



BOYS' REPORT

This report summarises responses to the *Girls Active Pre-Intervention Questionnaire* that male pupils completed between September 2016 and February 2017. Overall this study received **543 responses from male pupils in Hertfordshire** in school years 7 to 13.

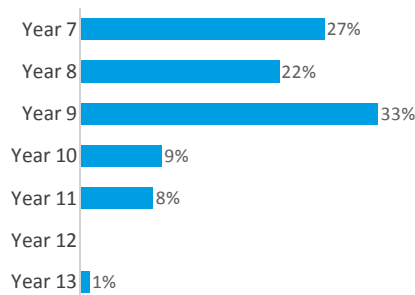
Please note: This report only contains responses from male pupils. Female pupils' responses are presented in a separate report.

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

Pupil profile

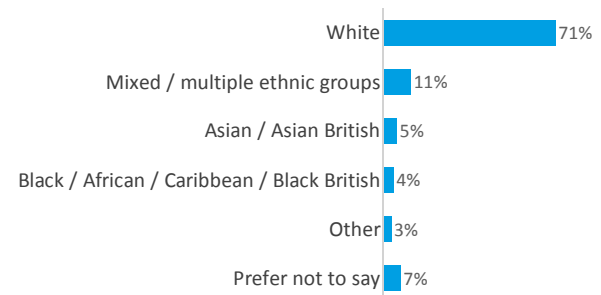
The charts below show the profile of boys who responded to the questionnaire. Boys were most likely to be in *Year 9* (33%), and describe themselves as *White* (71%). 12% said that they have a disability. Overall, 53% said that their general health was either *Very good* or *Excellent*.

Year group



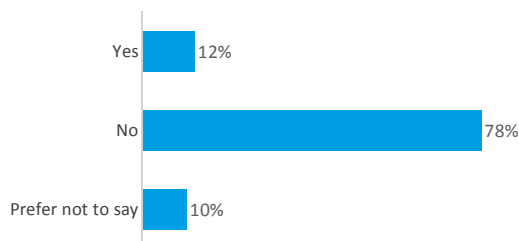
Base: All respondents

Ethnic group



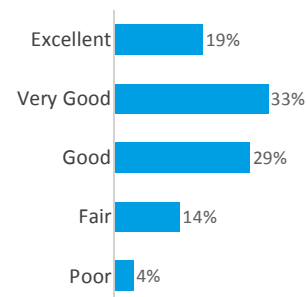
Base: All respondents

Do you have a long-term illness, health problem or disability which limits your daily activities or the work you can do?



Base: All respondents

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

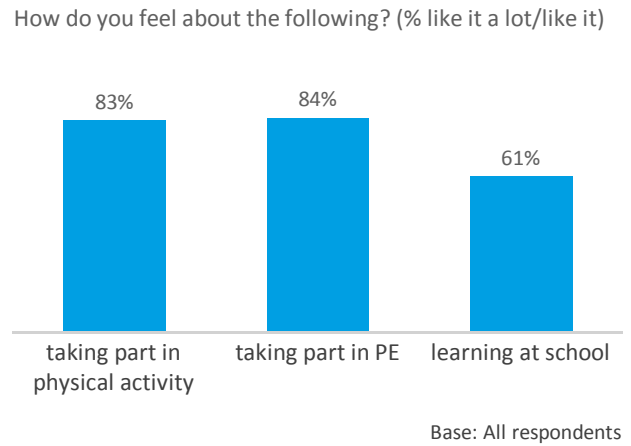


Base: All respondents

Overall attitudes to PE, physical activity and learning at school

Boys 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*.

Boys were most likely to enjoy *taking part in PE* (84%), followed by *taking part in physical activity* (83%) and *learning at school* (61%).

