

Sport England, Survey into adult physical activity attitudes and behaviour, 15th September 2020

Methodology: Savanta ComRes interviewed 2007 English adults (16+ online) 11th September to 14th September. Data were weighted to be demographically representative of English adults by gender, age, region, social grade, and the estimated households with children under 16. Savanta ComRes is a member of the British Polling Council and abides by its rules. Full tables at www.comresglobal.com

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BASE: All respondents	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D1. Are you...?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	979	979	-	317	321	341	46	123	91	101	85	99	174	156	104
	49%	100%	-	52%	49%	46%	47%	47%	47%	48%	49%	44%	55%	48%	51%
		b		c									bf		
Female	1018	-	1018	284	334	400	50	137	104	109	87	123	138	169	100
	51%	-	100%	47%	51%	54%	52%	52%	53%	52%	51%	56%	44%	52%	49%
			a			a		g	g		g			g	
Other	2	-	-	1	1	-	-	-	-	-	-	-	-	1	1
	*	-	-	*	*	-	-	-	-	-	-	-	-	*	*
Prefer not to say	8	-	-	4	3	1	1	3	-	-	-	-	4	-	-
	*	-	-	1%	*	*	1%	1%	-	-	-	-	1%	-	-
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Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D1. Are you...?

BASE: All respondents

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	979	120	226	215	110	81	228	560	418	807	24	65	48	6	8	151
	49%	66%	50%	47%	48%	40%	47%	52%	45%	47%	51%	55%	61%	48%	81%	57%
		bcddefgh	e				eh		a						a	
Female	1018	59	221	239	120	121	259	518	500	893	22	51	29	5	2	110
	51%	33%	49%	52%	52%	59%	53%	48%	54%	52%	47%	44%	37%	44%	19%	41%
		a	a	a	abg	a	a	ag	dg							
Other	2	-	1	-	-	1	-	1	1	2	-	-	-	-	-	-
	*	-	*	-	-	*	-	*	*	*	-	-	-	-	-	-
Prefer not to say	8	2	-	2	-	1	3	4	4	-	1	2	1	1	-	5
	*	1%	-	*	-	*	1%	*	*	-	2%	2%	1%	8%	-	2%
		b							a	a	a	a			a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D1. Are you...?

BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	979	599	178	139	318	46	66	376	75	38	26	57	58	44	192	113
	49%	49%	49%	46%	48%	50%	56%	57%	32%	64%	50%	44%	68%	25%	48%	53%
						di	di	dgij		dgij	di	di	acdfgijk		di	di
Female	1018	626	182	165	348	46	52	278	158	20	24	70	25	135	211	98
	51%	51%	50%	54%	52%	50%	44%	43%	67%	34%	48%	54%	29%	75%	52%	47%
						h	h	h	abcefgijk		h	ceh		abcefgijk	ceh	h
Other	2	1	1	-	1	-	-	-	-	-	1	1	-	-	-	-
	*	*	*	-	*	-	-	-	-	-	2%	1%	-	-	-	-
											cdjk	c				
Prefer not to say	8	6	-	-	-	-	-	-	3	1	-	1	2	1	-	-
	*	*	-	-	-	-	-	-	1%	2%	-	1%	2%	1%	-	-
									cj	cj	c	cjk				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D1. Are you...?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	979	253	192	73	26	265	278	289	146	94	17	240	306	174	517	240	48	804
	49%	52%	53%	48%	55%	52%	52%	50%	55%	54%	56%	54%	50%	54%	46%	50%	60%	48%
Female	1018	236	170	77	18	248	255	290	121	79	12	199	301	146	600	243	30	873
	51%	48%	47%	51%	39%	48%	47%	50%	45%	45%	37%	45%	49%	45%	54%	50%	38%	52%
Other	2	-	-	1	-	1	-	-	-	1	-	1	-	-	2	-	-	2
	*	-	-	1%	-	*	-	-	-	1%	-	*	-	-	*	-	-	*
Prefer not to say	8	1	-	-	3	-	4	1	-	1	2	1	3	2	2	2	2	6
	*	*	-	-	6%	-	1%	*	-	1%	6%	*	*	1%	*	*	3%	*
					abcef						abcef						bce	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D1. Are you...?

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	979	187	585	121	176	54	628	316	30	793	185	810	151
	49%	48%	47%	45%	47%	51%	49%	48%	38%	49%	47%	48%	51%
Female	1018	200	653	147	196	50	650	334	50	810	208	868	142
	51%	51%	53%	55%	52%	47%	51%	51%	62% cd	50%	52%	52%	48%
Other	2	-	2	1	-	-	-	1	-	2	-	1	1
	*	-	*	*	-	-	-	*	-	*	-	*	*
				d									
Prefer not to say	8	3	1	-	1	2	4	3	-	3	5	3	1
	*	1% b	*	-	*	2% ad	*	*	-	*	1% a	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D1. Are you...?

