



# *Girls Active*

*National report*

*July 2023 | Girls' report*





## Overall attitudes to PE and physical activity

**74%** enjoy taking part in physical activity

**64%** enjoy taking part in PE

**42%** enjoy learning at school



## Top 10 barriers to being active at school

**30%** I am not confident

**29%** When I have my period\*

**28%** I don't like other people watching me

**27%** I don't like getting hot and sweaty

**26%** I worry about how I look

**24%** When it's outside and it's not nice weather

**21%** I can't be bothered

**19%** I'm not good at it

**18%** I don't like getting changed in front of other people

**18%** I don't like taking part with boys



## Top 10 motivators for being active at school

**65%** Having fun

**62%** Being with friends

**47%** Getting fit and healthy

**36%** Being outside

**33%** Getting better at the sports / games I play

**31%** Learning new sports / skills

**28%** It is good for my wellbeing

**28%** Being part of a team

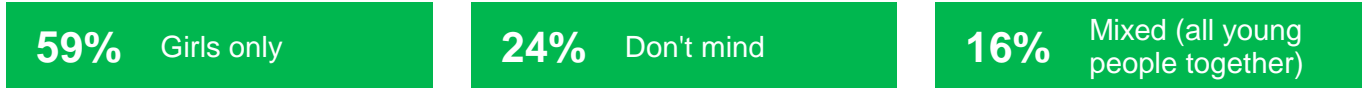
**27%** Playing to win

**22%** Learning skills that help me in life / other school subjects

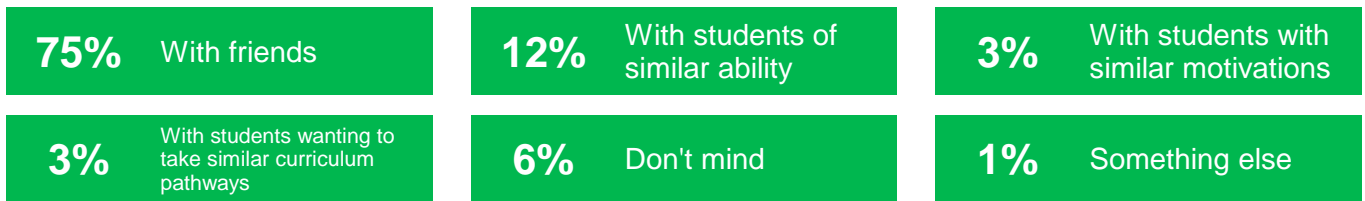


## Preferred group for sport, physical activity and PE

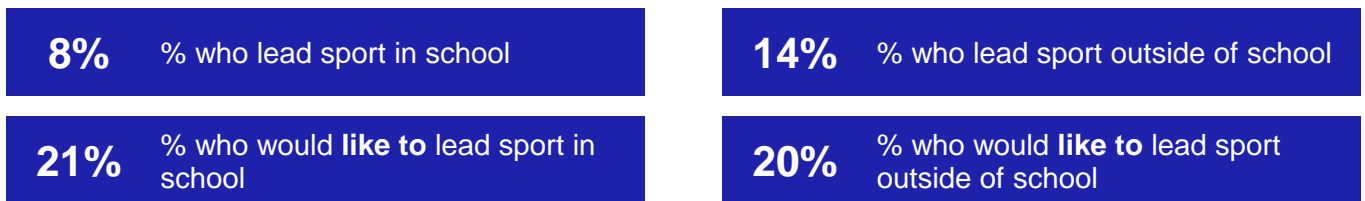
In terms of gender:



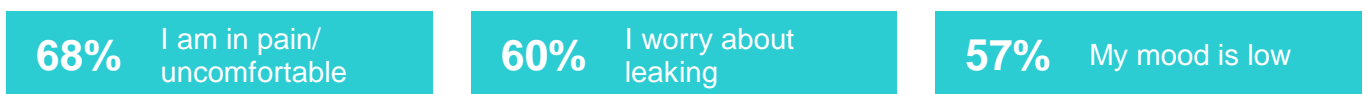
In terms of motivations:



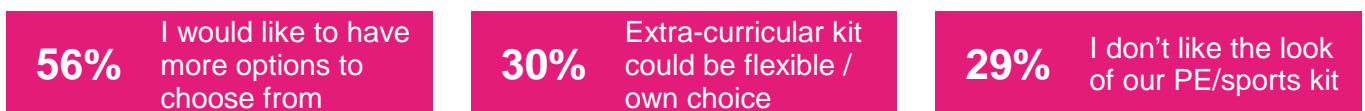
## Leading sport and physical activity



## Top 3 worries for girls in PE during their period



## Top 3 suggested improvements to PE/sports kit



## Girls' report: Introduction

This report summarises responses to the *Girls Active Questionnaire* that girls completed between March and June 2023. Overall, this study received **18516 responses from girls**.

**Please note: This report only contains responses from girls. Responses from boys are presented in a separate report.**

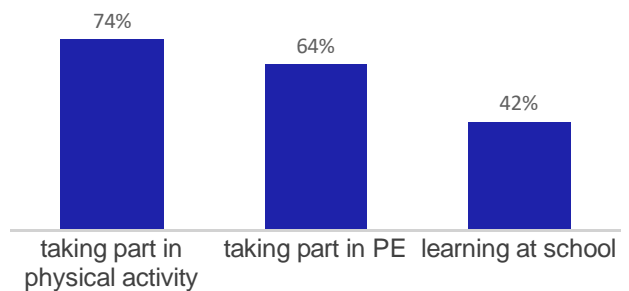
For more information about Girls Active please visit [www.youthsporttrust.org/girls-active](http://www.youthsporttrust.org/girls-active)

## How you feel

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

Girls were most likely to enjoy *taking part in physical activity* (74%), followed by *taking part in PE* (64%) and *learning at school* (42%).

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



Base: All respondents

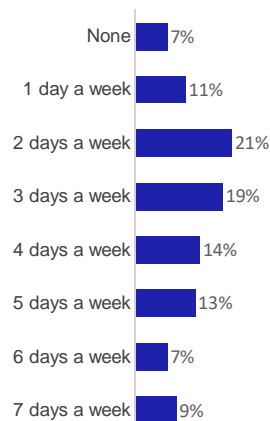
## Being active

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

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

On average, girls took part on 3.3 days per week.

Days of physical activity per week

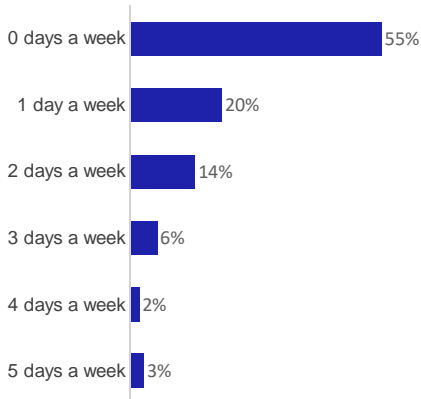


Base: All respondents

Pupils were asked how often they took part in physical activity at school, excluding PE lessons. The chart below (left) shows that girls were most likely to take part in physical activity outside of PE lessons on *0 days a week* (55%). On average, girls took part on 0.9 days per week.

