



Girls Active

National report

June 2025 / Girls' report





Overall attitudes to PE and physical activity

74%

enjoy taking part in physical activity

57%

enjoy taking part in PE

47%

enjoy learning at school



Top 10 barriers to being active at school

36%

When I have my period*

30%

I am not confident

26%

I don't like other people watching me

26%

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

25%

I worry about how I look

24%

I don't like getting hot and sweaty

24%

I can't be bothered

20%

I don't like taking part with boys

18%

I'm not good at it

18%

I don't enjoy it



Top 10 motivators for being active at school

60%

Being with friends

59%

Having fun

44%

Getting fit and healthy

33%

Being outside

31%

It is good for my wellbeing

26%

Playing to win

26%

Getting better at the sports / games I play

22%

Learning new sports / skills

21%

Being part of a team

17%

Learning skills that help me in life / other school subjects



Preferred group for sport, physical activity and PE

In terms of gender:

68% Girls only

18% Don't mind

14% Mixed (all young people together)

In terms of motivations:

78% With friends

9% With students of similar ability

2% With students with similar motivations

2% With students wanting to take similar curriculum pathways

7% Don't mind

1% Something else



Leading sport and physical activity

10% % who lead sport in school

19% % who lead sport outside of school

19% % who would **like to** lead sport in school

17% % who would **like to** lead sport outside of school



Top 3 worries for girls in PE during their period

69% I am in pain/uncomfortable

61% I worry about leaking

58% My mood is low



Top 3 suggested improvements to PE/sports kit

48% I would like to have more options to choose from

26% I don't like the look of our PE/sports kit

26% Extra-curricular kit could be flexible / own choice

Girls' report: Introduction

This report summarises responses to the *Girls Active Questionnaire* that girls completed between October 2024 and June 2025. Overall, this study received **5794 responses from girls**.

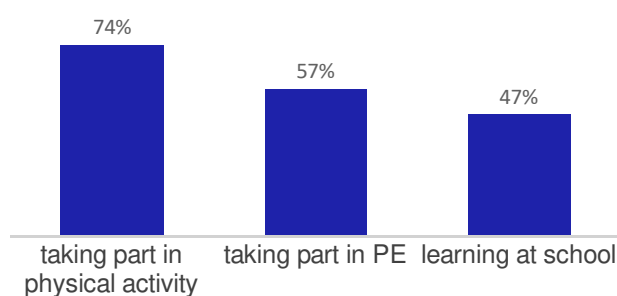
For more information about Girls Active please visit www.youthsporttrust.org/girls-active

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* (74%), followed by *taking part in PE* (57%) and *learning at school* (47%).

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



Base: All respondents

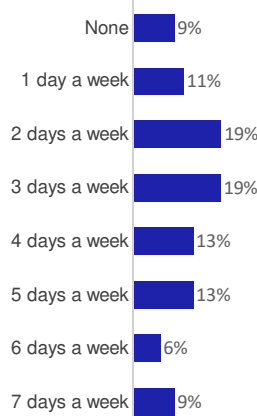
Being active

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 took part on 3.3 days per week.

Days of physical activity per week

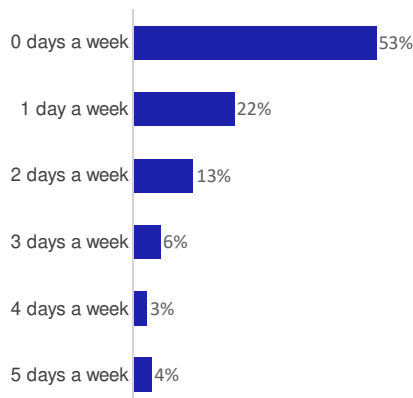


Base: All respondents

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* (53%). On average, girls took part on 1.0 days per week.

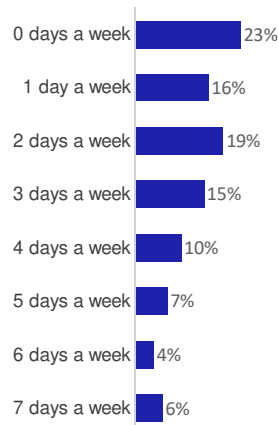
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on *0 days a week* (23%). On average, girls took part on 2.4 days per week.

Days of physical activity at school, excluding PE lessons



Base: All respondents

Days of physical activity outside of school

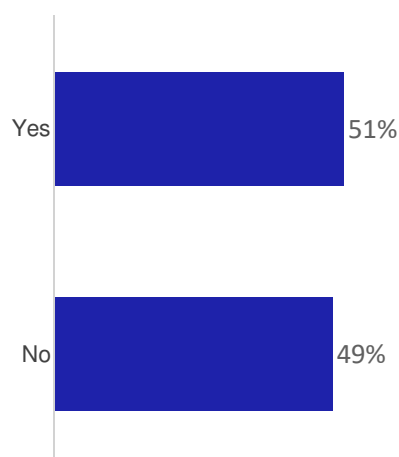


Base: All respondents

The chart below shows that 51% of girls would like to be more active when they are in school.

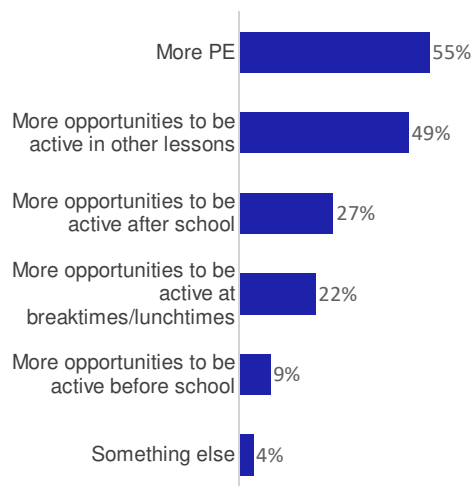
When asked *how* they would like to be more active, they were most likely to say *More PE* (55%) or *More opportunities to be active in other lessons* (49%).

Would you like to be more active in school?
Please choose one answer



Base: All respondents

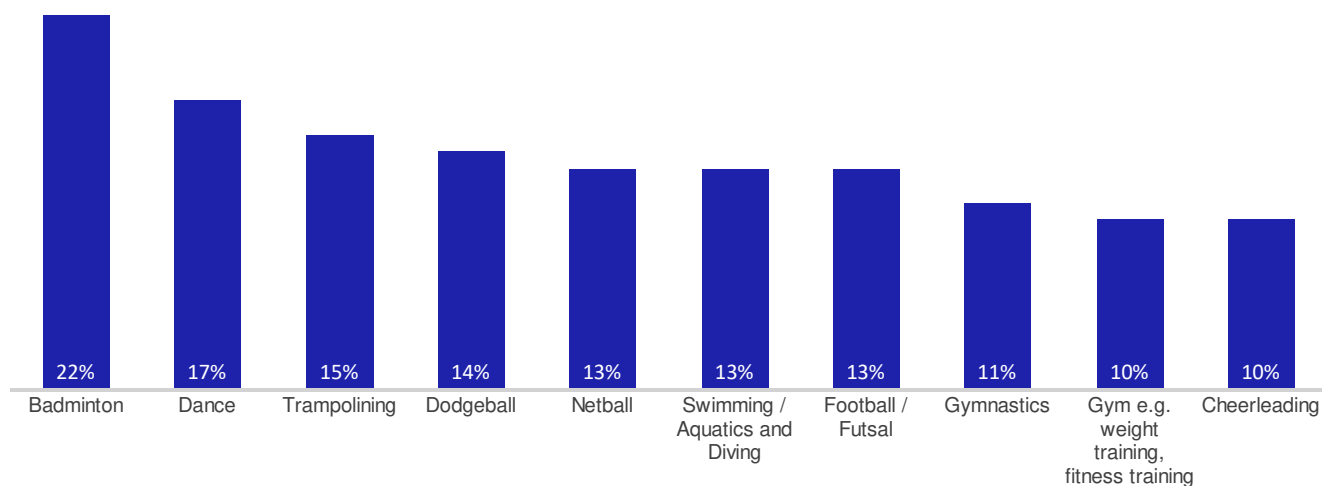
How would you like to be more active in school?



