



Girls Active

National report

July 2023 | Girls' report (A girl and SEND)





Overall attitudes to PE and physical activity

71% enjoy taking part in physical activity

58% enjoy taking part in PE

36% enjoy learning at school



Top 10 barriers to being active at school

35% I am not confident

32% I don't like other people watching me

31% I worry about how I look

30% When I have my period*

27% I don't like getting hot and sweaty

23% When it's outside and it's not nice weather

22% I don't like getting changed in front of other people

21% I'm not good at it

20% I don't like taking part with boys

20% I don't like the PE kit



Top 10 motivators for being active at school

60% Having fun

55% Being with friends

41% Getting fit and healthy

32% Being outside

27% Learning new sports / skills

26% Getting better at the sports / games I play

24% It is good for my wellbeing

24% Being part of a team

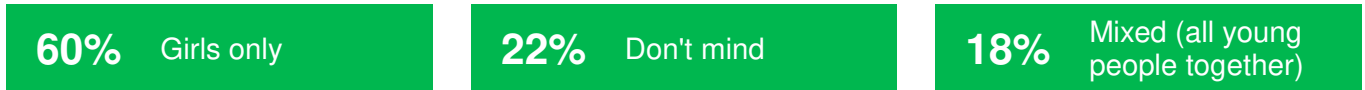
23% Playing to win

22% Making new friends

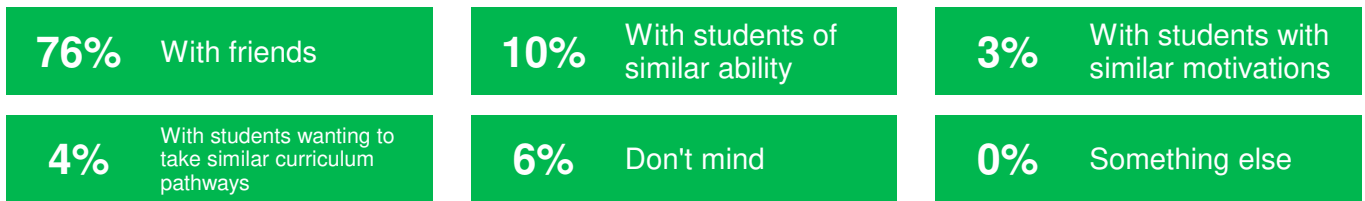


Preferred group for sport, physical activity and PE

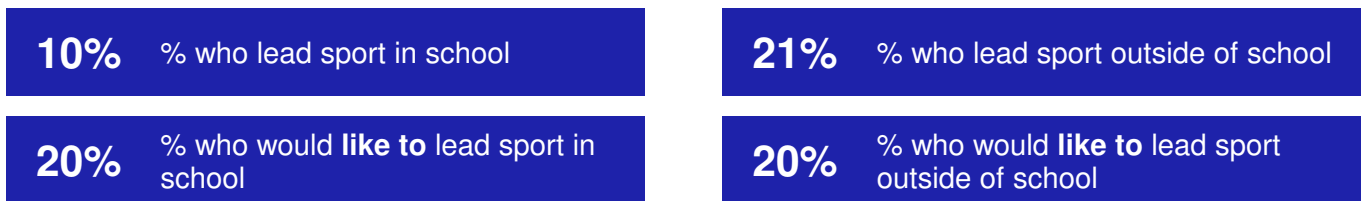
In terms of gender:



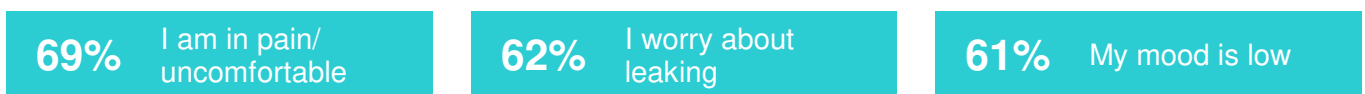
In terms of motivations:



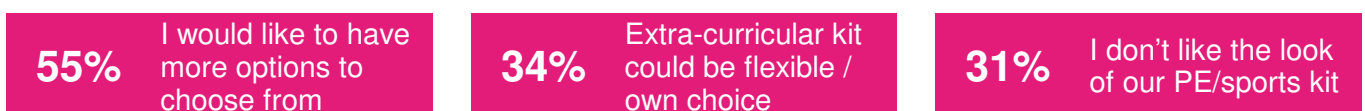
Leading sport and physical activity



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 completed between March and June 2023. Overall, this study received **1618 responses from girls**.

Please note: This report only contains responses from girls. Responses from boys are presented in a separate report.

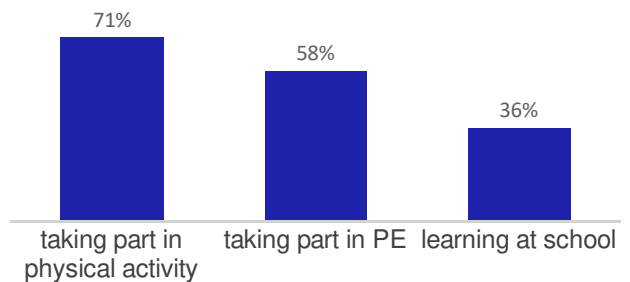
For more information about Girls Active please visit www.youthsporttrust.org/girls-active

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*, at a national level.

Girls were most likely to enjoy *taking part in physical activity* (71%), followed by *taking part in PE* (58%) and *learning at school* (36%).

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



Base: All respondents

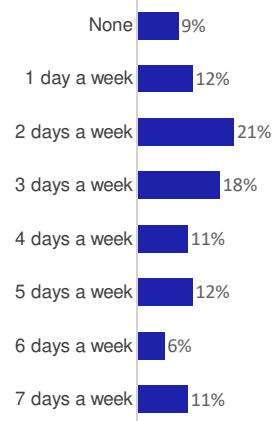
Being active

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

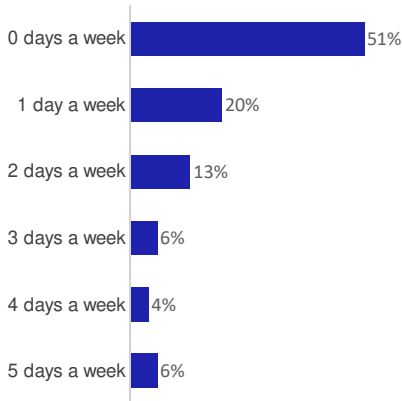


Base: All respondents

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* (51%). On average, girls took part on 1.1 days per week.

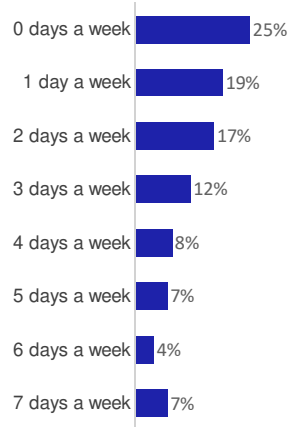
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on *0 days a week* (25%). On average, girls took part on 2.3 days per week.