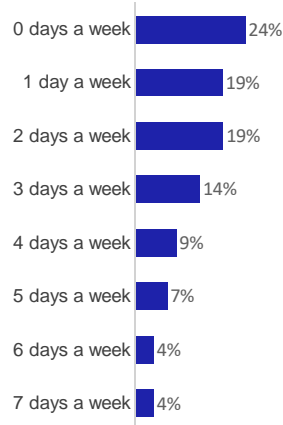
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on *0 days a week* (24%). On average, girls took part on 2.2 days per week.

Days of physical activity at school, excluding PE lessons



Base: All respondents

Days of physical activity outside of school

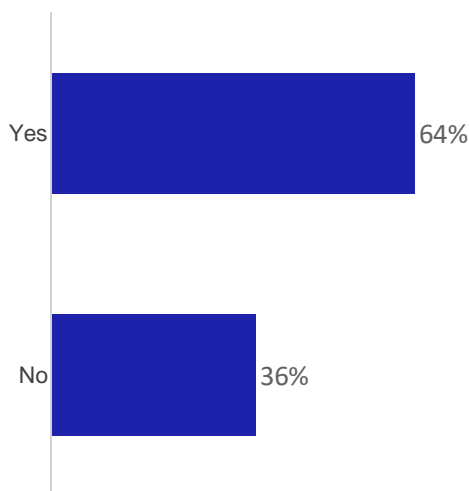


Base: All respondents

The chart below shows that 64% of girls would like to be more active when they are at school.

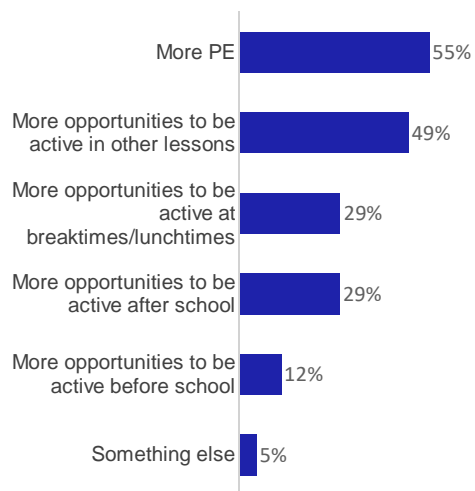
When asked *how* they would like to be more active, they were most likely to say *More PE* (55%) or *More opportunities to be active in other lessons* (49%).

Would you like to be more active in school?



Base: All respondents

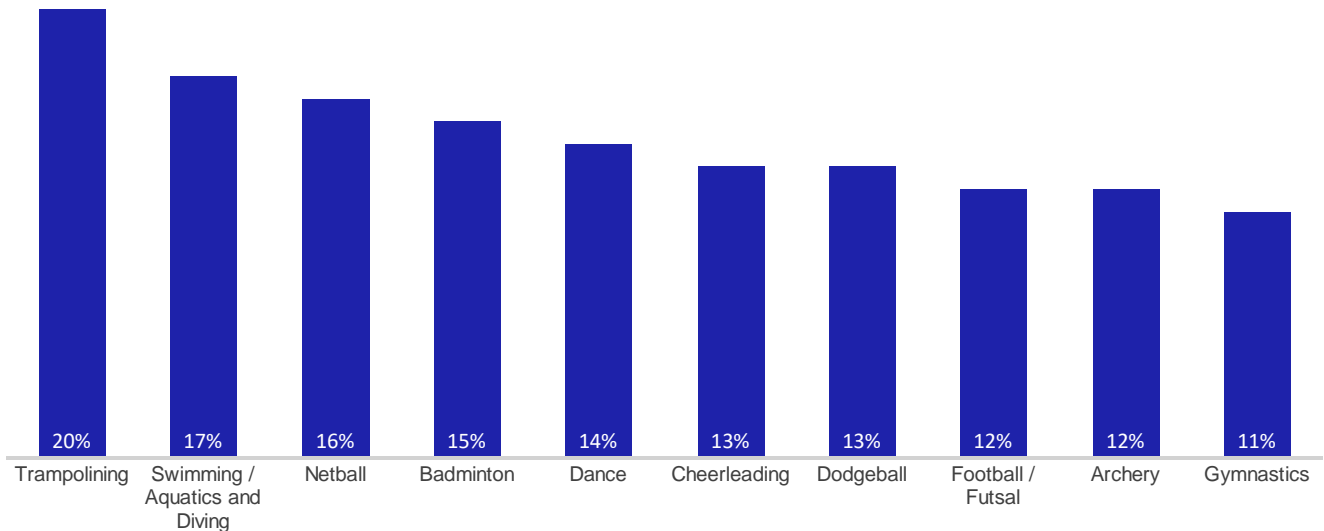
How would you like to be more active in school?



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

This chart shows the activities that girls would most like to do as part of their PE lessons or other sport/physical activity at school. The most popular activities were *Trampolining* (20%), *Swimming / Aquatics and Diving* (17%), and *Netball* (16%).

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

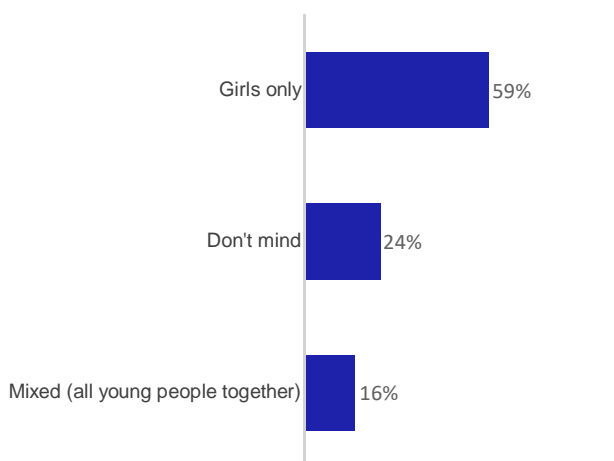


Base: All respondents

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

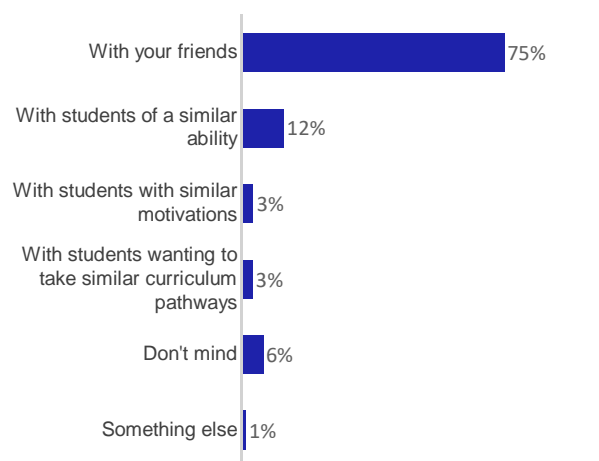
In terms of gender they were most likely to say *Girls only* (59%), while the most common response in terms of motivations was *With your friends* (75%).

