

FYI and Sky Kids – Written evidence (NPS0140)

SUMMARY OF FINDINGS OF FYI/SKY KIDS SURVEY OF 1000 children (aged 7 to 14) about sport and physical activity.

The survey was carried out by Opinion Matters with the field work taking place between 12 and 16 February 2021.

- 43% of surveyed children say they only do one hour or less exercise a week including 14% who say they do no exercise at all. Q1
- Most rate their school sports facilities well. 89% say they are average or better. 79% say the same about facilities for exercise in their communities Q3
- Nearly two thirds (63%) of surveyed children think they don't do enough physical activity or would like to do more. Q4
- 75% rely on school for some, or most, of their physical activity Q5
- Three quarters aren't a member of a local leisure centre or gym Q6
- Team sports (34%), followed by walking and running (30%), are the favourite ways to exercise for nearly two thirds (64%) of surveyed children Q7
- Almost a quarter (23%) of surveyed children say they only exercise up to twice a week Q8
- More than eight out of ten surveyed children say they enjoy PE lessons at school Q9
- 58% of surveyed children recognise exercise is good for their mental well-being, and 84% for their physical well-being Q11
- Nearly two thirds (64%) have been walking to get exercise during lockdown. Almost one in five (19%) children surveyed have taken part in online exercise classes. Q12
- More than a third (35%) want to keep up walking as a form of exercise after lockdown Q1
- The full report of the survey results can be found here:
https://charts.opinionmatters.com/OM9376/OM9376_DDD.html

There is a dropdown menu of each of the 13 questions asked in the survey. Different options can be selected at the bottom of the page to view the data in percentages, or raw numbers, for example.

18 February 2021

Q1. Currently, how many hours do you typically exercise a week?

	Gender						
				Male		Female	
	All	Count	%	Count	%	Count	
N	1000			487		513	
I don't typically do any exercise in a week	14%	144	17%	81	12%	63	
Less than 30 minutes	1%	11	1%	5	1%	6	
30 mins-1 hour	27%	271	25%	120	29%	151	
More than 1 hour and up to 2 hours	22%	224	23%	111	22%	113	
More than 2 hours and up to 3 hours	15%	145	15%	75	14%	70	
More than 3 hours and up to 4 hours	14%	140	14%	67	14%	73	
More than 4 hours per week	7%	65	6%	28	7%	37	
Mean in hours	1.95			1.89		2.01	
Mean in hh:mm	01:56		01:53		02:00		

	Age															
	7		8		9		10		11		12		13		14	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	78		107		125		129		137		152		149		123	
I don't typically do any exercise in a week	18%	14	15%	16	13%	16	12%	15	10%	14	15%	23	14%	21	20%	25
Less than 30 minutes	0%	0	2%	2	2%	2	1%	1	0%	0	1%	2	3%	4	0%	0
30 mins-1 hour	24%	19	24%	26	30%	37	32%	41	32%	44	24%	36	25%	37	25%	31
More than 1 hour and up to 2 hours	19%	15	34%	36	22%	27	21%	27	22%	30	23%	35	21%	31	19%	23
More than 2 hours and up to 3 hours	19%	15	17%	18	15%	19	16%	20	15%	21	16%	24	9%	14	11%	14

More than 3 hours and up to 4 hours	13%	10	6%	6	12%	15	12%	16	12%	17	16%	24	22%	33	15%	19
More than 4 hours per week	6%	5	3%	3	7%	9	7%	9	8%	11	5%	8	6%	9	9%	11
Mean in hours	1.95		1.55		1.96		1.97		2.07		1.92		2.03		2.05	
Mean in hh:mm	01:56		01:32		01:57		01:58		02:04		01:55		02:01		02:03	

	Region																							
	East of England		Greater London		East Midlands		West Midlands		North East		North West		Northern Ireland		Scotland		South East		South West		Wales		Yorkshire and the Humber	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	93		132		55		106		48		120		26		84		124		70		51		91	
I don't typically do any exercise in a week	10%	9	8%	11	13%	7	16%	17	17%	8	16%	19	27%	7	13%	11	16%	20	14%	10	20%	10	16%	15
Less than 30 minutes	0%	0	1%	1	2%	1	0%	0	2%	1	3%	3	4%	1	1%	1	2%	2	0%	0	0%	0	1%	1
30 mins-1 hour	25%	23	30%	40	25%	14	31%	33	35%	17	22%	26	12%	3	25%	21	25%	31	36%	25	27%	14	26%	24
More than 1 hour and up to 2 hours	25%	23	17%	23	20%	11	20%	21	10%	5	26%	31	19%	5	24%	20	29%	36	19%	13	22%	11	27%	25

Q2. How does the typical amount of time you exercise currently compare to this time last year?

