Girls Active

National report

June 2025 | Boys' report

YOUTH SPORT TRUST

Summary of key findings at your school

Overall attitudes to PE and physical activity

87%	enjoy taking part in physical activity
86%	enjoy taking part in PE
47%	enjoy learning at school

Top 10 barriers to being active at school

12%	I am not confident
10%	When it's outside and it's not nice weather
8%	I don't like getting hot and sweaty
8%	I don't enjoy it
7%	I don't like getting changed in front of other people
12%	I can't be bothered
9%	I'm not good at it
8%	I don't like the PE kit
7%	I have an injury
7%	Other people make fun of me

Top 10 motivators for being active at school

64%	Having fun
49%	Getting fit and healthy
40%	Learning new sports / skills
33%	Playing to win
28%	It is good for my wellbeing
51%	Being with friends
41%	Getting better at the sports / games I play
39%	Being outside
31%	Being part of a team
25%	Learning skills that help me in life / other school subjects

Summary of key findings at your school

Preferred group for sport, physical activity and PE

In terms of gender:

55%	Boys only
30%	Don't mind
16%	Mixed (all young people together)

In terms of motivations:

66%	With friends
17%	With students of similar ability
2%	With students with similar motivations
3%	With students wanting to take similar curriculum pathways
11%	Don't mind
1%	Something else

Leading sport and physical activity

9%	% who lead sport in school
25%	% who lead sport outside of school
20%	% who would **like to** lead sport in school
20%	% who would **like to** lead sport outside of school

Top 3 suggested improvements to PE/sports kit

29%	I would like to have more options to choose from
26%	Extra-curricular kit could be flexible / own choice
21%	I don't like the look of our PE/sports kit

Boys' report: Introduction

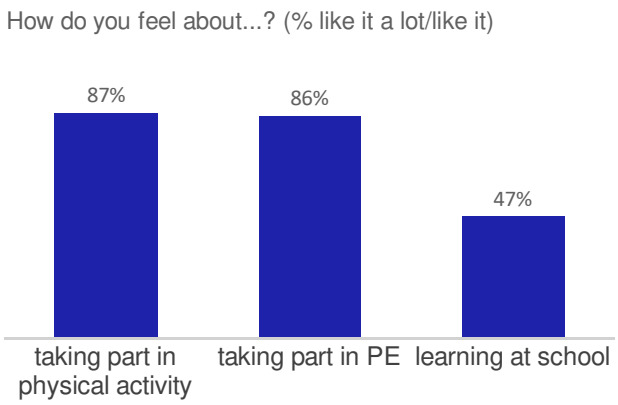
This report summarises responses to the *Girls Active Questionnaire* that boys completed between October 2024 and June 2025. This report is based on **9165 responses from boys.**

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* (87%), followed by *taking part in PE* (86%) and *learning at school* (47%).



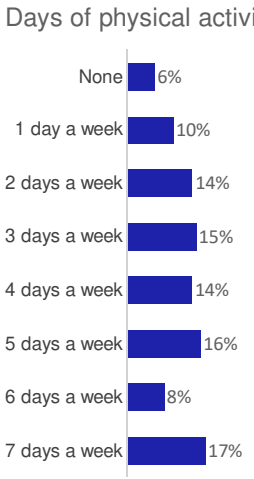
Base: All respondents

Being active

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'.

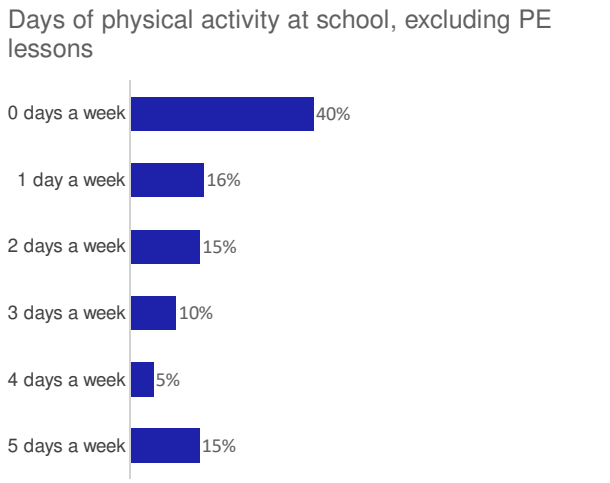
On average, boys took part on 3.9 days per week.



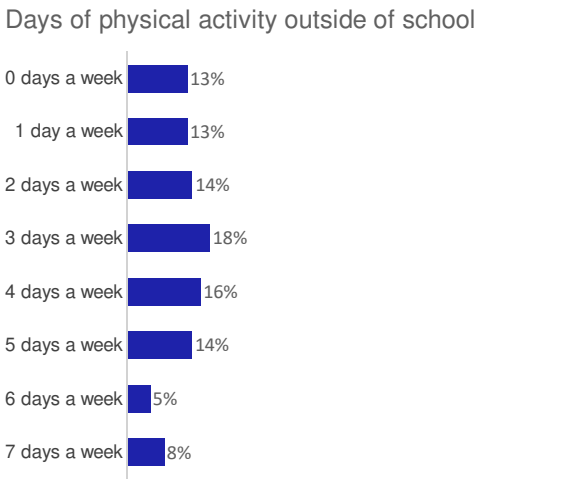
Base: All respondents

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* (40%). 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 *3 days a week* (18%). On average, boys took part on 3.1 days per week.



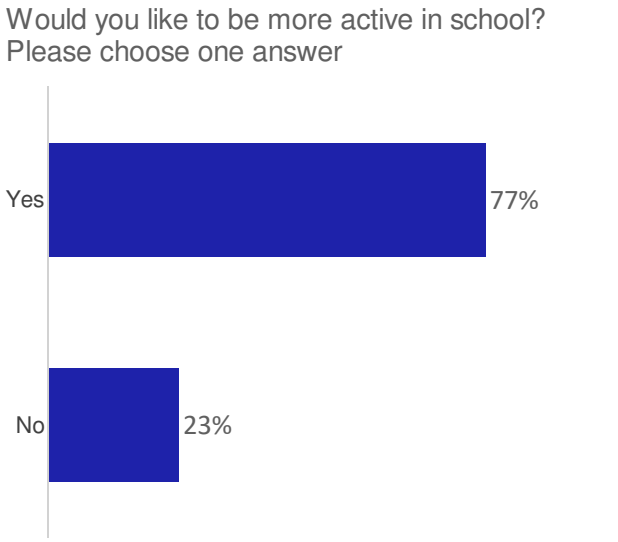
Base: All respondents



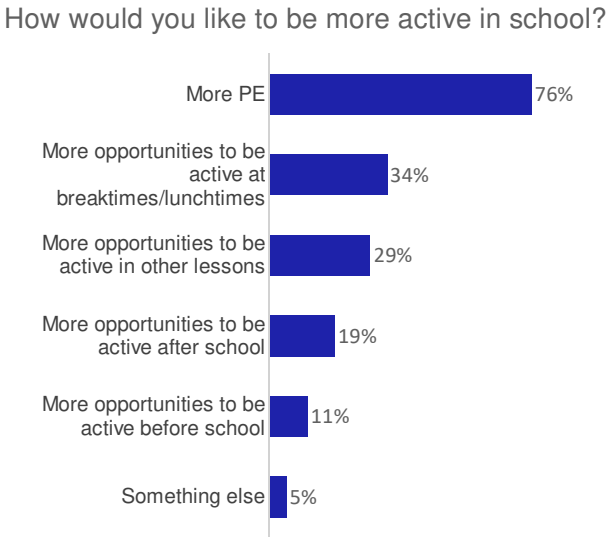
Base: All respondents

The chart below shows that 77% 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* (76%) or *More opportunities to be active at breaktimes/lunchtimes* (34%).