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%), *Dance* (17%), and *Trampolining* (15%).

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

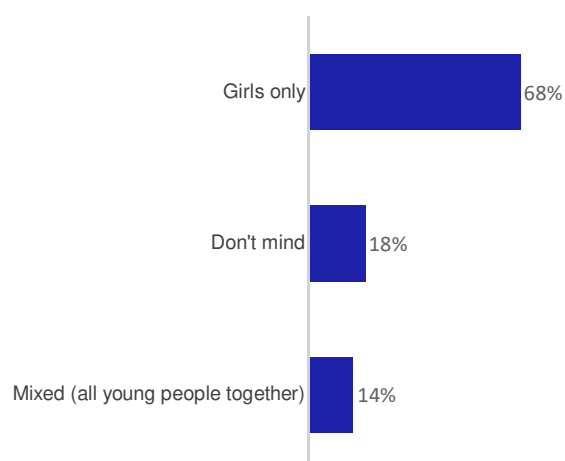


Base: All respondents

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.

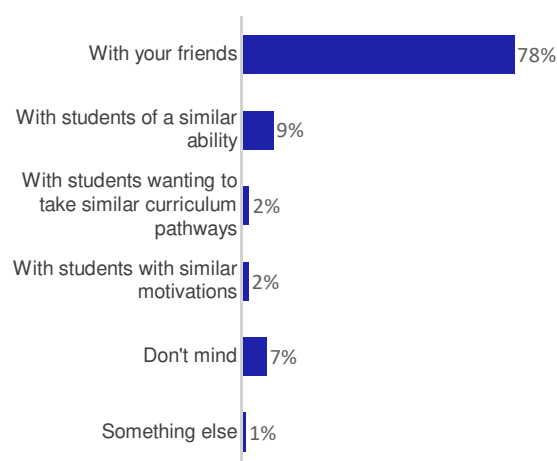
In terms of gender they were most likely to say *Girls only* (68%), while the most common response in terms of motivations was *With your friends* (78%).

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?



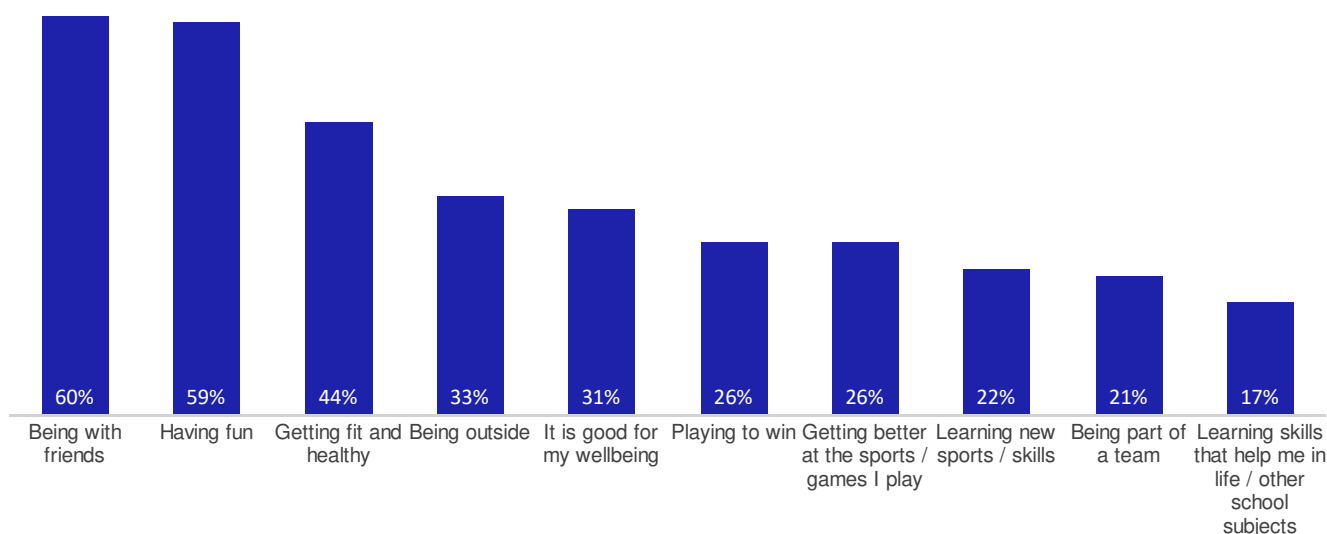
Base: All respondents

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* (60%), *Having fun* (59%), and *Getting fit and healthy* (44%).

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

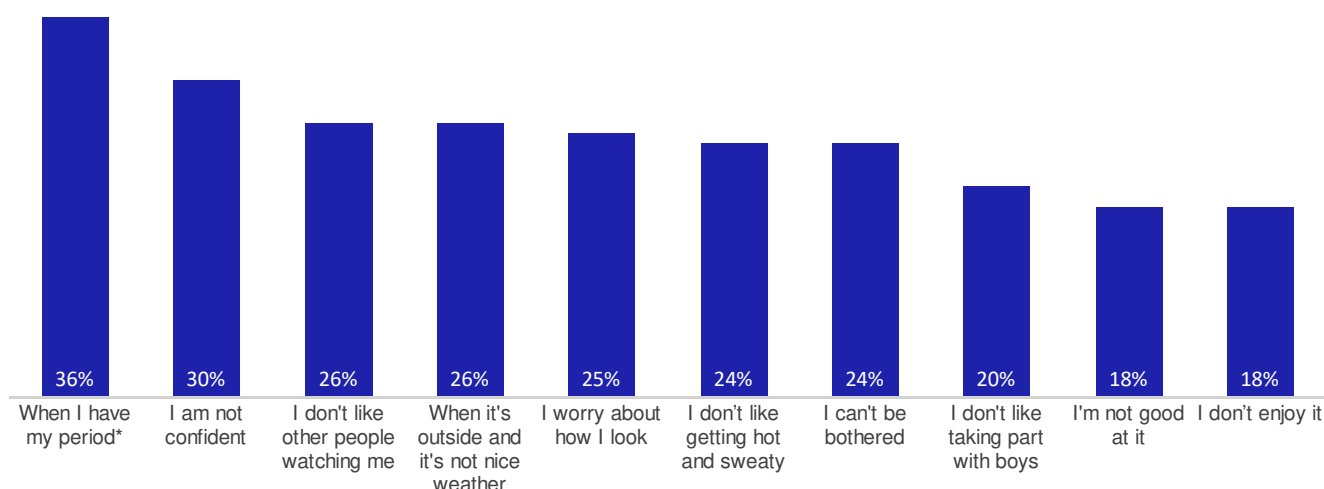


Base: All respondents

What stops you?

The top 3 barriers that stopped girls from being more active were; *When I have my period** (36%), *I am not confident* (30%), and *I don't like other people watching me* (26%). However 13% 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.

Leading sport and physical activity

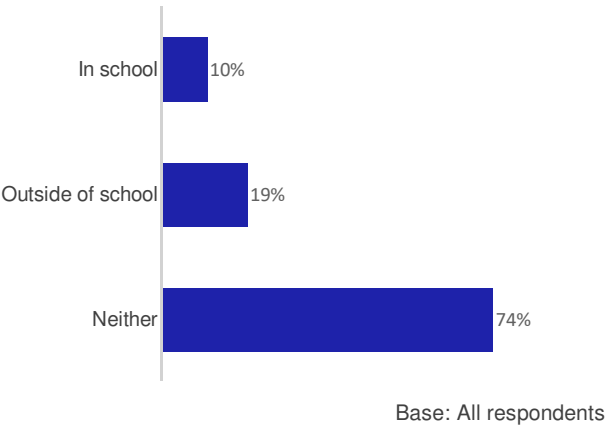
Girls were asked whether they lead any sport or physical activity - refereeing, coaching, or organising, for example - either inside or outside of school.