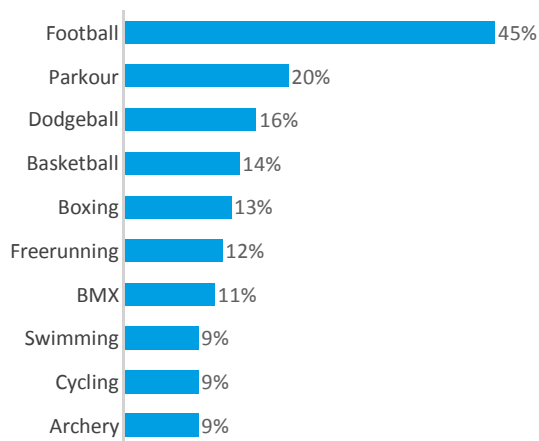


Taking part in physical activity

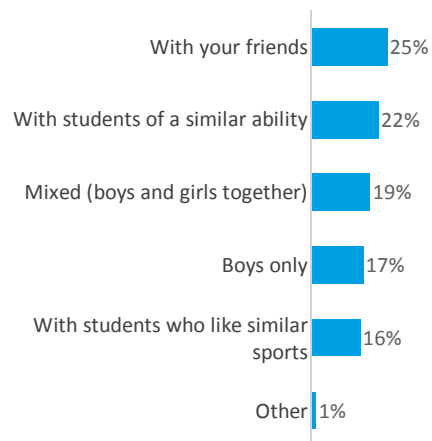
The chart below (left) shows the 10 activities that boys would most like to do as part of their PE lessons. The most popular activities were *Football* (45%), *Parkour* (20%), and *Dodgeball* (16%).

The chart below (right) shows how boys would like to be grouped while taking part in sport or physical activities, with the most common response being *With your friends* (25%).

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

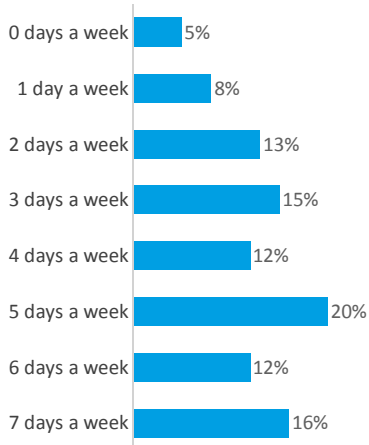


How would you like to be grouped for sport and physical activities?



The following chart 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 heart beat faster'. On average, boys took part on 4.1 days per week.

Days of physical activity per week

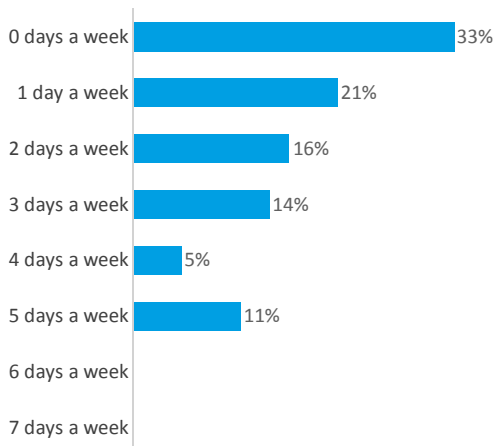


Base: All respondents

Pupils were asked how often they took part in physical activity at school, excluding PE lessons. The chart below (left) shows that boys were most likely to take part in physical activity outside of PE lessons on *0 days a week* (33%). On average, boys took part on 1.7 days per week.

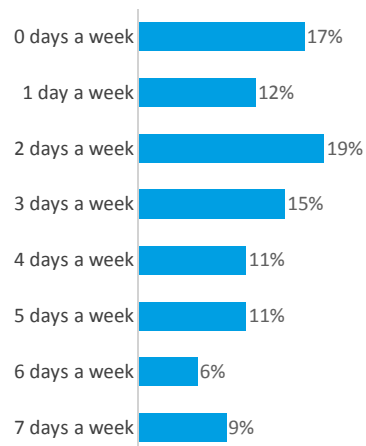
They were also asked how often they took part in sport or physical activity outside of school, and were most likely to do so on *2 days a week* (19%). On average, boys took part on 2.9 days per week.