Days of physical activity at school, excluding PE lessons



Base: All respondents

Days of physical activity outside of school

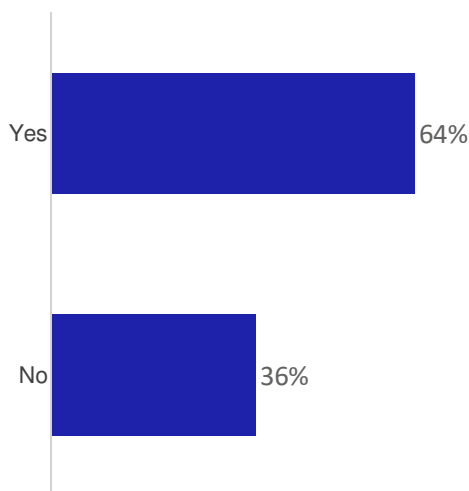


Base: All respondents

The chart below shows that 64% of girls would like to be more active when they are at school.

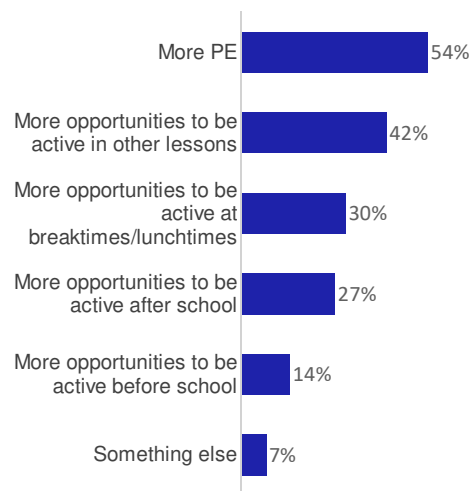
When asked *how* they would like to be more active, they were most likely to say *More PE* (54%) or *More opportunities to be active in other lessons* (42%).

Would you like to be more active in school?



Base: All respondents

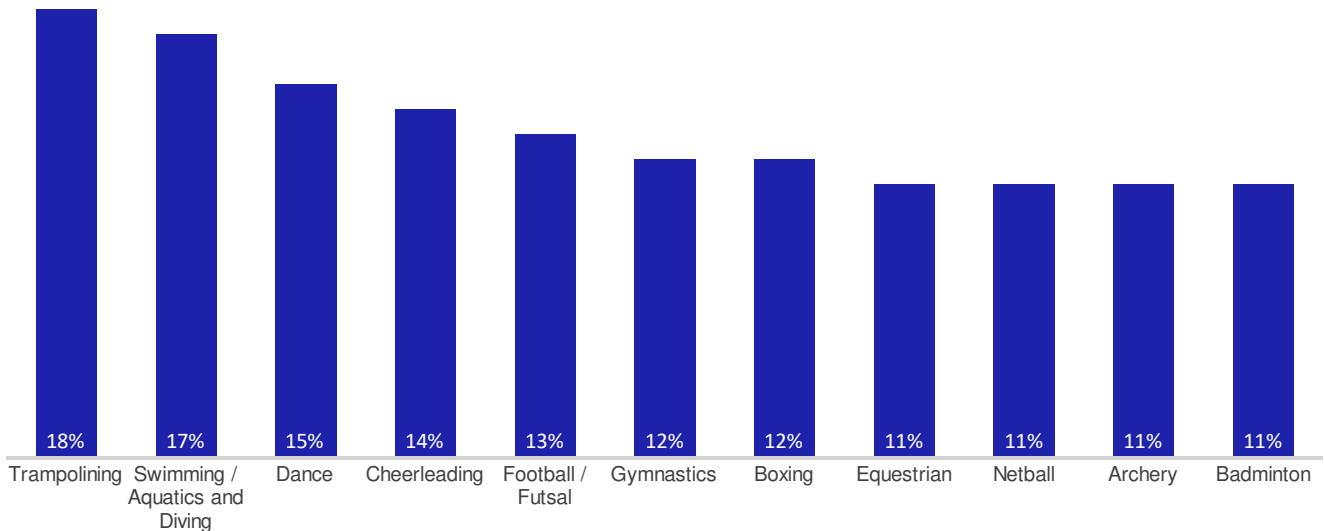
How would you like to be more active in school?



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

This chart shows the activities that girls would most like to do as part of their PE lessons or other sport/physical activity at school. The most popular activities were *Trampolining* (18%), *Swimming / Aquatics and Diving* (17%), and *Dance* (15%).

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

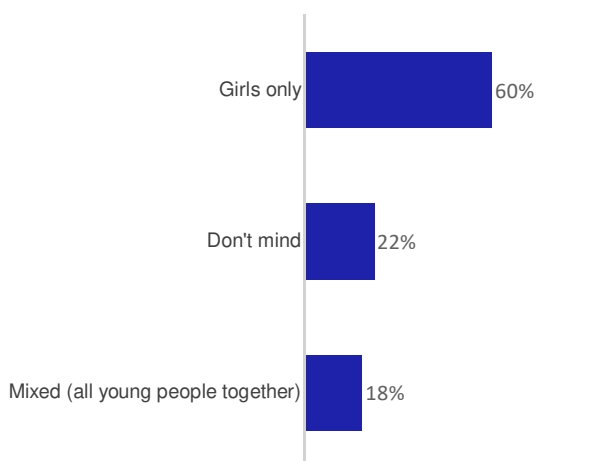


Base: All respondents

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

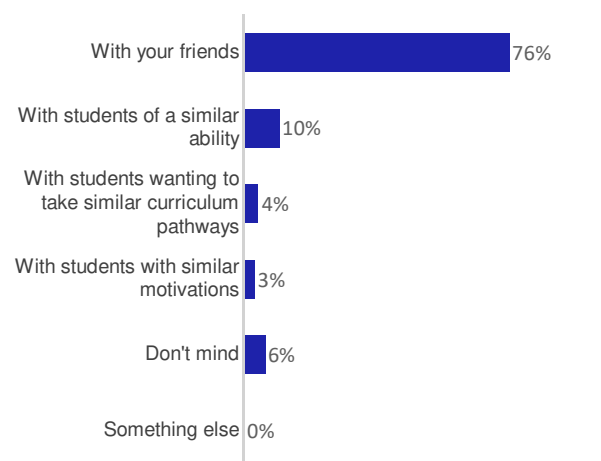
In terms of gender they were most likely to say *Girls only* (60%), while the most common response in terms of motivations was *With your friends* (76%).

How would you like to be grouped for sport and physical activities?



Base: All respondents

How would you MOST like to be grouped for sport and physical activities?



