



Girls Active

National report

June 2026 / Boys' report





Overall attitudes to PE and physical activity

86%

enjoy taking part in physical activity

86%

enjoy taking part in PE

44%

enjoy learning at school



Top 10 barriers to being active at school

40%

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

37%

I don't like getting hot and sweaty

36%

I can't be bothered

35%

I don't like other people watching me

35%

I don't like getting changed in front of other people

35%

I'm not good at it

35%

I worry about how I look

35%

Other people make fun of me

35%

I am not confident

34%

I don't like the PE kit



Top 10 motivators for being active at school

59%

Having fun

56%

Being with friends

42%

Getting fit and healthy

42%

Getting better at the sports / games I play

38%

Being outside

36%

Learning new sports / skills

34%

Playing to win

32%

Being part of a team

24%

Making new friends

23%

Learning skills that help me in life / other school subjects



Preferred group for sport, physical activity and PE

In terms of gender:

52% Boys only

28% Don't mind

20% Mixed (all young people together)

In terms of motivations:

68% With friends

14% With students of similar ability

3% With students with similar motivations

4% With students wanting to take similar curriculum pathways

11% Don't mind

1% Something else



Leading sport and physical activity

11% % who lead sport in school

24% % who lead sport outside of school

24% % who would **like to** lead sport in school

21% % who would **like to** lead sport outside of school



Top 3 suggested improvements to PE/sports kit

33% I would like to have more options to choose from

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

16% I would like the design of our kit to be more practical

Boys' report: Introduction

This report summarises responses to the *Girls Active Questionnaire* that boys completed between January and June 2026. This report is based on **8603 responses from boys** (5200 unweighted).

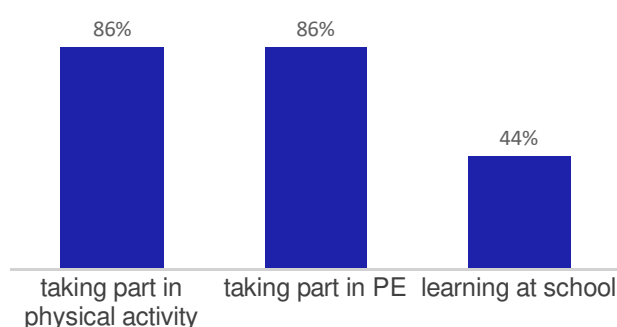
For more information about Girls Active please visit www.youthsporttrust.org/girls-active

How you feel

Boys 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.

Boys were most likely to enjoy *taking part in physical activity* (86%), followed by *taking part in PE* (86%) and *learning at school* (44%).

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



Base: All respondents

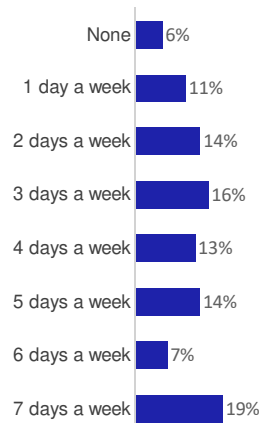
Being active (including screentime)

The following chart (right) shows how many days in the past week boys 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, boys took part on 3.9 days per week.

Days of physical activity per week

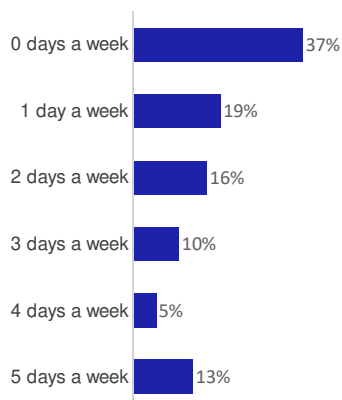


Base: All respondents

Pupils were asked how often they took part in physical activity at school, excluding PE lessons. The chart below (left) shows that boys were most likely to take part in physical activity outside of PE lessons on *0 days a week* (37%). On average, boys took part on 1.7 days per week.

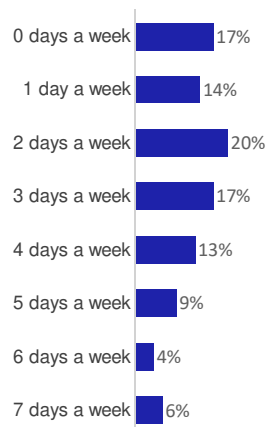
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on *2 days a week* (20%). On average, boys took part on 2.7 days per week.

Days of physical activity at school, excluding PE lessons



Base: All respondents

Days of physical activity outside of school

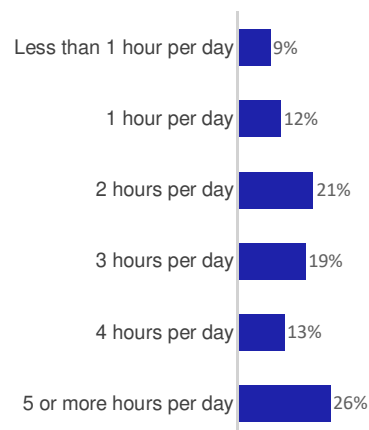


Base: All respondents

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

The most common answer was *5 or more hours per day* (26%).

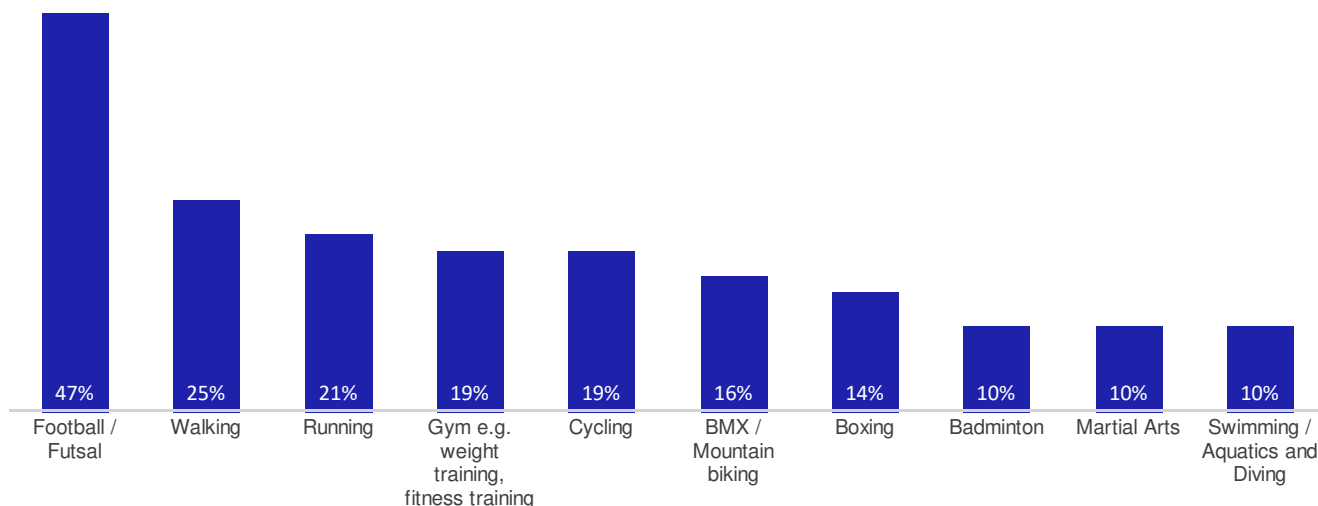
Hours of screentime excluding schoolwork



Base: All respondents

The following chart shows the top 10 activities that boys said they take part in outside of school. This included activities at a club outside of school or at home with family. The most popular activities were *Football / Futsal* (47%), *Walking* (25%), and *Running* (21%).

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

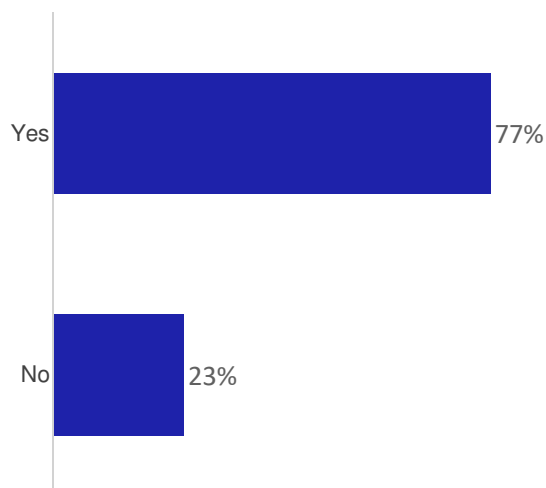


Base: All respondents

The chart below shows that 77% of boys would like to be more active when they are in school.

