



Girls Active

National report

July 2023 | Pupils' report (Years 3 to 6 and SEND)





Overall attitudes to PE and physical activity

85% enjoy taking part in physical activity

82% enjoy taking part in PE

79% enjoy learning at school



Top 10 barriers to being active at school

23% I am not confident

21% I don't like getting hot and sweaty

20% I don't like other people watching me

17% I worry about how I look

16% I'm not good at it

16% I don't like getting changed in front of other people

15% I don't feel I can be myself in PE

15% When it's outside and it's not nice weather

13% Other people make fun of me

11% I don't like taking part with boys



Top 10 motivators for being active at school

64% Having fun

49% Being with friends

44% Getting fit and healthy

43% Learning new sports / skills

40% Being outside

38% Being part of a team

37% Getting better at the sports / games I play

34% Making new friends

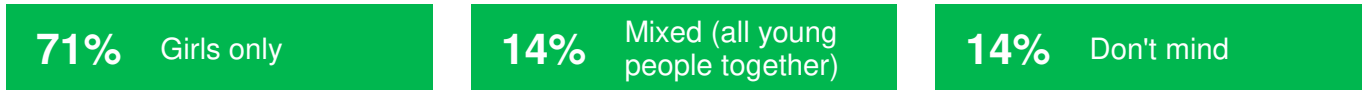
30% Learning skills that help me in life / other school subjects

29% Playing to win

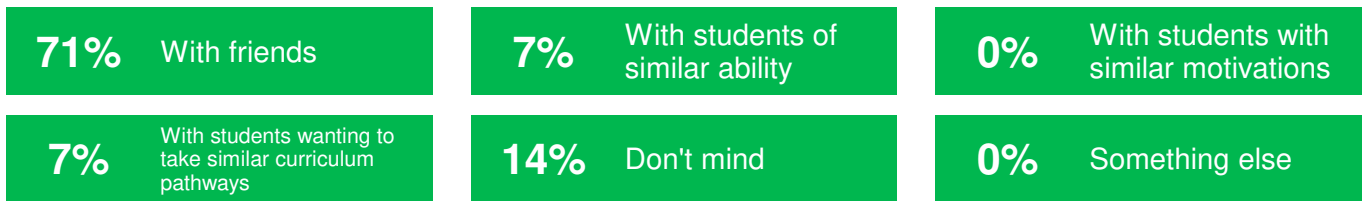


Preferred group for sport, physical activity and PE

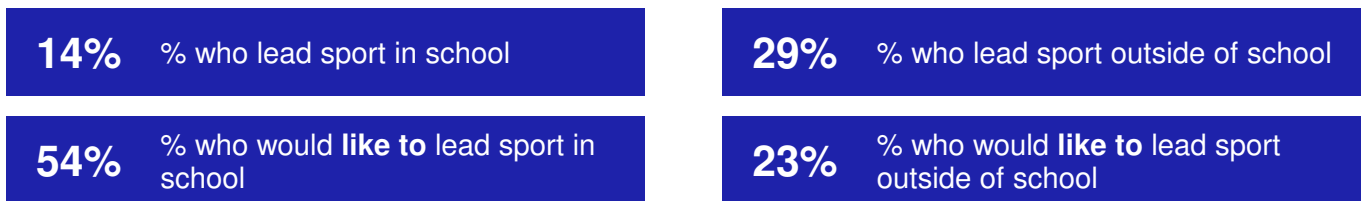
In terms of gender:



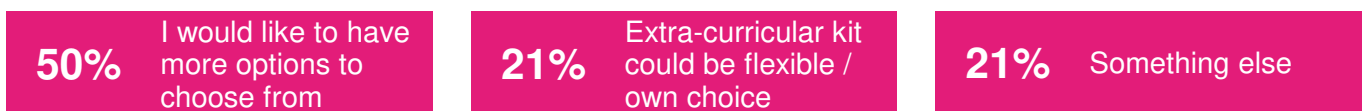
In terms of motivations:



Leading sport and physical activity



Top 3 suggested improvements to PE/sports kit



Pupils' report: Introduction

This report summarises responses to the *Girls Active Questionnaire* that pupils completed between March and June 2023. Overall, this study received **801 responses from pupils**.

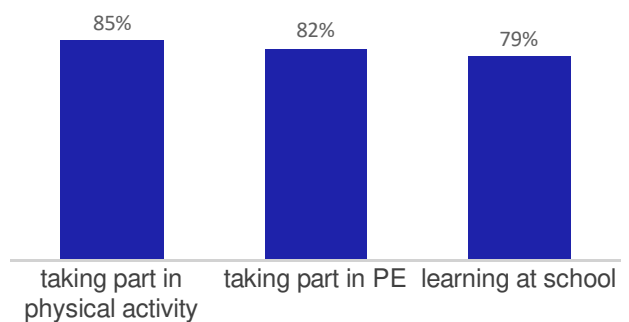
For more information about Girls Active please visit www.youthsporttrust.org/girls-active

How you feel

Pupils 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.

Pupils were most likely to enjoy *taking part in physical activity* (85%), followed by *taking part in PE* (82%) and *learning at school* (79%).