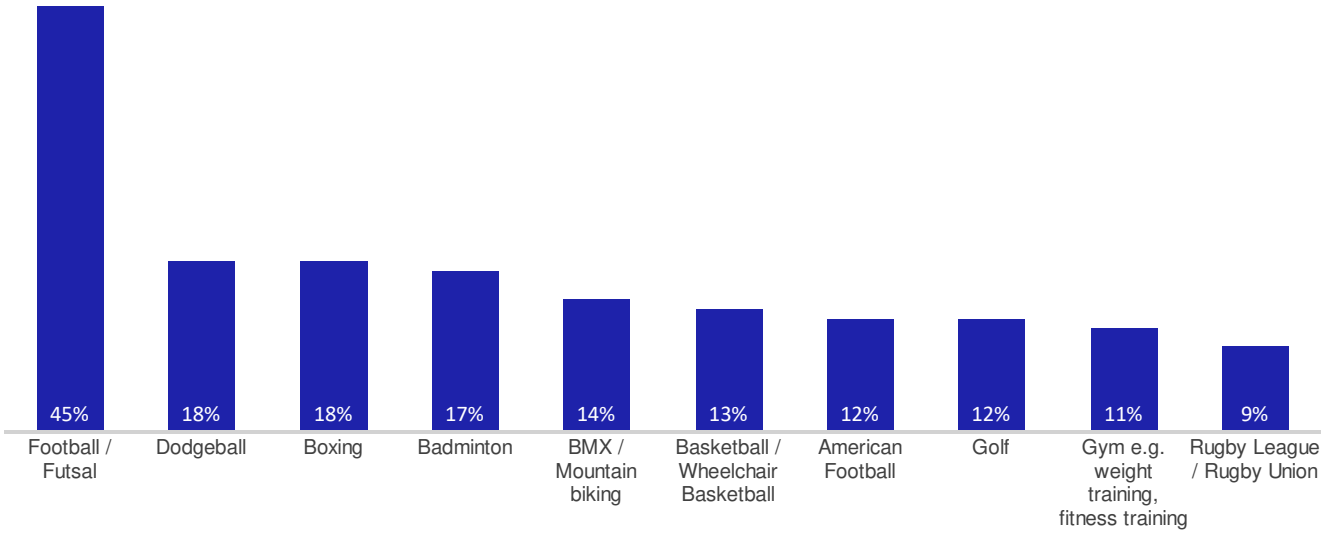
Base: All respondents



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* (45%), Dodgeball (18%), and *Boxing* (18%).

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

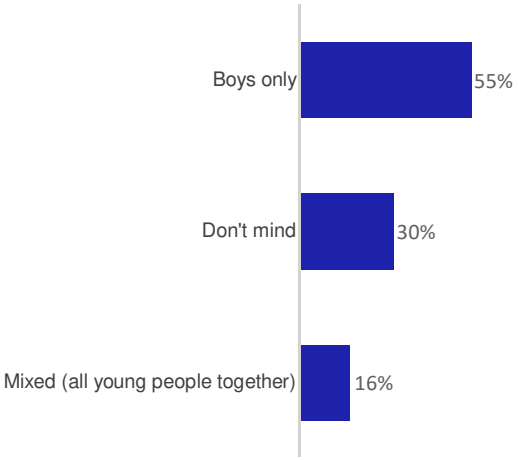


Base: All respondents

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.

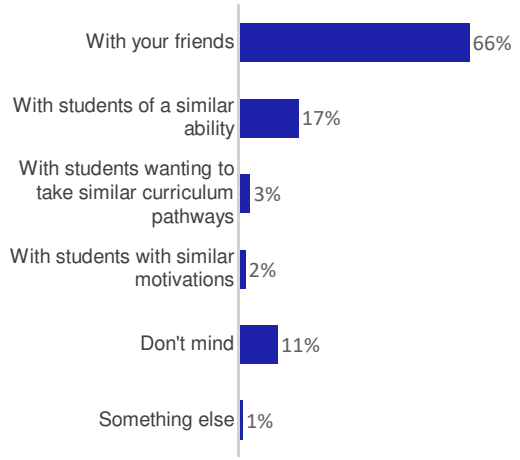
In terms of gender they were most likely to say *Boys only* (55%), while the most common response in terms of motivations was *With your friends* (66%).

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?



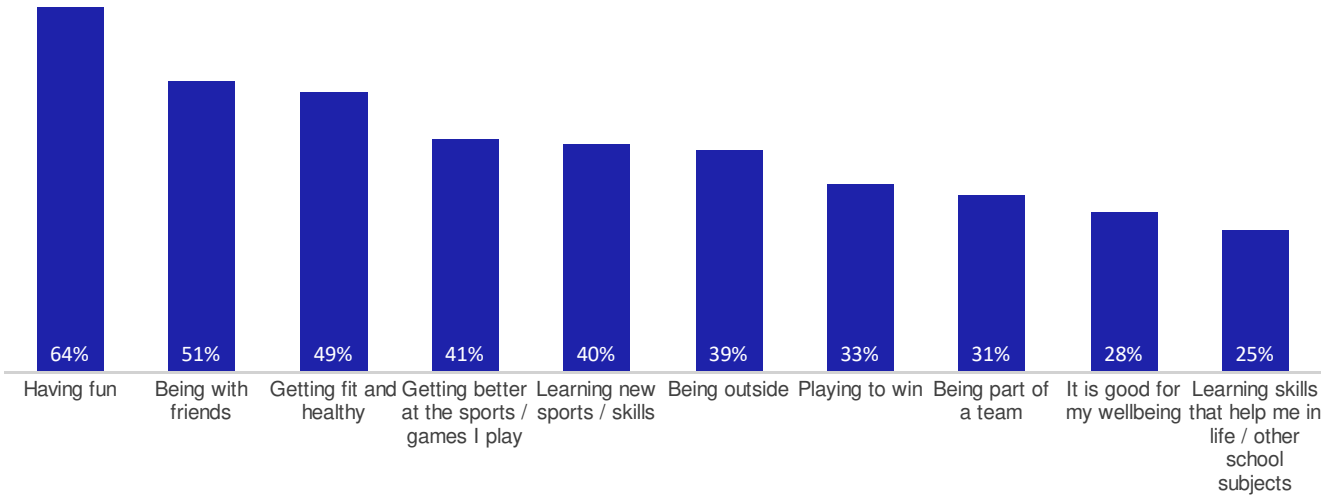
Base: All respondents

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* (64%), *Being with friends* (51%), and *Getting fit and healthy* (49%).