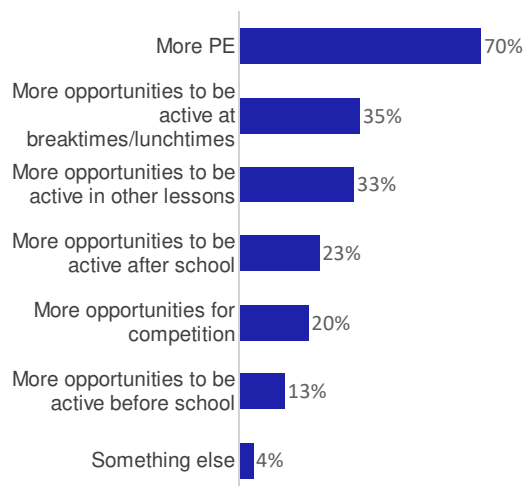
When asked *how* they would like to be more active, they were most likely to say *More PE* (70%) or *More opportunities to be active at breaktimes/lunchtimes* (35%).

Would you like to be more active in school?



Base: All respondents

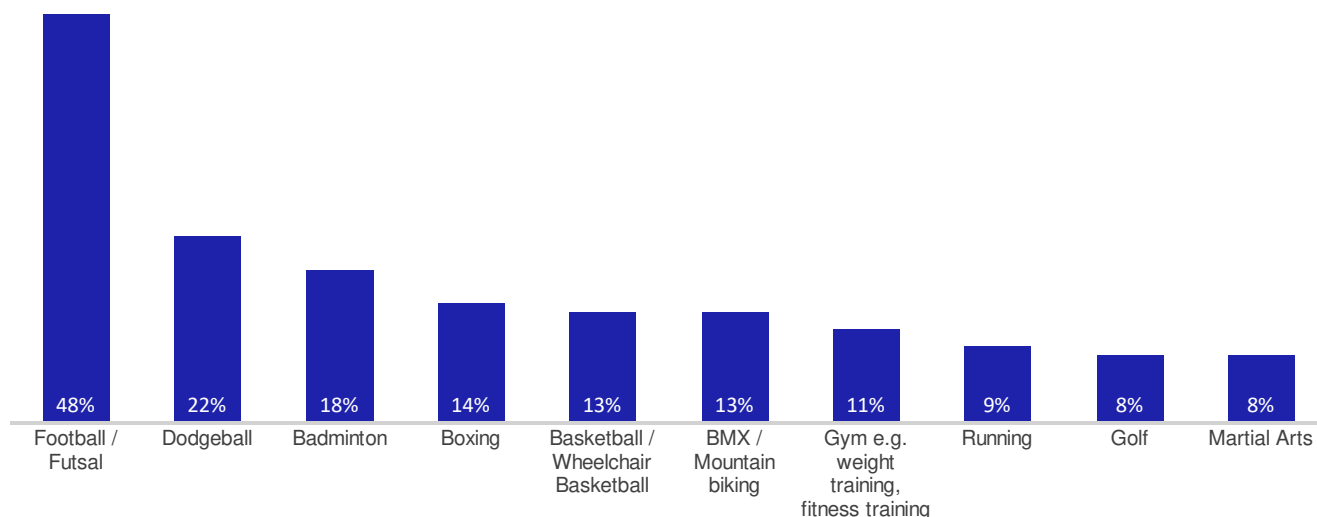
How would you like to be more active in school?



Base: All respondents who would like to be more active in school

This chart shows the activities that boys would most like to do as part of their PE lessons or other sport/physical activity at school. The most popular activities were *Football / Futsal* (48%), *Dodgeball* (22%), and *Badminton* (18%).

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

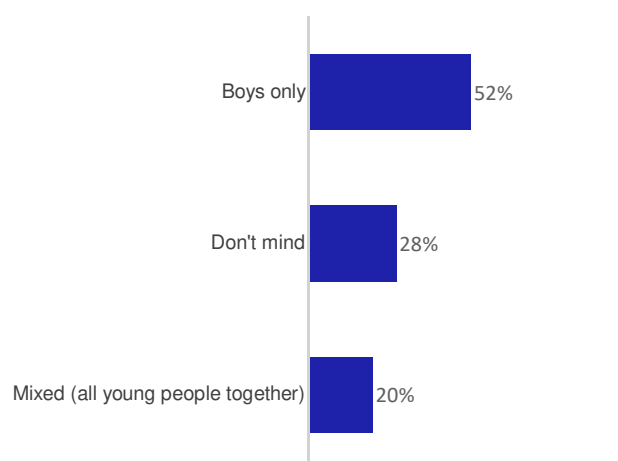


Base: All respondents

Boys 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.

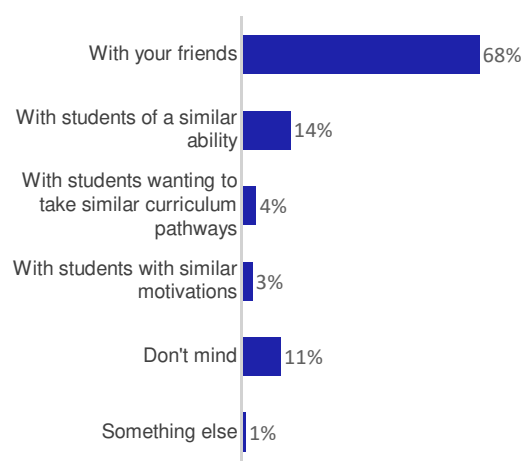
In terms of gender they were most likely to say *Boys only* (52%), while the most common response in terms of motivations was *With your friends* (68%).

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?



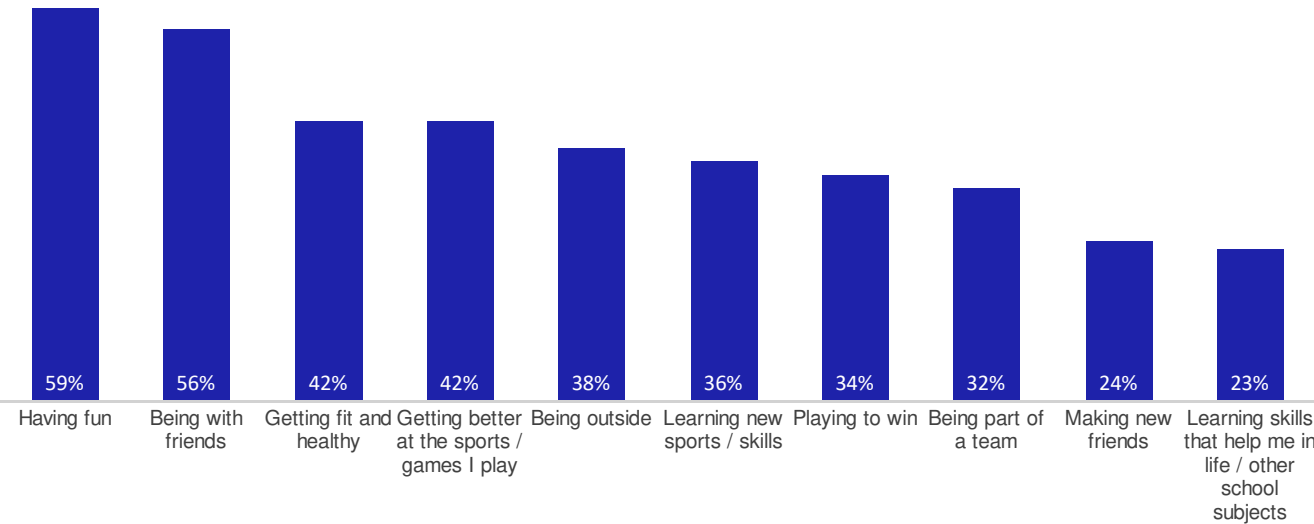
Base: All respondents

Physical activity at school

What motivates you?

The chart below shows the 10 most common factors that boys said motivate them to take part in sport, physical activity and PE at school. They were most likely to say *Having fun* (59%), *Being with friends* (56%), and *Getting fit and healthy* (42%).

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

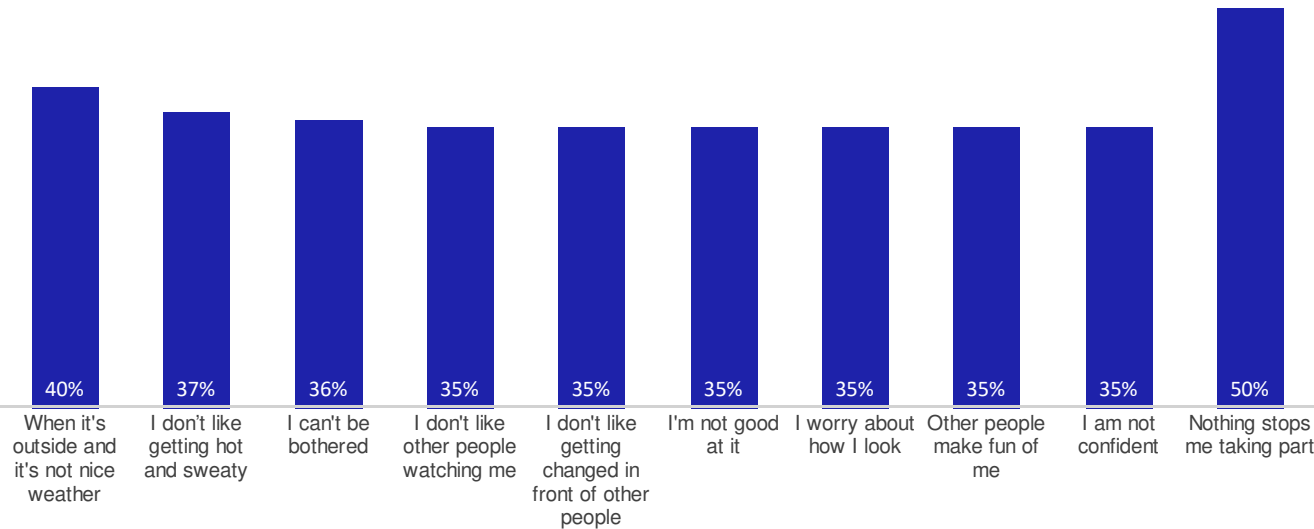


Base: All respondents

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

The top 3 barriers that stopped boys from being more active were; *When it's outside and it's not nice weather* (40%), *I don't like getting hot and sweaty* (37%), and *I can't be bothered* (36%). However 50% of boys said that none of these barriers stopped them.