Gender						
		Male			Female	
	All	Count	%	Count	%	Count
N	1000		487		513	
More	29%	291	30%	146	28%	145
The same	41%	411	41%	201	41%	210
Less	30%	298	29%	140	31%	158

Age																	
		7		8		9		10		11		12		13		14	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	
N	78		107		125		129		137		152		149		123		
More	35%	27	30%	32	28%	35	30%	39	27%	37	30%	46	29%	43	26%	32	
The same	49%	38	42%	45	42%	53	38%	49	42%	57	38%	58	42%	63	39%	48	
Less	17%	13	28%	30	30%	37	32%	41	31%	43	32%	48	29%	43	35%	43	

Region																									
		East of England		Greater London		East Midlands		West Midlands		North East		North West		Northern Ireland		Scotland		South East		South West		Wales		Yorkshire and the Humber	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	
N	93		132		55		106		48		120		26		84		124		70		51		91		
More	28%	26	40%	53	27%	15	25%	26	19%	9	26%	31	38%	10	30%	25	30%	37	20%	14	33%	17	31%	28	
Same	42%	39	28%	37	40%	22	42%	45	63%	30	45%	54	35%	9	43%	36	38%	47	51%	36	43%	22	37%	34	
Less	30%	28	32%	42	33%	18	33%	35	19%	9	29%	35	27%	7	27%	23	32%	40	29%	20	24%	12	32%	29	

Q3. Normally (outside of lockdown), how would you rate resources for sport and exercise?

		Gender					
		Male			Female		
At your school	All	Count	%	Count	%	Count	
N	1000		487			513	
Very bad	2%	20	3%	14	1%	6	
Poor	5%	53	3%	17	7%	36	
Average	30%	299	28%	135	32%	164	
Good	36%	358	38%	183	34%	175	
Very Good	24%	237	25%	120	23%	117	
Unsure	3%	33	4%	18	3%	15	
		Gender					
		Male			Female		
In your Community	All	Count	%	Count	%	Count	
N	1000		487			513	
Very bad	4%	40	5%	24	3%	16	
Poor	12%	123	12%	57	13%	66	
Average	40%	395	39%	192	40%	203	
Good	27%	268	24%	119	29%	149	
Very Good	13%	129	15%	72	11%	57	
Unsure	5%	45	5%	23	4%	22	

		Age															
		7		8		9		10		11		12		13		14	
At your school		%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N		78		107		125		129		137		152		149		123	
Very bad		0%	0	2%	2	2%	3	2%	2	0%	0	4%	6	3%	5	2%	2
Poor		6%	5	5%	5	6%	8	9%	11	7%	9	3%	5	2%	3	6%	7

Average	31%	24	23%	25	22%	28	33%	42	40%	55	29%	44	28%	42	32%	39
Good	36%	28	38%	41	42%	52	38%	49	28%	39	39%	59	34%	51	32%	39
Very Good	23%	18	24%	26	25%	31	16%	21	23%	31	22%	34	31%	46	24%	30
Unsure	4%	3	7%	8	2%	3	3%	4	2%	3	3%	4	1%	2	5%	6
	Age															
	7		8		9		10		11		12		13		14	
In your Community	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	78		107		125		129		137		152		149		123	
Very bad	3%	2	2%	2	6%	7	2%	2	2%	3	4%	6	7%	11	6%	7
Poor	8%	6	14%	15	13%	16	14%	18	9%	13	11%	17	14%	21	14%	17
Average	37%	29	30%	32	33%	41	44%	57	47%	65	40%	61	39%	58	42%	52
Good	32%	25	37%	40	34%	42	23%	30	22%	30	28%	42	21%	32	22%	27
Very Good	14%	11	10%	11	12%	15	14%	18	12%	16	13%	19	16%	24	12%	15
Unsure	6%	5	7%	7	3%	4	3%	4	7%	10	5%	7	2%	3	4%	5

	Region																							
	East of England		Greater London		East Midlands		West Midlands		North East		North West		Northern Ireland		Scotland		South East		South West		Wales		Yorkshire and the Humber	
At your school	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	93		132		55		106		48		120		26		84		124		70		51		91	
Very bad	0%	0	2%	3	2%	1	1%	1	0%	0	7%	8	0%	0	0%	0	2%	2	1%	1	4%	2	2%	2
Poor	4%	4	8%	11	2%	1	6%	6	2%	1	7%	8	8%	2	7%	6	3%	4	4%	3	10%	5	2%	2
Average	33%	31	28%	37	31%	17	25%	27	25%	12	23%	27	35%	9	43%	36	30%	37	43%	30	27%	14	24%	22
Good	43%	40	36%	48	40%	22	42%	45	38%	18	31%	37	35%	9	32%	27	34%	42	30%	21	33%	17	35%	32
Very Good	16%	15	23%	30	24%	13	22%	23	31%	15	31%	37	19%	5	15%	13	29%	36	19%	13	25%	13	26%	24
Unsure	3%	3	2%	3	2%	1	4%	4	4%	2	3%	3	4%	1	2%	2	2%	3	3%	2	0%	0	10%	9

