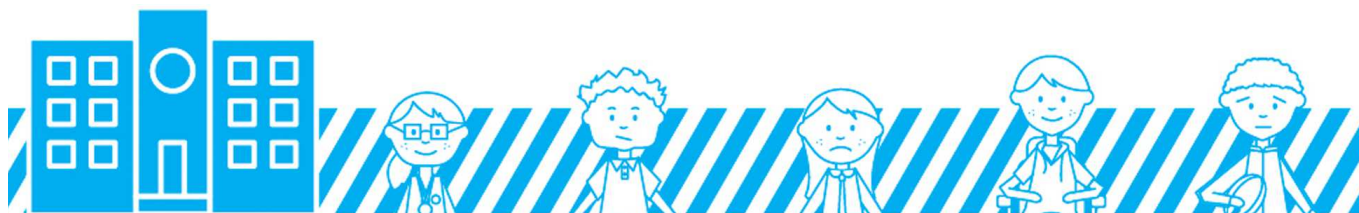


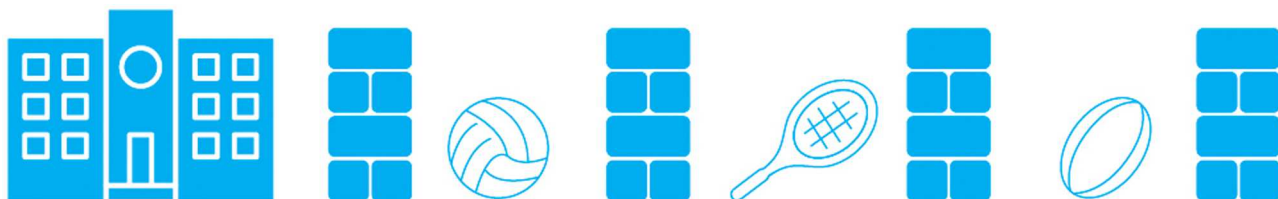
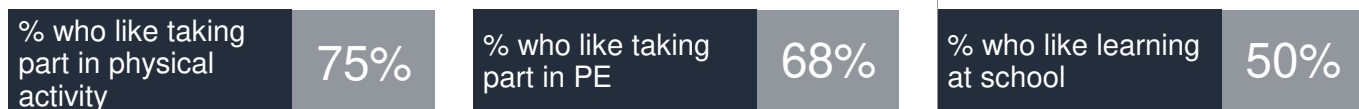
YST GIRLS ACTIVE

National Report for Girls' data
June 2022 - Lincolnshire

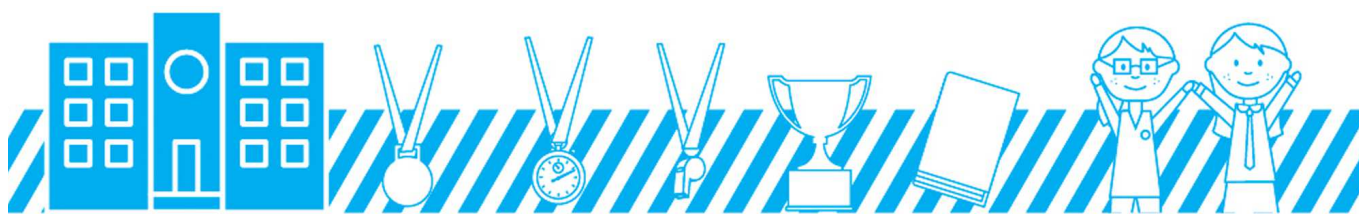
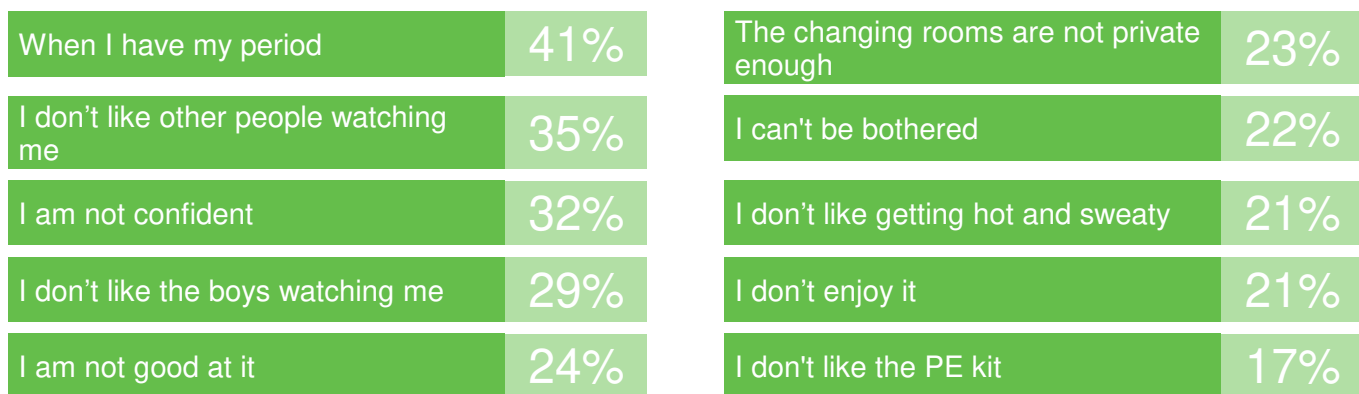
Summary of key findings at your school



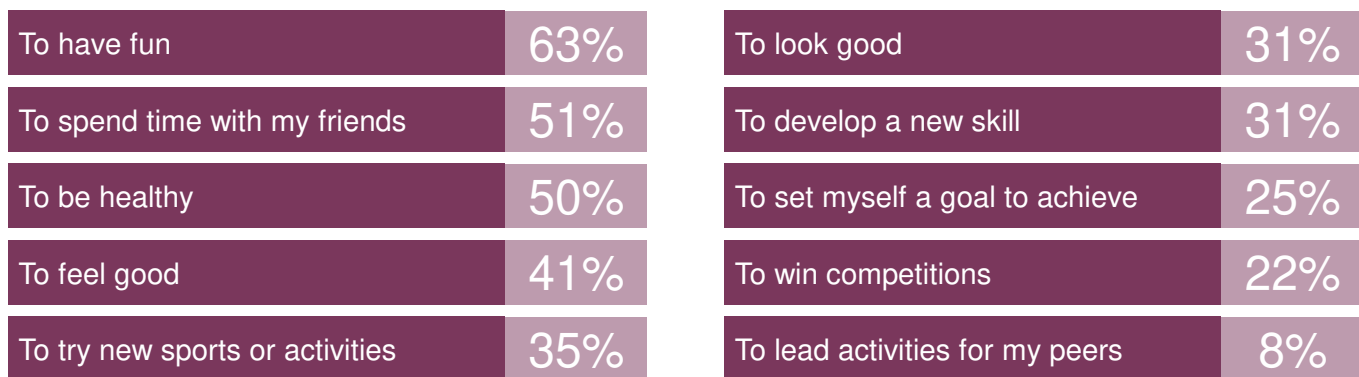
Overall attitudes to PE, physical activity and learning at school



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



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

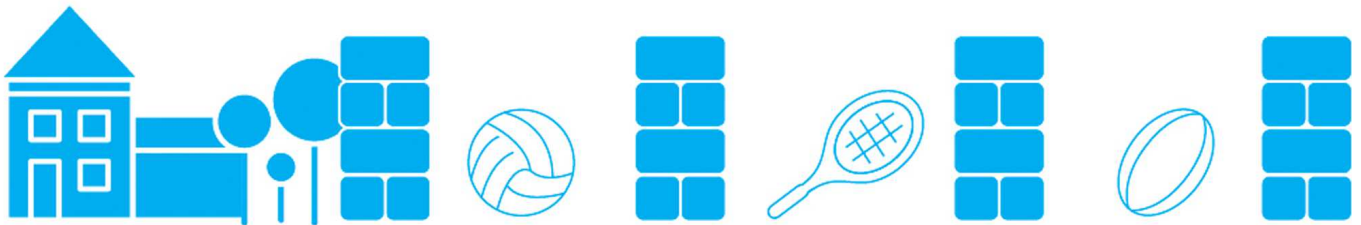




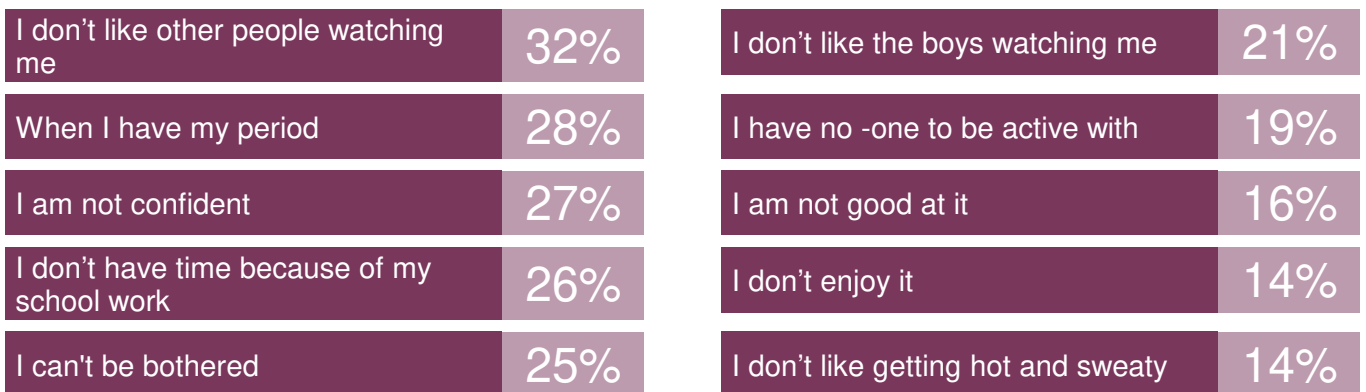
How would you like to be grouped for sport and physical activities?



