



Girls Active

National report

June 2026 / Boys' report





Overall attitudes to PE and physical activity

85%

enjoy taking part in physical activity

84%

enjoy taking part in PE

44%

enjoy learning at school



Top 10 barriers to being active at school

48%

I can't be bothered

47%

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

47%

I am not confident

47%

I'm not good at it

46%

I don't like the PE kit

46%

I don't like other people watching me

46%

I worry about how I look

46%

I don't like getting hot and sweaty

45%

I don't enjoy it

45%

Other people make fun of me



Top 10 motivators for being active at school

54%

Having fun

51%

Being with friends

36%

Getting fit and healthy

33%

Getting better at the sports / games I play

29%

Playing to win

27%

Being outside

24%

Learning new sports / skills

20%

Being part of a team

18%

It is good for my wellbeing

17%

Learning skills that help me in life / other school subjects



Preferred group for sport, physical activity and PE

In terms of gender:

52% Boys only

28% Don't mind

20% Mixed (all young people together)

In terms of motivations:

68% With friends

14% With students of similar ability

3% With students with similar motivations

4% With students wanting to take similar curriculum pathways

11% Don't mind

1% Something else



Leading sport and physical activity

11% % who lead sport in school

24% % who lead sport outside of school

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

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



Top 3 suggested improvements to PE/sports kit

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

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

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

Boys' report: Introduction

This report summarises responses to the *Girls Active Questionnaire* that boys completed between January and June 2026. This report is based on **4194 responses from boys** (3590 unweighted).

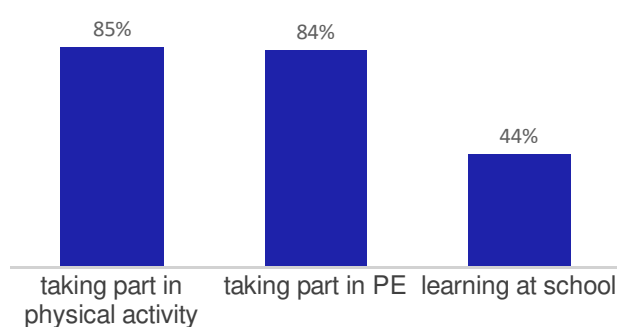
For more information about Girls Active please visit www.youthsporttrust.org/girls-active

How you feel

Boys were asked how they feel about taking part in physical activity, PE, and learning at school, on a scale from *Like it a lot* to *Dislike it a lot*. This chart shows the proportion that said they *Like it a lot* or *Like it*, at a national level.

Boys were most likely to enjoy *taking part in physical activity* (85%), followed by *taking part in PE* (84%) and *learning at school* (44%).

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



Base: All respondents

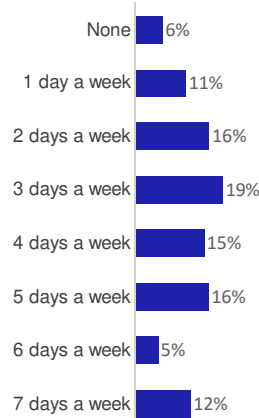
Being active (including screentime)

The following chart (right) shows how many days in the past week boys took part in 60 minutes or more of physical activity.

For this questionnaire, physical activity was defined as 'activity that makes you feel warmer and makes your heartbeat faster'.

On average, boys took part on 3.6 days per week.

Days of physical activity per week

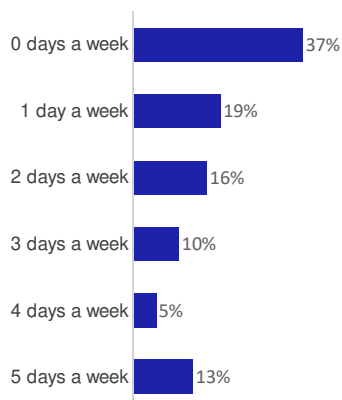


Base: All respondents

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

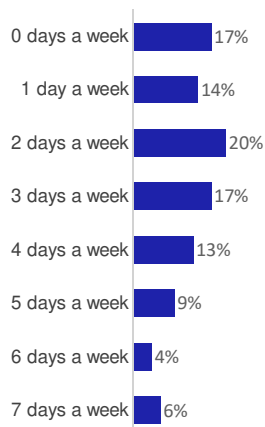
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on *2 days a week* (20%). On average, boys took part on 2.7 days per week.

Days of physical activity at school, excluding PE lessons



Base: All respondents

Days of physical activity outside of school

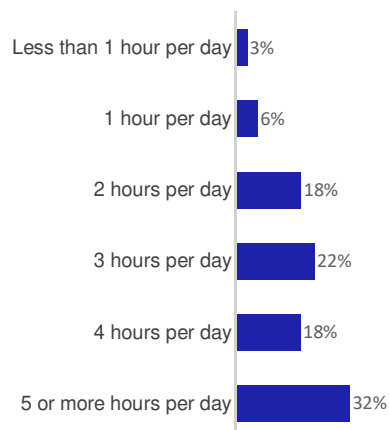


Base: All respondents

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

The most common answer was *5 or more hours per day* (32%).

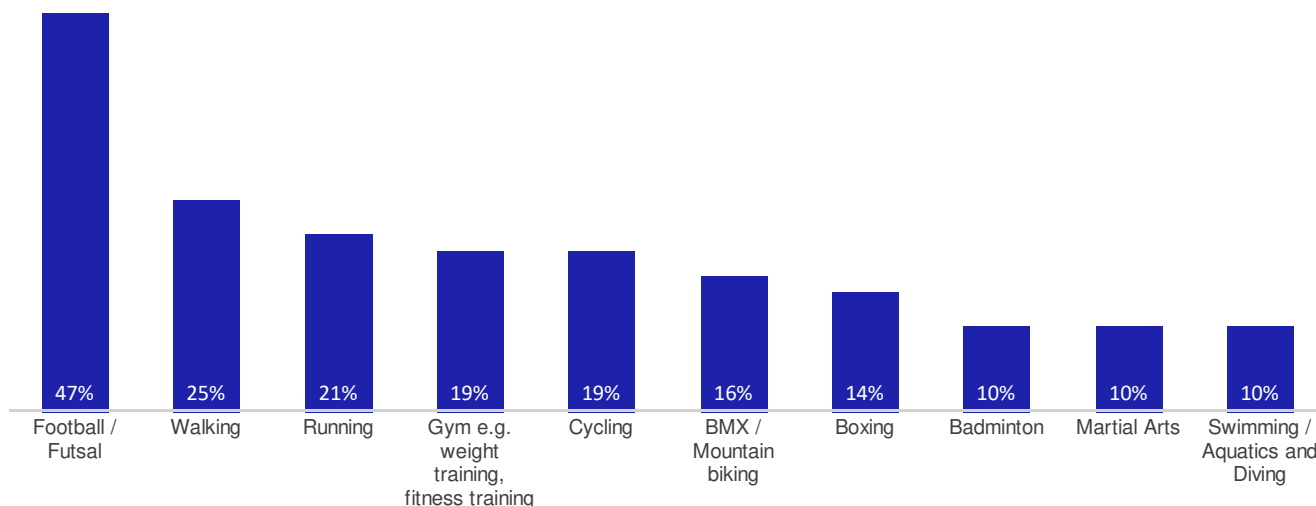
Hours of screentime excluding schoolwork



Base: All respondents

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

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

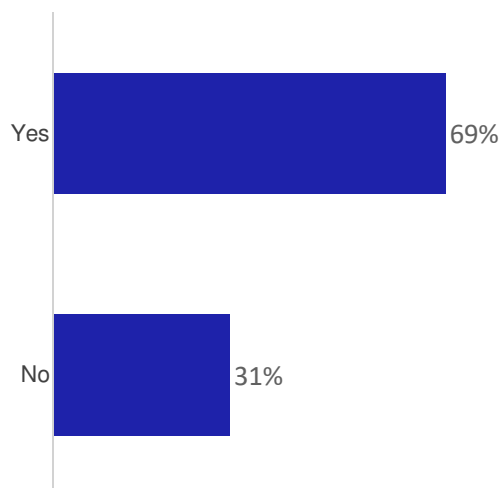


Base: All respondents

The chart below shows that 69% of boys would like to be more active when they are in school.

