



Girls' report

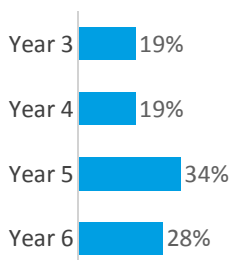
This report summarises responses to the *Girls Active Stepping Up for Change Quiz* that girls recently completed. Overall, **4065 responses** were received from female pupils across 65 schools. No responses from male pupils are included in this report. Responses received from boys are presented in a separate report.

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

Pupil profile

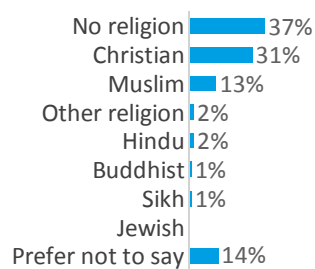
The charts below show the profile of those who responded to the questionnaire. They were most likely to be in *Year 5* (34%), describe themselves as *White* (55%), and their faith or religion as *No religion* (37%).

Year group



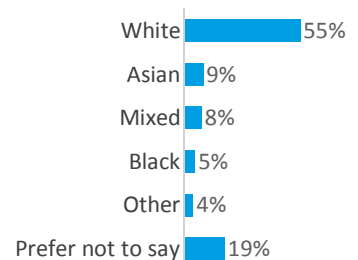
Base: All pupils (4050)

Religion or faith



Base: All pupils (3808)

Ethnic group



Base: All pupils (3815)

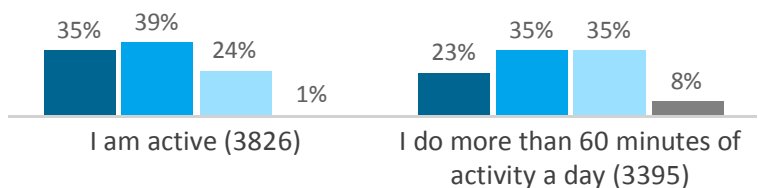
Physical activity

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

Girls were most likely to say that they were active *Most days* (39%), and that they did more than 60 minutes of activity *Some days* (35%).

How active are you?

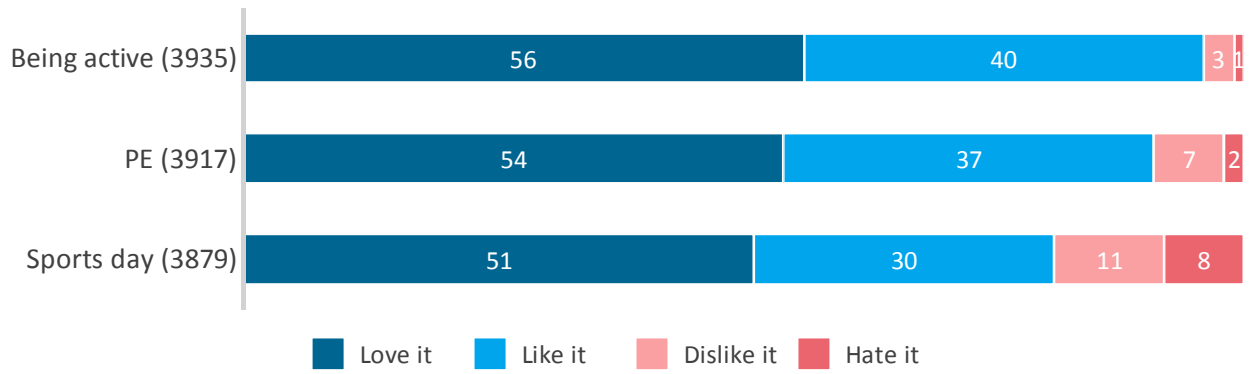
■ Every day ■ Most days ■ Some days ■ Never



Base: All pupils

The following chart shows how much girls enjoy physical activity. Overall, they were most positive about *Being active* (96% love it/like it), followed by *PE* (91% love it/like it), then *Sports day* (81% love it/like it).