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



Base: All respondents

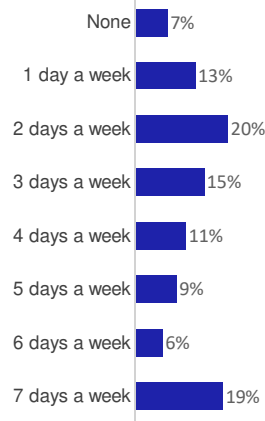
Being active

The following chart (right) shows how many days in the past week pupils 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, pupils took part on 3.6 days per week.

Days of physical activity per week

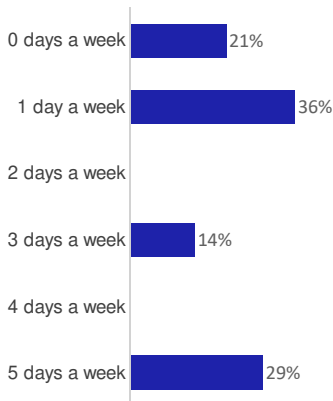


Base: All respondents

Pupils were asked how often they took part in physical activity at school, excluding PE lessons. The chart below (left) shows that pupils were most likely to take part in physical activity outside of PE lessons on *1 day a week* (36%). On average, pupils took part on 2.2 days per week.

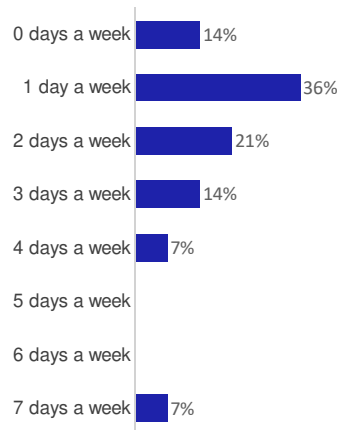
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on *1 day a week* (36%). On average, pupils took part on 2.0 days per week.

Days of physical activity at school, excluding PE lessons



Base: All respondents

Days of physical activity outside of school

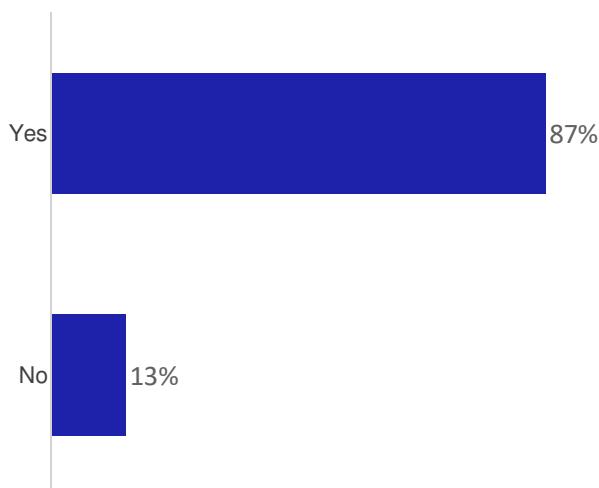


Base: All respondents

The chart below shows that 87% of pupils would like to be more active when they are at school.

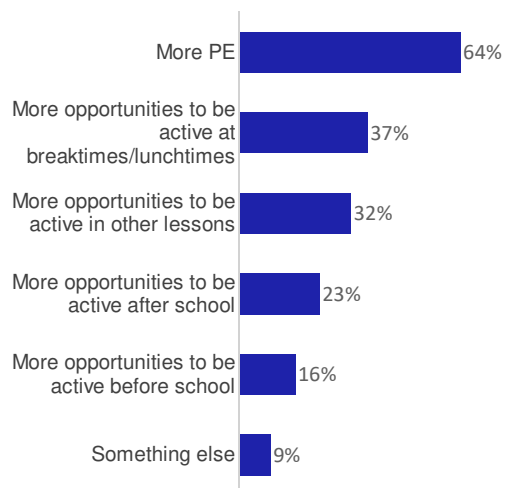
When asked *how* they would like to be more active, they were most likely to say *More PE* (64%) or *More opportunities to be active at breaktimes/lunchtimes* (37%).

Would you like to be more active in school?