BASE: All respondents

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	
Significance Level: 95%																		
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	979	157	85	129	186	118	103	46	154	518	303	335	457	167	176	233	388	164
	49%	40%	44%	48%	56%	49%	52%	49%	55%	50%	53%	51%	51%	40%	46%	44%	52%	53%
				a	ab	a	a		ab	a	ab	c	c				b	b
Female	1018	238	108	139	146	122	96	46	123	515	265	320	432	244	204	289	363	144
	51%	60%	56%	52%	44%	51%	48%	50%	44%	50%	46%	49%	49%	59%	53%	55%	48%	47%
		cdefhij	dhj											ab		cd		
Other	2	-	1	-	1	-	-	-	-	2	-	1	-	1	1	1	-	-
	*	-	1%	-	*	-	-	-	-	*	-	*	-	*	*	*	-	-
Prefer not to say	8	1	-	-	1	1	1	1	3	2	5	2	1	3	1	4	1	-
	*	*	-	-	*	*	1%	1%	1%	*	1%	*	*	1%	*	1%	*	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D2. How old are you?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	25 1%	23 2% b	2 *	25 4% bc	- -	- -	- -	3 1%	1 *	4 2%	2 1%	1 1%	8 2%	3 1%	4 2%
18-24	243 12%	150 15% b	91 9%	243 40% bc	- -	- -	12 12%	36 14% f	20 10%	28 13% f	24 14% f	13 6%	60 19% cfhi	31 9%	19 9%
25-34	337 17%	144 15%	192 19% a	337 56% bc	- -	- -	15 15%	36 14%	34 17%	39 18% f	30 18%	25 11%	70 22% bf	55 17%	34 17%
35-44	316 16%	169 17%	145 14%	- - ac	316 48% ac	- -	18 18% b	27 10%	22 11%	32 15%	26 15%	39 18% b	79 25% bcdehi	48 15%	24 12%
45-54	343 17%	152 16%	190 19%	- - ac	343 52% ac	- -	15 16%	58 22% dg	44 22% dg	26 13%	28 16%	37 17%	45 14%	57 18%	33 16%
55-64	292 15%	130 13%	162 16%	- - ab	- - ab	292 39% ab	15 16% g	40 15% g	32 16% g	35 17% g	20 12% g	40 18% g	19 6% g	58 18% g	32 16% g
65+	450 22%	211 22%	238 23%	- - ab	- - ab	450 61% ab	22 23% g	65 25% g	43 22% g	46 22% g	42 24% g	65 30% g	36 11% g	73 22% g	57 28% g
NET: 16-34	606 30%	317 32% b	284 28%	606 100% bc	- -	- -	27 27% f	75 28% f	55 28% f	71 34% f	56 33% f	40 18% f	137 43% abcdefhi	89 27% f	58 28% f
NET: 35-54	659 33%	321 33%	334 33%	- - ac	659 100% ac	- -	33 34%	84 32%	66 34%	58 28%	54 32%	76 34%	124 39% di	106 32%	57 28%
NET: 55+	742 37%	341 35%	400 39% a	- - ab	- - ab	742 100% ab	37 39% g	105 40% g	74 38% g	81 39% g	62 36% g	106 48% eg	55 17% g	131 40% g	90 44% g
Base for stats	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
Mean Score	46.76	45.47	48.09	25.67	44.09	66.37	47.08	48.07	48.07	45.73	46.46	51.77	39.16	48.18	49.06
Standard Deviation	17.833	18.401	17.114	5.159	5.817	7.345	17.303	17.913	17.533	18.373	18.320	16.838	16.431	17.183	18.127
Standard Error	.398	.580	.544	.206	.232	.267	1.523	1.113	1.259	1.217	1.397	1.231	.950	.925	1.301
Error variance	.16	.34	.30	.04	.05	.07	2.32	1.24	1.58	1.48	1.95	1.52	.90	.86	1.69

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D2. How old are you?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	25 1%	2 1%	2 1%	10 2% bd	- -	5 3% bd	6 1%	14 1%	11 1%	11 1%	2 4% a	4 3% a	3 4% a	- -	1 9%	9 3% a
18-24	243 12%	39 22% bfg	46 10% f	73 16% bfh	33 14% fh	30 15% fh	22 5% f	158 15% bfh	85 9% f	155 9%	11 24% a	39 33% a	26 33% a	2 13%	2 21%	80 30% a
25-34	337 17%	39 21% fh	90 20% fh	86 19% fh	50 22% fh	39 19% fh	34 7% f	215 20% fh	123 13% f	267 16%	8 18%	27 22%	24 30% a	2 20%	1 9%	62 23% a
35-44	316 16%	47 26% bcfgh	78 17% fh	76 17% fh	48 21% fh	38 19% fh	29 6% f	201 19% fh	115 12% f	253 15%	12 26% a	27 23% a	12 15%	3 26%	3 34%	58 22% a
45-54	343 17%	26 15%	99 22% afh	83 18% f	45 19% f	38 19% f	52 11% f	209 19% fh	135 15% f	303 18%	9 18%	15 12%	7 9%	3 27%	1 8%	35 13%
55-64	292 15%	12 7%	67 15% a	63 14% a	26 11%	35 17% a	90 18% adg	141 13% a	150 16% ag	275 16% cdg	3 6%	4 3%	5 6%	1 6%	1 9%	13 5%
65+	450 22%	16 9%	65 15% e	64 14%	29 13%	18 9%	258 53% abcdegh	145 13% a	305 33% abcdeg	438 26% bcdg	2 4%	3 3%	2 3%	1 8%	1 10%	9 4%
NET: 16-34	606 30%	79 44% bfg	139 31% fh	169 37% bfh	83 36% fh	75 37% fh	61 13%	387 36% fh	219 24% f	433 25%	21 46% a	69 59% a	52 66% ab	4 33%	4 38%	151 57% a
NET: 35-54	659 33%	73 41% fh	177 40% fh	160 35% fh	92 40% fh	76 37% fh	81 17%	410 38% fh	249 27% f	556 33%	21 44% d	42 35%	19 24%	6 53%	4 42%	92 35%
NET: 55+	742 37%	28 16% a	132 30% a	127 28% a	55 24% a	53 26% a	347 71% abcdegh	287 26% a	455 49% abcdeg	713 42% bcdg	5 10%	7 6%	7 9%	2 14%	2 20%	23 8%
Base for stats	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
Mean Score	46.76	38.52	44.93	42.51	42.55	41.60	59.55	42.85	51.36	48.99	36.23	33.39	32.34	40.33	37.94	34.07
Standard Deviation	17.833	15.462	16.136	16.494	15.917	15.439	16.754	16.317	18.440	17.505	15.350	12.933	12.853	14.169	16.353	13.600
Standard Error	.398	1.162	.769	.769	1.052	1.084	.751	.497	.605	.424	2.288	1.191	1.455	3.930	5.171	.837
Error variance	.16	1.35	.59	.59	1.11	1.17	.56	.25	.37	.18	5.24	1.42	2.12	15.44	26.74	.70