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



Base: All respondents

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



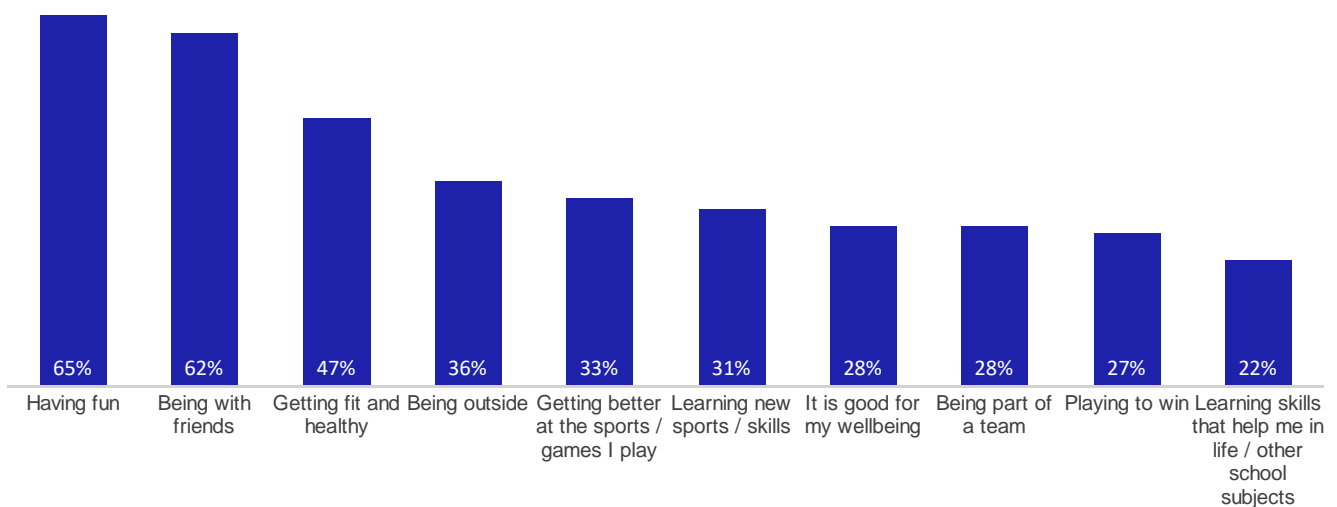
Base: All respondents

## Physical activity at school

### What motivates you?

The chart below shows the 10 most common factors that girls said motivate them to take part in sport, physical activity and PE at school. They were most likely to say *Having fun* (65%), *Being with friends* (62%), and *Getting fit and healthy* (47%).

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

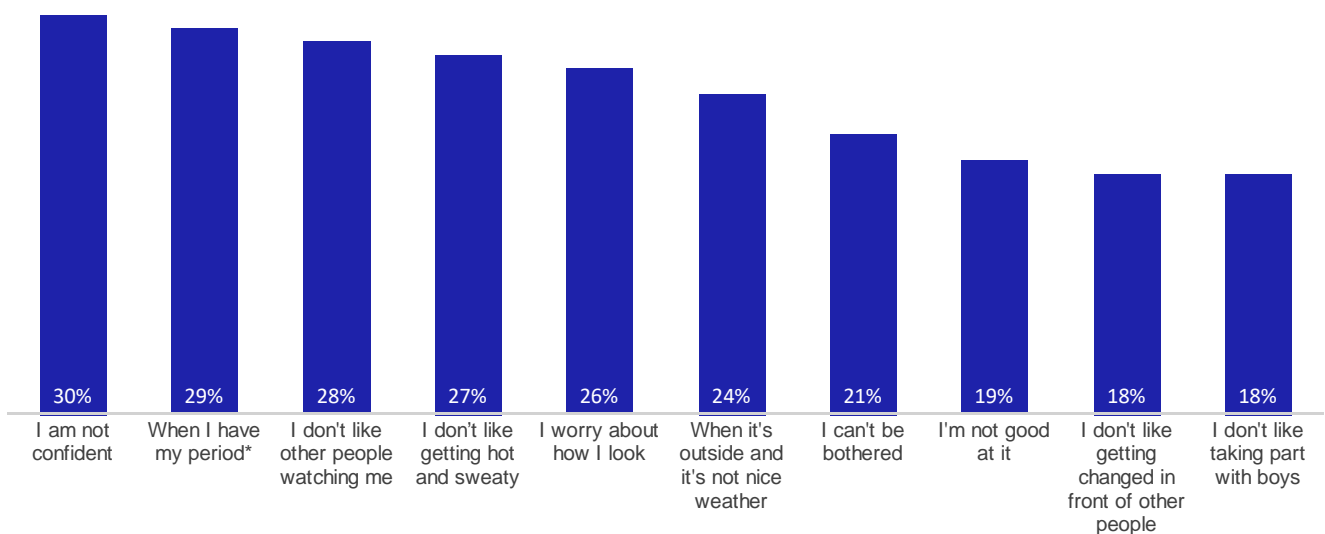


Base: All respondents

### What stops you?

The top 3 barriers that stopped girls from being more active were; *I am not confident* (30%), *When I have my period\** (29%), and *I don't like other people watching me* (28%). However 15% of girls said that none of these barriers stopped them.

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



Base: All respondents

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

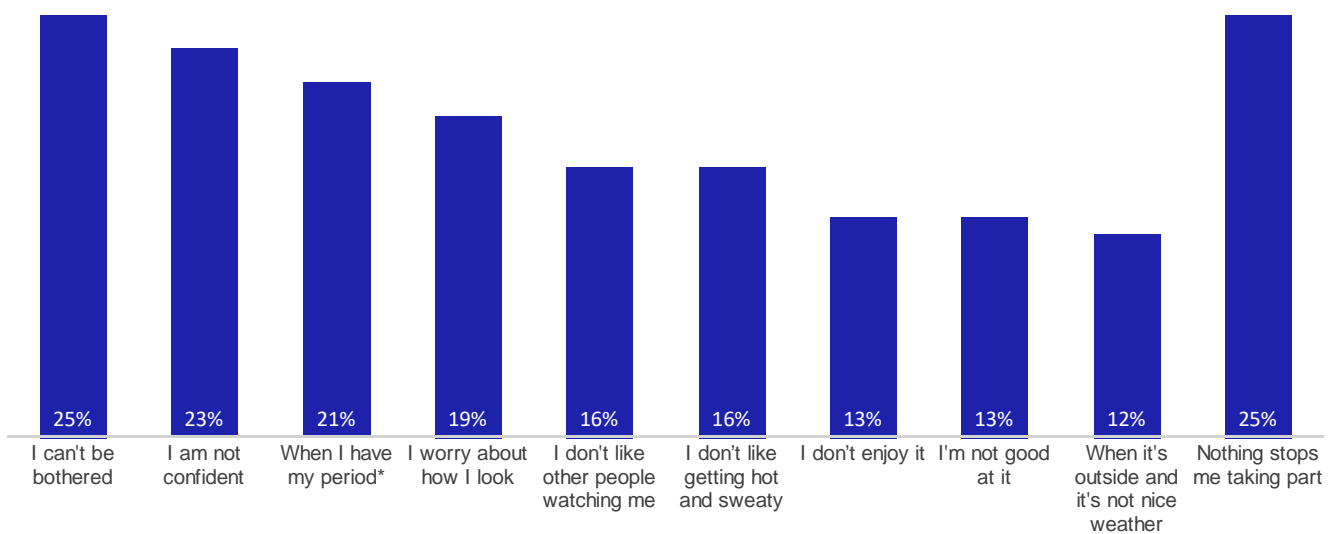
## Physical activity outside of school

### What stops you?

The chart below shows the 10 most common factors that girls said stop them doing more sport and physical activity outside of school (although 25% of girls said that none of these barriers stopped them from taking part).

The most common barriers to being active were; *I can't be bothered* (25%), *I am not confident* (23%), and *When I have my period\** (21%).