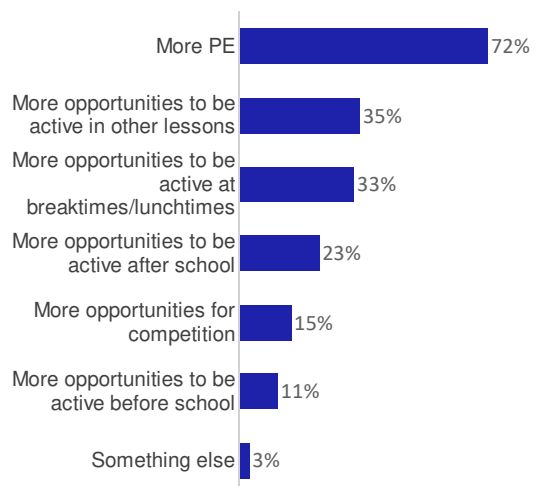
When asked *how* they would like to be more active, they were most likely to say *More PE* (72%) or *More opportunities to be active in other lessons* (35%).

Would you like to be more active in school?



Base: All respondents

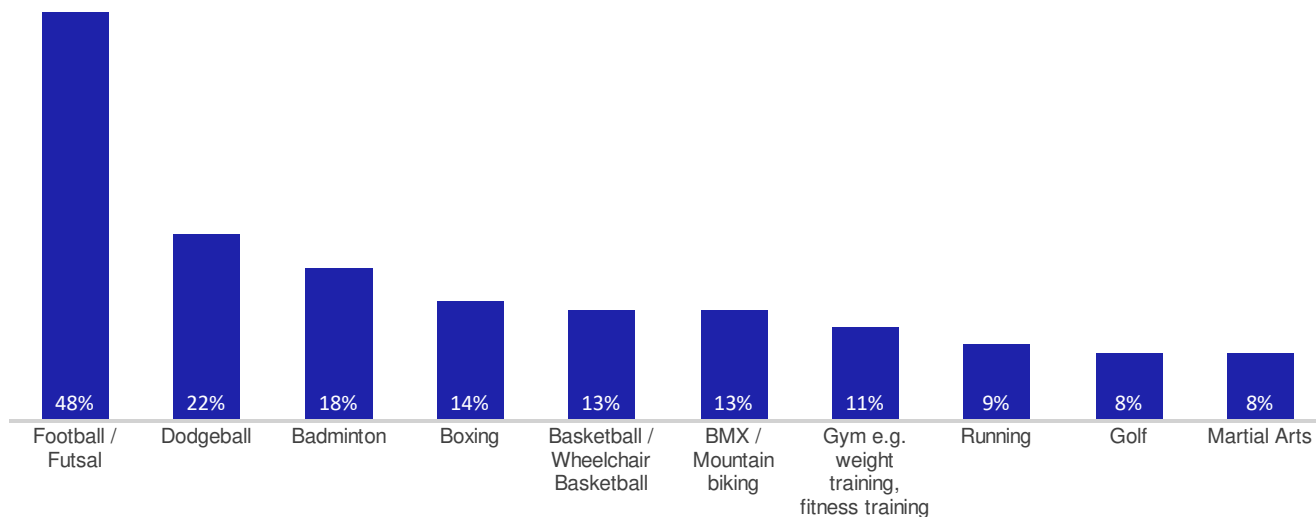
How would you like to be more active in school?



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

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

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

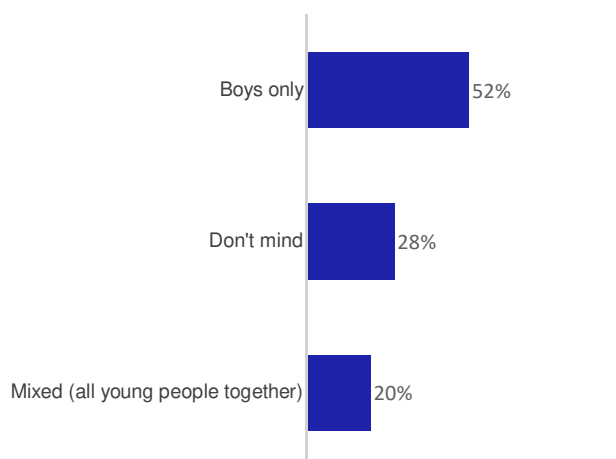


Base: All respondents

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

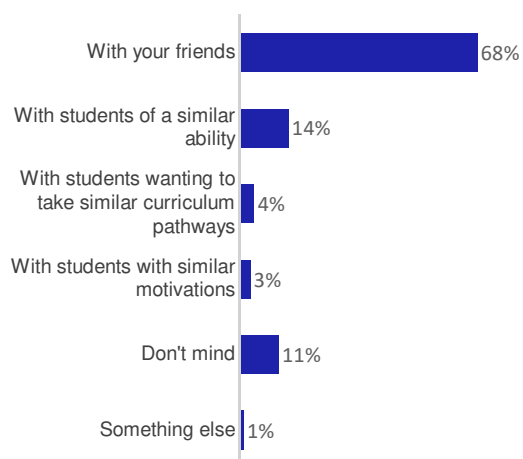
In terms of gender they were most likely to say *Boys only* (52%), while the most common response in terms of motivations was *With your friends* (68%).

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



Base: All respondents

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



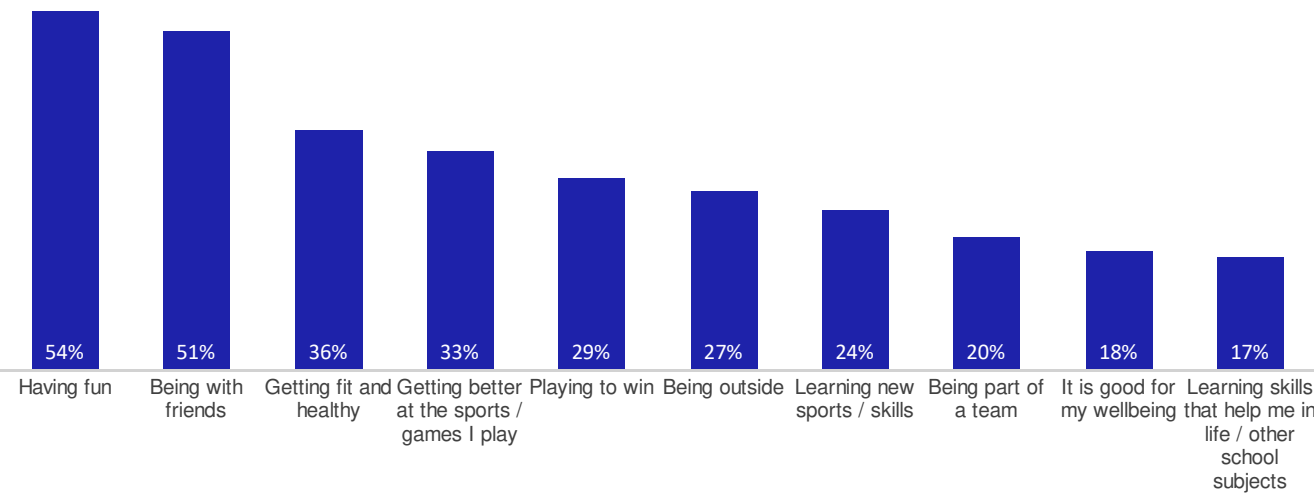
Base: All respondents

Physical activity at school

What motivates you?