10% said that they lead sport in school, while 19% lead outside of school.

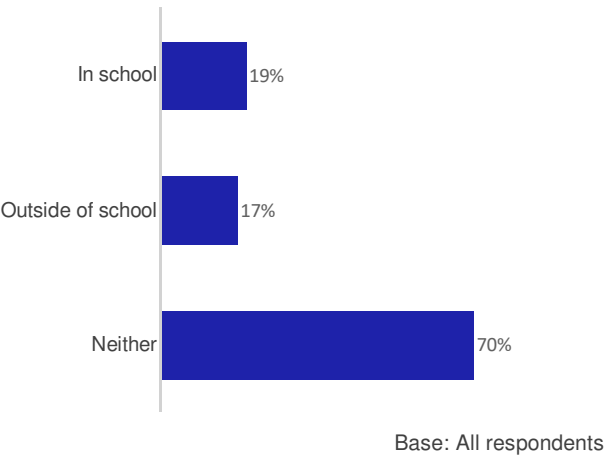
They were then asked whether they would *like to* lead sport or physical activity.

19% said that they would like to lead sport or physical activity at school, compared to 17% outside of school.

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

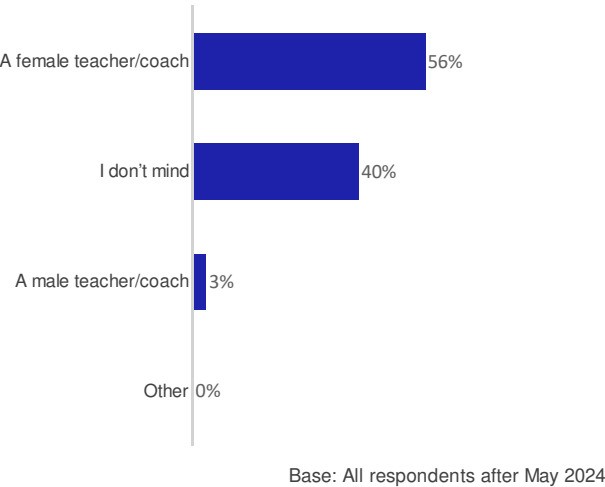


Would you like any leadership roles in sport / physical activity?



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?

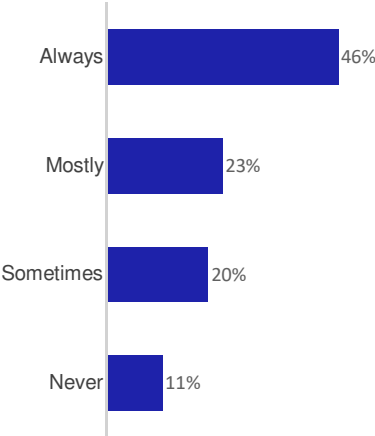


PE and periods

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.

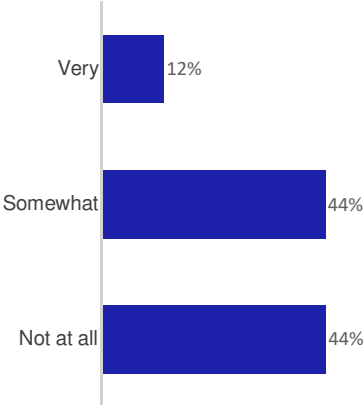
These questions were only available for those in year 7 and above, were optional, and were answered by 4728 girls. Those selecting *No* or *Not applicable* are not included the charts below.

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?



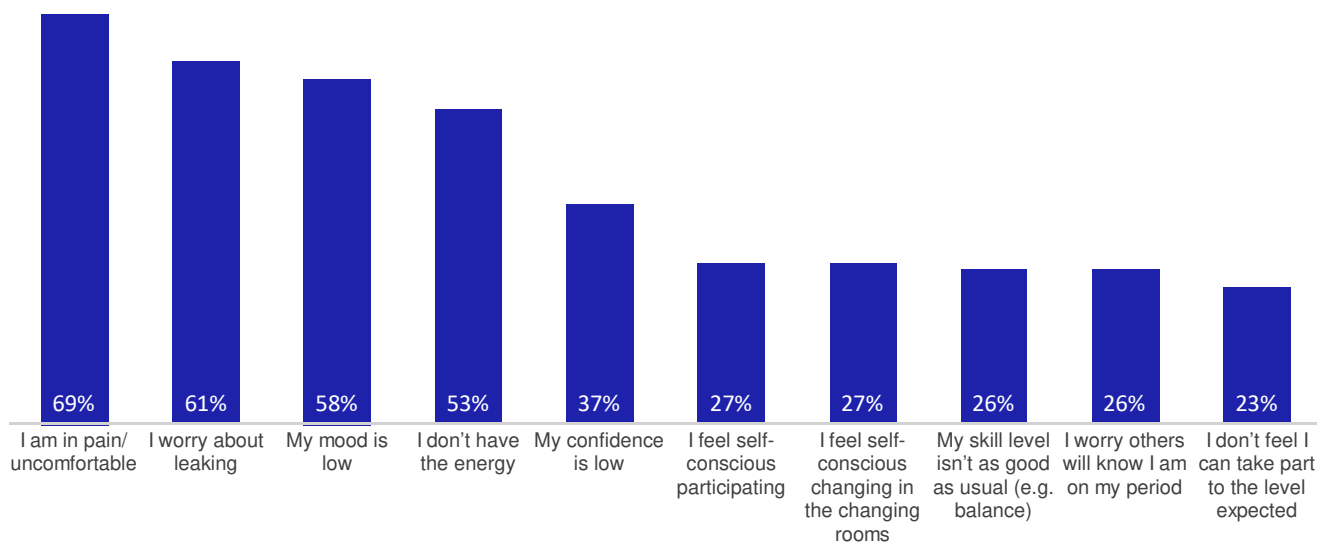
Base: All respondents in Yr 7 & above (excl. No/Not applicable)

46% of girls said that they *Always* take part in PE when they have their period, and at the other end of the scale, 11% *Never* take part in PE when they have their period.

56% 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* (69%), *I worry about leaking* (61%), or *I worry about leaking* (58%). 10% said that they weren't concerned by any of these issues.

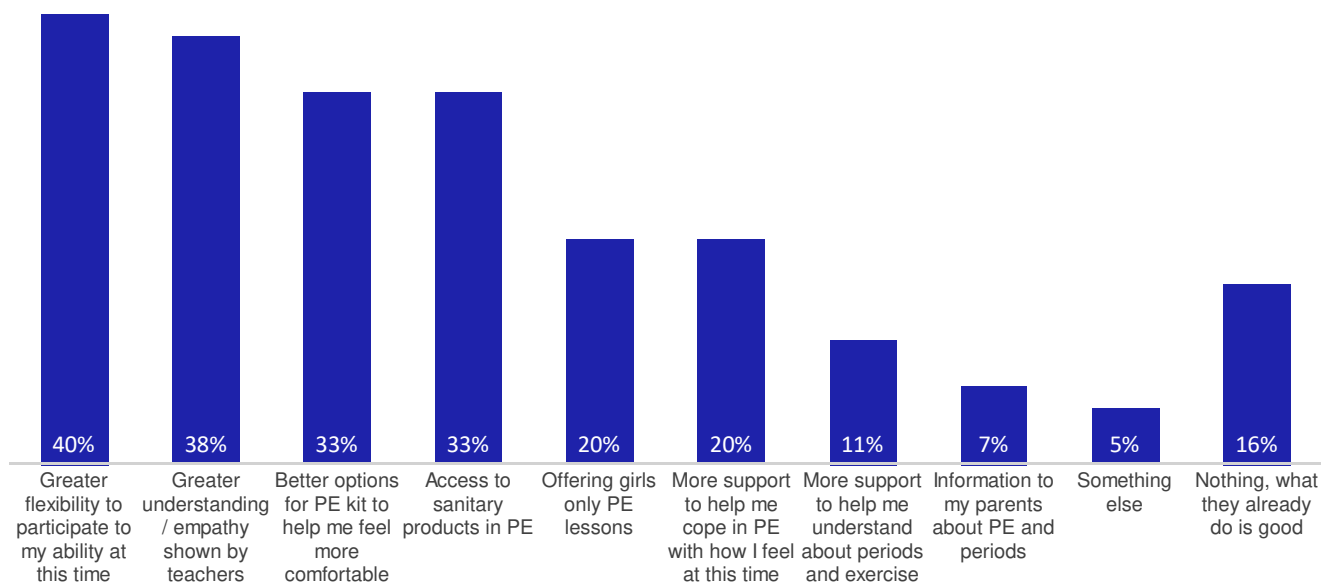
When you have your period which of the following things concern you about participating in PE or school sport?