Top 10 barriers to sport and physical activity outside of school



Base: All respondents

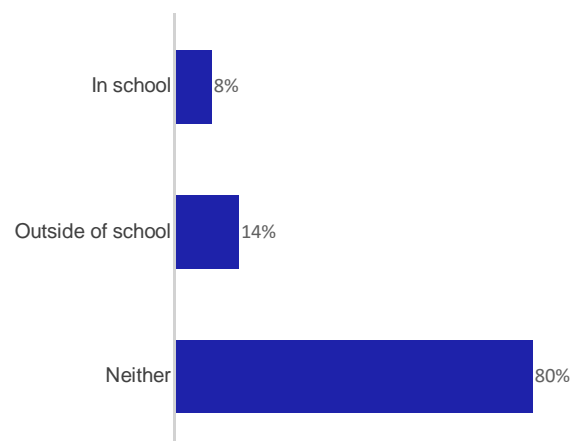
\* these options were only available to girls in year 7 and above.

## Leading sport and physical activity

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

8% said that they lead sport in school, while 14% lead outside of school.

Do you lead any sport or physical activity?



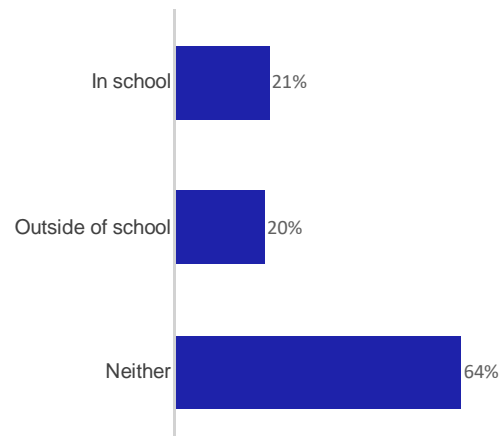
Base: All respondents



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

21% said that they would like to lead sport or physical activity at school, compared to 20% outside of school.

Would you like to lead any sport and physical activity?



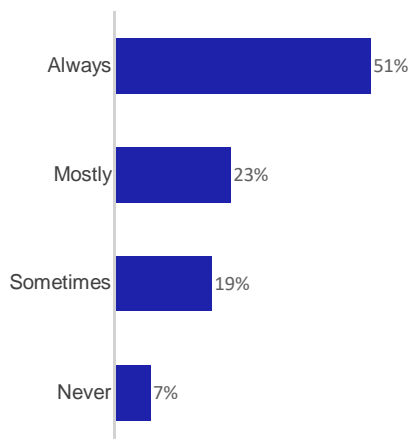
Base: All respondents

## PE and periods

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

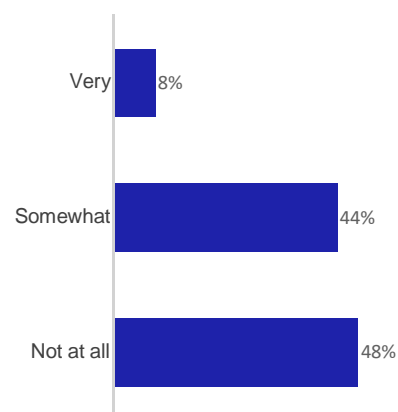
These questions were only available for those in year 7 and above, were optional, and were answered by 11196 girls. Those selecting *No* or *Not applicable* are not included in the charts below.

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



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

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



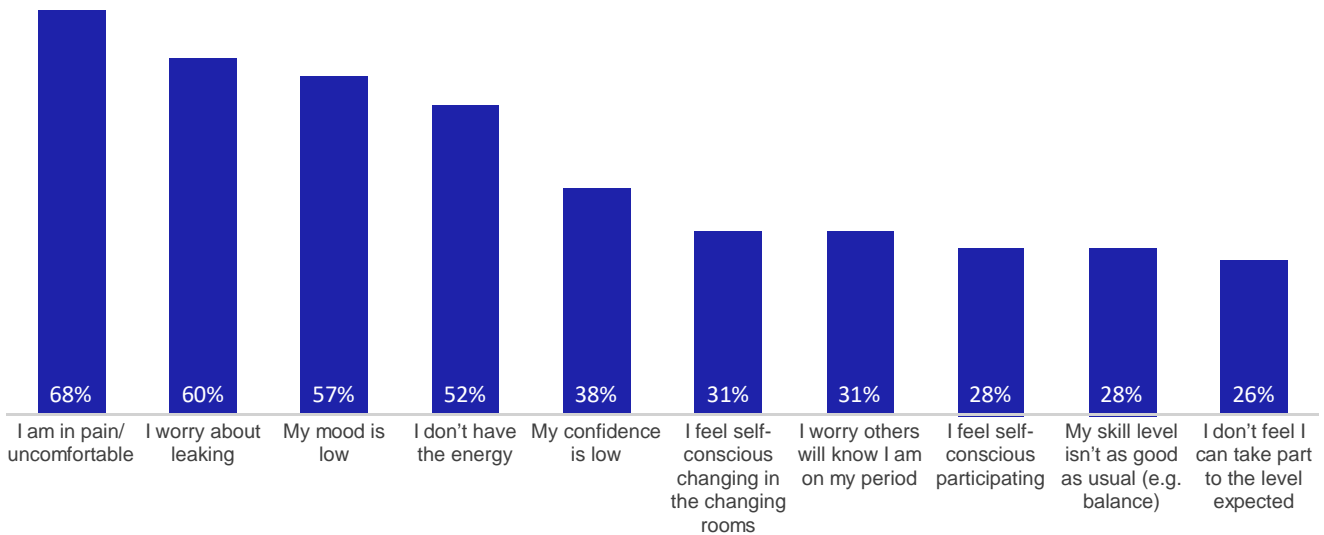
Base: All respondents in Yr 7 & above (excl. No/Not applicable)

51% of girls said that they *Always* take part in PE when they have their period, and at the other end of the scale, 7% *Never* take part in PE when they have their period.

52% said that they were *Very* or *Somewhat* comfortable talking to their teacher about periods.

When asked what worries them about participating in PE or school sport when they have their period, girls were most likely to say *I am in pain/ uncomfortable* (68%), *I worry about leaking* (60%), or *I worry about leaking* (57%). 9% said that they weren't concerned by any of these issues.