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D2. How old are you?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	25 1%	14 1%	4 1%	1 *	5 1%	1 1%	1 1%	- -	- -	- -	2 3%	1 1%	19 23%	2 1%	- -	2 1%
						cj	c				cdj	c	abcdefghijkl	c		cj
18-24	243 12%	134 11%	56 15%	31 10%	87 13%	13 14%	25 21%	63 10%	32 13%	13 22%	7 15%	25 19%	53 63%	12 6%	- -	39 18%
			a			ij	cij	j	ij	cij	j	cij	abcdefghijkl	j		cij
25-34	337 17%	134 11%	87 24%	90 29%	176 26%	16 17%	29 25%	158 24%	58 25%	14 24%	8 15%	22 17%	5 6%	26 14%	2 1%	45 21%
			a	a	a	hj	hij	hij	hij	hj	hj	hj	j	hj		hj
35-44	316 16%	93 8%	101 28%	110 36%	211 32%	25 27%	22 19%	174 27%	43 18%	3 5%	5 10%	15 12%	5 6%	22 12%	2 *	47 22%
			a	ab	a	efghij	ehj	defghij	ehj	j	j	j	j	j		efghij
45-54	343 17%	184 15%	84 23%	57 19%	141 21%	16 17%	24 20%	153 23%	44 19%	15 26%	10 20%	32 25%	1 1%	46 26%	1 *	40 19%
			a		a	hj	hj	hj	hj	hj	hj	hj		hj		hj
55-64	292 15%	242 20%	23 6%	11 4%	34 5%	14 15%	10 9%	82 13%	35 15%	8 13%	11 21%	28 22%	1 1%	54 30%	49 12%	24 12%
		bcd				h	h	h	h	h	bh	bchjk		abcdehjk	h	h
65+	450 22%	431 35%	7 2%	5 2%	12 2%	7 8%	7 6%	24 4%	24 10%	6 11%	8 16%	6 4%	1 1%	19 10%	349 87%	14 7%
		bcd				h			ch	ch	bcghk			ch	abcdeghik	h
NET: 16-34	606 30%	282 23%	146 40%	122 40%	268 40%	30 33%	55 47%	221 34%	89 38%	27 46%	17 33%	47 37%	77 91%	39 22%	2 1%	85 41%
			a	a	a	j	acij	ij	ij	ij	j	ij	abcdefghijkl	j		ij
NET: 35-54	659 33%	277 22%	186 51%	166 55%	352 53%	41 44%	46 39%	327 50%	87 37%	18 31%	15 30%	47 37%	6 7%	68 38%	3 1%	87 41%
			a	a	a	hj	hj	bdefghijk	hj	hj	hj	hj	j	hj		hj

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D2. How old are you?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 55+	742	673	30	16	46	21	17	106	59	14	19	34	2	73	398	38
	37%	55%	8%	5%	7%	23%	14%	16%	25%	23%	37%	27%	3%	40%	99%	18%
		bcd				h	h	h	bch	h	bchk	bch		abcdeghk	abcdeghik	h
Base for stats	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
Mean Score	46.76	52.50	37.75	37.10	37.45	41.89	37.33	40.79	42.22	41.79	44.66	42.09	22.44	48.79	69.76	39.34
		bcd				bh	h	bh	bhk	h	bchk	bh		abcdeghk	abcdeghik	h
Standard Deviation	17.833	18.427	11.661	10.146	10.992	15.272	14.022	12.339	15.382	16.978	17.020	15.445	11.100	14.683	6.767	14.726
Standard Error	.398	.503	.679	.646	.472	1.619	1.308	.484	1.019	2.210	2.360	1.344	1.145	1.082	.336	1.031
Error variance	.16	.25	.46	.42	.22	2.62	1.71	.23	1.04	4.89	5.57	1.81	1.31	1.17	.11	1.06

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D2. How old are you?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	25 1%	1 *	- -	1 1%	1 2%	1 *	2 *	- -	- -	1 *	- -	1 *	- -	1 *	10 1%	10 2%	5 7%	25 1%
18-24	243 12%	50 10%	46 13%	26 17%	9 18%	72 14%	59 11%	44 8%	48 18%	29 17%	10 33%	78 18%	54 9%	25 8%	99 9%	97 20%	22 28%	218 13%
25-34	337 17%	97 20%	103 29%	30 20%	14 29%	134 26%	111 21%	124 21%	80 30%	34 19%	11 35%	114 26%	135 22%	29 9%	181 16%	107 22%	20 25%	308 18%
35-44	316 16%	111 23%	90 25%	22 14%	12 25%	111 22%	122 23%	127 22%	72 27%	32 18%	3 10%	104 23%	130 21%	30 9%	158 14%	116 24%	12 15%	285 17%
45-54	343 17%	125 26%	68 19%	38 25%	7 16%	106 21%	132 25%	160 28%	38 14%	34 19%	4 14%	72 16%	165 27%	53 16%	185 17%	97 20%	8 10%	290 17%
55-64	292 15%	76 15%	38 10%	19 13%	2 5%	57 11%	78 15%	85 15%	18 7%	28 16%	2 5%	46 10%	87 14%	77 24%	174 16%	33 7%	7 9%	214 13%
65+	450 22%	30 6%	18 5%	15 10%	3 6%	33 6%	33 6%	39 7%	10 4%	17 10%	1 3%	27 6%	40 7%	107 33%	313 28%	25 5%	6 7%	343 20%
NET: 16-34	606 30%	148 30%	149 41%	57 38%	23 49%	207 40%	171 32%	168 29%	129 48%	64 37%	21 69%	193 44%	189 31%	55 17%	290 26%	214 44%	48 60%	551 33%
NET: 35-54	659 33%	236 48%	157 43%	60 40%	19 40%	217 42%	255 47%	288 50%	110 41%	66 38%	7 23%	176 40%	295 48%	83 26%	343 31%	213 44%	20 25%	576 34%
NET: 55+	742 37%	106 22%	56 15%	34 23%	5 11%	90 18%	111 21%	124 21%	28 11%	45 26%	2 8%	73 17%	127 21%	184 57%	487 44%	58 12%	12 15%	558 33%
Base for stats	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D2. How old are you?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID19	NET: Mostly travelling to work during COVID19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID19	NET: Mostly working standard hours during COVID19	Lives alone	23	45	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	46.76	42.59	39.14	42.03	37.16	39.99	42.12	43.25	36.33	42.35	33.03	38.72	42.73	54.22	49.37	37.73	34.89	45.34
		bde		b		bde		bde		bde	bd	bde		bcde	cde		cd	
Standard Deviation	7.833	13.482	12.942	15.911	13.819	13.931	13.586	13.184	12.278	15.780	13.495	14.068	13.379	17.246	17.618	14.211	16.346	17.592
Standard Error	.398	.616	.685	1.299	2.016	.619	.592	.549	.773	1.200	2.349	.682	.542	.923	.524	.669	1.851	.432
Error variance	.16	.38	.47	1.69	4.06	.38	.35	.30	.60	1.44	5.52	.47	.29	.85	.27	.45	3.43	.19

