



Girls Active

National report

July 2023 | Pupils' report (Years 7 to 13 and SEND)





Overall attitudes to PE and physical activity

66% enjoy taking part in physical activity

54% enjoy taking part in PE

35% enjoy learning at school



Top 10 barriers to being active at school

36% I am not confident

30% I worry about how I look

28% I don't like other people watching me

27% When I have my period*

25% I don't like getting hot and sweaty

23% I can't be bothered

22% When it's outside and it's not nice weather

22% I'm not good at it

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

22% I don't like the PE kit



Top 10 motivators for being active at school

54% Having fun

52% Being with friends

39% Getting fit and healthy

29% Being outside

25% It is good for my wellbeing

24% Getting better at the sports / games I play

24% Playing to win

22% Learning new sports / skills

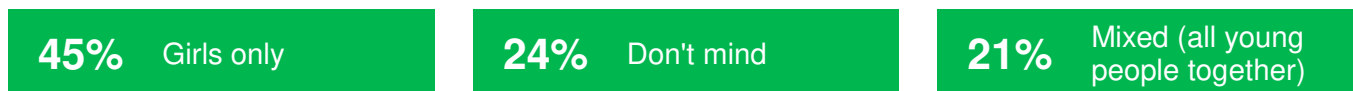
21% Being part of a team

18% Learning skills that help me in life / other school subjects

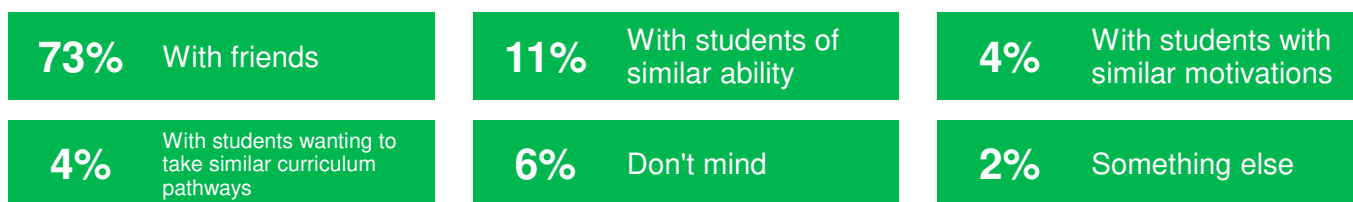


Preferred group for sport, physical activity and PE

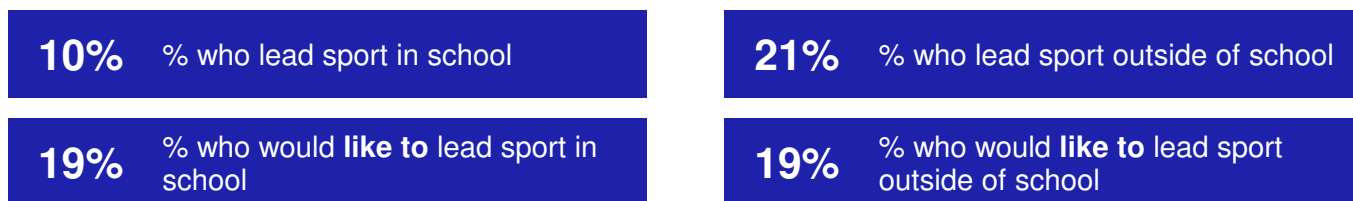
In terms of gender:



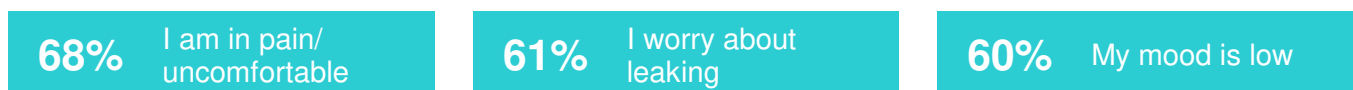
In terms of motivations:



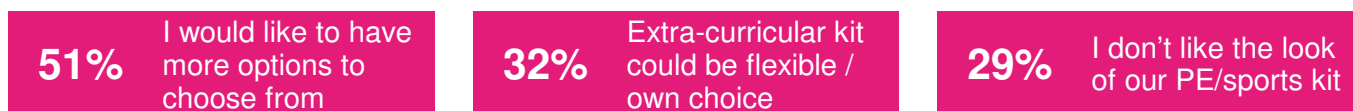
Leading sport and physical activity



Top 3 worries for girls in PE during their period



Top 3 suggested improvements to PE/sports kit



Pupils' report: Introduction

This report summarises responses to the *Girls Active Questionnaire* that pupils completed between March and June 2023. Overall, this study received **1772 responses from pupils**.

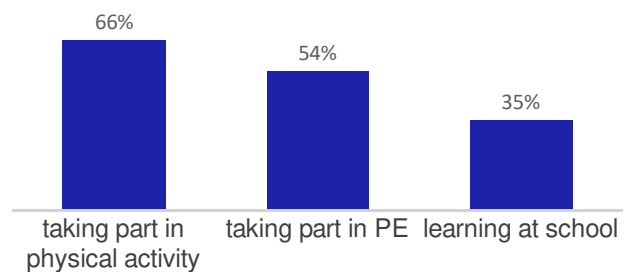
For more information about Girls Active please visit www.youthsporttrust.org/girls-active

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* (66%), followed by *taking part in PE* (54%) and *learning at school* (35%).

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



Base: All respondents

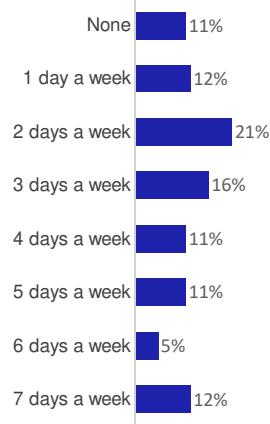
Being active

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 3.2 days per week.

Days of physical activity per week

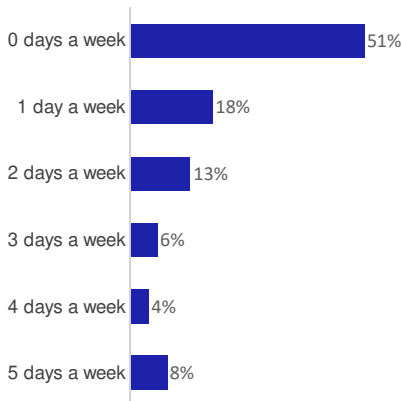


Base: All respondents

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 *0 days a week* (51%). On average, pupils took part on 1.2 days per week.

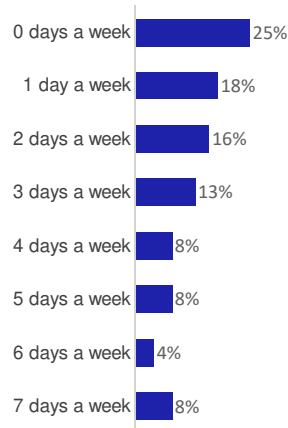
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on *0 days a week* (25%). On average, pupils took part on 2.4 days per week.