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 / empathy shown by teachers* (38%), or *Better options for PE kit to help me feel more comfortable* (33%). 16% 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?



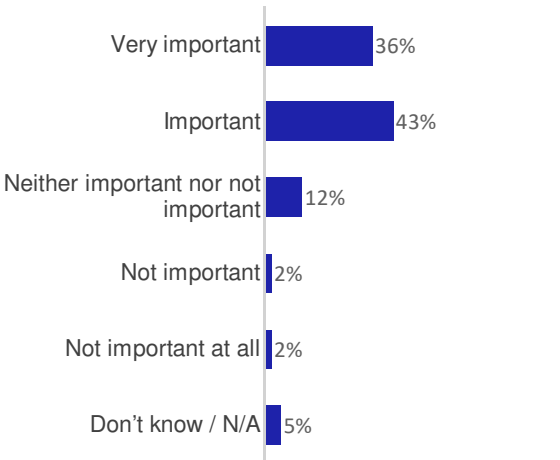
Base: All respondents in Yr 7 & above (excl. No/Not applicable)

Puberty Education

We are interested to know girls' thoughts on puberty education; the learning across subjects that covers the changes during adolescence. This might be in subjects such as biology, PSHE, form time, PE, or possibly other subjects as well, and might cover topics like periods, breast development and health, hormones, emotions, importance of being active and wellbeing).

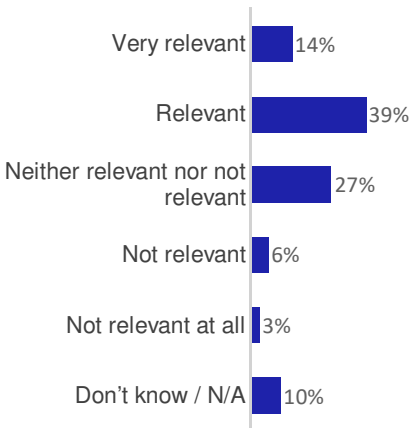
These questions were only available to those in year 7 and above and were optional and were answered by 3881 girls. Those who responded *No* or *Not applicable* are not included the charts below.

Thinking about all areas of puberty education, how important do you think this learning is?



Base: All respondents

How relevant do you find this learning to you and you taking part in PE, sport and physical activity?



Base: All respondents

Overall, 79% of girls said that puberty education was *Very important* or *Important*.

53% felt that puberty education was *Very relevant* or *Relevant* to them taking part in PE, sport, and physical activity.

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* (88%), *I am active with my family outside of school* (61%) and *My school encourages me to be active* (60%).

National data

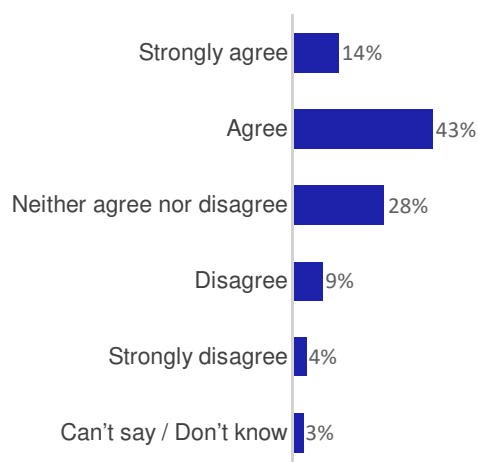


Base: Pupils at your school (*after May 2024)

Overall, 56% of girls *Strongly agreed* or *Agreed* with the statement "If I find something difficult, I keep trying until I can do it".

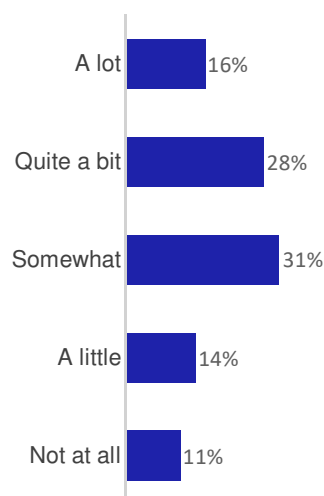
When asked if they felt that they belong at their school 44% replied *A lot* or *Quite a bit*.

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



Base: All respondents

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?

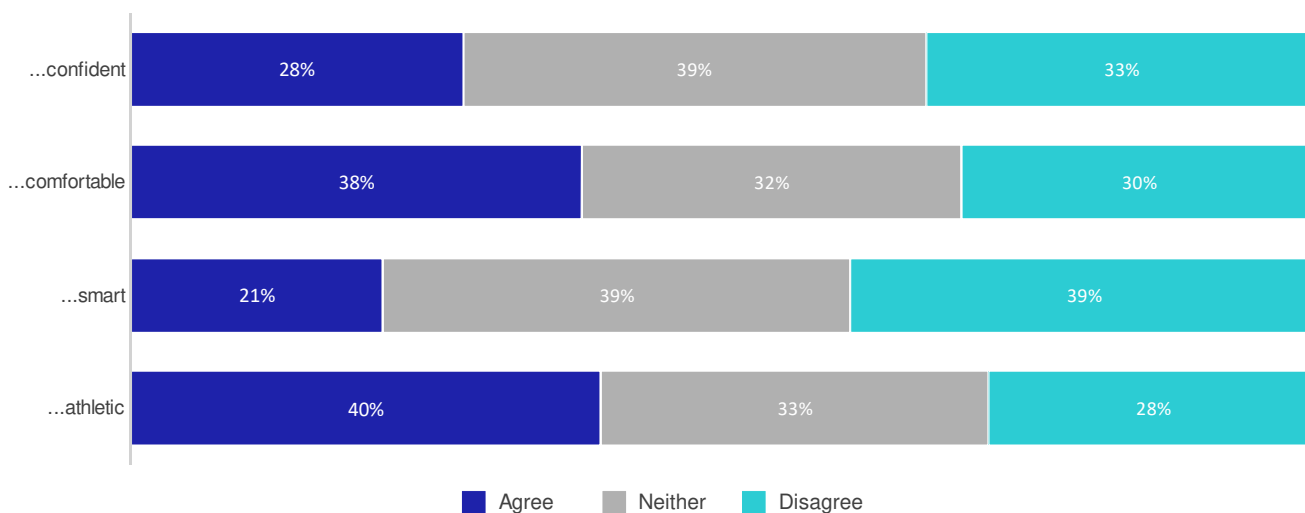


Base: All respondents

PE kit

When asked how their PE/sports kit made them feel, 28% of girls agreed or strongly agreed that it made them feel *Confident*, 38% said they felt *Comfortable*, 21% felt *Smart* and 40% felt *Athletic*.

National data

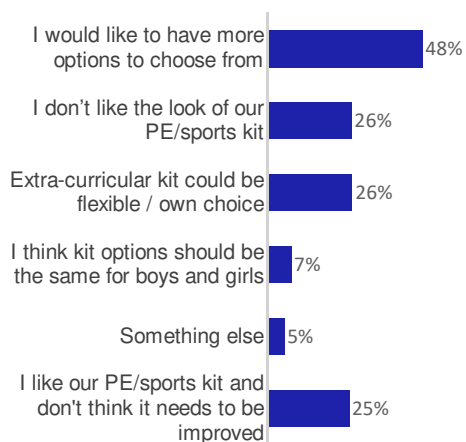


Base: All respondents

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*' (48%), '*I don't like the look of our PE/sports kit*' (26%), and '*Extra-curricular kit could be flexible / own choice*' (26%).

