



Girls Active

Nancledra School

June 2024 | Boys' report





Overall attitudes to PE and physical activity

100% enjoy taking part in physical activity

91% enjoy taking part in PE



Top 10 barriers to being active at school

36% I have an injury

9% I'm not good at it

9% I worry about how I look

9% I don't like getting hot and sweaty

9% Other people make fun of me

9% I already do a lot of physical activity outside of school

9% When it's outside and it's not nice weather

- I am not confident

- I can't be bothered

- I don't enjoy it



Top 10 motivators for being active at school

73% Having fun

64% Being outside

55% Learning new sports / skills

55% Being with friends

45% Getting fit and healthy

45% Getting better at the sports / games I play

45% Being part of a team

27% Playing to win

18% Making new friends

9% It is good for my wellbeing

Boys' report: Introduction

This report summarises responses to the *Girls Active Questionnaire* that boys from your school recently. Overall, **Nancledra School** received **11 responses from boys**.

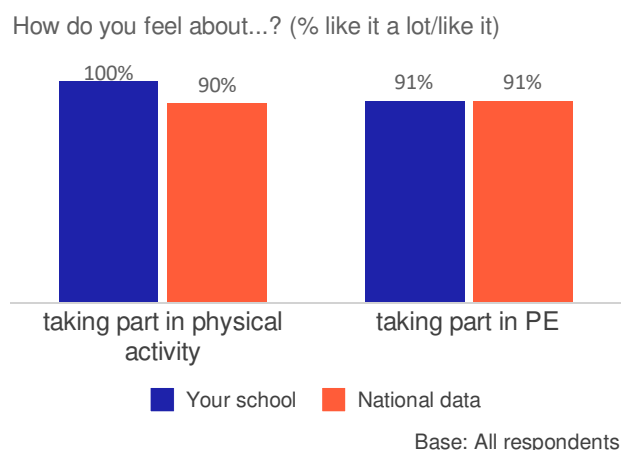
Throughout this report, responses from boys in your school are shown alongside 'National data'. This is data collected from **all boys** who participated in the study between October 2023 and June 2024, and consists of 1600 responses from boys in Year 3 to Year 6. Your school's data is also broken down by key factors including key stage, disability, ethnicity and physical activity level, in Appendix 1. **No responses from girls are included in this report. If any responses were received from girls at your school, their results will be presented in a separate report.**

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

How you feel

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

At your school, boys were most likely to enjoy *taking part in physical activity* (100%), followed by *taking part in PE* (91%).



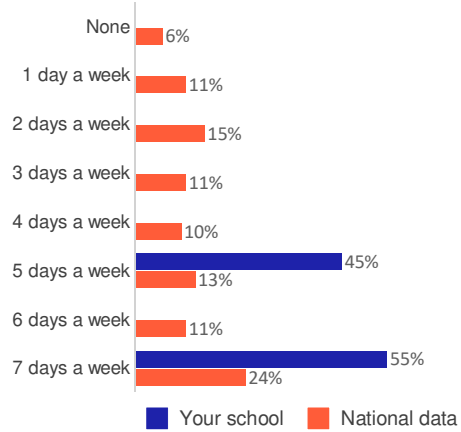
Being active

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

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

On average, boys at your school took part on 6.1 days per week, compared to 4.1 nationally.

Days of physical activity per week

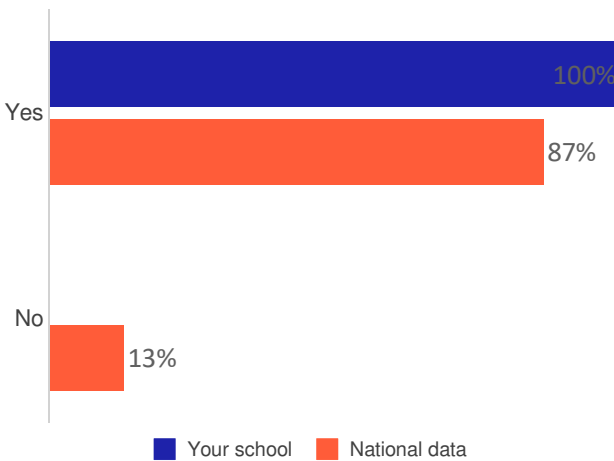


Base: All respondents

The chart below shows that 100% of boys would like to be more active when they are at your school. This compares to 87% nationally.