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D2. How old are you?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	25 1%	2 1%	17 1%	4 2% b	- -	- -	18 1% b	4 1%	- -	22 1%	3 1%	19 1%	2 1%
18-24	243 12%	66 17% b	135 11%	57 21% bdef	28 8%	25 24% bdef	124 10%	101 15% bd	9 11%	195 12%	48 12%	182 11%	48 16% a
25-34	337 17%	102 26% b	197 16%	59 22% bd	42 11%	25 23% b	213 17% b	110 17% b	12 15%	282 18%	56 14%	260 15%	72 24% a
35-44	316 16%	90 23% b	190 15%	52 19% b	41 11%	19 18%	213 17% b	96 15%	15 19%	280 17% b	36 9%	272 16%	41 14%
45-54	343 17%	61 16%	223 18%	45 17%	58 16%	13 12%	233 18%	99 15%	16 20%	280 17%	63 16%	294 17%	48 16%
55-64	292 15%	28 7%	183 15% a	33 12%	73 19% ad	14 13%	185 14%	97 15%	18 23% ad	221 14%	71 18% a	250 15%	42 14%
65+	450 22%	41 11%	297 24% a	18 7%	131 35% acdef	10 10%	295 23% acf	147 22% acf	10 13%	329 20%	121 30% a	404 24% b	43 15%
NET: 16-34	606 30%	170 44% b	349 28%	121 45% bdef	70 19%	50 47% bdef	355 28% b	215 33% bd	21 26%	499 31%	108 27%	461 27%	122 41% a
NET: 35-54	659 33%	151 39%	413 33%	97 36% b	100 27%	32 30%	446 35% be	194 30% 30%	31 39% b	560 35% b	99 25%	566 34%	89 30%
NET: 55+	742 37%	69 18%	480 39% a	51 19%	203 54% acdef	25 23%	481 37% ac	244 37% ac	28 35% a	550 34%	192 48% a	655 39% b	85 29%
Base for stats	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D2. How old are you?

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	46.76	39.49	47.60	38.87	53.35	39.86	47.50	46.22	46.17	45.89	50.29	47.80	42.56
			a		acdef		ac	ac	ac		a	b	
Standard Deviation	17.833	15.287	17.679	15.768	17.454	17.195	17.382	18.502	16.329	17.478	18.817	17.732	16.929
Standard Error	.398	.797	.503	.958	.903	1.670	.486	.723	1.826	.436	.937	.434	.969
Error variance	.16	.64	.25	.92	.81	2.79	.24	.52	3.33	.19	.88	.19	.94

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D2. How old are you?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	25 1%	10 2% j	1 * j	4 2% c	2 1% d	5 2% e	1 * f	- - g	2 1% h	13 1% i	3 1% j	13 2% b	4 1% c	3 1% d	4 1% a	10 2% b	5 1% c	4 1% d
18-24	243 12%	25 6% a	22 11% a	39 15% a	51 15% a	42 18% afhj	20 10% a	14 15% a	30 11% a	154 15% aj	65 11% a	108 16% bc	79 9% c	43 10% c	58 15% c	68 13% c	63 8% c	41 13% c
25-34	337 17%	28 7% ah	39 20% a	51 19% a	68 20% agh	59 24% aghj	45 22% aghj	11 11% a	36 13% a	217 21% aghj	92 16% a	156 24% bc	107 12% c	71 17% b	66 17% c	95 18% c	114 15% c	50 16% c
35-44	316 16%	38 10% a	35 18% a	39 14% a	70 21% ach	41 17% a	40 20% ah	17 19% a	35 12% a	185 18% ah	93 16% a	136 21% bc	117 13% c	60 14% c	42 11% c	99 19% a	117 16% a	56 18% a
45-54	343 17%	74 19% e	26 13% e	50 19% e	60 18% e	27 11% e	29 15% e	23 24% befi	56 20% e	162 16% e	107 19% e	97 15% d	163 18% d	79 19% d	76 20% d	91 17% d	130 17% d	41 13% d
55-64	292 15%	76 19% defi	26 13% e	36 14% e	38 12% e	25 10% e	25 12% e	12 13% e	53 19% dei	126 12% e	90 16% e	74 11% c	155 17% a	61 15% c	70 18% c	74 14% c	103 14% c	42 14% c
65+	450 22%	145 37% bcdefghij	46 24% di	49 18% e	45 13% e	42 17% e	40 20% d	16 18% g	67 24% di	181 17% i	124 22% di	74 11% c	264 30% ac	97 23% a	66 17% c	92 17% c	219 29% ab	73 24% ab
NET: 16-34	606 30%	63 16% a	62 32% a	94 35% ahj	121 36% ahj	107 44% abcfghij	65 33% a	25 27% a	69 25% a	384 37% ahj	160 28% a	278 42% bc	190 21% c	117 28% b	128 34% c	173 33% c	182 24% c	96 31% c
NET: 35-54	659 33%	112 28% bcdefghij	60 31% dei	88 33% e	130 39% e	68 28% ae	69 35% e	40 43% abe	91 32% cdefgi	347 33% i	200 35% dei	233 35% c	280 32% ac	140 34% a	118 31% c	190 36% c	247 33% c	97 32% c
NET: 55+	742 37%	221 56% bcdefghij	72 37% dei	85 32% e	83 25% e	66 28% e	65 32% e	28 30% g	121 43% cdefgi	307 30% i	214 37% dei	148 22% c	419 47% ac	158 38% a	136 36% c	165 31% c	323 43% c	115 37% c
Base for stats	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
Mean Score	46.76	54.23	46.89	44.28	42.58	41.96	44.99	45.73	49.21	43.68	47.17	40.43	51.23	47.66	45.70	44.78	49.70	46.14
Standard Deviation	17.833	17.169	18.562	17.373	16.125	17.766	16.980	17.529	17.817	17.372	17.568	16.060	17.567	17.479	17.666	17.307	17.655	18.323
Standard Error	.398	.849	1.326	1.057	.893	1.164	1.213	1.808	1.059	.543	.734	.636	.587	.850	.898	.755	.645	1.054
Error variance	.16	.72	1.76	1.12	.80	1.35	1.47	3.27	1.12	.29	.54	.40	.34	.72	.81	.57	.42	1.11