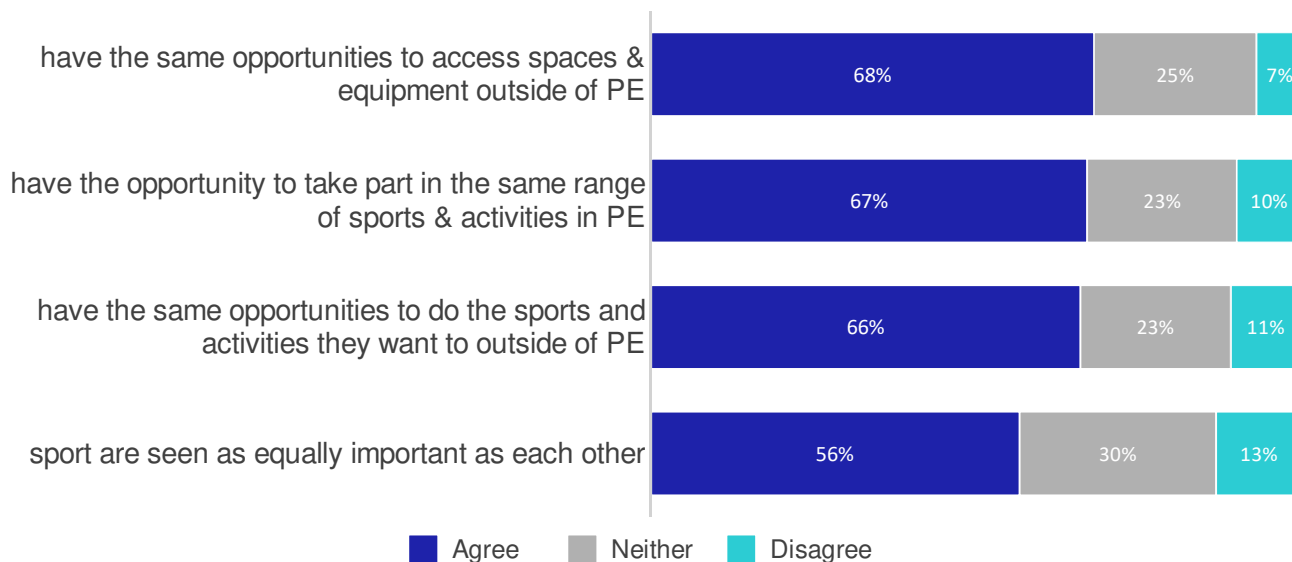
Top 10 barriers to sport, physical activity and PE at school



Base: All respondents

The following charts show boys' level of agreement with a series of statements about their school. Overall, boys were most likely agree that *Girls and boys have the same opportunities to access spaces and equipment outside of PE* (e.g. clubs, fixtures, lunchtime) (68%).

National data: Girls and boys...



Base: All respondents

Leading sport and physical activity

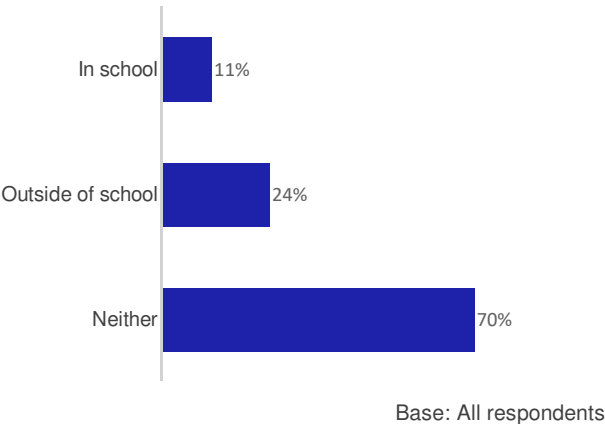
Boys were asked whether they lead any sport or physical activity - refereeing, coaching, or organising, for example - either inside or outside of school.

11% said that they lead sport in school, while 24% lead outside of school.

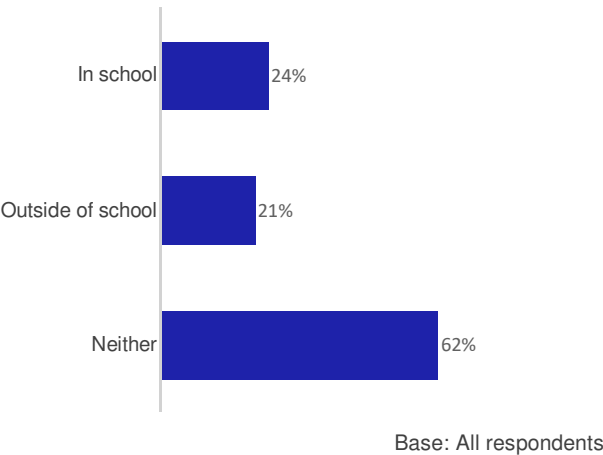
They were then asked whether they would *like to* lead sport or physical activity.

24% said that they would like to lead sport or physical activity at school, compared to 21% outside of school.

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

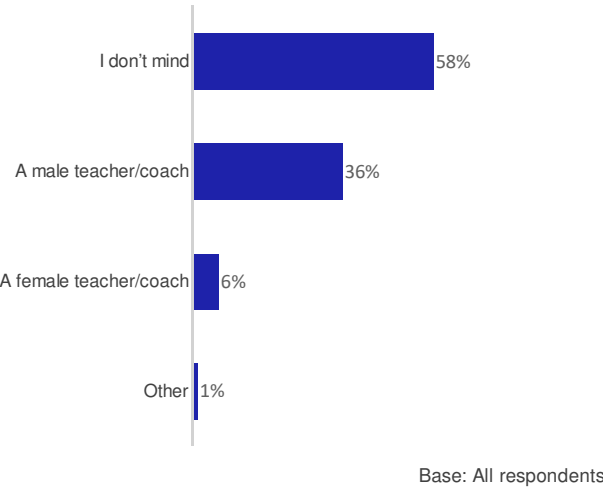


Would you like any leadership roles in sport / physical activity?



When asked who they would prefer to teach their PE and sport at school, Boys were most likely to say *I don't mind*, followed by *A male teacher/coach*, *A female teacher/coach*, then *Other*.

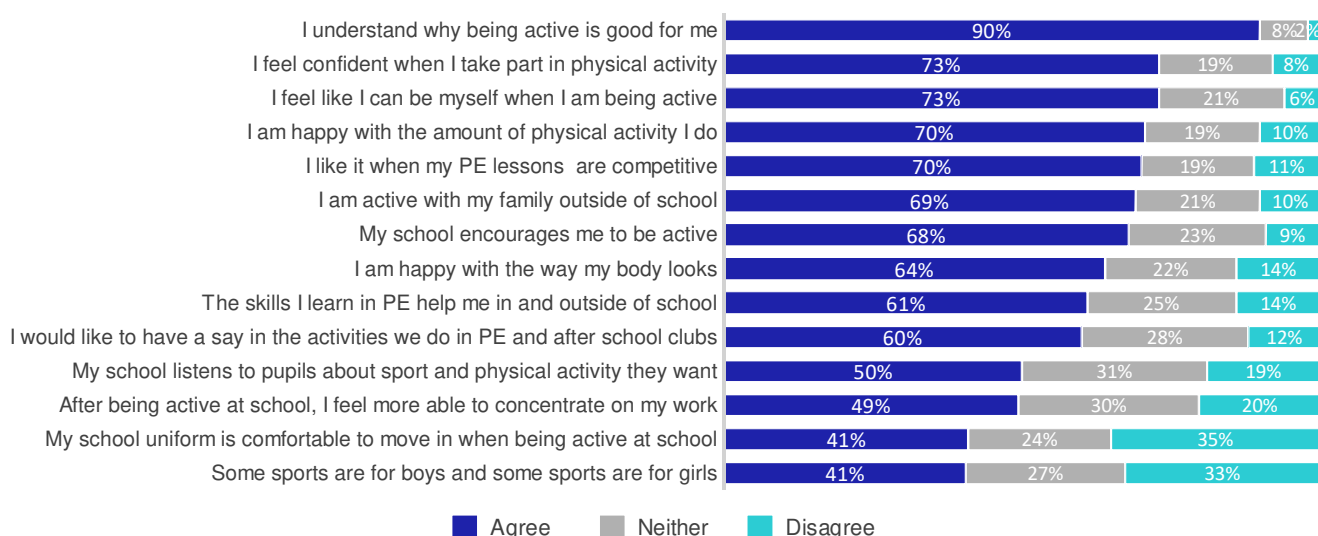
In PE and sport at school, which would you prefer?