	Region																							
	East of England		Greater London		East Midlands		West Midlands		North East		North West		Northern Ireland		Scotland		South East		South West		Wales		Yorkshire and the Humber	
In your Community	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	93		132		55		106		48		120		26		84		124		70		51		91	
Very bad	2%	2	2%	3	7%	4	5%	5	2%	1	8%	10	4%	1	4%	3	3%	4	6%	4	2%	1	2%	2
Poor	14%	13	6%	8	15%	8	13%	14	10%	5	16%	19	0%	0	14%	12	10%	13	17%	12	14%	7	13%	12
Average	38%	35	41%	54	38%	21	41%	43	40%	19	33%	39	50%	13	46%	39	35%	44	39%	27	39%	20	45%	41
Good	30%	28	30%	40	27%	15	26%	28	27%	13	24%	29	19%	5	26%	22	30%	37	26%	18	31%	16	19%	17
Very Good	9%	8	17%	23	11%	6	9%	10	15%	7	16%	19	23%	6	7%	6	14%	17	10%	7	14%	7	14%	13
Unsure	8%	7	3%	4	2%	1	6%	6	6%	3	3%	4	4%	1	2%	2	7%	9	3%	2	0%	0	7%	6

Q.4 Do you think you do enough physical activity?

	Gender					
			Male		Female	
	All	Count	%	Count	%	Count
N	1000			487		513
Yes, but would like to do more	34%	338	33%	163	34%	175
Yes, and it's the right amount	34%	340	34%	167	34%	173
Yes, but would like to do less	3%	27	3%	14	3%	13
No	30%	295	29%	143	30%	152

	Age															
	7		8		9		10		11		12		13		14	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	78		107		125		129		137		152		149		123	
Yes, but would like to do more	37%	29	29%	31	38%	47	33%	42	34%	46	32%	49	34%	51	35%	43
Yes, and it's the right amount	37%	29	36%	39	38%	47	37%	48	28%	38	30%	45	37%	55	32%	39
Yes, but would like to do less	3%	2	3%	3	2%	2	3%	4	2%	3	5%	8	1%	2	2%	3
No	23%	18	32%	34	23%	29	27%	35	36%	50	33%	50	28%	41	31%	38

	Region																							
	East of England		Greater London		East Midlands		West Midlands		North East		North West		Northern Ireland		Scotland		South East		South West		Wales		Yorkshire and the Humber	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	93		132		55		106		48		120		26		84		124		70		51		91	

Yes, but would like to do more	33 %	31	41 %	54	35 %	19	32 %	34	33 %	16	35 %	42	42 %	11	29 %	24	31 %	39	36 %	25	27 %	14	32 %	29
Yes, and it's the right amou nt	38 %	35	36 %	48	24 %	13	38 %	40	27 %	13	37 %	44	23 %	6	40 %	34	31 %	38	33 %	23	37 %	19	30 %	27
Yes, but would like to do less	4%	4	2%	3	0%	0	2%	2	8%	4	3%	4	0%	0	6%	5	1%	1	1%	1	2%	1	2%	2
No	25 %	23	20 %	27	42 %	23	28 %	30	31 %	15	25 %	30	35 %	9	25 %	21	37 %	46	30 %	21	33 %	17	36 %	33

Q5. Usually (when it isn't lockdown), where do you get most of your physical activity?

	All	Count	Gender			
			Male		Female	
			%	Count	%	Count
N	1000		487		513	
Equally split in and out of school	43%	434	40%	197	46%	237
In school	32%	320	33%	159	31%	161
Out of school	23%	229	25%	124	20%	105
I don't do any physical activity	2%	17	1%	7	2%	10

	Age															
	7		8		9		10		11		12		13		14	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	78		107		125		129		137		152		149		123	
Equally split in and out of school	38%	30	47%	50	47%	59	44%	57	41%	56	40%	61	44%	65	46%	56
In school	33%	26	26%	28	28%	35	32%	41	36%	49	32%	48	38%	56	30%	37
Out of school	26%	20	23%	25	22%	28	22%	29	23%	32	26%	39	19%	28	23%	28
I don't do any physical activity	3%	2	4%	4	2%	3	2%	2	0%	0	3%	4	0%	0	2%	2