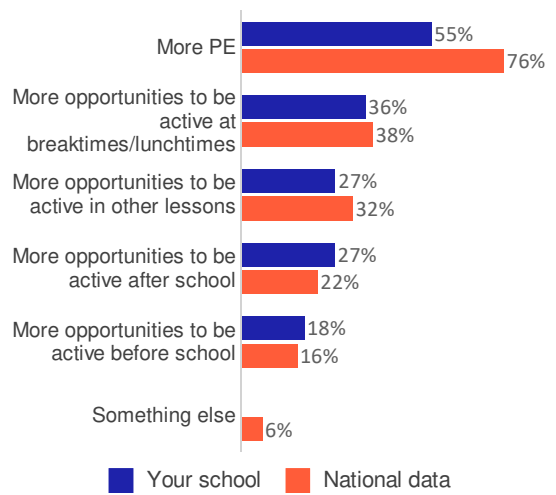
When asked *how* they would like to be more active, they were most likely to say *More PE* (55%) or *More opportunities to be active at breaktimes/lunchtimes* (36%).

Would you like to be more active in school?
Please choose one answer



Base: All respondents

How would you like to be more active in school?



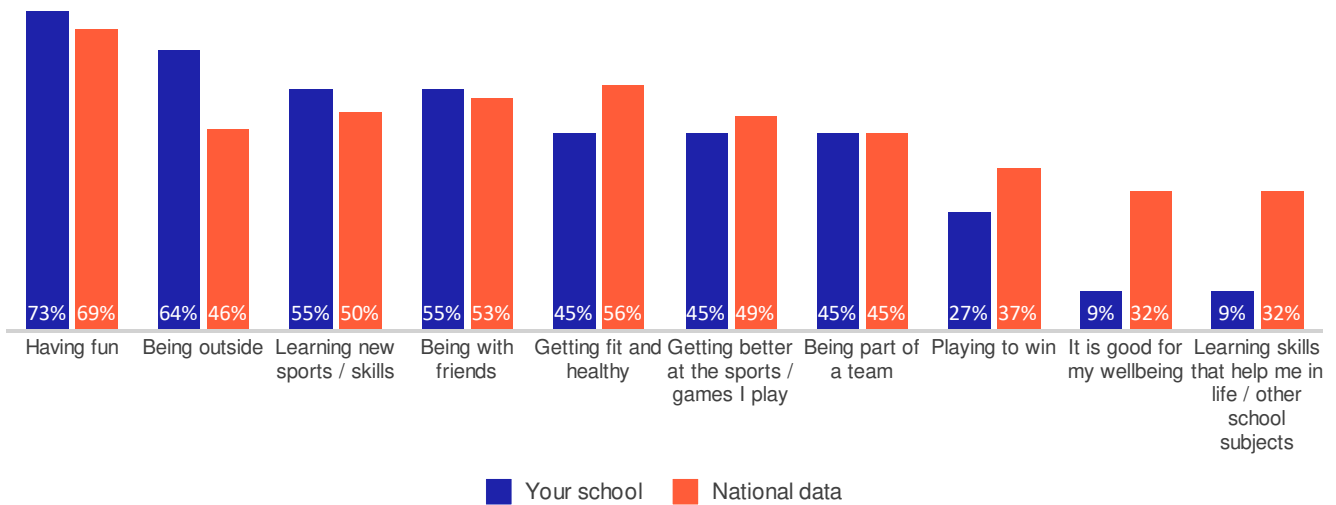
Base: All respondents who would like to be more active in school

Physical activity at school

What motivates you?