More about you

Boys 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* (90%), *I feel confident when I take part in physical activity* (73%) and *I feel like I can be myself when I am being active* (73%).

National data

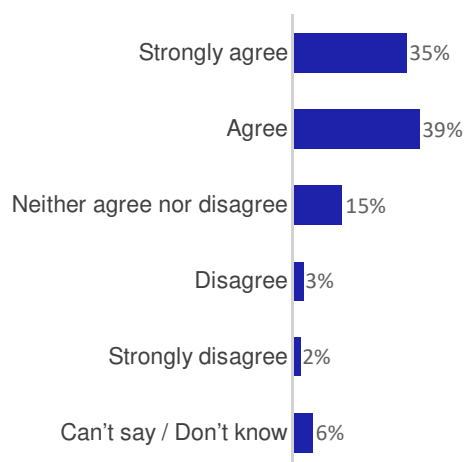


Base: All respondents

Overall, 74% of boys *Strongly agreed* or *Agreed* with the statement "If I find something difficult, I keep trying until I can do it".

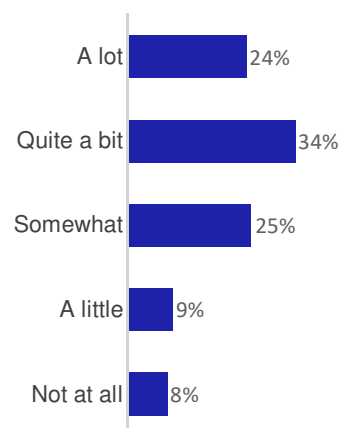
When asked if they felt that they belong at their school 58% replied *A lot* or *Quite a bit*.

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



Base: All respondents

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



Base: All respondents

The following charts show how boys 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?

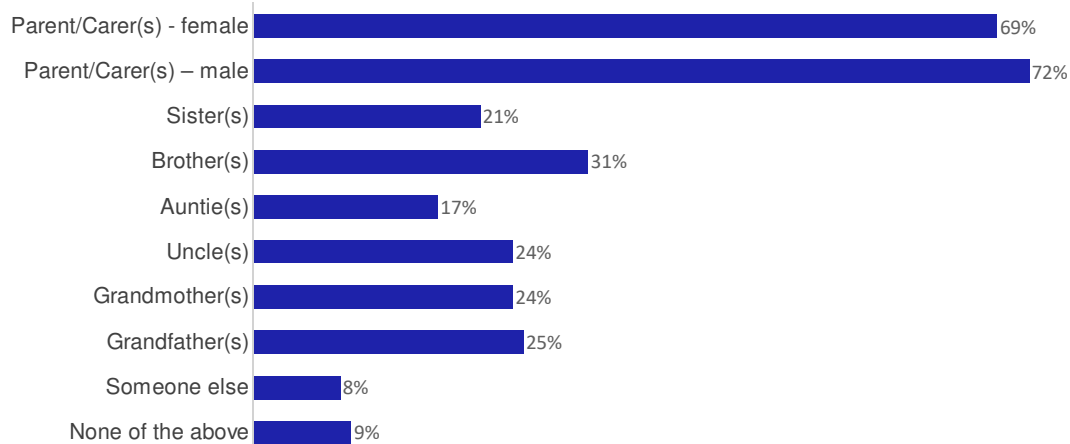


Base: All respondents

Boys were most likely to say that they were supported in being active by their *Parent/Carer(s) - female* (69%) or *Parent/Carer(s) – male* (72%).

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

Who in your family supports you to be active?

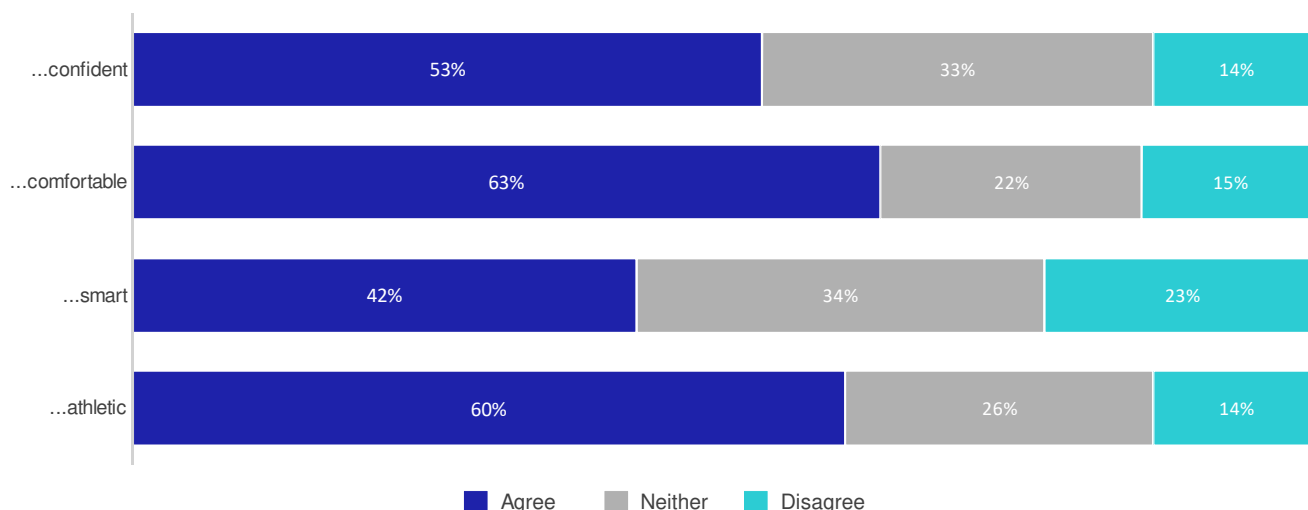


Base: All respondents in Yr 7 & above

PE kit

When asked how their PE/sports kit made them feel, 53% of boys agreed or strongly agreed that it made them feel *Confident*, 63% said they felt *Comfortable*, 42% felt *Smart* and 60% felt *Athletic*.

National data

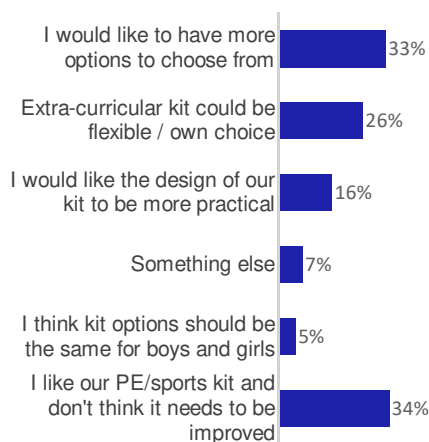


Base: All respondents

When given the opportunity to suggest improvements to their PE kit, boys were most likely to say '*I would like to have more options to choose from*' (33%), '*Extra-curricular kit could be flexible / own choice*' (26%), and '*I would like the design of our kit to be more practical*' (16%).

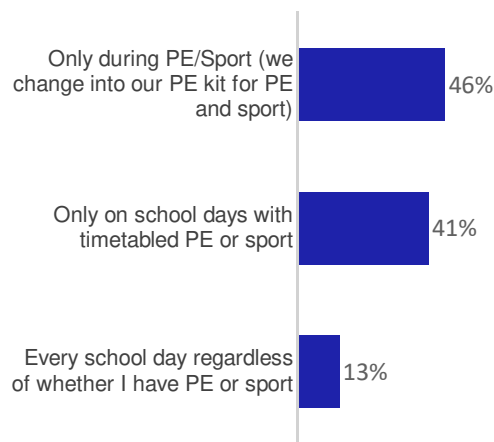
34% said that they like the current PE kit or didn't think it needed to be changed.