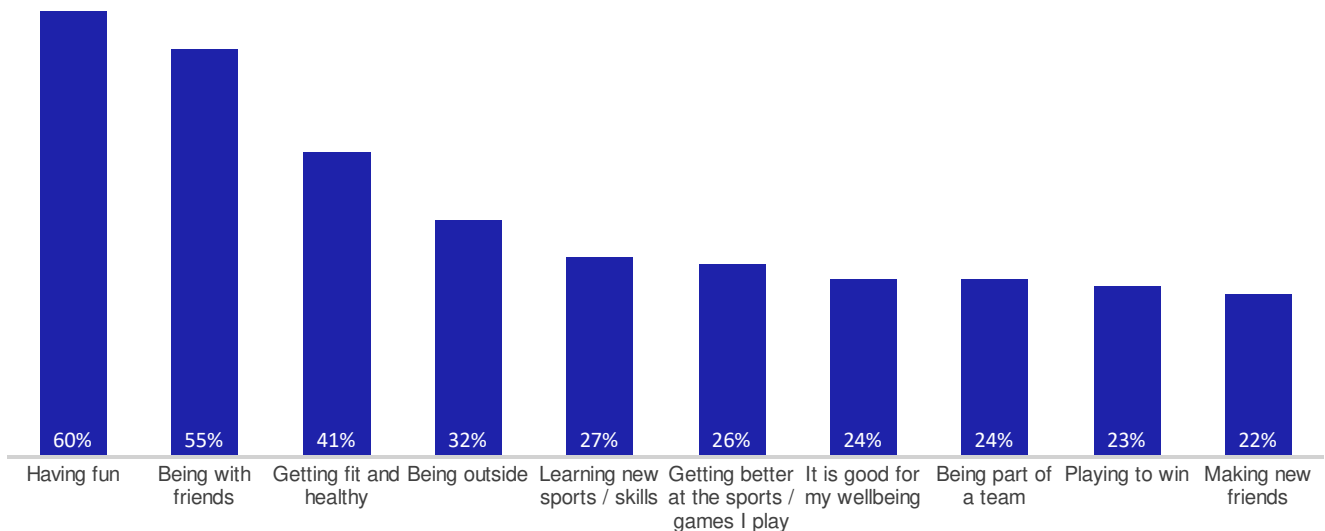
Base: All respondents

Physical activity at school

What motivates you?

The chart below shows the 10 most common factors that girls said motivate them to take part in sport, physical activity and PE at school. They were most likely to say *Having fun* (60%), *Being with friends* (55%), and *Getting fit and healthy* (41%).

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

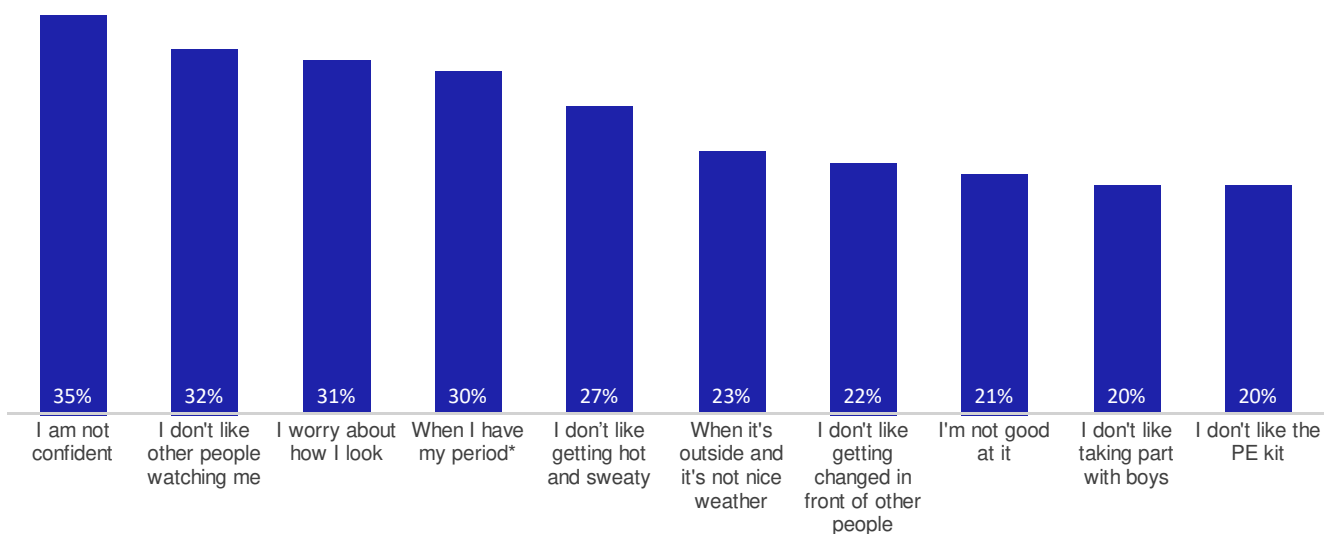


Base: All respondents

What stops you?

The top 3 barriers that stopped girls from being more active were; *I am not confident* (35%), *I don't like other people watching me* (32%), and *I worry about how I look* (31%). However 10% 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.

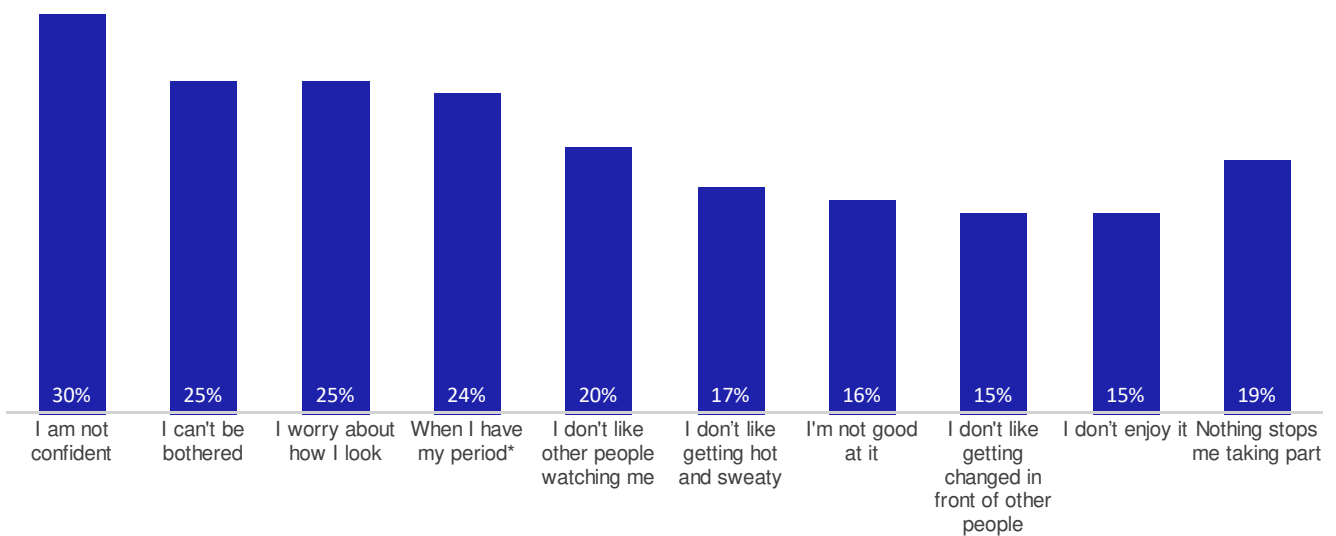
Physical activity outside of school

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 19% of girls said that none of these barriers stopped them from taking part).

The most common barriers to being active were; *I am not confident* (30%), *I can't be bothered* (25%), and *I worry about how I look* (25%).

Top 10 barriers to sport and physical activity outside of school



Base: All respondents

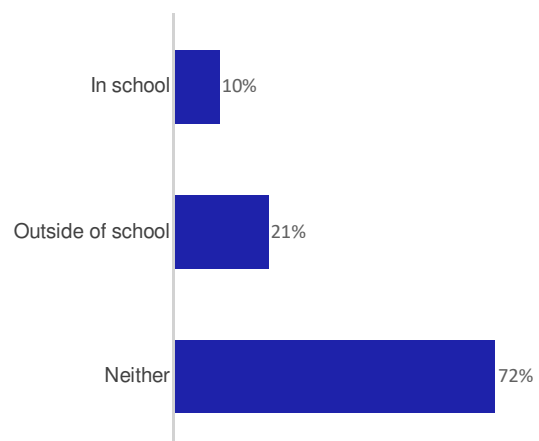
* these options were only available to girls in year 7 and above.