The chart below shows the 10 most common factors that boys said motivate them to take part in sport, physical activity and PE at school. They were most likely to say *Having fun* (54%), *Being with friends* (51%), and *Getting fit and healthy* (36%).

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

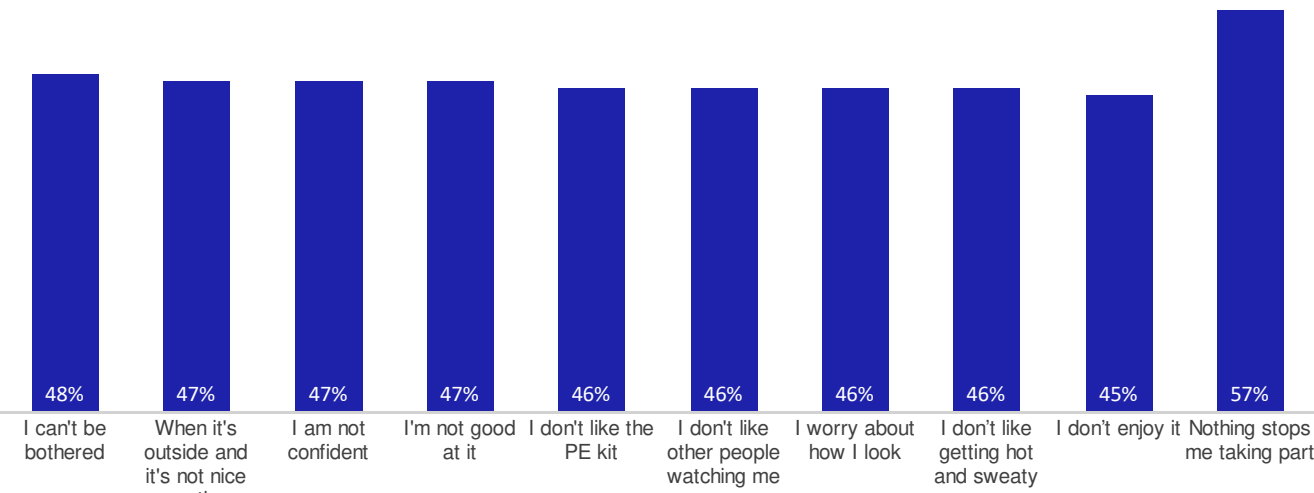


Base: All respondents

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

The top 3 barriers that stopped boys from being more active were; *I can't be bothered* (48%), *When it's outside and it's not nice weather* (47%), and *I am not confident* (47%). However 57% of boys said that none of these barriers stopped them.

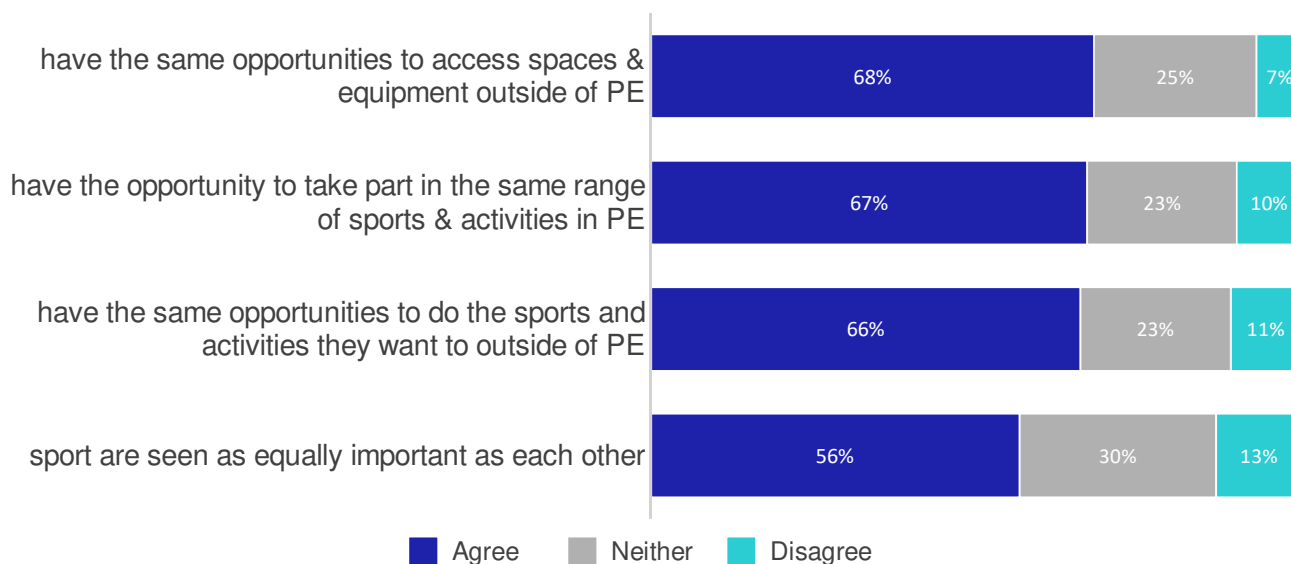
Top 10 barriers to sport, physical activity and PE at school



Base: All respondents

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

National data: Girls and boys...



Base: All respondents

Leading sport and physical activity

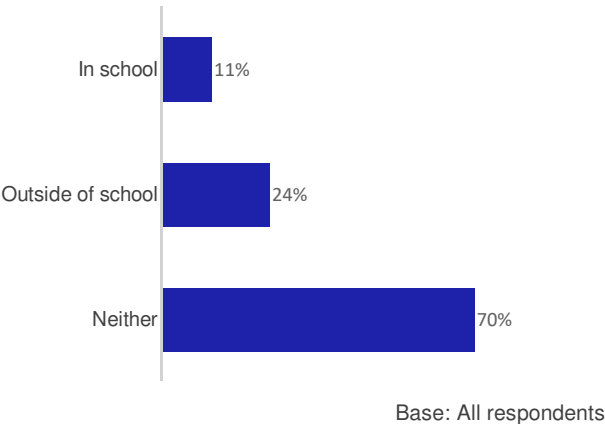
Boys were asked whether they lead any sport or physical activity - refereeing, coaching, or organising, for example - either inside or outside of school.

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

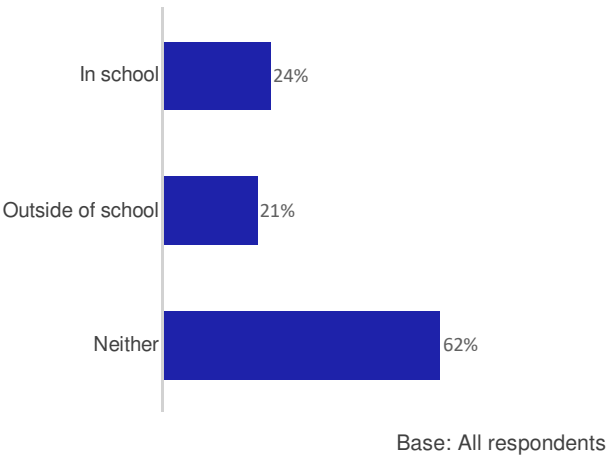
They were then asked whether they would *like to* lead sport or physical activity.

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

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

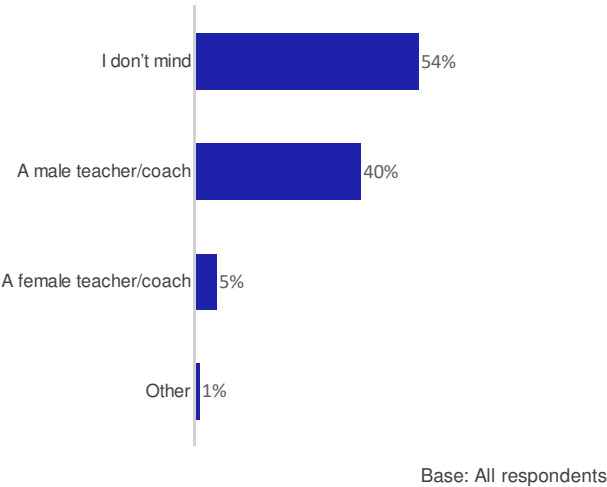


Would you like any leadership roles in sport / physical activity?



