

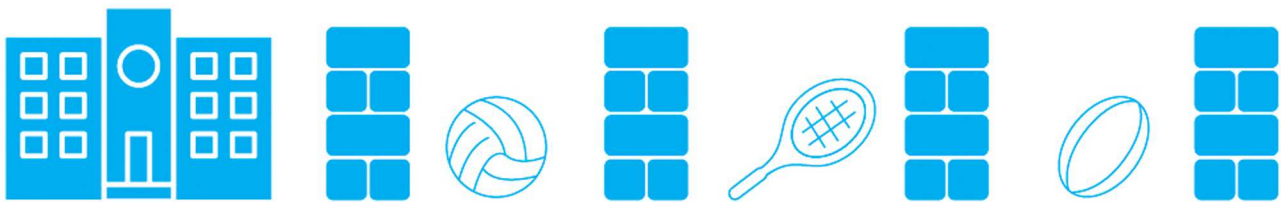
**YST GIRLS ACTIVE**

National Report | Girls' data  
June 2021

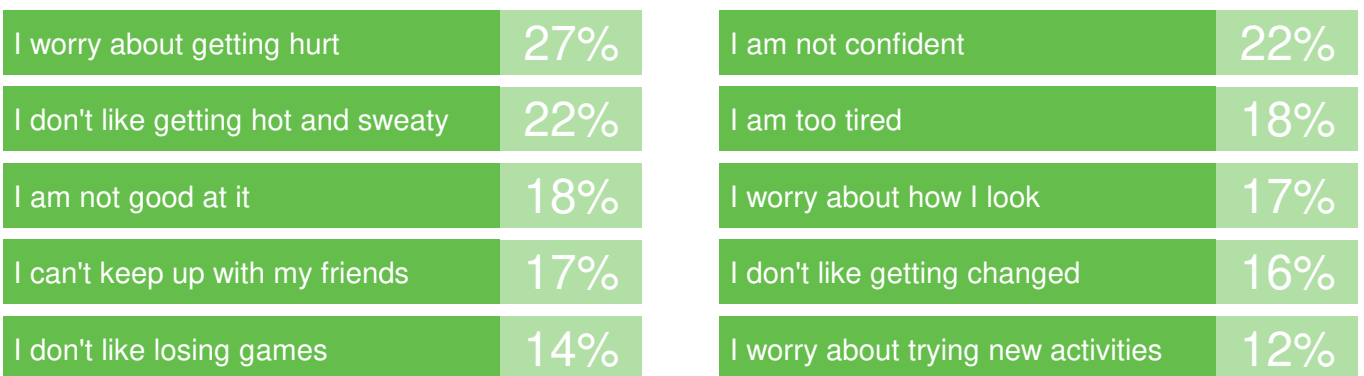
## Summary of key findings



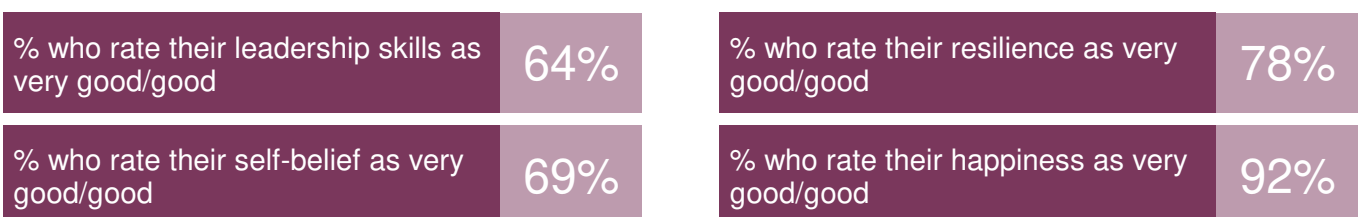
### Overall attitudes to PE, physical activity and learning at school



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



### Leadership, resilience, self belief, and happiness

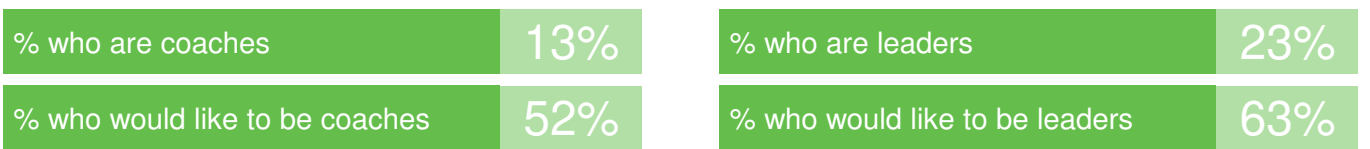




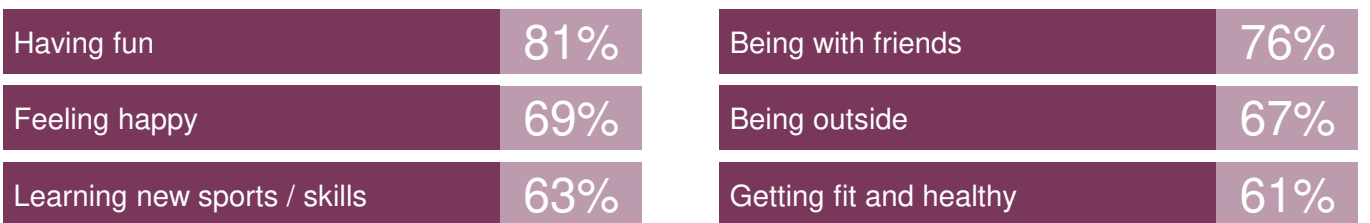
Would you like to be active in school more (including breaktimes, during PE and other lessons)?