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.

10% said that they lead sport in school, while 21% lead outside of school.

Do you lead any sport or physical activity?

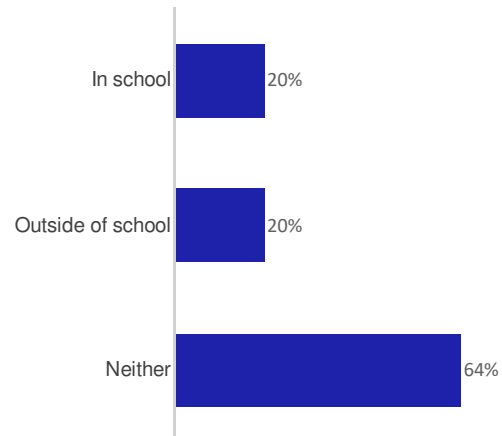


Base: All respondents

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

20% said that they would like to lead sport or physical activity at school, compared to 20% outside of school.

Would you like to lead any sport and physical activity?



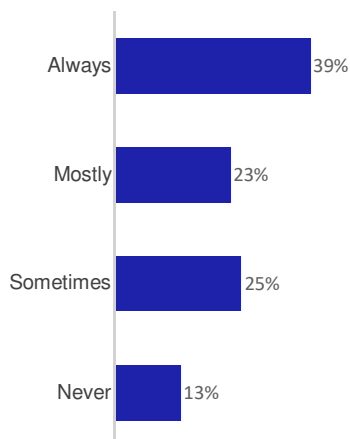
Base: All respondents

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.

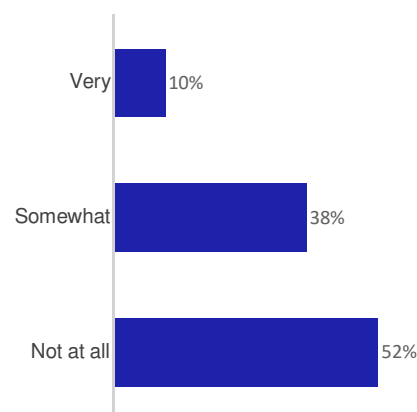
These questions were only available for those in year 7 and above, were optional, and were answered by 947 girls. Those selecting *No* or *Not applicable* are not included in the charts below.

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?



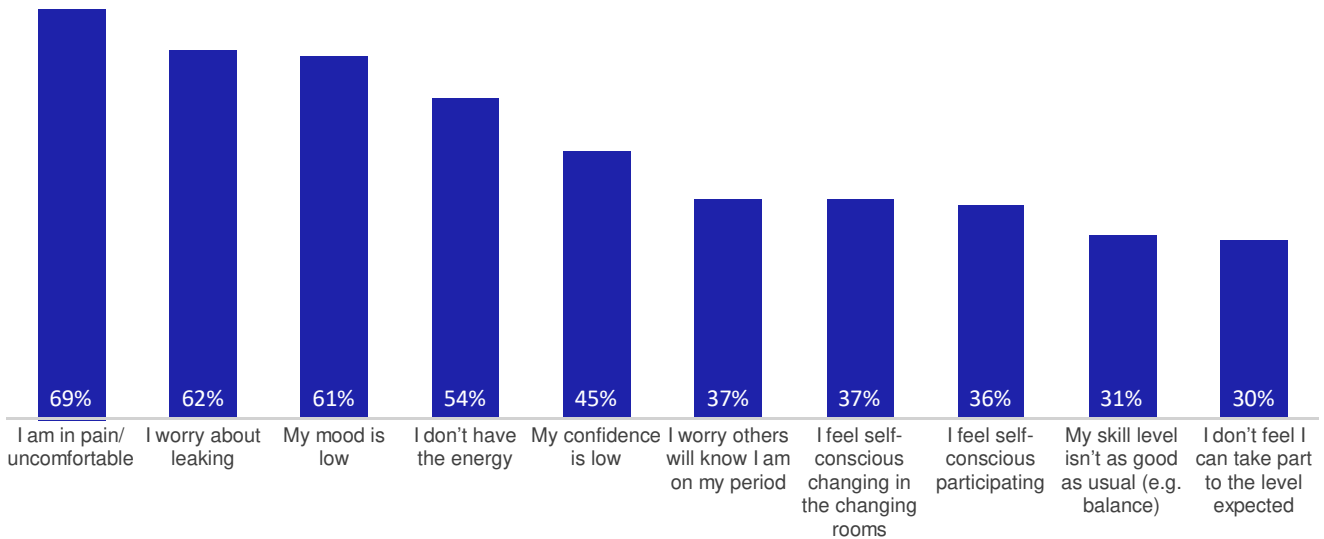
Base: All respondents in Yr 7 & above (excl. No/Not applicable)

39% of girls said that they *Always* take part in PE when they have their period, and at the other end of the scale, 13% *Never* take part in PE when they have their period.

48% 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* (62%), or *I worry about leaking* (61%). 8% said that they weren't concerned by any of these issues.

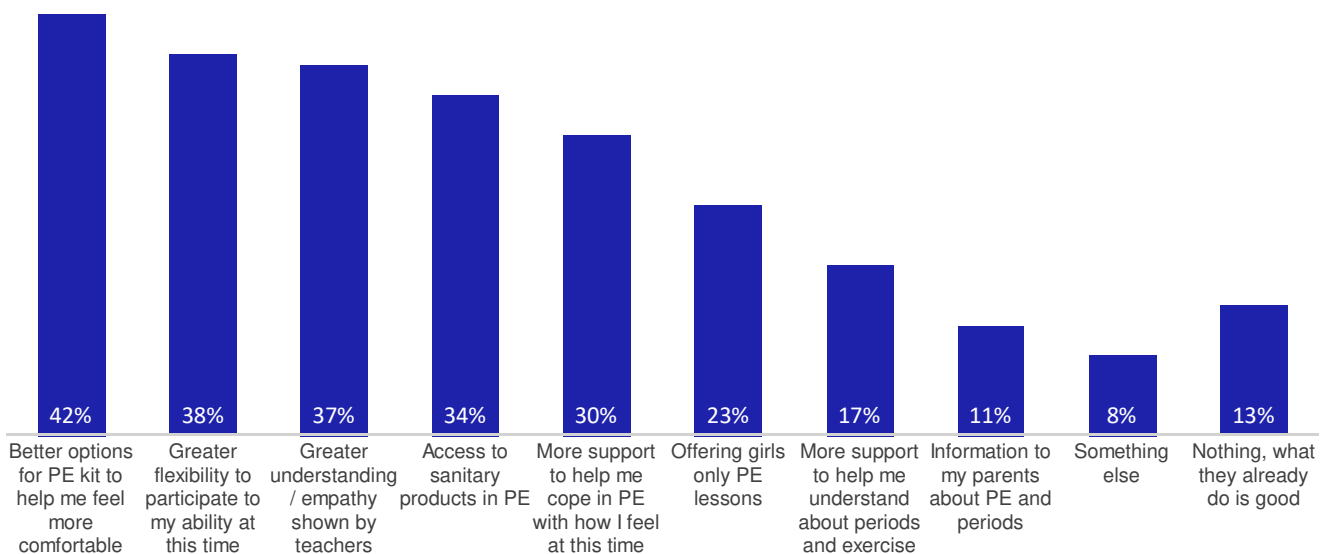
When you have your period which of the following things concern you about participating in PE or school sport?