Coaching, leadership and administration



Top 10 barriers to sport, physical activity outside of school



GIRLS' REPORT

This report summarises responses to the *Girls Active Pre-Intervention Questionnaire* that female pupils completed in June 2022. Overall this study received **729 responses from female pupils** in school years 7 to 13, from 7 different schools.

Please note: This report only contains responses from female pupils. Male pupils' responses are presented in a separate report.

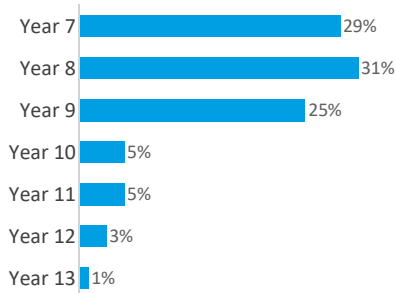
For more information about Girls Active please visit www.youthsporttrust.org/girls-active

Pupil profile

The charts below show the profile of girls who responded to the questionnaire. Girls were most likely to be in *Year 8* (31%), and describe themselves as *White* (84%). 11% said that they have a disability. Overall, 34% said that their general health was either *Very good* or *Excellent*.

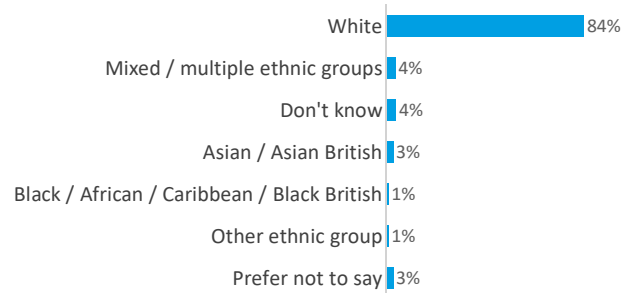
28% of girls said that they receive free school meals.

Year group



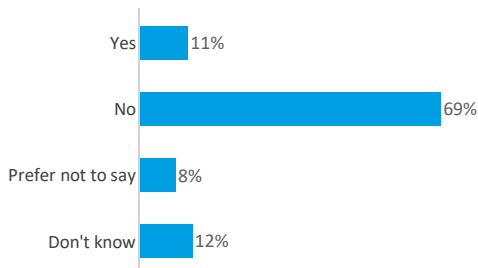
Base: All respondents

Ethnic background



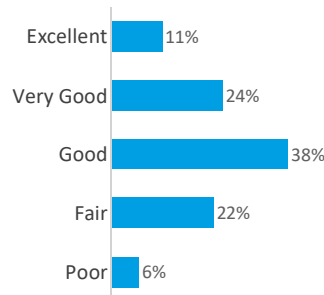
Base: All respondents

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



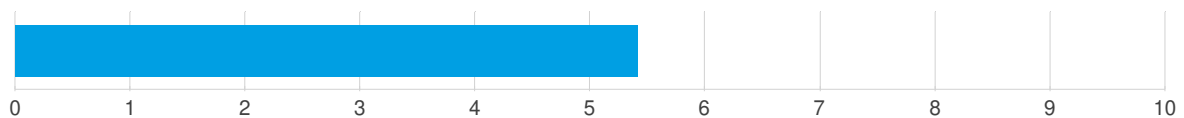
Base: All respondents

In general, would you say your health is...?



Base: All respondents

Girls were asked how happy they felt yesterday, on a scale of 0 to 10. The mean score nationally was 5.4.



Pupils were asked to rate themselves on a series of statements about confidence, happiness and other personal attributes. The scales ran from *Very good* to *Very poor*. The following chart shows responses at a national level.

How would you rate the following?



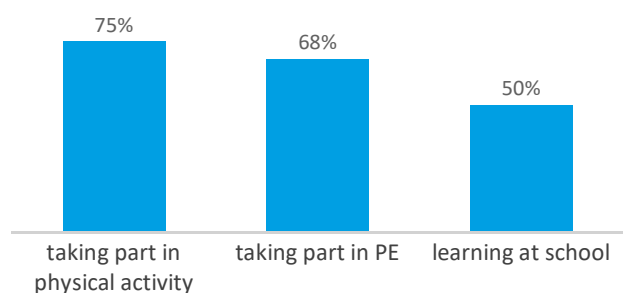
Base: All respondents

Overall attitudes to PE, physical activity and learning at school

Girls were asked how much they like taking part in PE, physical activity and learning at school, on a scale from *Like it a lot* to *Dislike it a lot*. The chart below shows the proportion that said they *Like it a lot* or *Like it*.

Girls were most likely to enjoy *taking part in physical activity* (75%), followed by *taking part in PE* (68%) and *learning at school* (50%).

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



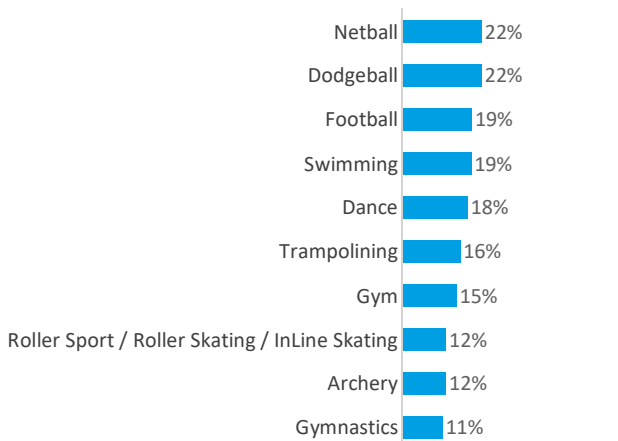
Base: All respondents

Taking part in physical activity

The chart below (left) shows the 10 activities that girls would most like to do as part of their PE lessons. The most popular activities were *Netball* (22%), *Dodgeball* (22%), and *Football* (19%).

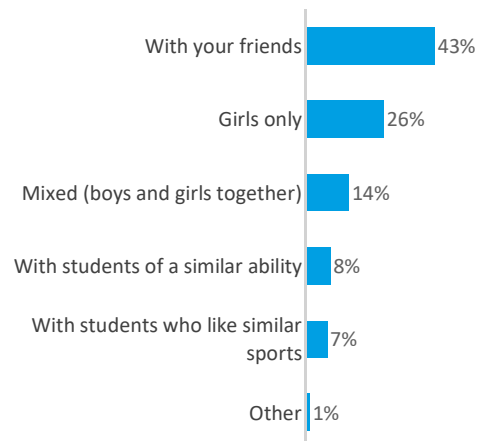
The chart below (right) shows how girls would like to be grouped while taking part in sport or physical activities, with the most common response being *With your friends* (43%).

From the activities listed, which 3 would you like to do the most in PE?



Base: All respondents

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



Base: All respondents

This box shows the average amount of time that girls spend taking part in physical activity on a typical day, in minutes.

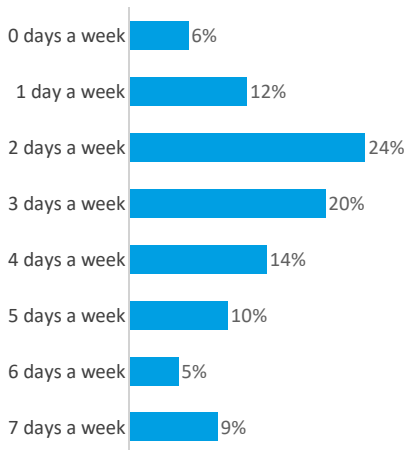
National data

76
minutes

The following chart (below left) 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 heart beat faster'. On average, girls took part on 3.2 days per week.