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

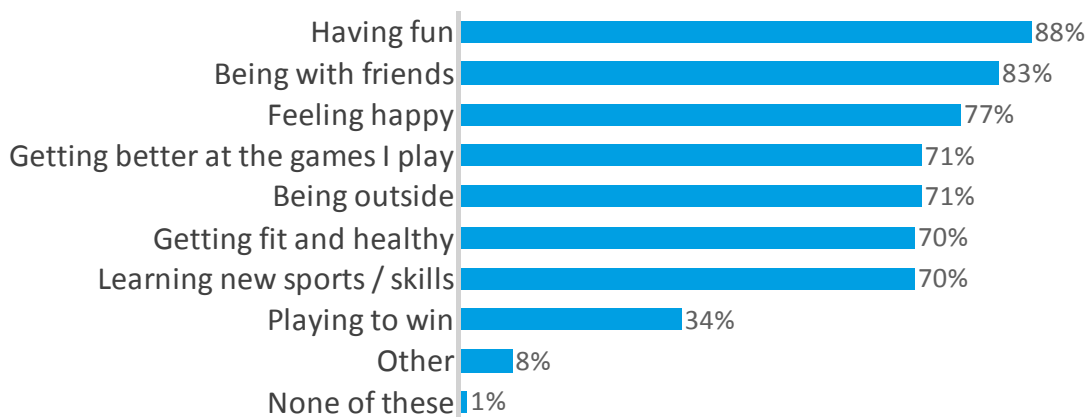


Base: All pupils

Girls were most likely to say that they enjoyed the following aspect of being active in school: *Having fun* (88%); *Being with friends* (83%), and; *Feeling happy* (77%).

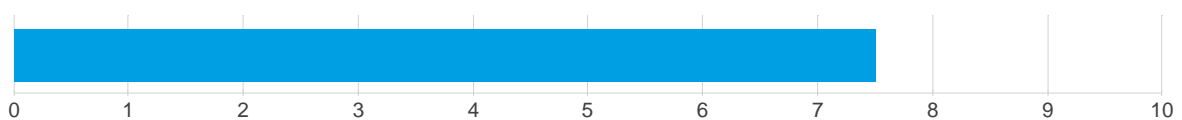
1% said that they didn't enjoy any aspect of being active in school.

What do you enjoy about being active in school?



Base: All pupils (4017)

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

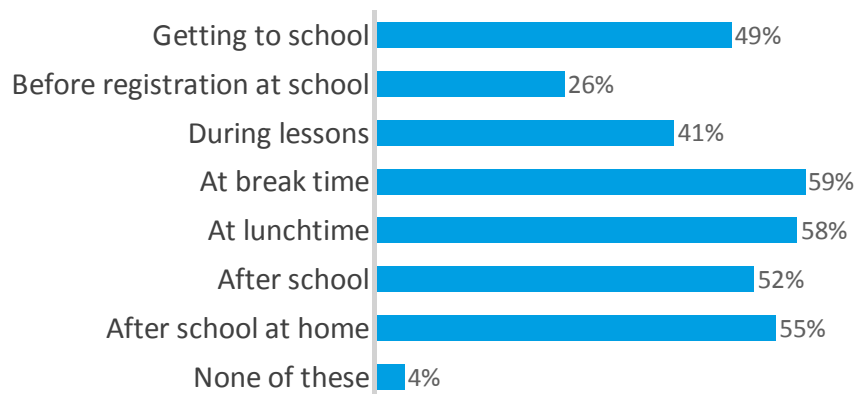


Being more active

This chart shows the times of day that girls said they would like to be more active. The most common answers were *At break time* (59%) and *At lunchtime* (58%).

4% said that they wouldn't like to be more active at any of those times.

At what times across the day would you like to be more active?

