GIRLS ACTIVE SURVEY LONG VERSION – for teacher reference only

Questions highlighted in yellow are for girls in year groups 7+ only

About you

Please note: This information helps us to understand who is answering our survey. Your teachers will not be told what answers you give.

Q1 What year group are you in?

Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
0	0	0	0	0	0	.00

Q2 Are you...?

A boy	A girl	Prefer to self-describe	Prefer not to say		
0	0	0	0	200	

If you prefer to self-describe, how would you prefer to self-describe?

Q3 How do you feel about...

Please choose one answer per row.

	Like it a lot	Like it	Neither like it or dislike it	Dislike it	Dislike it a lot
taking part in physical activity? This includes activities like running, going for a walk or bike ride, gymnastics and might be at school or outside of school.	80/1/1/0.0/62g	0	Ο	0	О
taking part in PE?	0	0	0	0	0
learning at school?	0	0	0	0	0

Q4 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
- It could be activity a few times in a day (like 3 lots of 20 minutes)

Please choose one answer.

Never	1 day	2 days	3 days	4 days	5 days	6 days	7 days
0	0	0	0	0	0	0	0

Q5	Usually in a week, how often do you take part in any sport or physical activity at school – NOT including PE lessons? (e.g. after school clubs, lunchtime sessions)								
	Please choose one	answer.							
	Never O	1 day O	2 day O	ys 3 day O		4 days O	5 days O		
Q6	Usually in a week, h		•	• •	r physical a	ctivity outsic	le school? (e.g. a	t a	
	Please choose one	answer.							
Never O	1 day O	2 days O	3 da [,] O	ys 4 day O		5 days O	6 days O	7 days O	
Q7	Do you lead any spo	ort or physica	l activity? (e.g. this could be	a referee,	coach or org	aniser)		
	You can choose mo	re than one a	nswer.			Silo			
	In school O	Outside o O	of school	Neith O	er				
Q8	Would you like to le	ead any sport	and physica	al activity?	3/,				
	In school O	Outside o O	of school	Neith O	er				
What y	ou think		6/	500					
Q9a	Would you like to b	e more active	in school?						
	Yes O	No O							
001	F15	CE.			12				
Q9b	[If yes to Q9a] How	-		re active in scho	OI?				
0 0 0 0	You can choose more than one answer. More PE More opportunities to be active at breaktimes/lunchtimes More opportunities to be active after school More opportunities to be active before school More opportunities to be active in other lessons like English, Maths and Science								
Q10	From the activities	listed, which t	three would	l you like to do t	he most at s	school?			
	Please choose three								
0 0 0	American Football Archery Athletics: Track and	C C d Field C	Freer	all / Futsal unning / Parkour all	0 0 0	Sailing	g / Windsurfing oarding		

0	Badminton	0	Golf	0	Squash
0	Baseball / Softball /	0	Gym (e.g. weight training,	0	Swimming, Aquatics and
	Rounders		fitness training)		Diving
0	Basketball / Wheelchair	Ο	Gymnastics	0	Table Tennis / Polybat
	Basketball				
0	BMX / Mountain biking	0	Handball	0	Tennis / Wheelchair Tennis
0	Boccia	Ο	Hockey	0	Trampoling
0	Boxercise / Zumba	Ο	Judo	0	Triathlon
0	Boxing	0	Lacrosse	0	Ultimate Frisbee
0	Bowls	Ο	Martial Arts	0	Volleyball
0	Canoeing / Kayaking	Ο	Multisport / multi-skills /	0	Walking
			MATP		
0	Cheerleading	0	Mountaineering	0	Yoga / Pilates
0	Climbing / Mountaineering	0	Netball		O
0	Cricket / Table Cricket	0	New Age Kurling	0	None of the above
0	Cycling	Ο	Orienteering	0	Something else
0	Dance	Ο	Panathlon		0.
0	Dodgeball	Ο	Roller Sport / Roller Skating /		93
			InLine Skating	C	9,
0	Equestrian	0	Rowing	8	
0	Fencing	0	Rugby League / Rugby Union	163	
	-		/ Wheelchair Rugby	20.	
	If 'something else', please spe	cify	163		
	5	•			
			(0.7		

Q11a At school, how would you like to be grouped for sport, physical activity and PE?