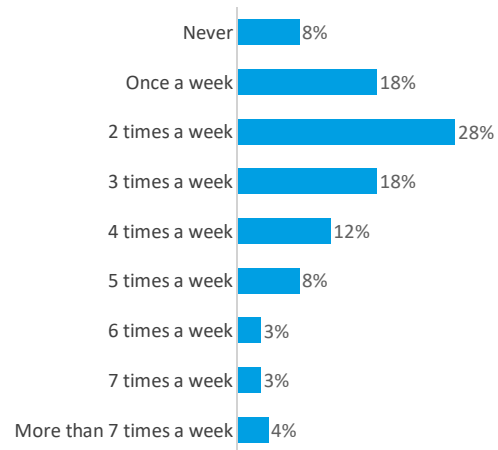
Girls were asked how many times a week their physical activity included bone strengthening activities. The most common response was 2 times a week (28%).

Days of physical activity per week



Base: All respondents

Days of bone strengthening activities per week

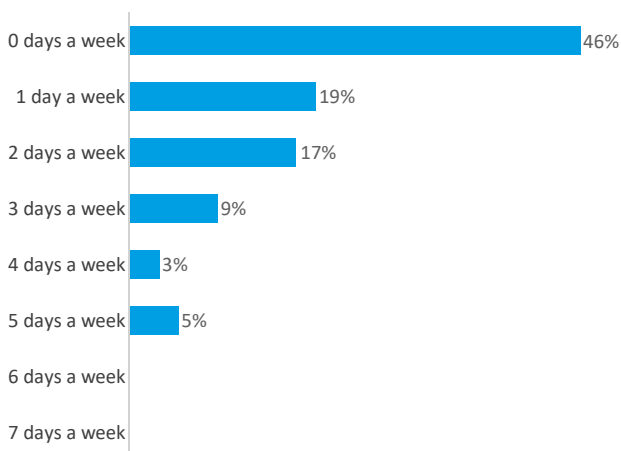


Base: All respondents

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 (46%). On average, girls took part on 1.2 days per week.

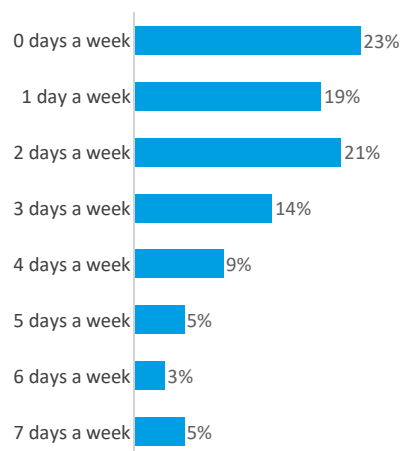
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on 0 days a week (23%). On average, girls took part on 2.2 days per week.

Outside of PE lessons



Base: All respondents

Outside of school

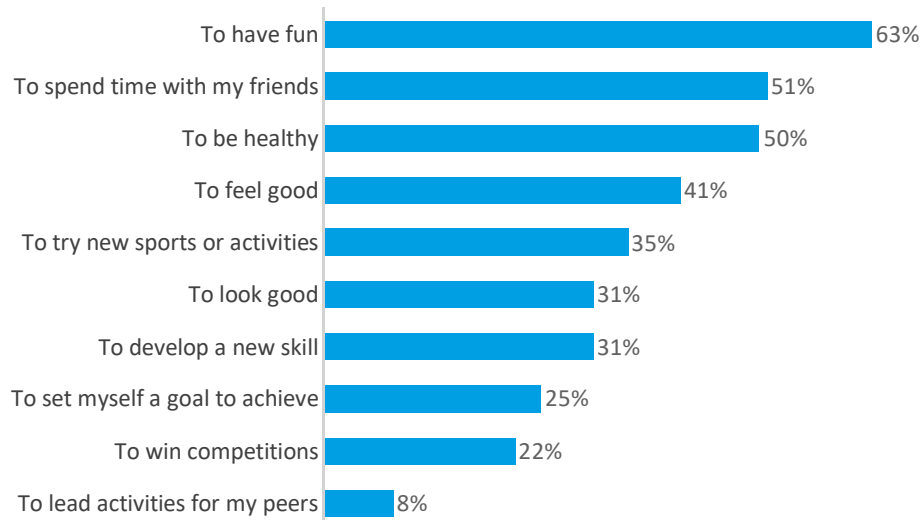


Base: All respondents

Motivators for taking part

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 take part in physical activity; *To have fun* (63%), *To spend time with my friends* (51%), and *To be healthy* (50%).

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



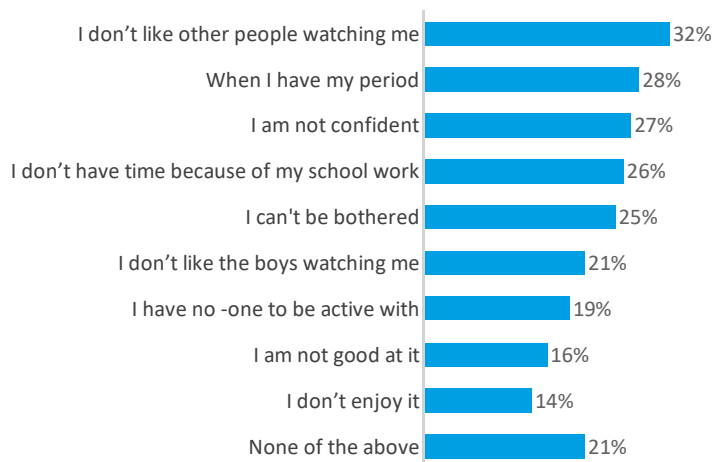
Base: All respondents

Barriers to taking part

Barriers to sport and physical activity outside of school

The chart below shows the 10 most common factors that girls said stop them doing more sport and physical activity outside of school (although 21% of girls said that none of these barriers stopped them from taking part in more sport).

Top 10 barriers to sport and physical activity outside of school

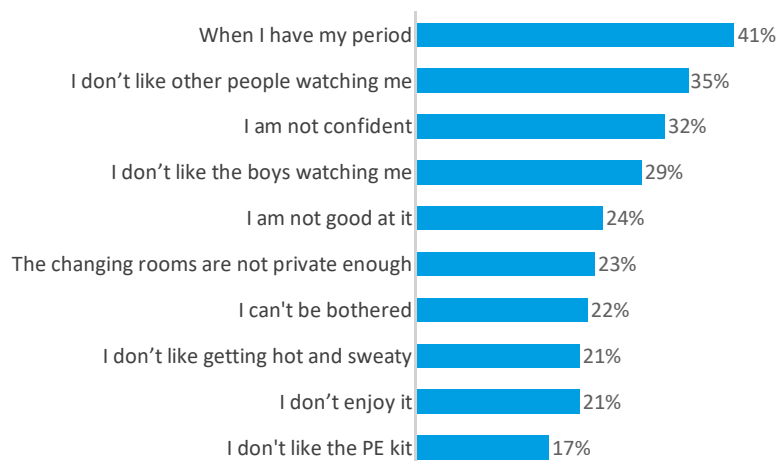


Base: All respondents

Barriers to taking part in sport, physical activity and PE at school

The following chart shows the 10 most common factors that girls said stop them doing more sport, physical activity and PE at school (although 11% of girls said that none of these barriers stopped them from doing more sport in school).

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



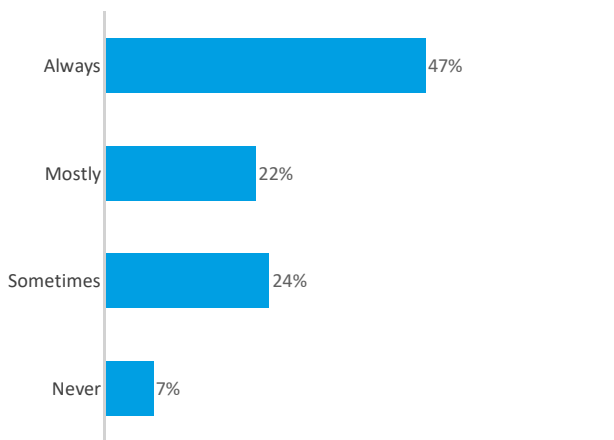
Base: All respondents

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. Respondent's selecting *Not applicable* have been removed from the charts below.

Overall, 47% of girls said that they *Always* take part in PE when they have their period, while 7% *Never* do.

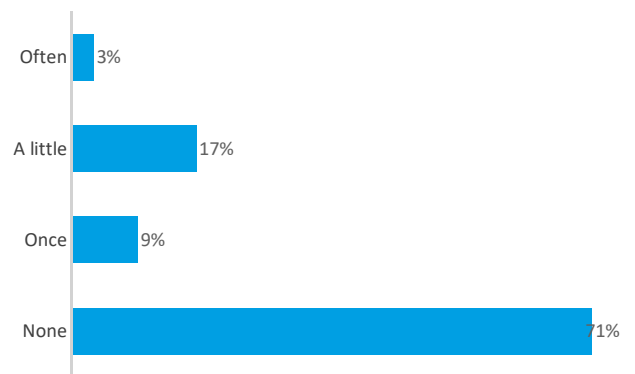
29% said that they had received at least some information or education about periods during PE lessons (*Often, A little, or Once*) while 71% hadn't received any.