### Coaching, leadership and administration



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



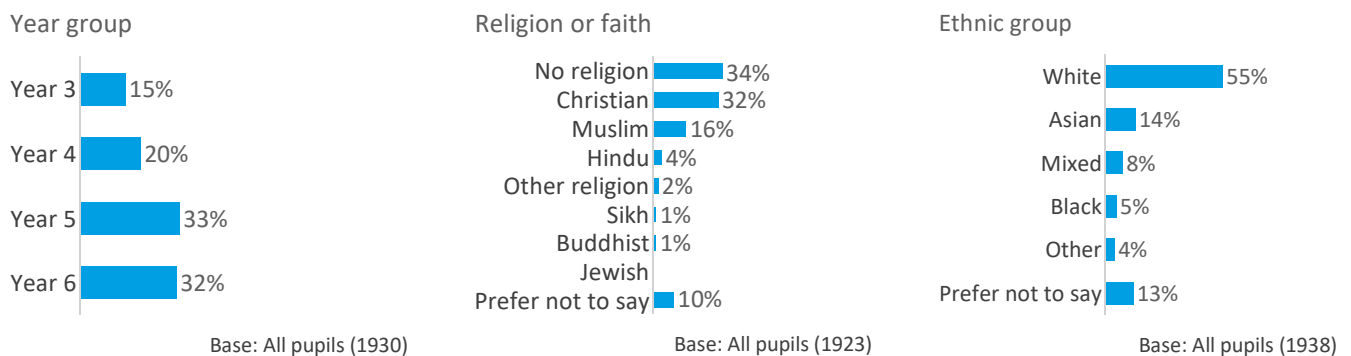
## Girls' report

This report summarises responses to the *Girls Active Physical Activity Questionnaire* that girls data collected between **December 2020 and May 2021**. Overall, **1953 responses** were received from female pupils across 49 schools. No responses from male pupils are included in this report. Responses received from boys are presented in a separate report.

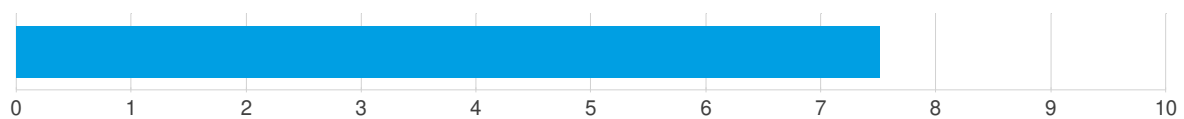
For more information about Girls Active please visit [www.youthsporttrust.org/girls-active](http://www.youthsporttrust.org/girls-active)

## Pupil profile

The charts below show the profile of those who responded to the questionnaire. They were most likely to be in **Year 5 (33%)**, describe themselves as **White (55%)**, and their faith or religion as **No religion (34%)**.



Girls were asked how happy they felt yesterday, on a scale of 0 to 10. The mean score was 7.5.

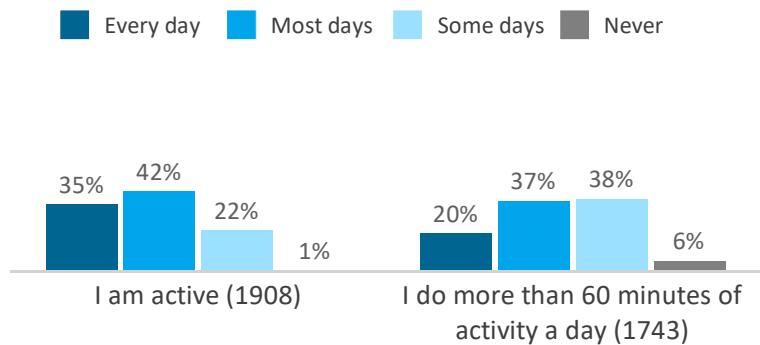


## Physical activity

This chart shows how regularly girls take part in physical activity.

Girls were most likely to say that they were active *Most days* (42%), and that they did more than 60 minutes of activity *Some days* (38%).

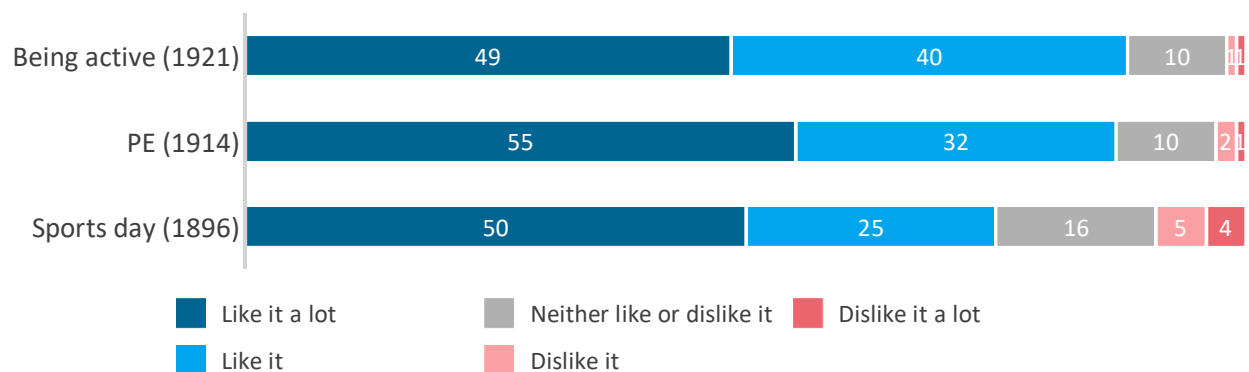
How active are you?



Base: All pupils

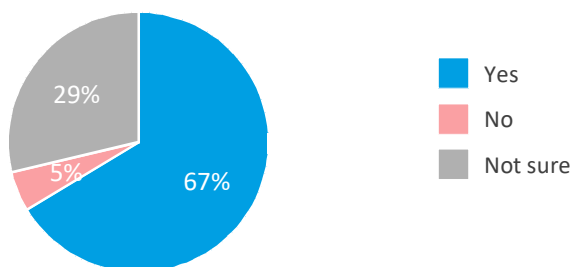
The following chart shows how much girls enjoy physical activity. Overall, they were most positive about *Being active* (88% like it a lot/like it), followed by *PE* (87% like it a lot/like it), then *Sports day* (75% like it a lot/like it).