Please choose one answer.

0	Girls	only
_	O	~,

- O Boys only
- O Mixed (boys and girls together)
- O Don't mind

Q11b At school, how would you like to be grouped for sport, physical activity and PE?

Please choose one answer.

- O With your friends
- O With students of a similar ability
- O With students with similar motivations
- O With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)
- O Don't mind
- O Something else

If 'something else', please specify

Q12	What, if anything, motivates you to be active at school?
	Please choose all that apply. If nothing motivates you, please choose 'I am not motivated by anything'.
0 0 0 0 0 0 0 0	It is good for my wellbeing Getting fit and healthy Having fun Playing to win Learning new sports / skills Getting better at the sports / games I play Being with friends Being outside Making new friends Being part of a team Learning skills that help me in life / other school subjects Something else I am not motivated by anything If 'something else', please specify
0	Something else
0	I am not motivated by anything
	If 'something else', please specify
	- Illinois and the second seco
Q13	What, if anything, currently stops you being active / more active at school?
	Please choose all that apply, from any of the sections. If nothing stops you, please choose 'Nothing stops me taking part'.
Feeling	
0 0 0	I am not confident I can't be bothered
0 0 0 0 0	I don't enjoy it I don't feel I can be myself in PE I don't feel I can be myself in extra-curricular activities I don't feel encouraged by my teachers I'm not good at it I worry about how I look I don't like getting hot and sweaty
0 0 0 0	I don't enjoy it I don't feel I can be myself in PE I don't feel I can be myself in extra-curricular activities I don't feel encouraged by my teachers I'm not good at it I worry about how I look
0 0 0 0	I don't enjoy it I don't feel I can be myself in PE I don't feel I can be myself in extra-curricular activities I don't feel encouraged by my teachers I'm not good at it I worry about how I look I don't like getting hot and sweaty My breasts feel uncomfortable when I exercise
0 0 0 0 0 0 0 Other	I don't enjoy it I don't feel I can be myself in PE I don't feel I can be myself in extra-curricular activities I don't feel encouraged by my teachers I'm not good at it I worry about how I look I don't like getting hot and sweaty My breasts feel uncomfortable when I exercise Deeople I don't feel encouraged to take part by my family
0 0 0 0 0 0 Other	I don't feel I can be myself in PE I don't feel I can be myself in extra-curricular activities I don't feel encouraged by my teachers I'm not good at it I worry about how I look I don't like getting hot and sweaty My breasts feel uncomfortable when I exercise Deeple I don't feel encouraged to take part by my family My friends don't want to do it
0 0 0 0 0 0 Other 0 0	I don't feel I can be myself in PE I don't feel I can be myself in extra-curricular activities I don't feel encouraged by my teachers I'm not good at it I worry about how I look I don't like getting hot and sweaty My breasts feel uncomfortable when I exercise Deeople I don't feel encouraged to take part by my family My friends don't want to do it Other people make fun of me
0 0 0 0 0 0 Other	I don't feel I can be myself in PE I don't feel I can be myself in extra-curricular activities I don't feel encouraged by my teachers I'm not good at it I worry about how I look I don't like getting hot and sweaty My breasts feel uncomfortable when I exercise Deeple I don't feel encouraged to take part by my family My friends don't want to do it

I don't like taking part with boys

Other things

- 0 I don't like the PE kit 0
- I can't get home if I stay after school
- 0 I don't have time because I already do a lot of physical activity outside of school
- 0 I don't like the activities on offer
- 0 When I have my period
- 0 I have an injury
- 0 I'm not able to do it because the activities are not suitable for me
- 0 I don't know how to get involved
- 0 There isn't enough time to get changed
- When it's outside and it's not nice weather 0
- 0 Something else
- 0 Nothing stops me taking part

If 'something else', please specify

Q14 ...What, if anything, currently stops you being active / more active outside of school?