The chart below shows the 10 most common factors that boys said motivate them to take part in sport, physical activity and PE at school. At your school, boys were most likely to say *Having fun* (73%), *Being outside* (64%), and *Learning new sports / skills* (55%).

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

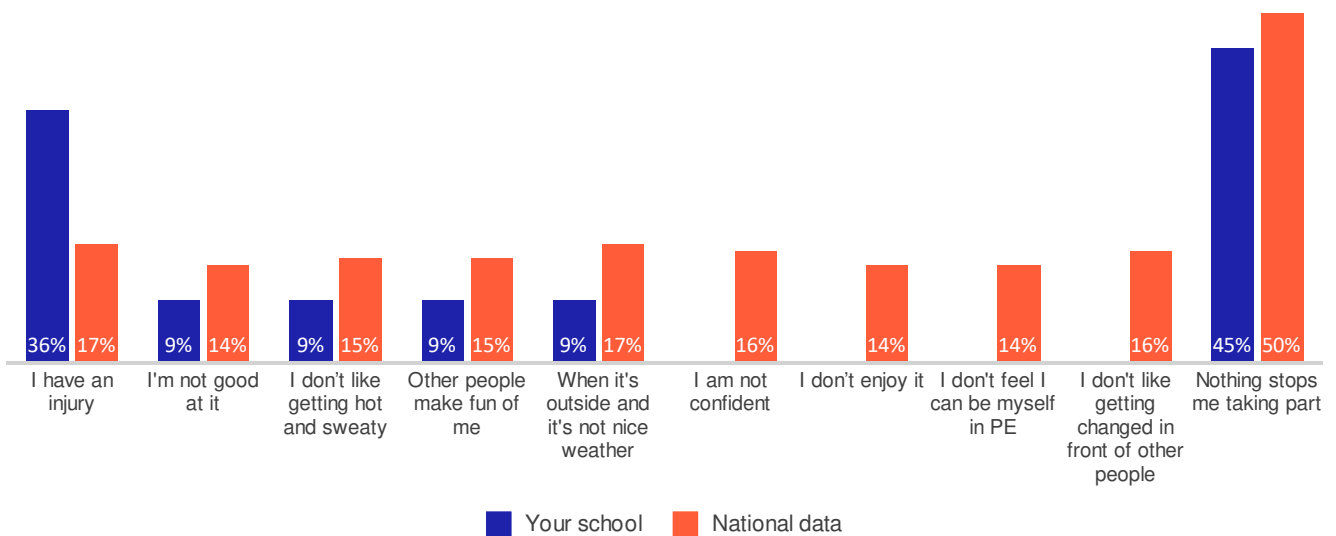


Base: All respondents

What stops you?

The top 3 barriers that stopped boys from being more active at your school were; *I have an injury* (36%), *I'm not good at it* (9%), and *I worry about how I look* (9%). However 45% of boys at your school said that none of these barriers stopped them.