Outside of PE lessons



Base: All respondents

Outside of school

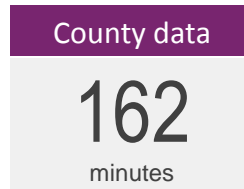
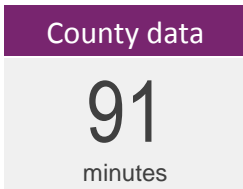


Base: All respondents

The boxes below show the average amount of time that boys spend taking part in physical activity on a typical day and also how much time they spend in PE lessons each week, in minutes.

Minutes of physical activity on a typical day

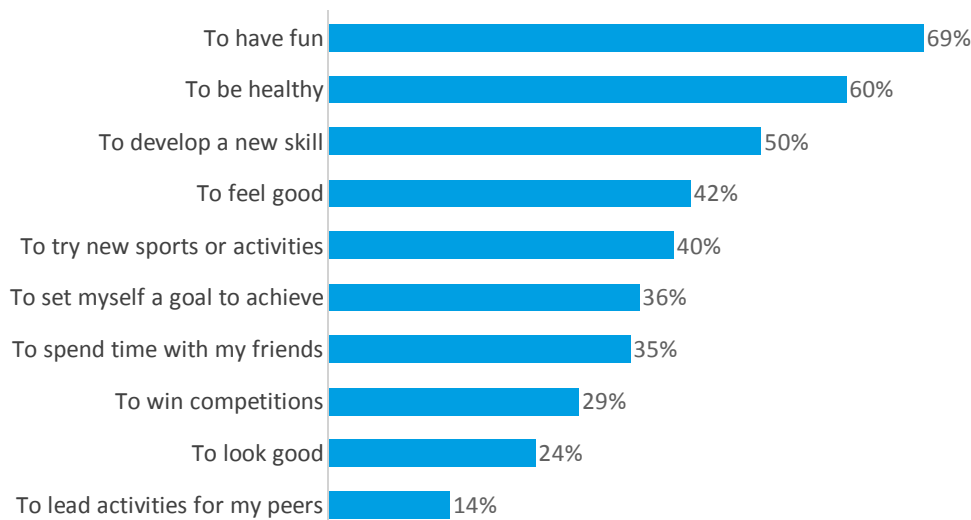
Minutes of PE per week



Motivators for taking part

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. They were most likely to take part in physical activity; *To have fun* (69%), *To be healthy* (60%), and *To develop a new skill* (50%).

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



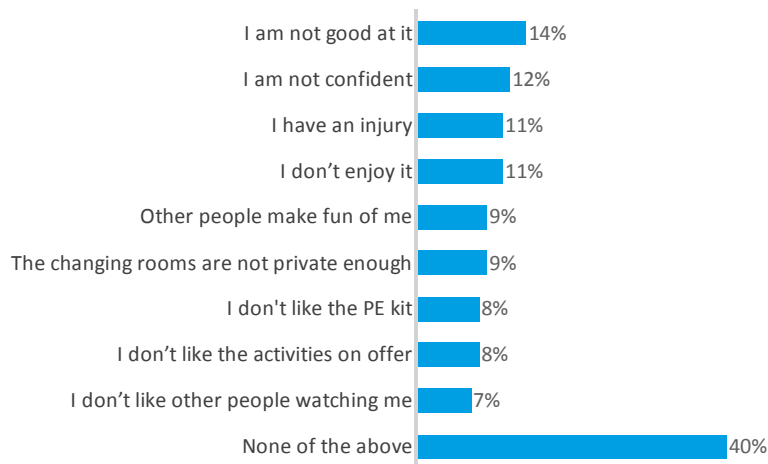
Base: All respondents

Barriers to taking part

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

The following chart shows the 10 most common factors that boys said stop them doing more sport, physical activity and PE at school (although 40% of boys 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