Days of physical activity at school, excluding PE lessons



Base: All respondents

Days of physical activity outside of school

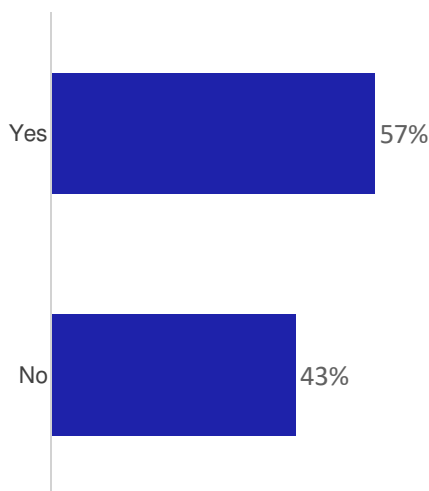


Base: All respondents

The chart below shows that 57% of pupils would like to be more active when they are at school.

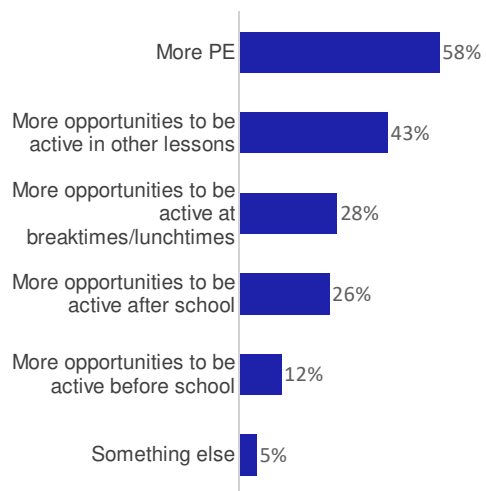
When asked *how* they would like to be more active, they were most likely to say *More PE* (58%) or *More opportunities to be active in other lessons* (43%).

Would you like to be more active in school?



Base: All respondents

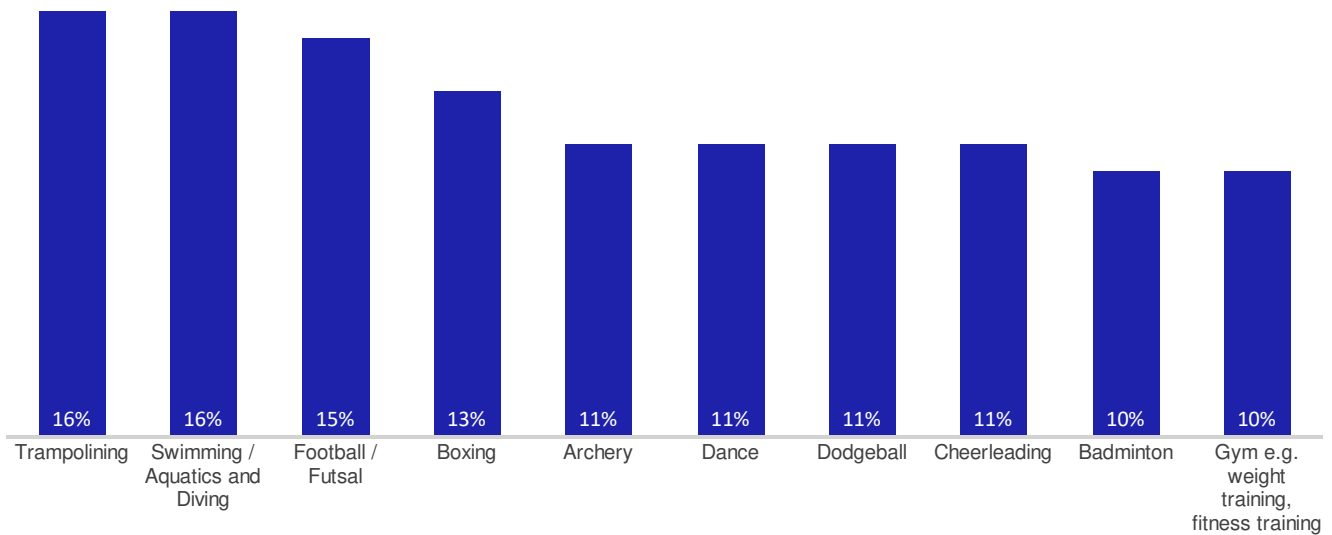
How would you like to be more active in school?



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 *Trampolining* (16%), *Swimming / Aquatics and Diving* (16%), and *Football / Futsal* (15%).

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

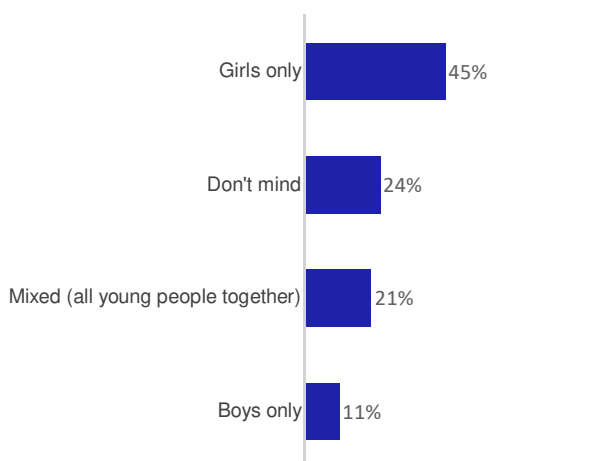


Base: All respondents

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.

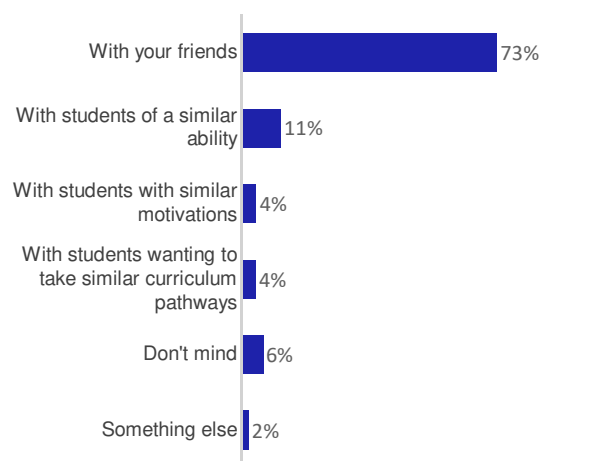
In terms of gender they were most likely to say *Girls only* (45%), while the most common response in terms of motivations was *With your friends* (73%).

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?