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

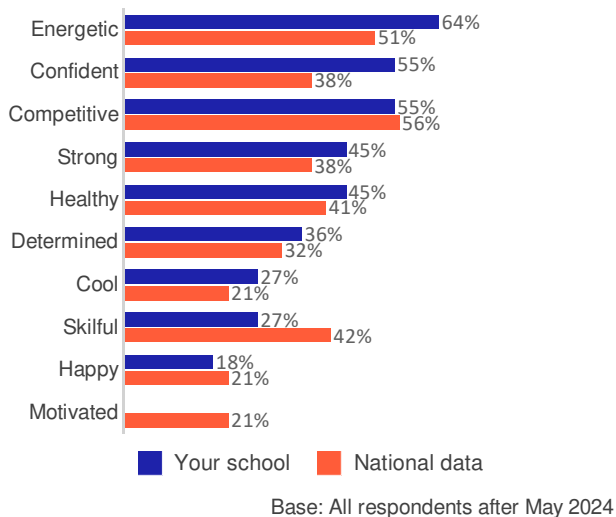


Base: All respondents

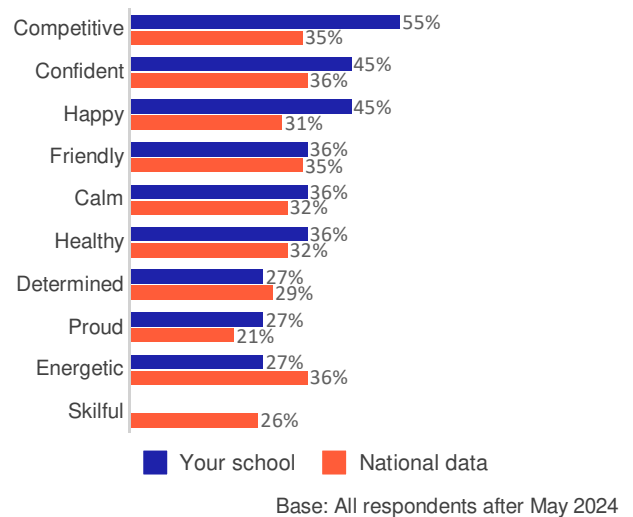
What you think

Boys were shown a list of words and asked which five they would most use to describe an active or 'sporty' boy, and an active or 'sporty' girl. The charts below show the most common words used to describe each group.

Words to describe an active or 'sporty' boy?



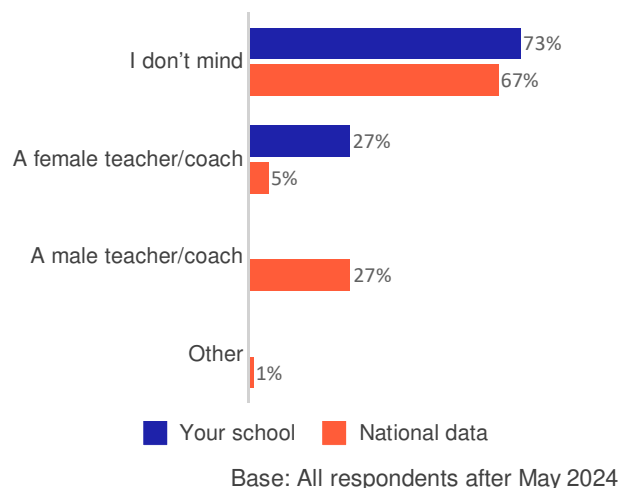
Words to describe an active or 'sporty' girl?



When asked who they would prefer to teach their PE and sport at school, Boys were most likely to say *I don't mind*, followed by *A female teacher/coach*, *A male teacher/coach*, then *Other*.

The most common answer at the national level was *I don't mind*.

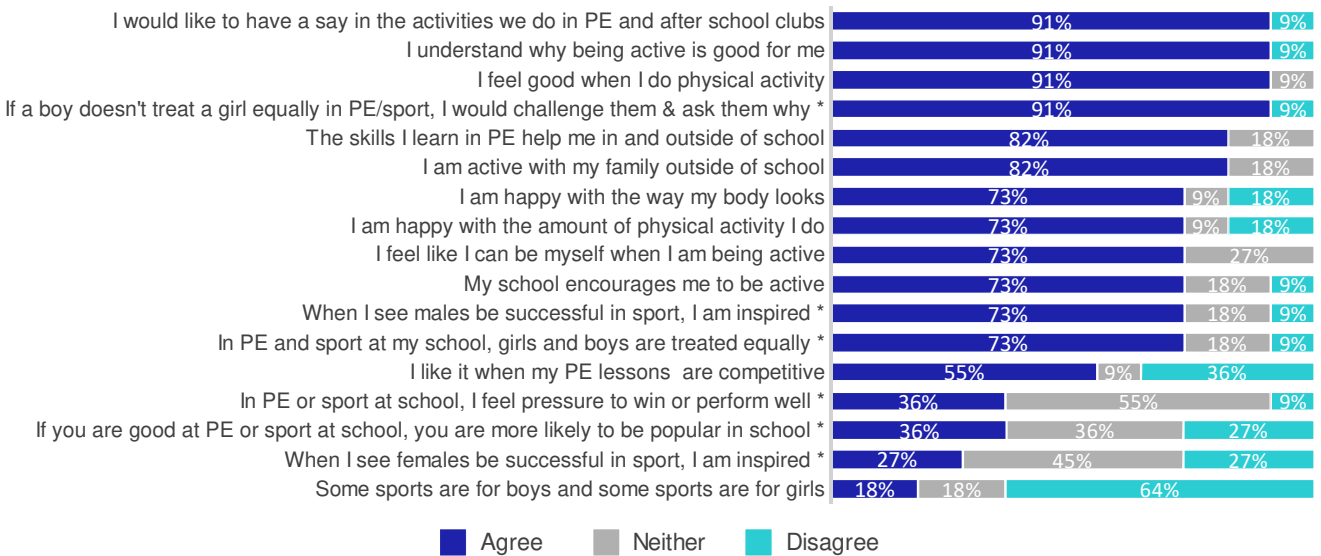
In PE and sport at school, which would you prefer?



