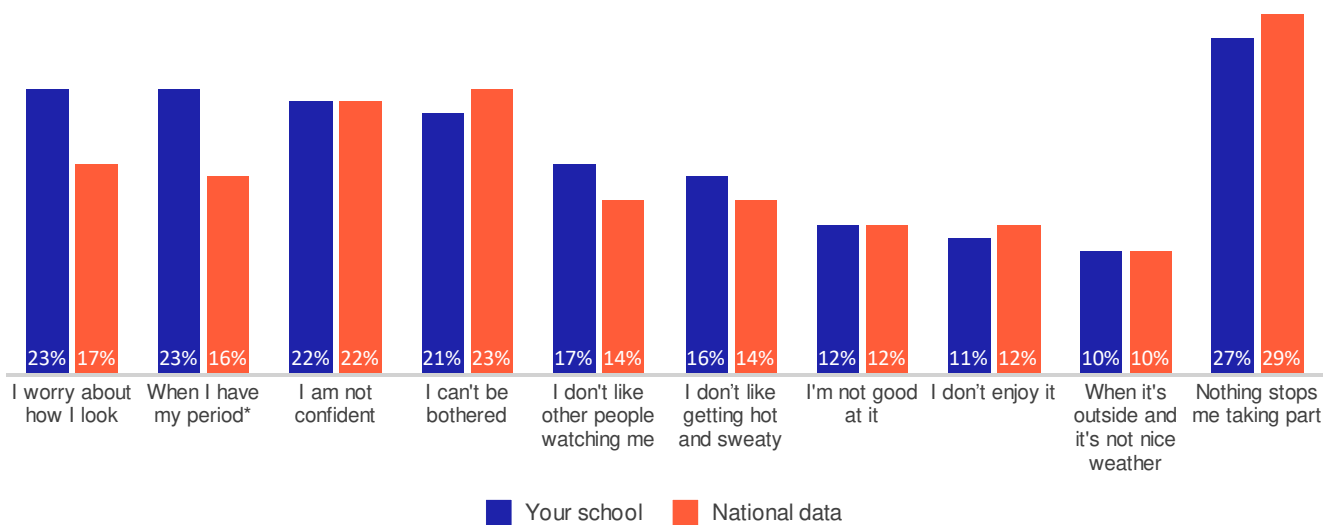
Physical activity outside of school

What stops you?

The chart below shows the 10 most common factors that girls said stop them doing more sport and physical activity outside of school (although 27% of girls at your school said that none of these barriers stopped them from taking part in more sport).

For pupils at your school, the most common barriers to being active were; *I worry about how I look* (23%), *When I have my period** (23%), and *I am not confident* (22%).

Top 10 barriers to sport and physical activity outside of school



Base: All respondents

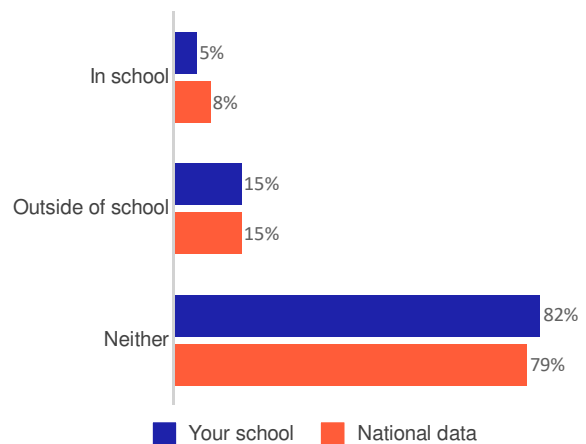
* these options were only available to girls in year 7 and above.

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.

5% said that they lead sport in your school, while 15% lead outside of school.

Do you lead any sport or physical activity?

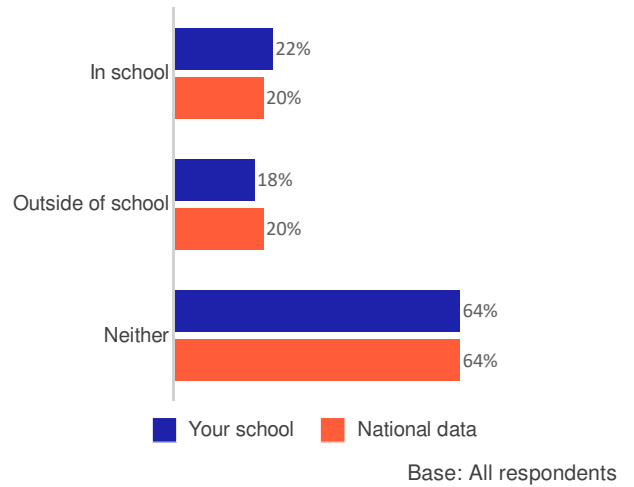


Base: All respondents

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

In your school, 22% said that they would like to lead sport or physical activity at school, compared to 18% outside of school.

Would you like to lead any sport and physical activity?