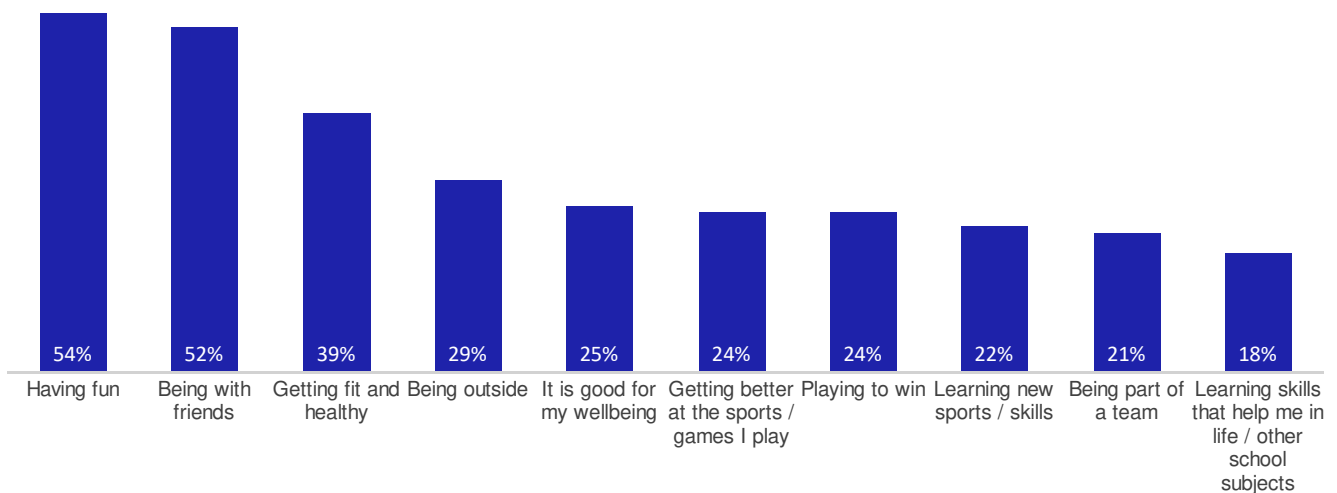
Base: All respondents

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* (54%), *Being with friends* (52%), and *Getting fit and healthy* (39%).

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

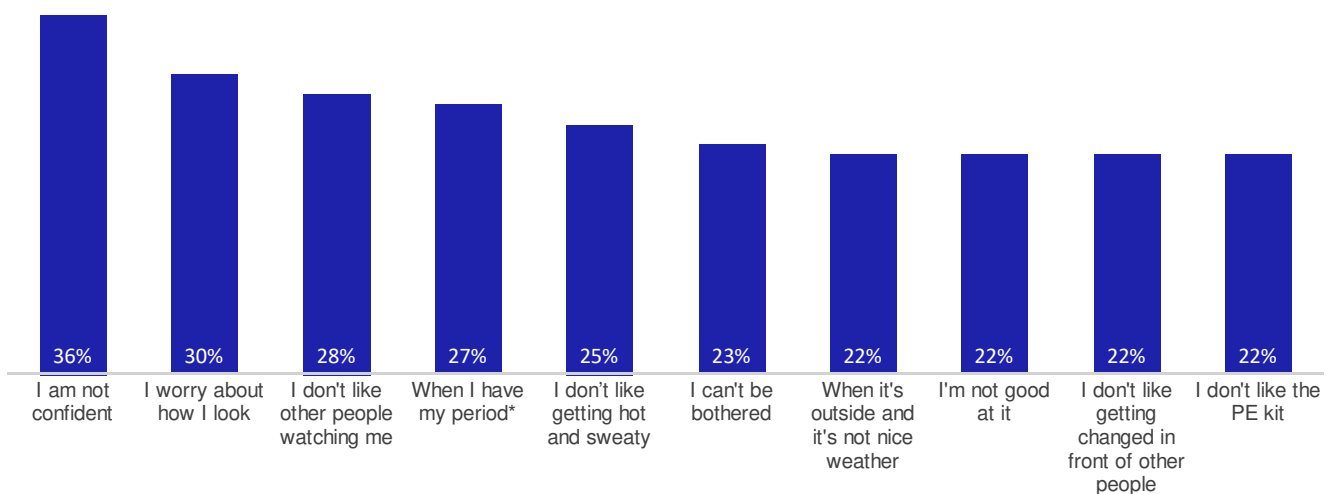


Base: All respondents

What stops you?

The top 3 barriers that stopped pupils from being more active were; *I am not confident* (36%), *I worry about how I look* (30%), and *I don't like other people watching me* (28%). However 12% of pupils 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.

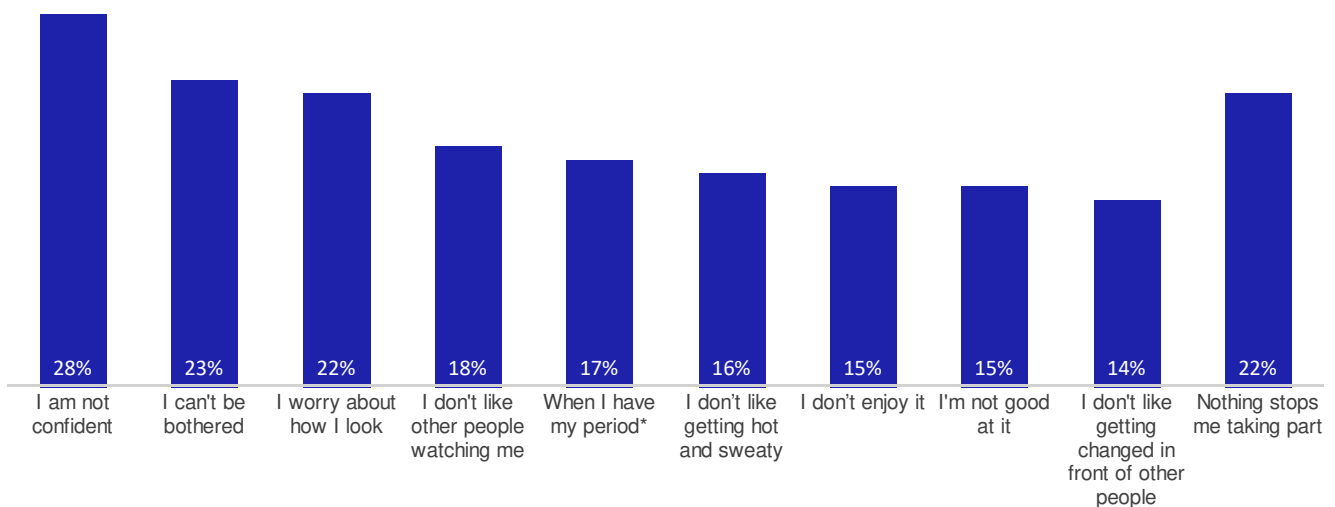
Physical activity outside of school

What stops you?

The chart below shows the 10 most common factors that pupils said stop them doing more sport and physical activity outside of school (although 22% 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* (28%), *I can't be bothered* (23%), and *I worry about how I look* (22%).