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



Base: All respondents (excl. Not applicable)

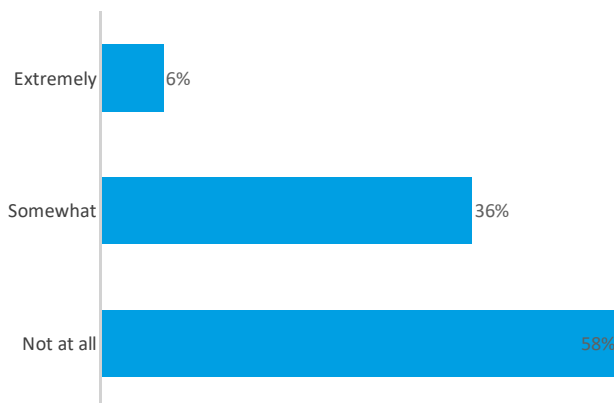
How frequently do you receive any education/information about periods during your PE lessons?



Base: All respondents (excl. Not applicable)

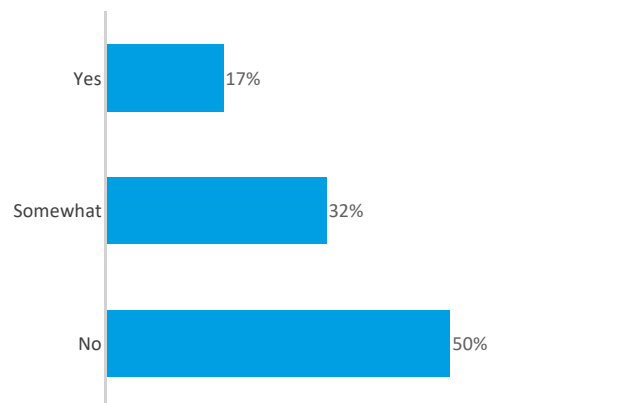
The following charts show how comfortable girls said they were about talking to their PE teacher about periods, and whether or not they're aware of physical activities that can help them to manage their period symptoms.

To what extent do you feel comfortable talking to your PE teacher about periods?



Base: All respondents (excl. Not applicable)

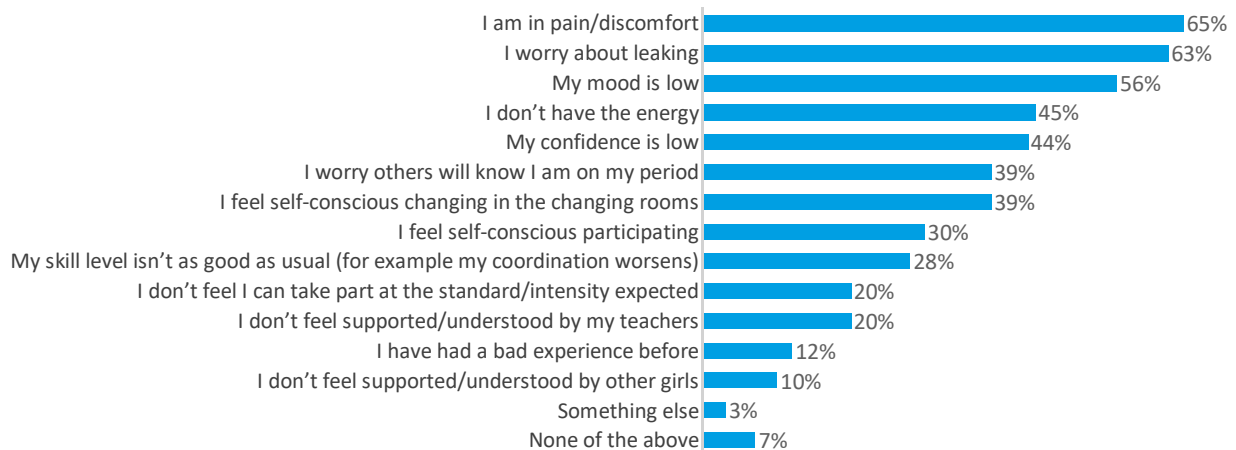
Are you aware of the types of physical activities you can do to help manage your period symptoms?



Base: All respondents (excl. Not applicable)

When asked what concerns them about participating in PE or school sport when they have their period, girls were most likely to say *I am in pain/discomfort* (65%), *I worry about leaking* (63%), or *My mood is low* (56%). 7% said that they weren't concerned by any of these issues.

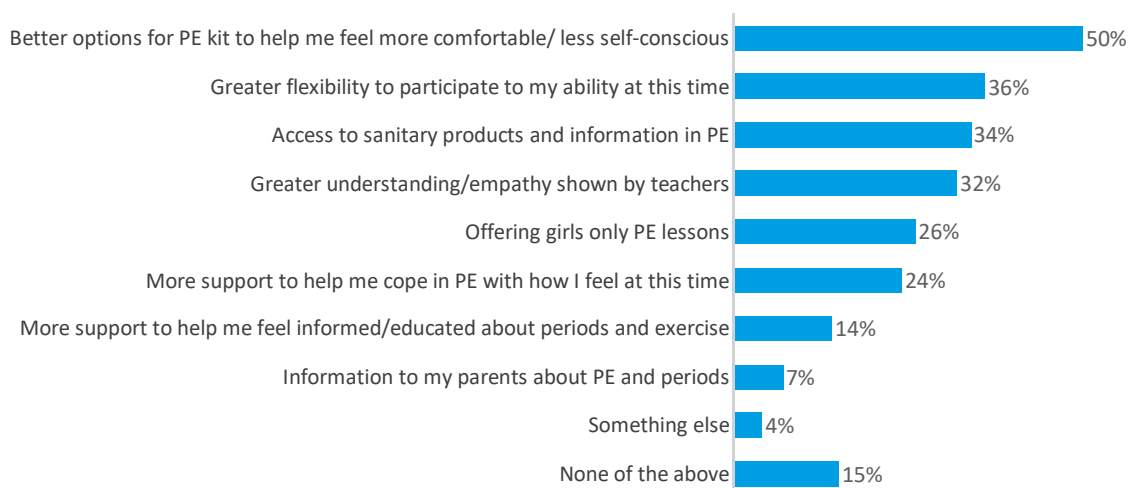
When you have your period which of the following things concern you about participating in PE or school sport? (Top 10 concerns)



Base: All respondents (excl. Not applicable)

Girls were most likely to say that when they have their period, their experience in PE could be improved by *Better options for PE kit to help me feel more comfortable/ less self-conscious* (50%), *Greater flexibility to participate to my ability at this time* (36%), or *Access to sanitary products and information in PE* (34%). 15% said that none of these things would improve their experience.

What more could school do to help improve your experience in PE when you have your period?

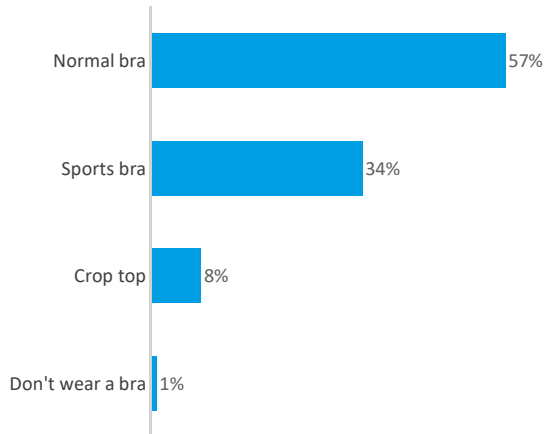


Base: All respondents (excl. Not applicable)

Sports bras

Girls were asked about what they mostly wear for PE. The most common response was; *Normal bra* (57%).

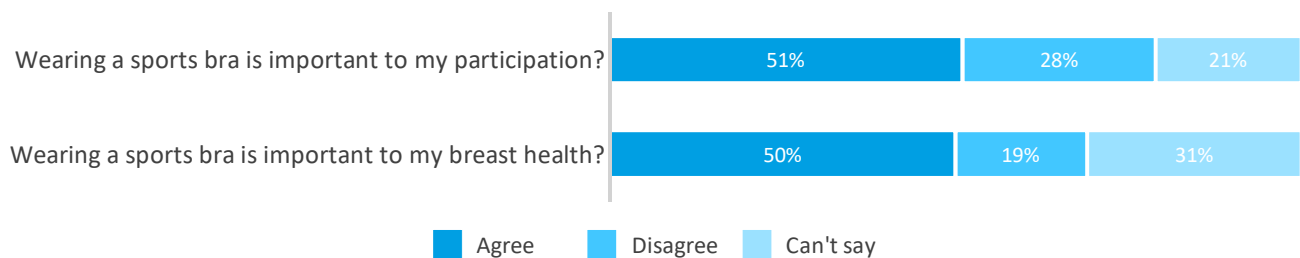
What do you mostly wear for PE?



