



Girls Active

Sample High School

April 2023 | Girls' report





Overall attitudes to PE and physical activity

67% enjoy taking part in physical activity

56% enjoy taking part in PE

50% enjoy learning at school



Top 10 barriers to being active at school

41% When it's outside and it's not nice weather

41% I am not confident

34% When I have my period*

32% I worry about how I look

28% I don't like other people watching me

22% I can't be bothered

22% I'm not good at it

21% I don't enjoy it

21% I don't like the PE kit

20% I don't like getting hot and sweaty



Top 10 motivators for being active at school

65% Being with friends

64% Having fun

45% Getting fit and healthy

30% It is good for my wellbeing

29% Playing to win

27% Getting better at the sports / games I play

26% Being outside

21% Learning new sports / skills

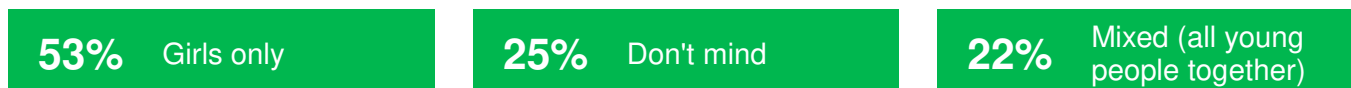
19% Being part of a team

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

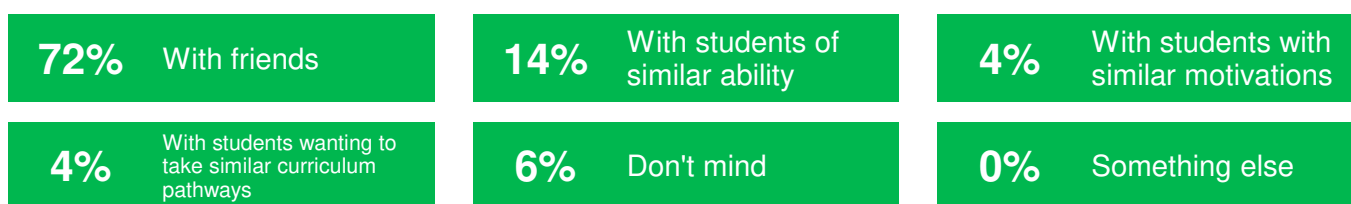


Preferred group for sport, physical activity and PE

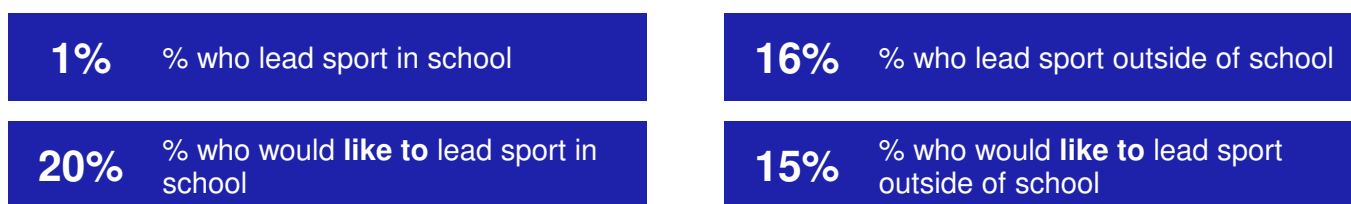
In terms of gender:



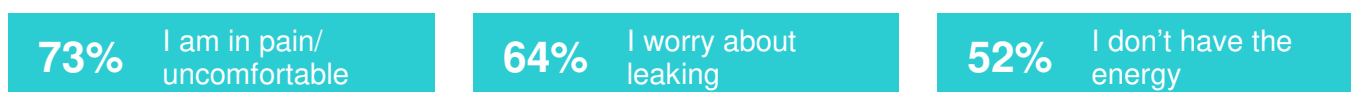
In terms of motivations:



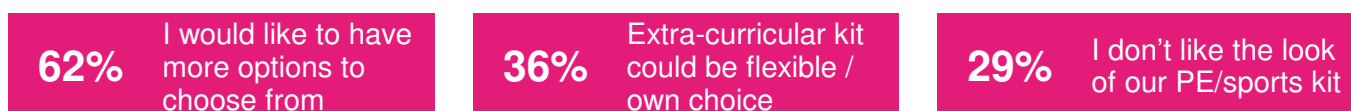
Leading sport and physical activity



Top 3 worries for girls in PE during their period



Top 3 suggested improvements to PE/sports kit



Girls' report: Introduction

This report summarises responses to the *Girls Active Questionnaire* that girls from your school completed in March and April 2023. Overall, **Sample High School** received **294 responses from girls**.

Throughout this report, responses from girls in your school are shown alongside 'National data'. This is data collected from **all girls** who participated in the study, and consists of 1224 responses from girls in Year 7 to Year 13. Your school's data is also broken down by key factors including key stage, disability, ethnicity and physical activity level, in Appendix 1. **No responses from boys are included in this report. If any responses were received from boys at your school, their results will be presented in a separate report.**

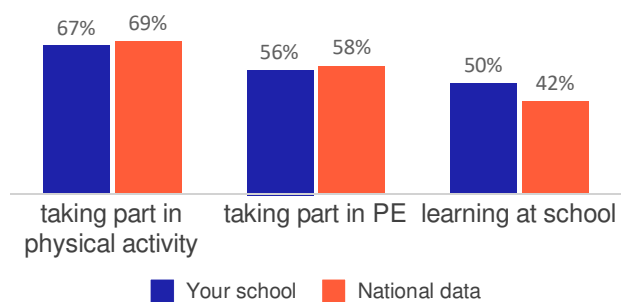
For more information about Girls Active please visit www.youthsporttrust.org/girls-active

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*, alongside the same data at a national level.

At your school, girls were most likely to enjoy *taking part in physical activity* (67%), followed by *taking part in PE* (56%) and *learning at school* (50%).

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



Base: All respondents

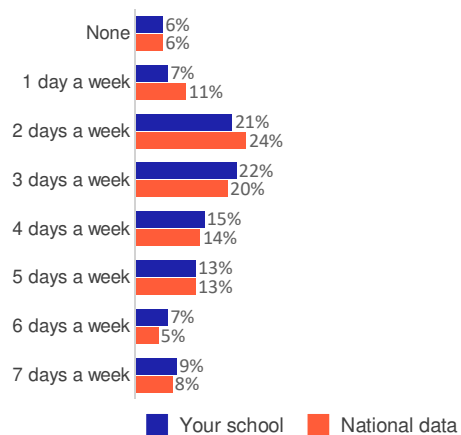
Being active

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 at your school took part on 3.4 days per week, compared to 3.2 nationally.

Days of physical activity per week

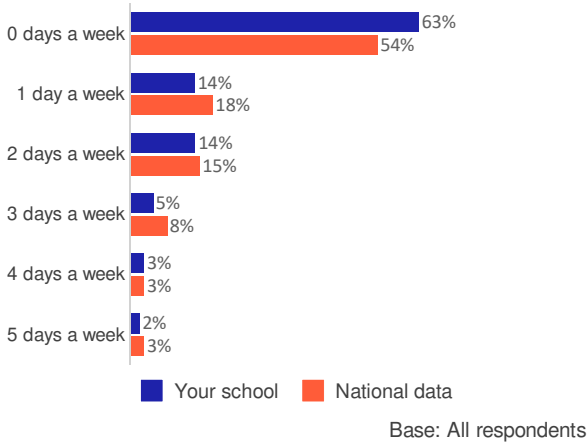


Base: All respondents

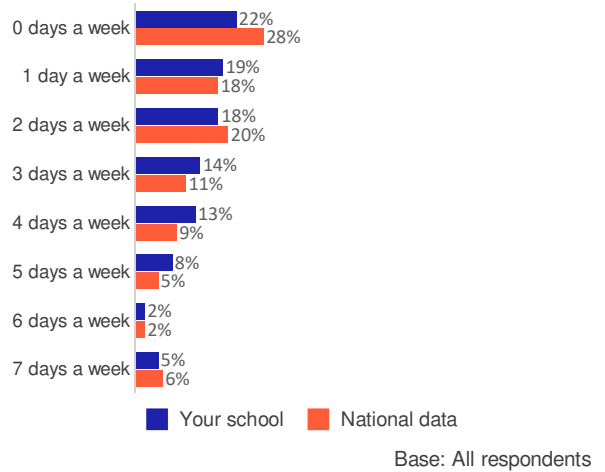
Pupils were asked how often they took part in physical activity at school, excluding PE lessons. The chart below (left) shows that girls at Sample High School were most likely to take part in physical activity outside of PE lessons on *0 days a week* (63%). On average, girls at your school took part on 0.8 days per week, compared to 1.0 nationally.