Top 10 barriers to sport and physical activity outside of school



Base: All respondents

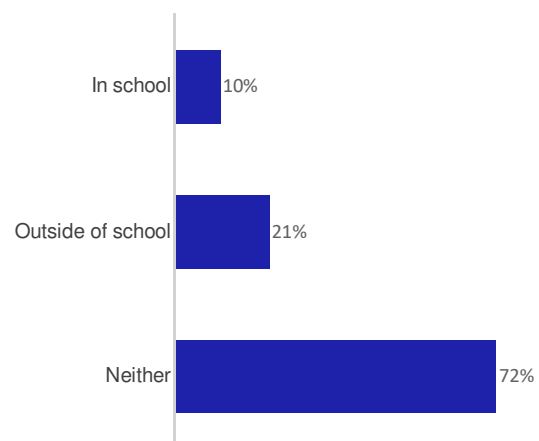
* these options were only available to girls in year 7 and above.

Leading sport and physical activity

Pupils 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?

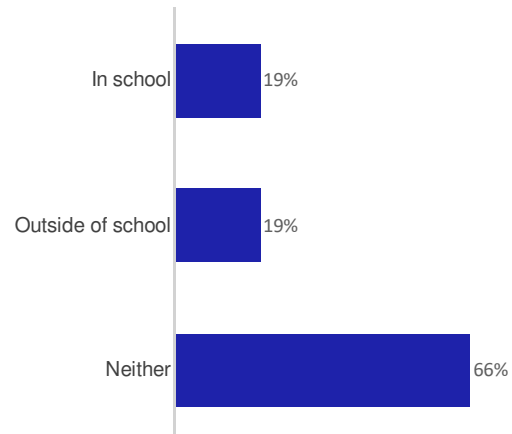


Base: All respondents

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

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

Would you like to lead any sport and physical activity?



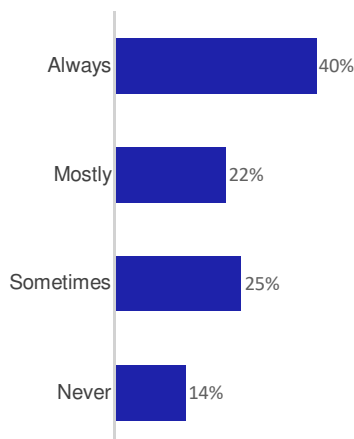
Base: All respondents

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.

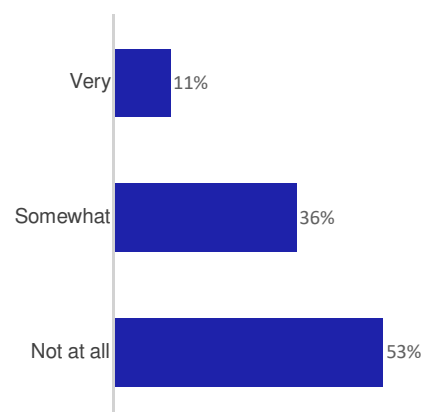
These questions were only available for those in year 7 and above, were optional, and were answered by 1090 girls. Those selecting *No* or *Not applicable* are not included in the charts below.

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?



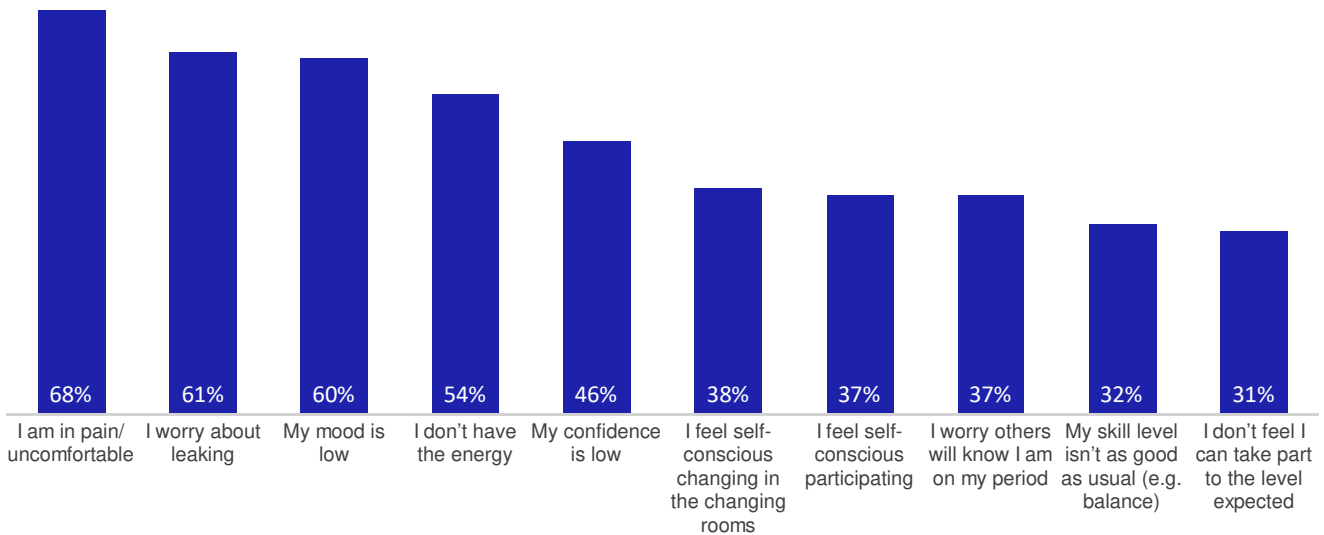
Base: All respondents in Yr 7 & above (excl. No/Not applicable)

40% of girls said that they *Always* take part in PE when they have their period, and at the other end of the scale, 14% *Never* take part in PE when they have their period.

47% 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* (68%), *I worry about leaking* (61%), or *I worry about leaking* (60%). 8% said that they weren't concerned by any of these issues.

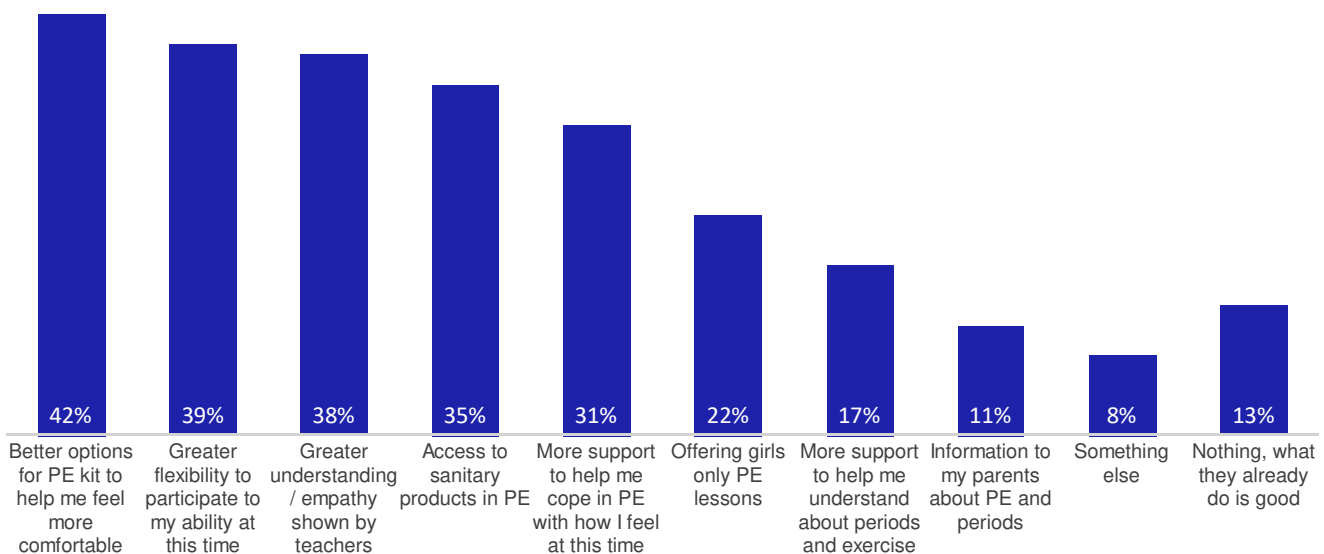
When you have your period which of the following things concern you about participating in PE or school sport?