How do you feel about...? (%)



Base: All pupils

Would you like to be active in school more (including breaktimes, during PE and other lessons)?



Base: All pupils (1943)

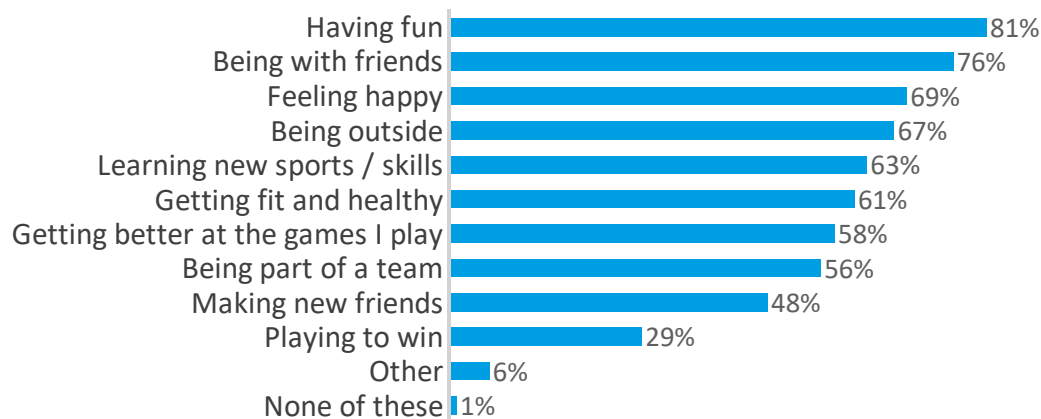
On average, girls said that they had taken part in at least 60 minutes of physical activity on 4.2 days in the past week.

67% of girls said that they would like to be more active in school, while 5% disagreed and 29% were unsure.

Girls were most likely to say that they enjoyed the following aspect of being active in school: *Having fun* (81%); *Being with friends* (76%), and; *Feeling happy* (69%).

1% said that they didn't enjoy any aspect of being active in school.

### What do you enjoy about being active in school?



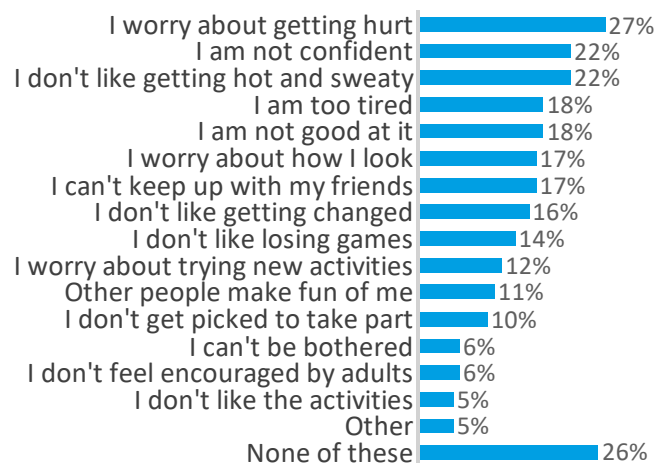
Base: All pupils (1947)

## Barriers to being more active

One of the aims of this research is to identify the barriers that prevent pupils from being more active. Girls were asked what stops them enjoying being active, and their most common responses were: *I worry about getting hurt* (27%), *I am not confident* (22%), and *I don't like getting hot and sweaty* (22%).

26% of girls said that none of these factors stopped them from being active.

### What stops you being active in school?



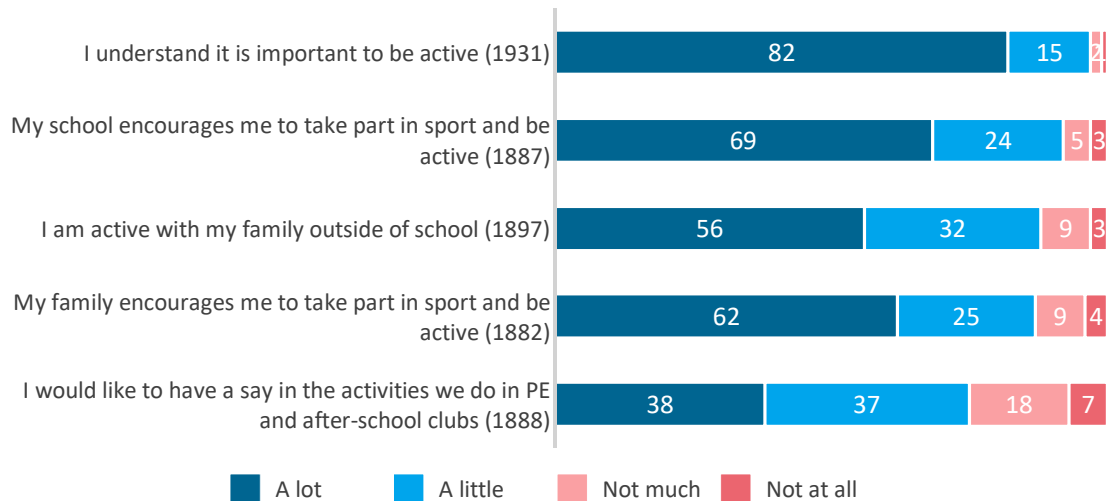
Base: All pupils (1904)



## Attitudes to physical activity

Girls were asked to what extent they agreed with a series of statements about being physically active. The chart below summarises their responses.