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

Girls were also asked what the school could do to help them in PE when they have their period. The most common answers were *Better options for PE kit to help me feel more comfortable* (42%), *Greater flexibility to participate to my ability at this time* (38%), or *Greater understanding / empathy shown by teachers* (37%). 13% 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?

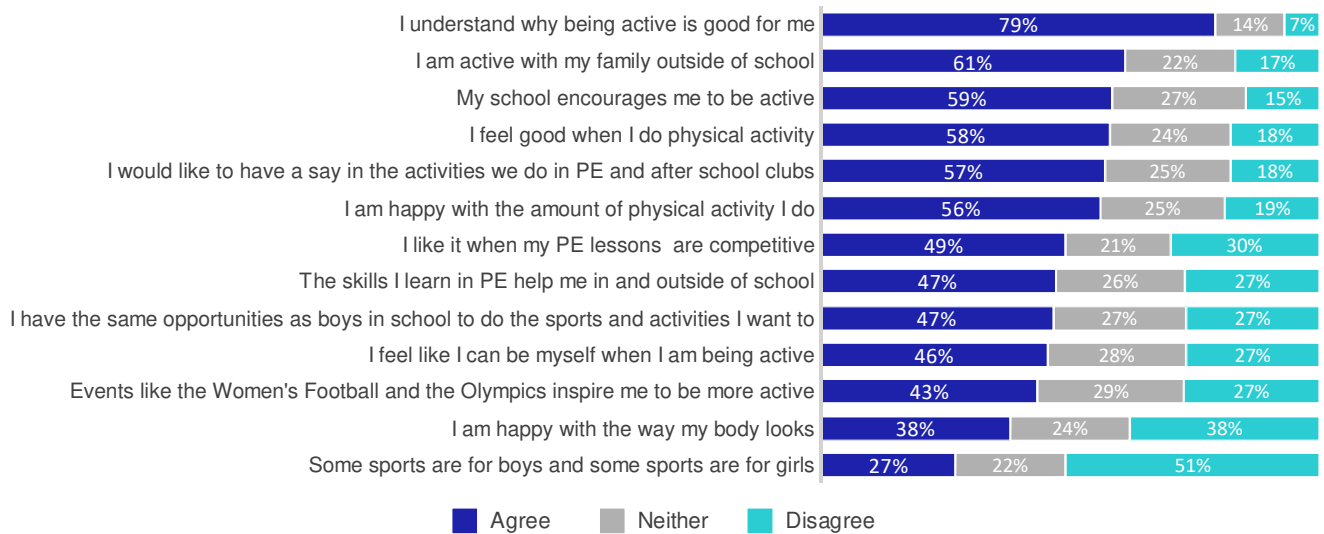


Base: All respondents in Yr 7 & above (excl. No/Not applicable)

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* (79%), *I am active with my family outside of school* (61%) and *My school encourages me to be active* (59%).

National data

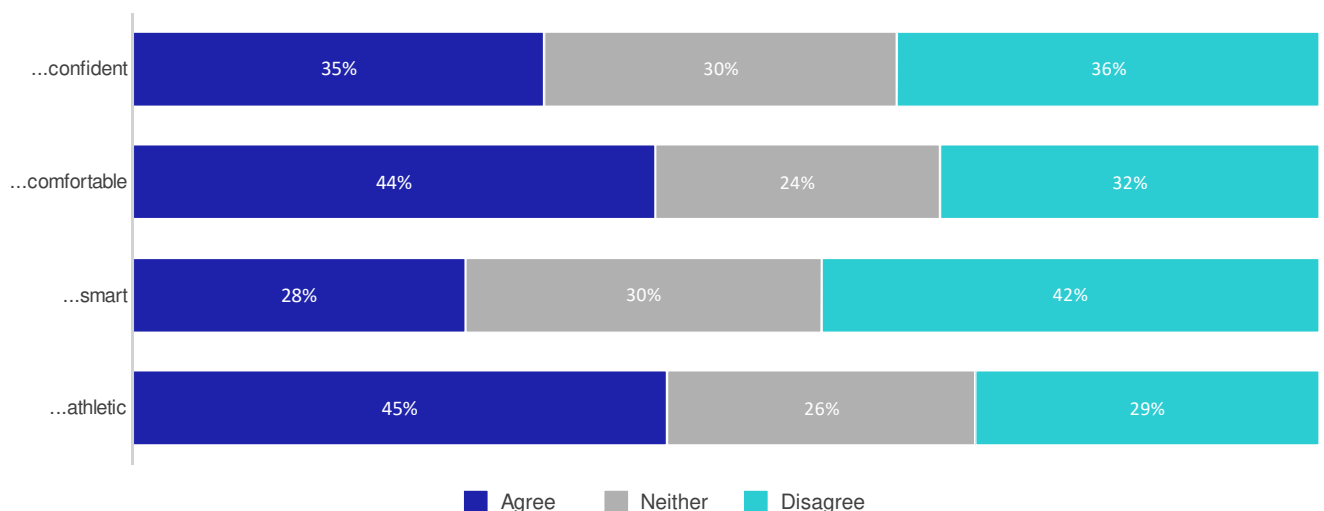


Base: All respondents

PE kit

When asked how their PE/sports kit made them feel, 35% of girls agreed or strongly agreed that it made them feel *Confident*, 44% said they felt *Comfortable*, 28% felt *Smart* and 45% felt *Athletic*.

National data

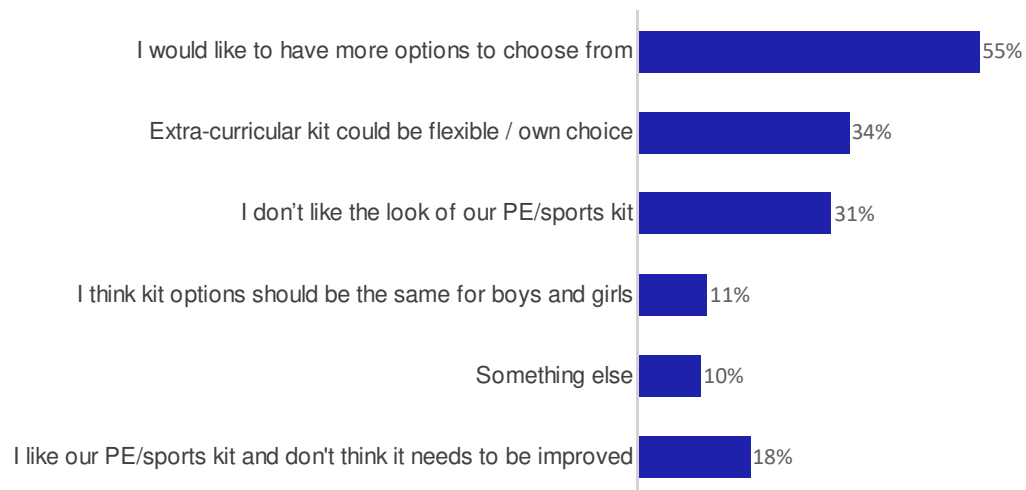


Base: All respondents

When given the opportunity to suggest improvements to their PE kit, girls were most likely to say '*I would like to have more options to choose from*' (55%), '*Extra-curricular kit could be flexible / own choice*' (34%), and '*I don't like the look of our PE/sports kit*' (31%).