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

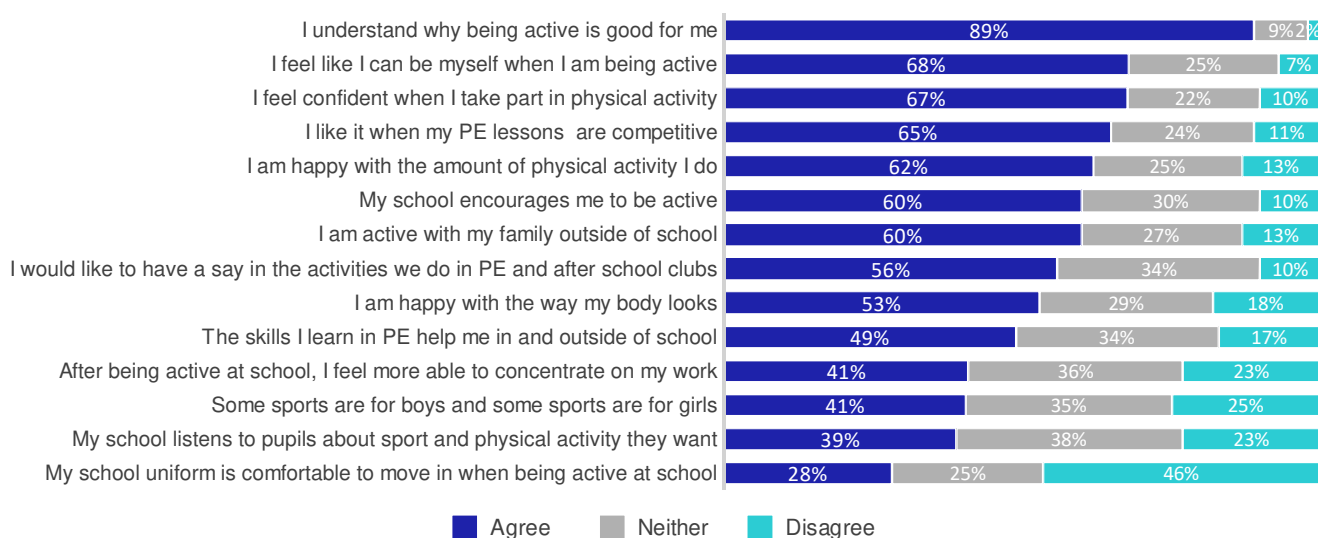
In PE and sport at school, which would you prefer?



More about you

Boys were asked whether they agreed or disagreed with a series of statements about their attitudes to physical activity. The statements they were most likely to strongly agree or agree with were *I understand why being active is good for me* (89%), *I feel like I can be myself when I am being active* (68%) and *I feel confident when I take part in physical activity* (67%).

National data

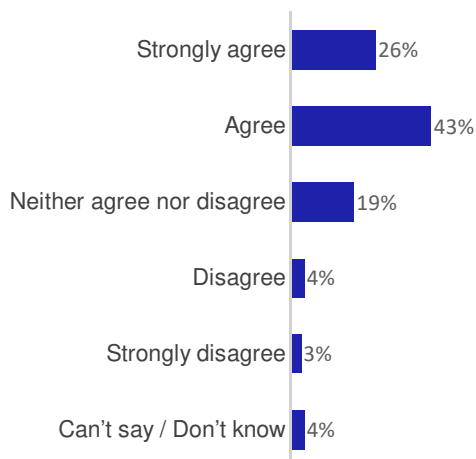


Base: All respondents

Overall, 70% of boys *Strongly agreed* or *Agreed* with the statement "If I find something difficult, I keep trying until I can do it".

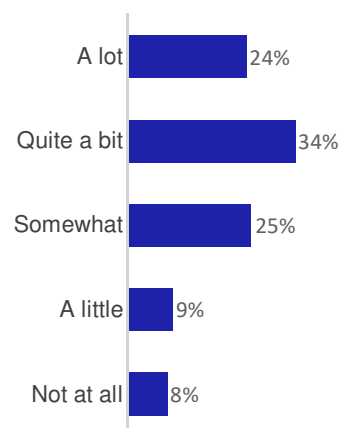
When asked if they felt that they belong at their school 58% replied *A lot* or *Quite a bit*.

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



Base: All respondents

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



Base: All respondents

The following charts show how boys rated their happiness and life satisfaction on a scale of 0 to 10, where 0 is 'not at all' and 10 is 'completely'.

Overall, how happy did you feel yesterday?



Base: All respondents

Overall, how satisfied are you with your life nowadays?

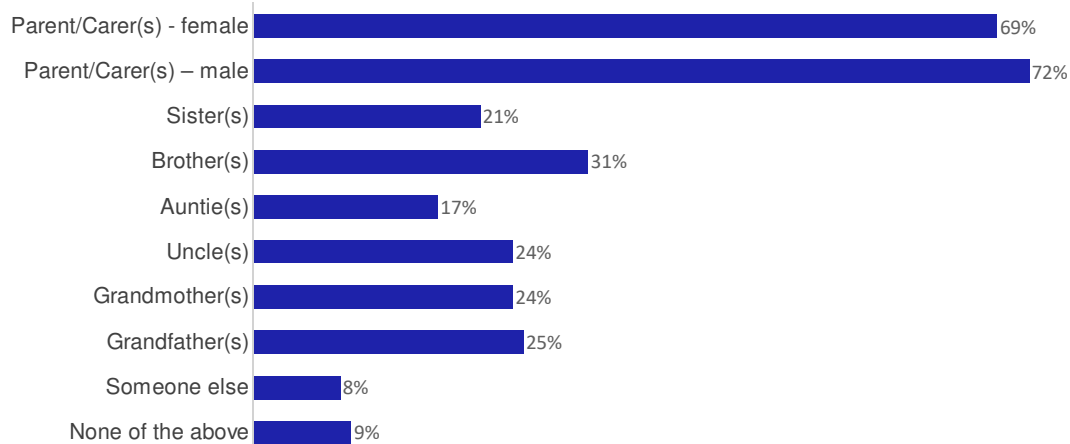


Base: All respondents

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

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

Who in your family supports you to be active?