25% said that they like the current PE kit or didn't think it needed to be changed.

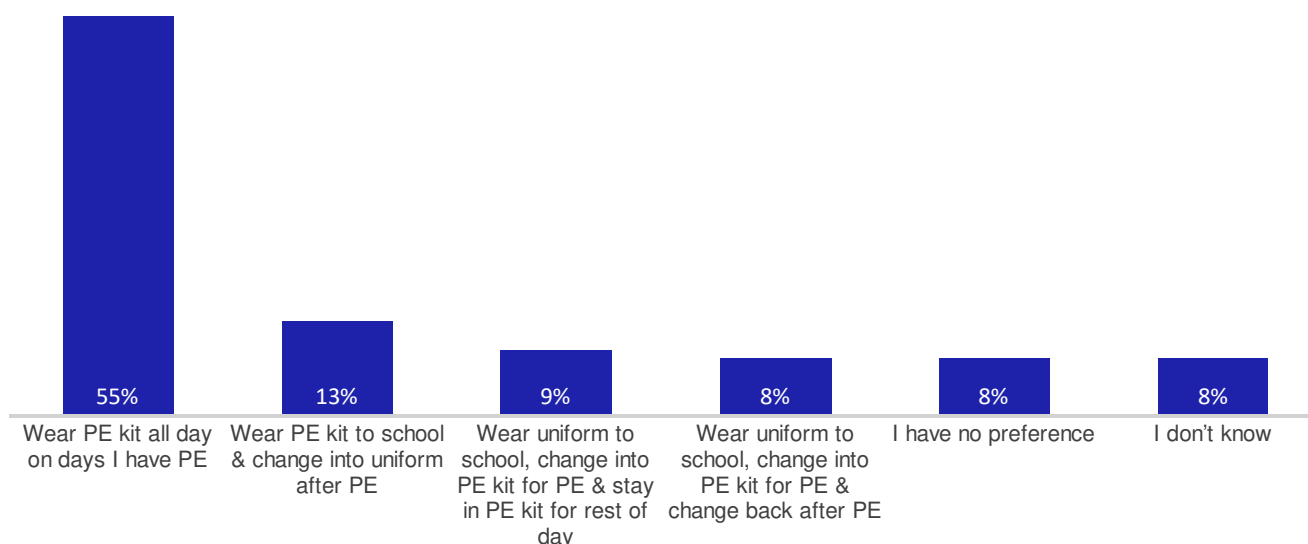
How could your PE/sports kit be improved to encourage you to take part more?



Base: All respondents

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*.

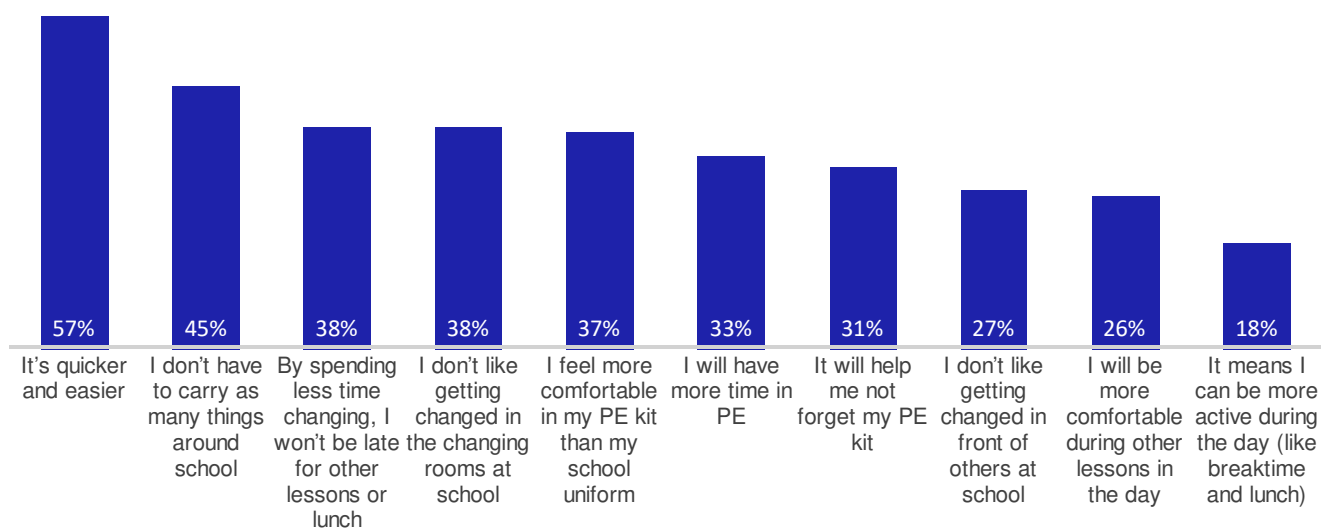
Which of the following would you prefer to do on days you have PE?



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* (57%). However, 11% said that nothing would encourage them to wear their PE kit outside of PE lessons on days that they have PE.

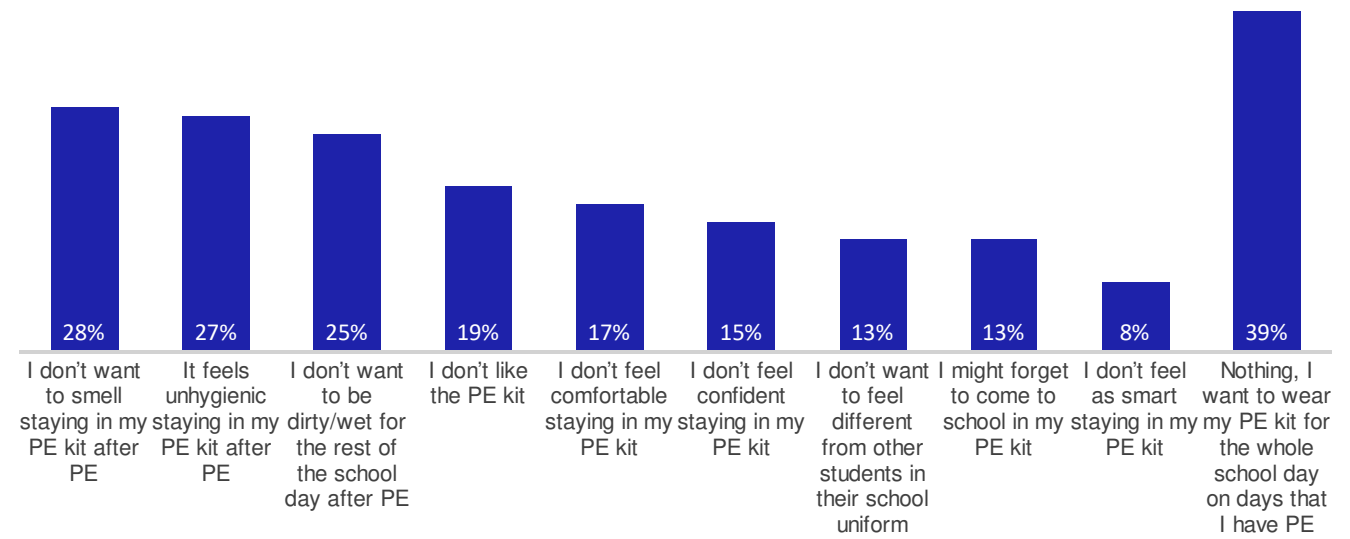
What, if anything, would motivate you to wear your PE kit at school outside of PE lessons on days you have PE?



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* (28%). The top 10 reasons are shown below. 39% of girls said that they weren't put off by any of these barriers.