Please choose all that apply, from any of the sections. If nothing stops you, please choose 'Nothing stops me taking part'.

Feelings

- 0 I am not confident
- 0 I can't be bothered
- 0 I don't enjoy it
- 0 I don't feel I can be myself at sports clubs/facilities
- 0 I'm not good at it
- 0 I worry about how I look
- 0 I don't like getting hot and sweaty
- 0 I don't feel safe
- 0 My breasts feel uncomfortable when I exercise

Other people

- 0 I don't feel encouraged to take part by my family
- 0 My parent(s)/carer(s) worry about my safety
- 0 My friends don't want to do it
- 0 Other people make fun of me
- 0 I don't like getting changed in front of other people
- 0 I don't like how the person delivers the activities
- 0 I don't like other people watching me
- 0 I don't like taking part with boys

Other things

0 I don't like the PE kit

О	Sports clubs/facilities are too far away from where I live
0	My school work is more important to me
0	I can't get home if I stay after school
0	When I have my period
0	It costs too much money
0	I can't get transport to/from activities
0	I don't have time because I already do a lot of physical activity
0	My time is taken up with other activities
0	I have an injury
0	I'm not able to do it because the activities are not suitable for me
0	I don't know how to get involved
0	There isn't enough time to get changed
0	I don't like the activities on offer
0	When it's outside and it's not nice weather
0	Something else
0	Nothing stops me taking part
	I have an injury I'm not able to do it because the activities are not suitable for me I don't know how to get involved There isn't enough time to get changed I don't like the activities on offer When it's outside and it's not nice weather Something else Nothing stops me taking part mething else', please specify
15 (
If 'son	mething else', please specify
	.054
	1916
Q15	From surveys we have done in the past, we know that many girls don't want to participate in PE and physical activity when they are on their period. We would like to ask you more questions on that topic so that we can help make this time easier for you.
	You don't have to answer these questions. Click 'yes' if you do, 'no' if you don't want to or 'not applicable if they don't apply to you.
	Are you happy to answer these questions?
	Please choose one answer.
0	Yes
0	No O
0	Not applicable
U	Not applicable
Q16	[if yes to Q15] Do you take part in PE when you have your period?
	Please choose one answer.
	riedse choose one answer.
0	Always
O	Mostly
0	Sometimes
0	Never
017	lifyes to O151 When you have your nevied do any of the following this provides the state of the same of the following this provides the same of th
Q17	[if yes to Q15] When you have your period, do any of the following things worry you about taking part in
	PE or school sport?

Please choose all that apply. If nothing worries you, please choose 'Nothing worries me about taking part

in PE/school sport when I have my period'.