Base: All respondents (excl. Not applicable)

The chart below shows that 51% of girls said that wearing a sports bra was important for their participation, and 50% felt that wearing a sports bra was important to their breast health.

How true are each of the following statements for you?

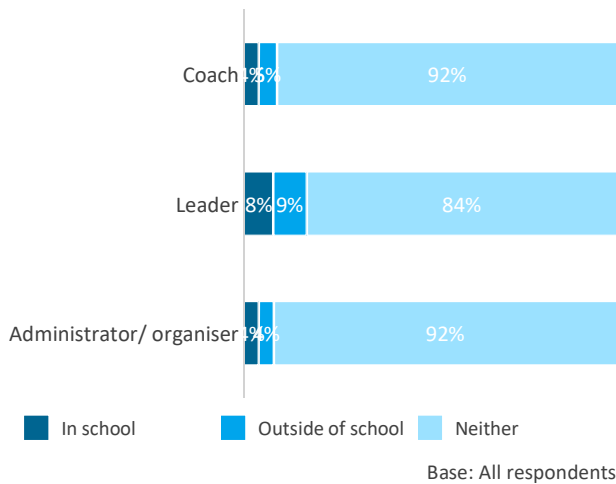


Base: All respondents

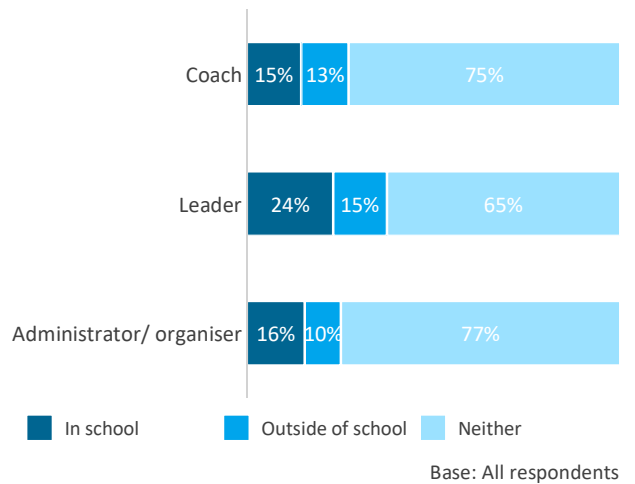
Coaching, leadership and administration

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

Are you a...?

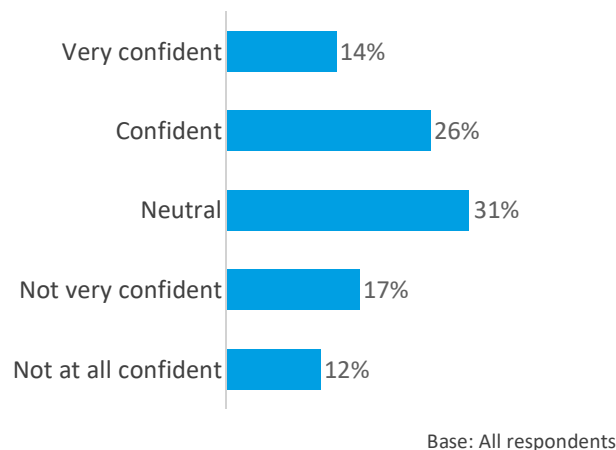


Would you like to be a...?

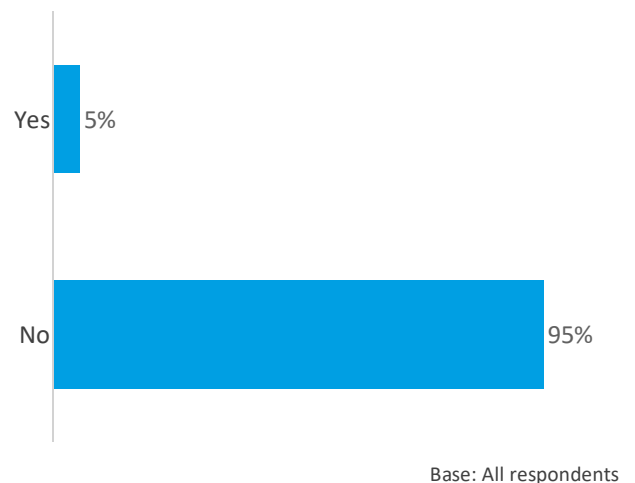


Following this, pupils were asked how confident they feel leading and influencing other young people. 41% of girls said that they were *Very confident or Confident*, 31% were *Neutral*, and 29% were *Not very confident or Not at all confident*:

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



Are you a Girls Active Leader (including GLAMs)?

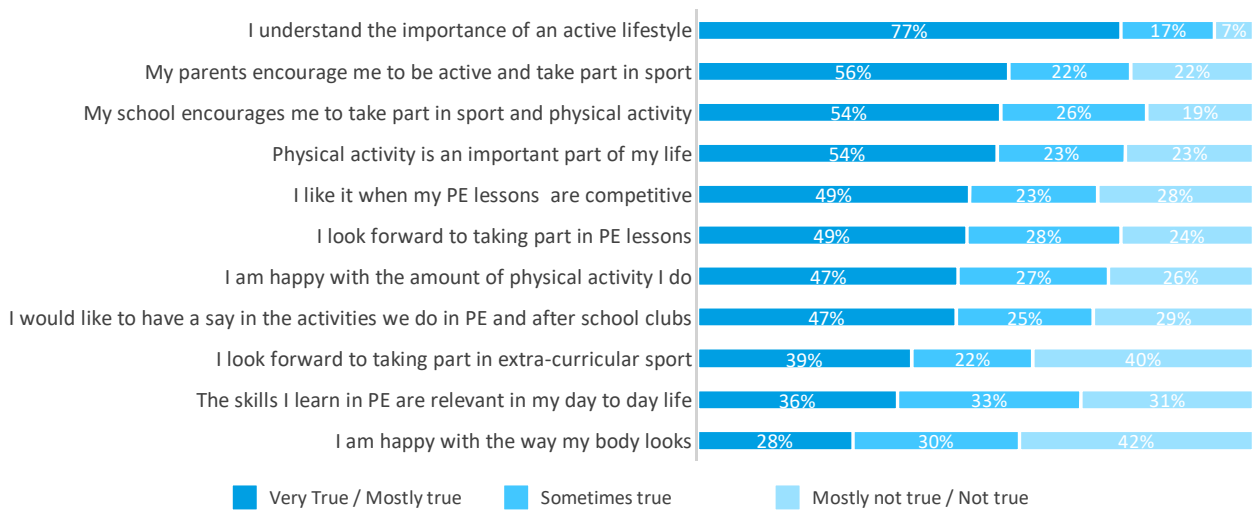


Overall, 5% of pupils said that they were Girls Active Leaders. Of those, 76% had been leaders for less than a year, 16% for 1 to 2 years, and 8% for 2 years or longer.

Attitudes towards physical activity

Pupils were given a list of statements and asked whether they felt each one was true for them. The statements that girls were most likely to describe as 'Very true for me' or 'Mostly true for me' were *I understand the importance of an active lifestyle (77%)*, *My parents encourage me to be active and take part in sport (56%)* and *My school encourages me to take part in sport and physical activity (54%)*.

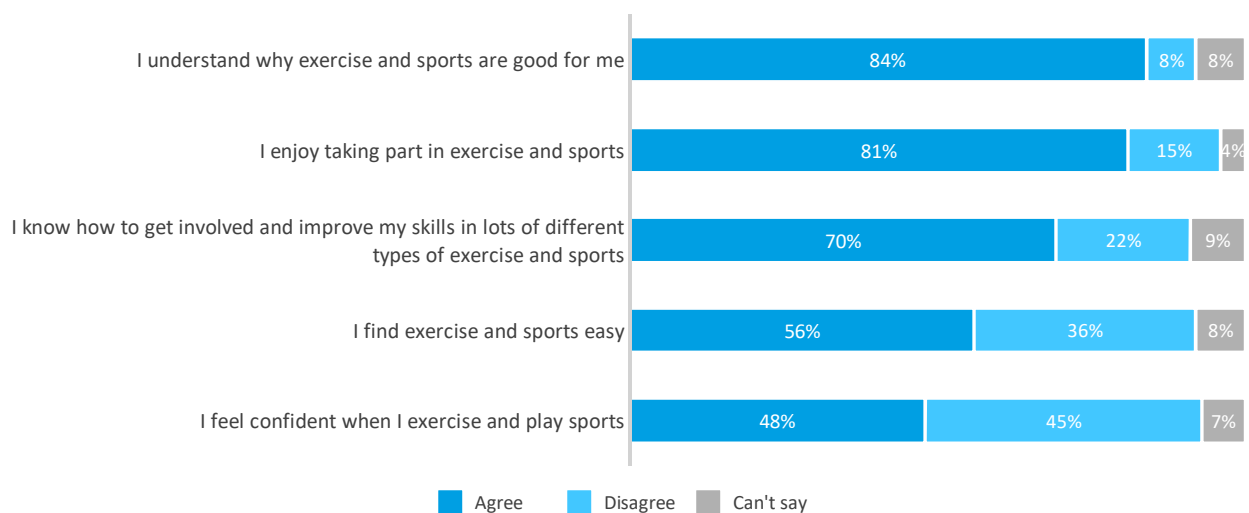
How true are each of the following statements for you?