	Region																							
	East of England		Greater London		East Midlands		West Midlands		North East		North West		Northern Ireland		Scotland		South East		South West		Wales		Yorkshire and the Humber	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	93		132		55		106		48		120		26		84		124		70		51		91	
Equally split in and out of	35%	33	54%	71	36%	20	46%	49	42%	20	35%	42	35%	9	45%	38	38%	47	56%	39	45%	23	47%	43

school																								
In school	38 %	35	26 %	34	35 %	19	30 %	32	29 %	14	38 %	45	15 %	4	26 %	22	44 %	54	29 %	20	31 %	16	27 %	25
Out of school	26 %	24	18 %	24	29 %	16	22 %	23	29 %	14	27 %	32	35 %	9	26 %	22	17 %	21	16 %	11	22 %	11	24 %	22
I don't do any physical activity	1%	1	2%	3	0%	0	2%	2	0%	0	1%	1	15 %	4	2%	2	2%	2	0%	0	2%	1	1%	1

Q6. Are you a member of a gym or leisure centre?

		Gender				
		Male		Female		
	All	Count	%	Count	%	Count
N	1000			487		513
Yes	25%	250	24%	117	26%	133
No	75%	750	76%	370	74%	380

		Age															
		7		8		9		10		11		12		13		14	
		%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N		78		107		125		129		137		152		149		123	
Yes	26%	20	29%	31	33%	41	29%	37	27%	37	19%	29	22%	33	18%	22	
No	74%	58	71%	76	67%	84	71%	92	73%	100	81%	123	78%	116	82%	101	

		Region																							
		East of England		Greater London		East Midlands		West Midlands		North East		North West		Northern Ireland		Scotland		South East		South West		Wales		Yorkshire and the Humber	
		%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N		93		132		55		106		48		120		26		84		124		70		51		91	
Yes	20%	19	41%	54	29%	16	16%	17	17%	8	33%	40	38%	10	25%	21	17%	21	26%	18	25%	13	14%	13	
No	80%	74	59%	78	71%	39	84%	89	83%	40	67%	80	62%	16	75%	63	83%	103	74%	52	75%	38	86%	78	

Q7. Usually (when it isn't lockdown), what is your favourite way to exercise?

			Gender			
			Male		Female	
	All	Count	%	Count	%	Count
N	1000			487		513
Team sport like football, netball, etc	34%	336	41%	198	27%	138
Walking/running outside	30%	303	25%	124	35%	179
Exercise classes like aero bikes, spinning, dancing or Pilates	11%	111	9%	43	13%	68
I don't have a favourite way to exercise	10%	95	10%	47	9%	48
Individual exercise like at a gym	8%	80	9%	44	7%	36
Other (please tell us)	8%	75	6%	31	9%	44

	Age															
	7		8		9		10		11		12		13		14	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	78		107		125		129		137		152		149		123	
Team sport like football, netball, etc	17%	13	24%	26	36%	45	26%	33	34%	47	38%	58	42%	63	41%	51
Walking/running outside	40%	31	38%	41	23%	29	36%	46	36%	49	28%	42	28%	41	20%	24
Exercise classes like aero bikes, spinning, dancing or Pilates	15%	12	7%	7	13%	16	14%	18	12%	17	12%	18	9%	14	7%	9
I don't have a favourite way to exercise	10%	8	11%	12	8%	10	9%	11	7%	9	13%	19	5%	8	15%	18
Individual exercise like at a gym	13%	10	8%	9	9%	11	10%	13	5%	7	4%	6	9%	13	9%	11
Other (please tell us)	5%	4	11%	12	11%	14	6%	8	6%	8	6%	9	7%	10	8%	10

	Region																							
	East of England		Greater London		East Midlands		West Midlands		North East		North West		Northern Ireland		Scotland		South East		South West		Wales		Yorkshire and the Humber	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	93		132		55		106		48		120		26		84		124		70		51		91	
Team sport like football, netball, etc	34%	32	45%	59	38%	21	27%	29	33%	16	38%	46	19%	5	27%	23	33%	41	17%	12	43%	22	33%	30
Walking/running outside	30%	28	20%	26	22%	12	35%	37	29%	14	28%	34	31%	8	31%	26	38%	47	46%	32	27%	14	27%	25
Exercise classes like aero bikes, spinning, dancing or Pilates	10%	9	14%	18	15%	8	11%	12	15%	7	12%	14	23%	6	12%	10	5%	6	9%	6	8%	4	12%	11
I don't have a favourite way to exercise	9%	8	2%	3	7%	4	13%	14	6%	3	8%	10	19%	5	14%	12	10%	12	7%	5	8%	4	16%	15
Individual exercise like at a gym	4%	4	14%	18	13%	7	8%	8	8%	4	7%	8	8%	2	6%	5	6%	8	9%	6	8%	4	7%	6
Other (please tell us)	13%	12	6%	8	5%	3	6%	6	8%	4	7%	8	0%	0	10%	8	8%	10	13%	9	6%	3	4%	4