Base: All respondents

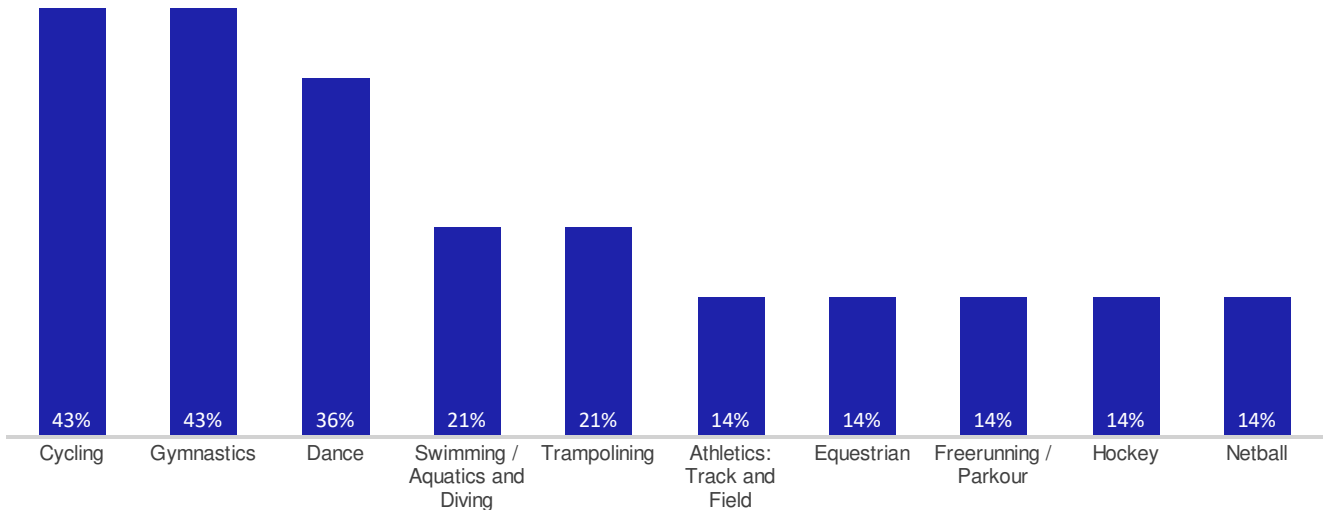
How would you like to be more active in school?



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

This chart shows the activities that pupils would most like to do as part of their PE lessons or other sport/physical activity at school. The most popular activities were *Cycling* (43%), *Gymnastics* (43%), and *Dance* (36%).

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

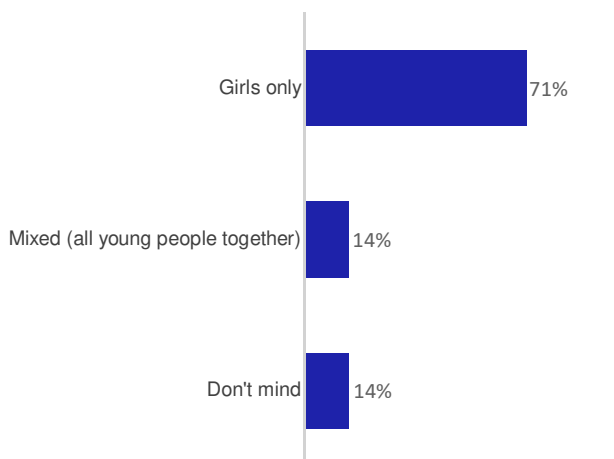


Base: All respondents

Pupils 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.

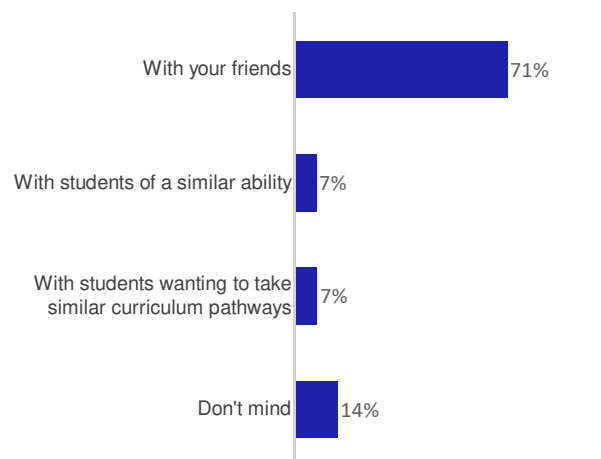
In terms of gender they were most likely to say *Girls only* (71%), while the most common response in terms of motivations was *With your friends* (71%).

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



Base: All respondents

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



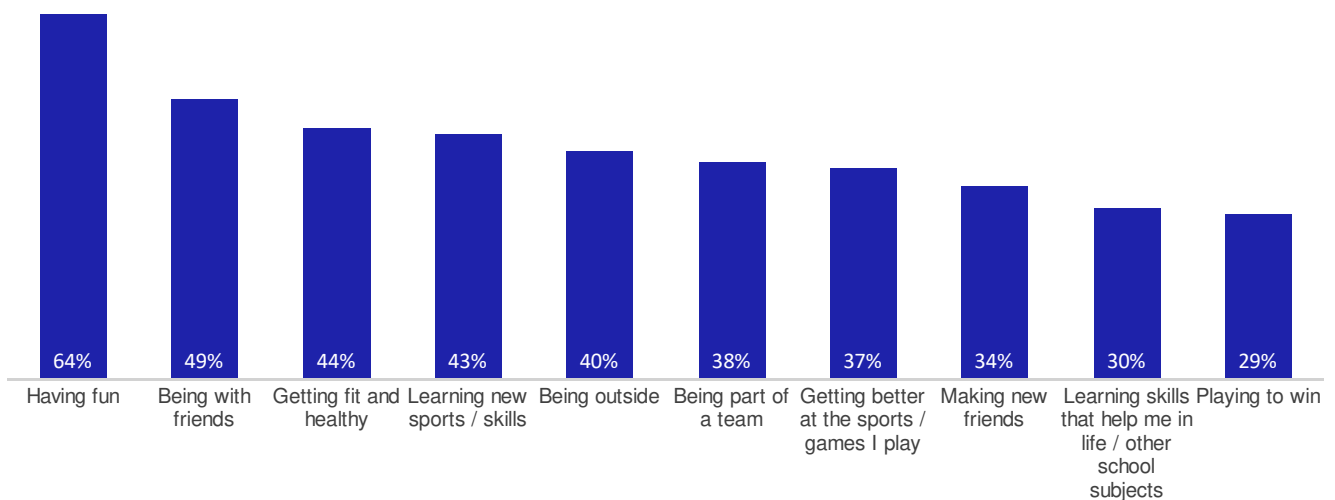
Base: All respondents

Physical activity at school

What motivates you?