How much do you agree with the following? (%)

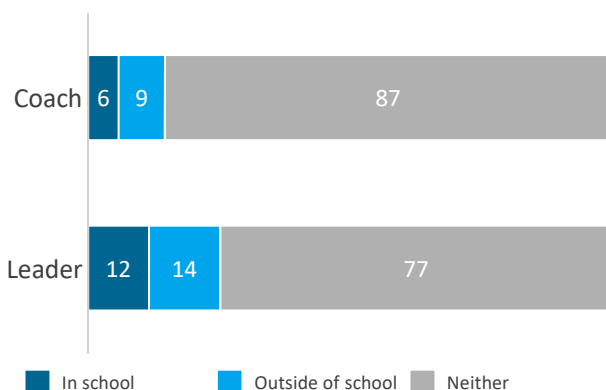


Base: All pupils

## Coaching and leadership

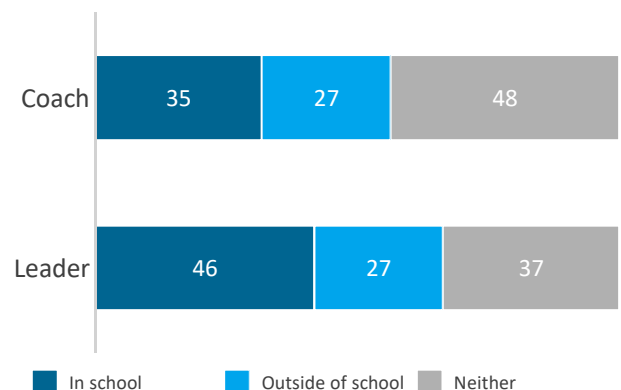
Girls were asked about being coaches and leaders, both inside and outside of school. The chart below left shows the proportion that are currently coaches or leaders, while the chart below right shows the proportion that would like to be.

Are you a...? (%)



Base: All pupils

Would you like to be a...? (%)

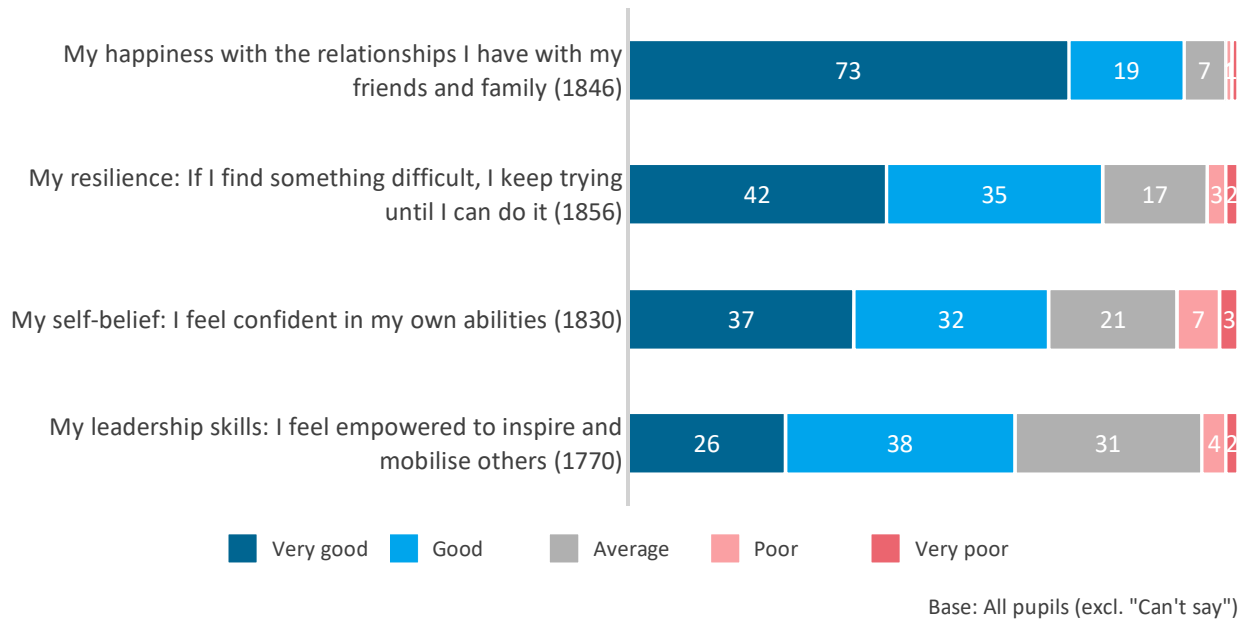


Base: All pupils

Following this, pupils were asked how confident they feel leading and influencing other young people. 61% of girls said that they were *Very confident* or *Confident*, 19% were *Neutral*, and 19% were *Not very confident* or *Not at all confident*.

The following chart shows how girls rate their leadership skills, resilience, self-belief and happiness with personal relationships.

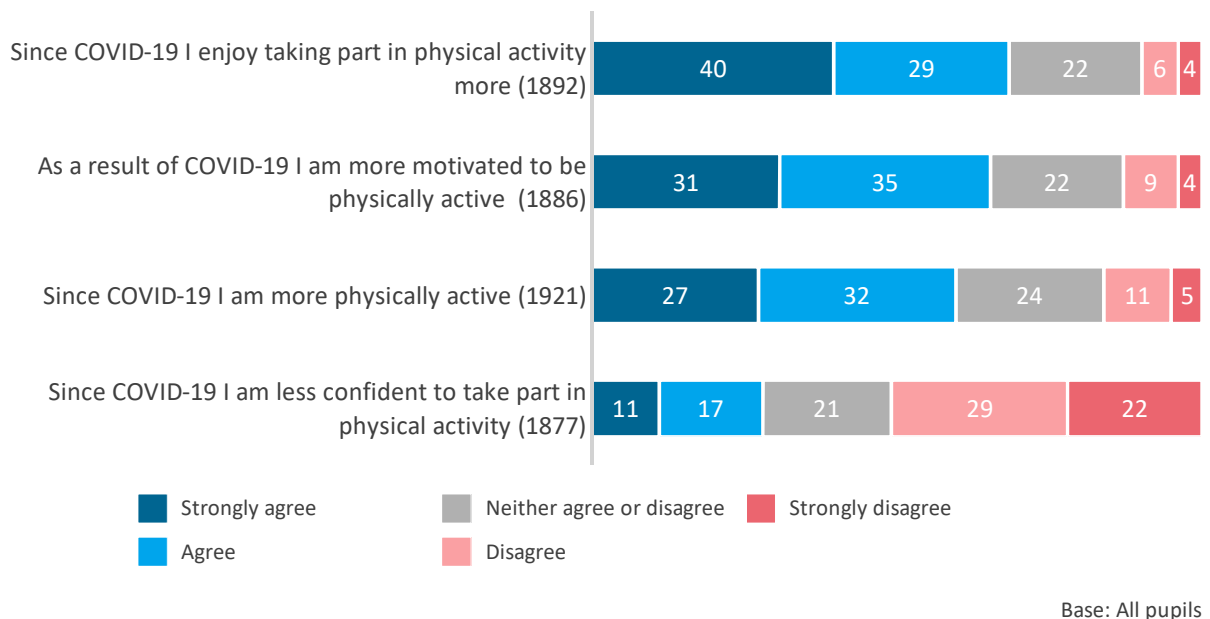
How would you rate the following? (%)