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%															
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	46	50	27	33	37	97	-	-	-	-	-	-	-	-
	5%	5%	5%	4%	5%	5%	100%	-	-	-	-	-	-	-	-
							bcdefghi								
North West	264	123	137	75	84	105	-	264	-	-	-	-	-	-	-
	13%	13%	13%	12%	13%	14%	-	100%	-	-	-	-	-	-	-
								acdefghi							
Yorkshire and the Humber	196	91	104	55	66	74	-	-	196	-	-	-	-	-	-
	10%	9%	10%	9%	10%	10%	-	-	100%	-	-	-	-	-	-
									abdefghi						
West Midlands	210	101	109	71	58	81	-	-	-	210	-	-	-	-	-
	10%	10%	11%	12%	9%	11%	-	-	-	100%	-	-	-	-	-
										abcefg					
East Midlands	172	85	87	56	54	62	-	-	-	-	172	-	-	-	-
	9%	9%	9%	9%	8%	8%	-	-	-	-	100%	-	-	-	-
											abcdfghi				
East of England	222	99	123	40	76	106	-	-	-	-	-	222	-	-	-
	11%	10%	12%	7%	12%	14%	-	-	-	-	-	100%	-	-	-
					a	a						abcdeghi			
London	317	174	138	137	124	55	-	-	-	-	-	-	317	-	-
	16%	18%	14%	23%	19%	7%	-	-	-	-	-	-	100%	-	-
		b	c	c	c								abcdefhi		
South East	327	156	169	89	106	131	-	-	-	-	-	-	-	327	-
	16%	16%	17%	15%	16%	18%	-	-	-	-	-	-	-	100%	-
														abcdefgi	
South West	205	104	100	58	57	90	-	-	-	-	-	-	-	-	205
	10%	11%	10%	10%	9%	12%	-	-	-	-	-	-	-	-	100%
						b									abcdefgh
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Northern Ireland

Outside of the UK

	Gender		Age			Region								
	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97 5%	7 4%	18 4%	19 4%	12 5%	13 6%	28 6%	44 4%	53 6%	90 5%	1 1%	2 2%	1 1%	1 12%	- -	5 2%
North West	264 13%	13 7%	58 13%	62 14%	30 13%	17 8%	83 17%	133 12%	130 14%	232 14%	8 16%	12 10%	8 10%	1 7%	1 9%	29 11%
Yorkshire and the Humber	196 10%	12 7%	43 10%	46 10%	31 13%	19 9%	45 9%	101 9%	95 10%	175 10%	3 6%	7 6%	6 8%	1 10%	1 9%	18 7%
West Midlands	210 10%	17 10%	39 9%	44 10%	25 11%	29 14%	56 11%	100 9%	109 12%	171 10%	1 2%	23 19%	11 14%	1 6%	1 8%	36 14%
East Midlands	172 9%	7 4%	32 7%	41 9%	20 9%	22 11%	49 10%	81 7%	91 10%	147 9%	1 2%	15 13%	7 9%	- -	- -	23 9%
East of England	222 11%	18 10%	52 12%	49 11%	23 10%	22 11%	59 12%	118 11%	103 11%	202 12%	2 5%	5 4%	6 7%	1 9%	- -	14 5%
London	317 16%	62 34%	81 18%	76 17%	34 15%	25 12%	39 8%	219 20%	97 11%	197 12%	23 50%	40 34%	28 36%	6 49%	6 61%	104 39%
South East	327 16%	31 17%	86 19%	75 17%	34 15%	32 15%	69 14%	192 18%	134 15%	296 17%	4 10%	12 10%	7 9%	1 7%	- -	24 9%
South West	205 10%	12 7%	39 9%	43 9%	22 9%	26 13%	62 13%	95 9%	110 12%	191 11%	4 9%	3 3%	5 6%	- -	1 13%	13 5%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d		a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97 5%	71 6% d	14 4%	8 3%	23 3%	1 1%	4 3%	32 5%	15 6%	3 5%	1 1%	9 7% ak	2 2%	10 6%	20 5%	5 2%
North West	264 13%	170 14%	52 14%	31 10%	83 12%	9 10%	19 16% d	77 12%	20 8%	9 15%	5 10%	18 14%	17 20% cd	30 17% d	59 15% d	28 13%
Yorkshire and the Humber	196 10%	115 9%	45 12%	24 8%	69 10%	5 6%	11 9% e	69 10% e	19 8%	1 1%	5 9%	15 12% e	11 13% e	16 9% e	43 11% e	16 8%
West Midlands	210 10%	122 10%	31 9%	44 14% ab	74 11%	10 10%	15 13%	62 9%	23 10%	4 7%	9 18% c	11 9%	8 9%	24 14%	43 11%	25 12%
East Midlands	172 9%	107 9%	32 9%	26 9%	58 9%	8 9%	5 4%	53 8%	21 9%	4 7%	5 10%	15 12% b	4 5%	16 9%	40 10% b	13 6%
East of England	222 11%	154 12% d	32 9%	28 9%	60 9%	9 10%	6 5%	70 11% b	30 13% bk	9 16% bk	3 5%	13 10%	6 7%	16 9%	59 15% bhk	15 7%
London	317 16%	150 12%	75 21% a	68 22% a	143 21% a	25 27% dfgij	34 29% cdfgij	129 20% gij	36 15% ij	15 25% gij	6 11% j	14 11% j	22 25% dfgij	14 8%	23 6%	59 28% cdfgij
South East	327 16%	213 17%	52 14%	45 15%	97 15%	18 19%	21 18%	104 16%	41 17%	9 15%	12 24% h	17 13%	8 9%	34 19% h	62 15%	39 19% h
South West	205 10%	131 11%	28 8%	31 10%	59 9%	7 8%	4 3%	58 9% b	31 13% bk	5 8%	5 10%	15 12% bk	8 9%	19 11% bk	52 13% bck	11 5%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97 5%	24 5%	16 4%	7 4%	6 12% abe	23 4%	30 5%	31 5%	10 4%	8 4%	4 12% be	17 4%	35 6%	17 5%	59 5%	17 4%	4 5%	80 5%
North West	264 13%	65 13% c	39 11%	11 7%	8 16%	50 10%	72 13% c	72 12%	30 11%	19 11%	2 8%	49 11%	75 12%	53 17% be	132 12%	64 13%	14 18%	210 12%
Yorkshire and the Humber	196 10%	51 10%	32 9%	12 8%	4 8%	44 9%	55 10%	64 11% b	17 6%	17 10%	2 7%	34 8%	66 11%	30 9%	115 10%	45 9%	6 8%	166 10%
West Midlands	210 10%	54 11%	32 9%	12 8%	6 13%	44 9%	61 11%	59 10%	31 11%	15 8%	3 9%	45 10%	62 10%	33 10%	108 10%	53 11% abce	16 20% abce	177 10%
East Midlands	172 9%	35 7%	27 7%	18 12%	3 6%	45 9%	38 7%	43 7%	19 7%	19 11%	2 5%	37 8%	45 7%	19 6%	109 10% a	36 7%	8 10% a	153 9% a
East of England	222 11%	59 12%	32 9%	20 14%	2 5%	52 10%	61 11%	74 13% be	15 6%	20 11% b	1 3%	35 8%	75 12% be	30 9%	142 13% c	41 8%	9 11%	192 11%
London	317 16%	68 14% af	97 27% af	30 20%	13 28% af	127 25% af	82 15%	75 13%	90 34% acf	32 18%	9 29% af	123 28% acf	84 14%	58 18% b	144 13% be	103 21% be	12 15%	259 15%
South East	327 16%	77 16%	68 19% d	25 17%	3 6%	93 18% d	80 15%	103 18%	33 13%	34 20% b	5 15%	68 15%	107 18%	50 15%	183 16%	87 18%	7 9%	277 16%
South West	205 10%	56 11% be	20 5%	16 10% b	2 5%	35 7%	58 11% be	58 10%	22 8%	11 6%	4 12%	33 7%	62 10%	34 10% cd	130 12%	39 8%	3 4%	171 10%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b	a	b	c	d	e	f	a	b	a	b	
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97	14	63	15	19	5	58	34	4	75	21	82	13
	5%	4%	5%	6%	5%	5%	5%	5%	5%	5%	5%	5%	4%
North West	264	44	162	43	58	9	163	93	15	222	41	223	36
	13%	11%	13%	16%	15%	9%	13%	14%	19%	14%	10%	13%	12%
Yorkshire and the Humber	196	40	120	25	40	13	119	69	8	143	53	167	26
	10%	10%	10%	9%	11%	12%	9%	11%	11%	9%	13%	10%	9%
West Midlands	210	40	132	28	28	14	143	63	7	180	30	186	19
	10%	10%	11%	11%	8%	13%	11%	10%	8%	11%	8%	11%	6%
East Midlands	172	37	107	21	29	11	109	55	5	127	44	154	15
	9%	10%	9%	8%	8%	11%	8%	8%	6%	8%	11%	9%	5%
East of England	222	31	153	28	56	11	129	82	11	152	69	195	26
	11%	8%	12%	10%	15%	10%	10%	13%	14%	9%	17%	12%	9%
London	317	91	156	34	45	17	218	84	8	300	16	245	64
	16%	23%	13%	13%	12%	16%	17%	13%	10%	19%	4%	15%	22%
South East	327	55	215	47	63	12	214	105	14	253	74	266	56
	16%	14%	17%	17%	17%	11%	17%	16%	17%	16%	18%	16%	19%
South West	205	38	132	28	35	13	129	68	8	155	50	163	41
	10%	10%	11%	10%	9%	12%	10%	10%	10%	10%	12%	10%	14%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	97 5%	22 6% e	7 3%	13 5%	17 5% e	4 2%	12 6% e	5 6%	16 6% e	42 4%	33 6% e	19 3%	45 5% a	28 7% a	16 4%	31 6% d	40 5%	9 3%
North West	264 13%	64 16% e	22 11%	35 13%	49 15%	25 10%	26 13%	12 13%	31 11%	131 13%	69 12%	86 13%	119 13%	55 13%	66 17% bd	58 11%	99 13%	34 11%
Yorkshire and the Humber	196 10%	34 9%	18 9%	27 10%	40 12%	17 7%	17 9%	6 6%	37 13% ae	101 10%	61 11%	58 9%	101 11% c	32 8%	41 11%	50 10%	67 9%	32 11%
West Midlands	210 10%	49 12%	23 12%	33 12%	28 9%	20 8%	16 8%	13 14%	27 10%	104 10%	56 10%	66 10%	88 10%	46 11%	40 11%	54 10%	81 11%	30 10%
East Midlands	172 9%	31 8%	23 12% c	14 5%	33 10% c	22 9%	14 7%	8 8%	27 10%	92 9%	49 9%	62 9%	79 9%	27 7%	18 5%	50 9% a	72 10% a	32 10% a
East of England	222 11%	58 15% cdi	19 10%	24 9%	25 7%	32 13% d	25 12%	7 7%	33 12%	100 10%	64 11%	55 8%	120 14% a	45 11%	50 13%	54 10%	87 12%	30 10%
London	317 16%	34 9%	26 13%	43 16% a	58 17% a	52 22% abh	48 24% abchi	18 19% a	38 14% a	179 17% a	104 18% a	155 24% bc	99 11%	52 13%	52 14%	79 15%	105 14%	69 22% abc
South East	327 16%	63 16%	31 16%	57 21% hj	57 17%	39 16%	29 14%	12 13%	40 14%	183 18%	80 14%	104 16%	144 16%	77 19%	61 16%	91 17%	123 16%	46 15%
South West	205 10%	42 11%	27 14% cdf	20 8%	28 8%	31 13% cf	13 7%	12 13%	31 11%	106 10%	57 10%	53 8%	95 11%	53 13% a	39 10%	60 11%	78 10%	25 8%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D4. Do you have any children aged 15 or under currently living in your household? Please enter the number of children in each age group that live in your household.