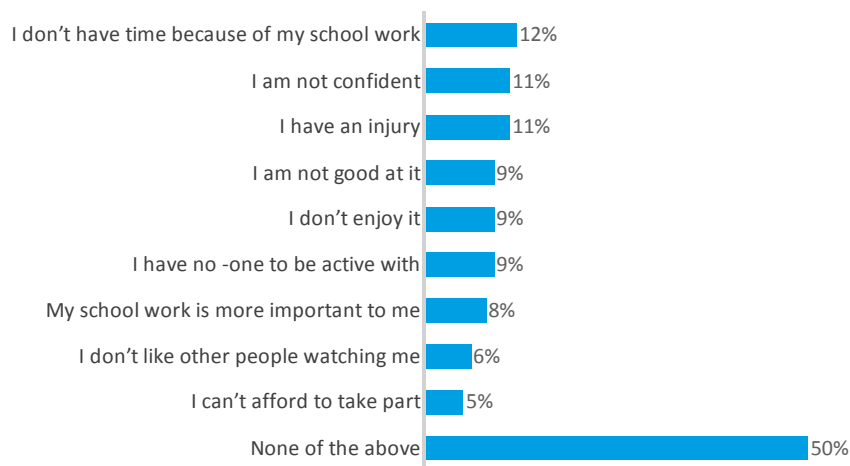


Base: All respondents

Barriers to sport and physical activity outside of school

The chart below shows the 10 most common factors that boys said stop them doing more sport and physical activity outside of school (although 50% of boys 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

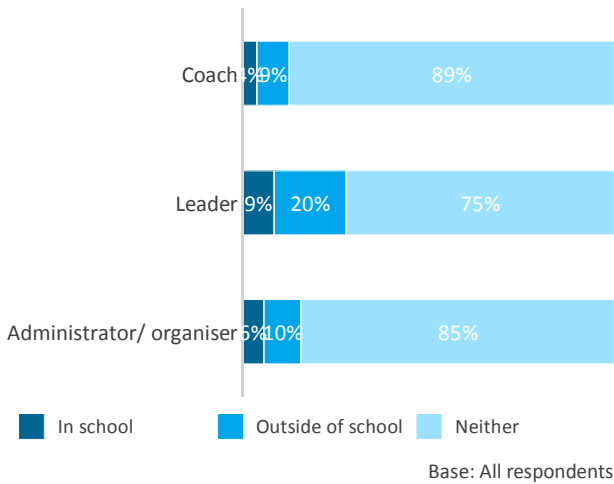


Base: All respondents

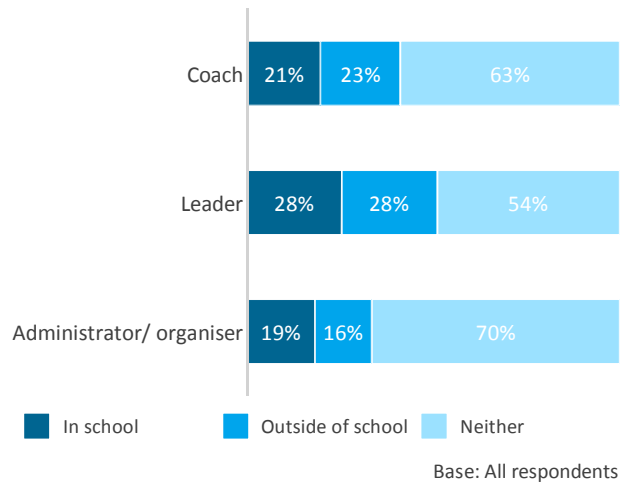
Coaching, leadership and administration

Boys 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...?