## Impact of COVID-19

Girls were asked about the impact the COVID-19 has had on their feelings about sports and physical activity, and whether it's affected their participation. The following chart shows their responses.

How would you rate the following? (%)





## Appendix 1

Data in the following tables is broken down by key factors, including 'physical activity level', in which 'more active' is defined as those who take part in physical activity 'every day' or 'most days', and 'less active' is those who are active 'some days' or 'never'. Responses from groups of less than 5 have been hidden, to protect the identity of respondents.

**No responses from male pupils are included in these tables - they are shown in a separate report.**

### How active are you?: I am active

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?					
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say	
Every day	35%	42%	33%	38%	32%	46%	-	38%	36%	30%	31%	29%	32%	
Most days	42%	37%	41%	44%	44%	54%	-	42%	43%	41%	50%	36%	41%	
Some days	22%	21%	26%	19%	23%	-	97%	19%	20%	27%	19%	32%	26%	
Never	1%	1%	1%	0%	1%	-	3%	1%	-	1%	-	3%	1%	

### How active are you?: I do more than 60 minutes of activity a day (where my heart beats faster)

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?					
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say	
Every day	20%	22%	17%	20%	19%	24%	3%	22%	20%	8%	20%	23%	22%	
Most days	37%	39%	37%	37%	37%	43%	17%	38%	40%	36%	38%	20%	37%	
Some days	38%	35%	39%	39%	37%	31%	63%	36%	32%	49%	36%	36%	38%	
Never	6%	4%	7%	4%	7%	2%	17%	4%	7%	7%	7%	21%	3%	

*In the past week, on how many days have you taken part in 60 minutes or more of physical activities that make you feel warmer and make your heart beat faster?*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
Mean	4.32	4.46	4.22	4.34	4.28	4.74	2.87	4.45	4.45	3.83	4.34	3.74	4.34
0 days	3%	2%	3%	2%	3%	1%	8%	2%	2%	3%	4%	9%	2%
1 day	7%	8%	9%	5%	6%	4%	14%	5%	7%	11%	5%	8%	7%
2 days	11%	11%	9%	12%	10%	8%	20%	10%	7%	15%	6%	13%	12%
3 days	15%	13%	14%	15%	15%	12%	24%	15%	13%	14%	17%	21%	13%
4 days	16%	16%	16%	16%	17%	16%	17%	16%	16%	18%	21%	10%	16%
5 days	19%	16%	20%	19%	20%	23%	9%	19%	23%	16%	23%	17%	21%
6 days	11%	10%	10%	13%	10%	13%	3%	13%	9%	8%	6%	3%	9%
7 days	19%	25%	18%	18%	18%	23%	4%	19%	22%	14%	20%	19%	20%

*How do you feel about: ...being active?*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
Like it a lot	49%	63%	51%	50%	40%	57%	18%	49%	51%	46%	49%	55%	44%
Like it	40%	28%	38%	41%	45%	36%	53%	40%	39%	38%	40%	29%	43%
Neither like or dislike it	10%	7%	9%	8%	13%	6%	24%	8%	10%	13%	11%	15%	11%
Dislike it	1%	1%	2%	1%	1%	0%	3%	1%	-	2%	1%	1%	1%
Dislike it a lot	1%	1%	1%	0%	1%	0%	3%	1%	-	1%	-	-	1%

*How do you feel about: ...PE?*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?					
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say	
Like it a lot	55%	71%	58%	54%	46%	60%	35%	55%	64%	51%	57%	58%	51%	
Like it	32%	21%	30%	35%	35%	30%	38%	31%	26%	34%	26%	31%	36%	
Neither like or dislike it	10%	4%	9%	9%	14%	8%	18%	10%	8%	12%	10%	8%	11%	
Dislike it	2%	2%	2%	1%	3%	1%	5%	2%	1%	1%	4%	3%	1%	
Dislike it a lot	1%	1%	1%	1%	2%	1%	3%	1%	1%	2%	3%	-	0%	

*How do you feel about: ...Sports day?*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?					
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say	
Like it a lot	50%	58%	56%	52%	41%	54%	34%	45%	56%	60%	65%	64%	43%	
Like it	25%	25%	22%	24%	28%	24%	26%	27%	24%	22%	20%	19%	22%	
Neither like or dislike it	16%	11%	13%	17%	17%	14%	22%	16%	12%	11%	13%	15%	22%	
Dislike it	5%	2%	6%	5%	8%	5%	8%	6%	4%	4%	-	-	8%	
Dislike it a lot	4%	3%	3%	3%	7%	3%	9%	5%	4%	3%	2%	3%	5%	

*Would you like to be active in school more (including breaktimes, during PE and other lessons)?*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
Yes	67%	79%	66%	68%	61%	71%	51%	67%	73%	67%	74%	64%	58%
No	5%	2%	5%	4%	6%	4%	8%	5%	2%	3%	4%	1%	5%
Not sure	29%	19%	30%	27%	33%	25%	41%	27%	25%	29%	22%	35%	36%