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1232	599	626	282	277	673	71	170	115	122	107	154	150	213	131
	61%	61%	61%	47%	42%	91%	74%	64%	59%	58%	62%	69%	47%	65%	64%
						ab	cdeg	g	g	g	g	cdg		g	g
Yes - children aged 0 to 12 months	100	44	55	68	29	3	3	12	6	9	10	8	28	19	4
	5%	5%	5%	11%	4%	*	3%	5%	3%	4%	6%	4%	9%	6%	2%
				bc	c						i		abcdfi	i	
Yes - children aged 13 months to 4 years old	178	72	106	108	61	9	8	20	19	22	14	17	34	23	22
	9%	7%	10%	18%	9%	1%	9%	8%	10%	10%	8%	8%	11%	7%	11%
			a	bc	c										
Yes - children aged 5 to 10 years old	314	148	166	115	179	20	7	36	28	38	29	36	66	45	30
	16%	15%	16%	19%	27%	3%	7%	14%	14%	18%	17%	16%	21%	14%	15%
				c	ac				a	a	a	a	abh	a	a
Yes - children aged 11 to 15 years old	282	140	142	62	196	24	8	33	31	37	26	24	59	41	22
	14%	14%	14%	10%	30%	3%	8%	13%	16%	18%	15%	11%	19%	12%	11%
				c	ac				a	ai			abfhi		
Prefer not to answer	108	62	45	55	30	22	3	12	12	13	6	8	24	16	15
	5%	6%	4%	9%	5%	3%	3%	4%	6%	6%	3%	3%	8%	5%	7%
				bc											
NET: Yes	667	318	348	268	352	46	23	83	69	74	58	60	143	97	59
	33%	32%	34%	44%	53%	6%	23%	31%	35%	35%	34%	27%	45%	30%	29%
				c	ac				a	a	a		abcdefhi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D4. Do you have any children aged 15 or under currently living in your household? Please enter the number of children in each age group that live in your household.