O	I don't have the energy
0	I am in pain/ it is uncomfortable
0	My mood is low
0	My confidence is low
0	I worry about leaking
0	I worry others will know I am on my period
0	I feel self-conscious taking part
0	I feel self-conscious changing in the changing rooms
0	I don't feel supported/understood by my teachers
0	I don't feel supported/understood by other girls
0	I don't feel I can take part to the level expected
0	My skill level isn't as good as usual (for example, my balance isn't as good)
0	I have had a bad experience before
0	Something else
0	I don't feel supported/understood by my teachers I don't feel supported/understood by other girls I don't feel I can take part to the level expected My skill level isn't as good as usual (for example, my balance isn't as good) I have had a bad experience before Something else Nothing worries me about taking part in PE/school sport when I have my period
	If 'comothing also', places specify
	If 'something else', please specify
	and the second s
Q18	[if yes to Q15] What, if anything, can your school do to help you in PE when you have your period?
~	[yes to all finds, it arrythmis, can your sensor as to help you mit I mile you have your persons
—	
4 _5	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already
0	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already
	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'.
0	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'. Better options for PE kit to help me feel more comfortable
0 0	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'. Better options for PE kit to help me feel more comfortable More support to help me cope in PE with how I feel
0 0	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'. Better options for PE kit to help me feel more comfortable More support to help me cope in PE with how I feel Greater flexibility to participate to my ability at this time (for example, less intense activity, or choice of
0 0 0	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'. Better options for PE kit to help me feel more comfortable More support to help me cope in PE with how I feel Greater flexibility to participate to my ability at this time (for example, less intense activity, or choice of different activities)
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0 0 0	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'. Better options for PE kit to help me feel more comfortable More support to help me cope in PE with how I feel Greater flexibility to participate to my ability at this time (for example, less intense activity, or choice of different activities) Greater understanding shown by teachers (for example, improved changing room privacy, permission to use the bathroom) More support to help me understand about periods and exercise Access to sanitary products in PE
0 0 0 0	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'. Better options for PE kit to help me feel more comfortable More support to help me cope in PE with how I feel Greater flexibility to participate to my ability at this time (for example, less intense activity, or choice of different activities) Greater understanding shown by teachers (for example, improved changing room privacy, permission to use the bathroom) More support to help me understand about periods and exercise
0 0 0 0	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'. Better options for PE kit to help me feel more comfortable More support to help me cope in PE with how I feel Greater flexibility to participate to my ability at this time (for example, less intense activity, or choice of different activities) Greater understanding shown by teachers (for example, improved changing room privacy, permission to use the bathroom) More support to help me understand about periods and exercise Access to sanitary products in PE Information to my parents about PE and periods Offering girls only PE lessons
0 0 0 0	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'. Better options for PE kit to help me feel more comfortable More support to help me cope in PE with how I feel Greater flexibility to participate to my ability at this time (for example, less intense activity, or choice of different activities) Greater understanding shown by teachers (for example, improved changing room privacy, permission to use the bathroom) More support to help me understand about periods and exercise Access to sanitary products in PE Information to my parents about PE and periods
0 0 0 0 0 0 0	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'. Better options for PE kit to help me feel more comfortable More support to help me cope in PE with how I feel Greater flexibility to participate to my ability at this time (for example, less intense activity, or choice of different activities) Greater understanding shown by teachers (for example, improved changing room privacy, permission to use the bathroom) More support to help me understand about periods and exercise Access to sanitary products in PE Information to my parents about PE and periods Offering girls only PE lessons
0 0 0 0 0 0 0 0	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'. Better options for PE kit to help me feel more comfortable More support to help me cope in PE with how I feel Greater flexibility to participate to my ability at this time (for example, less intense activity, or choice of different activities) Greater understanding shown by teachers (for example, improved changing room privacy, permission to use the bathroom) More support to help me understand about periods and exercise Access to sanitary products in PE Information to my parents about PE and periods Offering girls only PE lessons Something else
0 0 0 0 0 0 0 0	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'. Better options for PE kit to help me feel more comfortable More support to help me cope in PE with how I feel Greater flexibility to participate to my ability at this time (for example, less intense activity, or choice of different activities) Greater understanding shown by teachers (for example, improved changing room privacy, permission to use the bathroom) More support to help me understand about periods and exercise Access to sanitary products in PE Information to my parents about PE and periods Offering girls only PE lessons Something else Nothing, what they already do is good
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0 0 0 0 0 0 0 0	Please choose all that apply. If they don't need to do anything, please choose 'Nothing, what they already do is good'. Better options for PE kit to help me feel more comfortable More support to help me cope in PE with how I feel Greater flexibility to participate to my ability at this time (for example, less intense activity, or choice of different activities) Greater understanding shown by teachers (for example, improved changing room privacy, permission to use the bathroom) More support to help me understand about periods and exercise Access to sanitary products in PE Information to my parents about PE and periods Offering girls only PE lessons Something else Nothing, what they already do is good

Q19 [if yes to Q15] How comfortable do you feel talking to your PE teacher about periods?