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* (39%), or *Greater understanding / empathy shown by teachers* (38%). 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?

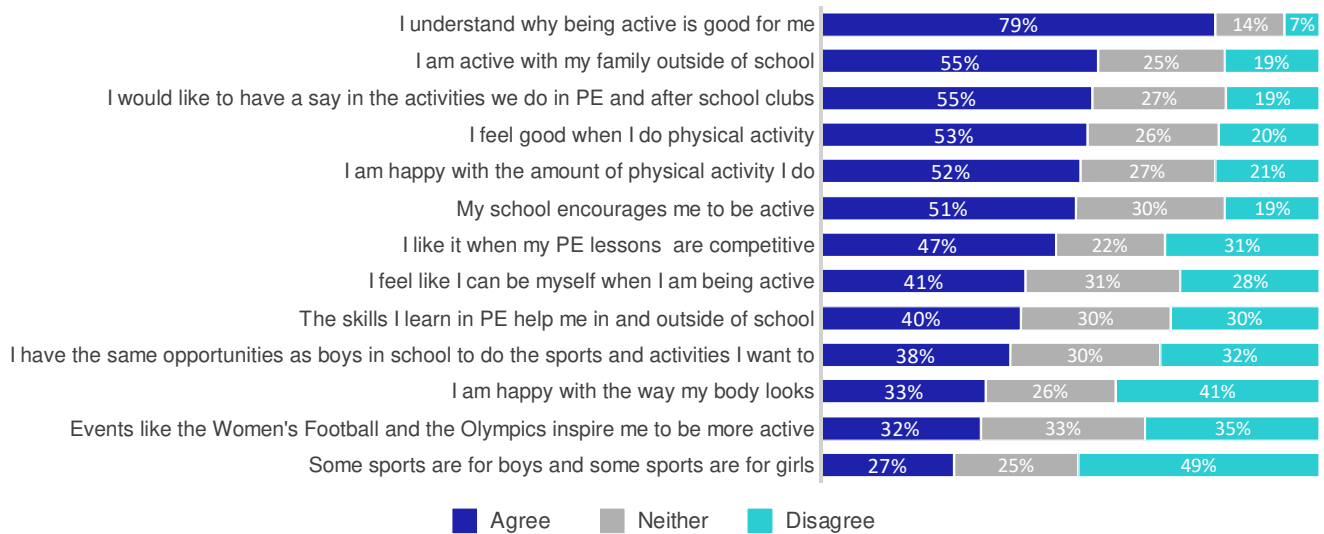


Base: All respondents in Yr 7 & above (excl. No/Not applicable)

More about you

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* (79%), *I am active with my family outside of school* (55%) and *I would like to have a say in the activities we do in PE and after school clubs* (55%).

National data

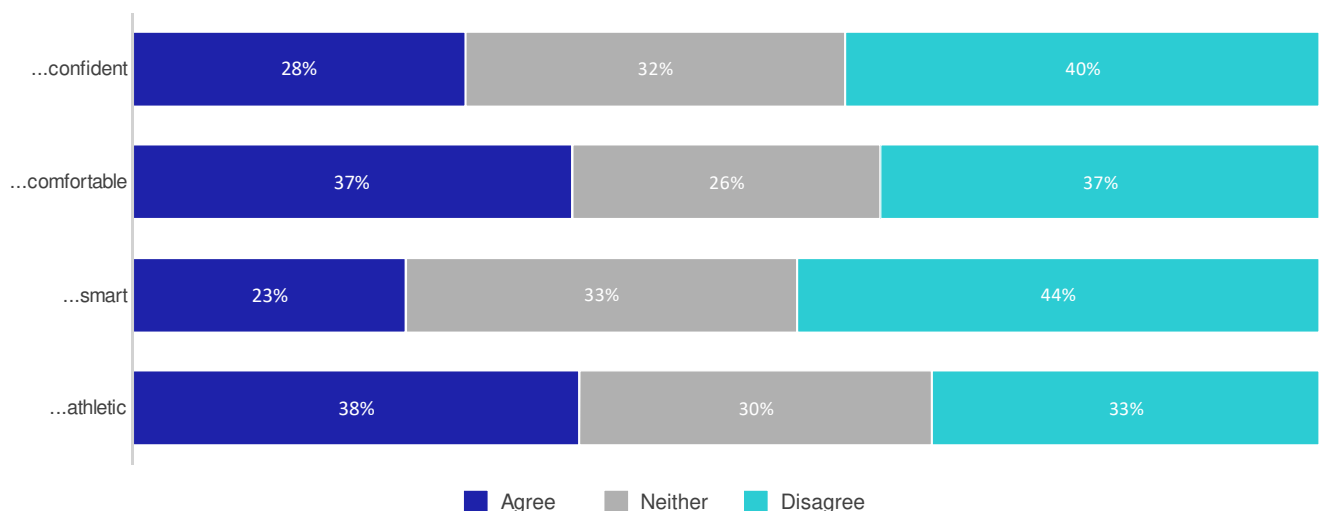


Base: All respondents

PE kit

When asked how their PE/sports kit made them feel, 28% of pupils agreed or strongly agreed that it made them feel *Confident*, 37% said they felt *Comfortable*, 23% felt *Smart* and 38% felt *Athletic*.

National data

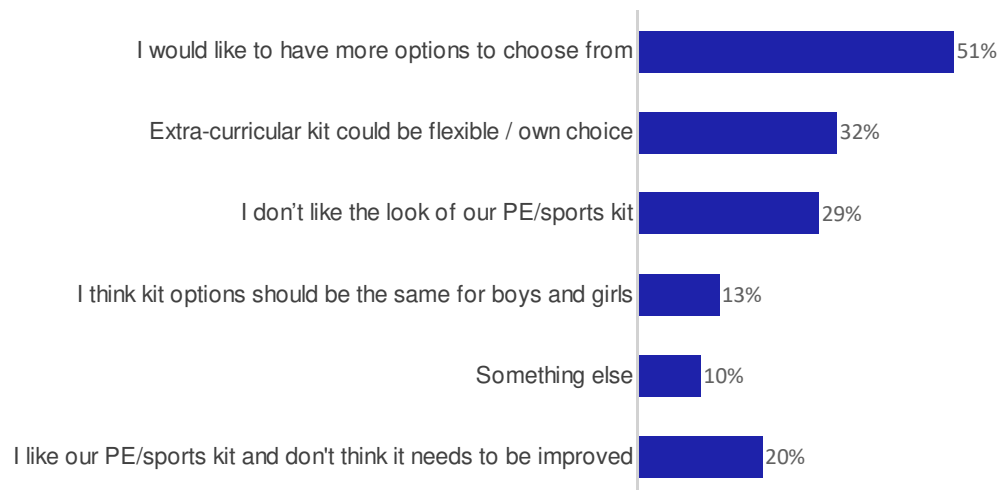


Base: All respondents

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*' (51%), '*Extra-curricular kit could be flexible / own choice*' (32%), and '*I don't like the look of our PE/sports kit*' (29%).