18% 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?

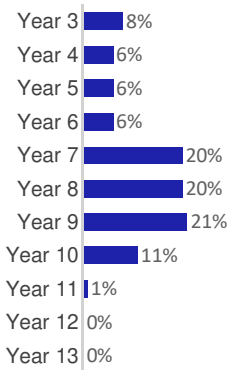


Base: All respondents

Pupil profile

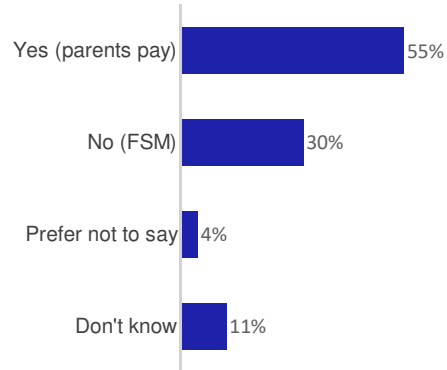
The charts below show the profile of girls who responded to the questionnaire. Girls were most likely to describe their ethnic background as *White (British or English)* (59%). 30% said that they receive free school meals, and 100% said that they have a disability.

Year group



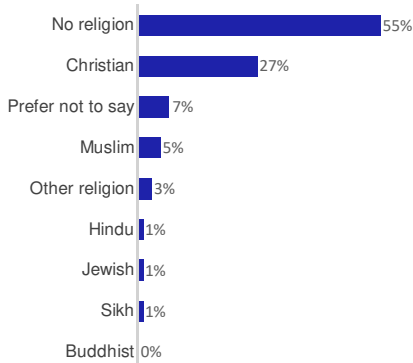
Base: All respondents

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



Base: All respondents

Faith or religion



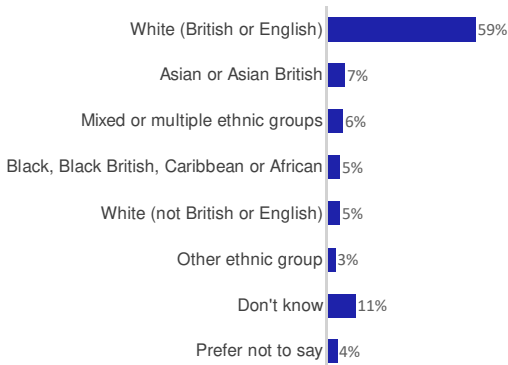
Base: All respondents in Yr 7 & above

Disability or special educational needs



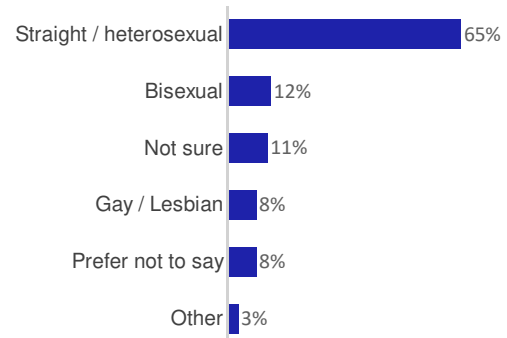
Base: All respondents

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 **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

These tables only contain responses from girls. Boys's responses are presented in a separately.

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			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
taking part in physical activity	71	86	66	62	71	*	69	74	50	83
taking part in PE	58	79	51	50	58	*	54	63	41	68
learning at school	36	79	35	37	36	*	34	39	35	39

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			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
None	9%	6%	10%	12%	9%	*	8%	10%	43%	-
1 day a week	12%	13%	10%	18%	12%	*	10%	15%	57%	-
2 days a week	21%	20%	22%	21%	21%	*	21%	23%	-	-
3 days a week	18%	18%	17%	19%	18%	*	18%	18%	-	-
4 days a week	11%	10%	12%	8%	11%	*	12%	9%	-	-
5 days a week	12%	11%	12%	11%	12%	*	11%	12%	-	40%
6 days a week	6%	7%	6%	5%	6%	*	7%	4%	-	21%
7 days a week	11%	16%	10%	7%	11%	*	12%	10%	-	39%

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			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
Never	51%	21%	50%	61%	51%	*	53%	48%	64%	43%
1 day a week	20%	36%	21%	16%	20%	*	21%	17%	18%	21%
2 days a week	13%	-	14%	13%	13%	*	12%	17%	9%	13%
3 days a week	6%	14%	7%	2%	6%	*	5%	8%	2%	8%
4 days a week	4%	-	4%	3%	4%	*	4%	2%	2%	6%
5 days a week	6%	29%	6%	5%	6%	*	4%	8%	5%	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			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
Never	25%	14%	24%	30%	25%	*	24%	29%	52%	9%
1 day a week	19%	36%	19%	19%	19%	*	19%	16%	22%	12%
2 days a week	17%	21%	17%	18%	17%	*	18%	17%	11%	14%
3 days a week	12%	14%	12%	14%	12%	*	13%	14%	7%	14%
4 days a week	8%	7%	9%	5%	8%	*	8%	7%	2%	10%
5 days a week	7%	-	8%	6%	7%	*	8%	4%	3%	15%
6 days a week	4%	-	4%	3%	4%	*	4%	5%	1%	10%
7 days a week	7%	7%	7%	5%	7%	*	6%	7%	3%	16%

Do you lead any sport or physical activity?

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
In school	10%	14%	10%	9%	10%	*	8%	15%	8%	10%
Outside of school	21%	29%	22%	16%	21%	*	20%	22%	12%	35%
Neither	72%	64%	71%	77%	72%	*	74%	68%	81%	59%

Would you like to lead any sport and physical activity?

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
In school	20%	54%	21%	13%	20%	*	20%	22%	12%	29%
Outside of school	20%	23%	21%	17%	20%	*	19%	25%	15%	26%
Neither	64%	23%	63%	72%	64%	*	65%	59%	76%	51%

How would you like to be more active in school?