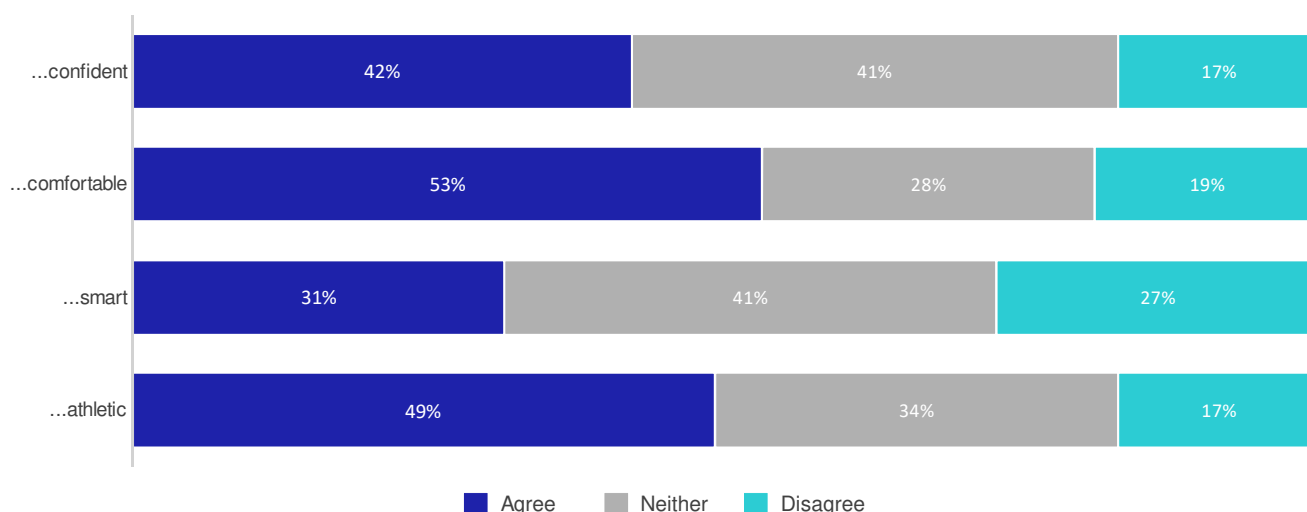


Base: All respondents in Yr 7 & above

PE kit

When asked how their PE/sports kit made them feel, 42% of boys agreed or strongly agreed that it made them feel *Confident*, 53% said they felt *Comfortable*, 31% felt *Smart* and 49% felt *Athletic*.

National data

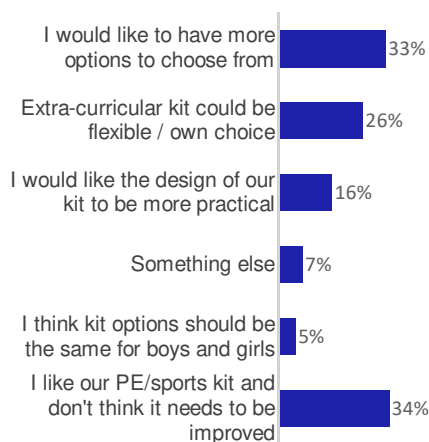


Base: All respondents

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

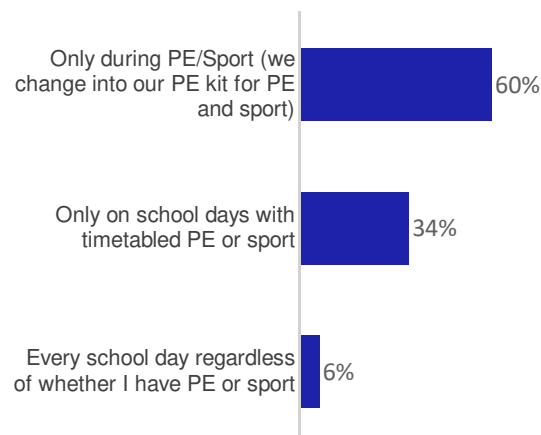
34% said that they like the current PE kit or didn't think it needed to be changed.

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



Base: All respondents

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

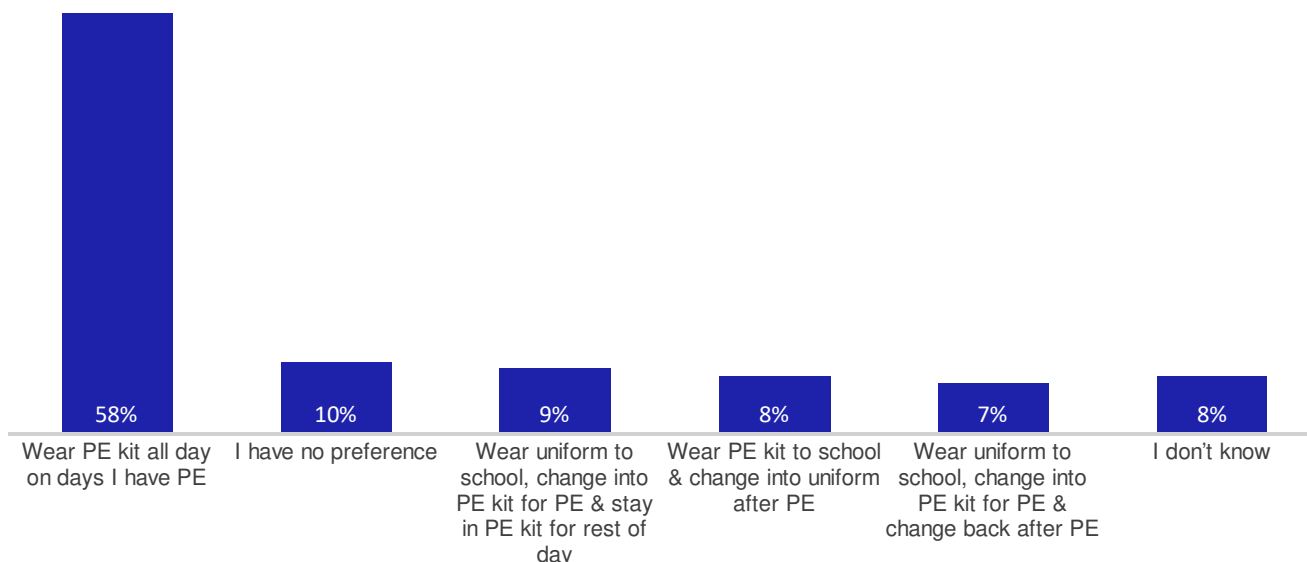


Base: All respondents

Boys were most likely to say that they were allowed to wear their PE kit *Only during PE/Sport (we change into our PE kit for PE and sport)* (60%).

Boys were asked which of the following options they would prefer to do on days they have PE. The most popular choice was *I would prefer to wear my PE kit all day on days I have PE*.

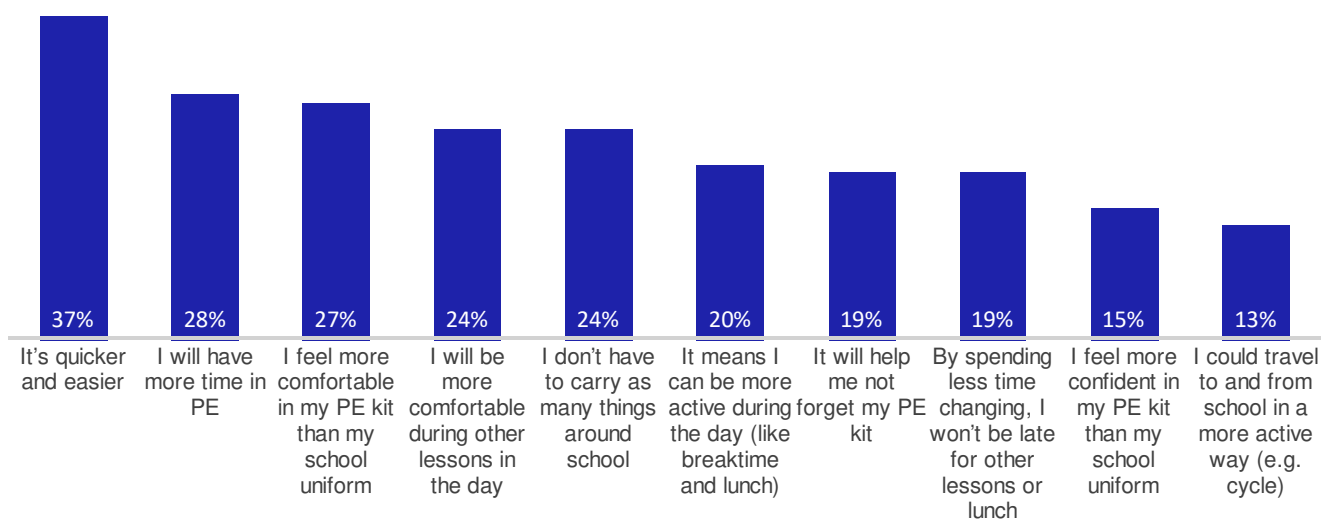
Which of the following would you prefer to do on days you have PE?