Other (please tell us)
Ballet and Jazz
Bike and running
Biking
Bmx
Bowling, tennis, trampoline
Boxing classes
Cartwheels
Cycling

cycling
Cycling
Cycling
cycling with family and friends
Cycu
Dance
Dance
Dance
Dance classes
Dancing
Dancing at home
Football
Gymnastics
Gymnastics
Horse riding
Horse riding
Horse riding
Karate
karate
Karate
Karate classes
Parkour
paying tennis and horseriding
Riding my bike
Roller skating
Running
Swimming
Swimming
Swimming
Swimming
swimming

swimming
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Swimming
Swimming
Swimming
swimming
Swimming
Swimming class
Tennis
Tennis

Tennis
Thai boxing
Trampolining
Trampoline
Youtube videos

Q8. Usually (when it isn't lockdown), how many days a week to you exercise?
 *Respondents who usually (when it isn't lockdown) do any physical activity

	Gender					
	All	Count	Male		Female	
			%	Count	%	Count
N	983		480		503	
1	6%	56	6%	29	5%	27
2	18%	174	16%	79	19%	95
3	29%	285	29%	138	29%	147
4	18%	178	19%	92	17%	86
5	17%	165	17%	83	16%	82
6	6%	61	6%	31	6%	30
7	7%	64	6%	28	7%	36
I don't do any physical activity	0%	0	0%	0	0%	0
Mean days per week	3.67		3.68		3.67	

	Age															
	7		8		9		10		11		12		13		14	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	76		103		122		127		137		148		149		121	
1	5%	4	5%	5	10%	12	3%	4	4%	5	3%	4	7%	10	10%	12
2	20%	15	10%	10	13%	16	22%	28	15%	21	18%	26	20%	30	23%	28
3	22%	17	31%	32	32%	39	25%	32	29%	40	32%	47	28%	42	30%	36
4	20%	15	20%	21	15%	18	20%	25	20%	27	22%	33	17%	25	12%	14
5	17%	13	23%	24	16%	19	20%	26	18%	25	16%	24	15%	22	10%	12
6	8%	6	7%	7	5%	6	4%	5	7%	10	4%	6	6%	9	10%	12
7	8%	6	4%	4	10%	12	6%	7	7%	9	5%	8	7%	11	6%	7
I don't do any physical activity	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0
Mean days per week	3.79		3.83		3.67		3.66		3.82		3.66		3.60		3.41	

	Region																							
	East of England		Greater London		East Midlands		West Midlands		North East		North West		Northern Ireland		Scotland		South East		South West		Wales		Yorkshire and the Humber	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	92		129		55		104		48		119		22		82		122		70		50		90	
1	5%	5	5%	6	2%	1	5%	5	2%	1	4%	5	5%	1	6%	5	10%	12	6%	4	4%	2	10%	9
2	24%	22	19%	24	24%	13	18%	19	21%	10	13%	15	9%	2	11%	9	17%	21	24%	17	24%	12	11%	10
3	23%	21	30%	39	33%	18	29%	30	23%	11	37%	44	18%	4	32%	26	27%	33	24%	17	34%	17	28%	25
4	18%	17	13%	17	9%	5	22%	23	19%	9	14%	17	36%	8	18%	15	20%	24	24%	17	18%	9	19%	17
5	22%	20	18%	23	13%	7	17%	18	21%	10	16%	19	23%	5	17%	14	19%	23	7%	5	10%	5	18%	16
6	3%	3	9%	12	5%	3	3%	3	4%	2	11%	13	0%	0	9%	7	2%	2	9%	6	6%	3	8%	7
7	4%	4	6%	8	15%	8	6%	6	10%	5	5%	6	9%	2	7%	6	6%	7	6%	4	4%	2	7%	6
I don't do any physical activity	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0	0%	0
Mean days per week	3.54		3.74		3.82		3.61		3.90		3.78		4.00		3.84		3.48		3.51		3.40		3.73	

Q9. Do you enjoy PE lessons at school?