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

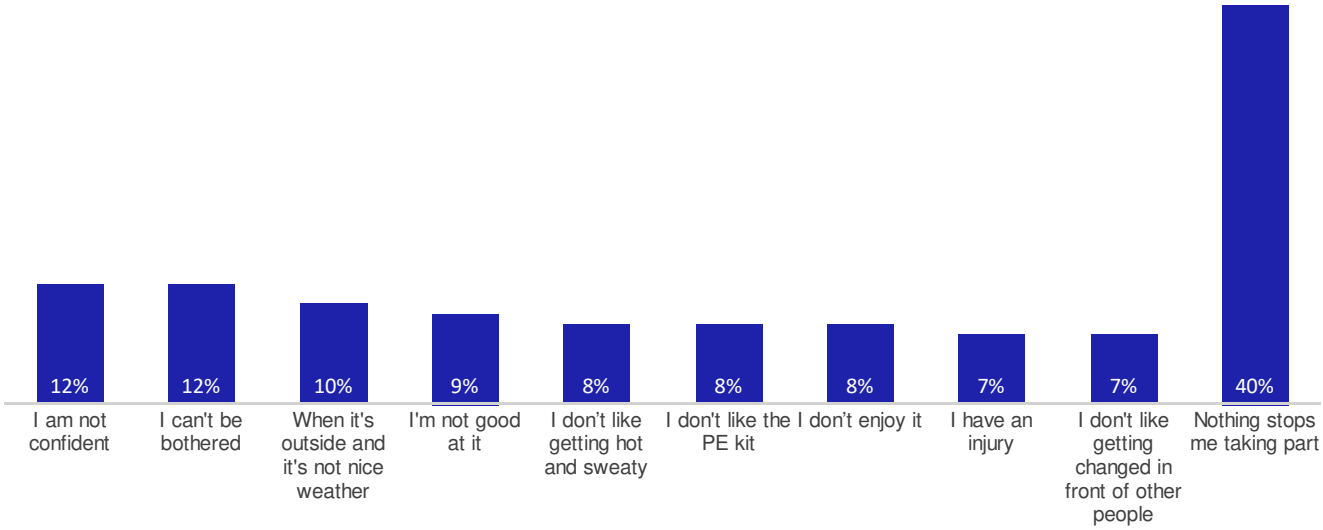


Base: All respondents

What stops you?

The top 3 barriers that stopped boys from being more active were; *I am not confident* (12%), *I can't be bothered* (12%), and *When it's outside and it's not nice weather* (10%). However 40% of boys said that none of these barriers stopped them.

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



Base: All respondents

Leading sport and physical activity

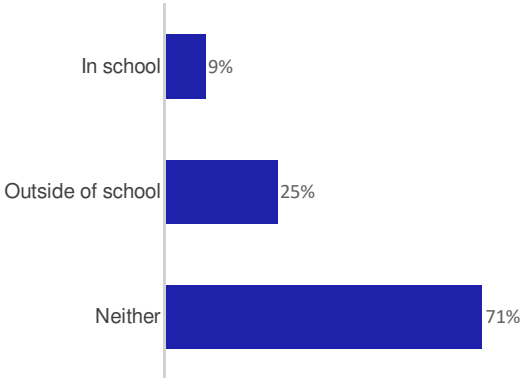
Boys were asked whether they lead any sport or physical activity - refereeing, coaching, or organising, for example - either inside or outside of school.

9% said that they lead sport in school, while 25% lead outside of school.

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

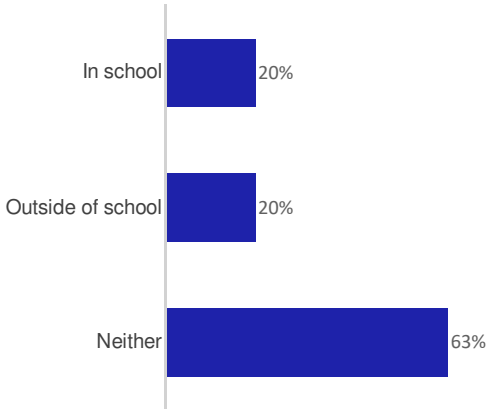
20% said that they would like to lead sport or physical activity at school, compared to 20% outside of school.

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



Base: All respondents

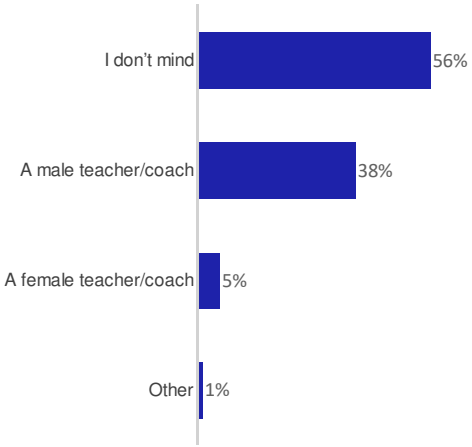
Would you like any leadership roles in sport / physical activity?



Base: All respondents

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?

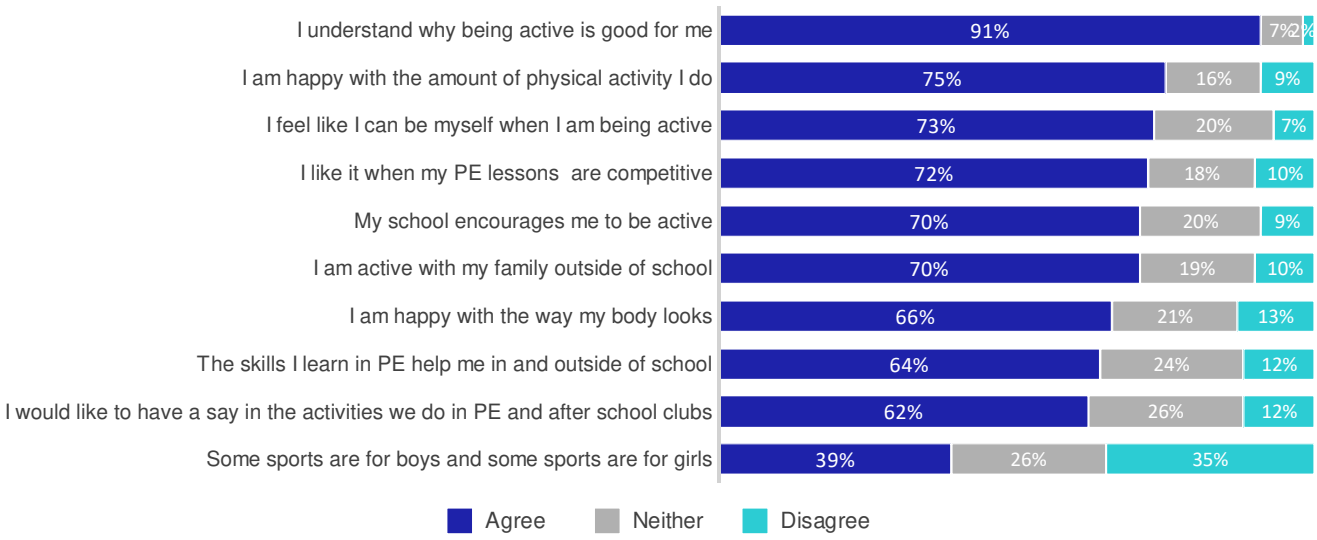


Base: All respondents after May 2024

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* (91%), *I am happy with the amount of physical activity I do* (75%) and *I feel confident when I take part in physical activity* (74%).