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
More PE	54%	56%	52%	56%	54%	*	55%	50%	52%	62%
More opportunities to be active at breaktimes/lunchtimes	30%	38%	26%	20%	30%	*	28%	33%	28%	34%
More opportunities to be active after school	27%	23%	29%	28%	27%	*	26%	30%	20%	28%
More opportunities to be active before school	14%	17%	12%	8%	14%	*	14%	14%	12%	18%
More opportunities to be active in other lessons like English, Maths and Science	42%	34%	47%	47%	42%	*	48%	34%	32%	43%
Something else	7%	10%	5%	4%	7%	*	6%	8%	9%	7%

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			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
Trampoline	18%	21%	19%	14%	18%	*	20%	16%	20%	21%
Swimming / Aquatics and Diving	17%	21%	17%	14%	17%	*	17%	18%	19%	15%
Dance	15%	36%	14%	16%	15%	*	15%	13%	14%	19%
Cheerleading	14%	7%	16%	7%	14%	*	14%	17%	10%	15%
Football / Futsal	13%	-	14%	11%	13%	*	14%	12%	11%	15%
Gymnastics	12%	43%	13%	9%	12%	*	12%	13%	12%	11%
Boxing	12%	-	12%	10%	12%	*	10%	13%	8%	11%
Equestrian	11%	14%	11%	12%	11%	*	13%	7%	10%	11%
Netball	11%	14%	10%	15%	11%	*	13%	8%	9%	10%
Archery	11%	-	11%	8%	11%	*	11%	10%	10%	10%

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

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
Girls only	60%	71%	61%	60%	60%	*	61%	60%	63%	54%
Don't mind	22%	14%	23%	18%	22%	*	20%	21%	23%	24%
Mixed (all young people together)	18%	14%	17%	22%	18%	*	18%	19%	14%	22%

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

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
With your friends	76%	71%	77%	77%	76%	*	78%	69%	85%	67%
With students of a similar - ability	10%	7%	11%	7%	10%	*	10%	10%	6%	14%
With students with similar motivations	3%	-	3%	6%	3%	*	2%	6%	3%	4%
With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)	4%	7%	4%	2%	4%	*	4%	5%	1%	7%
Don't mind	6%	14%	6%	7%	6%	*	5%	8%	5%	9%
Something else	0%	-	0%	1%	0%	*	0%	2%	-	1%

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

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
Having fun	60%	69%	57%	54%	60%	*	59%	59%	50%	63%
Being with friends	55%	53%	58%	49%	55%	*	56%	52%	47%	58%
Getting fit and healthy	41%	44%	41%	33%	41%	*	42%	41%	25%	49%
Being outside	32%	41%	30%	26%	32%	*	32%	31%	20%	39%
Learning new sports / skills	27%	41%	24%	16%	27%	*	24%	32%	14%	38%
Getting better at the sports / games I play	26%	35%	24%	15%	26%	*	24%	31%	14%	34%
It is good for my wellbeing	24%	26%	23%	24%	24%	*	23%	28%	17%	29%
Being part of a team	24%	34%	21%	16%	24%	*	22%	27%	13%	34%
Playing to win	23%	22%	23%	23%	23%	*	21%	29%	16%	30%
Making new friends	22%	35%	18%	15%	22%	*	20%	24%	16%	27%
Learning skills that help me in life / other school subjects	21%	31%	19%	14%	21%	*	19%	26%	13%	29%
Something else	2%	3%	2%	1%	2%	*	2%	3%	1%	4%
I am not motivated by anything	9%	3%	9%	17%	9%	*	10%	6%	17%	7%

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

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
I am not confident	35%	24%	38%	43%	35%	*	38%	32%	41%	30%
I don't like other people watching me	32%	27%	34%	31%	32%	*	33%	28%	34%	30%
I worry about how I look	31%	21%	35%	35%	31%	*	34%	28%	30%	31%
When I have my period	30%	-	40%	50%	30%	*	33%	31%	31%	29%
I don't like getting hot and sweaty	27%	24%	28%	28%	27%	*	28%	27%	27%	27%
When it's outside and it's not nice weather	23%	15%	25%	27%	23%	*	24%	23%	21%	21%
I don't like getting changed in front of other people	22%	19%	24%	20%	22%	*	22%	21%	21%	22%
I'm not good at it	21%	18%	22%	27%	21%	*	22%	20%	27%	16%
I don't like taking part with boys	20%	21%	20%	20%	20%	*	20%	19%	19%	20%
I don't like the PE kit	20%	12%	23%	24%	20%	*	22%	19%	20%	22%
I can't be bothered	20%	9%	24%	26%	20%	*	20%	22%	28%	15%
I don't feel I can be myself in PE	20%	17%	21%	21%	20%	*	19%	23%	20%	20%
I have an injury	20%	13%	22%	23%	20%	*	21%	17%	16%	22%
I don't enjoy it	19%	9%	22%	25%	19%	*	19%	19%	24%	15%
Other people make fun of me	17%	15%	18%	17%	17%	*	16%	18%	15%	18%
There isn't enough time to get changed	16%	6%	19%	21%	16%	*	18%	13%	16%	16%
I don't know how to get involved	11%	11%	12%	11%	11%	*	11%	13%	12%	10%
My friends don't want to do it	11%	10%	11%	12%	11%	*	11%	10%	9%	12%
My breasts feel uncomfortable when I exercise	10%	-	14%	18%	10%	*	11%	12%	11%	8%
Nothing stops me taking part	10%	16%	8%	6%	10%	*	10%	8%	6%	14%
I don't feel I can be myself in extra-curricular activities	9%	9%	10%	7%	9%	*	8%	10%	8%	9%
I don't like the activities on offer	9%	4%	10%	15%	9%	*	10%	10%	8%	11%
I'm not able to do it because the activities are not suitable for me	8%	4%	10%	12%	8%	*	9%	9%	11%	7%
I can't get home if I stay after school	8%	6%	8%	14%	8%	*	8%	10%	7%	9%
I don't feel encouraged to take part by the teachers	8%	8%	7%	11%	8%	*	7%	10%	8%	8%
I don't have time because I already do a lot of physical activity outside of school	7%	9%	6%	5%	7%	*	7%	6%	3%	13%
I don't like how the person delivers the activities	5%	4%	5%	10%	5%	*	5%	7%	6%	6%
I don't feel encouraged to take part by my family	4%	5%	3%	5%	4%	*	4%	5%	5%	4%
Something else	4%	4%	4%	4%	4%	*	4%	4%	6%	4%