20% 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?

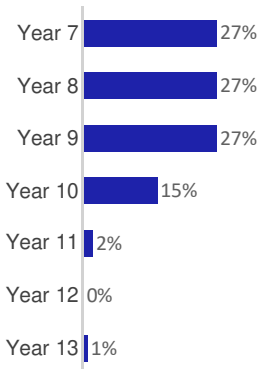


Base: All respondents

Pupil profile

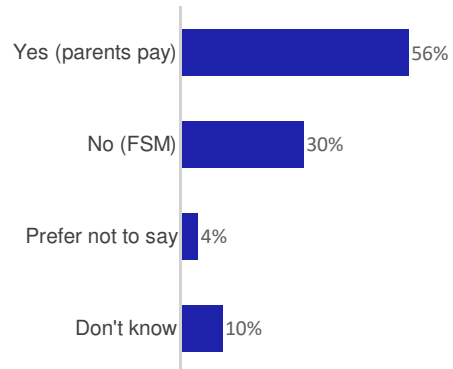
The charts below show the profile of pupils who responded to the questionnaire. Pupils were most likely to describe their ethnic background as *White (British or English)* (62%). 30% said that they receive free school meals, and 100% said that they have a disability.

Year group



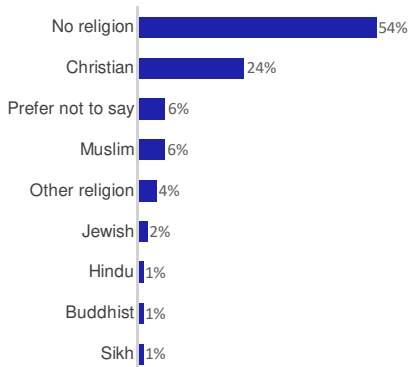
Base: All respondents

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



Base: All respondents

Faith or religion



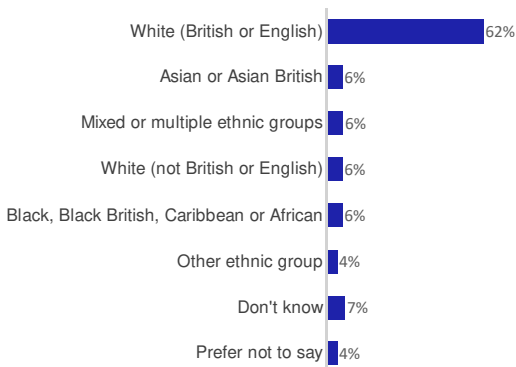
Base: All respondents in Yr 7 & above

Disability or special educational needs



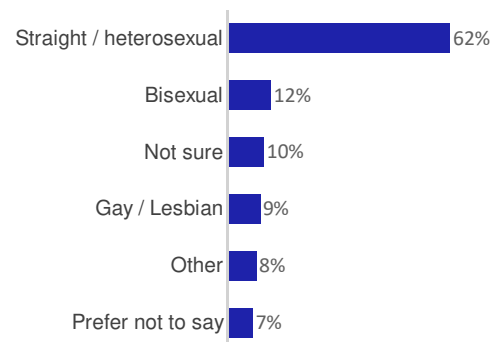
Base: All respondents

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

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	66	*	67	61	66	*	66	67	43	79
taking part in PE	54	*	54	51	54	*	52	57	35	65
learning at school	35	*	35	34	35	*	33	38	34	35

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	11%	*	11%	13%	11%	*	10%	12%	49%	-
1 day a week	12%	*	11%	17%	12%	*	10%	15%	51%	-
2 days a week	21%	*	21%	20%	21%	*	22%	20%	-	-
3 days a week	16%	*	16%	17%	16%	*	17%	16%	-	-
4 days a week	11%	*	12%	9%	11%	*	11%	10%	-	-
5 days a week	11%	*	12%	10%	11%	*	11%	12%	-	40%
6 days a week	5%	*	6%	5%	5%	*	7%	4%	-	19%
7 days a week	12%	*	12%	10%	12%	*	12%	12%	-	41%

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%	*	49%	59%	51%	*	53%	47%	62%	40%
1 day a week	18%	*	19%	16%	18%	*	19%	16%	17%	19%
2 days a week	13%	*	14%	11%	13%	*	12%	17%	11%	12%
3 days a week	6%	*	7%	3%	6%	*	6%	7%	3%	8%
4 days a week	4%	*	4%	4%	4%	*	4%	4%	2%	6%
5 days a week	8%	*	7%	7%	8%	*	6%	9%	5%	14%

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%	*	24%	28%	25%	*	23%	26%	51%	10%
1 day a week	18%	*	19%	16%	18%	*	18%	17%	23%	9%
2 days a week	16%	*	16%	17%	16%	*	17%	15%	12%	11%
3 days a week	13%	*	12%	15%	13%	*	14%	13%	6%	14%
4 days a week	8%	*	9%	6%	8%	*	8%	9%	2%	10%
5 days a week	8%	*	8%	8%	8%	*	9%	6%	3%	16%
6 days a week	4%	*	4%	3%	4%	*	4%	5%	1%	10%
7 days a week	8%	*	8%	7%	8%	*	7%	9%	3%	20%

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%	*	10%	8%	10%	*	8%	15%	10%	11%
Outside of school	21%	*	22%	18%	21%	*	20%	24%	13%	36%
Neither	72%	*	71%	76%	72%	*	75%	66%	78%	58%

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	19%	*	20%	15%	19%	*	19%	22%	11%	28%
Outside of school	19%	*	20%	15%	19%	*	18%	23%	14%	23%
Neither	66%	*	64%	73%	66%	*	67%	62%	78%	55%

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	58%	*	59%	59%	58%	*	58%	57%	57%	67%
More opportunities to be active at breaktimes/lunchtimes	28%	*	28%	26%	28%	*	27%	33%	30%	31%
More opportunities to be active after school	26%	*	26%	28%	26%	*	25%	30%	19%	28%
More opportunities to be active before school	12%	*	12%	10%	12%	*	12%	13%	12%	15%
More opportunities to be active in other lessons like English, Maths and Science	43%	*	43%	44%	43%	*	45%	39%	32%	46%
Something else	5%	*	5%	4%	5%	*	4%	6%	7%	5%