Base: All respondents in Year 7 & above

The chart below shows the top 10 things that would motivate boys to wear their PE kit at school outside of PE lessons on days they have PE. They were most likely to say *It's quicker and easier* (37%). However, 5% said that nothing would encourage them to wear their PE kit outside of PE lessons on days that they have PE.

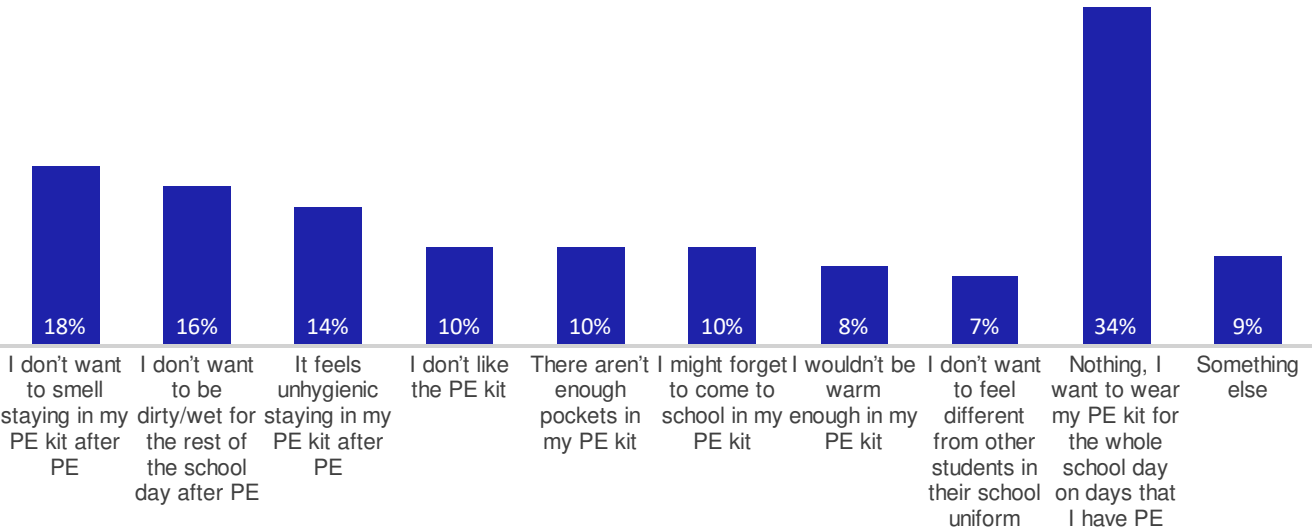
Thinking about the days that you have PE, what would motivate you to wear your PE kit for the whole school day?



Base: All respondents in Year 7 & above

The most common reason that boys said they wouldn't want to wear PE kit at school outside of PE lessons on days they have PE was *I don't want to smell staying in my PE kit after PE* (18%). The top 10 reasons are shown below, although 34% of boys said that they weren't put off by any of these barriers.

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

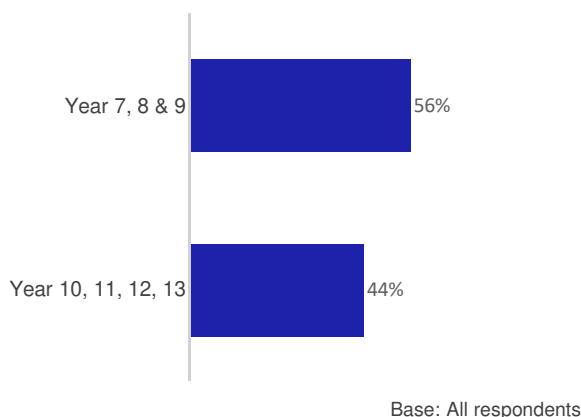


Base: All respondents in Year 7 & above

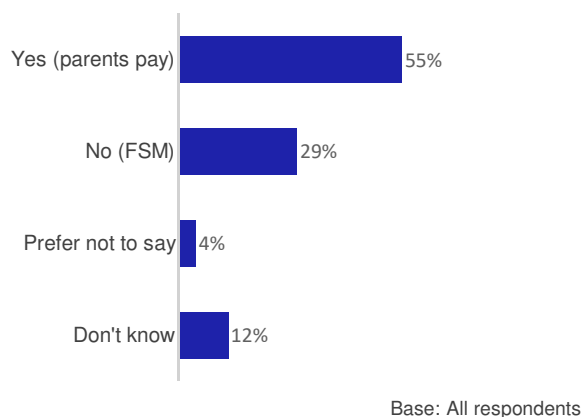
Pupil profile

The charts below show the profile of boys who responded to the questionnaire. Boys were most likely to describe their ethnic background as *White (British or English)* (48%). 29% said that they receive free school meals, and 13% said that they have a Special Educational Need or Disability (SEND).

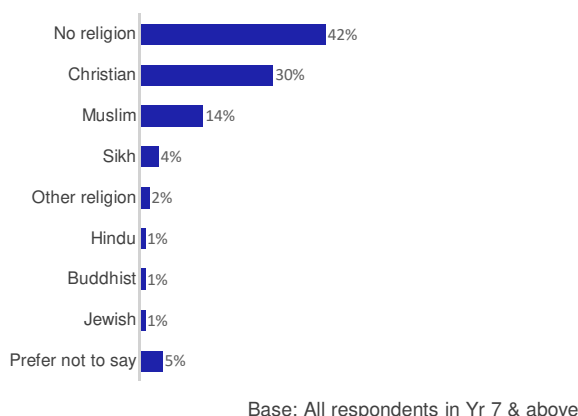
Year group



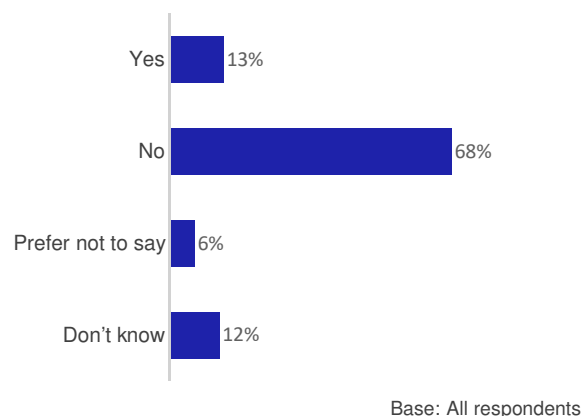
Do your parents have to pay if you have school meals?



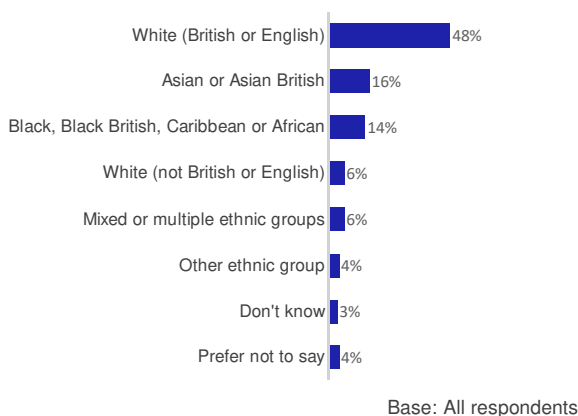
Faith or religion



Disability or special educational needs



Ethnic background



Appendix 1

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

These tables use the following acronyms:

SEND: Special Educational Need or Disability

EDC: Ethnically Diverse Communities

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

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

% Like it a lot / Like it	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
taking part in physical activity	85	85	84	77	89	84	87	64	93
taking part in PE	84	85	83	78	87	82	88	69	89
learning at school	44	43	45	34	49	41	49	40	47