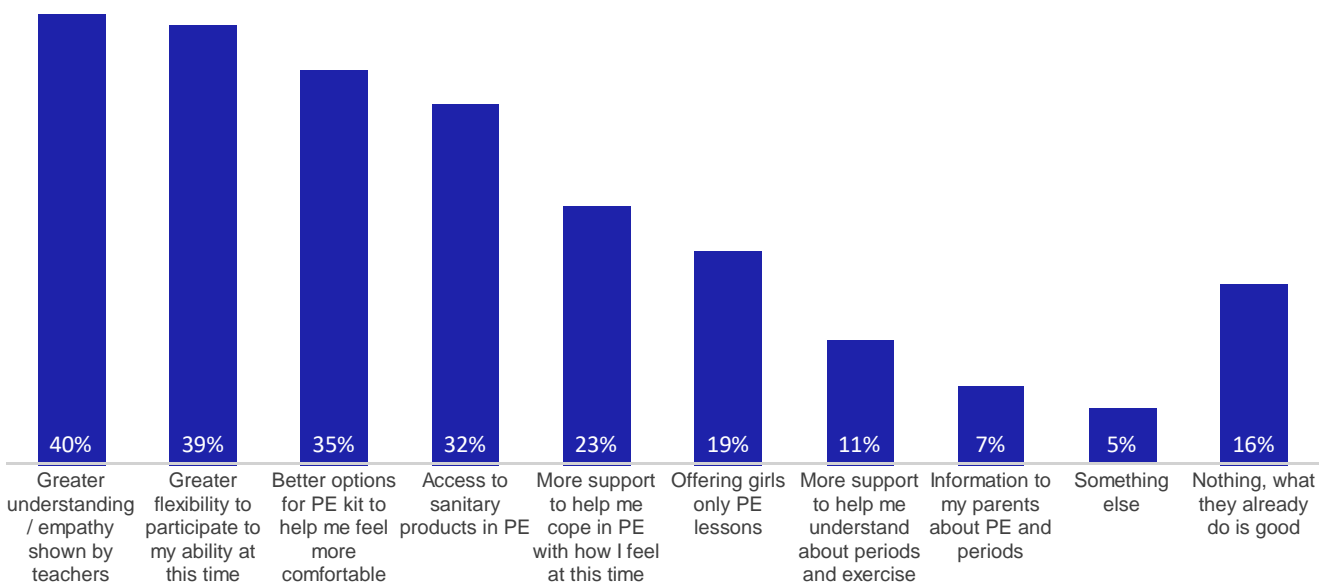
When you have your period which of the following things concern you about participating in PE or school sport?



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

Girls were also asked what the school could do to help them in PE when they have their period. The most common answers were *Greater understanding / empathy shown by teachers* (40%), *Greater flexibility to participate to my ability at this time* (39%), or *Better options for PE kit to help me feel more comfortable* (35%). 16% said *Nothing, what they already do is good*.

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



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

## More about you

Girls were asked whether they agreed or disagreed with a series of statements about their attitudes to physical activity. The statements they were most likely to strongly agree or agree with were *I understand why being active is good for me* (87%), *My school encourages me to be active* (62%) and *I am active with my family outside of school* (62%).

### National data

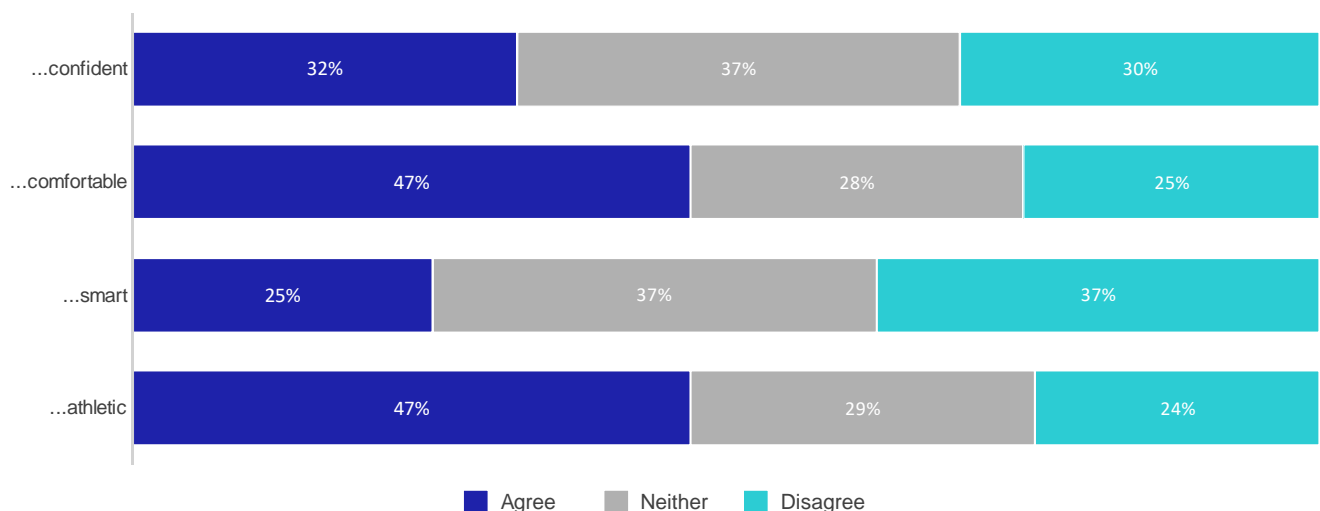


Base: All respondents

## PE kit

When asked how their PE/sports kit made them feel, 32% of girls agreed or strongly agreed that it made them feel *Confident*, 47% said they felt *Comfortable*, 25% felt *Smart* and 47% felt *Athletic*.

### National data

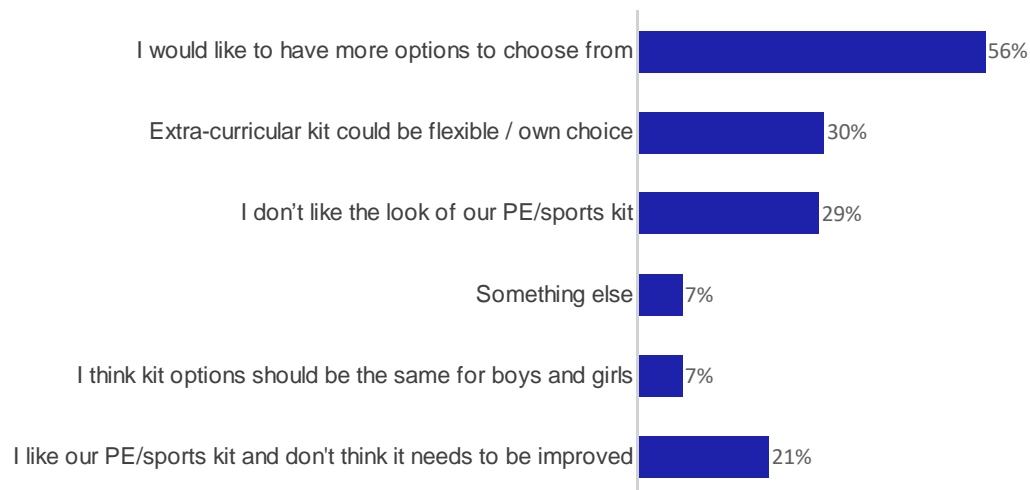


Base: All respondents

When given the opportunity to suggest improvements to their PE kit, girls were most likely to say '*I would like to have more options to choose from*' (56%), '*Extra-curricular kit could be flexible / own choice*' (30%), and '*I don't like the look of our PE/sports kit*' (29%).

21% said that they like the current PE kit or didn't think it needed to be changed.

#### How could your PE/sports kit be improved?

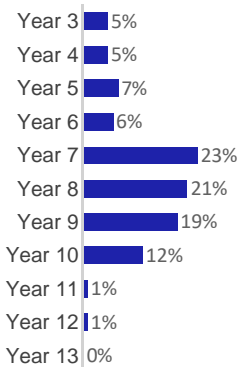


Base: All respondents

# Pupil profile

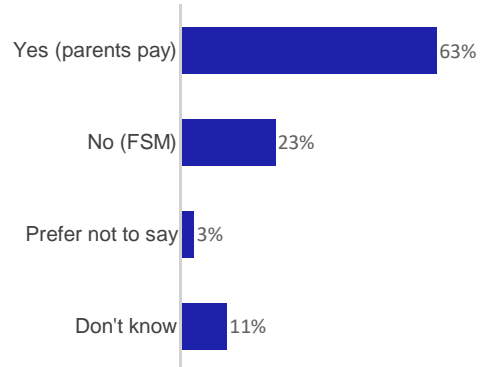
The charts below show the profile of girls who responded to the questionnaire. Girls were most likely to describe their ethnic background as *White (British or English)* (57%). 23% said that they receive free school meals, and 9% said that they have a disability.