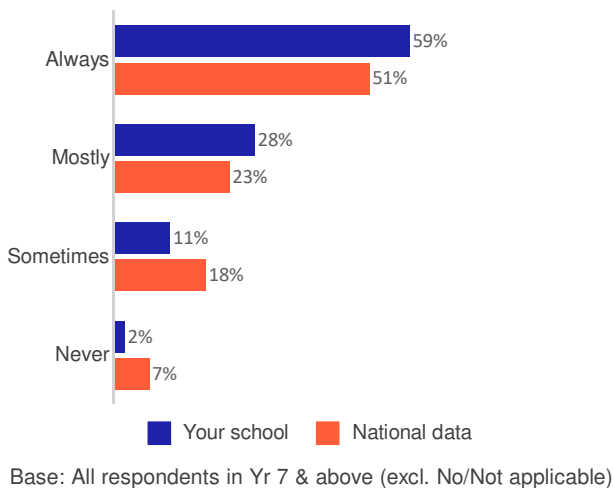


PE and periods

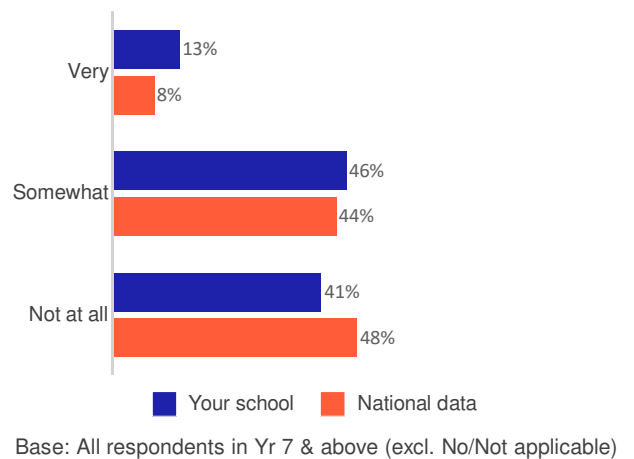
From our previous survey responses, we know that having your period is a significant barrier to participating in PE for many girls. The following questions were asked to help us understand more and consider how we can help make improvements for all girls in PE at this time.

These questions were only available for those in year 7 and above and were optional, but at your school 165 girls said that they were happy to answer them. Those selecting *No* or *Not applicable* are not included in the charts below.

Do you take part in PE when you have your period?



In your PE lesson, how comfortable would you feel talking to your teacher about periods?

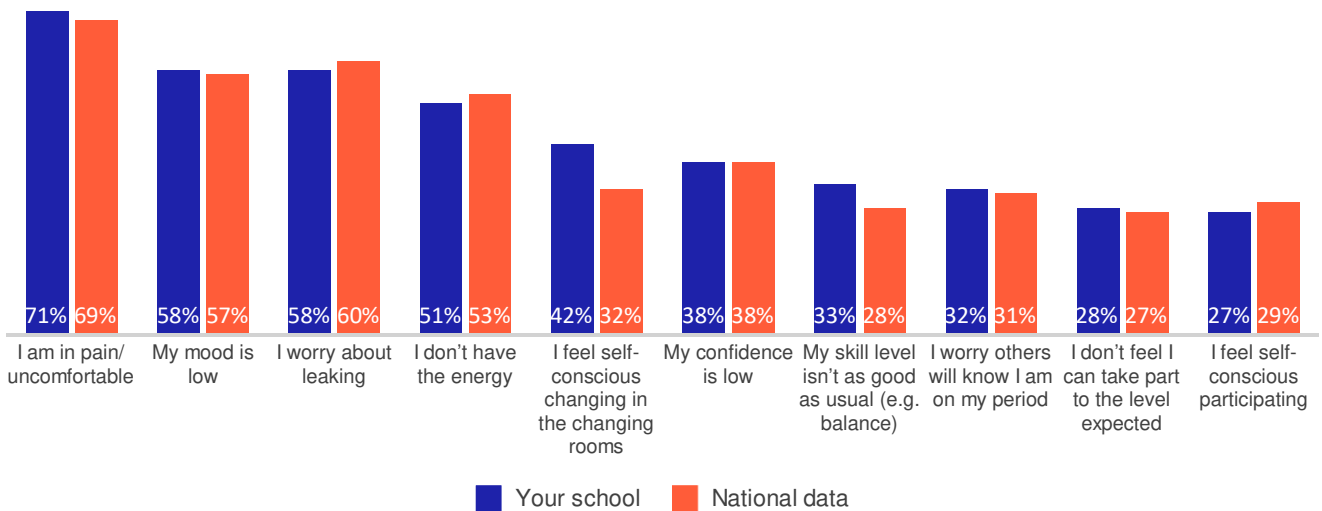


At your school, 59% of girls said that they *Always* take part in PE when they have their period, compared to 51% nationally. At the other end of the scale, 2% *Never* take part in PE when they have their period (7% nationally).

59% of your pupils said that they were *Very* or *Somewhat* comfortable talking to their teacher about periods, compared to 52% at a national level.

When asked what worries them about participating in PE or school sport when they have their period, girls at your school were most likely to say *I am in pain/ uncomfortable* (71%), *My mood is low* (58%), or *I worry about leaking* (58%). 11% said that they weren't concerned by any of these issues.

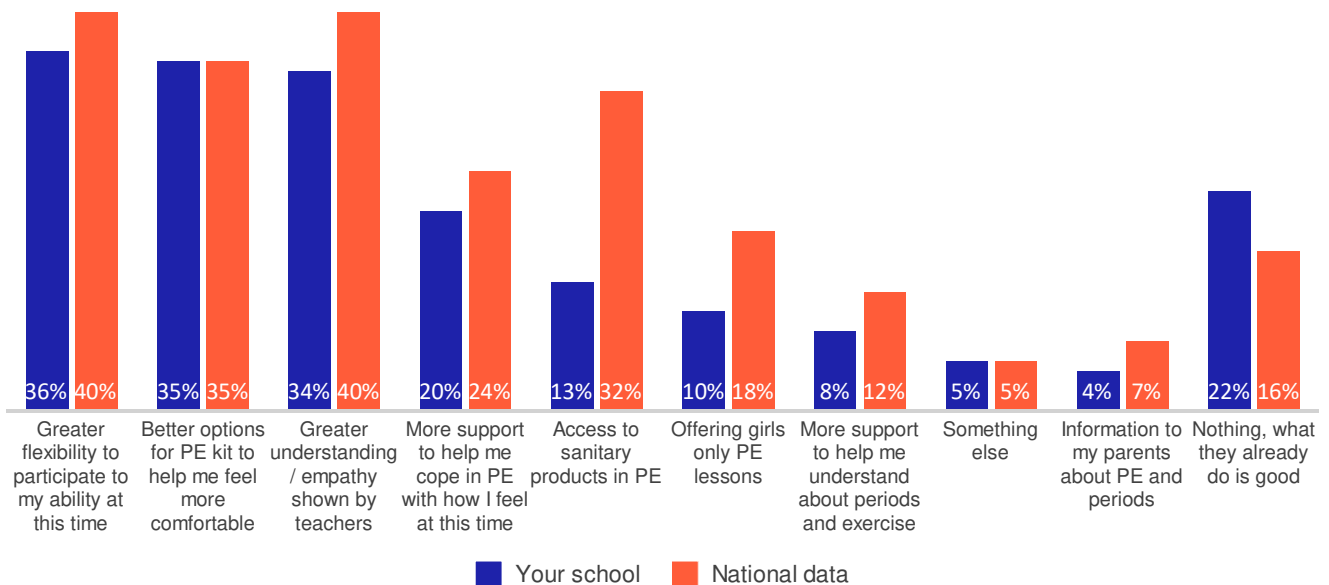
When you have your period which of the following things concern you about participating in PE or school sport?