More about you

Boys were asked whether they agreed or disagreed with a series of statements about their attitudes to physical activity. The statements they were most likely to strongly agree or agree with were *I would like to have a say in the activities we do in PE and after school clubs* (91%), *I understand why being active is good for me* (91%) and *I feel good when I do physical activity* (91%).

Your school



Base: Pupils at your school (*after May 2024)

The chart below shows the same data at a national level.

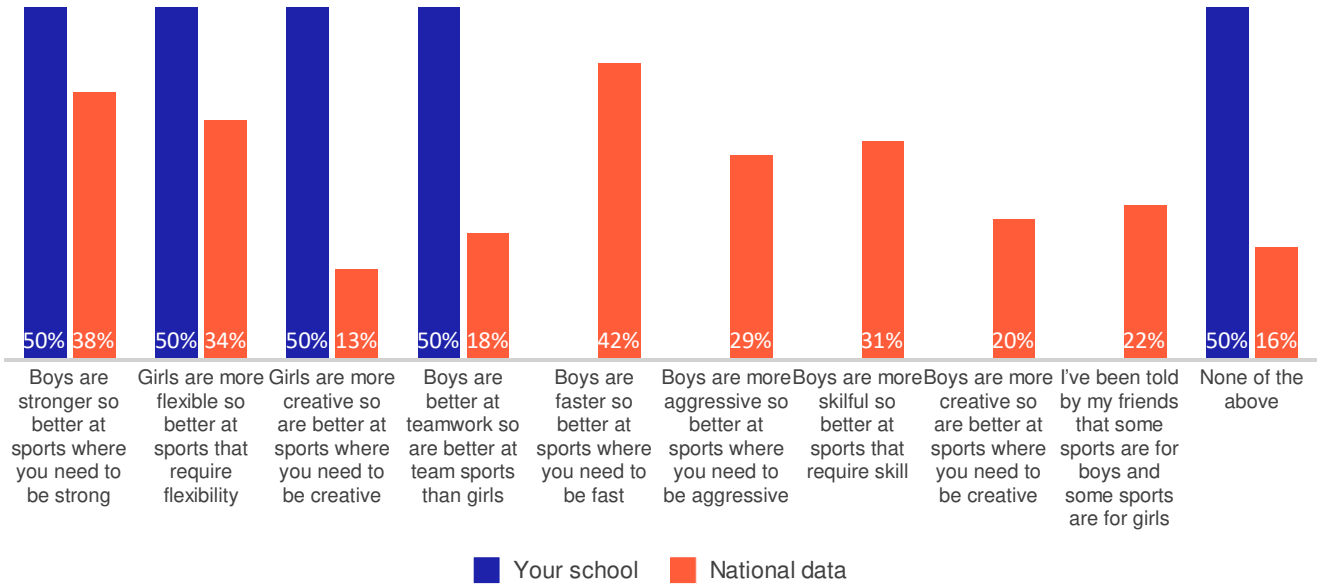
National data



Base: All respondents (*after May 2024)

The following question was only asked of the 2 Boys from your school who agreed that 'Some sports are for boys and some sports are for girls'. Their reasons are shown in the chart below.