*What do you enjoy about being active in school?*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
Having fun	81%	83%	83%	80%	79%	83%	74%	83%	79%	82%	75%	66%	80%
Being with friends	76%	75%	79%	75%	77%	78%	72%	81%	69%	73%	64%	68%	73%
Feeling happy	69%	72%	71%	70%	64%	71%	59%	72%	66%	65%	64%	60%	68%
Being outside	67%	66%	65%	68%	68%	71%	55%	72%	62%	60%	59%	55%	65%
Learning new sports / skills	63%	62%	63%	68%	59%	67%	47%	63%	63%	65%	65%	53%	65%
Getting fit and healthy	61%	65%	64%	63%	53%	65%	43%	60%	62%	61%	58%	56%	64%
Getting better at the games I play	58%	59%	58%	59%	57%	62%	47%	60%	54%	58%	62%	51%	56%
Being part of a team	56%	60%	60%	55%	51%	61%	38%	57%	57%	51%	62%	48%	53%
Making new friends	48%	61%	58%	46%	38%	49%	44%	49%	46%	42%	46%	49%	52%
Playing to win	29%	35%	27%	29%	26%	30%	26%	28%	28%	32%	35%	29%	30%
Other	6%	9%	7%	3%	5%	6%	5%	7%	2%	5%	7%	8%	5%
None of these	1%	1%	2%	1%	1%	1%	2%	1%	1%	1%	-	-	3%

*What stops you being active in school?*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
I worry about getting hurt	27%	33%	33%	28%	20%	26%	31%	26%	28%	27%	25%	27%	31%
I am not confident	22%	16%	16%	20%	32%	20%	32%	23%	20%	24%	25%	15%	20%
I don't like getting hot and sweaty	22%	22%	28%	21%	19%	20%	27%	22%	21%	23%	22%	24%	18%
I am too tired	18%	24%	19%	17%	17%	15%	30%	19%	20%	17%	19%	18%	18%
I am not good at it	18%	18%	12%	17%	23%	15%	27%	18%	16%	20%	17%	20%	17%
I worry about how I look	17%	14%	14%	15%	23%	17%	18%	18%	15%	18%	12%	15%	18%
I can't keep up with my friends	17%	17%	17%	14%	18%	15%	25%	18%	13%	15%	13%	11%	19%
I don't like getting changed	16%	16%	13%	15%	18%	15%	19%	18%	13%	10%	10%	15%	15%
I don't like losing games	14%	20%	17%	10%	14%	13%	19%	14%	15%	10%	19%	31%	15%
I worry about trying new activities	12%	14%	13%	13%	10%	12%	14%	13%	11%	10%	8%	20%	11%
Other people make fun of me	11%	12%	11%	9%	13%	11%	12%	11%	14%	8%	10%	9%	14%
I don't get picked to take part	10%	9%	10%	9%	10%	9%	11%	9%	14%	9%	13%	9%	11%
I can't be bothered	6%	5%	6%	5%	8%	5%	13%	5%	7%	10%	5%	11%	7%
I don't feel encouraged by adults	6%	6%	6%	5%	6%	5%	7%	5%	6%	8%	10%	7%	7%
I don't like the activities	5%	5%	4%	5%	7%	4%	10%	5%	6%	7%	4%	5%	5%
Other	5%	3%	6%	3%	7%	5%	5%	5%	6%	5%	9%	4%	5%
None of these	26%	26%	30%	27%	22%	30%	12%	28%	19%	23%	25%	22%	24%

*How much do you agree that: I understand it is important to be active*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
A lot	82%	76%	80%	84%	84%	87%	64%	83%	88%	82%	84%	79%	77%
A little	15%	20%	17%	14%	14%	11%	29%	15%	11%	15%	8%	16%	18%
Not much	2%	3%	2%	2%	2%	1%	6%	1%	1%	3%	6%	5%	3%
Not at all	1%	1%	1%	0%	0%	0%	2%	1%	1%	0%	2%	-	1%

*How much do you agree that: I would like to have a say in the activities we do in PE and after-school clubs*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
A lot	38%	46%	40%	40%	31%	40%	29%	40%	40%	30%	46%	47%	31%
A little	37%	33%	35%	38%	39%	37%	36%	37%	36%	41%	31%	34%	38%
Not much	18%	12%	15%	18%	24%	17%	24%	18%	18%	20%	15%	12%	22%
Not at all	7%	9%	9%	5%	6%	6%	11%	5%	7%	8%	8%	7%	10%



*How much do you agree that: I am active with my family outside of school*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
A lot	56%	65%	58%	55%	51%	63%	30%	58%	61%	45%	46%	52%	60%
A little	32%	19%	30%	34%	36%	29%	42%	31%	30%	36%	44%	27%	26%
Not much	9%	11%	9%	9%	10%	6%	21%	8%	8%	15%	5%	14%	12%
Not at all	3%	5%	3%	2%	3%	2%	8%	3%	1%	3%	4%	7%	2%

*How much do you agree that: My family encourages me to take part in sport and be active*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
A lot	62%	62%	66%	62%	60%	67%	43%	63%	63%	64%	70%	58%	54%
A little	25%	22%	21%	25%	28%	23%	33%	26%	25%	23%	12%	25%	27%
Not much	9%	11%	8%	9%	9%	7%	16%	8%	7%	10%	11%	10%	10%
Not at all	4%	5%	5%	3%	3%	3%	8%	3%	4%	3%	6%	7%	9%

*How much do you agree that: My school encourages me to take part in sport and be active*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
A lot	69%	66%	70%	74%	64%	72%	57%	69%	70%	69%	68%	74%	66%
A little	24%	23%	22%	21%	28%	22%	29%	25%	20%	22%	25%	21%	22%
Not much	5%	7%	5%	4%	6%	4%	9%	4%	9%	7%	1%	5%	8%
Not at all	3%	4%	3%	2%	3%	2%	4%	3%	1%	2%	6%	-	4%