They were also asked how often they took part in sport or physical activity outside of school, and girls at Sample High School were most likely to do so on *0 days a week* (22%). On average, girls at your school took part on 2.3 days per week, compared to 2.1 nationally.

Days of physical activity at school, excluding PE lessons



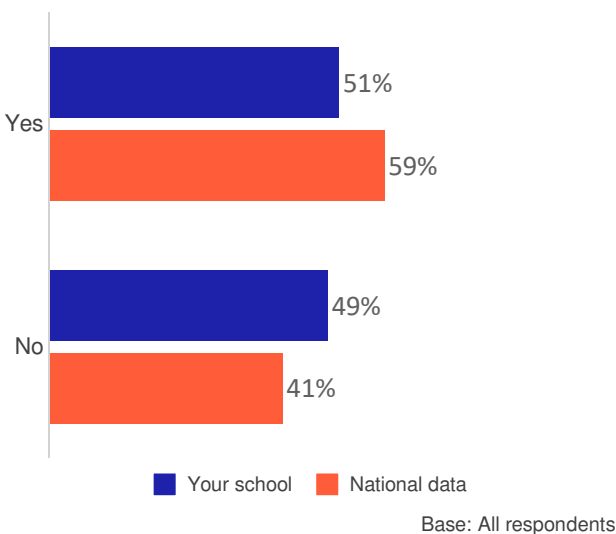
Days of physical activity outside of school



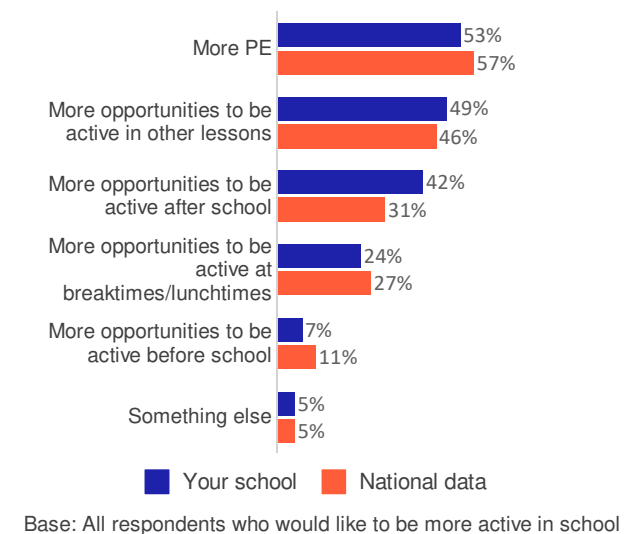
The chart below shows that 51% of girls would like to be more active when they are at your school. This compares to 59% nationally.

When asked *how* they would like to be more active, they were most likely to say *More PE* (53%) or *More opportunities to be active in other lessons* (49%).

Would you like to be more active in school?

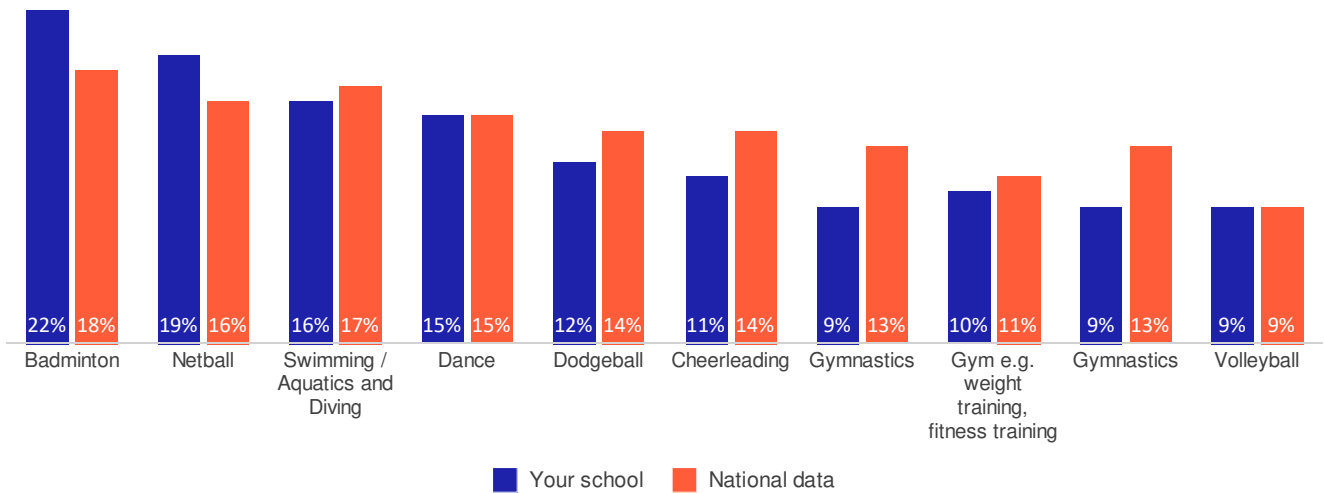


How would you like to be more active in school?



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 at your school were *Badminton* (22%), *Netball* (19%), and *Swimming / Aquatics and Diving* (16%).

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

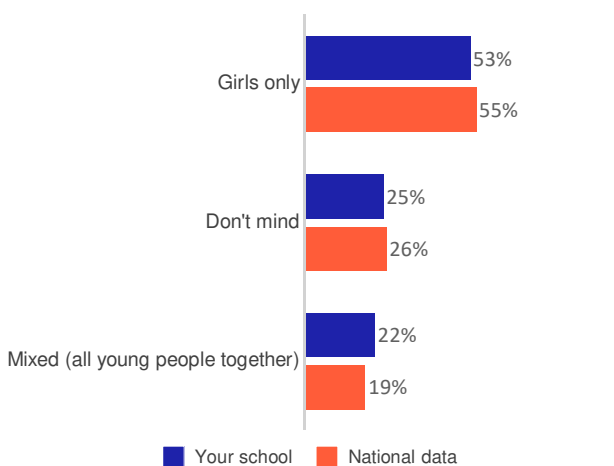


Base: All respondents

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.

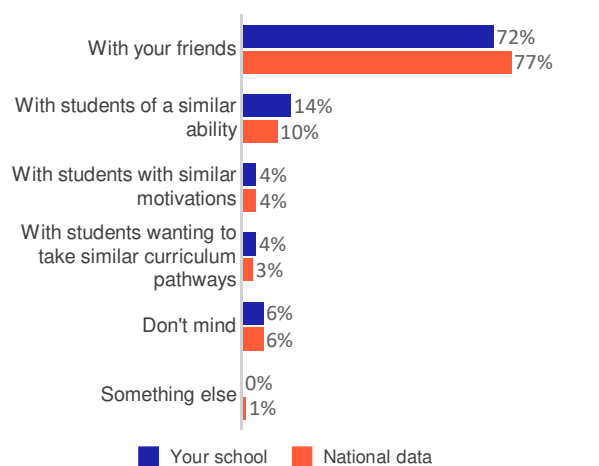
In terms of gender they were most likely to say *Girls only* (53%), while the most common response in terms of motivations was *With your friends* (72%).

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?