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

Break % Respondents	National data		Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active	
I am not confident	30%	36%	29%	31%	30%	*	31%	28%	36%	26%	
I can't be bothered	25%	-	24%	32%	25%	*	25%	26%	35%	12%	
I worry about how I look	25%	36%	24%	26%	25%	*	26%	23%	27%	23%	
When I have my period	24%	-	24%	28%	24%	*	24%	27%	29%	19%	
I don't like other people watching me	20%	14%	20%	22%	20%	*	21%	20%	19%	16%	
I don't like getting hot and sweaty	17%	21%	18%	14%	17%	*	17%	18%	19%	12%	
I'm not good at it	16%	21%	14%	21%	16%	*	16%	16%	19%	10%	
I don't like getting changed in front of other people	15%	29%	16%	12%	15%	*	15%	14%	15%	14%	
I don't enjoy it	15%	14%	15%	18%	15%	*	15%	13%	21%	9%	
It costs too much money	14%	7%	14%	12%	14%	*	13%	17%	11%	11%	
When it's outside and it's not nice weather	14%	14%	14%	10%	14%	*	13%	15%	14%	10%	
I don't feel I can be myself at sports clubs/facilities	13%	7%	14%	14%	13%	*	13%	13%	11%	14%	
I have an injury	13%	7%	14%	12%	13%	*	15%	11%	14%	11%	
I don't like taking part with boys	13%	21%	13%	11%	13%	*	12%	13%	11%	11%	
Other people make fun of me	12%	14%	13%	11%	12%	*	11%	16%	11%	10%	
My breasts feel uncomfortable when I exercise	12%	-	11%	15%	12%	*	12%	12%	12%	9%	
I don't like the kit	11%	7%	11%	12%	11%	*	12%	10%	13%	9%	
My friends don't want to do it	10%	7%	10%	11%	10%	*	10%	9%	8%	9%	
My school work is more important to me	10%	14%	9%	13%	10%	*	10%	11%	7%	10%	
I don't know how to get involved	10%	14%	10%	10%	10%	*	8%	15%	10%	8%	
My time is taken up with other activities	10%	-	10%	10%	10%	*	9%	13%	9%	10%	
I don't feel safe	10%	-	10%	11%	10%	*	9%	10%	11%	6%	
There isn't enough time to get changed	8%	7%	8%	6%	8%	*	8%	5%	9%	5%	
I don't like the activities on offer	8%	-	8%	7%	8%	*	8%	9%	8%	5%	
Sports clubs/facilities are too far away from where I live	7%	-	8%	4%	7%	*	6%	11%	5%	7%	
I'm not able to do it because the activities are not suitable for me	7%	-	7%	7%	7%	*	7%	7%	9%	3%	
I can't get transport to/from activities	7%	-	7%	6%	7%	*	7%	7%	3%	7%	
My parent(s)/carer(s) worry about my safety	6%	-	7%	4%	6%	*	5%	9%	7%	5%	
I can't get home if I stay after school	6%	7%	6%	7%	6%	*	5%	9%	5%	6%	
I don't like how the person delivers the activities	5%	-	5%	5%	5%	*	5%	5%	5%	4%	
I don't feel encouraged to take part by my family	4%	14%	4%	5%	4%	*	4%	4%	3%	4%	
I don't have time because I already do a lot of physical activity	4%	-	4%	3%	4%	*	4%	4%	1%	5%	
Something else	3%	-	3%	3%	3%	*	3%	3%	4%	2%	
Nothing stops me taking part	19%	29%	19%	19%	19%	*	20%	14%	9%	31%	

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

Break % Respondents	National data		Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active	
Always	39%	*	39%	38%	39%	*	38%	42%	27%	46%	
Mostly	23%	*	22%	25%	23%	*	23%	26%	18%	21%	
Sometimes	25%	*	25%	24%	25%	*	25%	22%	31%	22%	
Never	13%	*	13%	13%	13%	*	14%	10%	25%	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			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active	
I am in pain/ uncomfortable	69%	*	68%	75%	69%	*	70%	70%	68%	69%	
I worry about leaking	62%	*	60%	73%	62%	*	63%	62%	66%	56%	
My mood is low	61%	*	58%	71%	61%	*	63%	60%	66%	56%	
I don't have the energy	54%	*	53%	58%	54%	*	54%	56%	63%	49%	
My confidence is low	45%	*	45%	48%	45%	*	46%	44%	47%	42%	
I worry others will know I am on my period	37%	*	36%	42%	37%	*	38%	35%	41%	32%	
I feel self-conscious changing in the changing rooms	37%	*	36%	42%	37%	*	39%	34%	38%	34%	
I feel self-conscious participating	36%	*	35%	42%	36%	*	38%	35%	40%	34%	
My skill level isn't as good as usual (e.g. balance)	31%	*	32%	24%	31%	*	31%	34%	25%	34%	
I don't feel I can take part to the level expected	30%	*	30%	31%	30%	*	30%	33%	28%	31%	
I don't feel supported/understood by my teachers	26%	*	25%	29%	26%	*	26%	27%	30%	24%	
I have had a bad experience before	19%	*	18%	23%	19%	*	19%	22%	19%	21%	
I don't feel supported/understood by other girls	15%	*	16%	14%	15%	*	16%	15%	18%	12%	
Something else	3%	*	4%	2%	3%	*	3%	2%	4%	3%	
None of the above	8%	*	9%	5%	8%	*	7%	8%	7%	10%	

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

Break % Respondents	National data		Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active	
Better options for PE kit to help me feel more comfortable	42%	*	43%	40%	42%	*	43%	41%	44%	42%	
Greater flexibility to participate to my ability at this time	38%	*	36%	49%	38%	*	38%	43%	35%	37%	
Greater understanding / empathy shown by teachers	37%	*	36%	41%	37%	*	36%	44%	35%	37%	
Access to sanitary products in PE	34%	*	34%	34%	34%	*	35%	33%	34%	33%	
More support to help me cope in PE with how I feel at this time	30%	*	31%	29%	30%	*	30%	34%	29%	27%	
Offering girls only PE lessons	23%	*	22%	25%	23%	*	24%	21%	23%	19%	
More support to help me understand about periods and exercise	17%	*	17%	16%	17%	*	16%	19%	17%	17%	
Information to my parents about PE and periods	11%	*	11%	9%	11%	*	11%	12%	10%	11%	
Something else	8%	*	9%	4%	8%	*	8%	8%	8%	9%	
Nothing, what they already do is good	13%	*	13%	12%	13%	*	12%	12%	12%	14%	

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

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
Very	10%	*	9%	13%	10%	*	8%	14%	12%	10%
Somewhat	38%	*	37%	42%	38%	*	38%	41%	37%	34%
Not at all	52%	*	54%	46%	52%	*	55%	44%	51%	56%

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

% Strongly agree / Agree	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
I am happy with the way my body looks	38	61	31	25	38	*	33	47	34	41
I am happy with the amount of physical activity I do	56	73	51	42	56	*	55	53	43	68
I would like to have a say in the activities we do in PE and after school clubs	57	65	54	57	57	*	55	64	40	65
The skills I learn in PE help me in and outside of school	47	72	41	24	47	*	42	50	35	53
I like it when my PE lessons are competitive	49	63	44	40	49	*	44	57	37	56
I understand why being active is good for me	79	82	79	80	79	*	82	79	68	86
I feel like I can be myself when I am being active	46	65	40	33	46	*	41	55	33	55
Some sports are for boys and some sports are for girls	27	40	21	24	27	*	22	32	25	24
My school encourages me to be active	59	74	55	44	59	*	58	60	49	62
I am active with my family outside of school	61	75	57	46	61	*	62	56	40	74
I have the same opportunities as boys in school to do the sports and activities I want to	47	69	41	23	47	*	44	49	40	49
Events like the Women's Football and the Olympics inspire me to be more active	43	65	37	28	43	*	38	50	32	52
I feel good when I do physical activity	58	74	51	52	58	*	55	62	39	71

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			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	SEND	Non-SEND	White British	EDC	Less active	More active
...confident	35	59	27	20	35	*	30	42	29	40
...comfortable	44	67	36	35	44	*	41	51	40	49
...smart	28	49	22	15	28	*	24	34	26	33
...athletic	45	70	37	29	45	*	42	48	36	54

How could your PE/sports kit be improved?

Break % Respondents	National data		Key Stage			Disability		Ethnic group		Physical activity level	
	Total	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	18%	21%	18%	17%	18%	*	16%	20%	18%	17%	
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper)	55%	50%	53%	64%	55%	*	57%	51%	53%	53%	
I think kit options should be the same for boys and girls	11%	-	10%	14%	11%	*	11%	8%	11%	10%	
Extra-curricular kit could be flexible / own choice	34%	21%	35%	32%	34%	*	35%	35%	32%	36%	
I don't like the look of our PE/sports kit	31%	14%	33%	25%	31%	*	31%	33%	30%	33%	
Something else	10%	21%	10%	7%	10%	*	10%	9%	9%	10%	