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



Base: All respondents

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

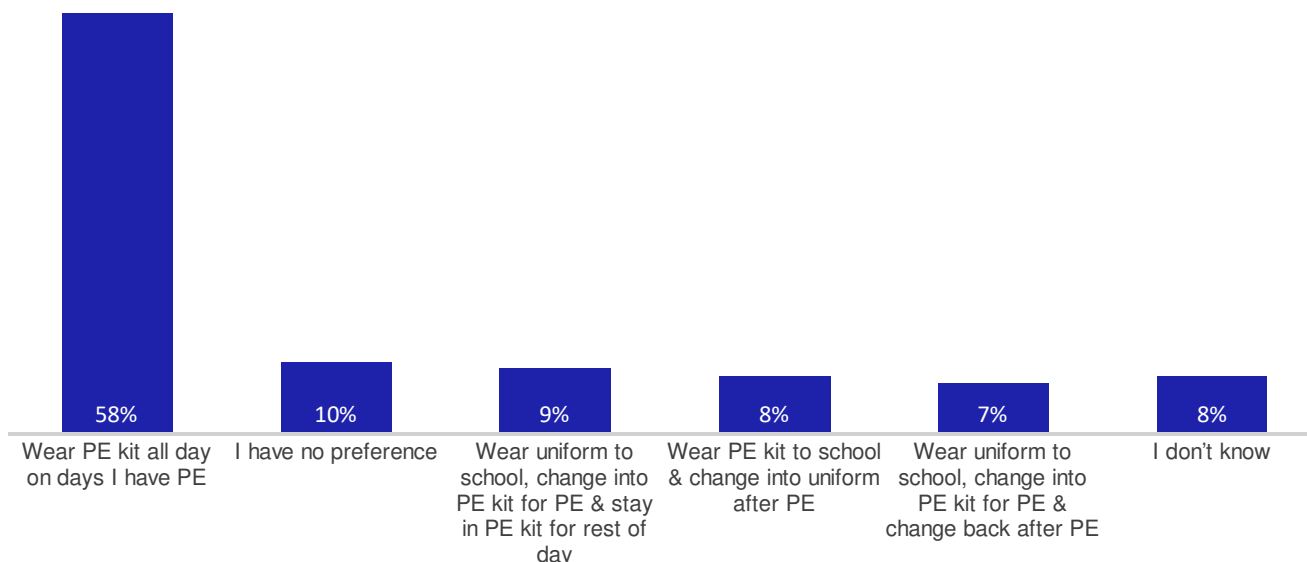


Base: All respondents

Boys were most likely to say that they were allowed to wear their PE kit *Only during PE/Sport (we change into our PE kit for PE and sport)* (46%).

Boys 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*.

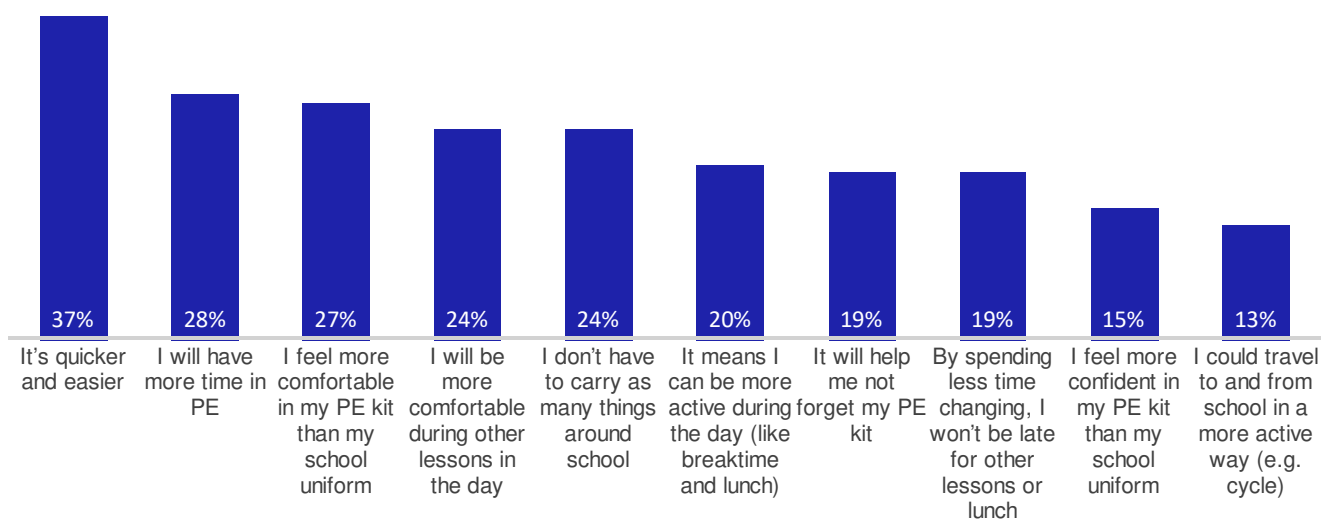
Which of the following would you prefer to do on days you have PE?



Base: All respondents in Year 7 & above

The chart below shows the top 10 things that would motivate boys 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* (37%). However, 5% said that nothing would encourage them to wear their PE kit outside of PE lessons on days that they have PE.

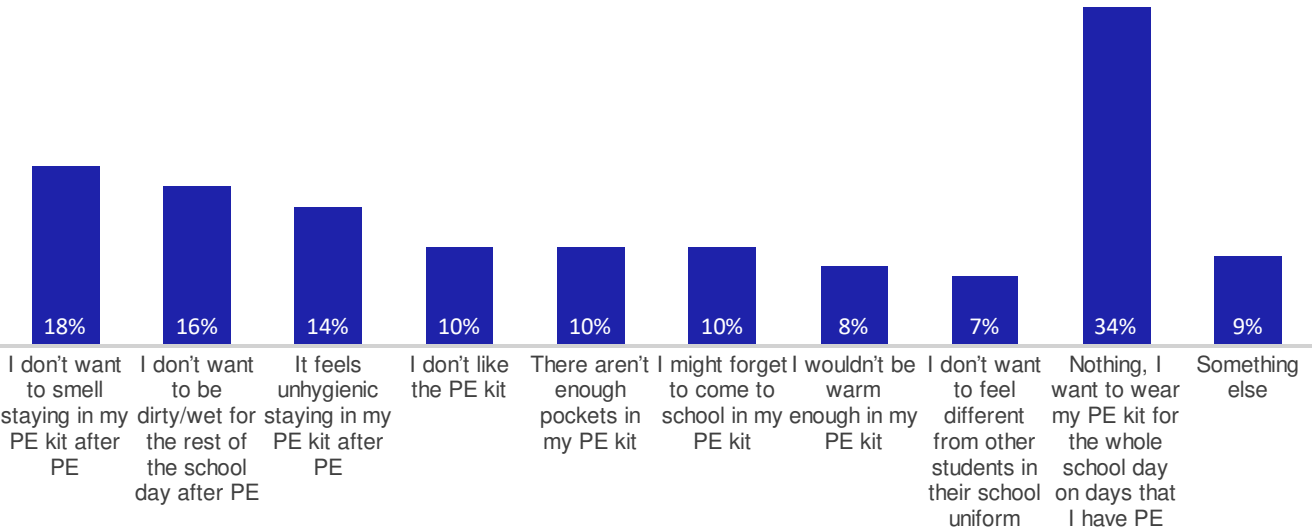
Thinking about the days that you have PE, what would motivate you to wear your PE kit for the whole school day?



Base: All respondents in Year 7 & above

The most common reason that boys 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* (18%). The top 10 reasons are shown below, although 34% of boys said that they weren't put off by any of these barriers.

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

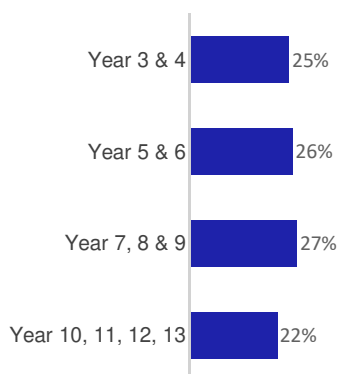


Base: All respondents in Year 7 & above

Pupil profile

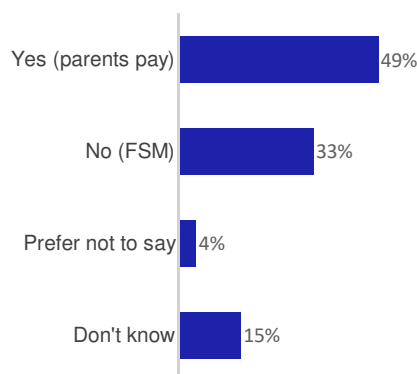
The charts below show the profile of boys who responded to the questionnaire. Boys were most likely to describe their ethnic background as *White (British or English)* (48%). 33% said that they receive free school meals, and 16% said that they have a Special Educational Need or Disability (SEND).