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
Trampolining	16%	*	17%	13%	16%	*	17%	15%	16%	17%
Swimming / Aquatics and Diving	16%	*	16%	14%	16%	*	16%	17%	17%	13%
Football / Futsal	15%	*	16%	14%	15%	*	16%	14%	12%	20%
Boxing	13%	*	13%	11%	13%	*	11%	15%	9%	14%
Archery	11%	*	12%	11%	11%	*	12%	10%	11%	10%
Dance	11%	*	11%	12%	11%	*	12%	10%	11%	13%
Dodgeball	11%	*	11%	13%	11%	*	12%	9%	12%	9%
Cheerleading	11%	*	12%	6%	11%	*	10%	13%	8%	11%
Badminton	10%	*	9%	13%	10%	*	10%	12%	12%	10%
Gym e.g. weight training, fitness training	10%	*	10%	8%	10%	*	10%	9%	6%	12%

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	45%	*	45%	42%	45%	*	46%	44%	46%	37%
Don't mind	24%	*	25%	22%	24%	*	24%	21%	24%	27%
Mixed (all young people together)	21%	*	19%	25%	21%	*	21%	22%	20%	24%
Boys only	11%	*	11%	11%	11%	*	10%	12%	10%	12%

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	73%	*	74%	72%	73%	*	75%	67%	79%	65%
With students of a similar - ability	11%	*	11%	10%	11%	*	12%	10%	7%	14%
With students with similar motivations	4%	*	3%	6%	4%	*	3%	6%	3%	5%
With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)	4%	*	4%	3%	4%	*	3%	5%	2%	6%
Don't mind	6%	*	6%	8%	6%	*	6%	8%	6%	9%
Something else	2%	*	2%	2%	2%	*	1%	3%	2%	2%

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	54%	*	55%	51%	54%	*	56%	52%	43%	58%
Being with friends	52%	*	54%	46%	52%	*	54%	50%	41%	55%
Getting fit and healthy	39%	*	41%	31%	39%	*	41%	36%	22%	50%
Being outside	29%	*	30%	25%	29%	*	30%	29%	18%	36%
It is good for my wellbeing	25%	*	25%	22%	25%	*	24%	27%	18%	30%
Getting better at the sports / games I play	24%	*	26%	17%	24%	*	24%	27%	13%	34%
Playing to win	24%	*	24%	24%	24%	*	22%	30%	14%	33%
Learning new sports / skills	22%	*	24%	16%	22%	*	21%	25%	12%	32%
Being part of a team	21%	*	22%	15%	21%	*	21%	22%	11%	31%
Learning skills that help me in life / other school subjects	18%	*	19%	13%	18%	*	18%	18%	11%	24%
Making new friends	17%	*	18%	12%	17%	*	16%	19%	11%	21%
Something else	3%	*	3%	3%	3%	*	3%	4%	5%	4%
I am not motivated by anything	12%	*	10%	19%	12%	*	12%	11%	23%	10%

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	36%	*	35%	39%	36%	*	37%	34%	42%	30%
I worry about how I look	30%	*	30%	32%	30%	*	31%	29%	31%	26%
I don't like other people watching me	28%	*	29%	28%	28%	*	30%	26%	32%	25%
When I have my period	27%	*	27%	32%	27%	*	28%	27%	26%	27%
I don't like getting hot and sweaty	25%	*	25%	27%	25%	*	26%	25%	28%	22%
I can't be bothered	23%	*	22%	27%	23%	*	21%	27%	31%	19%
When it's outside and it's not nice weather	22%	*	21%	27%	22%	*	23%	22%	22%	21%
I'm not good at it	22%	*	21%	28%	22%	*	22%	22%	29%	14%
I don't like getting changed in front of other people	22%	*	22%	22%	22%	*	22%	22%	24%	20%
I don't like the PE kit	22%	*	21%	24%	22%	*	22%	21%	22%	24%
I don't enjoy it	21%	*	20%	26%	21%	*	21%	20%	28%	15%
I don't feel I can be myself in PE	20%	*	20%	21%	20%	*	20%	22%	23%	18%
I have an injury	20%	*	20%	20%	20%	*	20%	18%	18%	21%
Other people make fun of me	17%	*	18%	18%	17%	*	17%	19%	19%	17%
There isn't enough time to get changed	17%	*	17%	16%	17%	*	18%	14%	16%	16%
I don't like taking part with boys	13%	*	14%	13%	13%	*	14%	12%	13%	12%
Nothing stops me taking part	12%	*	12%	12%	12%	*	13%	10%	8%	15%
I don't know how to get involved	12%	*	12%	11%	12%	*	11%	13%	14%	9%
I don't like the activities on offer	11%	*	11%	14%	11%	*	11%	14%	11%	12%
I'm not able to do it because the activities are not suitable for me	10%	*	10%	12%	10%	*	10%	11%	14%	8%
My friends don't want to do it	10%	*	9%	12%	10%	*	10%	10%	10%	10%
I don't feel I can be myself in extra-curricular activities	10%	*	10%	10%	10%	*	9%	12%	11%	9%
My breasts feel uncomfortable when I exercise	9%	*	9%	11%	9%	*	10%	10%	9%	7%
I can't get home if I stay after school	9%	*	8%	13%	9%	*	9%	10%	8%	11%
I don't feel encouraged to take part by the teachers	8%	*	8%	10%	8%	*	7%	10%	10%	8%
I don't have time because I already do a lot of physical activity outside of school	7%	*	7%	6%	7%	*	7%	8%	4%	13%
I don't like how the person delivers the activities	6%	*	6%	10%	6%	*	5%	9%	9%	6%
Something else	6%	*	6%	7%	6%	*	6%	7%	9%	6%
I don't feel encouraged to take part by my family	5%	*	4%	7%	5%	*	3%	6%	7%	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	28%	*	28%	29%	28%	*	29%	26%	34%	23%	
I can't be bothered	23%	*	22%	30%	23%	*	24%	24%	30%	12%	
I worry about how I look	22%	*	22%	23%	22%	*	23%	21%	25%	18%	
I don't like other people watching me	18%	*	18%	20%	18%	*	19%	19%	17%	14%	
When I have my period	17%	*	17%	18%	17%	*	17%	18%	19%	13%	
I don't like getting hot and sweaty	16%	*	16%	15%	16%	*	15%	17%	17%	10%	
I don't enjoy it	15%	*	15%	19%	15%	*	15%	15%	21%	9%	
I'm not good at it	15%	*	14%	20%	15%	*	15%	15%	19%	8%	
I don't like getting changed in front of other people	14%	*	15%	13%	14%	*	15%	14%	15%	12%	
It costs too much money	13%	*	13%	11%	13%	*	13%	16%	11%	10%	
I don't feel I can be myself at sports clubs/facilities	12%	*	12%	11%	12%	*	12%	13%	10%	11%	
Other people make fun of me	12%	*	12%	11%	12%	*	12%	14%	12%	10%	
I have an injury	12%	*	12%	11%	12%	*	13%	10%	12%	10%	
When it's outside and it's not nice weather	12%	*	12%	11%	12%	*	12%	14%	12%	9%	
My time is taken up with other activities	11%	*	10%	12%	11%	*	11%	12%	9%	11%	
I don't like the kit	10%	*	10%	11%	10%	*	11%	10%	12%	10%	
I don't know how to get involved	10%	*	10%	11%	10%	*	9%	13%	9%	8%	
I don't feel safe	10%	*	10%	11%	10%	*	9%	11%	12%	8%	
My school work is more important to me	9%	*	8%	12%	9%	*	9%	10%	8%	8%	
My friends don't want to do it	9%	*	9%	10%	9%	*	9%	9%	8%	8%	
I don't like taking part with boys	9%	*	9%	7%	9%	*	9%	8%	7%	7%	
My breasts feel uncomfortable when I exercise	8%	*	8%	10%	8%	*	9%	8%	8%	6%	
I don't like the activities on offer	7%	*	8%	6%	7%	*	7%	8%	8%	5%	
Sports clubs/facilities are too far away from where I live	7%	*	8%	5%	7%	*	6%	10%	6%	8%	
There isn't enough time to get changed	7%	*	7%	6%	7%	*	8%	5%	8%	4%	
I'm not able to do it because the activities are not suitable for me	7%	*	7%	7%	7%	*	7%	7%	8%	4%	
I can't get transport to/from activities	6%	*	6%	6%	6%	*	7%	8%	5%	7%	
My parent(s)/carer(s) worry about my safety	6%	*	6%	6%	6%	*	5%	10%	8%	6%	
I can't get home if I stay after school	5%	*	5%	6%	5%	*	5%	7%	5%	6%	
I don't like how the person delivers the activities	5%	*	5%	4%	5%	*	4%	5%	5%	4%	
Something else	5%	*	4%	5%	5%	*	4%	5%	7%	3%	
I don't feel encouraged to take part by my family	4%	*	4%	5%	4%	*	4%	5%	4%	4%	
I don't have time because I already do a lot of physical activity	4%	*	4%	2%	4%	*	4%	5%	3%	5%	
Nothing stops me taking part	22%	*	22%	23%	22%	*	24%	17%	12%	33%	