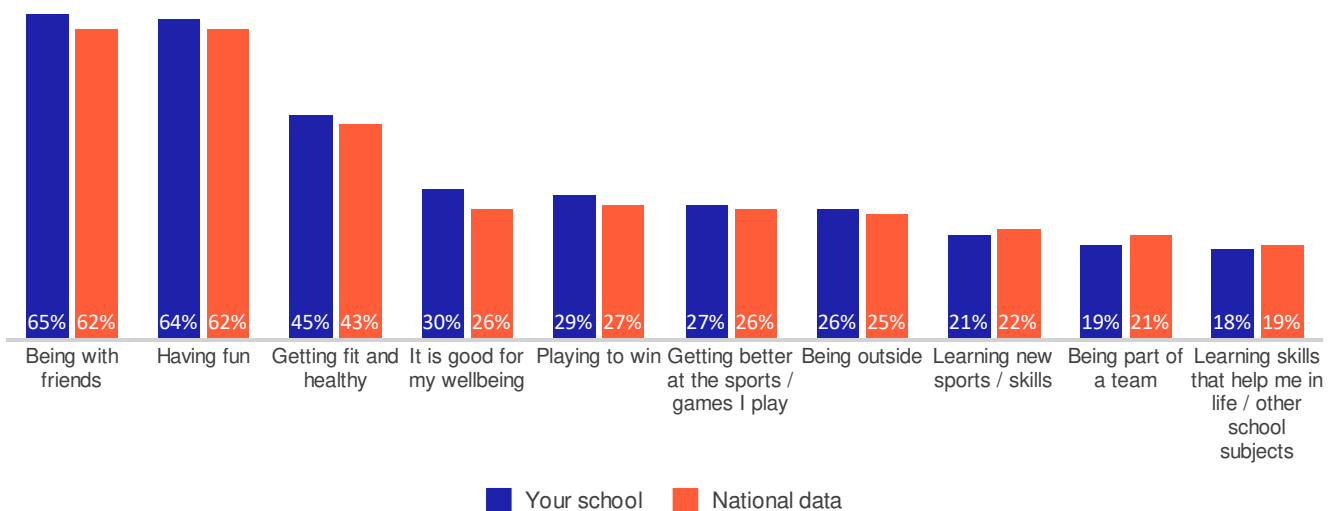
Base: All respondents

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. At your school, girls were most likely to say *Being with friends* (65%), *Having fun* (64%), and *Getting fit and healthy* (45%).

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

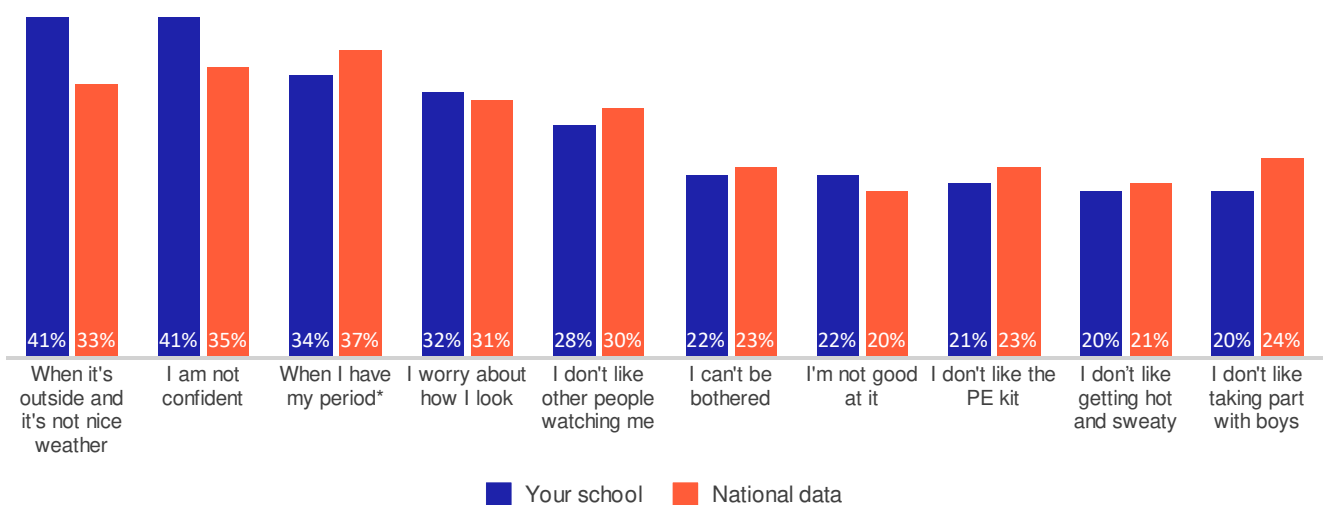


Base: All respondents

What stops you?

The top 3 barriers that stopped girls from being more active at your school were; *When it's outside and it's not nice weather* (41%), *I am not confident* (41%), and *When I have my period** (34%). However 9% of girls at your school 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.

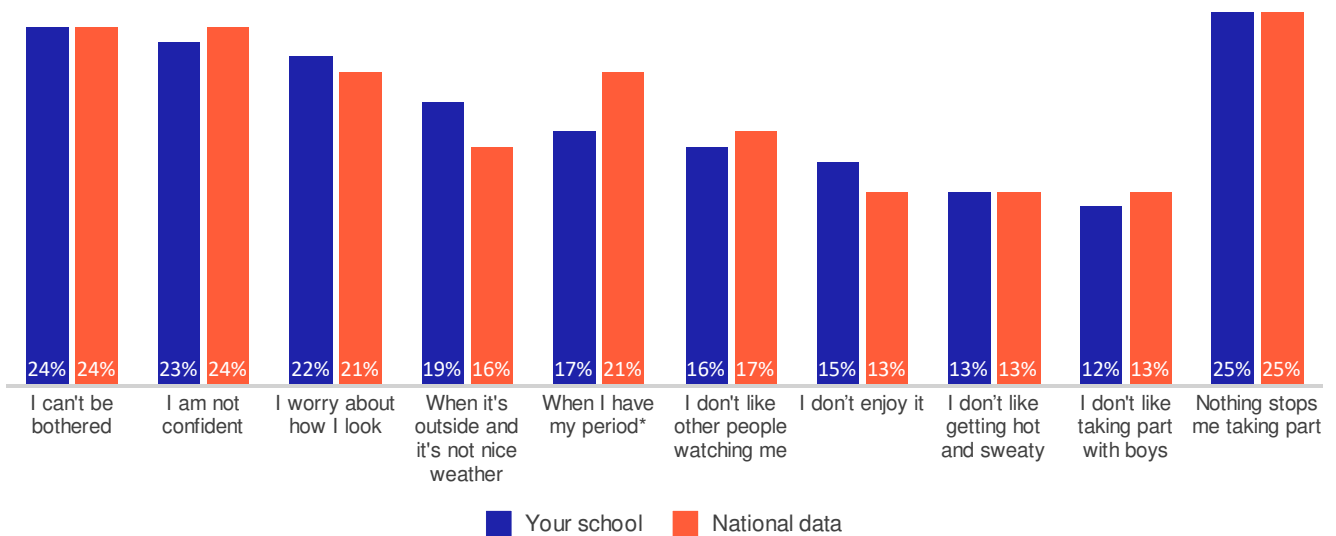
Physical activity outside of school

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 25% of girls at your school said that none of these barriers stopped them from taking part in more sport).

For pupils at your school, the most common barriers to being active were; *I can't be bothered* (24%), *I am not confident* (23%), and *I worry about how I look* (22%).

Top 10 barriers to sport and physical activity outside of school



Base: All respondents

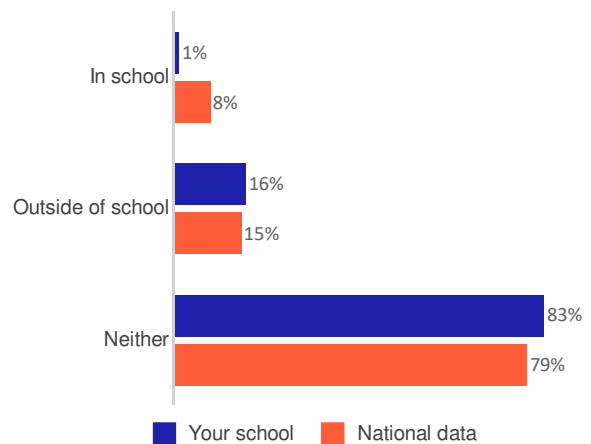
* these options were only available to girls in year 7 and above.