National data

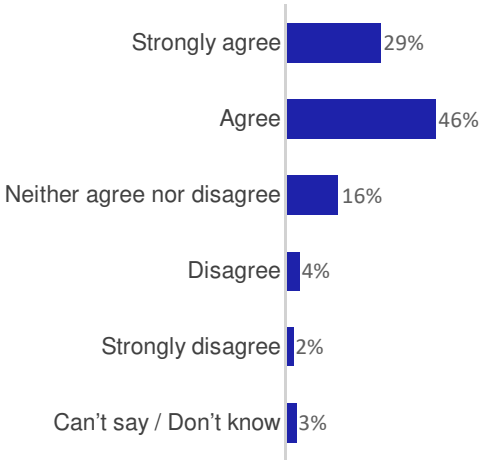


Base: Pupils at your school (*after May 2024)

Overall, 75% of boys *Strongly agreed* or *Agreed* with the statement "If I find something difficult, I keep trying until I can do it".

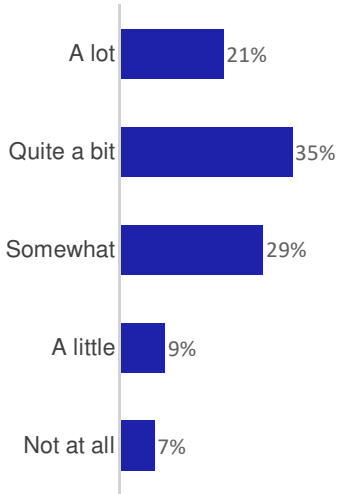
When asked if they felt that they belong at their school 55% replied *A lot* or *Quite a bit.*

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



Base: All respondents

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?

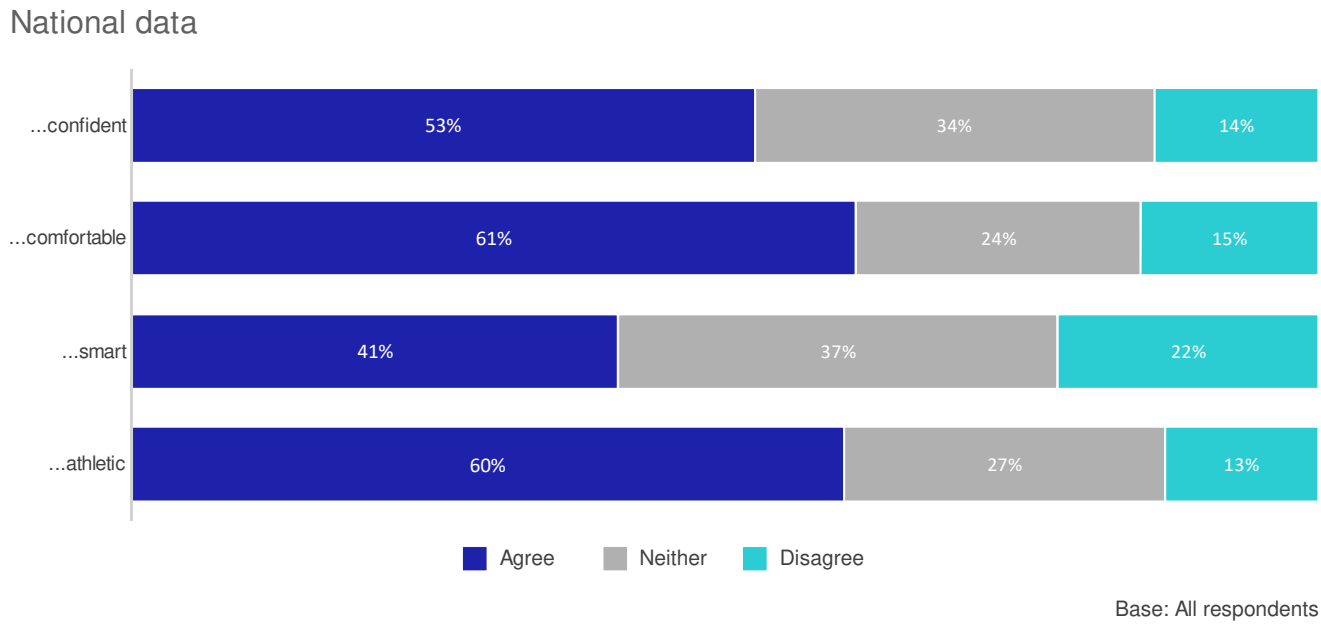
Base: All respondents

Overall, how satisfied are you with your life nowadays?

Base: All respondents

PE kit

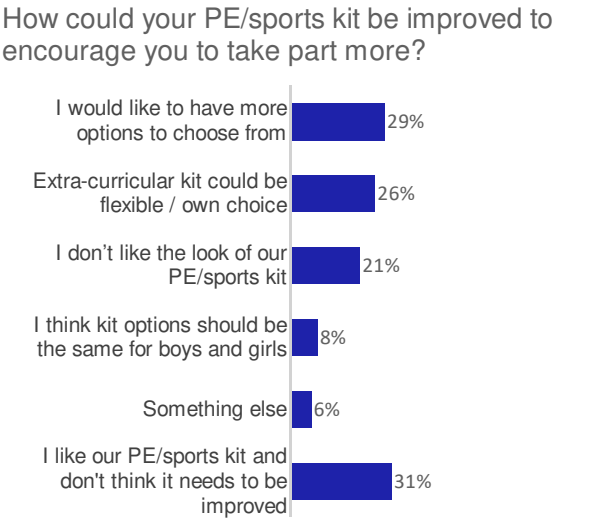
When asked how their PE/sports kit made them feel, 53% of boys agreed or strongly agreed that it made them feel *Confident,* 61% said they felt *Comfortable,* 41% felt *Smart* and 60% felt *Athletic.*



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*' (29%), '*Extra-curricular kit could be flexible / own choice*' (26%), and '*I don't like the look of our PE/sports kit*' (21%).