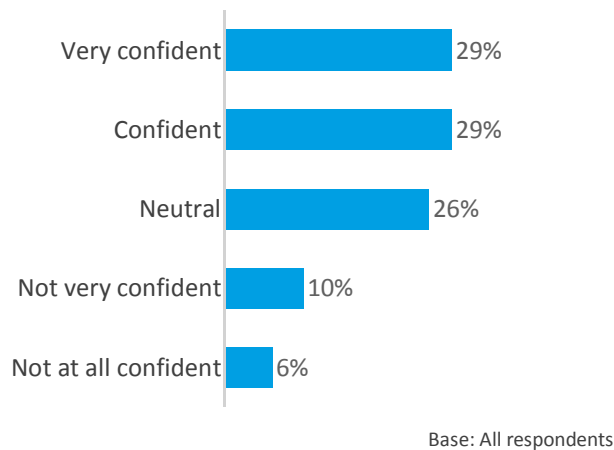


Would you like to be a...?



Following this, pupils were asked how confident they feel leading and influencing other young people. 58% of boys said that they were *Very confident or Confident*, 26% were *Neutral*, and 16% were *Not very confident or Not at all confident*:

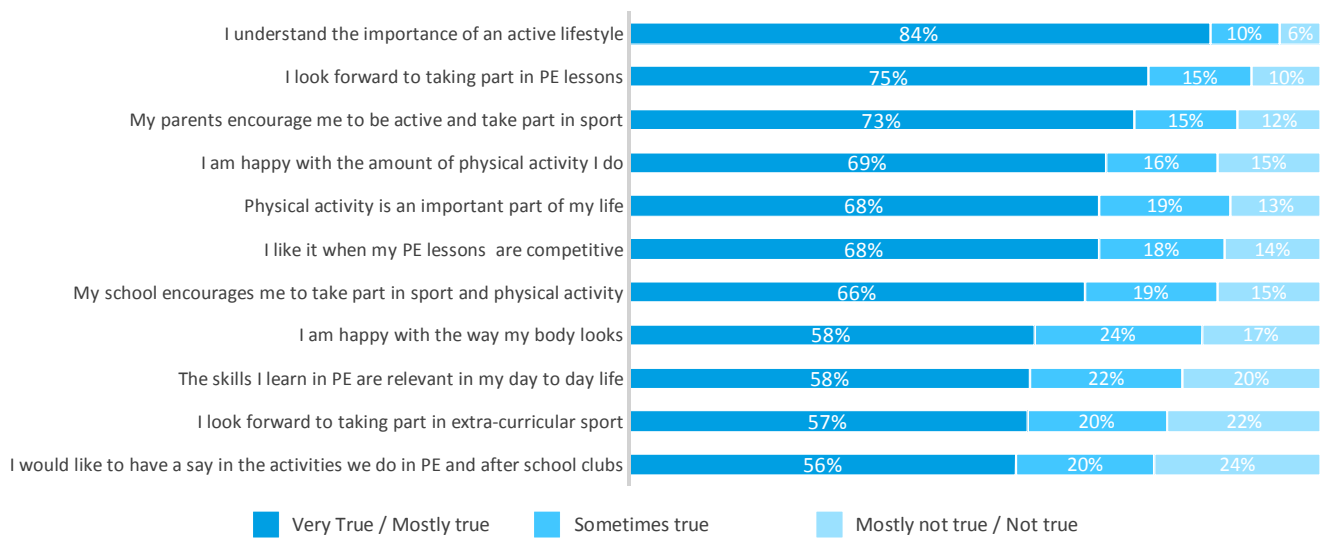
How confident do you feel leading or influencing your peers or other young people?



Attitudes towards PE and physical activity

Pupils were given a list of statements and asked whether they felt each one was true for them. The statements that boys were most likely to describe as 'Very true for me' or 'Mostly true for me' were *I understand the importance of an active lifestyle* (84%), *I look forward to taking part in PE lessons* (75%) and *My parents encourage me to be active and take part in sport* (73%).