The chart below shows the 10 most common factors that pupils said motivate them to take part in sport, physical activity and PE at school. They were most likely to say *Having fun* (64%), *Being with friends* (49%), and *Getting fit and healthy* (44%).

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

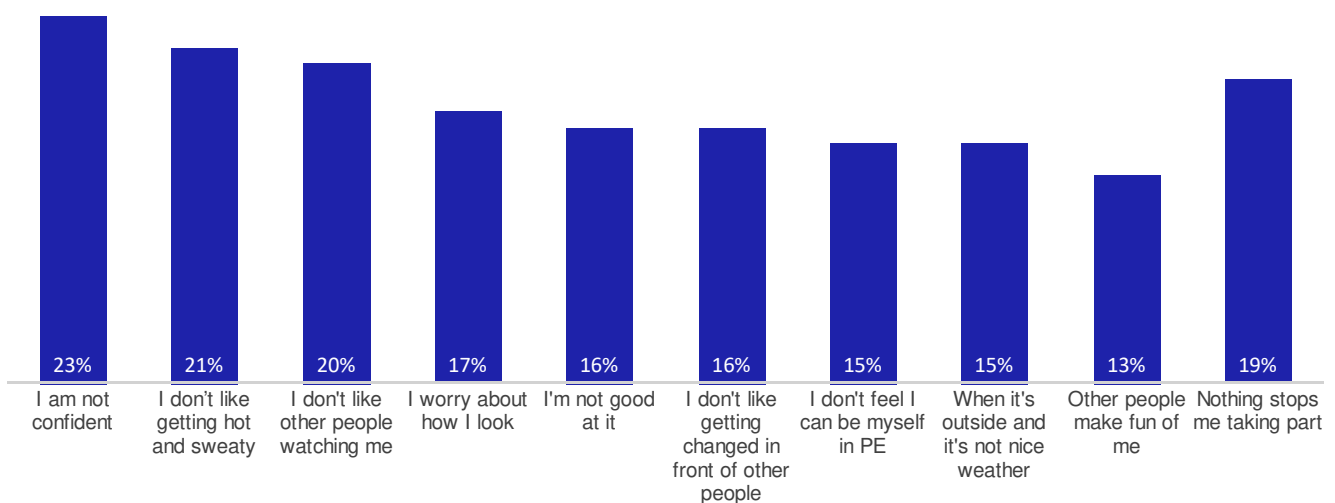


Base: All respondents

What stops you?

The top 3 barriers that stopped pupils from being more active were; *I am not confident* (23%), *I don't like getting hot and sweaty* (21%), and *I don't like other people watching me* (20%). However 19% of pupils said that none of these barriers stopped them.

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



Base: All respondents

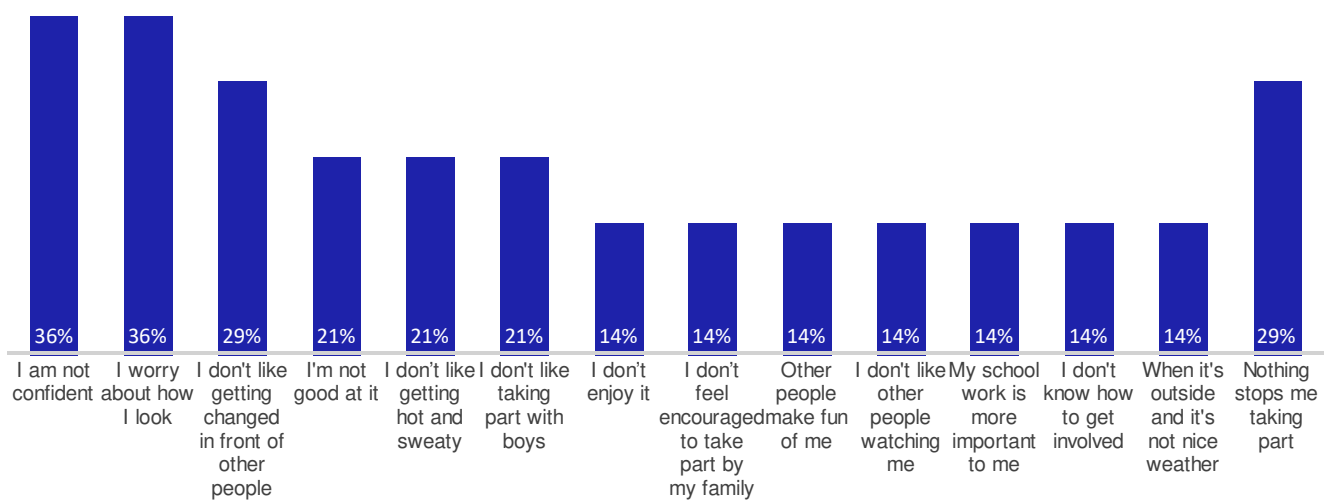
Physical activity outside of school

What stops you?