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
None	6%	5%	7%	11%	5%	6%	6%	37%	-
1 day a week	11%	11%	11%	12%	9%	9%	11%	63%	-
2 days a week	16%	16%	15%	15%	15%	16%	16%	-	-
3 days a week	19%	20%	19%	19%	20%	19%	19%	-	-
4 days a week	15%	15%	15%	12%	16%	16%	15%	-	-
5 days a week	16%	14%	18%	14%	17%	15%	17%	-	48%
6 days a week	5%	6%	5%	3%	7%	7%	5%	-	16%
7 days a week	12%	13%	10%	14%	11%	13%	11%	-	35%

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Never	37%	34%	41%	37%	37%	41%	35%	57%	31%
1 day a week	19%	21%	18%	17%	18%	18%	20%	20%	17%
2 days a week	16%	15%	16%	15%	16%	14%	17%	12%	13%
3 days a week	10%	10%	8%	11%	10%	8%	10%	4%	9%
4 days a week	5%	6%	4%	5%	5%	5%	5%	2%	7%
5 days a week	13%	14%	13%	15%	13%	13%	13%	5%	23%

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Never	17%	17%	17%	23%	14%	18%	14%	47%	7%
1 day a week	14%	15%	13%	14%	14%	13%	16%	23%	5%
2 days a week	20%	20%	19%	21%	20%	22%	17%	11%	14%
3 days a week	17%	17%	16%	15%	18%	16%	18%	10%	13%
4 days a week	13%	11%	16%	12%	13%	12%	14%	3%	15%
5 days a week	9%	8%	9%	4%	10%	8%	10%	3%	19%
6 days a week	4%	4%	4%	3%	5%	4%	4%	1%	10%
7 days a week	6%	7%	6%	7%	6%	6%	6%	2%	16%

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

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

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Less than 1 hour per day	3%	4%	3%	4%	3%	3%	3%	5%	4%
1 hour per day	6%	8%	4%	6%	6%	5%	7%	5%	4%
2 hours per day	18%	22%	14%	14%	19%	17%	19%	10%	21%
3 hours per day	22%	24%	19%	17%	23%	22%	21%	19%	27%
4 hours per day	18%	13%	23%	18%	19%	20%	18%	10%	20%
5 or more hours per day	32%	29%	36%	42%	30%	33%	31%	52%	23%

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

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

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
In school	24%	27%	19%	26%	23%	20%	28%	17%	27%
Outside of school	21%	21%	20%	17%	21%	18%	23%	12%	23%
Neither	62%	59%	66%	61%	63%	67%	56%	74%	57%

Would you like to be more active in school?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Yes	69%	74%	63%	66%	71%	68%	71%	59%	72%
No	31%	26%	37%	34%	29%	32%	29%	41%	28%

How would you like to be more active in school?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
More PE	72%	72%	73%	72%	72%	76%	67%	67%	77%
More opportunities to be active at breaktimes/lunchtimes	33%	33%	32%	31%	32%	26%	39%	36%	33%
More opportunities to be active after school	23%	21%	26%	23%	24%	19%	28%	21%	24%
More opportunities to be active before school	11%	11%	11%	14%	11%	10%	13%	11%	14%
More opportunities to be active in other lessons like English, Maths and Science	35%	34%	39%	33%	35%	34%	36%	33%	38%
More opportunities for competition	15%	12%	18%	11%	15%	15%	15%	17%	19%
Something else	3%	3%	3%	4%	3%	2%	4%	4%	4%

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
A female teacher/coach	5%	3%	7%	8%	4%	4%	6%	9%	4%
A male teacher/coach	40%	41%	41%	40%	41%	41%	39%	33%	42%
I don't mind	54%	55%	51%	51%	55%	54%	54%	57%	53%
Other	1%	1%	1%	1%	0%	1%	1%	1%	1%

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

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

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Boys only	52%	55%	50%	49%	52%	53%	51%	47%	52%
Don't mind	28%	27%	28%	29%	28%	29%	27%	28%	29%
Mixed (all young people together)	20%	18%	22%	23%	19%	18%	21%	25%	20%

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
With your friends	68%	66%	71%	71%	68%	72%	65%	72%	65%
With students of a similar ability	14%	16%	12%	13%	15%	14%	14%	9%	16%
With students with similar motivations	3%	3%	3%	3%	3%	2%	3%	3%	3%
With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)	4%	4%	3%	4%	4%	3%	4%	3%	5%
Don't mind	11%	11%	11%	8%	11%	8%	13%	12%	10%
Something else	1%	1%	1%	1%	0%	1%	0%	1%	1%

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Having fun	54%	56%	51%	46%	57%	56%	54%	44%	57%
Being with friends	51%	52%	51%	42%	54%	54%	49%	43%	50%
Getting fit and healthy	36%	38%	34%	30%	38%	39%	36%	22%	43%
Getting better at the sports / games I play	33%	36%	29%	25%	37%	32%	36%	21%	41%
Playing to win	29%	31%	27%	22%	32%	29%	32%	22%	34%
Being outside	27%	30%	24%	25%	28%	29%	26%	18%	33%
Learning new sports / skills	24%	27%	21%	19%	27%	23%	27%	13%	30%
Being part of a team	20%	25%	15%	18%	22%	20%	21%	14%	24%
It is good for my wellbeing	18%	17%	18%	15%	19%	18%	19%	11%	23%
Learning skills that help me in life / other school subjects	17%	17%	17%	12%	18%	16%	19%	11%	21%
Building confidence	13%	13%	14%	14%	14%	15%	12%	10%	17%
Making new friends	13%	17%	9%	13%	13%	12%	15%	14%	14%
Feeling good about myself	12%	12%	13%	12%	12%	15%	10%	7%	15%
Being able to lead others	4%	4%	3%	4%	4%	5%	3%	2%	7%
Something else	1%	2%	1%	3%	1%	1%	2%	2%	2%
I am not motivated by anything	8%	7%	11%	14%	7%	8%	8%	14%	8%

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
I can't be bothered	48%	53%	40%	41%	48%	39%	58%	50%	43%
When it's outside and it's not nice weather	47%	54%	37%	40%	49%	38%	58%	45%	43%
I am not confident	47%	53%	38%	44%	47%	38%	56%	50%	40%
I'm not good at it	47%	53%	37%	40%	47%	38%	56%	48%	40%
I don't like the PE kit	46%	52%	37%	42%	47%	36%	57%	46%	41%
I don't like other people watching me	46%	52%	38%	42%	46%	38%	55%	46%	40%
I worry about how I look	46%	52%	36%	42%	46%	37%	56%	45%	40%
I don't like getting hot and sweaty	46%	53%	35%	38%	46%	37%	56%	47%	40%
I don't enjoy it	45%	52%	36%	41%	46%	37%	55%	48%	39%
Other people make fun of me	45%	51%	35%	41%	45%	36%	54%	43%	39%
I don't like getting changed in front of other people	44%	51%	34%	40%	45%	35%	54%	44%	39%
My friends don't want to do it	44%	50%	34%	37%	45%	34%	55%	45%	39%
I don't know how to get involved	44%	50%	34%	40%	44%	34%	54%	44%	38%
I don't feel I can be myself in PE	44%	50%	34%	40%	44%	34%	54%	43%	39%
I can't get home if I stay after school	43%	50%	33%	36%	44%	33%	54%	44%	38%
I don't have time because I already do a lot of physical activity outside of school	43%	50%	33%	36%	44%	34%	54%	41%	41%
There isn't enough time to get changed	43%	50%	32%	38%	44%	32%	55%	42%	39%
I don't feel I can be myself in extra-curricular activities	42%	49%	31%	36%	43%	32%	53%	42%	38%
I don't feel encouraged to take part by the teachers	42%	49%	32%	35%	43%	32%	53%	41%	38%
I don't like how the person delivers the activities	42%	49%	31%	35%	43%	32%	53%	43%	37%
I'm not able to do it because the activities are not suitable for me	42%	49%	31%	35%	43%	32%	53%	42%	37%
I don't feel encouraged to take part by my family	42%	49%	32%	35%	43%	32%	53%	41%	37%
I currently have an injury	8%	8%	8%	9%	8%	7%	9%	8%	9%
My school uniform makes it difficult to be physically active at break or lunchtimes	8%	7%	9%	9%	8%	9%	7%	6%	7%
I don't like the activities on offer	7%	8%	7%	6%	7%	7%	9%	7%	8%
I don't feel good enough to join school sports teams	4%	4%	5%	7%	3%	6%	3%	5%	3%
My school work is more important to me	3%	2%	6%	3%	4%	3%	4%	5%	2%
My time is taken up with other activities (e.g. music lessons)	3%	3%	4%	4%	3%	3%	4%	3%	4%
I don't feel supported by the others in the activity	3%	2%	3%	6%	2%	4%	2%	2%	3%
PE/School sport is mainly for sporty boys/girls	3%	3%	3%	3%	2%	3%	2%	3%	3%
My time is taken up with other responsibilities (e.g. caring for brother/sister)	3%	2%	3%	2%	2%	2%	3%	2%	2%
There isn't enough space in the playground for physical activity	2%	2%	3%	4%	2%	2%	3%	1%	3%
I have a medical condition	2%	3%	1%	7%	1%	2%	1%	3%	2%
Something else	43%	49%	32%	37%	43%	33%	53%	42%	38%
Nothing stops me taking part	57%	63%	48%	45%	60%	51%	64%	53%	57%