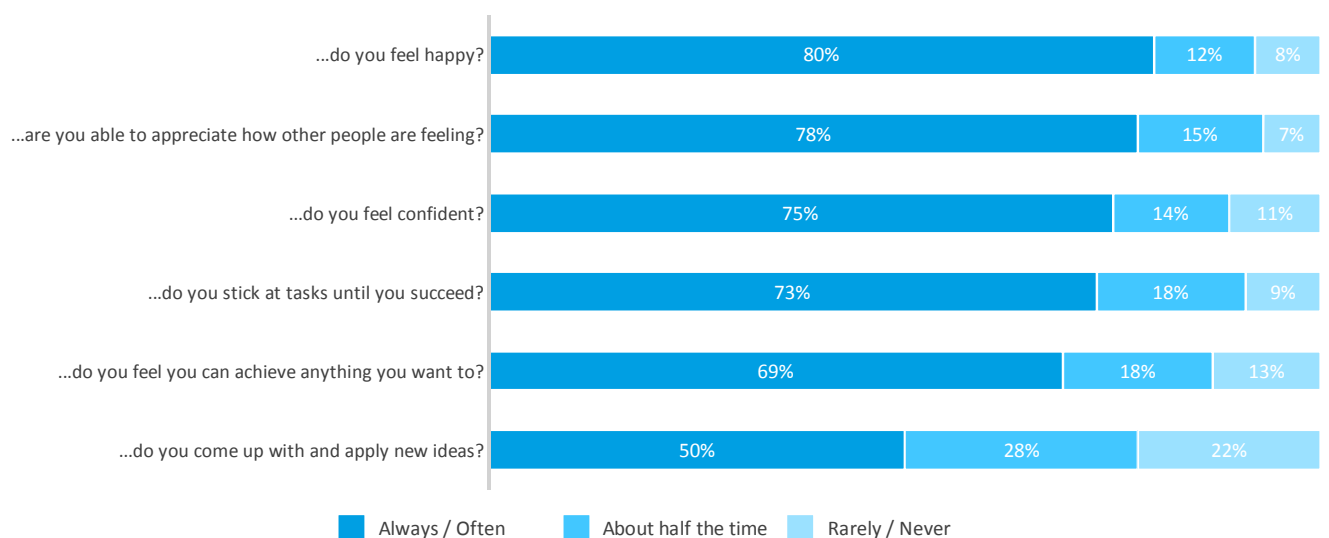
How true are each of the following statements for you?



Base: All respondents

Pupils were shown a list of actions and behaviours related to confidence and well-being, and asked how often they did each of them on a scale of *Always* to *Never*.

How often...



Base: All respondents

APPENDIX 1 - BOYS' 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.

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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	83	84	82	78	85	84	84	50	94
taking part in PE	84	85	80	87	84	82	91	58	92
learning at school	61	62	58	56	62	60	63	55	59

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
Football	45%	43%	52%	32%	47%	45%	47%	30%	56%
Parkour	20%	22%	8%	33%	17%	20%	18%	20%	21%
Dodgeball	16%	17%	15%	10%	17%	17%	16%	15%	15%
Basketball	14%	13%	16%	10%	14%	12%	20%	14%	14%
Boxing	13%	13%	13%	14%	13%	13%	11%	6%	16%
Freerunning	12%	13%	3%	21%	10%	12%	7%	11%	11%
BMX	11%	12%	5%	10%	11%	12%	7%	11%	10%
Swimming	9%	10%	6%	10%	9%	10%	8%	9%	7%
Cycling	9%	9%	9%	17%	8%	9%	7%	11%	7%
Archery	9%	9%	8%	6%	9%	9%	7%	15%	6%

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	25%	26%	24%	33%	24%	24%	30%	26%	22%
With students of a similar - ability	22%	22%	20%	19%	23%	23%	19%	12%	28%
Mixed (boys and girls together)	19%	20%	14%	24%	19%	18%	18%	27%	19%
Boys only	17%	17%	18%	16%	16%	16%	20%	14%	18%
With students who like similar sports	16%	15%	20%	6%	18%	18%	12%	20%	13%
Other	1%	0%	3%	2%	1%	1%	1%	2%	-