Year group



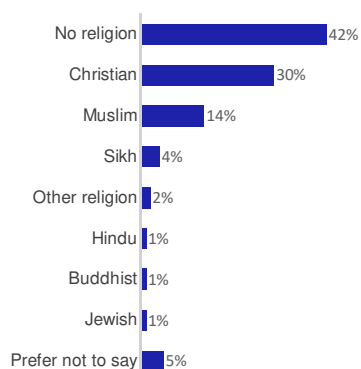
Base: All respondents

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



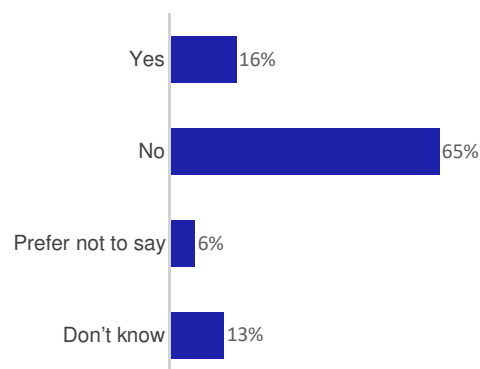
Base: All respondents

Faith or religion



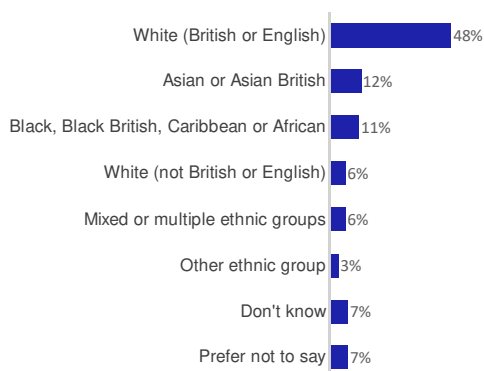
Base: All respondents in Yr 7 & above

Disability or special educational needs



Base: All respondents

Ethnic background



Base: All respondents

Appendix 1

In the following tables **national data** is broken down by key factors, including 'physical activity level', in which 'more active' is defined as those who take part in physical activity on 5 or more days per week, and 'less active' is those who take part on one day per week or less. Responses from groups of less than 5 have been hidden, to protect the identity of respondents.

These tables use the following acronyms:

SEND: Special Educational Need or Disability

EDC: Ethnically Diverse Communities

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

How do you feel about the following? (% Like it a lot / Like it)

% Like it a lot / Like it	National data		Key Stage			SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
taking part in physical activity	86	87	89	85	84	81	89	86	88	70	92
taking part in PE	86	89	87	85	83	82	89	85	88	73	91
learning at school	44	-	-	43	45	34	49	41	49	40	47

Last week, on how many days did you do 60 minutes (1 hour) or more of physical activity that made you feel warmer and make your heart beat faster?

Break % Respondents	National data		Key Stage			SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
None	6%	7%	5%	5%	7%	8%	5%	5%	6%	36%	-
1 day a week	11%	12%	10%	11%	11%	15%	9%	9%	11%	64%	-
2 days a week	14%	13%	12%	16%	15%	15%	13%	13%	14%	-	-
3 days a week	16%	13%	14%	20%	19%	15%	17%	16%	17%	-	-
4 days a week	13%	11%	11%	15%	15%	9%	14%	13%	13%	-	-
5 days a week	14%	9%	14%	14%	18%	12%	15%	13%	15%	-	34%
6 days a week	7%	7%	10%	6%	5%	4%	8%	9%	6%	-	18%
7 days a week	19%	29%	25%	13%	10%	21%	19%	20%	18%	-	48%

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	37%	34%	41%	37%	37%	41%	35%	57%	31%
1 day a week	19%	21%	18%	17%	18%	18%	20%	20%	17%
2 days a week	16%	15%	16%	15%	16%	14%	17%	12%	13%
3 days a week	10%	10%	8%	11%	10%	8%	10%	4%	9%
4 days a week	5%	6%	4%	5%	5%	5%	5%	2%	7%
5 days a week	13%	14%	13%	15%	13%	13%	13%	5%	23%

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	17%	17%	17%	23%	14%	18%	14%	47%	7%
1 day a week	14%	15%	13%	14%	14%	13%	16%	23%	5%
2 days a week	20%	20%	19%	21%	20%	22%	17%	11%	14%
3 days a week	17%	17%	16%	15%	18%	16%	18%	10%	13%
4 days a week	13%	11%	16%	12%	13%	12%	14%	3%	15%
5 days a week	9%	8%	9%	4%	10%	8%	10%	3%	19%
6 days a week	4%	4%	4%	3%	5%	4%	4%	1%	10%
7 days a week	6%	7%	6%	7%	6%	6%	6%	2%	16%

From the activities listed, which do you do outside of school? (e.g. this could be at a club outside of school, or at home with your family). You can choose more than one answer.

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Football / Futsal	47%	48%	46%	39%	50%	46%	51%	33%	54%
Walking	25%	28%	24%	21%	27%	29%	22%	19%	27%
Running	21%	26%	17%	20%	21%	21%	23%	12%	27%
Gym e.g. weight training, fitness training	19%	15%	21%	17%	21%	17%	22%	11%	27%
Cycling	19%	22%	16%	21%	20%	18%	20%	13%	20%
BMX / Mountain biking	16%	21%	11%	19%	15%	18%	13%	13%	21%
Boxing	14%	16%	12%	14%	13%	11%	18%	11%	19%
Badminton	10%	11%	9%	7%	11%	6%	16%	9%	12%
Martial Arts	10%	10%	9%	9%	10%	5%	17%	4%	12%
Swimming / Aquatics and Diving	10%	13%	5%	11%	10%	8%	11%	10%	12%

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

Break % Respondents	National data	Key Stage				SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Less than 1 hour per day	9%	18%	10%	4%	3%	11%	9%	8%	9%	13%	11%
1 hour per day	12%	19%	13%	8%	4%	11%	12%	10%	12%	12%	11%
2 hours per day	21%	22%	25%	22%	14%	16%	22%	21%	21%	13%	23%
3 hours per day	19%	13%	20%	24%	19%	17%	20%	21%	17%	13%	21%
4 hours per day	13%	10%	10%	13%	23%	12%	14%	14%	15%	10%	13%
5 or more hours per day	26%	19%	23%	29%	36%	34%	23%	27%	25%	40%	20%

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
In school	11%	12%	9%	15%	10%	10%	12%	8%	14%
Outside of school	24%	25%	22%	27%	23%	22%	25%	13%	32%
Neither	70%	68%	72%	65%	71%	72%	68%	80%	61%

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	24%	27%	19%	26%	23%	20%	28%	17%	27%
Outside of school	21%	21%	20%	17%	21%	18%	23%	12%	23%
Neither	62%	59%	66%	61%	63%	67%	56%	74%	57%

Would you like to be more active in school?

Break % Respondents	National data	Key Stage				SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Yes	77%	88%	83%	74%	63%	78%	79%	76%	78%	67%	83%
No	23%	12%	17%	26%	37%	22%	21%	24%	22%	33%	17%

How would you like to be more active in school?

Break % Respondents	National data	Key Stage				SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
More PE	70%	69%	69%	72%	73%	70%	70%	71%	68%	69%	72%
More opportunities to be active at breaktimes/lunchtimes	35%	37%	37%	33%	32%	28%	36%	32%	40%	33%	37%
More opportunities to be active after school	23%	22%	22%	21%	26%	17%	24%	19%	27%	20%	24%
More opportunities to be active before school	13%	15%	14%	11%	11%	12%	13%	11%	16%	10%	17%
More opportunities to be active in other lessons like English, Maths and Science	33%	31%	31%	34%	39%	28%	33%	34%	34%	28%	37%
More opportunities for competition	20%	18%	28%	12%	18%	13%	20%	21%	18%	15%	26%
Something else	4%	5%	5%	3%	3%	3%	4%	3%	4%	4%	5%

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

Break % Respondents	National data		Key Stage		SEND		Ethnicity		Physical activity level		
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
A female teacher/coach	6%	8%	5%	3%	7%	9%	4%	4%	7%	8%	5%
A male teacher/coach	36%	34%	30%	41%	41%	37%	37%	36%	38%	34%	36%
I don't mind	58%	57%	64%	55%	51%	52%	59%	60%	54%	57%	58%
Other	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%	1%

From the activities listed, which three would you like to do the most in PE or other sport and physical activity at school? (10 most popular answers)

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Football / Futsal	48%	49%	46%	44%	51%	44%	52%	37%	54%
Dodgeball	22%	24%	20%	22%	23%	22%	22%	29%	18%
Badminton	18%	14%	22%	16%	18%	17%	18%	19%	15%
Boxing	14%	14%	13%	13%	13%	11%	17%	13%	15%
Basketball / Wheelchair Basketball	13%	12%	15%	14%	14%	10%	18%	10%	16%
BMX / Mountain biking	13%	17%	9%	14%	12%	16%	10%	10%	15%
Gym e.g. weight training, fitness training	11%	10%	12%	5%	13%	11%	11%	9%	14%
Running	9%	9%	8%	9%	8%	9%	8%	9%	8%
Golf	8%	9%	8%	10%	8%	12%	5%	7%	8%
Martial Arts	8%	7%	8%	9%	8%	6%	10%	5%	10%

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
Boys only	52%	55%	50%	49%	52%	53%	51%	47%	52%
Don't mind	28%	27%	28%	29%	28%	29%	27%	28%	29%
Mixed (all young people together)	20%	18%	22%	23%	19%	18%	21%	25%	20%