The chart below shows the 10 most common factors that pupils said stop them doing more sport and physical activity outside of school (although 29% of pupils said that none of these barriers stopped them from taking part).

The most common barriers to being active were; *I am not confident* (36%), *I worry about how I look* (36%), and *I don't like getting changed in front of other people* (29%).

Top 10 barriers to sport and physical activity outside of school



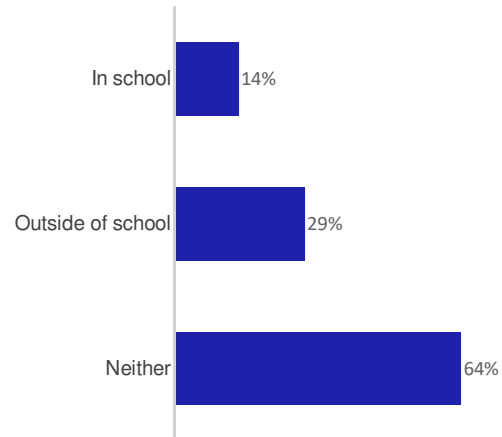
Base: All respondents

Leading sport and physical activity

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

14% said that they lead sport in school, while 29% lead outside of school.

Do you lead any sport or physical activity?

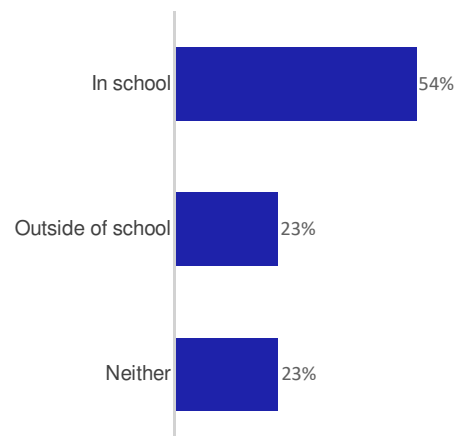


Base: All respondents

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

54% said that they would like to lead sport or physical activity at school, compared to 23% outside of school.

Would you like to lead any sport and physical activity?



Base: All respondents

More about you

Pupils 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* (83%), *My school encourages me to be active* (77%) and *I am active with my family outside of school* (76%).

National data

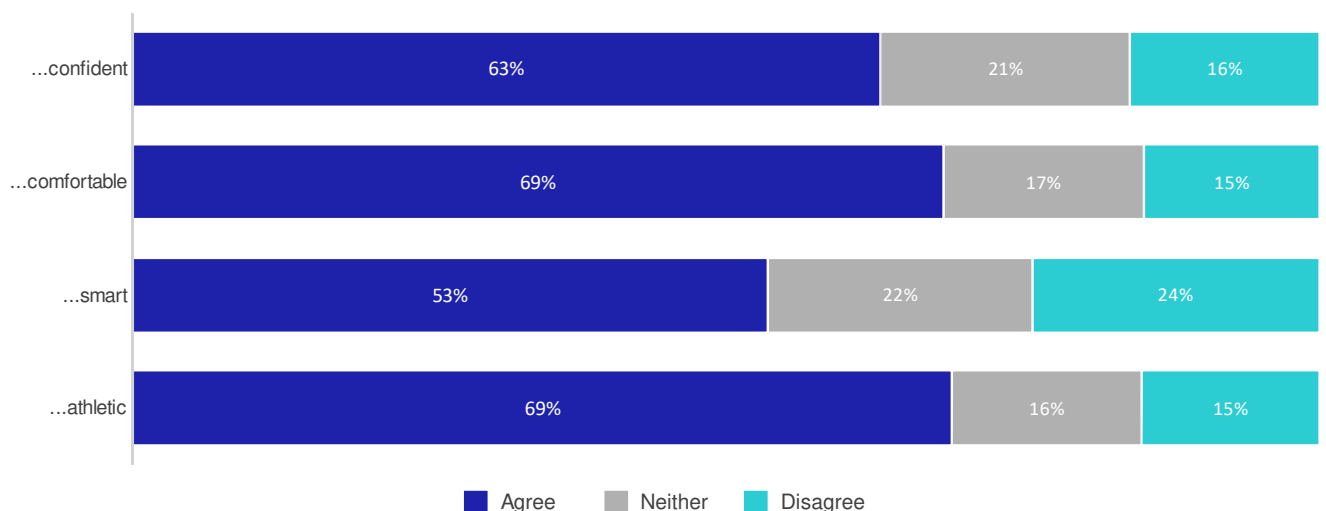


Base: All respondents

PE kit

When asked how their PE/sports kit made them feel, 63% of pupils agreed or strongly agreed that it made them feel *Confident*, 69% said they felt *Comfortable*, 53% felt *Smart* and 69% felt *Athletic*.