Base: All respondents

Girls were most likely to agree with the following statements about exercise and sport: *I understand why exercise and sports are good for me (84%)*, *I enjoy taking part in exercise and sports (81%)* and *I know how to get involved and improve my skills in lots of different types of exercise and sports (70%)*.

How much do you agree or disagree with the following statements?



Base: All respondents

APPENDIX 1 - GIRLS' DATA

In the following tables the 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.

Please note: This report only contains responses from female pupils. Male pupils' responses are presented in a separate report.

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 | | Disability | | Ethnic group | | Physical activity level | |
|----------------------------------|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| taking part in physical activity | 75 | 74 | 78 | 69 | 77 | 76 | 74 | 55 | 85 |
| taking part in PE | 68 | 68 | 67 | 70 | 68 | 68 | 71 | 47 | 79 |
| learning at school | 50 | 48 | 59 | 48 | 55 | 50 | 51 | 45 | 56 |

If yes, how long have you been a Girls Active leader?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---------------------|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Less than a year | 76% | 76% | 67% | 43% | 83% | 81% | 80% | 60% | 83% |
| 1 to 2 years | 16% | 14% | 33% | 43% | 9% | 12% | 20% | 40% | 17% |
| 2 years or more | 8% | 10% | - | 14% | 9% | 8% | - | - | - |

If you had a choice, which three activities from the list below would you most like to do in PE? (10 most popular answers)

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|--|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Netball | 22% | 23% | 17% | 21% | 23% | 22% | 21% | 16% | 22% |
| Dodgeball | 22% | 23% | 14% | 22% | 21% | 21% | 22% | 24% | 13% |
| Football | 19% | 20% | 9% | 23% | 17% | 18% | 19% | 17% | 25% |
| Swimming | 19% | 19% | 15% | 26% | 16% | 19% | 21% | 16% | 19% |
| Dance | 18% | 18% | 19% | 17% | 19% | 18% | 15% | 13% | 17% |
| Trampolining | 16% | 17% | 12% | 15% | 16% | 17% | 10% | 22% | 15% |
| Gym | 15% | 15% | 8% | 15% | 14% | 15% | 10% | 13% | 13% |
| Roller Sport / Roller Skating / InLine Skating | 12% | 12% | 17% | 9% | 12% | 13% | 12% | 9% | 11% |
| Archery | 12% | 11% | 14% | 10% | 13% | 12% | 19% | 18% | 7% |
| Gymnastics | 11% | 12% | 10% | 12% | 11% | 11% | 7% | 12% | 12% |

At school, how would you like to be grouped for sport and physical activities?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---------------------------------------|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| With your friends | 43% | 45% | 37% | 41% | 44% | 44% | 35% | 50% | 39% |
| Girls only | 26% | 28% | 17% | 26% | 26% | 26% | 22% | 27% | 25% |
| Mixed (boys and girls together) | 14% | 14% | 15% | 21% | 13% | 14% | 18% | 13% | 17% |
| With students of a similar - ability | 8% | 7% | 18% | 5% | 9% | 9% | 7% | 5% | 11% |
| With students who like similar sports | 7% | 6% | 12% | 6% | 7% | 7% | 13% | 5% | 6% |
| Other | 1% | 1% | 1% | 1% | 1% | 1% | 4% | 1% | 1% |

We would now like you to think about all types of exercise and sport. How much do you agree or disagree with the following statements?

| % Strongly agree / Agree | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|--|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| I enjoy taking part in exercise and sports | 85 | 84 | 86 | 79 | 88 | 85 | 86 | 62 | 94 |
| I feel confident when I exercise and play sports | 52 | 53 | 43 | 53 | 52 | 51 | 57 | 36 | 65 |
| I find exercise and sports easy | 61 | 62 | 51 | 59 | 60 | 61 | 53 | 43 | 69 |
| I understand why exercise and sports are good for me | 91 | 91 | 91 | 89 | 92 | 91 | 92 | 87 | 91 |
| I know how to get involved and improve my skills in lots of different types of exercise and sports | 76 | 80 | 56 | 78 | 76 | 76 | 77 | 61 | 79 |

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 | National data | Key Stage | | Disability | | Ethnic group | |
|---------------------|---------------|-----------|-----|------------|--------------|--------------|------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME |
| 0 days a week | 6% | 6% | 6% | 7% | 5% | 5% | 10% |
| 1 day a week | 12% | 11% | 17% | 21% | 10% | 11% | 9% |
| 2 days a week | 24% | 26% | 17% | 30% | 23% | 24% | 22% |
| 3 days a week | 20% | 19% | 22% | 6% | 20% | 21% | 15% |
| 4 days a week | 14% | 14% | 17% | 14% | 16% | 15% | 16% |
| 5 days a week | 10% | 11% | 6% | 5% | 11% | 10% | 13% |
| 6 days a week | 5% | 4% | 8% | 7% | 5% | 5% | 4% |
| 7 days a week | 9% | 9% | 8% | 10% | 10% | 9% | 10% |

At school, how often do you take part in any sport or physical activity outside of PE lessons?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | |
|---------------------|---------------|-----------|-----|------------|--------------|--------------|------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME |
| 0 days | 46% | 42% | 63% | 42% | 47% | 48% | 44% |
| 1 day a week | 19% | 20% | 15% | 26% | 19% | 19% | 19% |
| 2 days a week | 17% | 19% | 8% | 16% | 17% | 17% | 18% |
| 3 days a week | 9% | 10% | 3% | 7% | 9% | 9% | 7% |
| 4 days a week | 3% | 3% | 10% | 4% | 3% | 3% | 6% |
| 5 days a week | 5% | 6% | 1% | 5% | 5% | 5% | 6% |

Outside of school, how often do you take part in any sport or other physical activity?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | |
|---------------------|---------------|-----------|-----|------------|--------------|--------------|------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME |
| 0 days | 23% | 24% | 21% | 33% | 21% | 23% | 16% |
| 1 day a week | 19% | 19% | 21% | 17% | 19% | 17% | 31% |
| 2 days a week | 21% | 20% | 23% | 21% | 22% | 21% | 19% |
| 3 days a week | 14% | 15% | 14% | 11% | 14% | 15% | 10% |
| 4 days a week | 9% | 9% | 10% | 6% | 10% | 9% | 13% |
| 5 days a week | 5% | 5% | 3% | 4% | 5% | 5% | 4% |
| 6 days a week | 3% | 2% | 6% | 4% | 4% | 3% | 3% |
| 7 days a week | 5% | 6% | 3% | 4% | 5% | 5% | 3% |

On average, how many times a week does your physical activity include muscle and bone strengthening activities? For example; swinging on playground equipment, skipping, fitness workout, sports such as gymnastics or tennis?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | |
|--------------------------|---------------|-----------|-----|------------|--------------|--------------|------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME |
| Never | 8% | 7% | 15% | 17% | 6% | 7% | 13% |
| Once a week | 18% | 17% | 26% | 11% | 18% | 17% | 26% |
| 2 times a week | 28% | 29% | 24% | 35% | 27% | 30% | 15% |
| 3 times a week | 18% | 18% | 13% | 10% | 19% | 18% | 15% |
| 4 times a week | 12% | 11% | 15% | 10% | 13% | 12% | 10% |
| 5 times a week | 8% | 8% | 4% | 11% | 8% | 7% | 4% |
| 6 times a week | 3% | 3% | - | 2% | 3% | 2% | 6% |
| 7 times a week | 3% | 3% | 1% | 1% | 2% | 2% | 3% |
| More than 7 times a week | 4% | 4% | 1% | 2% | 3% | 3% | 7% |

Just thinking about a typical day in the last week, how much time did you spend doing physical activity that makes you feel warmer and makes your heart beat faster on that one day? (Minutes)

| Means Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Minutes of physical activity on a typical day | 76 | 76 | 73 | 80 | 74 | 80 | 57 | 33 | 95 |