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1232	81	243	269	133	113	393	594	638	1094	23	51	33	7	6	121
	61%	45%	54%	59%	58%	55%	80%	55%	69%	64%	49%	43%	42%	59%	66%	45%
		a	a	a	a	a	abcdegh	a	abcdegh	bcdg						
Yes - children aged 0 to 12 months	100	12	27	29	11	9	12	68	32	78	6	11	1	-	1	19
	5%	7%	6%	6%	5%	4%	2%	6%	3%	5%	13%	9%	2%	-	13%	7%
		fh	fh	fh				fh			ad	ad				
Yes - children aged 13 months to 4 years old	178	22	49	41	24	29	14	112	67	146	8	11	9	-	1	29
	9%	12%	11%	9%	10%	14%	3%	10%	7%	9%	16%	9%	11%	-	13%	11%
		fh	fh	f	f	cfh		fh	f							
Yes - children aged 5 to 10 years old	314	35	93	63	46	38	38	191	123	258	9	25	17	1	-	52
	16%	19%	21%	14%	20%	19%	8%	18%	13%	15%	19%	21%	22%	11%	-	20%
		fh	cfh	f	cfh	fh		fh	f							
Yes - children aged 11 to 15 years old	282	41	83	65	31	35	27	189	93	224	9	28	17	1	-	56
	14%	22%	19%	14%	14%	17%	5%	17%	10%	13%	19%	24%	22%	10%	-	21%
		cdfh	fh	fh	f	fh		fh	f			a	a			a
Prefer not to answer	108	15	16	29	8	10	30	60	48	68	1	11	9	2	1	25
	5%	8%	4%	6%	3%	5%	6%	6%	5%	4%	2%	9%	12%	20%	9%	9%
		bd										a	a			a
NET: Yes	667	84	188	157	90	81	66	429	237	540	23	56	36	3	3	120
	33%	47%	42%	35%	39%	40%	14%	40%	26%	32%	49%	48%	46%	21%	26%	45%
		cfh	cfh	fh	fh	fh		fh	f		a	a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D4. Do you have any children aged 15 or under currently living in your household? Please enter the number of children in each age group that live in your household.

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1232	1232	-	-	-	39	50	335	116	32	30	78	48	116	388	89
	61%	100%	-	-	-	42%	43%	51%	49%	54%	60%	61%	56%	64%	96%	42%
		bcd						k			bk	abcdk	k	abcdk	abcdefghik	
Yes - children aged 0 to 12 months	100	-	53	46	100	11	15	36	11	6	6	6	1	7	-	26
	5%	-	15%	15%	15%	12%	13%	5%	5%	11%	11%	5%	1%	4%	-	12%
			a	a	a	cdghij	cdghij	j	j	hj	hij	j	j	j		cdghij
Yes - children aged 13 months to 4 years old	178	-	68	111	178	6	19	81	35	5	5	12	1	14	1	25
	9%	-	19%	36%	27%	7%	16%	12%	15%	9%	10%	9%	1%	8%	*	12%
			a	abd	ab	j	ahij	hj	ahij	hj	hj	hj		hj		hj
Yes - children aged 5 to 10 years old	314	-	114	200	314	15	19	138	55	13	7	20	14	25	7	35
	16%	-	32%	66%	47%	16%	16%	21%	23%	23%	14%	16%	16%	14%	2%	16%
			a	abd	ab	j	j	ij	ij	j	j	j	j	j		j
Yes - children aged 11 to 15 years old	282	-	127	155	282	19	23	131	37	8	10	20	10	21	3	42
	14%	-	35%	51%	42%	20%	20%	20%	16%	14%	19%	16%	12%	12%	1%	20%
			a	abd	ab	j	j	ij	j	j	j	j	j	j		ij
Prefer not to answer	108	-	-	-	-	11	7	30	13	3	2	8	15	14	4	17
	5%	-	-	-	-	12%	6%	5%	6%	4%	5%	7%	18%	8%	1%	8%
						cj	j	j	j		j	j	bcdefgijk	j		cj
NET: Yes	667	-	362	305	667	43	61	289	106	25	18	42	22	50	11	104
	33%	-	100%	100%	100%	46%	52%	44%	45%	42%	36%	33%	26%	28%	3%	49%
			a	a	a	ghij	ghij	ghij	ghij	hij	j	j	j	j		ghij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D4. Do you have any children aged 15 or under currently living in your household? Please enter the number of children in each age group that live in your household.

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1232	244	181	77	21	257	265	324	96	89	17	186	340	307	759	147	19	926
	61%	50%	50%	51%	45%	50%	49%	56%	36%	51%	53%	42%	56%	95%	68%	30%	24%	55%
								be		be			be	bcd	cde			cd
Yes - children aged 0 to 12 months	100	19	36	15	2	50	21	21	33	17	1	50	22	3	51	39	8	97
	5%	4%	10%	10%	5%	10%	4%	4%	13%	10%	4%	11%	4%	1%	5%	8%	9%	6%
			af	af		af			af	af		af			a	ab	a	a
Yes - children aged 13 months to 4 years old	178	68	45	14	9	59	77	59	46	30	2	76	62	3	68	91	16	176
	9%	14%	12%	9%	19%	11%	14%	10%	17%	17%	8%	17%	10%	1%	6%	19%	21%	10%
									af	af		af			a	abe	abe	ab
Yes - children aged 5 to 10 years old	314	110	72	21	18	93	128	118	63	34	8	97	125	3	103	184	25	311
	16%	22%	20%	14%	37%	18%	24%	20%	24%	19%	24%	22%	21%	1%	9%	38%	31%	18%
		c			abcef		ce								a	abe	abe	ab
Yes - children aged 11 to 15 years old	282	106	63	30	3	93	108	115	59	27	1	87	116	2	94	163	22	279
	14%	22%	17%	20%	5%	18%	20%	20%	22%	16%	3%	20%	19%	1%	8%	34%	28%	17%
		d	d	d		d	d	d	d			d	d		a	abe	abe	ab
Prefer not to answer	108	19	15	11	3	27	22	20	11	10	5	20	25	10	60	23	16	99
	5%	4%	4%	7%	7%	5%	4%	3%	4%	5%		5%	4%	3%	5%	5%	20%	6%
											abcef						abce	a
NET: Yes	667	226	167	64	23	230	249	236	160	76	10	236	245	6	301	315	45	660
	33%	46%	46%	42%	48%	45%	46%	41%	60%	43%	32%	53%	40%	2%	27%	65%	57%	39%
									acdf			acdf			a	abe	abe	ab

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D4. Do you have any children aged 15 or under currently living in your household? Please enter the number of children in each age group that live in your household.