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	40%	*	40%	39%	40%	*	38%	43%	26%	48%	
Mostly	22%	*	22%	23%	22%	*	22%	24%	17%	20%	
Sometimes	25%	*	25%	22%	25%	*	25%	22%	31%	21%	
Never	14%	*	14%	16%	14%	*	15%	11%	26%	12%	

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	68%	*	67%	73%	68%	*	71%	66%	69%	67%	
I worry about leaking	61%	*	59%	70%	61%	*	63%	59%	64%	55%	
My mood is low	60%	*	58%	70%	60%	*	63%	58%	65%	56%	
I don't have the energy	54%	*	54%	58%	54%	*	56%	54%	62%	49%	
My confidence is low	46%	*	45%	49%	46%	*	47%	44%	49%	41%	
I feel self-conscious changing in the changing rooms	38%	*	37%	43%	38%	*	40%	35%	41%	33%	
I feel self-conscious participating	37%	*	37%	42%	37%	*	39%	36%	43%	33%	
I worry others will know I am on my period	37%	*	36%	40%	37%	*	38%	36%	40%	32%	
My skill level isn't as good as usual (e.g. balance)	32%	*	33%	27%	32%	*	32%	34%	30%	33%	
I don't feel I can take part to the level expected	31%	*	31%	33%	31%	*	31%	33%	32%	31%	
I don't feel supported/understood by my teachers	27%	*	26%	28%	27%	*	27%	26%	31%	23%	
I have had a bad experience before	21%	*	20%	24%	21%	*	20%	23%	22%	21%	
I don't feel supported/understood by other girls	17%	*	18%	15%	17%	*	17%	18%	22%	14%	
Something else	4%	*	4%	4%	4%	*	4%	5%	6%	5%	
None of the above	8%	*	9%	6%	8%	*	7%	9%	7%	11%	

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%	41%	42%	*	43%	41%	43%	42%	
Greater flexibility to participate to my ability at this time	39%	*	36%	48%	39%	*	39%	42%	35%	36%	
Greater understanding / empathy shown by teachers	38%	*	37%	40%	38%	*	36%	42%	36%	36%	
Access to sanitary products in PE	35%	*	35%	34%	35%	*	36%	34%	34%	32%	
More support to help me cope in PE with how I feel at this time	31%	*	31%	30%	31%	*	30%	34%	30%	27%	
Offering girls only PE lessons	22%	*	22%	23%	22%	*	23%	21%	23%	18%	
More support to help me understand about periods and exercise	17%	*	18%	16%	17%	*	17%	18%	18%	15%	
Information to my parents about PE and periods	11%	*	11%	9%	11%	*	10%	12%	11%	11%	
Something else	8%	*	9%	5%	8%	*	8%	9%	9%	10%	
Nothing, what they already do is good	13%	*	13%	13%	13%	*	12%	13%	13%	16%	

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	11%	*	10%	13%	11%	*	8%	18%	12%	12%
Somewhat	36%	*	34%	42%	36%	*	36%	37%	34%	32%
Not at all	53%	*	56%	45%	53%	*	56%	46%	54%	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	33	*	34	29	33	*	31	39	28	38
I am happy with the amount of physical activity I do	52	*	53	46	52	*	53	49	39	66
I would like to have a say in the activities we do in PE and after school clubs	55	*	54	55	55	*	53	59	38	65
The skills I learn in PE help me in and outside of school	40	*	42	26	40	*	38	40	27	46
I like it when my PE lessons are competitive	47	*	47	43	47	*	44	52	33	59
I understand why being active is good for me	79	*	79	79	79	*	82	75	62	87
I feel like I can be myself when I am being active	41	*	42	37	41	*	40	46	27	54
Some sports are for boys and some sports are for girls	27	*	27	26	27	*	24	31	24	28
My school encourages me to be active	51	*	54	42	51	*	53	52	39	56
I am active with my family outside of school	55	*	58	42	55	*	58	50	36	69
I have the same opportunities as boys in school to do the sports and activities I want to	38	*	41	23	38	*	37	40	28	42
Events like the Women's Football and the Olympics inspire me to be more active	32	*	34	24	32	*	30	35	21	42
I feel good when I do physical activity	53	*	54	52	53	*	53	56	32	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	28	*	30	21	28	*	26	34	21	34
...comfortable	37	*	38	34	37	*	36	41	30	40
...smart	23	*	24	16	23	*	21	27	19	29
...athletic	38	*	39	30	38	*	37	38	27	47

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	20%	*	21%	16%	20%	*	18%	20%	21%	18%	
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper)	51%	*	49%	60%	51%	*	54%	48%	46%	50%	
I think kit options should be the same for boys and girls	13%	*	12%	17%	13%	*	13%	13%	15%	11%	
Extra-curricular kit could be flexible / own choice	32%	*	32%	31%	32%	*	32%	34%	28%	35%	
I don't like the look of our PE/sports kit	29%	*	29%	28%	29%	*	29%	31%	28%	31%	
Something else	10%	*	10%	11%	10%	*	11%	10%	12%	10%	