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	5%	3%	11%	8%	4%	4%	6%
1 day a week	8%	7%	10%	8%	7%	7%	11%
2 days a week	13%	14%	9%	13%	13%	13%	11%
3 days a week	15%	15%	16%	11%	15%	15%	18%
4 days a week	12%	12%	12%	10%	13%	13%	12%
5 days a week	20%	19%	24%	24%	19%	20%	17%
6 days a week	12%	12%	10%	8%	12%	12%	11%
7 days a week	16%	18%	10%	19%	16%	17%	13%

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	33%	30%	45%	24%	33%	38%	20%
1 day a week	21%	22%	17%	32%	20%	19%	25%
2 days a week	16%	17%	11%	10%	18%	15%	19%
3 days a week	14%	15%	9%	17%	13%	13%	17%
4 days a week	5%	6%	4%	5%	5%	5%	5%
5 days a week	11%	10%	14%	13%	11%	10%	13%

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	17%	16%	27%	17%	17%	16%	18%
1 day a week	12%	11%	14%	14%	12%	13%	12%
2 days a week	19%	20%	13%	17%	19%	17%	25%
3 days a week	15%	15%	14%	5%	16%	16%	9%
4 days a week	11%	12%	9%	10%	11%	12%	9%
5 days a week	11%	11%	12%	10%	12%	11%	11%
6 days a week	6%	7%	3%	8%	6%	5%	7%
7 days a week	9%	9%	9%	19%	8%	9%	9%

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	91	91	96	94	91	89	97	30	114

How many minutes of PE do you do each week? (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	162	169	130	190	157	157	170	94	197

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	69%	69%	72%	65%	70%	71%	68%	56%	78%
To be healthy	60%	61%	55%	59%	61%	61%	55%	38%	68%
To develop a new skill	50%	52%	40%	41%	52%	50%	52%	26%	59%
To feel good	42%	41%	45%	49%	42%	42%	39%	29%	49%
To try new sports or activities	40%	43%	25%	40%	41%	39%	42%	23%	45%
To set myself a goal to achieve	36%	37%	29%	32%	37%	35%	36%	17%	45%
To spend time with my friends	35%	36%	32%	41%	34%	38%	32%	23%	40%
To win competitions	29%	29%	28%	33%	30%	30%	30%	15%	40%
To look good	24%	20%	40%	27%	24%	25%	20%	21%	29%
To lead activities for my peers	14%	16%	4%	22%	12%	15%	12%	8%	19%
To take part in activities delivered by my peers	13%	15%	5%	21%	12%	14%	14%	11%	20%
Other	3%	3%	3%	3%	2%	3%	4%	5%	3%
None of the above	4%	3%	8%	6%	4%	4%	6%	18%	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
I am not good at it	14%	15%	12%	13%	13%	15%	11%	24%	8%
I am not confident	12%	12%	9%	16%	11%	11%	11%	18%	7%
I have an injury	11%	12%	6%	11%	11%	11%	13%	8%	12%
I don't enjoy it	11%	11%	11%	10%	11%	11%	11%	12%	8%
Other people make fun of me	9%	10%	4%	10%	9%	10%	5%	8%	9%
The changing rooms are not private enough	9%	8%	13%	11%	8%	8%	11%	9%	7%
I don't like the PE kit	8%	6%	20%	13%	7%	9%	6%	12%	5%
I don't like the activities on offer	8%	6%	14%	6%	8%	8%	8%	6%	7%
I don't like other people watching me	7%	7%	11%	10%	6%	9%	3%	11%	5%
I don't like getting hot and sweaty	7%	6%	12%	5%	7%	8%	5%	6%	6%
I don't have time	7%	5%	12%	13%	6%	5%	12%	17%	5%
My school work is more important to me	7%	5%	14%	8%	6%	7%	8%	5%	5%
I don't feel encouraged to take part by my peers	5%	5%	6%	3%	4%	5%	5%	-	5%
I don't feel encouraged to take part by the teachers	5%	5%	5%	2%	4%	5%	4%	3%	4%
I have a medical condition that prevents me taking part	4%	4%	6%	17%	1%	5%	4%	3%	5%
My transport to/from school doesn't allow me to do breakfast or after school activities at school	3%	2%	8%	6%	2%	3%	2%	2%	3%
Other	4%	2%	9%	8%	3%	3%	6%	6%	2%
None of the above	40%	41%	41%	29%	44%	41%	35%	29%	48%