National data

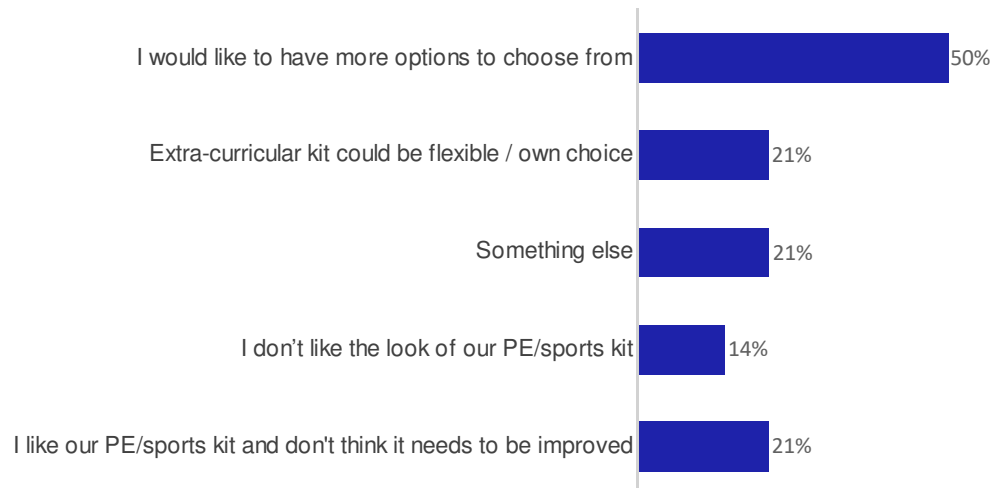


Base: All respondents

When given the opportunity to suggest improvements to their PE kit, pupils were most likely to say '*I would like to have more options to choose from*' (50%), '*Extra-curricular kit could be flexible / own choice*' (21%), and '*Something else*' (21%).

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?

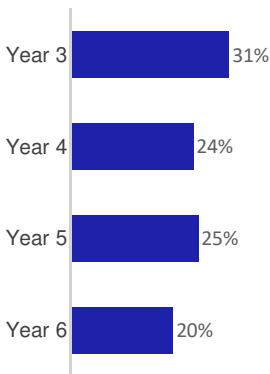


Base: All respondents

Pupil profile

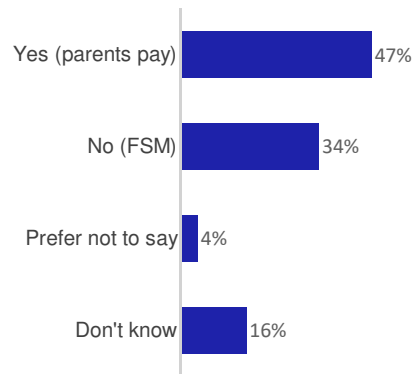
The charts below show the profile of pupils who responded to the questionnaire. Pupils were most likely to describe their ethnic background as *White (British or English)* (47%). 34% said that they receive free school meals, and 100% said that they have a disability.

Year group



Base: All respondents

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



Base: All respondents

Faith or religion

Not Enough Data

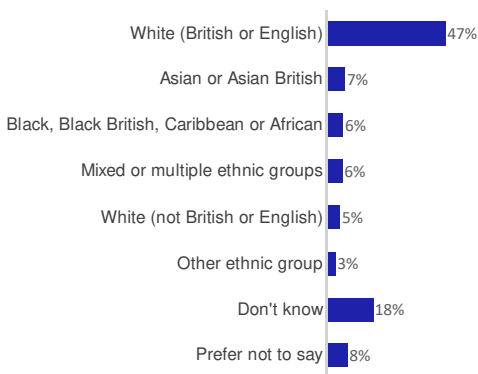
Base: All respondents in Yr 7 & above

Disability or special educational needs



Base: All respondents

Ethnic background



Base: All respondents

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

Not Enough Data

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			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	85	85	*	*	85	*	82	87	72	91
taking part in PE	82	82	*	*	82	*	83	84	75	86
learning at school	79	79	*	*	79	*	80	60	50	88

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	7%	7%	*	*	7%	*	6%	8%	34%	-
1 day a week	13%	13%	*	*	13%	*	15%	12%	66%	-
2 days a week	20%	20%	*	*	20%	*	20%	19%	-	-
3 days a week	15%	15%	*	*	15%	*	14%	18%	-	-
4 days a week	11%	11%	*	*	11%	*	12%	6%	-	-
5 days a week	9%	9%	*	*	9%	*	8%	11%	-	27%
6 days a week	6%	6%	*	*	6%	*	7%	5%	-	18%
7 days a week	19%	19%	*	*	19%	*	19%	21%	-	56%

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	21%	21%	*	*	21%	*	20%	20%	*	25%
1 day a week	36%	36%	*	*	36%	*	60%	20%	*	25%
2 days a week	-	-	*	*	-	*	-	-	*	-
3 days a week	14%	14%	*	*	14%	*	-	20%	*	13%
4 days a week	-	-	*	*	-	*	-	-	*	-
5 days a week	29%	29%	*	*	29%	*	20%	40%	*	38%