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 at your school were *Greater flexibility to participate to my ability at this time* (36%), *Better options for PE kit to help me feel more comfortable* (35%), or *Greater understanding / empathy shown by teachers* (34%). 22% 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?

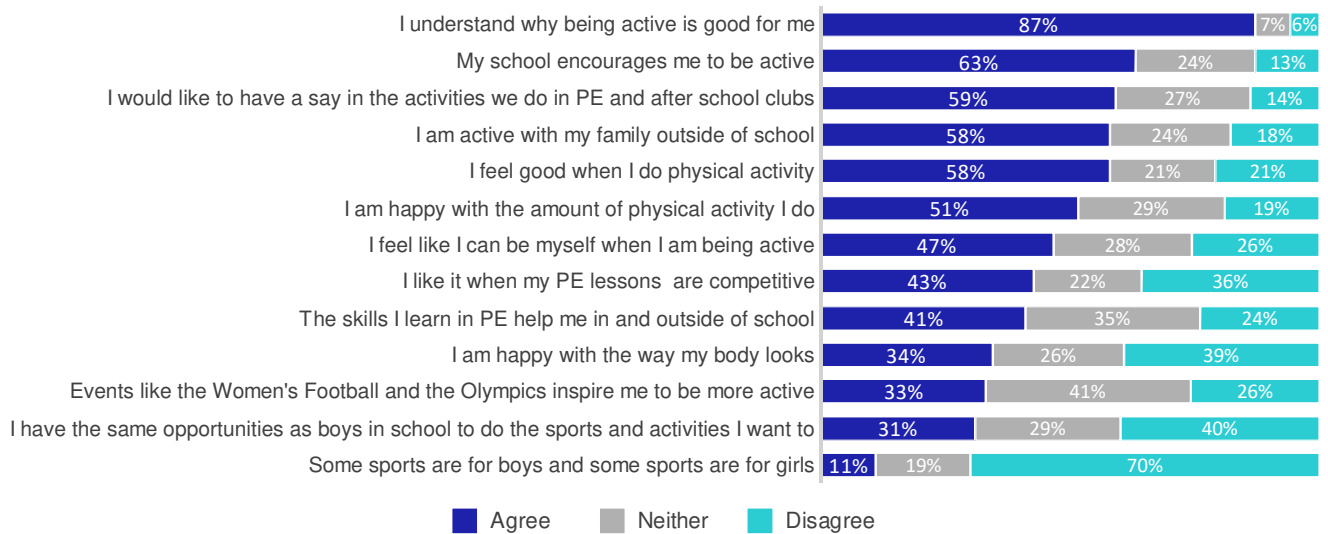


Base: All respondents in Yr 7 & above (excl. No/Not applicable)

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* (63%) and *I would like to have a say in the activities we do in PE and after school clubs* (59%).

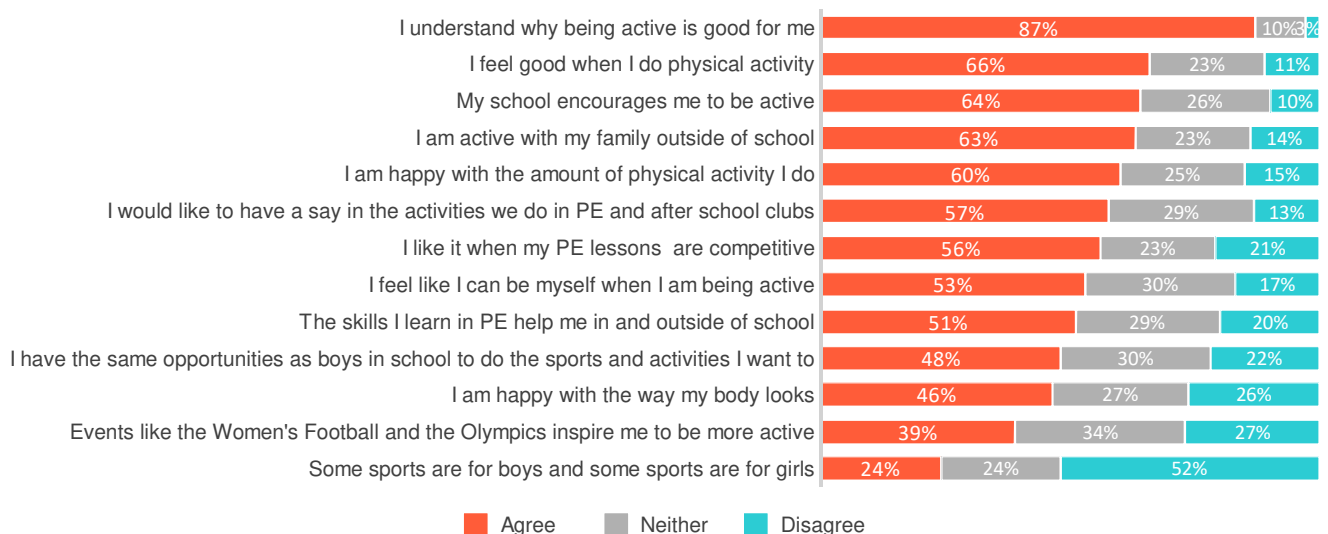
Your school



Base: Pupils at your school

The chart below shows the same data at a national level.