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	68%	66%	71%	71%	68%	72%	65%	72%	65%
With students of a similar ability	14%	16%	12%	13%	15%	14%	14%	9%	16%
With students with similar motivations	3%	3%	3%	3%	3%	2%	3%	3%	3%
With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)	4%	4%	3%	4%	4%	3%	4%	3%	5%
Don't mind	11%	11%	11%	8%	11%	8%	13%	12%	10%
Something else	1%	1%	1%	1%	0%	1%	0%	1%	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	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Having fun	59%	61%	67%	56%	51%	51%	62%	60%	59%	50%	64%
Being with friends	56%	57%	64%	52%	51%	47%	58%	58%	54%	48%	59%
Getting fit and healthy	42%	45%	51%	38%	34%	34%	44%	44%	42%	29%	52%
Getting better at the sports / games I play	42%	47%	53%	36%	29%	33%	44%	41%	43%	30%	50%
Being outside	38%	46%	52%	30%	24%	34%	38%	40%	35%	28%	46%
Learning new sports / skills	36%	45%	49%	27%	21%	29%	38%	34%	37%	24%	44%
Playing to win	34%	38%	40%	31%	27%	28%	36%	32%	38%	27%	39%
Being part of a team	32%	44%	43%	25%	15%	29%	33%	31%	32%	23%	39%
Making new friends	24%	36%	31%	17%	9%	24%	23%	22%	24%	21%	28%
Learning skills that help me in life / other school subjects	23%	29%	29%	17%	17%	20%	24%	21%	25%	17%	28%
Feeling good about myself	21%	25%	34%	12%	13%	18%	21%	24%	18%	15%	27%
Building confidence	20%	23%	32%	13%	14%	17%	21%	21%	19%	13%	27%
It is good for my wellbeing	20%	21%	24%	17%	18%	17%	21%	19%	23%	12%	27%
Being able to lead others	10%	15%	18%	4%	3%	11%	10%	11%	9%	6%	16%
Something else	2%	2%	2%	2%	1%	2%	1%	2%	2%	2%	3%
I am not motivated by anything	6%	2%	4%	7%	11%	8%	5%	5%	6%	10%	5%

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

Break % Respondents	National data		Key Stage			SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
When it's outside and it's not nice weather	40%	38%	27%	54%	37%	35%	42%	33%	51%	40%	35%
I don't like getting hot and sweaty	37%	36%	21%	53%	35%	34%	38%	29%	48%	39%	31%
I can't be bothered	36%	32%	18%	53%	40%	32%	38%	28%	48%	40%	30%
I don't like other people watching me	35%	33%	18%	52%	38%	32%	37%	28%	46%	38%	30%
I don't like getting changed in front of other people	35%	34%	20%	51%	34%	32%	37%	28%	46%	37%	30%
I'm not good at it	35%	32%	18%	53%	37%	31%	37%	27%	47%	41%	29%
I worry about how I look	35%	31%	19%	52%	36%	31%	37%	27%	46%	36%	30%
Other people make fun of me	35%	33%	18%	51%	35%	31%	36%	26%	46%	35%	30%
I am not confident	35%	30%	17%	53%	38%	30%	37%	27%	46%	38%	28%
I don't like the PE kit	34%	31%	16%	52%	37%	31%	36%	25%	46%	35%	30%
I don't enjoy it	34%	29%	16%	52%	36%	29%	36%	26%	45%	38%	28%
My friends don't want to do it	34%	30%	18%	50%	34%	29%	36%	24%	46%	35%	29%
I don't feel I can be myself in PE	33%	31%	16%	50%	34%	30%	35%	24%	45%	35%	28%
I don't have time because I already do a lot of physical activity outside of school	33%	30%	17%	50%	33%	29%	35%	24%	45%	31%	30%
I don't know how to get involved	33%	30%	16%	50%	34%	30%	35%	25%	45%	34%	27%
There isn't enough time to get changed	32%	29%	15%	50%	32%	28%	34%	22%	45%	33%	27%
I can't get home if I stay after school	32%	28%	14%	50%	33%	27%	34%	23%	44%	33%	27%
I don't like how the person delivers the activities	31%	29%	14%	49%	31%	26%	34%	22%	44%	32%	27%
I don't feel I can be myself in extra-curricular activities	31%	28%	13%	49%	31%	27%	33%	22%	43%	32%	26%
I'm not able to do it because the activities are not suitable for me	31%	28%	14%	49%	31%	27%	33%	22%	44%	33%	26%
I don't feel encouraged to take part by the teachers	31%	28%	14%	49%	32%	26%	33%	22%	43%	32%	27%
I don't feel encouraged to take part by my family	30%	27%	13%	49%	32%	26%	33%	22%	43%	31%	25%
I currently have an injury	8%	11%	6%	8%	8%	9%	8%	8%	9%	8%	9%
My school uniform makes it difficult to be physically active at break or lunchtimes	7%	5%	9%	7%	9%	8%	7%	8%	7%	6%	7%
I don't like the activities on offer	6%	4%	5%	8%	7%	6%	5%	6%	7%	6%	6%
I don't feel good enough to join school sports teams	5%	3%	7%	4%	5%	6%	4%	5%	4%	7%	4%
My time is taken up with other activities (e.g. music lessons)	4%	4%	6%	3%	4%	6%	4%	4%	5%	4%	5%
My school work is more important to me	4%	6%	5%	2%	6%	4%	4%	4%	5%	6%	3%
I don't feel supported by the others in the activity	4%	6%	5%	2%	3%	7%	3%	4%	3%	4%	4%
PE/School sport is mainly for sporty boys/girls	4%	5%	5%	3%	3%	5%	3%	4%	3%	4%	4%
There isn't enough space in the playground for physical activity	3%	5%	5%	2%	3%	5%	3%	3%	4%	4%	4%
My time is taken up with other responsibilities (e.g. caring for brother/sister)	3%	5%	3%	2%	3%	3%	2%	3%	3%	3%	3%
I have a medical condition	3%	3%	4%	3%	1%	7%	1%	3%	2%	5%	2%
Something else	31%	26%	14%	49%	32%	27%	33%	22%	43%	32%	26%
Nothing stops me taking part	50%	46%	40%	63%	48%	38%	55%	46%	58%	43%	52%

How much do you agree with each of the following sentences about your school? Girls and boys... (% Strongly agree / Agree)

% Strongly agree / Agree	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
have the opportunity to take part in the same range of sports & activities in PE	67	71	63	66	70	70	63	63	67
have the same opportunities to do the sports and activities they want to outside of PE	66	69	62	69	67	70	62	60	64
have the same opportunities to access spaces & equipment outside of PE	68	71	65	68	71	72	65	64	67
sport are seen as equally important as each other	56	60	53	57	59	60	53	57	54

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

% Strongly agree / Agree	National data	Key Stage				SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
I am happy with the way my body looks	64	80	69	54	53	63	68	63	64	57	70
I am happy with the amount of physical activity I do	70	80	77	64	60	68	74	71	71	56	80
I would like to have a say in the activities we do in PE and after school clubs	60	65	63	56	55	63	61	59	62	52	66
The skills I learn in PE help me in and outside of school	61	78	68	56	40	63	63	61	60	54	65
I like it when my PE lessons are competitive	70	78	72	67	62	68	73	68	73	60	76
I understand why being active is good for me	90	89	93	89	90	85	92	92	90	79	94
I feel like I can be myself when I am being active	73	80	75	68	67	69	76	73	73	58	80
Some sports are for boys and some sports are for girls	41	48	33	39	43	50	39	40	42	42	40
My school encourages me to be active	68	77	73	65	55	67	70	71	64	60	72
I am active with my family outside of school	69	80	77	66	53	67	72	72	66	53	80
I feel confident when I take part in physical activity	73	80	77	69	64	68	77	73	75	55	81
My school listens to pupils about sport and physical activity they want	50	61	54	40	38	53	52	51	49	45	52
After being active at school, I feel more able to concentrate on my work	49	61	50	42	40	51	51	48	50	41	54
My school uniform is comfortable to move in when being active at school	41	58	45	29	26	47	42	42	40	41	43

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Parent/Carer(s) - female	69%	72%	67%	63%	71%	74%	62%	62%	70%
Parent/Carer(s) – male	72%	76%	70%	62%	76%	77%	67%	64%	76%
Sister(s)	21%	22%	19%	19%	21%	21%	22%	16%	25%
Brother(s)	31%	32%	30%	31%	33%	31%	33%	27%	34%
Auntie(s)	17%	19%	15%	18%	16%	19%	14%	14%	21%
Uncle(s)	24%	26%	22%	24%	23%	25%	23%	18%	30%
Grandmother(s)	24%	27%	22%	22%	25%	29%	17%	20%	29%
Grandfather(s)	25%	27%	24%	28%	25%	32%	16%	22%	31%
Someone else – please specify:	8%	11%	6%	12%	7%	8%	9%	7%	12%
Nobody in my family supports me to be active	9%	6%	11%	9%	8%	7%	11%	14%	7%