Why do you think that 'some sports are for boys and some sports are for girls'?

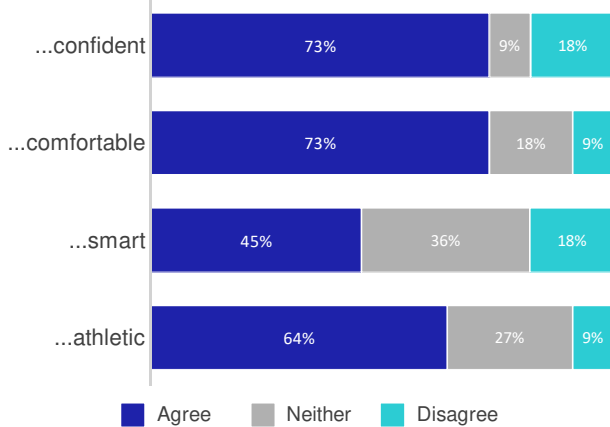


Base: All respondents after May 2024

PE kit

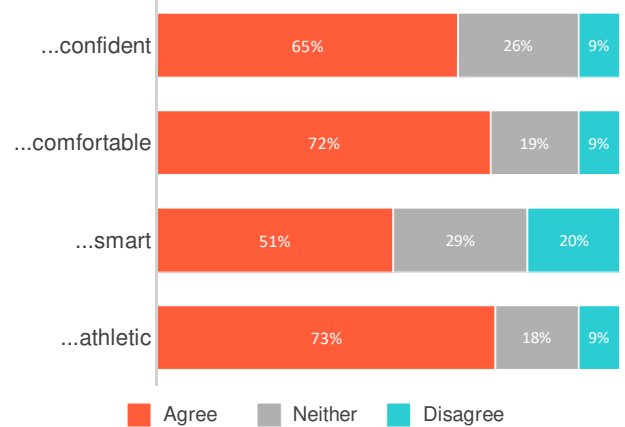
When asked how their PE/sports kit made them feel, 73% of boys from your school agreed or strongly agreed that it made them feel *Confident* (compared to 65% nationally) and 73% said they felt *Comfortable* (compared to 72% nationally). 45% felt *Smart* (compared to 51% nationally) and 64% felt *Athletic* (compared to 73% nationally).