National data

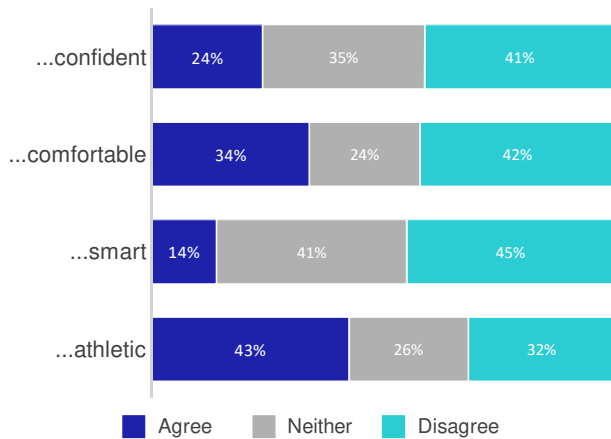


Base: All respondents

PE kit

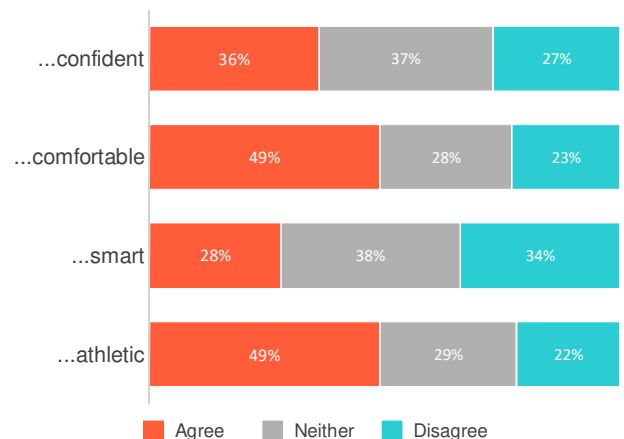
When asked how their PE/sports kit made them feel, 24% of girls from your school agreed or strongly agreed that it made them feel *Confident* (compared to 36% nationally) and 34% said they felt *Comfortable* (compared to 49% nationally). 14% felt *Smart* (compared to 28% nationally) and 43% felt *Athletic* (compared to 49% nationally).

Your school



Base: Pupils at your school

National data

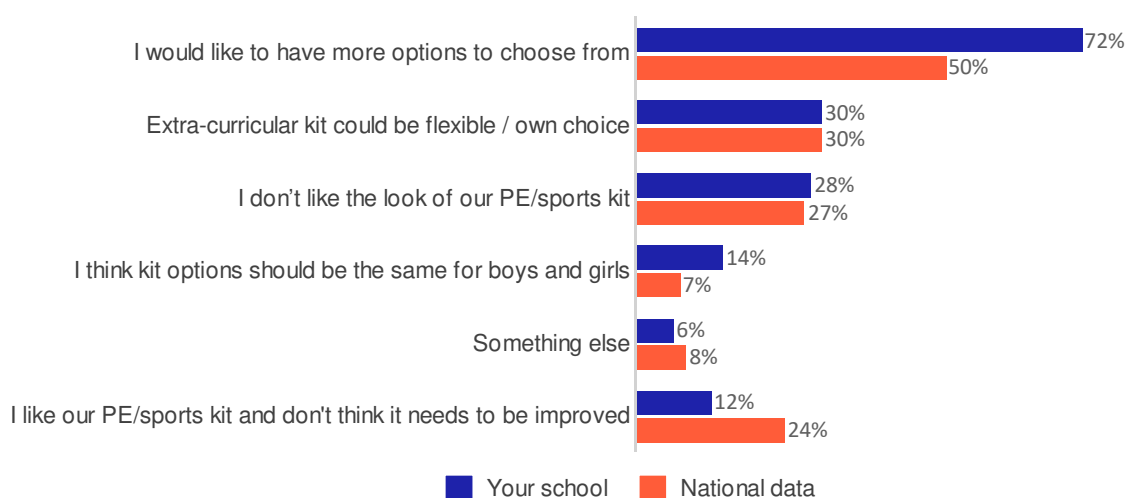


Base: All respondents

When given the opportunity to suggest improvements to their PE kit, girls from your school were most likely to say 'I would like to have more options to choose from' (72%), 'Extra-curricular kit could be flexible / own choice' (30%), and 'I don't like the look of our PE/sports kit' (28%).

12% said that they like the current PE kit or didn't think it needed to be changed.

How could your PE/sports kit be improved?