		Gender				
		Male			Female	
	All	Count	%	Count	%	Count
N	1000			487		513
Yes	83%	827	84%	410	81%	417
No	17%	173	16%	77	19%	96

		Age															
		7		8		9		10		11		12		13		14	
		%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N		78		107		125		129		137		152		149		123	
Yes		86%	67	86%	92	89%	111	83%	107	83%	114	79%	120	81%	120	78%	96
No		14%	11	14%	15	11%	14	17%	22	17%	23	21%	32	19%	29	22%	27

		Region																							
		East of England		Greater London		East Midlands		West Midlands		North East		North West		Northern Ireland		Scotland		South East		South West		Wales		Yorkshire and the Humber	
		%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N		93		132		55		106		48		120		26		84		124		70		51		91	
Yes		76%	71	91%	120	85%	47	85%	90	83%	40	81%	97	85%	22	81%	68	78%	97	81%	57	76%	39	87%	79
No		24%	22	9%	12	15%	8	15%	16	17%	8	19%	23	15%	4	19%	16	22%	27	19%	13	24%	12	13%	12

Q10. If no, what could make PE lessons at school better?

*Respondents who do not enjoy PE lessons at school

	Gender					
	All	Count	Male		Female	
			%	Count	%	Count
N	173		77		96	
Nothing / Unsure	42%	72	44%	34	40%	38
Open response	58%	101	56%	43	60%	58

	Age															
	7		8		9		10		11		12		13		14	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	11		15		14		22		23		32		29		27	
Nothing / Unsure	55%	6	47%	7	43%	6	45%	10	30%	7	44%	14	48%	14	30%	8
Open response	45%	5	53%	8	57%	8	55%	12	70%	16	56%	18	52%	15	70%	19

	Region																							
	East of England		Greater London		East Midlands		West Midlands		North East		North West		Northern Ireland		Scotland		South East		South West		Wales		Yorkshire and the Humber	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	22		12		8		16		8		23		4		16		27		13		12		12	
Nothing / Unsure	55%	12	58%	7	25%	2	38%	6	75%	6	35%	8	75%	3	31%	5	33%	9	46%	6	42%	5	25%	3
Open response	45%	10	42%	5	75%	6	63%	10	25%	2	65%	15	25%	1	69%	11	67%	18	54%	7	58%	7	75%	9

Open responses

Adapted lessons for kids that are not sporty and need help

All we do right now is walking. Anything would be better.

Allow me to play sports I like rather than always catering to the real sporty people and things they like and are too good at

Be more aware of my health issues.

Be more fun
Being able to cycle or something I like
being allowed to use equipment or sports
Better teacher
Boring. Would like more games like netball
Dance lessons in pe time
Different activities. We always do the same things.
Different games
Different sports rather than netball and hockey
Doing dance with pe
Doing sport I like
Doing sports I like
dont enjoy at all
Dont know
Don't like competing
Don't like sports
Don't mix boys ans girls
Fun
GET DIFFRENT TEACHER HES TOO MEAN
Girls only group
Gymnastics
Having more choice in what sport we do
I am just not a fan of pe
I don't know
I don't like getting changed
I don't attend school
I don't go to school
I don't know,by not having any?
I don't like sports
I don't think anything would make it better
i get embarrassed during PE because of my period and my teacher doesn't understand me
I would like it if we could do activities that are fun and enjogable
I'm not very good at it so that's why I don't enjoy it
If I was allowed to just to get on with it, instead of being asked to show what everyone else how to do it.
If more jumping and skipping exercises are there at school

If we did not have it
I'm not in school im home educated
Indoor pe would be better because it's too cold for outside pe
Less competition
Less competitive and more fun
Less competitiveness
Less cross country!
Less fuss over kit unless you're representing the school outside of school. No gender bias on who does which sport. More personal choice as to what sport we do each term.
Less group games.
Less people and more time
Less pressure in teams
Less running
Less sports
Less tired lessons
Loss some of the sports
Make it more interactive
More dancing
More exciting sports
More fun
More fun
More fun
more fun activities
More fun activities to do would be nice
More fun and exciting
More fun and not as much running
More fun and not boring
More fun ie not just rounders
more fun sports and more team sports, like netball
More fun. I don't like having to do every day
More gentle exercises
More individual activities and less team sports
More interesting activities

More interesting and fun activities
More interesting lessons
More team sports during PE
More things like dance would be good
More variety
Music and group activities
No football
Not doing it outside
Not having them
Not having to go out in bitter cold
Not having to go outside. More things like dancing not sport.
Not putting me up against the really sporty kids
Not sure
Not sure
Not when it cold
nothing
Nothing I just don't enjoy PE
nothing. i dont like sports.
Only doing swimming, gymnastics, dance
Play football
Play other sports
Playing team games rather than listening to the teacher teach us skills
Single sex class
Stop having them
Swimming
They could be inside so it's warmer
Warmer
We are always doing sports I do not enjoy I wish we got more football and tennis