Leading sport and physical activity

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

1% said that they lead sport in your school, while 16% lead outside of school.

Do you lead any sport or physical activity?

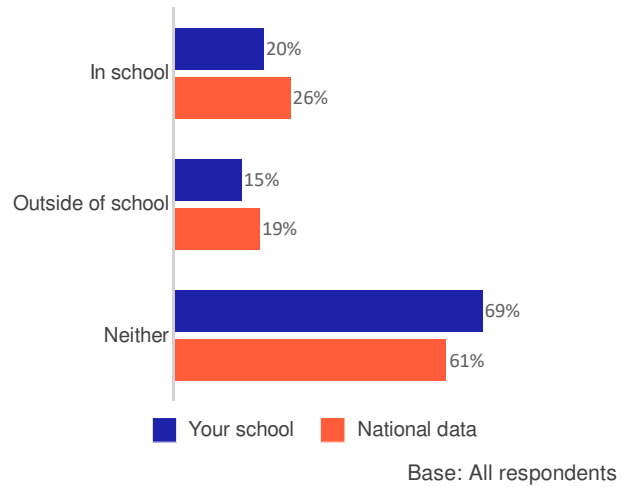


Base: All respondents

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

In your school, 20% said that they would like to lead sport or physical activity at school, compared to 15% outside of school.

Would you like to lead any sport and physical activity?

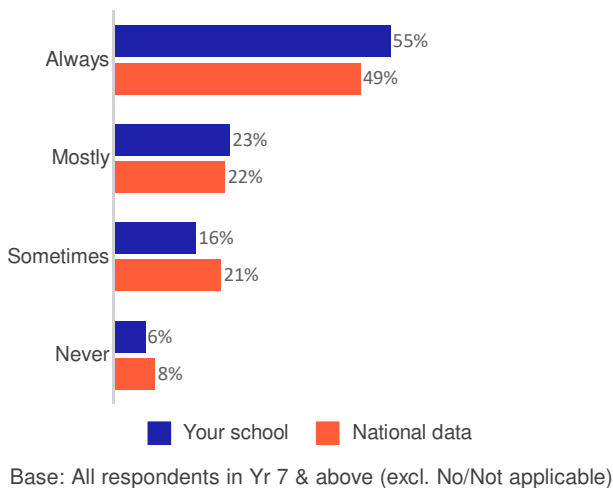


PE and periods

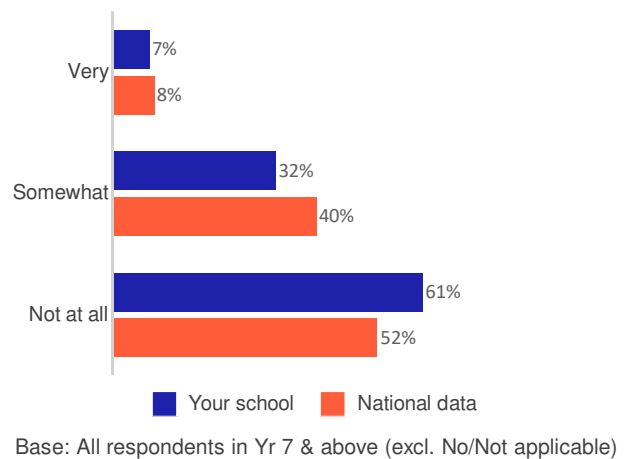
From our previous survey responses, we know that having your period is a significant barrier to participating in PE for many girls. The following questions were asked to help us understand more and consider how we can help make improvements for all girls in PE at this time.

These questions were only available for those in year 7 and above and were optional, but at your school 233 girls said that they were happy to answer them. Those selecting *No* or *Not applicable* are not included in the charts below.

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



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

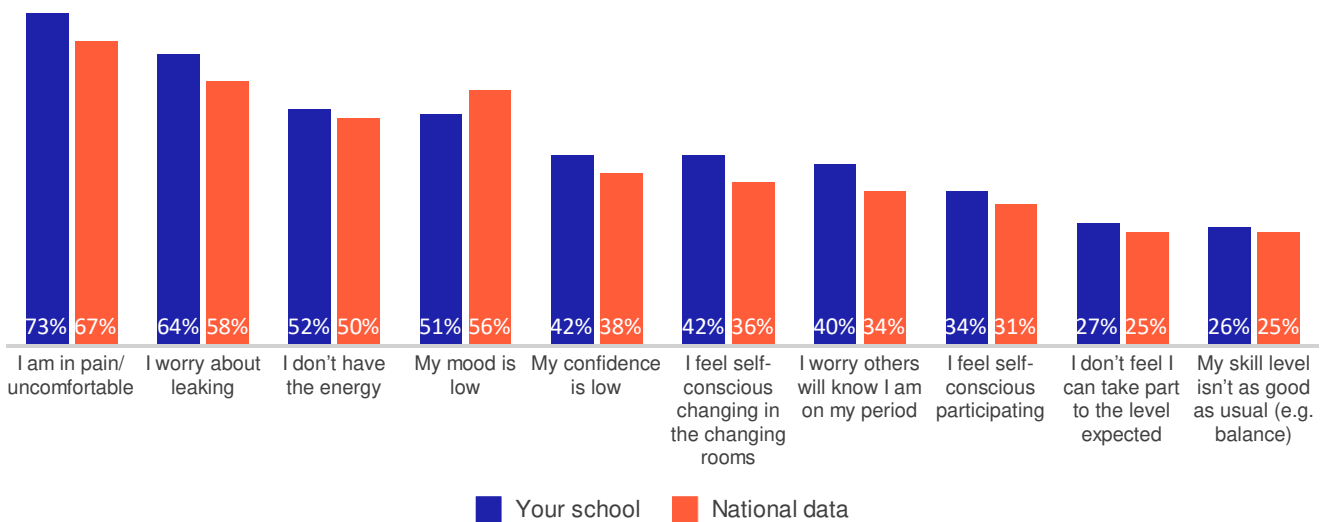


At your school, 55% of girls said that they *Always* take part in PE when they have their period, compared to 49% nationally. At the other end of the scale, 6% *Never* take part in PE when they have their period (8% nationally).

39% of your pupils said that they were *Very* or *Somewhat* comfortable talking to their teacher about periods, compared to 48% at a national level.

When asked what worries them about participating in PE or school sport when they have their period, girls at your school were most likely to say *I am in pain/ uncomfortable* (73%), *I worry about leaking* (64%), or *I don't have the energy* (52%). 11% said that they weren't concerned by any of these issues.

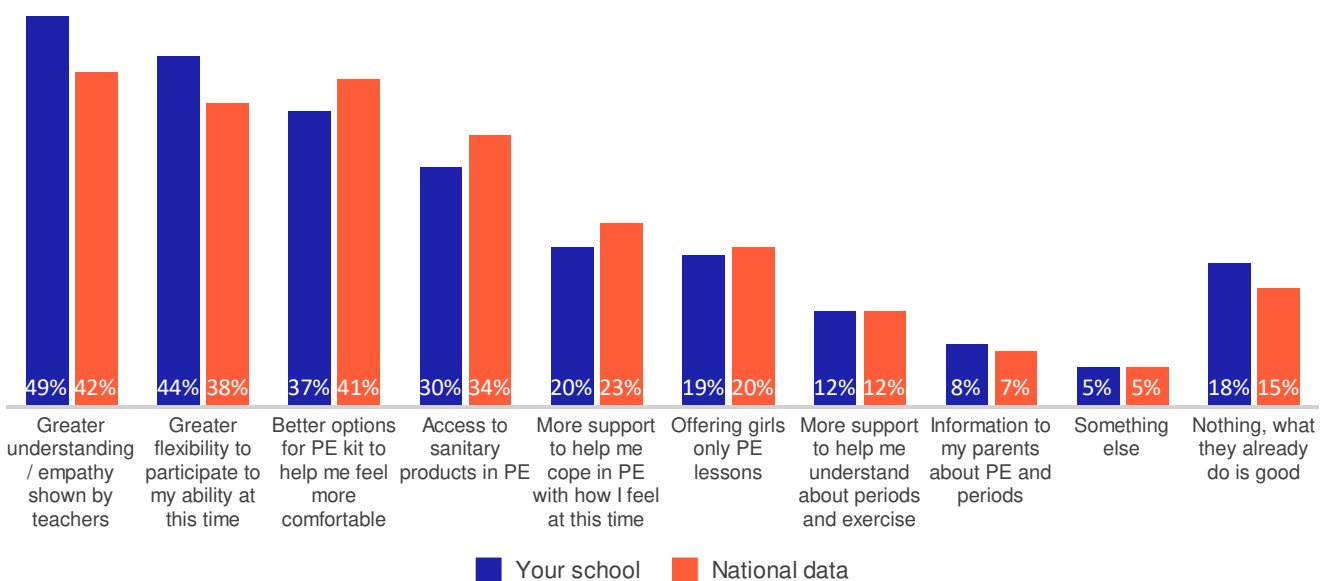
When you have your period which of the following things concern you about participating in PE or school sport?