Looking at the list below, what motivates you to take part in sport, physical activity and PE at school?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|--|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| To have fun | 63% | 61% | 76% | 51% | 68% | 64% | 63% | 49% | 70% |
| To spend time with my friends | 51% | 49% | 60% | 40% | 55% | 53% | 49% | 45% | 52% |
| To be healthy | 50% | 49% | 49% | 35% | 50% | 51% | 47% | 34% | 59% |
| To feel good | 41% | 40% | 44% | 30% | 42% | 41% | 44% | 34% | 46% |
| To try new sports or activities | 35% | 36% | 33% | 28% | 37% | 37% | 28% | 29% | 40% |
| To look good | 31% | 31% | 31% | 23% | 32% | 32% | 34% | 30% | 25% |
| To develop a new skill | 31% | 30% | 28% | 17% | 34% | 32% | 31% | 24% | 38% |
| To set myself a goal to achieve | 25% | 25% | 23% | 21% | 26% | 26% | 18% | 14% | 31% |
| To win competitions | 22% | 21% | 24% | 14% | 23% | 22% | 22% | 12% | 35% |
| To lead activities for my peers | 8% | 8% | 9% | 4% | 9% | 8% | 7% | 4% | 12% |
| To take part in activities delivered by my peers | 7% | 7% | 6% | 2% | 8% | 8% | 6% | 8% | 8% |
| Other | 3% | 3% | 3% | 4% | 2% | 2% | 4% | 5% | 3% |
| None of the above | 4% | 4% | 3% | 7% | 3% | 3% | 3% | 9% | 2% |

Looking at the list below, what if anything, currently stops you taking part in sport, physical activity and PE at school?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| When I have my period | 41% | 40% | 45% | 33% | 42% | 42% | 43% | 42% | 35% |
| I don't like other people watching me | 35% | 33% | 50% | 28% | 36% | 37% | 31% | 41% | 25% |
| I am not confident | 32% | 32% | 38% | 30% | 33% | 33% | 25% | 41% | 25% |
| I don't like the boys watching me | 29% | 30% | 27% | 21% | 28% | 30% | 25% | 34% | 21% |
| I am not good at it | 24% | 24% | 28% | 17% | 26% | 25% | 22% | 35% | 17% |
| The changing rooms are not private enough | 23% | 23% | 24% | 19% | 23% | 22% | 31% | 27% | 21% |
| I can't be bothered | 22% | 21% | 31% | 14% | 24% | 22% | 26% | 32% | 16% |
| I don't like getting hot and sweaty | 21% | 20% | 35% | 15% | 24% | 22% | 21% | 24% | 14% |
| I don't enjoy it | 21% | 20% | 26% | 14% | 22% | 21% | 18% | 28% | 13% |
| I don't like the PE kit | 17% | 16% | 28% | 15% | 16% | 18% | 10% | 19% | 16% |
| I don't like the activities on offer | 17% | 15% | 27% | 12% | 18% | 17% | 21% | 18% | 16% |
| When activity takes place outside | 14% | 13% | 19% | 7% | 14% | 14% | 16% | 15% | 13% |
| My breasts feel uncomfortable when I exercise | 10% | 9% | 22% | 10% | 8% | 11% | 12% | 11% | 5% |
| I have an injury | 9% | 10% | 6% | 16% | 8% | 9% | 7% | 4% | 13% |
| My school work is more important to me | 9% | 7% | 22% | 9% | 9% | 9% | 9% | 10% | 7% |
| Other people make fun of me | 9% | 9% | 9% | 12% | 8% | 9% | 9% | 10% | 9% |
| I don't feel encouraged to take part by the teachers | 8% | 7% | 10% | 4% | 7% | 8% | 4% | 9% | 8% |
| My transport to/from school doesn't allow me to do breakfast or after school activities at school | 8% | 7% | 9% | 6% | 7% | 8% | 9% | 8% | 7% |
| I don't feel encouraged to take part by my peers | 7% | 6% | 9% | 7% | 7% | 8% | 7% | 9% | 9% |
| The boys use the spaces available | 6% | 5% | 9% | 1% | 6% | 6% | 4% | 7% | 6% |
| I don't have time | 5% | 5% | 9% | 5% | 5% | 5% | 4% | 4% | 7% |
| I have a medical condition that prevents me taking part | 4% | 5% | 3% | 11% | 2% | 5% | - | 4% | 3% |
| Other | 4% | 3% | 3% | 4% | 4% | 3% | 9% | 3% | 4% |
| None of the above | 11% | 12% | 9% | 10% | 12% | 11% | 7% | 5% | 17% |

And what if anything currently stops you doing more physical activity and sport outside of school?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| I don't like other people watching me | 32% | 31% | 42% | 28% | 32% | 33% | 31% | 35% | 23% |
| When I have my period | 28% | 27% | 37% | 26% | 29% | 29% | 29% | 27% | 24% |
| I am not confident | 27% | 27% | 35% | 22% | 28% | 30% | 21% | 33% | 18% |
| I don't have time because of my school work | 26% | 23% | 50% | 11% | 30% | 27% | 35% | 26% | 25% |
| I can't be bothered | 25% | 24% | 29% | 28% | 24% | 24% | 34% | 31% | 17% |
| I don't like the boys watching me | 21% | 22% | 19% | 19% | 20% | 23% | 13% | 26% | 17% |
| I have no -one to be active with | 19% | 18% | 28% | 12% | 19% | 19% | 24% | 24% | 13% |
| I am not good at it | 16% | 16% | 22% | 10% | 16% | 16% | 13% | 27% | 10% |
| I don't enjoy it | 14% | 14% | 13% | 7% | 14% | 13% | 18% | 19% | 7% |
| I don't like getting hot and sweaty | 14% | 13% | 21% | 14% | 13% | 13% | 18% | 19% | 8% |
| I can't afford to take part | 10% | 9% | 14% | 10% | 9% | 10% | 15% | 10% | 9% |
| I don't like the activities on offer | 9% | 9% | 13% | 5% | 10% | 10% | 12% | 9% | 8% |
| I don't have time because I already do a lot of physical activity | 9% | 9% | 10% | 6% | 10% | 9% | 6% | 3% | 17% |
| Other people make fun of me | 9% | 10% | 4% | 9% | 7% | 9% | 7% | 9% | 7% |
| My school work is more important to me | 7% | 6% | 13% | 5% | 7% | 8% | 6% | 9% | 6% |
| My breasts feel uncomfortable when I exercise | 7% | 6% | 13% | 11% | 5% | 7% | 12% | 11% | 3% |
| When activity takes place outside | 7% | 6% | 14% | 6% | 6% | 7% | 4% | 11% | 4% |
| I have an injury | 7% | 6% | 8% | 15% | 5% | 6% | 10% | 3% | 8% |
| I don't feel encouraged to take part by my family | 6% | 5% | 9% | 7% | 6% | 6% | 12% | 6% | 3% |
| I don't feel encouraged to take part by my peers | 5% | 5% | 6% | 6% | 4% | 5% | 6% | 7% | 3% |
| I have a medical condition that prevents me taking part | 4% | 5% | 4% | 16% | 2% | 5% | 1% | 5% | 4% |
| Other | 4% | 4% | 3% | 2% | 3% | 4% | 3% | 5% | 3% |
| None of the above | 21% | 22% | 12% | 22% | 20% | 20% | 13% | 16% | 26% |

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

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---------------------|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Always | 47% | 46% | 53% | 31% | 53% | 48% | 49% | 30% | 61% |
| Mostly | 22% | 20% | 31% | 15% | 23% | 23% | 18% | 20% | 17% |
| Sometimes | 24% | 25% | 16% | 39% | 19% | 22% | 25% | 36% | 18% |
| Never | 7% | 9% | - | 15% | 5% | 7% | 7% | 14% | 4% |

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 | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| I am in pain/discomfort | 65% | 64% | 73% | 67% | 66% | 68% | 63% | 70% | 62% |
| I worry about leaking | 63% | 61% | 69% | 44% | 67% | 63% | 65% | 65% | 59% |
| My mood is low | 56% | 53% | 77% | 52% | 55% | 57% | 50% | 58% | 54% |
| I don't have the energy | 45% | 42% | 65% | 43% | 45% | 45% | 54% | 53% | 35% |
| My confidence is low | 44% | 43% | 55% | 33% | 42% | 46% | 29% | 49% | 36% |
| I worry others will know I am on my period | 39% | 40% | 41% | 33% | 41% | 41% | 35% | 44% | 36% |
| I feel self-conscious changing in the changing rooms | 39% | 39% | 39% | 28% | 40% | 40% | 37% | 39% | 38% |
| I feel self-conscious participating | 30% | 28% | 37% | 13% | 31% | 30% | 38% | 34% | 30% |
| My skill level isn't as good as usual (for example my coordination worsens) | 28% | 26% | 43% | 11% | 28% | 29% | 31% | 27% | 26% |
| I don't feel I can take part at the standard/intensity expected | 20% | 19% | 32% | 8% | 21% | 21% | 17% | 26% | 16% |
| I don't feel supported/understood by my teachers | 20% | 17% | 28% | 5% | 21% | 20% | 21% | 19% | 21% |
| I have had a bad experience before | 12% | 12% | 16% | 8% | 13% | 13% | 8% | 15% | 7% |
| I don't feel supported/understood by other girls | 10% | 11% | 7% | 10% | 8% | 10% | 8% | 12% | 8% |
| Something else | 3% | 3% | 3% | 2% | 2% | 3% | 6% | 1% | 4% |
| None of the above | 7% | 8% | 3% | 10% | 7% | 7% | 4% | 1% | 11% |