Year group



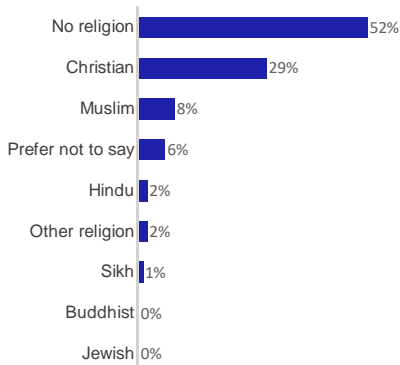
Base: All respondents

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



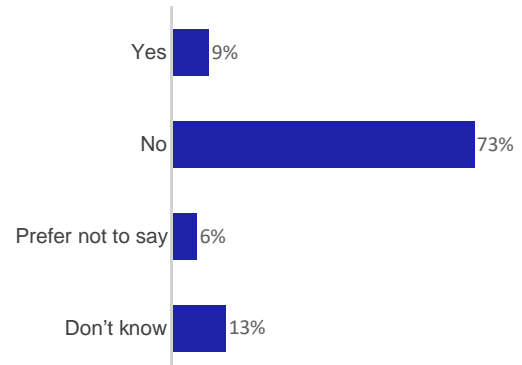
Base: All respondents

Faith or religion



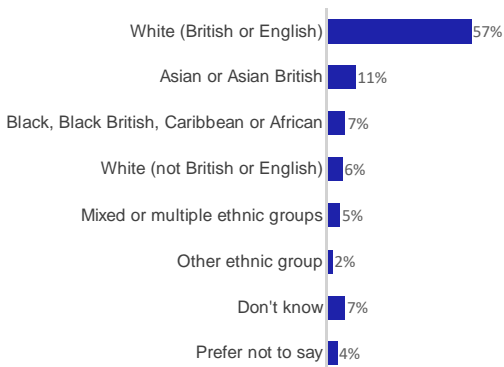
Base: All respondents in Yr 7 & above

Disability or special educational needs



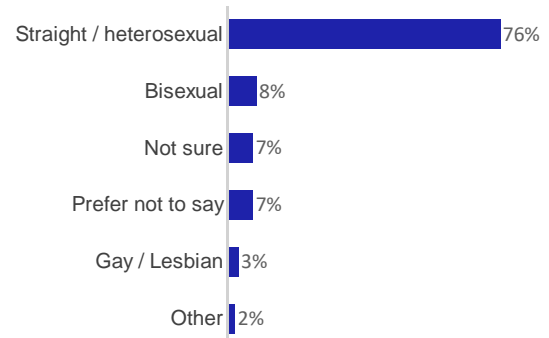
Base: All respondents

Ethnic background



Base: All respondents

Which of the following best describes how you think about yourself?



Base: All respondents

## Appendix 1

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

**These tables only contain responses from girls. Boys's responses are presented in a separately.**

For more information about Girls Active please visit [www.youthsporttrust.org/girls-active](http://www.youthsporttrust.org/girls-active)

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

% Like it a lot / Like it	National data	Key Stage				Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active	
taking part in physical activity	74	87	71	69	71	77	74	75	52	87	
taking part in PE	64	83	60	53	58	67	63	65	45	76	
learning at school	42	72	41	45	36	46	40	48	33	48	

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

Break % Respondents	National data	Key Stage				Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active	
None	7%	6%	6%	9%	9%	6%	6%	8%	39%	-	
1 day a week	11%	12%	10%	12%	12%	10%	9%	12%	61%	-	
2 days a week	21%	18%	22%	19%	21%	21%	20%	23%	-	-	
3 days a week	19%	16%	20%	19%	18%	19%	19%	19%	-	-	
4 days a week	14%	12%	15%	14%	11%	15%	15%	13%	-	-	
5 days a week	13%	13%	13%	13%	12%	14%	14%	12%	-	45%	
6 days a week	7%	8%	6%	6%	6%	7%	8%	5%	-	23%	
7 days a week	9%	15%	8%	7%	11%	9%	10%	8%	-	32%	

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

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
Never	55%	26%	53%	66%	51%	55%	56%	54%	70%	46%
1 day a week	20%	16%	21%	16%	20%	21%	21%	21%	16%	21%
2 days a week	14%	20%	14%	11%	13%	14%	14%	13%	9%	15%
3 days a week	6%	20%	6%	4%	6%	5%	5%	6%	2%	8%
4 days a week	2%	7%	2%	2%	4%	2%	2%	2%	1%	4%
5 days a week	3%	12%	3%	2%	6%	2%	3%	3%	2%	6%

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

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
Never	24%	14%	24%	25%	25%	24%	22%	28%	54%	10%
1 day a week	19%	22%	20%	18%	19%	19%	18%	21%	24%	10%
2 days a week	19%	23%	19%	17%	17%	19%	19%	19%	12%	13%
3 days a week	14%	12%	14%	15%	12%	14%	15%	13%	4%	14%
4 days a week	9%	9%	9%	10%	8%	9%	11%	7%	2%	14%
5 days a week	7%	8%	7%	7%	7%	7%	7%	6%	2%	16%
6 days a week	4%	5%	3%	4%	4%	4%	4%	3%	1%	11%
7 days a week	4%	6%	5%	4%	7%	4%	5%	4%	2%	12%

Do you lead any sport or physical activity?

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
In school	8%	9%	8%	9%	10%	8%	7%	9%	7%	11%
Outside of school	14%	22%	14%	16%	21%	13%	15%	13%	8%	23%
Neither	80%	73%	80%	78%	72%	81%	80%	80%	86%	70%

Would you like to lead any sport and physical activity?

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
In school	21%	40%	22%	14%	20%	21%	19%	25%	13%	27%
Outside of school	20%	27%	21%	18%	20%	20%	20%	21%	13%	27%
Neither	64%	42%	63%	73%	64%	64%	66%	61%	77%	54%

## How would you like to be more active in school?

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
More PE	55%	59%	53%	56%	54%	56%	58%	51%	49%	63%
More opportunities to be active at breaktimes/lunchtimes	29%	39%	25%	20%	30%	29%	26%	33%	28%	32%
More opportunities to be active after school	29%	27%	30%	30%	27%	29%	28%	32%	26%	30%
More opportunities to be active before school	12%	16%	10%	9%	14%	11%	11%	13%	10%	16%
More opportunities to be active in other lessons like English, Maths and Science	49%	43%	51%	50%	42%	49%	51%	47%	40%	53%
Something else	5%	7%	4%	4%	7%	4%	4%	6%	6%	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			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
Trampolining	20%	20%	21%	17%	18%	20%	22%	16%	19%	20%
Swimming / Aquatics and Diving	17%	16%	18%	15%	17%	17%	16%	19%	17%	19%
Netball	16%	9%	16%	16%	11%	18%	18%	14%	12%	17%
Badminton	15%	9%	14%	17%	11%	16%	14%	17%	16%	12%
Dance	14%	22%	14%	13%	15%	13%	15%	11%	13%	14%
Cheerleading	13%	13%	14%	11%	14%	13%	14%	12%	13%	13%
Dodgeball	13%	10%	13%	12%	10%	13%	13%	12%	14%	12%
Football / Futsal	12%	9%	13%	9%	13%	12%	13%	11%	9%	15%
Archery	12%	8%	12%	11%	11%	12%	11%	14%	13%	10%
Gymnastics	11%	22%	12%	8%	12%	11%	12%	10%	12%	12%