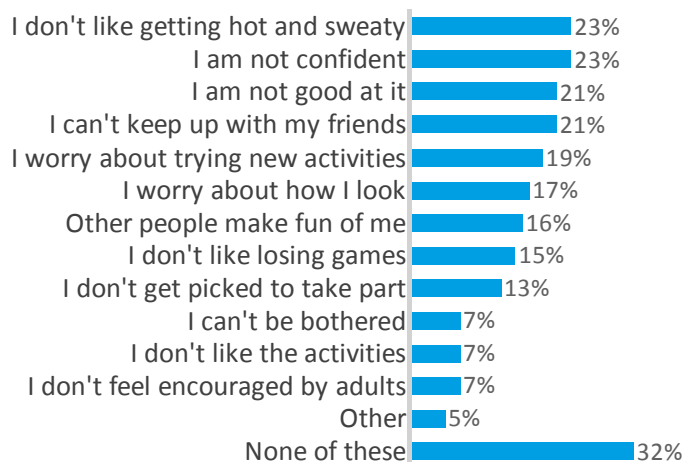


Base: All pupils (3975)

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 don't like getting hot and sweaty* (23%), *I am not confident* (23%), and *I am not good at it* (21%).

32% of girls said that none of these factors stopped them from being active.

What stops you being active in school?



Base: All pupils (3905)

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.

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%	32%	35%	35%	37%	47%	-	38%	39%	25%	38%	32%	30%	
Most days	39%	36%	37%	41%	40%	53%	-	40%	40%	42%	38%	39%	37%	
Some days	24%	29%	26%	23%	22%	-	94%	21%	20%	33%	23%	25%	31%	
Never	1%	3%	2%	1%	1%	-	6%	1%	1%	1%	1%	3%	2%	

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	23%	26%	24%	22%	19%	27%	5%	24%	24%	18%	28%	25%	19%	
Most days	35%	32%	30%	36%	38%	39%	19%	37%	35%	30%	34%	30%	31%	
Some days	35%	33%	36%	35%	36%	31%	52%	33%	33%	43%	34%	31%	40%	
Never	8%	9%	9%	7%	7%	3%	24%	6%	8%	9%	4%	13%	10%	

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
Love it	56%	57%	57%	56%	57%	66%	25%	59%	58%	47%	61%	50%	53%
Like it	40%	38%	39%	40%	40%	33%	63%	38%	38%	49%	36%	43%	41%
Dislike it	3%	3%	3%	3%	2%	1%	8%	2%	3%	4%	2%	6%	4%
Hate it	1%	2%	1%	1%	1%	0%	3%	1%	1%	1%	1%	1%	2%

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
Love it	54%	59%	54%	54%	51%	59%	38%	54%	55%	52%	60%	54%	52%
Like it	37%	31%	38%	37%	40%	35%	43%	37%	36%	42%	36%	34%	37%
Dislike it	7%	6%	6%	6%	7%	4%	13%	7%	6%	5%	3%	8%	7%
Hate it	2%	3%	2%	2%	2%	1%	5%	2%	3%	2%	1%	3%	3%

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
Love it	51%	57%	56%	50%	45%	55%	36%	50%	53%	55%	64%	50%	47%
Like it	30%	25%	30%	31%	34%	31%	31%	32%	30%	30%	21%	30%	31%
Dislike it	11%	11%	8%	11%	12%	9%	17%	11%	12%	9%	7%	10%	12%
Hate it	8%	6%	7%	8%	9%	5%	16%	7%	6%	6%	7%	10%	10%

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	88%	87%	88%	89%	87%	90%	83%	88%	88%	88%	87%	83%	89%
Being with friends	83%	83%	84%	83%	83%	84%	82%	85%	81%	78%	80%	86%	83%
Feeling happy	77%	79%	79%	79%	72%	80%	69%	79%	74%	70%	76%	79%	77%
Getting better at the games I play	71%	73%	74%	72%	67%	75%	61%	72%	69%	71%	73%	68%	70%
Being outside	71%	71%	74%	71%	68%	74%	61%	74%	69%	58%	64%	70%	72%
Getting fit and healthy	70%	73%	72%	69%	68%	76%	52%	73%	71%	61%	73%	66%	66%
Learning new sports / skills	70%	71%	72%	71%	66%	76%	53%	71%	72%	69%	71%	69%	65%
Playing to win	34%	43%	34%	32%	29%	34%	32%	32%	35%	37%	42%	30%	33%
Other	8%	10%	10%	9%	5%	10%	6%	7%	8%	9%	10%	9%	10%
None of these	1%	1%	0%	0%	1%	0%	2%	0%	0%	1%	-	1%	1%