Your school



Base: Pupils at your school

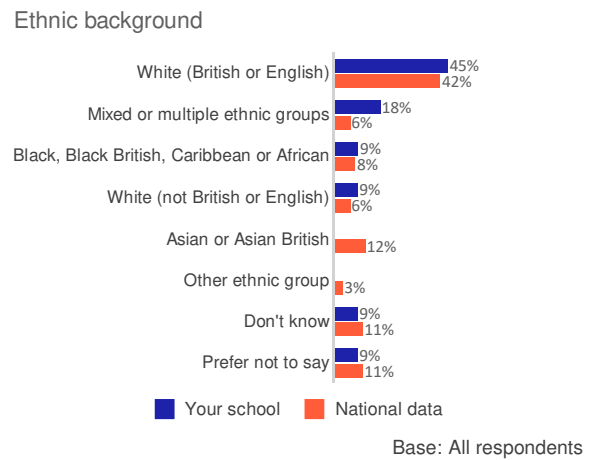
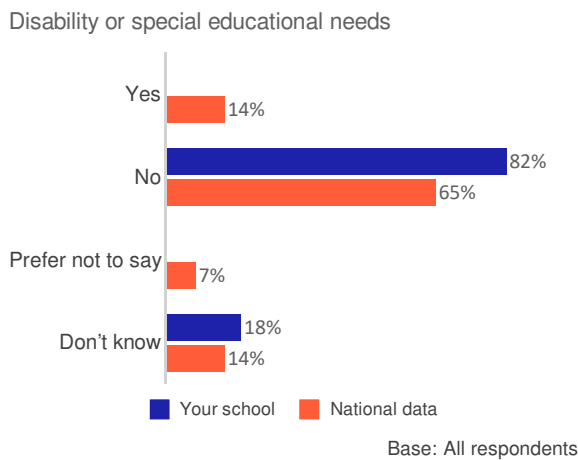
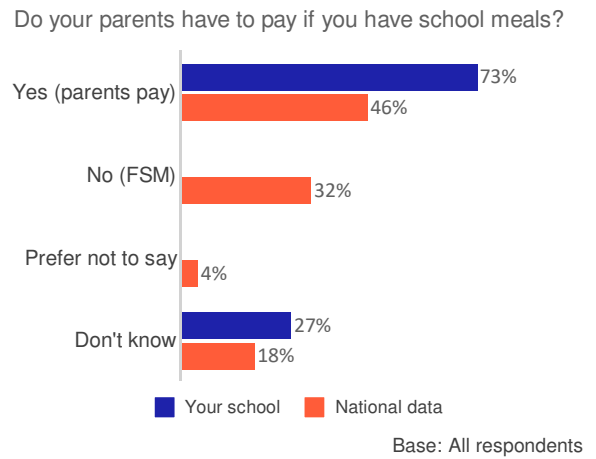
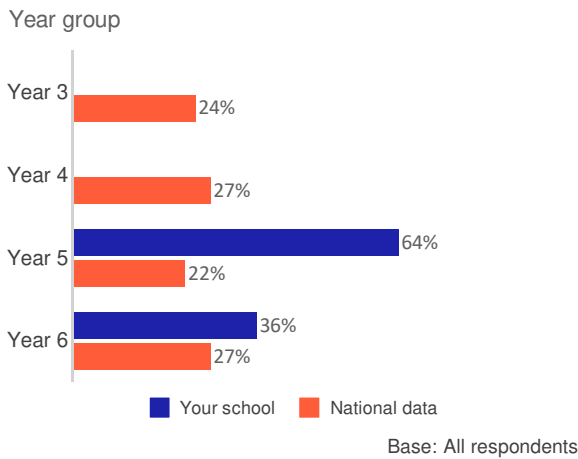
National data



Base: All respondents

Pupil profile

The charts below show the profile of boys at your school who responded to the questionnaire, compared to the national data. Boys at your school were most likely to describe their ethnic background as *White (British or English)* (45%). - said that they receive free school meals, compared to 32% nationally, and 0% said that they have a Special Educational Need or Disability (SEND).



Appendix 1

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

These tables use the following acronyms:

SEND: Special Educational Need or Disability

EDC: Ethnically Diverse Communities

No responses from girls are included in these tables. If any responses were received from girls at your school, their results will be 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	Your school	Key Stage	SEND	Ethnicity		Physical activity level
	Your school	Upper KS2 (yr 5&6)	Non- SEND	White British	EDC	More active
taking part in physical activity	100	100	100	*	*	100
taking part in PE	91	91	89	*	*	91
learning at school	-	-	-	*	*	-

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

Break % Respondents	Your school	Key Stage	SEND	Ethnicity		Physical activity level
	Your school	Upper KS2 (yr 5&6)	Non- SEND	White British	EDC	More active
None	-	-	-	-	*	-
1 day a week	-	-	-	-	*	-
2 days a week	-	-	-	-	*	-
3 days a week	-	-	-	-	*	-
4 days a week	-	-	-	-	*	-
5 days a week	45%	45%	33%	60%	*	45%
6 days a week	-	-	-	-	*	-
7 days a week	55%	55%	67%	40%	*	55%

How would you like to be more active in school?

Break % Respondents	Your school	Key Stage	SEND	Ethnicity		Physical activity level
	Your school	Upper KS2 (yr 5&6)	Non- SEND	White British	EDC	More active
More PE	55%	55%	44%	80%	*	55%
More opportunities to be active at breaktimes/lunchtimes	36%	36%	33%	20%	*	36%
More opportunities to be active after school	27%	27%	33%	40%	*	27%
More opportunities to be active before school	18%	18%	22%	20%	*	18%
More opportunities to be active in other lessons like English, Maths and Science	27%	27%	33%	-	*	27%
Something else	-	-	-	-	*	-

Looking at the list below, what if anything, motivates you to be active at school?