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

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
Girls only	59%	59%	60%	57%	60%	60%	61%	57%	63%	55%
Don't mind	24%	23%	24%	23%	22%	25%	23%	27%	23%	27%
Mixed (all young people together)	16%	17%	15%	20%	18%	16%	16%	17%	14%	18%

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

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
With your friends	75%	67%	75%	76%	76%	74%	77%	71%	85%	64%
With students of a similar - ability	12%	19%	12%	10%	10%	13%	12%	12%	6%	19%
With students with similar motivations	3%	1%	3%	5%	3%	4%	3%	4%	2%	4%
With students wanting to take similar curriculum pathways (e.g. performance, health and wellbeing or leadership)	3%	3%	3%	2%	4%	3%	3%	3%	1%	4%
Don't mind	6%	7%	6%	6%	6%	6%	5%	8%	5%	7%
Something else	1%	3%	1%	1%	0%	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			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
Having fun	65%	76%	62%	58%	60%	67%	64%	66%	55%	70%
Being with friends	62%	62%	62%	62%	55%	64%	65%	60%	54%	66%
Getting fit and healthy	47%	56%	45%	39%	41%	48%	47%	46%	30%	56%
Being outside	36%	51%	33%	28%	32%	37%	37%	34%	24%	46%
Getting better at the sports / games I play	33%	48%	30%	21%	26%	34%	31%	35%	18%	44%
Learning new sports / skills	31%	53%	26%	17%	27%	33%	29%	34%	19%	42%
It is good for my wellbeing	28%	34%	26%	28%	24%	30%	28%	30%	18%	36%
Being part of a team	28%	45%	24%	16%	24%	29%	27%	29%	17%	38%
Playing to win	27%	27%	28%	26%	23%	29%	26%	32%	18%	36%
Learning skills that help me in life / other school subjects	22%	37%	19%	14%	21%	23%	20%	26%	14%	30%
Making new friends	21%	36%	17%	12%	22%	21%	19%	23%	17%	27%
Something else	2%	2%	1%	1%	2%	1%	1%	2%	1%	2%
I am not motivated by anything	6%	2%	7%	11%	9%	5%	7%	6%	13%	5%

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

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
I am not confident	30%	21%	33%	32%	35%	28%	32%	28%	34%	24%
When I have my period	29%	-	36%	47%	30%	28%	30%	32%	32%	23%
I don't like other people watching me	28%	23%	30%	29%	32%	26%	29%	26%	32%	23%
I don't like getting hot and sweaty	27%	23%	27%	31%	27%	26%	28%	27%	30%	23%
I worry about how I look	26%	16%	29%	31%	31%	24%	29%	24%	27%	24%
When it's outside and it's not nice weather	24%	18%	26%	30%	23%	24%	25%	26%	25%	22%
I can't be bothered	21%	7%	24%	31%	20%	21%	21%	25%	30%	14%
I'm not good at it	19%	16%	20%	20%	21%	17%	19%	19%	24%	13%
I don't like getting changed in front of other people	18%	18%	19%	18%	22%	16%	18%	19%	20%	17%
I don't like taking part with boys	18%	17%	19%	18%	20%	17%	19%	18%	19%	16%
I don't enjoy it	16%	7%	18%	22%	19%	15%	17%	16%	25%	11%
I don't like the PE kit	16%	8%	18%	19%	20%	14%	17%	15%	18%	14%
Nothing stops me taking part	15%	28%	12%	8%	10%	17%	14%	15%	9%	22%
I don't feel I can be myself in PE	15%	12%	15%	19%	20%	13%	15%	15%	18%	13%
There isn't enough time to get changed	14%	5%	18%	14%	16%	13%	16%	13%	14%	12%
I have an injury	13%	9%	14%	14%	20%	12%	14%	12%	12%	14%
Other people make fun of me	11%	9%	12%	13%	17%	9%	11%	11%	11%	11%
I don't like the activities on offer	10%	5%	11%	15%	9%	10%	11%	10%	10%	9%
My friends don't want to do it	10%	7%	10%	12%	11%	9%	10%	10%	8%	10%
I don't know how to get involved	8%	9%	8%	8%	11%	7%	7%	9%	10%	7%
My breasts feel uncomfortable when I exercise	7%	-	9%	12%	10%	6%	7%	9%	9%	6%
I can't get home if I stay after school	7%	4%	8%	9%	8%	6%	6%	9%	7%	7%
I don't have time because I already do a lot of physical activity outside of school	7%	6%	7%	9%	7%	7%	8%	6%	2%	12%
I don't feel encouraged to take part by the teachers	6%	5%	6%	7%	8%	5%	6%	7%	8%	5%
I don't feel I can be myself in extra-curricular activities	6%	4%	6%	8%	9%	5%	6%	6%	7%	5%
I'm not able to do it because the activities are not suitable for me	4%	3%	4%	6%	8%	3%	4%	5%	6%	4%
I don't like how the person delivers the activities	4%	3%	4%	7%	5%	4%	4%	5%	4%	4%
Something else	3%	3%	3%	3%	4%	2%	3%	3%	3%	3%
I don't feel encouraged to take part by my family	2%	2%	2%	2%	4%	2%	2%	2%	3%	2%

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

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
I can't be bothered	25%	10%	25%	28%	25%	24%	24%	27%	38%	14%
I am not confident	23%	16%	24%	21%	30%	21%	24%	21%	29%	17%
When I have my period	21%	-	21%	22%	24%	20%	21%	23%	24%	18%
I worry about how I look	19%	13%	19%	19%	25%	17%	20%	17%	22%	15%
I don't like other people watching me	16%	10%	16%	14%	20%	14%	16%	15%	19%	11%
I don't like getting hot and sweaty	16%	16%	16%	15%	17%	15%	16%	16%	19%	10%
I don't enjoy it	13%	9%	13%	12%	15%	12%	13%	12%	23%	7%
I'm not good at it	13%	13%	13%	12%	16%	11%	12%	12%	19%	8%
When it's outside and it's not nice weather	12%	8%	13%	10%	14%	12%	12%	13%	14%	9%
It costs too much money	11%	5%	11%	14%	14%	10%	11%	13%	11%	10%
I don't like taking part with boys	11%	12%	11%	8%	13%	10%	10%	11%	14%	8%
I don't like getting changed in front of other people	10%	14%	11%	8%	15%	9%	10%	11%	14%	7%
My time is taken up with other activities	10%	3%	9%	13%	10%	10%	10%	12%	8%	10%
My friends don't want to do it	9%	3%	10%	8%	10%	9%	10%	8%	9%	7%
I don't feel I can be myself at sports clubs/facilities	9%	6%	9%	9%	13%	7%	9%	8%	12%	7%
I don't know how to get involved	8%	7%	8%	9%	10%	8%	8%	10%	10%	6%
My school work is more important to me	8%	3%	7%	11%	10%	8%	7%	10%	9%	6%
I have an injury	8%	5%	8%	7%	13%	7%	8%	7%	8%	8%
Other people make fun of me	8%	7%	8%	6%	12%	6%	7%	7%	9%	6%
I don't like the kit	7%	10%	8%	5%	11%	6%	7%	7%	11%	5%
I don't like the activities on offer	7%	2%	7%	6%	8%	6%	7%	7%	8%	5%
Sports clubs/facilities are too far away from where I live	6%	7%	6%	7%	7%	6%	5%	8%	6%	6%
My breasts feel uncomfortable when I exercise	6%	-	6%	7%	12%	5%	6%	7%	8%	5%
I can't get transport to/from activities	6%	1%	6%	8%	7%	6%	6%	7%	5%	6%
I don't feel safe	5%	2%	6%	5%	10%	4%	5%	6%	8%	4%
There isn't enough time to get changed	5%	5%	6%	3%	8%	5%	5%	5%	7%	3%
I can't get home if I stay after school	5%	4%	5%	5%	6%	4%	4%	7%	5%	4%
My parent(s)/carer(s) worry about my safety	4%	2%	4%	4%	6%	4%	3%	7%	5%	4%
I'm not able to do it because the activities are not suitable for me	3%	3%	3%	3%	7%	2%	3%	4%	4%	2%
I don't have time because I already do a lot of physical activity	3%	2%	3%	3%	4%	3%	3%	3%	1%	5%
I don't feel encouraged to take part by my family	3%	3%	3%	3%	4%	2%	2%	3%	4%	2%
I don't like how the person delivers the activities	2%	2%	3%	2%	5%	2%	2%	3%	3%	2%
Something else	2%	2%	2%	2%	3%	2%	2%	2%	3%	2%
Nothing stops me taking part	25%	39%	25%	26%	19%	27%	27%	21%	13%	38%