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	34%	38%	30%	33%	34%	36%	31%	36%	30%
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper, coat for cold weather)	33%	34%	33%	31%	34%	31%	36%	30%	35%
I think kit options should be the same for boys and girls	5%	5%	6%	7%	4%	5%	5%	5%	5%
Extra-curricular kit could be flexible / own choice	26%	22%	31%	24%	27%	25%	29%	19%	30%
I would like the design of our PE/sports kit to be more practical (e.g. better colour, texture, length or material)	16%	13%	21%	16%	16%	17%	15%	17%	17%
Something else	7%	8%	5%	11%	6%	7%	7%	8%	8%

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

% Strongly agree / Agree	National data	Key Stage				SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
...confident	53	71	58	46	37	57	55	53	53	47	57
...comfortable	63	75	71	57	48	62	65	64	62	57	66
...smart	42	63	42	34	28	47	43	39	44	38	46
...athletic	60	73	68	55	43	58	63	60	60	50	66

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	34%	38%	30%	33%	34%	36%	31%	36%	30%
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper, coat for cold weather)	33%	34%	33%	31%	34%	31%	36%	30%	35%
I think kit options should be the same for boys and girls	5%	5%	6%	7%	4%	5%	5%	5%	5%
Extra-curricular kit could be flexible / own choice	26%	22%	31%	24%	27%	25%	29%	19%	30%
I would like the design of our PE/sports kit to be more practical (e.g. better colour, texture, length or material)	16%	13%	21%	16%	16%	17%	15%	17%	17%
Something else	7%	8%	5%	11%	6%	7%	7%	8%	8%

If you had the choice, which would you prefer?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	SEND	Non- SEND	White British	EDC	Less active	More active
Wearing a different school uniform and trainers all day that allows me to be more active in PE and throughout the rest of the day	48%	44%	53%	40%	51%	50%	46%	42%	55%
Wearing a school uniform and school shoes all day apart from in PE, where I would wear my PE kit and trainers	27%	31%	23%	34%	24%	25%	29%	33%	21%
Wearing a school uniform and trainers instead of school shoes all day (and wearing my PE kit and trainers in PE)	25%	25%	25%	26%	24%	26%	25%	25%	23%

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

Break % Respondents	National data		Key Stage			SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Only during PE/Sport (we change into our PE kit for PE and sport)	46%	41%	32%	56%	65%	47%	45%	43%	51%	48%	41%
Only on school days with timetabled PE or sport	41%	39%	52%	36%	31%	36%	42%	43%	38%	35%	46%
Every school day regardless of whether I have PE or sport	13%	21%	16%	7%	5%	17%	13%	14%	11%	16%	14%

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	58%	60%	56%	59%	59%	60%	58%	54%	58%
I have no preference	10%	10%	10%	9%	10%	9%	10%	8%	10%
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%	10%	13%	8%	9%	10%	11%	9%
I don't know	8%	8%	7%	5%	7%	8%	8%	11%	7%
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	8%	7%	9%	5%	8%	7%	7%	8%	8%
I would prefer to wear my school uniform into school and change into my PE kit before PE and change back into school uniform after PE	7%	6%	9%	9%	7%	7%	7%	8%	8%

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
I don't want to smell staying in my PE kit after PE	18%	15%	23%	15%	19%	19%	20%	14%	20%
I don't want to be dirty/wet for the rest of the school day after PE	16%	15%	18%	13%	17%	16%	17%	15%	17%
It feels unhygienic staying in my PE kit after PE	14%	11%	18%	12%	15%	15%	14%	9%	16%
I don't like the PE kit	10%	9%	12%	15%	9%	10%	10%	12%	9%
There aren't enough pockets in my PE kit	10%	9%	13%	10%	11%	14%	7%	11%	10%
I might forget to come to school in my PE kit	10%	11%	9%	13%	9%	9%	11%	12%	9%
I wouldn't be warm enough in my PE kit	8%	6%	10%	6%	8%	8%	7%	8%	10%
I don't want to feel different from other students in their school uniform	7%	6%	8%	9%	6%	7%	7%	7%	7%
I don't feel comfortable staying in my PE kit	7%	7%	7%	8%	6%	6%	8%	6%	6%
I don't feel as smart staying in my PE kit	6%	6%	6%	4%	6%	5%	7%	5%	5%
I don't feel confident staying in my PE kit	5%	4%	7%	7%	4%	5%	6%	7%	5%
I don't want to wear my PE kit in public on the way to/from school	5%	5%	5%	5%	4%	3%	6%	5%	5%
Nothing, I want to wear my PE kit for the whole school day on days that I have PE	34%	35%	33%	26%	36%	36%	33%	29%	34%
Something else	9%	11%	7%	12%	8%	8%	9%	8%	10%

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
It's quicker and easier	37%	38%	36%	32%	39%	38%	37%	29%	40%
I will have more time in PE	28%	29%	28%	25%	30%	31%	27%	19%	32%
I feel more comfortable in my PE kit than my school uniform	27%	27%	27%	26%	27%	29%	26%	21%	29%
I will be more comfortable during other lessons in the day	24%	24%	26%	21%	26%	26%	24%	16%	29%
I don't have to carry as many things around school	24%	24%	24%	22%	25%	27%	23%	21%	26%
It means I can be more active during the day (like breaktime and lunch)	20%	22%	18%	18%	21%	22%	20%	10%	26%
It will help me not forget my PE kit	19%	20%	19%	22%	19%	21%	18%	14%	21%
By spending less time changing, I won't be late for other lessons or lunch	19%	20%	18%	15%	20%	21%	19%	13%	22%
I feel more confident in my PE kit than my school uniform	15%	17%	13%	17%	15%	14%	16%	13%	16%
I could travel to and from school in a more active way (e.g. cycle)	13%	14%	12%	13%	13%	13%	14%	7%	17%
I don't like getting changed in the changing rooms at school	12%	12%	12%	14%	10%	13%	11%	12%	12%
I don't like getting changed in front of others at school	11%	12%	10%	11%	10%	13%	9%	10%	10%
I don't feel safe in the changing rooms at school	7%	7%	7%	9%	5%	7%	6%	10%	6%
Nothing, I don't want to wear my PE kit for the whole school day on days that I have PE	8%	7%	8%	7%	8%	8%	7%	11%	7%
Something else	5%	6%	4%	8%	4%	6%	5%	7%	6%

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

Break % Respondents	National data	Key Stage				SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Strongly agree	35%	48%	40%	30%	22%	36%	37%	34%	35%	29%	44%
Agree	39%	30%	37%	43%	45%	31%	41%	40%	40%	31%	35%
Neither agree nor disagree	15%	10%	12%	16%	22%	17%	13%	14%	14%	19%	11%
Disagree	3%	2%	3%	3%	5%	5%	2%	4%	3%	5%	2%
Strongly disagree	2%	2%	1%	3%	3%	4%	2%	3%	2%	6%	1%
Can't say / Don't know	6%	8%	7%	5%	3%	6%	4%	5%	5%	10%	5%

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
A lot	24%	25%	23%	24%	26%	23%	25%	21%	24%
Quite a bit	34%	33%	34%	26%	36%	35%	35%	33%	35%
Somewhat	25%	24%	27%	26%	24%	25%	24%	25%	24%
A little	9%	10%	7%	12%	7%	9%	8%	10%	8%
Not at all	8%	8%	8%	12%	6%	8%	8%	11%	8%

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	6.6	6.6	6.4	6.3	6.8	6.8	6.4	6.0	6.8
0	5%	4%	7%	8%	4%	4%	5%	10%	4%
1	1%	1%	1%	1%	1%	1%	1%	2%	1%
2	2%	3%	2%	5%	2%	3%	2%	3%	3%
3	4%	4%	3%	2%	3%	3%	4%	3%	3%
4	5%	6%	5%	7%	4%	5%	6%	7%	3%
5	14%	12%	15%	15%	13%	12%	16%	19%	12%
6	12%	12%	12%	9%	12%	11%	12%	9%	12%
7	17%	16%	18%	13%	18%	17%	17%	13%	17%
8	16%	17%	14%	12%	17%	18%	14%	14%	16%
9	8%	9%	6%	5%	9%	9%	7%	4%	11%
10	16%	16%	17%	22%	17%	17%	16%	17%	17%

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	6.6	6.9	6.2	6.0	6.9	6.8	6.5	6.1	6.7
0	5%	4%	7%	10%	4%	4%	6%	7%	5%
1	2%	1%	3%	3%	1%	1%	2%	3%	2%
2	2%	3%	2%	3%	2%	3%	2%	2%	3%
3	4%	3%	4%	3%	3%	4%	4%	5%	3%
4	6%	5%	6%	6%	5%	6%	5%	10%	4%
5	13%	12%	14%	15%	12%	11%	16%	15%	12%
6	10%	9%	10%	9%	9%	9%	10%	10%	8%
7	15%	16%	14%	14%	16%	16%	15%	10%	16%
8	17%	17%	18%	15%	19%	18%	16%	11%	18%
9	11%	14%	8%	7%	12%	12%	10%	10%	12%
10	15%	17%	13%	15%	16%	16%	14%	17%	17%