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 don't like getting hot and sweaty	23%	31%	25%	22%	19%	20%	35%	21%	21%	22%	18%	25%	28%
I am not confident	23%	19%	21%	22%	27%	20%	32%	21%	20%	28%	19%	27%	25%
I am not good at it	21%	20%	19%	20%	24%	16%	35%	19%	19%	27%	19%	26%	24%
I can't keep up with my friends	21%	26%	26%	18%	18%	18%	31%	19%	20%	17%	21%	24%	24%
I worry about trying new activities	19%	24%	20%	18%	17%	17%	25%	17%	18%	18%	16%	22%	24%
I worry about how I look	17%	18%	14%	14%	20%	16%	20%	17%	15%	12%	16%	15%	18%
Other people make fun of me	16%	19%	17%	16%	13%	15%	19%	14%	10%	17%	22%	26%	18%
I don't like losing games	15%	20%	18%	14%	11%	13%	22%	12%	13%	22%	16%	20%	18%
I don't get picked to take part	13%	15%	14%	13%	11%	12%	15%	12%	12%	13%	12%	14%	14%
I can't be bothered	7%	8%	5%	7%	8%	5%	14%	6%	7%	11%	10%	5%	7%
I don't like the activities	7%	8%	6%	6%	8%	6%	10%	7%	8%	7%	6%	7%	6%
I don't feel encouraged by adults	7%	8%	9%	7%	5%	6%	9%	6%	6%	7%	9%	5%	9%
Other	5%	5%	4%	5%	6%	5%	5%	4%	5%	4%	6%	9%	6%
None of these	32%	30%	33%	34%	31%	38%	15%	35%	34%	24%	34%	26%	30%

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	79%	70%	76%	81%	85%	86%	60%	82%	80%	77%	83%	73%	75%	
A little	17%	23%	18%	15%	13%	12%	31%	14%	18%	21%	13%	20%	19%	
Not much	3%	5%	4%	3%	1%	2%	7%	2%	2%	2%	2%	6%	4%	
Not at all	1%	3%	1%	1%	1%	1%	2%	1%	1%	-	1%	1%	2%	

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%	42%	38%	37%	37%	42%	24%	38%	42%	32%	50%	41%	36%	
A little	36%	30%	36%	37%	38%	37%	33%	37%	35%	41%	34%	33%	32%	
Not much	17%	16%	18%	18%	18%	15%	26%	17%	16%	17%	8%	20%	21%	
Not at all	9%	11%	9%	9%	7%	6%	17%	8%	7%	9%	8%	6%	12%	

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	57%	60%	61%	55%	54%	65%	30%	60%	60%	51%	57%	61%	53%	
A little	30%	23%	27%	33%	34%	28%	41%	30%	30%	35%	28%	26%	29%	
Not much	10%	12%	9%	9%	10%	6%	22%	8%	8%	11%	13%	11%	13%	
Not at all	3%	5%	2%	3%	2%	1%	7%	2%	2%	3%	2%	3%	4%	

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	60%	55%	59%	62%	61%	66%	42%	62%	65%	58%	64%	52%	56%	
A little	25%	23%	24%	25%	27%	23%	31%	24%	23%	25%	20%	30%	26%	
Not much	9%	12%	10%	9%	8%	8%	15%	9%	8%	12%	7%	9%	11%	
Not at all	6%	10%	7%	4%	4%	4%	12%	5%	4%	5%	9%	9%	8%	

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	63%	58%	63%	62%	65%	67%	49%	64%	62%	64%	71%	61%	57%
A little	26%	26%	26%	26%	27%	24%	33%	26%	26%	25%	21%	23%	28%
Not much	8%	9%	8%	8%	7%	7%	12%	7%	9%	7%	6%	12%	10%
Not at all	3%	6%	4%	4%	1%	2%	6%	3%	2%	4%	2%	4%	5%