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

Break % Respondents	National data		Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active	
Always	51%	*	51%	50%	39%	55%	50%	55%	35%	61%	
Mostly	23%	*	23%	25%	23%	24%	24%	22%	22%	21%	
Sometimes	19%	*	19%	19%	25%	16%	18%	18%	27%	13%	
Never	7%	*	7%	7%	13%	5%	7%	6%	16%	5%	

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

Break % Respondents	National data		Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active	
I am in pain/ uncomfortable	68%	*	67%	75%	69%	68%	69%	68%	71%	65%	
I worry about leaking	60%	*	58%	68%	62%	59%	61%	61%	62%	57%	
My mood is low	57%	*	55%	64%	61%	55%	57%	57%	62%	53%	
I don't have the energy	52%	*	51%	59%	54%	51%	52%	53%	59%	47%	
My confidence is low	38%	*	38%	38%	45%	35%	40%	35%	40%	34%	
I feel self-conscious changing in the changing rooms	31%	*	31%	32%	37%	29%	32%	31%	33%	30%	
I worry others will know I am on my period	31%	*	31%	29%	37%	28%	32%	28%	32%	30%	
I feel self-conscious participating	28%	*	28%	30%	36%	25%	31%	25%	30%	27%	
My skill level isn't as good as usual (e.g. balance)	28%	*	28%	27%	31%	26%	26%	30%	24%	30%	
I don't feel I can take part to the level expected	26%	*	25%	29%	30%	24%	26%	27%	24%	26%	
I don't feel supported/understood by my teachers	21%	*	21%	24%	26%	19%	21%	22%	25%	19%	
I have had a bad experience before	12%	*	12%	14%	19%	10%	13%	12%	15%	12%	
I don't feel supported/understood by other girls	9%	*	9%	8%	15%	7%	9%	8%	11%	8%	
Something else	2%	*	2%	1%	3%	1%	2%	1%	2%	1%	
None of the above	9%	*	9%	7%	8%	9%	8%	8%	6%	12%	

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

Break % Respondents	National data		Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active	
Greater understanding / empathy shown by teachers	40%	*	39%	45%	37%	39%	39%	44%	40%	39%	
Greater flexibility to participate to my ability at this time	39%	*	36%	49%	38%	39%	39%	41%	37%	38%	
Better options for PE kit to help me feel more comfortable	35%	*	37%	31%	42%	33%	35%	36%	38%	34%	
Access to sanitary products in PE	32%	*	32%	31%	34%	31%	31%	34%	32%	32%	
More support to help me cope in PE with how I feel at this time	23%	*	23%	22%	30%	21%	23%	23%	26%	20%	
Offering girls only PE lessons	19%	*	19%	16%	23%	17%	19%	17%	21%	17%	
More support to help me understand about periods and exercise	11%	*	11%	11%	17%	10%	10%	13%	13%	11%	
Information to my parents about PE and periods	7%	*	7%	5%	11%	5%	7%	6%	9%	6%	
Something else	5%	*	5%	5%	8%	5%	5%	5%	8%	5%	
Nothing, what they already do is good	16%	*	17%	15%	13%	18%	17%	14%	13%	20%	

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

Break % Respondents	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
Very	8%	*	7%	11%	10%	8%	7%	10%	7%	9%
Somewhat	44%	*	43%	47%	38%	46%	43%	47%	41%	43%
Not at all	48%	*	50%	42%	52%	45%	50%	44%	51%	47%

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

% Strongly agree / Agree	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
I am happy with the way my body looks	*	65	37	32	38	46	39	46	39	48
I am happy with the amount of physical activity I do	*	75	53	46	56	59	58	54	40	73
I would like to have a say in the activities we do in PE and after school clubs	*	60	54	55	57	57	57	56	43	64
The skills I learn in PE help me in and outside of school	*	71	43	29	47	49	46	49	35	56
I like it when my PE lessons are competitive	*	62	50	46	49	55	50	57	40	62
I understand why being active is good for me	*	90	86	87	79	90	88	86	75	92
I feel like I can be myself when I am being active	*	67	43	41	46	51	46	51	34	62
Some sports are for boys and some sports are for girls	*	24	18	18	27	18	17	21	22	18
My school encourages me to be active	*	78	59	51	59	65	62	62	52	68
I am active with my family outside of school	*	78	59	51	61	63	63	58	41	77
I have the same opportunities as boys in school to do the sports and activities I want to	*	73	44	28	47	50	46	50	43	52
Events like the Women's Football and the Olympics inspire me to be more active	*	63	35	30	43	42	40	40	29	52
I feel good when I do physical activity	*	78	57	59	58	66	62	63	42	77

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

% Strongly agree / Agree	National data	Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active
...confident	32	55	27	21	35	34	29	35	27	39
...comfortable	47	68	41	38	44	49	44	50	42	52
...smart	25	43	21	16	28	26	22	28	21	30
...athletic	47	69	42	33	45	49	46	47	36	55

## How could your PE/sports kit be improved?

Break % Respondents	National data		Key Stage			Disability		Ethnic group		Physical activity level	
	Total	KS2	KS3	KS4	Disabled	Non-disabled	White British	BAME	Less active	More active	
I like our PE/sports kit and don't think it needs to be improved	21%	35%	21%	20%	18%	22%	20%	20%	19%	21%	
I would like to have more options to choose from (e.g. leggings, joggers, long-sleeved top and jumper)	56%	37%	55%	59%	55%	55%	56%	56%	57%	53%	
I think kit options should be the same for boys and girls	7%	6%	7%	7%	11%	6%	8%	6%	8%	7%	
Extra-curricular kit could be flexible / own choice	30%	24%	31%	30%	34%	30%	30%	32%	26%	33%	
I don't like the look of our PE/sports kit	29%	12%	29%	30%	31%	27%	28%	30%	31%	28%	
Something else	7%	14%	8%	5%	10%	7%	7%	7%	6%	9%	