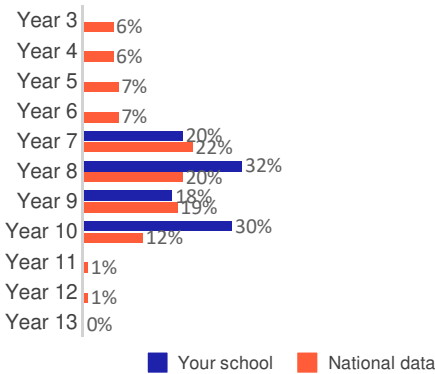


Base: All respondents

Pupil profile

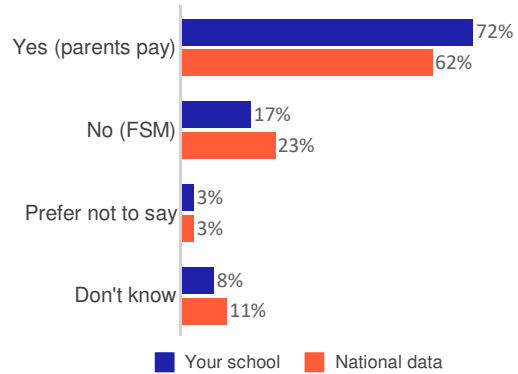
The charts below show the profile of girls at your school who responded to the questionnaire, compared to the national data. Girls at your school were most likely to describe their ethnic background as *White (British or English)* (82%). 17% said that they receive free school meals, compared to 23% nationally, and 9% said that they have a Special Educational Need or Disability (SEND).

Year group



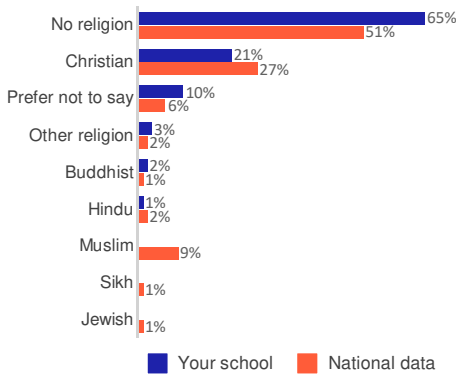
Base: All respondents

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



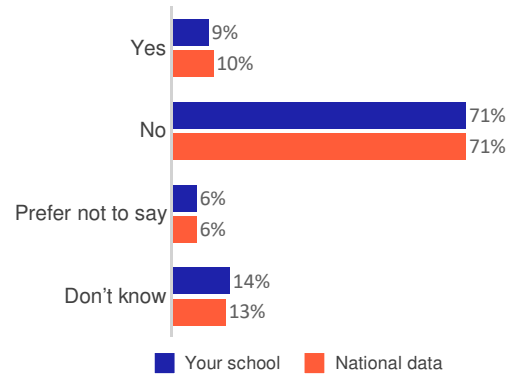
Base: All respondents

Faith or religion



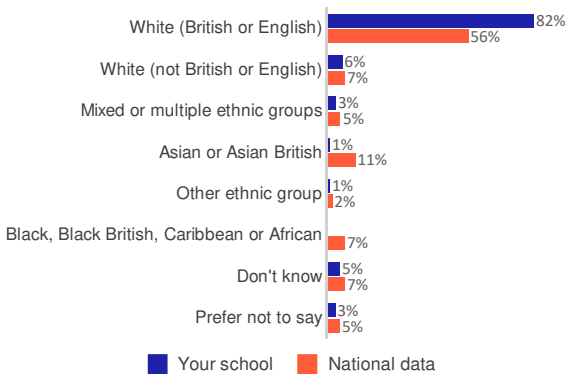
Base: All respondents in Yr 7 & above

Disability or special educational needs



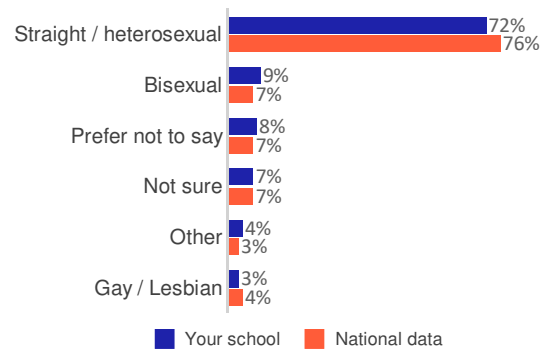
Base: All respondents

Ethnic background



Base: All respondents

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



Base: All respondents

Appendix 1

In the following tables **your school's 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

No responses from boys are included in these tables. If any responses were received from boys at your school, their results will be presented in a separate report.

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	Your school	Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
taking part in physical activity	76	*	77	74	39	83	76	80	38	85
taking part in PE	67	*	69	62	33	74	67	70	33	75
learning at school	45	*	45	43	22	51	44	40	21	62

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	Your school	Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
None	4%	*	4%	2%	6%	3%	2%	5%	29%	-
1 day a week	9%	*	7%	14%	11%	7%	8%	10%	71%	-
2 days a week	17%	*	18%	14%	28%	17%	18%	15%	-	-
3 days a week	25%	*	28%	17%	22%	26%	24%	30%	-	-
4 days a week	15%	*	14%	17%	11%	16%	16%	10%	-	-
5 days a week	17%	*	14%	26%	6%	20%	19%	10%	-	56%
6 days a week	5%	*	6%	3%	-	4%	5%	5%	-	16%
7 days a week	9%	*	9%	7%	17%	7%	9%	15%	-	28%

Usually in a week, how often do you take part in any sport or physical activity at school – NOT including PE lessons?

Break % Respondents	Your school		Key Stage		SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Never	57%	*	55%	62%	61%	57%	58%	60%	71%	59%
1 day a week	18%	*	16%	24%	28%	20%	21%	10%	-	23%
2 days a week	16%	*	18%	12%	6%	18%	14%	20%	13%	13%
3 days a week	4%	*	6%	-	-	3%	4%	-	13%	2%
4 days a week	3%	*	3%	2%	6%	2%	3%	5%	4%	2%
5 days a week	1%	*	1%	-	-	1%	1%	5%	-	2%

Usually in a week, how often do you take part in any sport or physical activity outside school?