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 at your school were *Greater understanding / empathy shown by teachers* (49%), *Greater flexibility to participate to my ability at this time* (44%), or *Better options for PE kit to help me feel more comfortable* (37%). 18% 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?

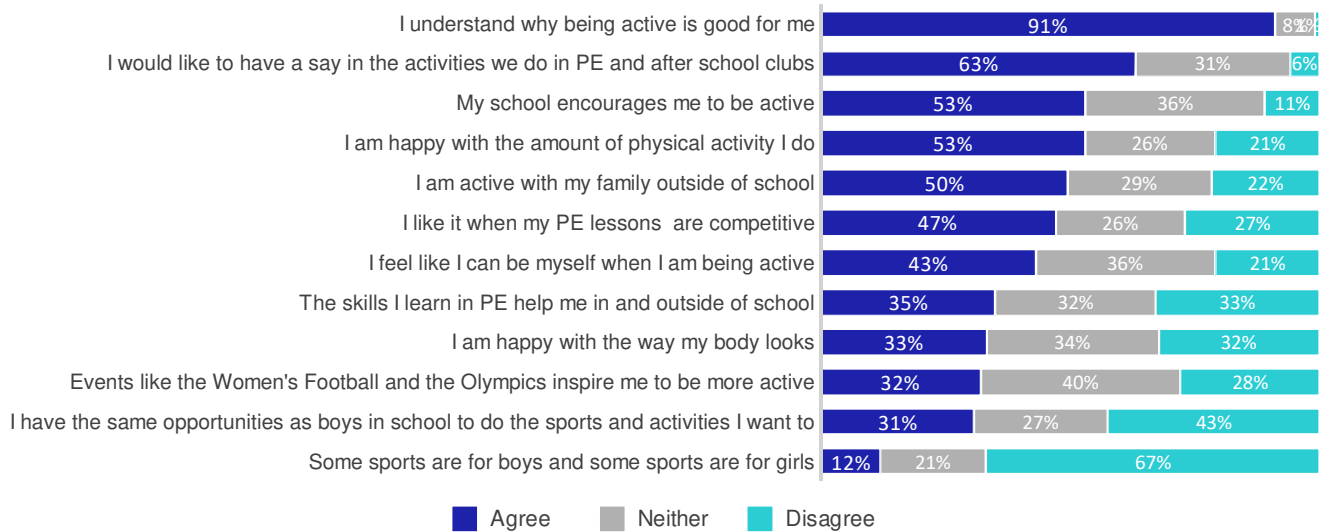


Base: All respondents in Yr 7 & above (excl. No/Not applicable)

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* (91%), *I would like to have a say in the activities we do in PE and after school clubs* (63%) and *My school encourages me to be active* (53%).

Your school



Base: Pupils at your school

The chart below shows the same data at a national level.

National data

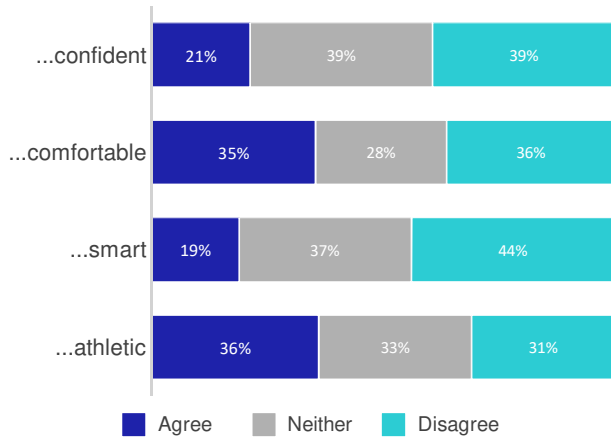


Base: All respondents

PE kit

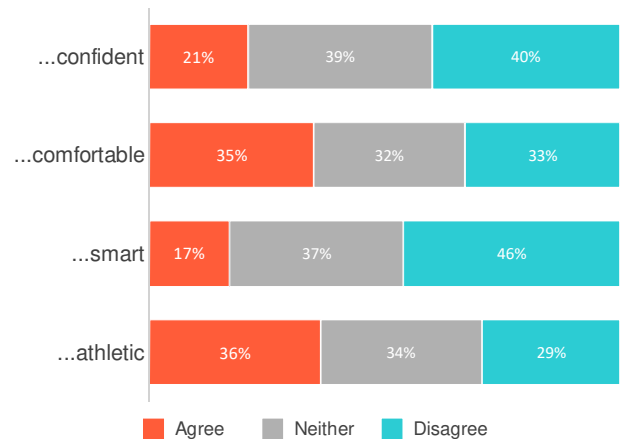
When asked how their PE/sports kit made them feel, 21% of girls from your school agreed or strongly agreed that it made them feel *Confident* (compared to 21% nationally) and 35% said they felt *Comfortable* (compared to 35% nationally). 19% felt *Smart* (compared to 17% nationally) and 36% felt *Athletic* (compared to 36% nationally).

Your school



Base: Pupils at your school

National data

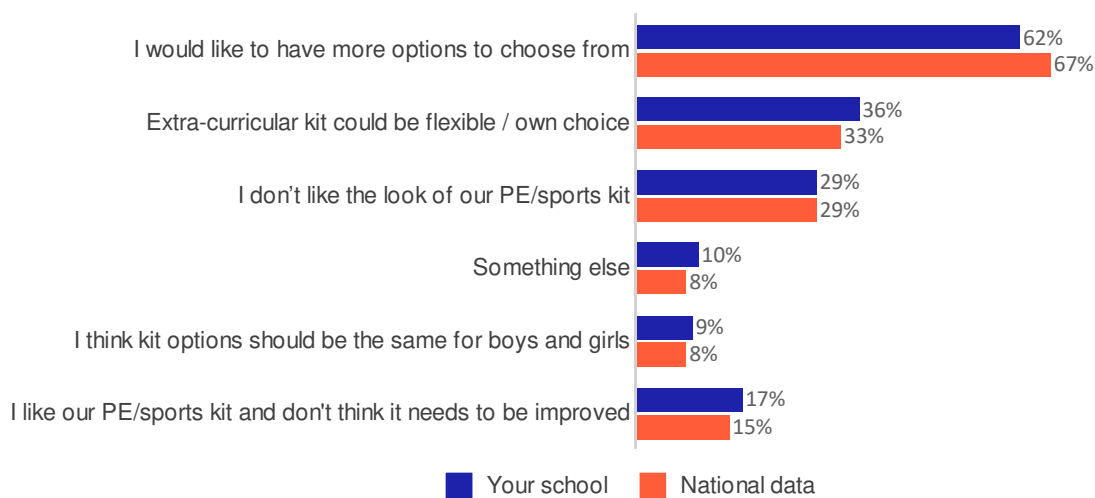


Base: All respondents

When given the opportunity to suggest improvements to their PE kit, girls from your school were most likely to say 'I would like to have more options to choose from' (62%), 'Extra-curricular kit could be flexible / own choice' (36%), and 'I don't like the look of our PE/sports kit' (29%).

17% said that they like the current PE kit or didn't think it needed to be changed.