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	14%	14%	*	*	14%	*	40%	-	*	13%
1 day a week	36%	36%	*	*	36%	*	20%	40%	*	38%
2 days a week	21%	21%	*	*	21%	*	20%	20%	*	38%
3 days a week	14%	14%	*	*	14%	*	-	40%	*	-
4 days a week	7%	7%	*	*	7%	*	-	-	*	-
5 days a week	-	-	*	*	-	*	-	-	*	-
6 days a week	-	-	*	*	-	*	-	-	*	-
7 days a week	7%	7%	*	*	7%	*	20%	-	*	13%

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	14%	14%	*	*	14%	*	-	-	*	13%
Outside of school	29%	29%	*	*	29%	*	-	40%	*	25%
Neither	64%	64%	*	*	64%	*	100%	60%	*	63%

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	54%	54%	*	*	54%	*	60%	60%	*	38%
Outside of school	23%	23%	*	*	23%	*	20%	20%	*	25%
Neither	23%	23%	*	*	23%	*	20%	20%	*	38%

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	64%	64%	*	*	64%	*	67%	58%	64%	69%
More opportunities to be active at breaktimes/lunchtimes	37%	37%	*	*	37%	*	36%	38%	25%	41%
More opportunities to be active after school	23%	23%	*	*	23%	*	23%	24%	12%	30%
More opportunities to be active before school	16%	16%	*	*	16%	*	18%	16%	12%	19%
More opportunities to be active in other lessons like English, Maths and Science	32%	32%	*	*	32%	*	37%	26%	23%	35%
Something else	9%	9%	*	*	9%	*	8%	11%	12%	12%

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
Cycling	43%	43%	*	*	43%	*	20%	80%	*	25%
Gymnastics	43%	43%	*	*	43%	*	40%	60%	*	38%
Dance	36%	36%	*	*	36%	*	20%	40%	*	50%
Swimming / Aquatics and Diving	21%	21%	*	*	21%	*	20%	20%	*	38%
Trampoline	21%	21%	*	*	21%	*	20%	40%	*	-
Athletics: Track and Field	14%	14%	*	*	14%	*	20%	-	*	13%
Equestrian	14%	14%	*	*	14%	*	20%	-	*	13%
Freerunning / Parkour	14%	14%	*	*	14%	*	20%	-	*	25%
Hockey	14%	14%	*	*	14%	*	20%	-	*	13%
Netball	14%	14%	*	*	14%	*	20%	-	*	13%

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	71%	71%	*	*	71%	*	80%	60%	*	75%
Mixed (all young people together)	14%	14%	*	*	14%	*	20%	20%	*	25%
Don't mind	14%	14%	*	*	14%	*	-	20%	*	-

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	71%	71%	*	*	71%	*	80%	60%	*	75%
With students of a similar - ability	7%	7%	*	*	7%	*	20%	-	*	13%
With students with similar motivations	-	-	*	*	-	*	-	-	*	-
With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)	7%	7%	*	*	7%	*	-	20%	*	13%
Don't mind	14%	14%	*	*	14%	*	-	20%	*	-
Something else	-	-	*	*	-	*	-	-	*	-

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	64%	64%	*	*	64%	*	63%	64%	57%	67%
Being with friends	49%	49%	*	*	49%	*	51%	46%	39%	51%
Getting fit and healthy	44%	44%	*	*	44%	*	43%	49%	38%	46%
Learning new sports / skills	43%	43%	*	*	43%	*	44%	44%	34%	45%
Being outside	40%	40%	*	*	40%	*	43%	35%	28%	45%
Being part of a team	38%	38%	*	*	38%	*	36%	44%	27%	43%
Getting better at the sports / games I play	37%	37%	*	*	37%	*	37%	41%	22%	43%
Making new friends	34%	34%	*	*	34%	*	35%	31%	28%	36%
Learning skills that help me in life / other school subjects	30%	30%	*	*	30%	*	29%	34%	20%	34%
Playing to win	29%	29%	*	*	29%	*	32%	27%	24%	34%
It is good for my wellbeing	27%	27%	*	*	27%	*	27%	31%	18%	30%
Something else	3%	3%	*	*	3%	*	3%	3%	2%	5%
I am not motivated by anything	3%	3%	*	*	3%	*	4%	1%	4%	3%