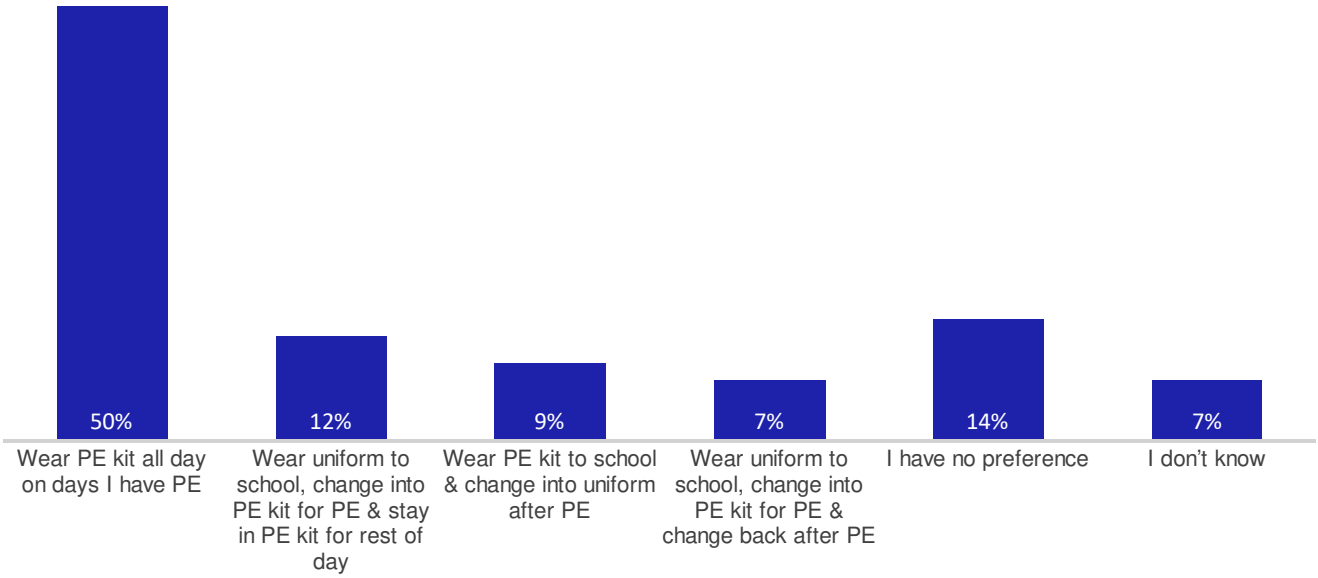
31% said that they like the current PE kit or didn't think it needed to be changed.



Base: All respondents

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*.

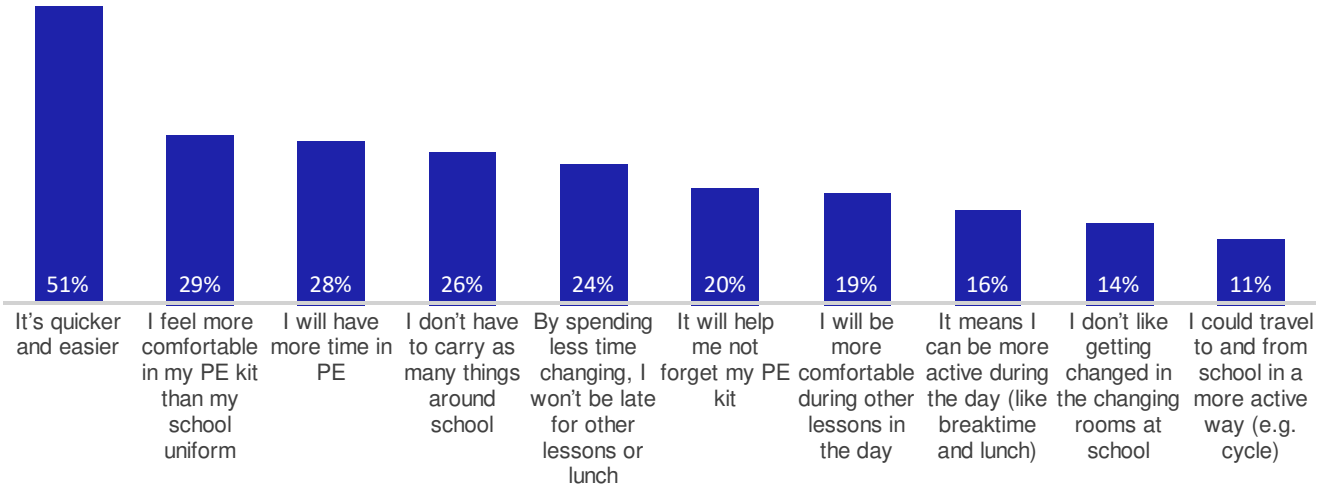
Which of the following would you prefer to do on days you have PE?



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* (51%). However, 13% said that nothing would encourage them to wear their PE kit outside of PE lessons on days that they have PE.

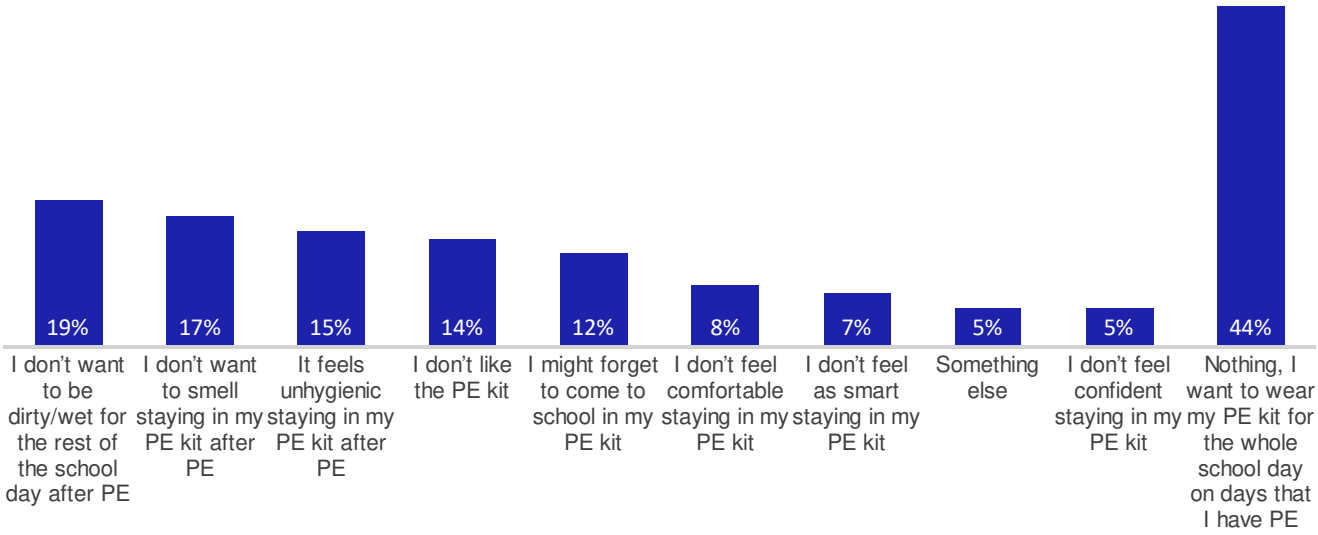
What, if anything, would motivate you to wear your PE kit at school outside of PE lessons on days you have PE?



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 be dirty/wet for the rest of the school day after PE* (19%). The top 10 reasons are shown below. 44% of boys said that they weren't put off by any of these barriers.

What, if anything, would stop you from wanting to wear your PE kit at school outside of PE lessons on days you have PE?