Please choose one answer.

- O Very comfortable
- O Somewhat comfortable
- O Not at all comfortable

More about you

Q20 How much do you agree with each of the following sentences?

Please choose one answer for each sentence.

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I am happy with the way my body looks	0	0	0	0	Olife
I am happy with the amount of physical activity I do	0	0	0	0	lejen o
I would like to have a say in the activities we do in PE and after school clubs	0	0	0	0	0
The skills I learn in PE help me in and outside of school	0	0	IEI O	0	0
I like it when my PE lessons are competitive	0		0	0	0
I understand why being active is good for me	02861	0	0	0	0
I feel like I can be myself when I am being active	0	О	0	0	0
Some sports are for boys and some sports are for girls	0	0	0	0	0
My school encourages me to be active	0	0	0	0	0
I am active with my family outside of school	0	0	0	0	0
I have the same opportunities as boys in school to do the sports and activities I want to	O	O	O	O	O

<mark>Foot</mark> l	ts like the Wo ball and the C re me to be m	<mark>Olympics</mark>	O	O	O	O	O	
Q21.	How much	do you agree with	each of the fol	lowing?				
	Please choo	ose one answer per	row.					
My PE	/sports kit ma	akes me feel					0	
		Strongly agree	Agree		her agree disagree	Disagree	Strongly disagree	
con	fident	0	0		0	0	leje o	
con	nfortable	О	0		0	000	0	
sma	art	0	0		0	11850	0	
ath	letic	0	0		0 1858	0	О	
0 0 0 0	I like our PE I would like I think kit o Extra-curric	e one answer. E/sports kit and don to have more optic ptions should be the cular kit could be fle	ons to choose f e same for boy xible / own cho	rom (e.g. leg s and girls pice	gings, jogger	s, long-sleeved to	op and jumper)	
Q23 0 0 0 0 0 0 0 0 0	White (not British or English) Mixed / multiple ethnic groups Asian / Asian British Black / African / Caribbean / Black British Other ethnic group Don't know							
Please	specify your	ethnic group? - Wi	nite					
0 0	British/Engl Other white	lish/Welsh/Scottish, e	/Northern Irish		rish Prefer not to		or Irish Traveller	
Please	specify your	ethnic group? - Mi	xed / multiple	ethnic grou	ps			
0 0	White and I	Black Black African	O Carib O Othe	bean r mixed	O O	White and Asia Prefer not to s		

Please specify your ethnic group? - Asian / Asian British					
0	Indian	0	Pakistani	0	Bangladeshi
0	Chinese	0	Other Asian	0	Prefer not to say
Please specify your ethnic group? - Black / African / Caribbean / Black British					
0	African	0	Caribbean	0	Other black
0	Prefer not to say				
Please specify your ethnic group? - Other ethnic group					
0	Arab	0	Other	0	Prefer not to say
Please specify your ethnic group? - Other ethnic group O Arab O Other O Prefer not to say If 'other', please specify Q24 What is your faith / religion? Choose one option that best describes your faith or background.					
Q24	What is your faith / religion?				659/
	Choose one option that best describes your faith or background. Christian Muslim Hindu Sikh Jewish Buddhist Other religion No religion Prefer not to say				
0	Christian			1621	
0	Muslim		,0		
0	Hindu			, ·	
0	Sikh		" 2),		
0	Jewish				
0	Buddhist		92.		
0	Other religion		CD)		
0	No religion				
0	Prefer not to say	- c			
	·	109.			
Q25	Do you have a disability, or a special educational need, which means you need extra help to do things?				
0	Yes				
0	No				
0	Prefer not to say				
0	Don't know				
	1010				
Q26	Do your parents have to pay if you have school meals?				
0	Yes				
0	No				
0,0	Prefer not to say				
0	Don't know				
Q27	What is the name of your scho	ool?			