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	23%	23%	*	*	23%	*	23%	28%	26%	21%
I don't like getting hot and sweaty	21%	21%	*	*	21%	*	21%	23%	19%	21%
I don't like other people watching me	20%	20%	*	*	20%	*	21%	19%	20%	19%
Nothing stops me taking part	19%	19%	*	*	19%	*	22%	15%	14%	27%
I worry about how I look	17%	17%	*	*	17%	*	18%	19%	11%	19%
I'm not good at it	16%	16%	*	*	16%	*	16%	15%	20%	15%
I don't like getting changed in front of other people	16%	16%	*	*	16%	*	15%	16%	14%	15%
I don't feel I can be myself in PE	15%	15%	*	*	15%	*	14%	19%	12%	16%
When it's outside and it's not nice weather	15%	15%	*	*	15%	*	14%	17%	12%	13%
Other people make fun of me	13%	13%	*	*	13%	*	11%	18%	9%	17%
I don't like taking part with boys	11%	11%	*	*	11%	*	10%	13%	9%	13%
I have an injury	11%	11%	*	*	11%	*	10%	13%	7%	14%
I can't be bothered	11%	11%	*	*	11%	*	11%	12%	14%	10%
I don't like the PE kit	11%	11%	*	*	11%	*	10%	14%	10%	12%
I don't know how to get involved	10%	10%	*	*	10%	*	9%	12%	9%	9%
I don't enjoy it	9%	9%	*	*	9%	*	8%	12%	9%	8%
My friends don't want to do it	8%	8%	*	*	8%	*	9%	9%	6%	9%
I don't feel I can be myself in extra-curricular activities	8%	8%	*	*	8%	*	6%	9%	3%	9%
I don't have time because I already do a lot of physical activity outside of school	7%	7%	*	*	7%	*	7%	7%	4%	11%
I don't feel encouraged to take part by the teachers	6%	6%	*	*	6%	*	5%	7%	4%	6%
There isn't enough time to get changed	6%	6%	*	*	6%	*	6%	6%	4%	6%
I can't get home if I stay after school	5%	5%	*	*	5%	*	4%	8%	2%	5%
I don't like the activities on offer	5%	5%	*	*	5%	*	5%	5%	4%	5%
I don't feel encouraged to take part by my family	4%	4%	*	*	4%	*	4%	7%	2%	4%
I'm not able to do it because the activities are not suitable for me	4%	4%	*	*	4%	*	5%	5%	4%	5%
Something else	4%	4%	*	*	4%	*	5%	4%	4%	4%
I don't like how the person delivers the activities	3%	3%	*	*	3%	*	3%	4%	4%	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	36%	36%	*	*	36%	*	-	80%	*	38%
I worry about how I look	36%	36%	*	*	36%	*	20%	60%	*	50%
I don't like getting changed in front of other people	29%	29%	*	*	29%	*	20%	20%	*	50%
I'm not good at it	21%	21%	*	*	21%	*	-	40%	*	25%
I don't like getting hot and sweaty	21%	21%	*	*	21%	*	40%	20%	*	25%
I don't like taking part with boys	21%	21%	*	*	21%	*	-	20%	*	38%
I don't enjoy it	14%	14%	*	*	14%	*	-	-	*	13%
I don't feel encouraged to take part by my family	14%	14%	*	*	14%	*	20%	20%	*	25%
Other people make fun of me	14%	14%	*	*	14%	*	-	40%	*	25%
I don't like other people watching me	14%	14%	*	*	14%	*	-	20%	*	13%
My school work is more important to me	14%	14%	*	*	14%	*	-	40%	*	25%
I don't know how to get involved	14%	14%	*	*	14%	*	-	40%	*	13%
When it's outside and it's not nice weather	14%	14%	*	*	14%	*	-	20%	*	13%
I don't feel I can be myself at sports clubs/facilities	7%	7%	*	*	7%	*	20%	-	*	13%
My friends don't want to do it	7%	7%	*	*	7%	*	-	20%	*	-
I don't like the kit	7%	7%	*	*	7%	*	-	20%	*	-
I can't get home if I stay after school	7%	7%	*	*	7%	*	-	20%	*	13%
It costs too much money	7%	7%	*	*	7%	*	-	-	*	13%
I have an injury	7%	7%	*	*	7%	*	-	20%	*	13%
There isn't enough time to get changed	7%	7%	*	*	7%	*	-	-	*	13%
Nothing stops me taking part	29%	29%	*	*	29%	*	40%	20%	*	13%

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	63	63	*	*	63	*	63	69	68	60
I am happy with the amount of physical activity I do	75	75	*	*	75	*	76	70	66	79
I would like to have a say in the activities we do in PE and after school clubs	68	68	*	*	68	*	66	71	61	69
The skills I learn in PE help me in and outside of school	73	73	*	*	73	*	73	72	66	73
I like it when my PE lessons are competitive	68	68	*	*	68	*	65	70	65	68
I understand why being active is good for me	83	83	*	*	83	*	87	82	80	84
I feel like I can be myself when I am being active	70	70	*	*	70	*	71	74	65	73
Some sports are for boys and some sports are for girls	45	45	*	*	45	*	40	50	48	40
My school encourages me to be active	77	77	*	*	77	*	81	74	76	76
I am active with my family outside of school	76	76	*	*	76	*	78	72	62	83
I have the same opportunities as boys in school to do the sports and activities I want to	69	69	*	*	69	*	72	71	77	65
Events like the Women's Football and the Olympics inspire me to be more active	63	63	*	*	63	*	61	69	58	65
I feel good when I do physical activity	77	77	*	*	77	*	80	75	71	78

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	63	63	*	*	63	*	62	68	61	63
...comfortable	69	69	*	*	69	*	70	75	72	67
...smart	53	53	*	*	53	*	49	61	54	52
...athletic	69	69	*	*	69	*	71	71	66	73

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	21%	21%	*	*	21%	*	40%	20%	*	25%	
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper)	50%	50%	*	*	50%	*	40%	60%	*	38%	
I think kit options should be the same for boys and girls	-	-	*	*	-	*	-	-	*	-	
Extra-curricular kit could be flexible / own choice	21%	21%	*	*	21%	*	-	40%	*	25%	
I don't like the look of our PE/sports kit	14%	14%	*	*	14%	*	-	40%	*	13%	
Something else	21%	21%	*	*	21%	*	20%	20%	*	25%	