Break % Respondents	Your school		Key Stage		SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Never	17%	*	19%	14%	17%	14%	16%	25%	50%	7%
1 day a week	25%	*	24%	28%	28%	27%	23%	25%	42%	13%
2 days a week	14%	*	16%	9%	6%	17%	14%	10%	4%	5%
3 days a week	18%	*	13%	29%	17%	17%	20%	15%	4%	21%
4 days a week	11%	*	12%	10%	11%	12%	13%	-	-	15%
5 days a week	7%	*	7%	7%	6%	7%	7%	10%	-	16%
6 days a week	3%	*	3%	2%	-	3%	3%	5%	-	7%
7 days a week	5%	*	7%	2%	17%	4%	5%	10%	-	16%

Do you lead any sport or physical activity?

Break % Respondents	Your school		Key Stage		SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
In school	5%	*	3%	10%	11%	4%	6%	5%	8%	7%
Outside of school	15%	*	14%	19%	17%	16%	16%	15%	4%	21%
Neither	82%	*	85%	76%	78%	82%	81%	80%	92%	75%

Would you like to lead any sport and physical activity?

Break % Respondents	National data		Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
In school	22%	*	21%	22%	24%	23%	21%	20%	4%	25%
Outside of school	18%	*	18%	20%	6%	18%	19%	20%	13%	29%
Neither	64%	*	64%	62%	71%	63%	64%	65%	83%	51%

How would you like to be more active in school?

Break % Respondents	Your school	Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
More PE	62%	*	63%	59%	100%	66%	60%	69%	25%	65%
More opportunities to be active at breaktimes/lunchtimes	13%	*	9%	22%	-	14%	12%	8%	-	13%
More opportunities to be active after school	32%	*	29%	41%	-	29%	35%	31%	25%	48%
More opportunities to be active before school	12%	*	9%	19%	17%	10%	11%	23%	-	23%
More opportunities to be active in other lessons like English, Maths and Science	58%	*	53%	70%	33%	58%	55%	62%	63%	65%
Something else	1%	*	1%	-	-	1%	-	8%	-	-

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	Your school	Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Netball	19%	*	20%	16%	17%	22%	19%	5%	17%	11%
Dance	15%	*	14%	19%	17%	14%	15%	20%	33%	15%
Cheerleading	14%	*	14%	16%	-	12%	14%	20%	25%	15%
Gym e.g. weight training, fitness training	14%	*	14%	16%	17%	16%	16%	10%	8%	13%
Trampolineing	14%	*	14%	16%	6%	14%	14%	20%	13%	18%
Swimming / Aquatics and Diving	14%	*	12%	19%	11%	14%	15%	5%	21%	10%
Archery	12%	*	12%	10%	17%	12%	11%	15%	4%	13%
Gymnastics	11%	*	12%	9%	11%	9%	10%	10%	13%	11%
Equestrian	10%	*	10%	9%	17%	10%	12%	-	17%	10%
Football / Futsal	10%	*	10%	9%	6%	12%	11%	10%	8%	11%

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

Break % Respondents	Your school		Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active	
Girls only	62%	*	66%	52%	72%	62%	63%	50%	58%	62%	
Don't mind	24%	*	23%	28%	17%	24%	22%	45%	29%	18%	
Mixed (all young people together)	14%	*	12%	21%	11%	14%	16%	5%	13%	20%	

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

Break % Respondents	Your school		Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active	
With your friends	71%	*	72%	69%	83%	67%	71%	75%	79%	61%	
With students of a similar - ability	14%	*	15%	10%	11%	16%	14%	10%	8%	21%	
With students with similar motivations	5%	*	1%	12%	-	6%	4%	5%	4%	5%	
With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)	2%	*	1%	2%	-	2%	2%	-	-	5%	
Don't mind	9%	*	9%	7%	6%	9%	8%	10%	8%	8%	
Something else	1%	*	1%	-	-	-	1%	-	-	-	

Looking at the list below, what if anything, motivates you to be active at school?

Break % Respondents	Your school		Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active	
Being with friends	66%	*	66%	66%	50%	69%	64%	85%	42%	66%	
Having fun	57%	*	56%	59%	28%	61%	55%	75%	29%	61%	
Getting fit and healthy	49%	*	49%	50%	22%	56%	50%	50%	17%	54%	
Being outside	43%	*	38%	53%	22%	49%	43%	50%	13%	52%	
Getting better at the sports / games I play	36%	*	34%	41%	28%	38%	36%	45%	4%	41%	
Learning new sports / skills	29%	*	30%	28%	22%	33%	29%	35%	-	34%	
It is good for my wellbeing	26%	*	21%	36%	11%	29%	23%	45%	4%	33%	
Being part of a team	23%	*	21%	28%	11%	26%	23%	25%	4%	26%	
Playing to win	23%	*	25%	17%	22%	23%	24%	25%	4%	28%	
Making new friends	19%	*	20%	16%	17%	20%	15%	50%	4%	21%	
Learning skills that help me in life / other school subjects	19%	*	20%	17%	22%	20%	19%	25%	4%	20%	
Something else	3%	*	4%	2%	11%	1%	4%	-	-	3%	
I am not motivated by anything	13%	*	12%	17%	22%	9%	12%	15%	38%	15%	

What, if anything, currently stops you being active / more active at school?