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

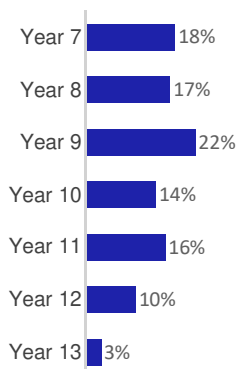


Base: All respondents in Year 7 & above

Pupil profile

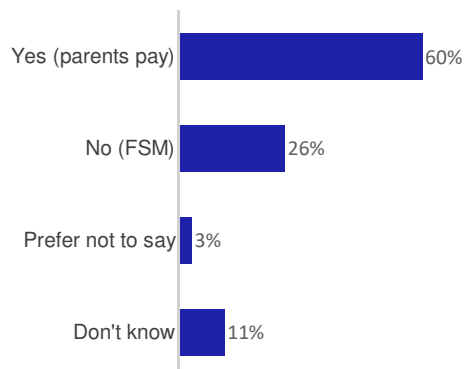
The charts below show the profile of girls who responded to the questionnaire. Girls were most likely to describe their ethnic background as *White (British or English)* (61%). 26% said that they receive free school meals, and 12% said that they have a Special Educational Need or Disability (SEND).

Year group



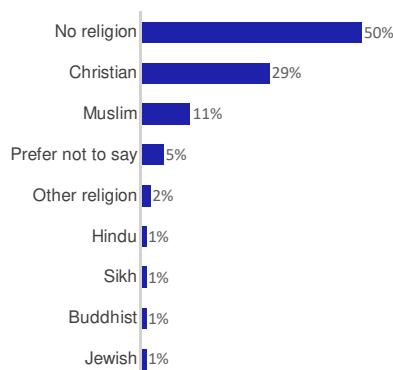
Base: All respondents

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



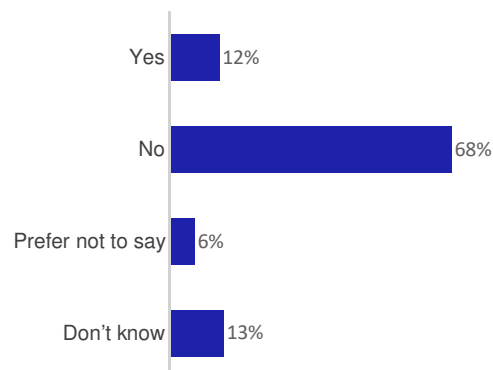
Base: All respondents

Faith or religion



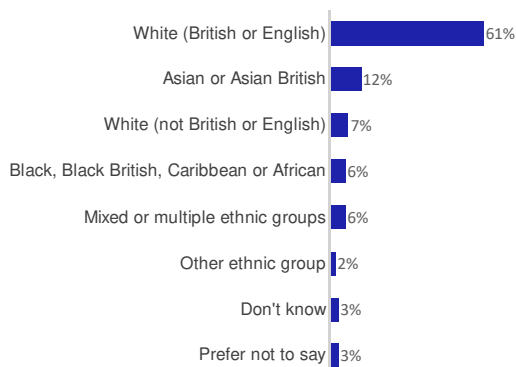
Base: All respondents in Yr 7 & above

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
taking part in physical activity	74	75	72	67	78	77	71	45	88
taking part in PE	57	63	50	50	61	57	60	35	67
learning at school	47	42	51	34	53	46	52	39	49

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
None	9%	6%	13%	12%	8%	8%	11%	44%	-
1 day a week	11%	10%	15%	12%	10%	10%	12%	56%	-
2 days a week	19%	22%	14%	19%	18%	17%	22%	-	-
3 days a week	19%	20%	17%	16%	20%	20%	19%	-	-
4 days a week	13%	15%	12%	11%	15%	15%	11%	-	-
5 days a week	13%	12%	11%	12%	14%	14%	12%	-	44%
6 days a week	6%	7%	7%	7%	7%	7%	5%	-	23%
7 days a week	9%	8%	12%	10%	8%	10%	7%	-	33%

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	53%	49%	60%	53%	52%	53%	54%	68%	43%
1 day a week	22%	22%	21%	20%	22%	21%	22%	21%	22%
2 days a week	13%	14%	10%	11%	14%	12%	13%	6%	11%
3 days a week	6%	7%	4%	6%	6%	7%	5%	3%	9%
4 days a week	3%	3%	2%	2%	3%	3%	2%	1%	5%
5 days a week	4%	3%	2%	7%	4%	4%	4%	2%	10%

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	23%	22%	28%	21%	23%	20%	26%	54%	9%
1 day a week	16%	19%	11%	14%	16%	15%	16%	20%	5%
2 days a week	19%	19%	15%	20%	19%	18%	21%	13%	12%
3 days a week	15%	15%	15%	14%	15%	16%	13%	6%	13%
4 days a week	10%	9%	12%	10%	10%	12%	7%	2%	13%
5 days a week	7%	8%	6%	5%	8%	8%	7%	1%	19%
6 days a week	4%	4%	5%	6%	4%	4%	4%	0%	11%
7 days a week	6%	5%	8%	10%	5%	6%	5%	3%	17%

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	10%	10%	9%	15%	9%	10%	10%	9%	12%
Outside of school	19%	18%	23%	26%	18%	21%	15%	11%	32%
Neither	74%	75%	71%	63%	76%	72%	78%	83%	63%

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	19%	25%	11%	18%	20%	18%	21%	10%	26%
Outside of school	17%	19%	13%	14%	16%	17%	17%	8%	21%
Neither	70%	63%	79%	71%	69%	71%	67%	84%	61%

How would you like to be more active in 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
More PE	55%	53%	55%	49%	57%	57%	52%	51%	56%
More opportunities to be active at breaktimes/lunchtimes	22%	22%	16%	22%	22%	23%	22%	23%	25%
More opportunities to be active after school	27%	28%	22%	24%	28%	27%	29%	24%	30%
More opportunities to be active before school	9%	9%	6%	9%	8%	9%	8%	10%	10%
More opportunities to be active in other lessons like English, Maths and Science	49%	53%	44%	47%	48%	49%	50%	44%	54%
Something else	4%	4%	3%	11%	3%	4%	3%	4%	4%

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%	18%	29%	17%	24%	20%	27%	27%	16%
Dance	17%	17%	17%	17%	16%	20%	12%	15%	19%
Trampolining	15%	18%	14%	13%	15%	17%	12%	13%	18%
Dodgeball	14%	18%	10%	11%	15%	13%	17%	14%	12%
Netball	13%	15%	12%	8%	15%	15%	11%	8%	14%
Swimming / Aquatics and Diving	13%	14%	12%	12%	13%	13%	14%	14%	11%
Football / Futsal	13%	14%	9%	11%	13%	14%	11%	7%	15%
Gymnastics	11%	11%	11%	9%	11%	11%	9%	9%	12%
Gym e.g. weight training, fitness training	10%	10%	10%	11%	11%	11%	9%	9%	11%
Cheerleading	10%	12%	8%	8%	9%	11%	7%	13%	9%

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	68%	73%	67%	63%	69%	68%	68%	67%	63%
Don't mind	18%	16%	17%	16%	18%	19%	16%	18%	21%
Mixed (all young people together)	14%	11%	16%	20%	13%	13%	15%	15%	16%

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	78%	79%	76%	74%	79%	79%	76%	84%	70%
With students of a similar - ability	9%	10%	9%	10%	10%	9%	11%	4%	15%
With students with similar motivations	2%	2%	2%	1%	2%	2%	3%	1%	2%
With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)	2%	3%	2%	2%	3%	2%	3%	2%	4%
Don't mind	7%	6%	9%	10%	6%	7%	6%	7%	8%
Something else	1%	1%	2%	2%	1%	1%	1%	3%	1%

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

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 female teacher/coach	56%	65%	51%	62%	55%	54%	63%	57%	52%
A male teacher/coach	3%	2%	4%	7%	2%	3%	2%	5%	4%
I don't mind	40%	33%	44%	31%	43%	43%	34%	37%	43%
Other	0%	0%	1%	0%	0%	1%	0%	0%	1%