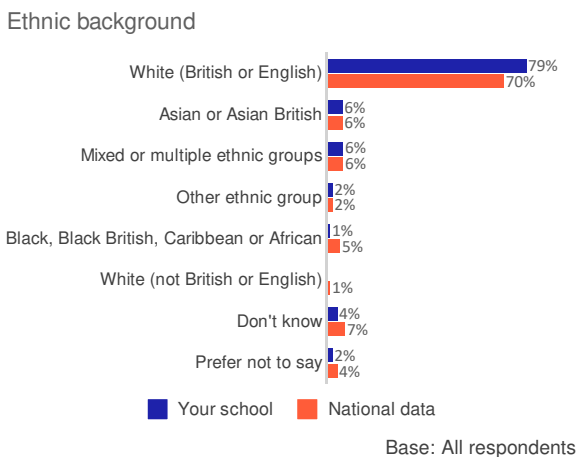
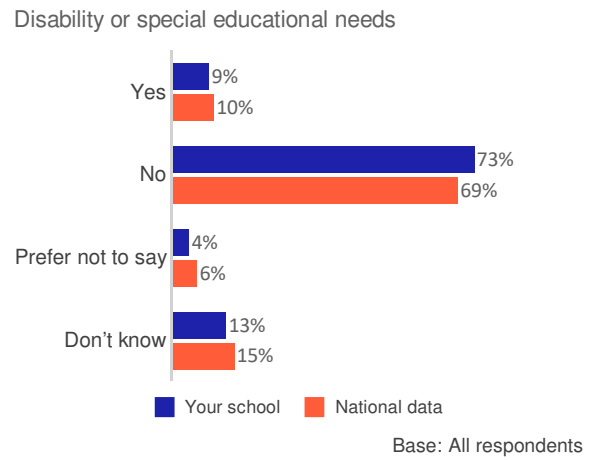
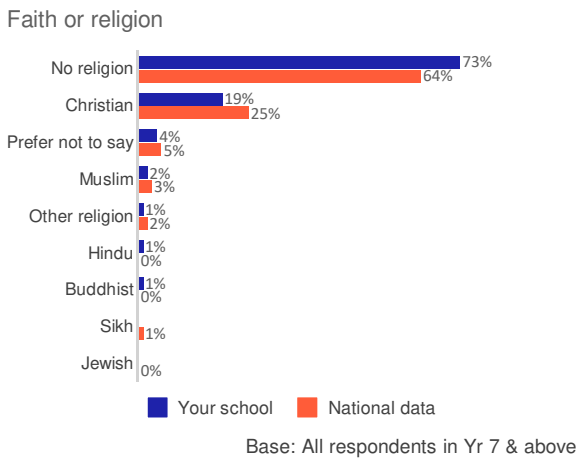
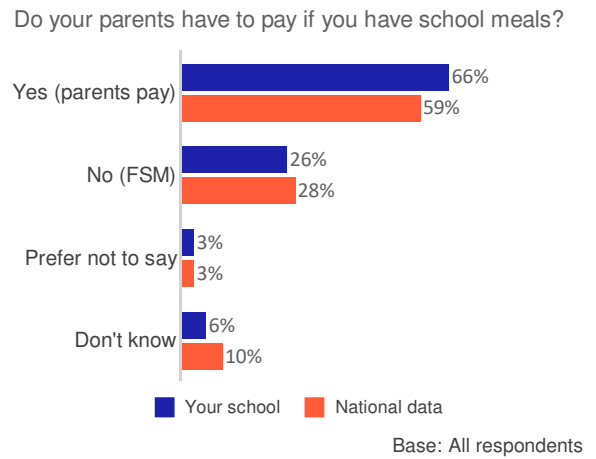
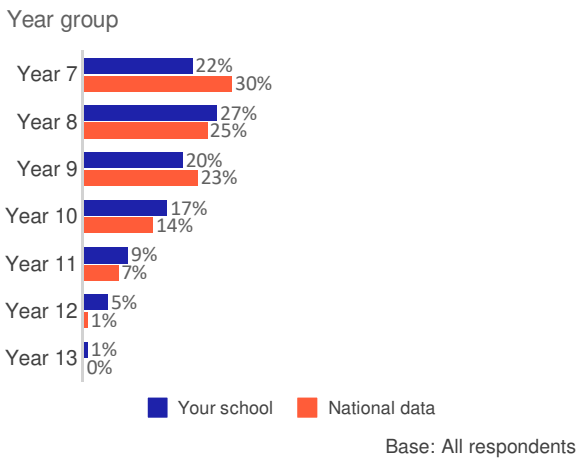
How could your PE/sports kit be improved?



Base: All respondents

Pupil profile

The charts below show the profile of girls at your school who responded to the questionnaire, compared to the national data. Girls at your school were most likely to describe their ethnic background as *White (British or English)* (79%). 26% said that they receive free school meals, compared to 28% nationally, and 9% said that they have a disability.



Appendix 1

In the following tables **your school's 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.

No responses from boys are included in these tables. If any responses were received from boys at your school, their results will be presented in a separate report.

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	Your school	Key Stage			Disability		Ethnic group		Physical activity level	
	Your school	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
taking part in physical activity	67	*	69	65	54	72	67	70	48	86
taking part in PE	56	*	63	44	35	60	54	63	43	68
learning at school	50	*	48	48	27	55	48	58	45	51

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	Your school	Key Stage			Disability		Ethnic group		Physical activity level	
	Your school	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
None	6%	*	5%	4%	19%	6%	7%	-	45%	-
1 day a week	7%	*	6%	9%	4%	8%	6%	9%	55%	-
2 days a week	21%	*	20%	27%	27%	19%	21%	21%	-	-
3 days a week	22%	*	22%	25%	15%	24%	23%	16%	-	-
4 days a week	15%	*	16%	12%	12%	15%	14%	16%	-	-
5 days a week	13%	*	14%	9%	8%	13%	12%	23%	-	45%
6 days a week	7%	*	8%	5%	12%	7%	8%	5%	-	25%
7 days a week	9%	*	8%	8%	4%	8%	9%	9%	-	30%

Usually in a week, how often do you take part in any sport or physical activity at school – NOT including PE lessons?

Break % Respondents	Your school	Key Stage			Disability		Ethnic group		Physical activity level	
	Your school	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
Never	63%	*	58%	71%	65%	63%	59%	77%	78%	54%
1 day a week	14%	*	14%	17%	15%	13%	16%	7%	13%	13%
2 days a week	14%	*	17%	8%	8%	15%	14%	12%	10%	17%
3 days a week	5%	*	6%	1%	12%	4%	5%	2%	-	2%
4 days a week	3%	*	4%	-	-	3%	3%	2%	-	6%
5 days a week	2%	*	2%	3%	-	2%	3%	-	-	8%

Usually in a week, how often do you take part in any sport or physical activity outside school?

Break % Respondents	Your school	Key Stage			Disability		Ethnic group		Physical activity level	
	Your school	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
Never	22%	*	19%	24%	19%	23%	22%	28%	55%	8%
1 day a week	19%	*	22%	15%	19%	19%	19%	19%	28%	5%
2 days a week	18%	*	17%	24%	12%	16%	17%	21%	8%	10%
3 days a week	14%	*	13%	15%	12%	15%	15%	5%	3%	12%
4 days a week	13%	*	14%	8%	15%	13%	13%	12%	3%	23%
5 days a week	8%	*	8%	9%	19%	7%	8%	7%	5%	21%
6 days a week	2%	*	3%	-	-	3%	2%	5%	-	8%
7 days a week	5%	*	4%	5%	4%	4%	5%	5%	-	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	Disabled	Non-disabled	White British	BAME	Less active	More active
In school	1%	*	2%	-	4%	0%	1%	2%	5%	1%
Outside of school	16%	*	16%	16%	12%	14%	15%	16%	10%	29%
Neither	83%	*	83%	84%	85%	86%	84%	81%	88%	71%

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	Disabled	Non-disabled	White British	BAME	Less active	More active
In school	20%	*	22%	13%	19%	18%	17%	30%	10%	25%
Outside of school	15%	*	16%	13%	27%	16%	15%	19%	15%	16%
Neither	69%	*	66%	75%	62%	70%	71%	60%	77%	61%