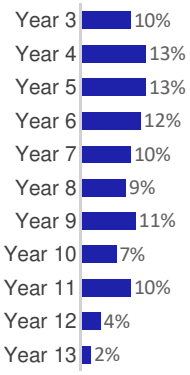


Base: All respondents in Year 7 & above

Pupil profile

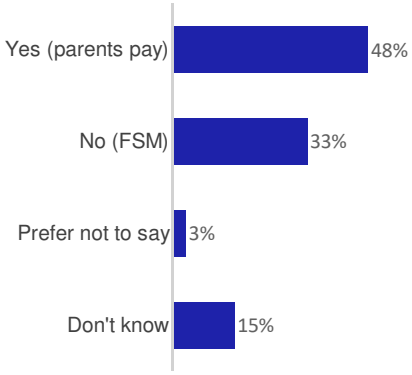
The charts below show the profile of boys who responded to the questionnaire. Boys were most likely to describe their ethnic background as *White (British or English)* (52%). 33% said that they receive free school meals, and 16% said that they have a Special Educational Need or Disability (SEND).

Year group



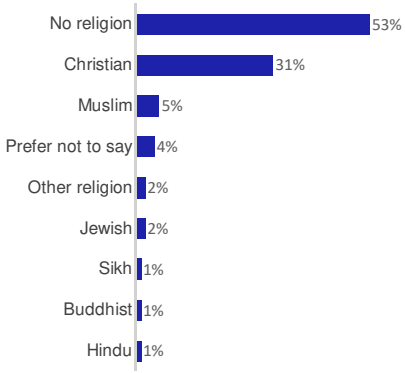
Base: All respondents

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



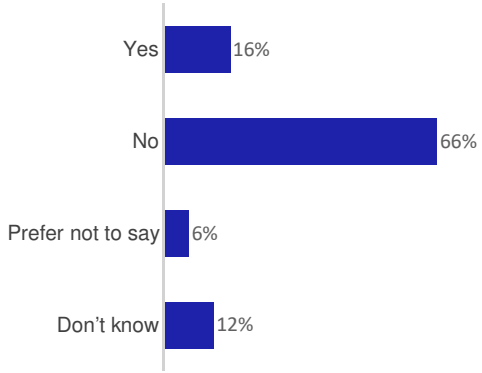
Base: All respondents

Faith or religion



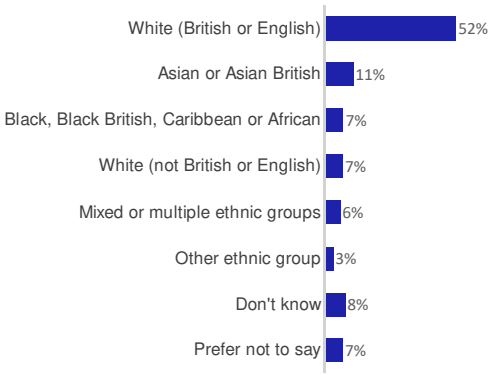
Base: All respondents in Yr 7 & above

Disability or special educational needs



Base: All respondents

Ethnic background



Base: All respondents

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	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
taking part in physical activity	87	88	88	86	88	79	90	88	87	75	92
taking part in PE	86	92	90	86	77	76	90	86	85	79	89
learning at school	47	-	-	38	58	42	53	45	51	46	46

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	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
None	6%	7%	6%	4%	9%	6%	5%	3%	8%	37%	-
1 day a week	10%	16%	12%	7%	4%	15%	8%	8%	10%	63%	-
2 days a week	14%	18%	12%	16%	11%	15%	14%	13%	16%	-	-
3 days a week	15%	15%	12%	17%	20%	15%	16%	15%	14%	-	-
4 days a week	14%	7%	11%	17%	18%	11%	15%	17%	12%	-	-
5 days a week	16%	10%	16%	15%	17%	11%	18%	16%	17%	-	38%
6 days a week	8%	6%	9%	8%	9%	8%	8%	10%	7%	-	20%
7 days a week	17%	21%	23%	15%	12%	20%	16%	18%	17%	-	42%

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	40%	40%	44%	50%	38%	40%	36%	53%	36%
1 day a week	16%	16%	14%	15%	16%	15%	17%	28%	12%
2 days a week	15%	16%	12%	9%	16%	16%	14%	7%	13%
3 days a week	10%	10%	10%	4%	12%	10%	10%	4%	8%
4 days a week	5%	6%	3%	9%	3%	5%	6%	3%	6%
5 days a week	15%	12%	17%	14%	15%	13%	17%	6%	24%

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	13%	15%	12%	16%	11%	12%	14%	43%	7%
1 day a week	13%	12%	10%	19%	13%	12%	14%	24%	9%
2 days a week	14%	18%	12%	11%	14%	15%	14%	9%	9%
3 days a week	18%	16%	23%	17%	19%	19%	17%	10%	8%
4 days a week	16%	13%	13%	11%	15%	16%	12%	4%	17%
5 days a week	14%	11%	20%	10%	16%	14%	15%	7%	21%
6 days a week	5%	6%	5%	8%	5%	6%	4%	1%	12%
7 days a week	8%	9%	6%	9%	7%	6%	10%	2%	16%

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	9%	10%	7%	7%	9%	8%	12%	5%	10%
Outside of school	25%	26%	21%	18%	26%	25%	25%	10%	31%
Neither	71%	68%	78%	78%	71%	71%	68%	87%	65%

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	20%	23%	17%	14%	22%	21%	20%	18%	22%
Outside of school	20%	19%	22%	18%	21%	20%	22%	8%	23%
Neither	63%	62%	63%	70%	61%	62%	61%	76%	58%

How would you like to be more active in school?

Break % Respondents	National data	Key Stage				SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
More PE	76%	78%	78%	76%	67%	78%	75%	76%	76%	72%	77%
More opportunities to be active at breaktimes/lunchtimes	34%	37%	37%	30%	27%	31%	34%	31%	40%	30%	37%
More opportunities to be active after school	19%	20%	21%	20%	14%	20%	19%	18%	21%	13%	22%
More opportunities to be active before school	11%	15%	14%	10%	4%	9%	12%	10%	12%	7%	13%
More opportunities to be active in other lessons like English, Maths and Science	29%	24%	31%	34%	31%	21%	31%	33%	27%	21%	34%
Something else	5%	8%	5%	3%	4%	7%	4%	4%	5%	3%	6%

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	45%	49%	41%	29%	48%	45%	48%	34%	47%
Dodgeball	18%	24%	12%	19%	17%	20%	13%	20%	16%
Boxing	18%	16%	14%	14%	17%	14%	27%	16%	19%
Badminton	17%	12%	21%	15%	18%	16%	22%	22%	20%
BMX / Mountain biking	14%	18%	8%	12%	12%	14%	12%	6%	17%
Basketball / Wheelchair Basketball	13%	10%	19%	9%	13%	10%	19%	13%	8%
American Football	12%	7%	18%	7%	14%	10%	17%	9%	13%
Golf	12%	11%	16%	7%	14%	17%	4%	7%	11%
Gym e.g. weight training, fitness training	11%	9%	14%	13%	10%	10%	12%	12%	11%
Rugby League / Rugby Union	9%	10%	12%	11%	10%	13%	3%	5%	11%