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

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

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

% Strongly agree / Agree	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
I am happy with the way my body looks	53	54	53	48	57	52	55	47	59
I am happy with the amount of physical activity I do	62	64	60	56	66	63	63	43	77
I would like to have a say in the activities we do in PE and after school clubs	56	56	55	58	57	55	57	49	62
The skills I learn in PE help me in and outside of school	49	56	40	49	50	50	47	41	51
I like it when my PE lessons are competitive	65	67	62	63	68	63	69	55	72
I understand why being active is good for me	89	89	90	86	91	91	90	80	95
I feel like I can be myself when I am being active	68	68	67	61	72	67	70	52	78
Some sports are for boys and some sports are for girls	41	39	43	41	42	41	41	38	43
My school encourages me to be active	60	65	55	57	62	65	56	53	64
I am active with my family outside of school	60	66	53	55	63	62	57	41	70
I feel confident when I take part in physical activity	67	69	64	60	71	65	72	50	78
My school listens to pupils about sport and physical activity they want	39	40	38	40	41	42	35	37	41
After being active at school, I feel more able to concentrate on my work	41	42	40	40	44	40	42	34	45
My school uniform is comfortable to move in when being active at school	28	29	26	29	29	28	27	31	27

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

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

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
I like our PE/sports kit and don't think it needs to be improved	34%	38%	30%	33%	34%	36%	31%	36%	30%
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper, coat for cold weather)	33%	34%	33%	31%	34%	31%	36%	30%	35%
I think kit options should be the same for boys and girls	5%	5%	6%	7%	4%	5%	5%	5%	5%
Extra-curricular kit could be flexible / own choice	26%	22%	31%	24%	27%	25%	29%	19%	30%
I would like the design of our PE/sports kit to be more practical (e.g. better colour, texture, length or material)	16%	13%	21%	16%	16%	17%	15%	17%	17%
Something else	7%	8%	5%	11%	6%	7%	7%	8%	8%

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

% Strongly agree / Agree	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
...confident	42	46	37	40	44	41	43	34	45
...comfortable	53	57	48	47	56	54	53	47	53
...smart	31	34	28	32	32	28	34	29	35
...athletic	49	55	43	49	51	49	50	41	54

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
I like our PE/sports kit and don't think it needs to be improved	34%	38%	30%	33%	34%	36%	31%	36%	30%
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper, coat for cold weather)	33%	34%	33%	31%	34%	31%	36%	30%	35%
I think kit options should be the same for boys and girls	5%	5%	6%	7%	4%	5%	5%	5%	5%
Extra-curricular kit could be flexible / own choice	26%	22%	31%	24%	27%	25%	29%	19%	30%
I would like the design of our PE/sports kit to be more practical (e.g. better colour, texture, length or material)	16%	13%	21%	16%	16%	17%	15%	17%	17%
Something else	7%	8%	5%	11%	6%	7%	7%	8%	8%

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Only during PE/Sport (we change into our PE kit for PE and sport)	60%	56%	65%	61%	61%	62%	59%	59%	61%
Only on school days with timetabled PE or sport	34%	36%	31%	30%	33%	31%	37%	32%	33%
Every school day regardless of whether I have PE or sport	6%	7%	5%	9%	5%	7%	4%	9%	6%

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
I would prefer to wear my PE kit all day on days I have PE	58%	60%	56%	59%	59%	60%	58%	54%	58%
I have no preference	10%	10%	10%	9%	10%	9%	10%	8%	10%
I would prefer to wear my school uniform into school, change to my PE kit before PE and stay in my PE kit for the rest of the school day	9%	9%	10%	13%	8%	9%	10%	11%	9%
I don't know	8%	8%	7%	5%	7%	8%	8%	11%	7%
I would prefer to wear my PE kit into school and change to my school uniform after PE for the rest of the school day	8%	7%	9%	5%	8%	7%	7%	8%	8%
I would prefer to wear my school uniform into school and change into my PE kit before PE and change back into school uniform after PE	7%	6%	9%	9%	7%	7%	7%	8%	8%

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

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

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

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

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

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Strongly agree	26%	30%	22%	25%	28%	26%	27%	21%	35%
Agree	43%	43%	45%	35%	47%	43%	45%	35%	41%
Neither agree nor disagree	19%	16%	22%	22%	18%	19%	18%	22%	15%
Disagree	4%	3%	5%	6%	3%	4%	4%	7%	3%
Strongly disagree	3%	3%	3%	7%	2%	4%	2%	7%	2%
Can't say / Don't know	4%	5%	3%	5%	3%	3%	5%	8%	4%

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

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

Overall, how happy did you feel yesterday?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Mean	6.6	6.6	6.4	6.3	6.8	6.8	6.4	6.0	6.8
0	5%	4%	7%	8%	4%	4%	5%	10%	4%
1	1%	1%	1%	1%	1%	1%	1%	2%	1%
2	2%	3%	2%	5%	2%	3%	2%	3%	3%
3	4%	4%	3%	2%	3%	3%	4%	3%	3%
4	5%	6%	5%	7%	4%	5%	6%	7%	3%
5	14%	12%	15%	15%	13%	12%	16%	19%	12%
6	12%	12%	12%	9%	12%	11%	12%	9%	12%
7	17%	16%	18%	13%	18%	17%	17%	13%	17%
8	16%	17%	14%	12%	17%	18%	14%	14%	16%
9	8%	9%	6%	5%	9%	9%	7%	4%	11%
10	16%	16%	17%	22%	17%	17%	16%	17%	17%

Overall, how satisfied are you with your life nowadays?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Mean	6.6	6.9	6.2	6.0	6.9	6.8	6.5	6.1	6.7
0	5%	4%	7%	10%	4%	4%	6%	7%	5%
1	2%	1%	3%	3%	1%	1%	2%	3%	2%
2	2%	3%	2%	3%	2%	3%	2%	2%	3%
3	4%	3%	4%	3%	3%	4%	4%	5%	3%
4	6%	5%	6%	6%	5%	6%	5%	10%	4%
5	13%	12%	14%	15%	12%	11%	16%	15%	12%
6	10%	9%	10%	9%	9%	9%	10%	10%	8%
7	15%	16%	14%	14%	16%	16%	15%	10%	16%
8	17%	17%	18%	15%	19%	18%	16%	11%	18%
9	11%	14%	8%	7%	12%	12%	10%	10%	12%
10	15%	17%	13%	15%	16%	16%	14%	17%	17%