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 have time because of my school work	12%	11%	17%	8%	12%	12%	13%	9%	11%
I am not confident	11%	12%	7%	16%	10%	10%	11%	15%	7%
I have an injury	11%	11%	8%	11%	11%	11%	12%	9%	13%
I am not good at it	9%	10%	8%	8%	9%	10%	8%	15%	5%
I don't enjoy it	9%	9%	8%	14%	8%	10%	8%	20%	5%
I have no one to be active with	9%	8%	9%	14%	8%	10%	8%	12%	6%
My school work is more important to me	8%	7%	14%	6%	8%	8%	12%	8%	8%
I don't like other people watching me	6%	6%	4%	6%	5%	7%	4%	6%	3%
I can't afford to take part	5%	5%	7%	10%	5%	6%	3%	6%	4%
I don't like the activities on offer	4%	5%	3%	6%	4%	5%	6%	8%	2%
I don't like getting hot and sweaty	4%	4%	5%	5%	3%	4%	4%	6%	3%
Other	4%	3%	7%	8%	3%	3%	8%	9%	3%
I have a medical condition that prevents me taking part	3%	3%	3%	13%	2%	4%	3%	5%	4%
I don't feel encouraged to take part by my family	1%	1%	2%	2%	2%	2%	2%	-	1%
None of the above	50%	48%	60%	38%	52%	51%	46%	33%	59%

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	11	12	9	22	10	11	10	6	16
Leader	25	27	15	35	25	26	21	14	37
Administrator / organiser	15	17	4	17	14	13	15	9	20

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	37	40	22	49	35	36	36	23	48
Leader	46	50	26	54	45	44	48	21	55
Administrator / organiser	30	33	14	29	30	28	33	17	33

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	58%	60%	51%	62%	60%	58%	62%	30%	67%
Neither	26%	26%	25%	21%	25%	26%	25%	27%	26%
Not confident	16%	14%	25%	17%	15%	17%	13%	42%	7%

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	58	60	54	38	62	60	53	39	65
Physical activity is an important part of my life	68	70	60	63	70	69	66	32	88
I like it when my PE lessons are competitive	68	70	56	67	69	67	74	42	80
I would like to have a say in the activities we do in PE and after school clubs	56	57	53	62	56	56	59	30	64
I am happy with the amount of physical activity I do	69	73	54	60	70	70	66	42	79
I look forward to taking part in PE lessons	75	77	67	68	77	74	80	45	84
I look forward to taking part in extra-curricular sport	57	62	40	49	59	55	64	24	74
I understand the importance of an active lifestyle	84	85	78	73	87	85	86	67	91
My school encourages me to take part in sport and physical activity	66	71	44	57	67	68	64	47	74
The skills I learn in PE are relevant in my day to day life	58	63	37	46	60	58	59	26	70
My parents encourage me to be active and take part in sport	73	77	57	63	76	75	72	42	84

How often...? (% Always / Often)

% Always / Often	National data	Key Stage		Disability		Ethnic group		Physical activity level	
	Total	KS3	KS4	Disabled	Non-disabled	White	BAME	Less active	More active
...do you come up with and apply new ideas?	50	51	42	52	51	49	49	42	59
...do you feel you can achieve anything you want to?	69	69	66	73	69	67	74	45	80
...do you stick at tasks until you succeed?	73	75	60	73	74	73	75	52	83
...are you able to appreciate how other people are feeling?	78	81	62	71	80	78	79	59	86
...do you feel confident?	75	76	69	75	76	73	80	50	85
...do you feel happy?	80	82	71	76	82	80	81	59	88