Break % Respondents	Your school	Key Stage	SEND	Ethnicity		Physical activity level
	Your school	Upper KS2 (yr 5&6)	Non- SEND	White British	EDC	More active
Having fun	73%	73%	78%	60%	*	73%
Being outside	64%	64%	67%	40%	*	64%
Learning new sports / skills	55%	55%	56%	40%	*	55%
Being with friends	55%	55%	56%	60%	*	55%
Getting fit and healthy	45%	45%	44%	20%	*	45%
Getting better at the sports / games I play	45%	45%	44%	40%	*	45%
Being part of a team	45%	45%	33%	60%	*	45%
Playing to win	27%	27%	33%	-	*	27%
Making new friends	18%	18%	22%	20%	*	18%
It is good for my wellbeing	9%	9%	11%	-	*	9%
Learning skills that help me in life / other school subjects	9%	9%	11%	-	*	9%
Something else	-	-	-	-	*	-
I am not motivated by anything	-	-	-	-	*	-

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

Break % Respondents	Your school	Key Stage	SEND	Ethnicity		Physical activity level
	Your school	Upper KS2 (yr 5&6)	Non- SEND	White British	EDC	More active
Nothing stops me taking part	45%	45%	44%	40%	*	45%
I have an injury	36%	36%	33%	40%	*	36%
I'm not good at it	9%	9%	11%	20%	*	9%
I worry about how I look	9%	9%	-	-	*	9%
I don't like getting hot and sweaty	9%	9%	11%	20%	*	9%
Other people make fun of me	9%	9%	11%	-	*	9%
I don't have time because I already do a lot of physical activity outside of school	9%	9%	11%	20%	*	9%
When it's outside and it's not nice weather	9%	9%	11%	20%	*	9%

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

% Strongly agree / Agree	Your school	Key Stage	SEND	Ethnicity		Physical activity level
	Your school	Upper KS2 (yr 5&6)	Non- SEND	White British	EDC	More active
I am happy with the way my body looks	73	73	78	80	100	73
I am happy with the amount of physical activity I do	73	73	78	60	100	73
I would like to have a say in the activities we do in PE and after school clubs	91	91	100	100	100	91
In PE or sport at school, I feel pressure to win or perform well *	36	36	22	20	25	36
The skills I learn in PE help me in and outside of school	82	82	78	100	75	82
I like it when my PE lessons are competitive	55	55	56	40	100	55
I understand why being active is good for me	91	91	89	100	100	91
I feel like I can be myself when I am being active	73	73	78	80	100	73
If you are good at PE or sport at school, you are more likely to be popular in school *	36	36	33	40	25	36
Some sports are for boys and some sports are for girls	18	18	22	40	0	18
My school encourages me to be active	73	73	78	80	100	73
I am active with my family outside of school	82	82	78	80	100	82
I have the same opportunities as boys in school to do the sports and activities I want to	-	-	-	-	-	-
I feel good when I do physical activity	91	91	100	100	100	91
When I see females be successful in sport, I am inspired *	27	27	22	40	25	27
When I see males be successful in sport, I am inspired *	73	73	67	80	75	73
In PE and sport at my school, girls and boys are treated equally *	73	73	78	60	75	73
If a boy doesn't treat a girl equally in PE/sport, I would challenge them & ask them why *	91	91	89	100	100	91

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

% Strongly agree / Agree	Your school	Key Stage	SEND	Ethnicity		Physical activity level
	Your school	Upper KS2 (yr 5&6)	Non- SEND	White British	EDC	More active
...confident	73	73	78	100	75	73
...comfortable	73	73	78	100	75	73
...smart	45	45	56	40	75	45
...athletic	64	64	67	80	75	64