Break % Respondents	Your school	Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
When I have my period	37%	*	33%	47%	28%	36%	38%	45%	38%	33%
I worry about how I look	34%	*	31%	43%	67%	28%	34%	45%	50%	31%
I am not confident	32%	*	31%	34%	61%	25%	30%	40%	54%	26%
I don't like getting hot and sweaty	28%	*	22%	41%	44%	25%	28%	40%	33%	23%
I don't like other people watching me	26%	*	23%	33%	50%	20%	26%	25%	42%	23%
I don't like the PE kit	22%	*	21%	22%	44%	17%	23%	10%	33%	33%
When it's outside and it's not nice weather	21%	*	18%	28%	33%	18%	23%	20%	29%	20%
I don't enjoy it	21%	*	18%	26%	56%	14%	22%	15%	33%	11%
I'm not good at it	21%	*	19%	24%	33%	18%	18%	25%	29%	11%
I can't be bothered	19%	*	12%	36%	22%	17%	17%	45%	29%	18%
I don't like the activities on offer	18%	*	15%	26%	39%	15%	19%	30%	13%	18%
I don't feel I can be myself in PE	17%	*	20%	12%	33%	11%	15%	30%	38%	11%
I have an injury	17%	*	13%	26%	11%	17%	17%	15%	17%	16%
There isn't enough time to get changed	14%	*	18%	7%	6%	13%	14%	20%	21%	11%
Nothing stops me taking part	14%	*	15%	10%	11%	17%	16%	5%	4%	15%
I don't like getting changed in front of other people	13%	*	13%	14%	28%	10%	13%	10%	21%	10%
I can't get home if I stay after school	13%	*	11%	17%	6%	15%	12%	15%	4%	11%
I don't like taking part with boys	11%	*	10%	14%	-	12%	12%	15%	8%	11%
Other people make fun of me	10%	*	9%	14%	33%	4%	10%	10%	25%	7%
My friends don't want to do it	10%	*	10%	9%	28%	9%	11%	5%	4%	10%
I don't have time because I already do a lot of physical activity outside of school	10%	*	10%	9%	11%	10%	10%	10%	8%	15%
My breasts feel uncomfortable when I exercise	9%	*	6%	16%	-	7%	8%	15%	8%	7%
I don't feel I can be myself in extra-curricular activities	6%	*	6%	7%	22%	2%	4%	20%	8%	7%
I don't know how to get involved	5%	*	6%	3%	11%	4%	4%	10%	8%	2%
I'm not able to do it because the activities are not suitable for me	5%	*	5%	3%	22%	3%	4%	10%	17%	2%
I don't feel encouraged to take part by the teachers	4%	*	2%	9%	17%	1%	4%	-	21%	2%
Something else	4%	*	4%	3%	6%	1%	4%	10%	8%	3%
I don't like how the person delivers the activities	4%	*	3%	5%	11%	2%	2%	15%	4%	5%
I don't feel encouraged to take part by my family	1%	*	1%	-	6%	-	1%	-	-	-

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

Break % Respondents	Your school	Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
I worry about how I look	23%	*	23%	24%	44%	21%	23%	35%	33%	13%
When I have my period	23%	*	24%	21%	22%	22%	24%	30%	38%	16%
I am not confident	22%	*	22%	22%	56%	16%	22%	20%	46%	13%
I can't be bothered	21%	*	18%	28%	17%	22%	19%	40%	33%	10%
I don't like other people watching me	17%	*	17%	19%	33%	14%	14%	35%	25%	13%
I don't like getting hot and sweaty	16%	*	13%	22%	28%	15%	14%	40%	21%	10%
It costs too much money	13%	*	12%	17%	17%	12%	13%	25%	17%	8%
I'm not good at it	12%	*	13%	9%	28%	9%	11%	15%	21%	5%
I don't enjoy it	11%	*	10%	14%	28%	8%	12%	10%	21%	5%
I don't like getting changed in front of other people	11%	*	13%	5%	33%	8%	10%	20%	25%	3%
Sports clubs/facilities are too far away from where I live	10%	*	9%	12%	11%	10%	9%	15%	4%	10%
I can't get transport to/from activities	10%	*	9%	14%	22%	7%	9%	20%	4%	8%
When it's outside and it's not nice weather	10%	*	12%	7%	17%	8%	11%	10%	17%	8%
My friends don't want to do it	10%	*	9%	10%	22%	9%	9%	20%	13%	3%
My time is taken up with other activities	9%	*	6%	16%	22%	8%	9%	15%	4%	10%
I have an injury	9%	*	7%	14%	17%	7%	9%	10%	4%	11%
I don't feel I can be myself at sports clubs/facilities	8%	*	8%	7%	28%	4%	8%	10%	17%	3%
I can't get home if I stay after school	8%	*	5%	14%	11%	9%	6%	15%	8%	8%
Other people make fun of me	7%	*	7%	7%	17%	5%	6%	15%	13%	3%
My school work is more important to me	7%	*	4%	12%	17%	7%	5%	15%	4%	5%
I don't like the activities on offer	6%	*	6%	7%	17%	4%	6%	15%	8%	2%
I don't like the kit	6%	*	7%	2%	11%	4%	6%	5%	8%	5%
I don't like taking part with boys	5%	*	5%	3%	-	4%	4%	15%	17%	-
I don't know how to get involved	5%	*	5%	3%	17%	4%	4%	5%	13%	2%
There isn't enough time to get changed	5%	*	6%	2%	6%	4%	5%	5%	8%	-
I don't feel safe	4%	*	3%	7%	11%	3%	3%	10%	8%	3%
My parent(s)/carer(s) worry about my safety	4%	*	4%	5%	17%	3%	4%	10%	17%	-
My breasts feel uncomfortable when I exercise	4%	*	4%	3%	-	4%	3%	10%	8%	-
I don't like how the person delivers the activities	4%	*	4%	2%	11%	1%	3%	10%	8%	3%
Something else	4%	*	5%	-	6%	1%	3%	15%	4%	2%
I don't have time because I already do a lot of physical activity	3%	*	4%	2%	6%	3%	4%	-	4%	3%
I'm not able to do it because the activities are not suitable for me	3%	*	4%	-	17%	1%	3%	-	4%	-
I don't feel encouraged to take part by my family	2%	*	1%	2%	11%	1%	1%	-	-	2%
Nothing stops me taking part	27%	*	30%	21%	11%	30%	29%	20%	8%	34%

Do you take part in PE when you have your period?