*Are you a coach or leader for sport and physical activity: Coach*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
In school	6%	7%	7%	5%	4%	6%	5%	5%	6%	4%	3%	10%	8%
Outside of school	9%	10%	10%	9%	9%	10%	7%	9%	16%	4%	8%	12%	11%
Neither	87%	85%	85%	87%	88%	86%	89%	87%	80%	92%	89%	81%	84%

*Are you a coach or leader for sport and physical activity: Leader*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
In school	12%	7%	12%	14%	11%	13%	7%	10%	15%	15%	6%	14%	12%
Outside of school	14%	12%	16%	12%	15%	15%	10%	12%	25%	9%	15%	17%	16%
Neither	77%	82%	74%	76%	76%	75%	83%	79%	64%	77%	81%	72%	73%

*Would you like to be a coach or leader for sport and physical activity: Coach*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
In school	35%	40%	36%	36%	30%	36%	27%	34%	43%	28%	38%	48%	33%
Outside of school	27%	31%	28%	27%	23%	28%	22%	27%	34%	21%	29%	23%	28%
Neither	48%	39%	44%	46%	55%	45%	57%	48%	35%	57%	43%	42%	47%

*Would you like to be a coach or leader for sport and physical activity: Leader*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
In school	46%	47%	46%	48%	43%	49%	34%	45%	50%	49%	53%	55%	38%
Outside of school	27%	27%	30%	27%	24%	28%	23%	27%	36%	21%	27%	22%	27%
Neither	37%	37%	34%	34%	42%	34%	49%	38%	27%	38%	32%	32%	43%

*How confident do you feel leading or influencing your peers or other young people?*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
Very confident	29%	33%	36%	28%	24%	31%	18%	28%	35%	25%	36%	39%	25%
Confident	33%	32%	32%	35%	31%	34%	27%	33%	35%	33%	28%	27%	32%
Neutral	19%	19%	19%	20%	20%	18%	25%	20%	16%	25%	16%	17%	17%
Not very confident	14%	11%	11%	15%	17%	12%	23%	15%	10%	13%	16%	9%	19%
Not at all confident	5%	6%	3%	3%	8%	4%	8%	5%	3%	5%	4%	8%	7%

Overall how happy did you feel yesterday? 0 is not at all, 10 is completely

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?					
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say	
Mean	7.49	7.95	7.74	7.57	7.02	7.72	6.68	7.54	7.78	7.31	7.58	7.44	7.19	
0	2%	3%	1%	1%	2%	1%	3%	1%	1%	2%	2%	1%	4%	
1	1%	1%	1%	1%	1%	1%	2%	1%	-	1%	1%	1%	1%	
2	1%	1%	2%	1%	1%	1%	2%	2%	1%	1%	2%	5%	0%	
3	2%	2%	1%	2%	4%	2%	4%	2%	2%	4%	-	4%	4%	
4	4%	2%	3%	5%	6%	4%	6%	3%	6%	3%	5%	4%	6%	
5	12%	11%	14%	11%	11%	9%	19%	11%	10%	13%	9%	13%	15%	
6	7%	7%	5%	6%	9%	7%	6%	9%	2%	6%	9%	4%	5%	
7	12%	7%	8%	12%	16%	12%	12%	12%	10%	14%	13%	5%	10%	
8	17%	14%	16%	16%	19%	17%	17%	16%	17%	22%	15%	15%	13%	
9	16%	12%	16%	18%	15%	17%	12%	16%	17%	16%	22%	8%	16%	
10	26%	42%	32%	26%	15%	29%	16%	26%	31%	18%	24%	39%	26%	

*How would you rate: My leadership skills: I feel empowered to inspire and mobilise others*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?					
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say	
Very good	24%	31%	27%	24%	20%	27%	14%	23%	28%	24%	31%	31%	22%	
Good	35%	39%	36%	35%	33%	37%	28%	36%	40%	38%	30%	32%	26%	
Average	28%	17%	21%	32%	35%	26%	37%	29%	25%	28%	25%	27%	32%	
Poor	3%	1%	3%	3%	5%	3%	4%	4%	2%	3%	5%	-	3%	
Very poor	2%	1%	2%	1%	3%	1%	4%	2%	1%	3%	2%	1%	1%	
Can't say	7%	11%	11%	6%	4%	6%	13%	6%	4%	4%	6%	9%	15%	

*How would you rate: My resilience: If I find something difficult, I keep trying until I can do it*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?					
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say	
Very good	41%	53%	50%	41%	32%	46%	26%	42%	48%	40%	42%	46%	36%	
Good	34%	29%	32%	35%	37%	34%	36%	35%	32%	36%	30%	22%	34%	
Average	16%	10%	10%	17%	22%	14%	24%	16%	14%	19%	21%	18%	16%	
Poor	3%	3%	2%	4%	4%	3%	5%	3%	4%	2%	4%	4%	4%	
Very poor	2%	2%	1%	1%	3%	1%	5%	2%	1%	2%	1%	5%	2%	
Can't say	2%	3%	4%	1%	2%	2%	4%	1%	2%	1%	1%	4%	8%	

*How would you rate: My self-belief: I feel confident in my own abilities*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
Very good	36%	46%	47%	35%	26%	39%	25%	33%	45%	38%	45%	45%	32%
Good	31%	33%	27%	35%	30%	32%	29%	33%	23%	31%	23%	26%	33%
Average	20%	14%	14%	20%	26%	19%	26%	21%	18%	23%	20%	12%	17%
Poor	7%	2%	4%	6%	10%	6%	9%	7%	8%	6%	8%	5%	7%
Very poor	3%	1%	2%	3%	5%	3%	6%	4%	1%	2%	1%	7%	5%
Can't say	3%	5%	5%	1%	2%	2%	6%	2%	4%	1%	2%	4%	5%

*How would you rate: My happiness with the relationships I have with my friends and family*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
Very good	71%	74%	74%	72%	67%	73%	62%	72%	71%	71%	69%	80%	66%
Good	19%	17%	16%	18%	22%	18%	22%	19%	19%	19%	23%	13%	18%
Average	7%	4%	5%	8%	8%	6%	10%	6%	6%	7%	4%	5%	10%
Poor	1%	1%	1%	0%	1%	1%	0%	1%	1%	-	1%	-	-
Very poor	1%	1%	1%	1%	0%	0%	1%	0%	1%	1%	1%	-	1%
Can't say	2%	3%	4%	1%	1%	2%	4%	1%	3%	1%	1%	1%	5%