Q11. Why do you think it's important to exercise, if it is at all? (Tick all that apply)

	Gender					
	All		Male		Female	
		Count	%	Count	%	Count
N	1000			487		513
For my physical wellbeing	84%	839	80%	392	87%	447
For my mental wellbeing	58%	582	57%	278	59%	304
So I can mix with other people	33%	326	33%	161	32%	165
To give my parents / teachers a break	9%	94	11%	55	8%	39
I don't think it's important to exercise	2%	18	3%	13	1%	5
Other (please tell us)	1%	9	1%	5	1%	4

	Age															
	7		8		9		10		11		12		13		14	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	78		107		125		129		137		152		149		123	
For my physical wellbeing	76%	59	86%	92	79%	99	78%	101	91%	125	84%	128	87%	130	85%	105
For my mental wellbeing	50%	39	50%	54	45%	56	57%	73	58%	80	60%	91	68%	102	71%	87
So I can mix with other people	29%	23	28%	30	41%	51	36%	46	26%	35	37%	56	33%	49	29%	36
To give my parents / teachers a break	12%	9	7%	8	14%	18	8%	10	9%	13	7%	10	12%	18	7%	8
I don't think it's important to exercise	0%	0	3%	3	1%	1	1%	1	1%	1	4%	6	1%	1	4%	5
Other (please tell us)	1%	1	2%	2	1%	1	1%	1	1%	1	1%	1	1%	2	0%	0

	Region																							
	East of England		Greater London		East Midlands		West Midlands		North East		North West		Northern Ireland		Scotland		South East		South West		Wales		Yorkshire and the Humber	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	93		132		55		106		48		120		26		84		124		70		51		91	
For my physical wellbeing	83%	77	82%	108	84%	46	84%	89	90%	43	86%	103	77%	20	85%	71	86%	107	86%	60	80%	41	81%	74
For my mental wellbeing	53%	49	56%	74	47%	26	57%	60	67%	32	66%	79	42%	11	65%	55	62%	77	59%	41	53%	27	56%	51
So I can mix with other people	29%	27	38%	50	33%	18	28%	30	29%	14	36%	43	38%	10	33%	28	34%	42	26%	18	43%	22	26%	24
To give my parents / teachers a break	9%	8	15%	20	13%	7	4%	4	15%	7	12%	14	15%	4	7%	6	5%	6	10%	7	8%	4	8%	7
I don't think it's important to exercise	0%	0	1%	1	4%	2	2%	2	0%	0	1%	1	8%	2	5%	4	2%	2	3%	2	0%	0	2%	2
Other (please tell us)	2%	2	2%	2	0%	0	1%	1	0%	0	1%	1	0%	0	0%	0	1%	1	1%	1	0%	0	1%	1

Other (please tell us)
for enjoyment and to keep fit

I don't know
I enjoy it.
It's fun
So I can improve and excel at my sport
To get better at football
To get better.
To have fun
to lose weight and have energy

Q12. How have you been exercising during lockdown? (Tick all that apply)

	Gender					
			Male		Female	
	All	Count	%	Count	%	Count
N	1000			487		513
Walking	64%	639	61%	296	67%	343
Practising in my house / garden / park for team sports (like football, netball, etc)	30%	296	34%	165	26%	131
Individual exercise in my house / garden / park (like I'd do at a gym)	28%	279	27%	133	28%	146
Running	26%	259	26%	128	26%	131
Cycling	24%	238	26%	128	21%	110
Online exercise classes (like aero bikes, spinning, yoga, dancing, pilates, etc)	19%	194	17%	83	22%	111
I haven't been exercising during lockdown	8%	78	8%	39	8%	39
Other (please tell us)	3%	25	2%	9	3%	16

	Age															
	7		8		9		10		11		12		13		14	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N		78		107		125		129		137		152		149		123
Walking	54%	42	71%	76	63%	79	66%	85	73%	100	57%	86	62%	93	63%	78
Practising in my house / garden / park for team sports (like football, netball, etc)	27%	21	27%	29	36%	45	29%	38	31%	43	28%	43	32%	47	24%	30
Individual exercise in my house /	29%	23	30%	32	33%	41	26%	33	30%	41	24%	37	27%	40	26%	32

<i>Other (please tell us)</i>
At school
Bike rides
Dancing
Dancing
Dancing
Dog walking, sledging
Exercise videos
Exercises with my mom at home.
Following pe instructions from school.
football with my dad and brother
Going out on my scooter
Gymnastics in the garden and house
Joe wick
Jogging
Online dance lessons
PE with school teachers
Riding horses
Roller skating
Scooter
Skateboarding
Trampoline
Trampoline
Treadmill and weights
Using the switch
Zoom pe lesson