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Being with friends	60%	64%	57%	50%	63%	62%	60%	53%	60%
Having fun	59%	62%	51%	53%	62%	59%	62%	50%	61%
Getting fit and healthy	44%	46%	38%	34%	48%	46%	42%	28%	52%
Being outside	33%	34%	31%	27%	35%	35%	30%	20%	41%
It is good for my wellbeing	31%	29%	34%	25%	34%	30%	33%	22%	35%
Playing to win	26%	26%	26%	23%	28%	24%	30%	17%	35%
Getting better at the sports / games I play	26%	30%	18%	16%	29%	26%	27%	14%	36%
Learning new sports / skills	22%	26%	15%	17%	24%	23%	22%	13%	30%
Being part of a team	21%	23%	16%	20%	22%	21%	20%	12%	27%
Learning skills that help me in life / other school subjects	17%	19%	12%	13%	18%	17%	16%	12%	24%
Making new friends	15%	16%	13%	16%	15%	15%	14%	10%	19%
Something else	1%	1%	2%	1%	1%	1%	1%	1%	2%
I am not motivated by anything	10%	8%	15%	14%	8%	10%	8%	18%	8%

What, if anything, currently stops you being active / more active at 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
When I have my period	36%	36%	43%	37%	35%	33%	44%	40%	31%
I am not confident	30%	30%	29%	36%	27%	33%	25%	31%	24%
I don't like other people watching me	26%	28%	26%	32%	23%	28%	24%	32%	20%
When it's outside and it's not nice weather	26%	27%	28%	26%	26%	26%	28%	29%	23%
I worry about how I look	25%	26%	27%	35%	22%	27%	24%	28%	20%
I don't like getting hot and sweaty	24%	26%	25%	21%	24%	24%	26%	27%	21%
I can't be bothered	24%	24%	25%	20%	24%	23%	26%	40%	17%
I don't like taking part with boys	20%	20%	21%	20%	19%	20%	19%	25%	17%
I'm not good at it	18%	20%	20%	22%	17%	19%	17%	28%	12%
I don't enjoy it	18%	17%	22%	21%	15%	19%	16%	30%	13%
I don't like the PE kit	17%	18%	18%	20%	15%	16%	17%	19%	17%
I don't feel I can be myself in PE	17%	14%	21%	27%	13%	17%	15%	21%	13%
I don't like getting changed in front of other people	16%	16%	15%	25%	12%	16%	15%	21%	12%
I have an injury	14%	16%	12%	18%	11%	15%	11%	13%	15%
There isn't enough time to get changed	14%	16%	12%	15%	13%	14%	14%	16%	10%
Nothing stops me taking part	13%	13%	10%	6%	15%	14%	10%	6%	21%
Other people make fun of me	11%	10%	13%	19%	8%	12%	8%	13%	10%
My friends don't want to do it	10%	9%	12%	11%	9%	11%	9%	9%	10%
I don't like the activities on offer	10%	9%	11%	8%	9%	9%	10%	13%	8%
I don't know how to get involved	8%	8%	8%	10%	7%	8%	8%	12%	5%
My breasts feel uncomfortable when I exercise	8%	8%	8%	11%	7%	7%	10%	10%	7%
I don't have time because I already do a lot of physical activity outside of school	7%	7%	6%	5%	7%	7%	6%	2%	14%
I don't feel encouraged to take part by the teachers	6%	5%	5%	6%	5%	5%	6%	5%	6%
I don't feel I can be myself in extra-curricular activities	6%	5%	6%	8%	4%	6%	6%	8%	6%
I can't get home if I stay after school	6%	6%	6%	4%	6%	5%	7%	6%	5%
I'm not able to do it because the activities are not suitable for me	4%	4%	6%	10%	3%	4%	5%	9%	3%
Something else	4%	3%	4%	3%	4%	3%	5%	6%	3%
I don't like how the person delivers the activities	3%	3%	4%	5%	2%	3%	3%	5%	2%
I don't feel encouraged to take part by my family	1%	2%	2%	3%	1%	1%	1%	3%	1%

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%	50%	45%	36%	51%	44%	52%	38%	50%
Mostly	23%	23%	21%	23%	22%	25%	20%	20%	21%
Sometimes	20%	19%	21%	24%	18%	20%	20%	20%	19%
Never	11%	7%	13%	18%	8%	11%	9%	22%	11%

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	69%	67%	75%	72%	68%	68%	71%	69%	66%
I worry about leaking	61%	58%	66%	61%	60%	61%	62%	60%	61%
My mood is low	58%	56%	65%	56%	57%	57%	59%	62%	54%
I don't have the energy	53%	52%	55%	50%	53%	52%	56%	62%	45%
My confidence is low	37%	35%	42%	41%	34%	40%	32%	36%	35%
I feel self-conscious participating	27%	27%	31%	32%	25%	29%	24%	30%	25%
I feel self-conscious changing in the changing rooms	27%	29%	29%	30%	24%	29%	24%	30%	26%
My skill level isn't as good as usual (e.g. balance)	26%	28%	24%	36%	24%	24%	30%	22%	27%
I worry others will know I am on my period	26%	28%	28%	29%	24%	28%	23%	26%	27%
I don't feel I can take part to the level expected	23%	23%	24%	29%	20%	23%	24%	22%	21%
I don't feel supported/understood by my teachers	18%	17%	20%	24%	16%	17%	20%	20%	18%
I have had a bad experience before	13%	12%	15%	15%	11%	12%	14%	14%	14%
I don't feel supported/understood by other girls	9%	9%	8%	11%	7%	10%	8%	12%	8%
Something else	2%	2%	1%	2%	1%	2%	1%	2%	2%
None of the above	10%	10%	8%	10%	10%	10%	8%	7%	13%

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%	36%	48%	37%	42%	40%	44%	40%	38%
Greater understanding / empathy shown by teachers	38%	36%	40%	42%	38%	38%	41%	37%	39%
Better options for PE kit to help me feel more comfortable	33%	35%	36%	44%	31%	31%	36%	37%	29%
Access to sanitary products in PE	33%	32%	34%	31%	32%	33%	33%	32%	33%
Offering girls only PE lessons	20%	18%	21%	19%	20%	20%	20%	24%	19%
More support to help me cope in PE with how I feel at this time	20%	21%	19%	19%	18%	19%	21%	25%	16%
More support to help me understand about periods and exercise	11%	10%	13%	16%	10%	10%	12%	16%	7%
Information to my parents about PE and periods	7%	7%	6%	6%	7%	6%	8%	7%	7%
Something else	5%	5%	5%	6%	4%	4%	6%	6%	6%
Nothing, what they already do is good	16%	17%	15%	11%	19%	17%	14%	12%	22%

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	12%	9%	16%	21%	11%	11%	13%	12%	17%
Somewhat	44%	46%	44%	31%	47%	44%	46%	39%	42%
Not at all	44%	45%	40%	48%	42%	45%	40%	50%	40%

Thinking about all areas of puberty education, how important do you think this learning is?