What more could school do to help improve your experience in PE when you have your period?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Better options for PE kit to help me feel more comfortable/ less self-conscious | 50% | 49% | 49% | 49% | 48% | 49% | 46% | 54% | 41% |
| Greater flexibility to participate to my ability at this time | 36% | 31% | 61% | 30% | 38% | 37% | 37% | 30% | 36% |
| Access to sanitary products and information in PE | 34% | 33% | 34% | 31% | 34% | 34% | 46% | 36% | 38% |
| Greater understanding/empathy shown by teachers | 32% | 27% | 47% | 25% | 32% | 32% | 38% | 35% | 36% |
| Offering girls only PE lessons | 26% | 26% | 20% | 26% | 24% | 26% | 23% | 27% | 21% |
| More support to help me cope in PE with how I feel at this time | 24% | 25% | 23% | 15% | 24% | 26% | 15% | 28% | 22% |
| More support to help me feel informed/educated about periods and exercise | 14% | 14% | 12% | 15% | 14% | 14% | 19% | 10% | 17% |
| Information to my parents about PE and periods | 7% | 8% | 3% | 7% | 7% | 7% | 13% | 12% | 5% |
| Something else | 4% | 4% | 3% | 3% | 2% | 3% | 2% | 5% | 5% |
| None of the above | 15% | 16% | 11% | 18% | 16% | 15% | 13% | 9% | 17% |

How frequently do you receive any education/information about periods during your PE lessons?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---------------------|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Often | 3% | 4% | - | 5% | 3% | 3% | 3% | 5% | 4% |
| A little | 17% | 19% | 5% | 23% | 16% | 17% | 10% | 14% | 15% |
| Once | 9% | 11% | 3% | 9% | 9% | 9% | 7% | 9% | 8% |
| None | 71% | 66% | 92% | 62% | 73% | 70% | 79% | 72% | 73% |

To what extent do you feel comfortable talking to your PE teacher about periods?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---------------------|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Extremely | 6% | 6% | 3% | 6% | 6% | 5% | 7% | 6% | 7% |
| Somewhat | 36% | 36% | 32% | 35% | 37% | 36% | 38% | 35% | 35% |
| Not at all | 58% | 58% | 66% | 59% | 57% | 58% | 55% | 59% | 59% |

Are you aware of the types of physical activities you can do to help manage your period symptoms?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---------------------|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Yes | 17% | 17% | 17% | 32% | 14% | 17% | 17% | 8% | 19% |
| Somewhat | 32% | 34% | 26% | 23% | 34% | 34% | 19% | 27% | 34% |
| No | 50% | 49% | 57% | 45% | 52% | 49% | 65% | 65% | 48% |

What do you mostly wear for PE?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---------------------|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Sports bra | 34% | 33% | 32% | 38% | 32% | 34% | 41% | 28% | 40% |
| Normal bra | 57% | 57% | 67% | 51% | 60% | 58% | 47% | 64% | 49% |
| Crop top | 8% | 9% | 1% | 11% | 8% | 8% | 12% | 7% | 11% |
| Don't wear a bra | 1% | 1% | - | - | 0% | 1% | - | 1% | 1% |

Wearing a sports bra is important to my participation?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---------------------|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Agree | 51% | 52% | 42% | 68% | 47% | 50% | 55% | 46% | 56% |
| Disagree | 28% | 28% | 31% | 16% | 32% | 29% | 24% | 23% | 29% |
| Can't say | 21% | 21% | 27% | 16% | 21% | 21% | 22% | 31% | 15% |

Wearing a sports bra is important to my breast health?

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---------------------|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Agree | 50% | 51% | 48% | 58% | 48% | 49% | 58% | 49% | 50% |
| Disagree | 19% | 19% | 15% | 14% | 21% | 19% | 20% | 21% | 18% |
| Can't say | 31% | 30% | 37% | 28% | 31% | 32% | 22% | 30% | 32% |

Are you a...? (% inside or outside school)

| % Already coaches, leaders or administrators / organisers, either inside or outside of school | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Coach | 8 | 7 | 10 | 17 | 5 | 8 | 6 | 4 | 15 |
| Leader | 16 | 15 | 19 | 27 | 14 | 16 | 15 | 9 | 25 |
| Administrator / organiser | 8 | 7 | 10 | 15 | 6 | 7 | 6 | 3 | 12 |

Would you like to be a...? (% inside or outside school)

| % Who would like to be coaches, leaders or administrators / organisers, either inside or outside of school | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|--|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Coach | 25 | 25 | 21 | 26 | 25 | 25 | 29 | 14 | 37 |
| Leader | 35 | 35 | 31 | 41 | 34 | 36 | 32 | 21 | 47 |
| Administrator / organiser | 23 | 23 | 21 | 27 | 22 | 24 | 22 | 12 | 31 |

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

| Break % Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---------------------|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Confident | 41% | 41% | 35% | 42% | 42% | 42% | 43% | 28% | 59% |
| Neither | 31% | 31% | 32% | 28% | 31% | 29% | 35% | 30% | 24% |
| Not confident | 29% | 28% | 33% | 30% | 27% | 29% | 22% | 41% | 17% |

How true are each of the following statements for you? (% Very true / Mostly true)

| % Very true / Mostly true | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| I am happy with the way my body looks | 28 | 29 | 17 | 31 | 29 | 27 | 29 | 23 | 37 |
| Physical activity is an important part of my life | 54 | 54 | 51 | 47 | 55 | 55 | 51 | 25 | 75 |
| I like it when my PE lessons are competitive | 49 | 48 | 53 | 47 | 51 | 49 | 54 | 32 | 61 |
| I would like to have a say in the activities we do in PE and after school clubs | 47 | 45 | 49 | 40 | 49 | 46 | 53 | 30 | 56 |
| I am happy with the amount of physical activity I do | 47 | 48 | 36 | 54 | 46 | 47 | 46 | 30 | 72 |
| I look forward to taking part in PE lessons | 49 | 49 | 44 | 51 | 52 | 49 | 49 | 30 | 61 |
| I look forward to taking part in extra-curricular sport | 39 | 39 | 35 | 31 | 41 | 39 | 46 | 16 | 51 |
| I understand the importance of an active lifestyle | 77 | 76 | 81 | 70 | 80 | 78 | 82 | 59 | 85 |
| My school encourages me to take part in sport and physical activity | 54 | 56 | 44 | 53 | 56 | 55 | 56 | 41 | 63 |
| The skills I learn in PE are relevant in my day to day life | 36 | 39 | 23 | 40 | 36 | 37 | 26 | 22 | 47 |
| My parents encourage me to be active and take part in sport | 56 | 57 | 50 | 49 | 58 | 57 | 53 | 36 | 72 |

How would you rate the following? (% Very good / Good)

| % Very good / Good | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|---|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| My leadership skills: I feel empowered to inspire and mobilise others | 40 | 39 | 36 | 33 | 41 | 40 | 46 | 27 | 57 |
| My resilience: if I find something difficult, I keep trying until I can do it | 50 | 49 | 47 | 42 | 53 | 51 | 53 | 27 | 60 |
| My self-belief: I feel confident in my own abilities | 38 | 38 | 32 | 37 | 39 | 37 | 44 | 26 | 47 |
| My happiness with the relationships I have with my friends and family | 67 | 67 | 60 | 51 | 72 | 68 | 68 | 54 | 72 |
| My communication skills | 52 | 51 | 47 | 37 | 56 | 51 | 65 | 42 | 59 |
| My team working skills | 57 | 56 | 55 | 41 | 63 | 57 | 62 | 36 | 72 |
| My confidence to take part in sport and physical activity | 46 | 45 | 42 | 38 | 49 | 45 | 54 | 24 | 62 |
| My overall confidence | 36 | 36 | 31 | 33 | 38 | 35 | 41 | 20 | 48 |
| My progress at school | 53 | 54 | 51 | 43 | 58 | 55 | 49 | 41 | 63 |

Overall, how happy did you feel yesterday?

| Means Respondents | National data | Key Stage | | Disability | | Ethnic group | | Physical activity level | |
|--|---------------|-----------|-----|------------|--------------|--------------|------|-------------------------|-------------|
| | Total | KS3 | KS4 | Disabled | Non-disabled | White | BAME | Less active | More active |
| Overall, how happy did you feel yesterday? | 5.4 | 5.4 | 4.9 | 4.7 | 5.6 | 5.3 | 5.5 | 4.5 | 5.8 |