Q13. What exercise have you done for the first time / started during lockdown that you will carry on with once lockdown ends?
(Tick all that apply)

*Respondents who have been exercising during lockdown

	All	Count	Gender			
			Male		Female	
			%	Count	%	Count
N	922		448		474	
Walking	35%	327	36%	161	35%	166
Practising in my house / garden / park for team sports (like football, netball, etc)	16%	148	19%	83	14%	65
Individual exercise in my house / garden / park (like I'd do at a gym)	16%	146	16%	71	16%	75
Running	16%	143	16%	73	15%	70
I won't carry on any exercise that I did for the first time or started again during lockdown	15%	141	14%	62	17%	79
Cycling	14%	132	18%	79	11%	53
Online exercise classes (like aero bikes, spinning, yoga, dancing, pilates, etc)	13%	124	12%	53	15%	71
Other (please tell us)	4%	33	3%	15	4%	18

	Age															
	7		8		9		10		11		12		13		14	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	72		102		119		119		132		133		137		108	
Walking	33%	24	43%	44	32%	38	40%	48	33%	44	35%	47	35%	48	31%	34
Practising in my house / garden / park for team sports (like football, netball, etc)	17%	12	14%	14	16%	19	18%	22	15%	20	14%	19	22%	30	11%	12

Individual exercise in my house / garden / park (like I'd do at a gym)	19%	14	18%	18	15%	18	11%	13	15%	20	15%	20	20%	27	15%	16
Running	8%	6	18%	18	10%	12	15%	18	14%	19	17%	22	16%	22	24%	26
I won't carry on any exercise that I did for the first time or started again during lockdown	14%	10	15%	15	15%	18	13%	15	17%	23	15%	20	14%	19	19%	21
Cycling	13%	9	23%	23	14%	17	12%	14	12%	16	17%	23	12%	16	13%	14
Online exercise classes (like aero bikes, spinning, yoga, dancing, pilates, etc)	24%	17	12%	12	21%	25	8%	10	15%	20	11%	14	11%	15	10%	11
Other (please tell us)	4%	3	1%	1	3%	4	3%	4	2%	3	4%	5	7%	10	3%	3

	Region																							
	East of England		Greater London		East Midlands		West Midlands		North East		North West		Northern Ireland		Scotland		South East		South West		Wales		Yorkshire and the Humber	
	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count	%	Count
N	86		124		53		94		44		109		22		76		115		68		50		81	
Walking	30%	26	33%	41	32%	17	31%	29	52%	23	43%	47	32%	7	36%	27	31%	36	34%	23	38%	19	40%	32
Practising in my house /	19%	16	19%	23	17%	9	12%	11	14%	6	16%	17	23%	5	20%	15	15%	17	15%	10	10%	5	17%	14

garden / park for team sports (like football, netball, etc)																									
Individual exercise in my house / garden / park (like I'd do at a gym)	9%	8	23%	29	8%	4	22%	21	11%	5	15%	16	18%	4	14%	11	14%	16	13%	9	14%	7	20%	16	
Running	13%	11	15%	19	15%	8	16%	15	18%	8	19%	21	27%	6	13%	10	14%	16	15%	10	18%	9	12%	10	
I won't carry on any exercise that I did for the first time or started again during lockdown	16%	14	11%	14	19%	10	14%	13	11%	5	13%	14	9%	2	24%	18	15%	17	15%	10	16%	8	20%	16	
Cycling	21%	18	16%	20	17%	9	7%	7	18%	8	9%	10	23%	5	18%	14	15%	17	12%	8	14%	7	11%	9	
Online exercise classes (like aero bikes,	16%	14	16%	20	15%	8	15%	14	11%	5	17%	18	14%	3	12%	9	9%	10	15%	10	12%	6	9%	7	

spinning, yoga, dancing, pilates, etc)																									
Other (please tell us)	1%	1	6%	7	2%	1	5%	5	0%	0	3%	3	0%	0	0%	0	8%	9	6%	4	0%	0	4%	3	

Other (please tell us)
At school
Badminton
classes online
Dance studio
Dancing
Dancing
Exercise videos
Exercises with my mom at home.
Following pe instructions from school.
Going out on my scooter
Gymnastics in the garden and house
I did all before lockdown
Joe wick
Joe Wicks
Jogging
Karate
Learning Kata with my dad
no new exercises
NONE
None
none
Online dance lessons

PE with school teachers
Pilates
Roller skating
Scooter
Skateboarding
Trampoline
Trampoline
Treadmill and weights
Using the switch
Walking