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 important	36%	30%	41%	42%	36%	37%	36%	40%	38%
Important	43%	47%	43%	41%	44%	45%	42%	36%	44%
Neither important nor not important	12%	14%	10%	9%	12%	11%	14%	14%	9%
Not important	2%	2%	2%	1%	1%	2%	1%	1%	3%
Not important at all	2%	1%	2%	3%	1%	0%	2%	4%	2%
Don't know / N/A	5%	6%	2%	4%	5%	4%	5%	5%	4%

How relevant do you find this learning to you and you taking part in PE, sport and 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
Very relevant	14%	13%	15%	19%	13%	14%	15%	12%	17%
Relevant	39%	41%	34%	43%	41%	40%	40%	34%	33%
Neither relevant nor not relevant	27%	27%	28%	20%	28%	29%	26%	29%	31%
Not relevant	6%	5%	8%	3%	7%	6%	7%	6%	8%
Not relevant at all	3%	3%	5%	4%	3%	2%	4%	6%	3%
Don't know / N/A	10%	11%	10%	10%	8%	10%	9%	13%	7%

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
I am happy with the way my body looks	40	39	39	30	44	38	43	35	44
I am happy with the amount of physical activity I do	54	55	52	55	56	58	48	34	71
I feel confident when I take part in physical activity	41	43	36	32	45	40	43	24	57
I would like to have a say in the activities we do in PE and after school clubs	52	50	52	53	54	55	49	41	61
The skills I learn in PE help me in and outside of school	39	43	30	35	41	39	38	23	48
I like it when my PE lessons are competitive	45	46	41	41	48	44	48	34	59
I understand why being active is good for me	88	87	89	84	91	91	85	76	93
I feel like I can be myself when I am being active	42	44	38	30	46	41	43	23	57
Some sports are for boys and some sports are for girls	19	18	22	22	18	19	17	24	18
My school encourages me to be active	60	63	57	55	62	61	59	46	65
I am active with my family outside of school	61	62	59	67	62	65	54	36	75
I have the same opportunities as boys in school to do the sports and activities I want to	45	45	39	36	49	45	45	40	47

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
...confident	28	27	27	27	30	28	26	20	32
...comfortable	38	41	36	34	41	38	38	29	43
...smart	21	21	21	23	22	22	19	15	24
...athletic	40	41	36	34	43	41	38	26	44

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	25%	25%	24%	23%	28%	24%	26%	22%	29%
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper)	48%	46%	52%	49%	47%	49%	48%	50%	42%
I think kit options should be the same for boys and girls	7%	5%	11%	9%	5%	6%	6%	12%	6%
Extra-curricular kit could be flexible / own choice	26%	27%	24%	29%	25%	25%	30%	22%	27%
I don't like the look of our PE/sports kit	26%	28%	30%	29%	25%	26%	29%	29%	23%
Something else	5%	6%	4%	6%	5%	6%	4%	6%	7%

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	55%	59%	51%	53%	56%	57%	53%	53%	58%
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	13%	12%	15%	10%	14%	12%	16%	14%	11%
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%	9%	8%	8%	8%	8%	11%	10%	8%
I have no preference	8%	6%	8%	7%	9%	9%	7%	5%	10%
I don't know	8%	6%	9%	12%	6%	7%	6%	11%	7%
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	8%	7%	9%	11%	8%	8%	8%	8%	7%

What, if anything, would stop you from wanting to wear your PE kit at school outside of PE lessons 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 don't want to smell staying in my PE kit after PE	28%	27%	30%	21%	29%	27%	31%	33%	25%
It feels unhygienic staying in my PE kit after PE	27%	24%	28%	21%	29%	26%	29%	29%	22%
I don't want to be dirty/wet for the rest of the school day after PE	25%	23%	26%	21%	26%	25%	27%	26%	25%
I don't like the PE kit	19%	17%	23%	23%	19%	17%	21%	23%	17%
I don't feel comfortable staying in my PE kit	17%	16%	22%	20%	16%	17%	18%	25%	12%
I don't feel confident staying in my PE kit	15%	14%	19%	18%	14%	15%	16%	18%	12%
I don't want to feel different from other students in their school uniform	13%	13%	16%	18%	12%	14%	11%	18%	11%
I might forget to come to school in my PE kit	13%	13%	13%	13%	13%	13%	13%	16%	10%
I don't feel as smart staying in my PE kit	8%	7%	9%	9%	8%	6%	10%	9%	6%
I don't want to wear my PE kit in public on the way to/from school	8%	7%	8%	11%	7%	7%	9%	11%	6%
Something else	3%	3%	3%	5%	2%	3%	3%	3%	2%
Nothing, I want to wear my PE kit for the whole school day on days that I have PE	39%	41%	35%	37%	40%	41%	34%	31%	46%

What, if anything, would motivate you to wear your PE kit at school outside of PE lessons 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
It's quicker and easier	57%	58%	58%	47%	60%	60%	55%	50%	59%
I don't have to carry as many things around school	45%	45%	46%	42%	46%	47%	43%	39%	49%
By spending less time changing, I won't be late for other lessons or lunch	38%	41%	38%	37%	37%	40%	38%	32%	40%
I don't like getting changed in the changing rooms at school	38%	40%	38%	48%	35%	39%	35%	43%	37%
I feel more comfortable in my PE kit than my school uniform	37%	39%	35%	37%	36%	38%	35%	27%	44%
I will have more time in PE	33%	36%	30%	29%	33%	35%	31%	21%	38%
It will help me not forget my PE kit	31%	35%	31%	30%	31%	33%	30%	28%	32%
I don't like getting changed in front of others at school	27%	29%	25%	38%	23%	28%	25%	31%	26%
I will be more comfortable during other lessons in the day	26%	27%	24%	22%	26%	29%	22%	19%	28%
It means I can be more active during the day (like breaktime and lunch)	18%	21%	14%	19%	17%	19%	16%	12%	23%
I feel more confident in my PE kit than my school uniform	16%	18%	17%	15%	16%	17%	15%	11%	20%
I could travel to and from school in a more active way (e.g. cycle)	12%	14%	12%	12%	11%	13%	11%	8%	16%
I don't feel safe in the changing rooms at school	9%	9%	10%	17%	7%	8%	11%	13%	10%
Something else	2%	2%	1%	2%	2%	2%	2%	3%	3%
Nothing, I don't want to wear my PE kit for the whole school day on days that I have PE	11%	10%	13%	11%	11%	10%	13%	12%	10%

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	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Strongly agree	14%	14%	13%	12%	15%	14%	12%	9%	22%
Agree	43%	41%	42%	36%	46%	43%	45%	31%	45%
Neither agree nor disagree	28%	29%	29%	24%	28%	27%	29%	36%	22%
Disagree	9%	9%	9%	14%	6%	9%	8%	12%	5%
Strongly disagree	4%	5%	5%	11%	3%	5%	4%	8%	4%
Can't say / Don't know	3%	3%	2%	3%	2%	2%	2%	4%	2%

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	16%	13%	15%	19%	17%	17%	13%	12%	22%
Quite a bit	28%	29%	25%	16%	32%	28%	30%	24%	29%
Somewhat	31%	32%	32%	28%	31%	29%	35%	31%	28%
A little	14%	16%	14%	21%	11%	15%	12%	17%	13%
Not at all	11%	11%	15%	16%	8%	11%	10%	16%	9%

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	5.8	5.8	5.7	5.4	6.1	5.8	5.8	5.0	6.1
0	5%	5%	5%	8%	4%	4%	5%	9%	5%
1	3%	3%	3%	3%	2%	3%	3%	3%	3%
2	4%	5%	4%	9%	4%	5%	4%	8%	4%
3	8%	7%	8%	5%	7%	8%	8%	7%	6%
4	10%	9%	10%	10%	9%	10%	9%	15%	7%
5	15%	15%	14%	16%	13%	13%	16%	16%	11%
6	11%	11%	16%	12%	12%	12%	11%	9%	12%
7	15%	14%	15%	12%	17%	15%	16%	12%	15%
8	15%	14%	15%	11%	17%	16%	15%	10%	17%
9	7%	8%	4%	3%	8%	7%	7%	4%	8%
10	8%	8%	7%	12%	8%	8%	7%	7%	11%

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	6.0	6.0	5.7	5.4	6.3	6.0	5.8	5.0	6.3
0	5%	5%	6%	9%	3%	4%	6%	10%	5%
1	2%	3%	3%	4%	2%	3%	2%	4%	3%
2	4%	4%	4%	6%	3%	4%	4%	5%	3%
3	6%	6%	8%	8%	5%	6%	7%	11%	5%
4	9%	9%	8%	9%	8%	9%	8%	11%	7%
5	16%	16%	17%	15%	16%	16%	17%	19%	13%
6	13%	11%	15%	10%	13%	12%	15%	9%	13%
7	12%	13%	12%	10%	13%	13%	12%	9%	12%
8	14%	14%	12%	9%	16%	14%	14%	8%	16%
9	10%	10%	7%	8%	11%	10%	8%	5%	12%
10	9%	10%	9%	11%	10%	9%	8%	9%	12%