Break % Respondents	Your school		Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active	
Always	59%	*	58%	63%	53%	66%	61%	56%	25%	74%	
Mostly	28%	*	28%	27%	20%	27%	28%	22%	35%	20%	
Sometimes	11%	*	11%	11%	27%	5%	9%	22%	30%	6%	
Never	2%	*	3%	-	-	2%	2%	-	10%	-	

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

Break % Respondents	Your school		Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active	
I am in pain/ uncomfortable	71%	*	70%	73%	67%	71%	71%	78%	75%	67%	
My mood is low	58%	*	54%	66%	60%	56%	59%	56%	60%	65%	
I worry about leaking	58%	*	53%	66%	60%	55%	57%	56%	75%	56%	
I don't have the energy	51%	*	48%	57%	47%	47%	49%	67%	65%	43%	
I feel self-conscious changing in the changing rooms	42%	*	39%	48%	47%	38%	41%	44%	60%	41%	
My confidence is low	38%	*	37%	39%	53%	32%	34%	61%	50%	31%	
My skill level isn't as good as usual (e.g. balance)	33%	*	30%	38%	40%	30%	30%	50%	45%	31%	
I worry others will know I am on my period	32%	*	28%	39%	33%	26%	31%	44%	40%	31%	
I don't feel I can take part to the level expected	28%	*	23%	39%	47%	23%	27%	44%	45%	24%	
I feel self-conscious participating	27%	*	26%	30%	47%	19%	27%	39%	45%	24%	
I don't feel supported/understood by my teachers	22%	*	18%	30%	13%	18%	21%	39%	30%	17%	
I have had a bad experience before	16%	*	14%	21%	27%	10%	17%	22%	10%	17%	
I don't feel supported/understood by other girls	10%	*	8%	13%	7%	9%	8%	22%	20%	9%	
Something else	1%	*	2%	-	-	1%	-	11%	-	2%	
None of the above	11%	*	12%	9%	7%	12%	11%	6%	-	9%	

What, if anything, can your school do to help you in PE when you have your period?

Break % Respondents	Your school		Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active	
Greater flexibility to participate to my ability at this time	36%	*	27%	55%	47%	38%	36%	56%	35%	43%	
Better options for PE kit to help me feel more comfortable	35%	*	37%	30%	40%	32%	35%	44%	35%	39%	
Greater understanding / empathy shown by teachers	34%	*	29%	43%	20%	33%	33%	61%	40%	37%	
More support to help me cope in PE with how I feel at this time	20%	*	18%	23%	40%	13%	20%	28%	35%	17%	
Access to sanitary products in PE	13%	*	17%	7%	7%	14%	11%	22%	10%	13%	
Offering girls only PE lessons	10%	*	14%	4%	20%	7%	10%	11%	15%	7%	
More support to help me understand about periods and exercise	8%	*	9%	5%	27%	3%	6%	28%	10%	7%	
Something else	5%	*	6%	4%	7%	3%	5%	-	20%	-	
Information to my parents about PE and periods	4%	*	4%	4%	13%	2%	4%	6%	5%	2%	
Nothing, what they already do is good	22%	*	25%	18%	20%	23%	23%	6%	10%	22%	

In your PE lesson, how comfortable would you feel talking to your teacher about periods?

Break % Respondents	Your school		Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active	
Very	13%	*	11%	16%	13%	14%	14%	6%	5%	20%	
Somewhat	46%	*	41%	55%	53%	50%	46%	56%	30%	50%	
Not at all	41%	*	48%	29%	33%	36%	40%	39%	65%	30%	

How much do you agree with each of the following sentences? (% Strongly agree / Agree)

% Strongly agree / Agree	Your school		Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active	
I am happy with the way my body looks	34	*	36	29	17	41	36	30	29	41	
I am happy with the amount of physical activity I do	51	*	55	43	17	59	53	50	25	66	
I would like to have a say in the activities we do in PE and after school clubs	59	*	58	64	67	59	61	60	33	69	
The skills I learn in PE help me in and outside of school	41	*	42	38	22	46	43	25	13	52	
I like it when my PE lessons are competitive	43	*	45	36	22	50	45	10	29	46	
I understand why being active is good for me	87	*	87	88	72	93	88	85	63	95	
I feel like I can be myself when I am being active	47	*	49	41	28	54	50	30	8	56	
Some sports are for boys and some sports are for girls	11	*	15	3	11	10	8	20	8	3	
My school encourages me to be active	63	*	63	62	61	67	63	65	29	66	
I am active with my family outside of school	58	*	61	53	50	59	58	65	25	70	
I have the same opportunities as boys in school to do the sports and activities I want to	31	*	40	8	50	32	30	33	15	29	
Events like the Women's Football and the Olympics inspire me to be more active	33	*	35	28	17	34	33	35	13	36	
I feel good when I do physical activity	58	*	57	62	33	66	59	60	25	74	

How much do you agree with each of the following? My PE/sports kit makes me feel... (% Strongly agree / Agree)

% Strongly agree / Agree	Your school		Key Stage			SEND		Ethnicity		Physical activity level	
	Your school	KS2	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active	
...confident	24	*	26	21	11	28	25	15	0	34	
...comfortable	34	*	32	40	17	41	34	30	17	41	
...smart	14	*	18	5	6	16	13	15	0	18	
...athletic	43	*	45	38	22	46	43	35	13	52	

How could your PE/sports kit be improved?

Break % Respondents	Your school		Key Stage		SEND		Ethnicity		Physical activity level	
	Your school	KS2	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	12%	*	9%	21%	-	17%	14%	5%	-	15%
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper)	72%	*	79%	57%	67%	69%	73%	70%	75%	69%
I think kit options should be the same for boys and girls	14%	*	12%	17%	28%	12%	14%	20%	25%	3%
Extra-curricular kit could be flexible / own choice	30%	*	27%	38%	56%	27%	31%	40%	25%	36%
I don't like the look of our PE/sports kit	28%	*	28%	26%	33%	22%	26%	35%	29%	33%
Something else	6%	*	7%	3%	11%	2%	6%	5%	8%	3%