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	55%	61%	48%	42%	56%	53%	60%	47%	60%
Don't mind	30%	26%	32%	32%	29%	30%	26%	22%	30%
Mixed (all young people together)	16%	13%	20%	27%	15%	17%	14%	31%	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
With your friends	66%	68%	65%	64%	65%	65%	68%	69%	62%
With students of a similar - ability	17%	16%	18%	12%	20%	19%	14%	13%	19%
With students with similar motivations	2%	3%	1%	3%	3%	2%	4%	1%	3%
With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)	3%	3%	2%	2%	3%	2%	4%	7%	3%
Don't mind	11%	9%	13%	18%	9%	12%	9%	10%	13%
Something else	1%	1%	0%	1%	0%	0%	1%	1%	0%

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

Break % Respondents	National data	Key Stage				SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
A female teacher/coach	5%	10%	4%	3%	4%	9%	4%	5%	6%	9%	4%
A male teacher/coach	38%	37%	34%	44%	37%	37%	38%	38%	40%	37%	42%
I don’t mind	56%	52%	62%	52%	58%	53%	57%	57%	54%	53%	54%
Other	1%	1%	1%	1%	2%	1%	1%	1%	1%	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	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Having fun	64%	62%	71%	63%	55%	53%	67%	66%	61%	54%	66%
Being with friends	51%	48%	59%	52%	48%	41%	53%	55%	46%	39%	55%
Getting fit and healthy	49%	52%	54%	48%	36%	40%	51%	49%	50%	34%	57%
Getting better at the sports / games I play	41%	45%	55%	37%	29%	33%	44%	40%	42%	29%	47%
Learning new sports / skills	40%	48%	54%	31%	24%	30%	42%	39%	39%	30%	44%
Being outside	39%	43%	49%	35%	31%	31%	41%	41%	36%	25%	46%
Playing to win	33%	35%	39%	32%	23%	21%	35%	31%	36%	23%	39%
Being part of a team	31%	42%	43%	25%	14%	22%	32%	30%	32%	22%	37%
It is good for my wellbeing	28%	28%	29%	28%	29%	27%	29%	29%	29%	19%	32%
Learning skills that help me in life / other school subjects	25%	32%	34%	20%	15%	19%	26%	22%	28%	18%	29%
Making new friends	20%	27%	29%	15%	7%	18%	20%	18%	23%	16%	25%
Something else	2%	4%	3%	2%	3%	2%	2%	2%	2%	3%	4%
I am not motivated by anything	7%	3%	3%	7%	13%	11%	5%	5%	8%	13%	4%

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

Break % Respondents	National data	Key Stage				SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Nothing stops me taking part	40%	37%	43%	38%	42%	21%	47%	43%	37%	27%	46%
I am not confident	12%	12%	11%	14%	13%	20%	11%	12%	13%	16%	8%
I can't be bothered	12%	9%	6%	14%	19%	20%	10%	11%	15%	17%	10%
When it's outside and it's not nice weather	10%	10%	10%	9%	10%	14%	8%	8%	11%	8%	10%
I'm not good at it	9%	8%	9%	10%	9%	15%	8%	9%	8%	13%	6%
I don't like getting hot and sweaty	8%	11%	8%	8%	5%	12%	7%	7%	10%	12%	5%
I don't like the PE kit	8%	9%	8%	6%	8%	13%	7%	8%	8%	9%	9%
I don't enjoy it	8%	7%	7%	10%	6%	14%	6%	7%	9%	10%	7%
I have an injury	7%	7%	9%	8%	7%	8%	7%	8%	7%	6%	8%
I don't like getting changed in front of other people	7%	10%	9%	5%	2%	10%	5%	5%	7%	9%	7%
Other people make fun of me	7%	8%	7%	7%	6%	11%	5%	7%	6%	8%	5%
I worry about how I look	6%	7%	7%	9%	4%	9%	5%	6%	6%	8%	5%
I don't feel I can be myself in PE	6%	8%	7%	5%	6%	11%	5%	6%	5%	9%	4%
I don't like other people watching me	6%	8%	7%	5%	3%	11%	4%	5%	5%	9%	5%
I don't like the activities on offer	5%	4%	5%	5%	9%	9%	4%	5%	5%	5%	6%
I don't have time because I already do a lot of physical activity outside of school	5%	6%	4%	5%	5%	6%	4%	5%	4%	3%	6%
Something else	4%	3%	5%	3%	5%	5%	4%	4%	4%	5%	5%
I don't know how to get involved	4%	4%	4%	4%	4%	7%	3%	3%	4%	4%	3%
There isn't enough time to get changed	3%	3%	2%	3%	5%	8%	2%	3%	3%	4%	4%
I can't get home if I stay after school	3%	3%	3%	4%	2%	4%	2%	2%	4%	3%	4%
I don't feel encouraged to take part by the teachers	3%	4%	3%	3%	3%	6%	2%	3%	3%	4%	3%
My friends don't want to do it	3%	5%	3%	3%	2%	4%	2%	3%	3%	2%	3%
I don't like how the person delivers the activities	3%	5%	3%	2%	1%	5%	2%	2%	3%	3%	3%
I don't feel I can be myself in extra-curricular activities	2%	3%	2%	2%	2%	4%	2%	2%	2%	3%	2%
I'm not able to do it because the activities are not suitable for me	2%	3%	2%	2%	3%	6%	1%	2%	2%	3%	1%
I don't feel encouraged to take part by my family	2%	3%	1%	1%	2%	4%	1%	2%	1%	2%	1%

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	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
I am happy with the way my body looks	66	80	69	55	57	64	67	62	69	66	69
I am happy with the amount of physical activity I do	75	83	78	69	73	70	77	76	73	68	83
I feel confident when I take part in physical activity	74	80	78	71	71	61	79	76	74	59	82
I would like to have a say in the activities we do in PE and after school clubs	62	69	65	56	59	57	63	63	63	54	67
The skills I learn in PE help me in and outside of school	64	77	70	57	46	61	66	62	66	58	67
I like it when my PE lessons are competitive	72	80	76	68	61	63	74	69	74	63	77
I understand why being active is good for me	91	86	91	91	94	84	93	93	89	84	92
I feel like I can be myself when I am being active	73	78	76	67	69	66	76	74	73	63	78
Some sports are for boys and some sports are for girls	39	45	34	37	41	44	36	36	41	40	40
My school encourages me to be active	70	77	75	67	67	66	73	73	68	67	69
I am active with my family outside of school	70	80	79	69	56	61	73	71	70	62	74

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	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
...confident	53	69	59	42	41	53	54	49	57	56	53
...comfortable	61	74	68	52	51	54	64	58	65	62	61
...smart	41	61	42	29	31	44	40	36	45	43	40
...athletic	60	73	67	52	45	56	61	57	62	56	61

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	31%	38%	22%	25%	32%	29%	32%	41%	27%
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper)	29%	25%	37%	37%	28%	31%	23%	25%	26%
I think kit options should be the same for boys and girls	8%	5%	7%	5%	8%	6%	11%	11%	9%
Extra-curricular kit could be flexible / own choice	26%	23%	23%	22%	27%	26%	29%	12%	30%
I don't like the look of our PE/sports kit	21%	20%	24%	26%	18%	21%	23%	14%	25%
Something else	6%	5%	7%	5%	6%	8%	2%	6%	4%

If you had the choice, which would you prefer?