At what times across the day would you like to be more 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
Getting to school (i.e. walking, cycling)	49%	55%	56%	49%	41%	51%	44%	47%	50%	53%	51%	55%	50%
Before registration at school	26%	37%	32%	23%	19%	29%	19%	25%	25%	19%	30%	26%	30%
During lessons	41%	45%	44%	39%	39%	44%	31%	42%	44%	30%	41%	38%	42%
At break time	59%	71%	66%	56%	50%	59%	58%	58%	59%	56%	64%	56%	63%
At lunchtime	58%	65%	62%	56%	53%	59%	55%	56%	59%	58%	66%	58%	61%
After school	52%	62%	58%	50%	45%	55%	46%	52%	51%	47%	63%	50%	54%
After school at home	55%	63%	60%	55%	48%	58%	49%	54%	55%	53%	56%	60%	58%
None of these	4%	4%	3%	5%	4%	3%	7%	4%	4%	4%	2%	3%	5%

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	7.53	7.75	7.73	7.53	7.27	7.81	6.63	7.63	7.48	7.79	7.59	7.31	7.25
0	2%	3%	2%	2%	1%	1%	3%	1%	3%	1%	4%	2%	3%
1	2%	1%	1%	2%	2%	1%	3%	1%	2%	1%	2%	2%	2%
2	2%	2%	1%	2%	2%	1%	3%	1%	1%	1%	1%	-	3%
3	3%	2%	2%	2%	4%	2%	5%	3%	2%	2%	1%	3%	4%
4	4%	4%	4%	4%	5%	3%	7%	5%	4%	3%	7%	4%	3%
5	11%	11%	10%	11%	10%	9%	17%	10%	8%	9%	8%	19%	13%
6	7%	6%	6%	7%	7%	6%	9%	7%	7%	6%	4%	4%	6%
7	11%	8%	8%	12%	15%	11%	12%	11%	13%	14%	13%	11%	9%
8	16%	9%	16%	17%	19%	17%	13%	17%	15%	16%	13%	15%	14%
9	14%	11%	13%	15%	15%	16%	7%	14%	15%	16%	13%	15%	12%
10	30%	44%	36%	28%	20%	32%	23%	30%	29%	30%	35%	26%	30%

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	19%	100%	-	-	-	17%	23%	18%	16%	13%	17%	20%	22%	
Year 4	19%	-	100%	-	-	19%	21%	17%	18%	17%	19%	34%	23%	
Year 5	34%	-	-	100%	-	35%	32%	34%	38%	40%	30%	24%	37%	
Year 6	28%	-	-	-	100%	29%	25%	32%	28%	30%	34%	22%	18%	

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%	54%	49%	53%	61%	57%	48%	100%	-	-	-	-	-	
Mixed / multiple ethnic groups	8%	7%	7%	9%	8%	9%	7%	-	100%	-	-	-	-	
Asian / Asian British	9%	7%	9%	11%	10%	9%	12%	-	-	100%	-	-	-	
Black / African / Caribbean / Black British	5%	5%	5%	4%	6%	5%	5%	-	-	-	100%	-	-	
Other	4%	4%	7%	3%	3%	4%	4%	-	-	-	-	100%	-	
Prefer not to say	19%	23%	23%	20%	12%	17%	24%	-	-	-	-	-	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	31%	36%	34%	30%	28%	33%	26%	35%	36%	13%	63%	30%	18%	
Muslim	13%	12%	12%	14%	13%	10%	19%	1%	19%	59%	20%	21%	16%	
Hindu	2%	1%	2%	3%	1%	2%	2%	0%	2%	11%	1%	4%	2%	
Sikh	1%	1%	1%	1%	0%	1%	1%	0%	1%	3%	-	2%	-	
Jewish	0%	0%	0%	0%	0%	0%	-	0%	0%	-	-	-	0%	
Buddhist	1%	0%	1%	1%	0%	1%	1%	0%	-	3%	-	2%	0%	
Other religion	2%	2%	3%	2%	2%	2%	2%	2%	2%	1%	1%	8%	2%	
No religion	37%	26%	31%	37%	48%	38%	35%	51%	29%	5%	11%	22%	29%	
Prefer not to say	14%	23%	17%	12%	7%	13%	15%	10%	10%	5%	4%	11%	32%	