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	Disabled	Non-disabled	White British	BAME	Less active	More active
More PE	53%	*	52%	58%	60%	56%	57%	38%	56%	64%
More opportunities to be active at breaktimes/lunchtimes	24%	*	21%	33%	20%	22%	23%	29%	19%	19%
More opportunities to be active after school	42%	*	42%	36%	30%	44%	41%	50%	56%	40%
More opportunities to be active before school	7%	*	6%	8%	-	9%	8%	8%	13%	11%
More opportunities to be active in other lessons like English, Maths and Science	49%	*	48%	53%	60%	47%	48%	54%	38%	49%
Something else	5%	*	3%	14%	-	6%	5%	8%	-	2%

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	Your school	Key Stage			Disability		Ethnic group		Physical activity level	
	Your school	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
Trampoline	27%	*	26%	29%	19%	27%	31%	12%	18%	36%
Badminton	22%	*	22%	24%	4%	24%	22%	30%	25%	17%
Netball	19%	*	19%	20%	4%	22%	20%	21%	23%	17%
Swimming / Aquatics and Diving	16%	*	17%	13%	27%	14%	12%	30%	20%	24%
Dance	15%	*	13%	21%	19%	15%	14%	19%	8%	17%
Dodgeball	12%	*	14%	9%	8%	13%	12%	12%	8%	5%
Cheerleading	11%	*	10%	12%	8%	11%	11%	9%	13%	13%
Gym e.g. weight training, fitness training	10%	*	7%	16%	8%	10%	10%	9%	8%	10%
Gymnastics	9%	*	10%	8%	4%	8%	10%	2%	3%	14%
Volleyball	9%	*	8%	9%	12%	9%	8%	16%	23%	7%

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

Break % Respondents	Your school		Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
Girls only	53%	*	53%	55%	38%	53%	56%	47%	53%	46%
Don't mind	25%	*	26%	21%	35%	24%	22%	30%	30%	31%
Mixed (all young people together)	22%	*	21%	24%	27%	23%	22%	23%	18%	23%

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	Disabled	Non-disabled	White British	BAME	Less active	More active
With your friends	72%	*	73%	72%	73%	71%	73%	60%	78%	58%
With students of a similar - ability	14%	*	15%	11%	19%	15%	15%	14%	13%	21%
With students with similar motivations	4%	*	2%	8%	4%	5%	4%	5%	5%	6%
With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)	4%	*	4%	4%	4%	2%	3%	7%	-	7%
Don't mind	6%	*	5%	5%	-	7%	5%	12%	5%	6%
Something else	0%	*	0%	-	-	-	-	2%	-	1%

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

Break % Respondents	Your school	Key Stage			Disability		Ethnic group		Physical activity level	
	Your school	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
Being with friends	65%	*	67%	60%	58%	66%	68%	58%	53%	67%
Having fun	64%	*	67%	57%	58%	66%	64%	72%	55%	63%
Getting fit and healthy	45%	*	47%	40%	42%	47%	46%	44%	35%	60%
It is good for my wellbeing	30%	*	28%	35%	31%	31%	29%	42%	28%	38%
Playing to win	29%	*	32%	20%	19%	31%	28%	40%	28%	38%
Getting better at the sports / games I play	27%	*	32%	15%	19%	28%	28%	26%	18%	32%
Being outside	26%	*	29%	17%	19%	26%	25%	26%	15%	38%
Learning new sports / skills	21%	*	23%	17%	8%	23%	21%	21%	18%	27%
Being part of a team	19%	*	24%	8%	15%	21%	19%	26%	10%	29%
Learning skills that help me in life / other school subjects	18%	*	17%	23%	4%	18%	17%	28%	15%	18%
Making new friends	17%	*	21%	7%	19%	17%	18%	14%	13%	21%
Something else	2%	*	2%	1%	8%	1%	2%	-	-	5%
I am not motivated by anything	10%	*	8%	15%	19%	9%	10%	5%	20%	8%

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

Break % Respondents	Your school		Key Stage			Disability		Ethnic group		Physical activity level	
	Your school	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active	
When it's outside and it's not nice weather	41%	*	37%	53%	62%	39%	43%	35%	40%	39%	
I am not confident	41%	*	41%	41%	54%	40%	41%	35%	53%	39%	
When I have my period	34%	*	29%	52%	46%	29%	36%	35%	38%	31%	
I worry about how I look	32%	*	30%	40%	31%	31%	33%	28%	33%	32%	
I don't like other people watching me	28%	*	24%	40%	46%	22%	29%	23%	35%	25%	
I can't be bothered	22%	*	21%	20%	31%	22%	21%	26%	25%	13%	
I'm not good at it	22%	*	23%	23%	35%	19%	22%	23%	15%	19%	
I don't enjoy it	21%	*	19%	24%	38%	19%	21%	23%	40%	15%	
I don't like the PE kit	21%	*	19%	20%	12%	20%	19%	28%	28%	21%	
I don't like getting hot and sweaty	20%	*	21%	20%	23%	19%	20%	26%	13%	24%	
There isn't enough time to get changed	20%	*	24%	13%	23%	16%	20%	21%	18%	21%	
I don't like taking part with boys	20%	*	21%	16%	15%	20%	21%	16%	15%	15%	
I don't feel I can be myself in PE	20%	*	15%	29%	19%	16%	20%	14%	28%	21%	
I don't like getting changed in front of other people	20%	*	16%	28%	23%	16%	19%	28%	15%	23%	
I don't like the activities on offer	16%	*	13%	20%	19%	14%	17%	12%	23%	15%	
Other people make fun of me	16%	*	14%	23%	23%	13%	16%	19%	10%	15%	
My friends don't want to do it	15%	*	12%	24%	19%	15%	15%	19%	10%	17%	
I don't have time because I already do a lot of physical activity outside of school	12%	*	12%	11%	15%	12%	13%	7%	5%	23%	
I have an injury	12%	*	12%	11%	12%	11%	11%	14%	10%	11%	
I don't feel I can be myself in extra-curricular activities	9%	*	8%	9%	4%	8%	9%	9%	13%	10%	
I don't know how to get involved	9%	*	11%	7%	12%	8%	7%	16%	8%	6%	
I don't feel encouraged to take part by the teachers	9%	*	4%	16%	19%	7%	9%	5%	10%	6%	
I don't like how the person delivers the activities	9%	*	5%	16%	15%	6%	8%	12%	10%	7%	
Nothing stops me taking part	9%	*	9%	8%	-	10%	9%	7%	8%	13%	
I can't get home if I stay after school	6%	*	6%	7%	8%	5%	6%	12%	5%	7%	
I'm not able to do it because the activities are not suitable for me	6%	*	6%	7%	15%	4%	5%	9%	8%	5%	
My breasts feel uncomfortable when I exercise	6%	*	5%	7%	12%	4%	6%	7%	5%	7%	
Something else	2%	*	3%	1%	12%	2%	3%	2%	3%	6%	
I don't feel encouraged to take part by my family	1%	*	-	5%	-	1%	1%	5%	-	1%	