*How things might have changed since COVID-19: Since COVID-19 I am more physically active*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?					
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say	
Strongly agree	27%	36%	29%	29%	21%	31%	12%	24%	32%	28%	37%	27%	34%	
Agree	32%	26%	34%	32%	34%	33%	29%	35%	33%	27%	27%	29%	29%	
Neither agree or disagree	24%	20%	18%	25%	29%	22%	30%	25%	21%	25%	23%	20%	23%	
Disagree	11%	10%	13%	10%	13%	10%	18%	12%	11%	15%	6%	16%	8%	
Strongly disagree	5%	7%	6%	4%	4%	3%	11%	4%	4%	6%	7%	8%	6%	

*How things might have changed since COVID-19: As a result of COVID-19 I am more motivated to be physically active*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?					
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say	
Strongly agree	31%	40%	37%	32%	22%	35%	14%	30%	31%	27%	41%	31%	33%	
Agree	35%	31%	31%	37%	36%	35%	34%	35%	37%	38%	37%	29%	30%	
Neither agree or disagree	22%	16%	19%	22%	28%	21%	28%	23%	23%	19%	17%	29%	23%	
Disagree	9%	7%	8%	7%	11%	7%	14%	10%	6%	10%	1%	6%	9%	
Strongly disagree	4%	5%	5%	2%	4%	2%	9%	3%	3%	5%	5%	6%	5%	

*How things might have changed since COVID-19: Since COVID-19 I am less confident to take part in physical activity*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
Strongly agree	11%	16%	14%	10%	9%	10%	13%	10%	12%	9%	13%	15%	15%
Agree	17%	15%	15%	19%	19%	15%	27%	17%	17%	19%	8%	21%	22%
Neither agree or disagree	21%	21%	18%	20%	24%	20%	27%	22%	21%	19%	17%	22%	23%
Disagree	29%	21%	31%	28%	31%	30%	23%	30%	31%	31%	30%	24%	19%
Strongly disagree	22%	27%	22%	23%	18%	25%	10%	21%	19%	22%	31%	18%	21%

*How things might have changed since COVID-19: Since COVID-19 I enjoy taking part in physical activity more*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
Strongly agree	40%	54%	47%	38%	31%	44%	26%	39%	43%	37%	50%	44%	39%
Agree	29%	20%	25%	32%	32%	29%	29%	29%	25%	32%	22%	25%	31%
Neither agree or disagree	22%	17%	19%	22%	26%	20%	27%	24%	21%	21%	17%	19%	17%
Disagree	6%	5%	6%	5%	7%	5%	10%	5%	7%	6%	5%	8%	8%
Strongly disagree	4%	4%	3%	4%	4%	3%	7%	3%	3%	5%	5%	4%	5%

*What year group are you in?*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
Year 3	15%	100%	-	-	-	15%	15%	18%	15%	12%	6%	20%	13%
Year 4	20%	-	100%	-	-	18%	23%	17%	22%	17%	29%	25%	23%
Year 5	33%	-	-	100%	-	34%	27%	31%	30%	39%	40%	33%	34%
Year 6	32%	-	-	-	100%	32%	35%	34%	34%	32%	25%	22%	30%

*What is your ethnicity? (choose one option that best describes your ethnic group or background)*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?				
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say
White	55%	63%	49%	51%	58%	58%	48%	100%	-	-	-	-	-
Mixed / multiple ethnic groups	8%	8%	9%	8%	9%	9%	8%	-	100%	-	-	-	-
Asian / Asian British	14%	11%	13%	17%	14%	13%	18%	-	-	100%	-	-	-
Black / African / Caribbean / Black British	5%	2%	8%	7%	4%	6%	5%	-	-	-	100%	-	-
Other	4%	5%	5%	4%	3%	3%	6%	-	-	-	-	100%	-
Prefer not to say	13%	11%	15%	13%	12%	12%	15%	-	-	-	-	-	100%

*What is your faith / religion?*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?					
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say	
Christian	32%	41%	34%	31%	29%	33%	28%	37%	40%	9%	61%	22%	23%	
Muslim	16%	9%	20%	16%	17%	14%	23%	1%	15%	52%	25%	52%	24%	
Hindu	4%	4%	2%	9%	2%	4%	4%	0%	4%	23%	2%	6%	2%	
Sikh	1%	2%	1%	1%	2%	1%	1%	0%	1%	7%	1%	1%	0%	
Jewish	0%	2%	1%	-	-	0%	0%	1%	-	-	-	-	-	
Buddhist	1%	1%	-	0%	1%	0%	1%	-	1%	3%	-	1%	-	
Other religion	2%	1%	2%	2%	1%	2%	1%	1%	4%	0%	2%	5%	2%	
No religion	34%	28%	28%	32%	41%	35%	29%	49%	28%	4%	6%	10%	24%	
Prefer not to say	10%	11%	13%	10%	8%	10%	12%	11%	6%	2%	4%	1%	24%	

*Do you have a disability, or a special educational need, which means you need extra help to do things?*

Break % Respondents	Total	What year group are you in?					Activity level		What is your ethnicity?					
	Total	Year 3	Year 4	Year 5	Year 6	More active	Less active	White	Mixed	Asian	Black	Other	Prefer not to say	
Yes	7%	9%	9%	5%	6%	6%	11%	7%	7%	3%	8%	12%	7%	
No	72%	63%	70%	75%	75%	73%	66%	73%	65%	85%	78%	64%	54%	
Prefer not to say	5%	6%	5%	4%	5%	5%	5%	4%	7%	3%	5%	4%	9%	
Don't know	17%	23%	17%	16%	15%	16%	19%	15%	20%	9%	10%	20%	30%	