Break % Respondents	National data	Key Stage		SEND		Ethnicity		Physical activity level	
	Total	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	SEND	Non- SEND	White British	EDC	Less active	More active
Wearing a different school uniform and trainers all day that allows me to be more active in PE and throughout the rest of the day	55%	51%	60%	49%	57%	59%	52%	43%	60%
Wearing a school uniform and trainers instead of school shoes all day (and wearing my PE kit and trainers in PE)	25%	26%	24%	26%	26%	23%	27%	28%	24%
Wearing a school uniform and school shoes all day apart from in PE, where I would wear my PE kit and trainers	20%	23%	16%	25%	18%	18%	22%	28%	16%

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	50%	54%	47%	37%	52%	51%	46%	40%	49%
I have no preference	14%	12%	19%	14%	15%	15%	14%	14%	16%
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	12%	8%	12%	18%	12%	11%	16%	15%	16%
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	9%	9%	10%	10%	9%	8%	10%	13%	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%	9%	4%	10%	6%	8%	8%	6%	6%
I don't know	7%	7%	8%	10%	5%	7%	7%	11%	6%

What, if anything, would stop you from wanting to wear your PE kit at school outside of PE lessons 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 don't want to be dirty/wet for the rest of the school day after PE	19%	16%	27%	18%	21%	19%	17%	16%	18%
I don't want to smell staying in my PE kit after PE	17%	16%	23%	16%	18%	17%	18%	15%	19%
It feels unhygienic staying in my PE kit after PE	15%	13%	21%	15%	16%	16%	14%	16%	14%
I don't like the PE kit	14%	13%	12%	11%	13%	14%	15%	14%	17%
I might forget to come to school in my PE kit	12%	11%	11%	17%	11%	11%	14%	14%	11%
I don't feel comfortable staying in my PE kit	8%	10%	6%	9%	8%	8%	9%	9%	8%
I don't feel as smart staying in my PE kit	7%	6%	6%	11%	6%	7%	6%	8%	7%
Something else	5%	6%	5%	6%	6%	4%	6%	7%	3%
I don't feel confident staying in my PE kit	5%	6%	3%	7%	5%	5%	6%	7%	5%
I don't want to feel different from other students in their school uniform	5%	7%	3%	6%	4%	5%	4%	7%	4%
I don't want to wear my PE kit in public on the way to/from school	4%	4%	6%	6%	4%	4%	5%	6%	4%
Nothing, I want to wear my PE kit for the whole school day on days that I have PE	44%	44%	44%	38%	46%	47%	42%	40%	48%

What, if anything, would motivate you to wear your PE kit at school outside of PE lessons 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
It's quicker and easier	51%	48%	58%	48%	55%	53%	46%	47%	51%
I feel more comfortable in my PE kit than my school uniform	29%	30%	31%	28%	31%	32%	23%	21%	27%
I will have more time in PE	28%	28%	29%	25%	30%	32%	22%	15%	29%
I don't have to carry as many things around school	26%	25%	25%	31%	25%	30%	18%	13%	28%
By spending less time changing, I won't be late for other lessons or lunch	24%	24%	24%	28%	24%	27%	20%	20%	25%
It will help me not forget my PE kit	20%	21%	18%	23%	20%	22%	17%	13%	19%
I will be more comfortable during other lessons in the day	19%	18%	19%	24%	19%	21%	14%	10%	22%
It means I can be more active during the day (like breaktime and lunch)	16%	18%	17%	15%	17%	20%	12%	8%	20%
I don't like getting changed in the changing rooms at school	14%	18%	8%	26%	11%	13%	13%	15%	13%
I could travel to and from school in a more active way (e.g. cycle)	11%	13%	13%	19%	10%	13%	10%	4%	15%
I don't like getting changed in front of others at school	10%	12%	7%	22%	6%	9%	11%	11%	10%
I feel more confident in my PE kit than my school uniform	9%	12%	8%	10%	9%	10%	9%	5%	11%
I don't feel safe in the changing rooms at school	7%	6%	6%	14%	5%	5%	10%	5%	9%
Something else	4%	4%	6%	3%	4%	3%	6%	5%	4%
Nothing, I don't want to wear my PE kit for the whole school day on days that I have PE	13%	15%	10%	12%	13%	13%	14%	12%	13%

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	Lower KS2 (yr 3&4)	Upper KS2 (yr 5&6)	KS3	KS4	SEND	Non- SEND	White British	EDC	Less active	More active
Strongly agree	29%	47%	35%	23%	20%	26%	31%	26%	33%	26%	35%
Agree	46%	31%	43%	49%	55%	36%	51%	51%	45%	39%	47%
Neither agree nor disagree	16%	9%	12%	20%	16%	25%	12%	16%	14%	20%	12%
Disagree	4%	4%	3%	4%	6%	6%	3%	4%	2%	4%	2%
Strongly disagree	2%	2%	2%	2%	2%	3%	1%	2%	3%	4%	1%
Can't say / Don't know	3%	7%	5%	2%	1%	5%	2%	2%	3%	8%	2%

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	21%	21%	21%	15%	25%	21%	22%	21%	25%
Quite a bit	35%	35%	34%	18%	38%	34%	36%	26%	33%
Somewhat	29%	27%	31%	42%	26%	31%	25%	29%	27%
A little	9%	11%	6%	13%	7%	8%	10%	15%	8%
Not at all	7%	6%	9%	13%	5%	7%	7%	10%	6%

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	6.7	6.8	6.6	5.9	7.1	6.7	6.8	6.2	6.9
0	3%	3%	3%	5%	2%	3%	4%	5%	3%
1	2%	2%	1%	2%	1%	1%	3%	3%	2%
2	3%	2%	6%	13%	1%	4%	1%	2%	4%
3	3%	4%	3%	4%	3%	3%	3%	4%	2%
4	7%	5%	8%	4%	6%	7%	5%	6%	4%
5	10%	12%	6%	17%	8%	10%	9%	18%	9%
6	11%	10%	14%	7%	11%	9%	14%	17%	9%
7	18%	18%	17%	17%	19%	20%	14%	11%	18%
8	18%	18%	18%	8%	22%	19%	18%	8%	19%
9	9%	12%	5%	6%	10%	9%	10%	7%	11%
10	15%	14%	18%	17%	16%	14%	18%	18%	18%

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	7.0	7.0	6.9	6.4	7.2	7.0	7.1	6.5	7.3
0	2%	2%	1%	4%	1%	1%	2%	5%	2%
1	1%	2%	0%	2%	1%	1%	1%	2%	1%
2	2%	2%	4%	2%	2%	2%	2%	2%	1%
3	3%	3%	1%	3%	3%	3%	4%	4%	3%
4	5%	5%	6%	11%	4%	5%	5%	6%	2%
5	11%	12%	11%	20%	9%	10%	10%	13%	9%
6	13%	10%	16%	13%	13%	14%	14%	18%	15%
7	15%	16%	18%	11%	16%	15%	14%	15%	16%
8	18%	17%	14%	8%	21%	20%	17%	8%	19%
9	13%	16%	12%	7%	14%	14%	11%	7%	12%
10	16%	16%	15%	19%	16%	14%	20%	20%	19%