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

Break % Respondents	Your school	Key Stage			Disability		Ethnic group		Physical activity level	
	Your school	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
I can't be bothered	24%	*	24%	17%	35%	23%	25%	23%	30%	11%
I am not confident	23%	*	25%	20%	31%	20%	22%	30%	35%	18%
I worry about how I look	22%	*	23%	19%	27%	20%	23%	21%	30%	21%
When it's outside and it's not nice weather	19%	*	22%	12%	19%	16%	19%	23%	15%	15%
When I have my period	17%	*	18%	16%	23%	14%	17%	26%	15%	18%
I don't like other people watching me	16%	*	16%	16%	19%	13%	16%	21%	25%	10%
It costs too much money	15%	*	15%	13%	8%	15%	15%	26%	15%	13%
I don't enjoy it	15%	*	17%	9%	19%	13%	15%	16%	25%	12%
My time is taken up with other activities	14%	*	12%	16%	12%	16%	14%	19%	10%	18%
I'm not good at it	13%	*	13%	12%	8%	13%	13%	14%	23%	8%
I don't like getting hot and sweaty	13%	*	15%	7%	12%	11%	12%	21%	8%	12%
I don't like taking part with boys	12%	*	12%	11%	4%	13%	12%	9%	10%	7%
I don't like getting changed in front of other people	11%	*	12%	7%	12%	8%	12%	7%	18%	10%
My school work is more important to me	11%	*	8%	15%	-	11%	9%	21%	8%	12%
I don't know how to get involved	10%	*	11%	8%	8%	10%	10%	12%	20%	6%
I don't feel I can be myself at sports clubs/facilities	10%	*	9%	9%	4%	8%	11%	5%	23%	7%
I can't get transport to/from activities	10%	*	9%	9%	4%	11%	9%	16%	5%	14%
My friends don't want to do it	9%	*	8%	8%	4%	9%	9%	9%	10%	5%
There isn't enough time to get changed	7%	*	10%	1%	8%	6%	7%	9%	3%	7%
I don't like the activities on offer	7%	*	6%	5%	4%	6%	7%	9%	8%	8%
I don't feel safe	7%	*	7%	3%	12%	5%	6%	12%	18%	5%
I don't like the kit	6%	*	8%	3%	4%	6%	5%	12%	3%	5%
Other people make fun of me	6%	*	6%	5%	-	4%	6%	7%	8%	6%
My parent(s)/carer(s) worry about my safety	5%	*	5%	4%	4%	6%	3%	12%	3%	7%
Sports clubs/facilities are too far away from where I live	5%	*	3%	8%	4%	5%	4%	9%	3%	6%
I can't get home if I stay after school	5%	*	5%	5%	4%	5%	4%	9%	-	6%
I have an injury	5%	*	5%	3%	8%	4%	5%	7%	3%	5%
My breasts feel uncomfortable when I exercise	4%	*	4%	5%	12%	4%	5%	2%	5%	5%
I'm not able to do it because the activities are not suitable for me	3%	*	3%	4%	8%	3%	4%	2%	3%	6%
I don't feel encouraged to take part by my family	2%	*	2%	1%	-	2%	2%	2%	-	4%
Something else	2%	*	2%	1%	8%	1%	2%	2%	3%	5%
I don't like how the person delivers the activities	2%	*	2%	-	-	1%	2%	-	-	2%
I don't have time because I already do a lot of physical activity	2%	*	1%	3%	-	2%	2%	-	-	4%
Nothing stops me taking part	25%	*	25%	27%	19%	26%	25%	23%	18%	37%

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

Break % Respondents	Your school		Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
Always	55%	*	55%	53%	33%	58%	55%	67%	45%	65%
Mostly	23%	*	21%	26%	43%	20%	24%	17%	18%	21%
Sometimes	16%	*	19%	13%	14%	17%	15%	17%	30%	9%
Never	6%	*	5%	8%	10%	5%	7%	-	6%	5%

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

Break % Respondents	Your school		Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
I am in pain/ uncomfortable	73%	*	71%	76%	86%	71%	73%	67%	79%	70%
I worry about leaking	64%	*	63%	65%	81%	57%	67%	58%	67%	68%
I don't have the energy	52%	*	53%	50%	67%	47%	50%	53%	61%	53%
My mood is low	51%	*	53%	49%	67%	47%	50%	56%	61%	55%
My confidence is low	42%	*	44%	38%	62%	38%	43%	39%	42%	39%
I feel self-conscious changing in the changing rooms	42%	*	38%	49%	52%	38%	45%	36%	42%	41%
I worry others will know I am on my period	40%	*	44%	38%	62%	32%	43%	28%	39%	41%
I feel self-conscious participating	34%	*	32%	42%	48%	29%	36%	25%	30%	30%
I don't feel I can take part to the level expected	27%	*	28%	31%	33%	24%	29%	19%	18%	32%
My skill level isn't as good as usual (e.g. balance)	26%	*	28%	21%	24%	24%	24%	42%	33%	23%
I don't feel supported/understood by my teachers	25%	*	23%	25%	38%	23%	27%	17%	30%	26%
I have had a bad experience before	11%	*	12%	11%	19%	9%	11%	8%	18%	12%
I don't feel supported/understood by other girls	9%	*	12%	6%	10%	6%	8%	14%	12%	11%
None of the above	11%	*	10%	14%	-	13%	10%	14%	6%	12%

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

Break % Respondents	Your school		Key Stage		Disability		Ethnic group		Physical activity level	
	Your school	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
Greater understanding / empathy shown by teachers	49%	*	47%	47%	43%	49%	51%	47%	64%	55%
Greater flexibility to participate to my ability at this time	44%	*	43%	42%	62%	40%	44%	50%	55%	39%
Better options for PE kit to help me feel more comfortable	37%	*	40%	29%	48%	34%	35%	42%	55%	33%
Access to sanitary products in PE	30%	*	33%	28%	38%	28%	30%	33%	27%	39%
More support to help me cope in PE with how I feel at this time	20%	*	23%	15%	24%	16%	19%	17%	30%	17%
Offering girls only PE lessons	19%	*	23%	11%	10%	19%	20%	17%	24%	23%
More support to help me understand about periods and exercise	12%	*	12%	14%	14%	11%	12%	14%	12%	15%
Information to my parents about PE and periods	8%	*	10%	6%	14%	7%	8%	6%	9%	14%
Something else	5%	*	4%	7%	-	4%	6%	3%	9%	2%
Nothing, what they already do is good	18%	*	16%	24%	5%	22%	17%	25%	9%	26%

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

Break % Respondents	Your school		Key Stage			Disability		Ethnic group		Physical activity level	
	Your school	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active	
Very	7%	*	4%	14%	-	8%	6%	11%	6%	8%	
Somewhat	32%	*	34%	28%	29%	31%	30%	36%	18%	29%	
Not at all	61%	*	62%	58%	71%	61%	64%	53%	76%	64%	

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

% Strongly agree / Agree	Your school		Key Stage			Disability		Ethnic group		Physical activity level	
	Your school	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active	
I am happy with the way my body looks	33	*	38	23	27	37	33	35	35	40	
I am happy with the amount of physical activity I do	53	*	58	40	58	56	53	49	33	75	
I would like to have a say in the activities we do in PE and after school clubs	63	*	63	61	50	66	63	63	58	75	
The skills I learn in PE help me in and outside of school	35	*	39	28	31	37	33	40	35	35	
I like it when my PE lessons are competitive	47	*	52	36	31	52	44	63	48	56	
I understand why being active is good for me	91	*	90	93	85	93	91	93	90	94	
I feel like I can be myself when I am being active	43	*	46	36	31	46	43	47	28	55	
Some sports are for boys and some sports are for girls	12	*	11	17	0	13	12	9	13	11	
My school encourages me to be active	53	*	59	41	38	54	51	65	48	56	
I am active with my family outside of school	50	*	54	40	50	50	50	42	40	62	
I have the same opportunities as boys in school to do the sports and activities I want to	31	*	33	29	23	32	29	35	33	25	
Events like the Women's Football and the Olympics inspire me to be more active	32	*	33	29	23	33	33	30	20	44	

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	Disabled	Non-disabled	White British	BAME	Less active	More active
...confident	21	*	21	25	23	23	21	23	28	23
...comfortable	35	*	39	32	31	37	34	42	25	38
...smart	19	*	21	19	31	19	18	19	23	17
...athletic	36	*	41	28	23	40	37	35	35	40

How could your PE/sports kit be improved?

Break % Respondents	National data		Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active	
I like our PE/sports kit and don't think it needs to be improved	17%	*	16%	23%	4%	19%	16%	21%	15%	13%	
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper)	62%	*	61%	60%	81%	61%	63%	60%	73%	60%	
I think kit options should be the same for boys and girls	9%	*	10%	4%	19%	6%	10%	7%	15%	8%	
Extra-curricular kit could be flexible / own choice	36%	*	36%	31%	38%	35%	35%	49%	43%	36%	
I don't like the look of our PE/sports kit	29%	*	27%	28%	27%	27%	31%	19%	25%	36%	
Something else	10%	*	11%	3%	-	8%	9%	12%	18%	8%	