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1232	140	769	147	268	50	795	399	55	954	279	1025	195
	61%	36%	62%	55%	72%	47%	62%	61%	68%	59%	70%	61%	66%
			a		acde		ac	c	ac		a		
Yes - children aged 0 to 12 months	100	46	50	22	11	12	55	41	4	87	13	86	13
	5%	12%	4%	8%	3%	12%	4%	6%	5%	5%	3%	5%	4%
		b		bd		bde		b					
Yes - children aged 13 months to 4 years old	178	58	113	30	19	11	120	53	6	153	26	151	26
	9%	15%	9%	11%	5%	10%	9%	8%	8%	9%	6%	9%	9%
		b		b		b							
Yes - children aged 5 to 10 years old	314	99	203	54	44	20	202	104	14	276	38	282	31
	16%	25%	16%	20%	12%	19%	16%	16%	18%	17%	10%	17%	11%
		b		b						b		b	
Yes - children aged 11 to 15 years old	282	74	198	31	46	11	199	75	11	246	36	250	29
	14%	19%	16%	12%	12%	10%	16%	12%	14%	15%	9%	15%	10%
							e			b		b	
Prefer not to answer	108	34	46	17	19	12	47	44	3	81	27	68	25
	5%	9%	4%	7%	5%	11%	4%	7%	3%	5%	7%	4%	8%
		b		d		bdf		d				a	
NET: Yes	667	217	426	104	86	45	440	210	23	573	93	588	76
	33%	56%	34%	39%	23%	42%	34%	32%	28%	36%	23%	35%	26%
		b		b		be	b	b		b		b	

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D4. Do you have any children aged 15 or under currently living in your household? Please enter the number of children in each age group that live in your household.

BASE: All respondents

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1232	320	127	154	162	128	104	57	181	571	341	311	619	275	245	309	479	180
	61%	81%	65%	57%	48%	53%	52%	61%	65%	55%	60%	47%	70%	66%	64%	58%	64%	58%
		bcdefghij	defi	d				d	defi	d	d		a	a				
Yes - children aged 0 to 12 months	100	5	4	12	26	23	14	5	11	64	30	49	39	11	23	33	25	17
	5%	1%	2%	4%	8%	9%	7%	5%	4%	6%	5%	7%	4%	3%	6%	6%	3%	6%
				a	ab	abchj	ab	a	a	ab	ab	bc			c	c		
Yes - children aged 13 months to 4 years old	178	16	17	27	40	24	26	9	18	109	53	80	66	32	34	52	70	21
	9%	4%	9%	10%	12%	10%	13%	9%	7%	10%	9%	12%	7%	8%	9%	10%	9%	7%
			a	a	ah	a	ah	a		ah	a	bc						
Yes - children aged 5 to 10 years old	314	34	25	41	62	50	45	14	44	178	102	138	119	55	42	98	127	44
	16%	8%	13%	15%	18%	21%	22%	15%	16%	17%	18%	21%	13%	13%	11%	19%	17%	14%
				a	a	ab	ab		a	a	a	bc				a	a	
Yes - children aged 11 to 15 years old	282	25	23	41	69	36	28	16	43	169	87	134	88	54	41	64	118	56
	14%	6%	12%	15%	21%	15%	14%	17%	15%	16%	15%	20%	10%	13%	11%	12%	16%	18%
			a	a	abj	a	a	a	a	a	a	bc					a	ab
Prefer not to answer	108	17	13	18	18	11	12	4	15	60	32	32	39	25	27	26	26	17
	5%	4%	7%	7%	5%	4%	6%	5%	6%	6%	6%	5%	4%	6%	7%	5%	3%	6%
															c			
NET: Yes	667	59	55	96	154	103	84	32	84	407	200	315	231	115	110	194	247	110
	33%	15%	28%	36%	46%	42%	42%	35%	30%	39%	35%	48%	26%	28%	29%	37%	33%	36%
			a	a	abcghij	abhj	abh	a	a	abh	a	bc				a		a

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D5. The Chief Income Earner is the person with the largest income, whether from employment, pensions, state benefits, investments or any other source. If two or more related people in the household have equal income, please think of this question with the oldest in mind. The Chief Income Earner can be of either sex, with no preference to either. Please indicate which one of the following best describes the profession of the chief income earner in your household?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	180 9%	120 12% b	59 6%	79 13% c	73 11% c	28 4%	7 7%	13 5%	12 6%	17 8%	7 4%	18 8%	62 20% abcdefhi	31 9% be	12 6%
Social Grade B	448 22%	226 23%	221 22%	139 23% c	177 27% c	132 18%	18 18%	58 22%	43 22%	39 19%	32 19%	52 23%	81 26%	86 26% d	39 19%
Social Grade C1	455 23%	215 22%	239 23%	169 28% c	160 24% c	127 17%	19 20%	62 23%	46 23%	44 21%	41 24%	49 22%	76 24%	75 23%	43 21%
Social Grade C2	230 11%	110 11%	120 12%	83 14% c	92 14% c	55 7%	12 12%	30 12%	31 16%	25 12%	20 12%	23 10%	34 11%	34 10%	22 11%
Social Grade D	204 10%	81 8%	121 12% a	75 12% c	76 12% c	53 7%	13 13% b	17 7%	19 10%	29 14% bg	22 13% b	22 10%	25 8%	32 10%	26 13% b
Social Grade E	490 24%	228 23%	259 25%	61 10%	81 12%	347 47% ab	28 29% g	83 31% cgh	45 23% g	56 27% g	49 28% g	59 27% g	39 12%	69 21% g	62 30% gh
NET: ABC1	1083 54%	560 57% b	518 51%	387 64% c	410 62% c	287 39%	44 45%	133 51%	101 51%	100 48%	81 47%	118 53%	219 69% abcdefhi	192 59% abdei	95 46%
NET: C2DE	924 46%	418 43%	500 49% a	219 36%	249 38%	455 61% ab	53 55% gh	130 49% gh	95 49% g	109 52% gh	91 53% gh	103 47% g	97 31%	134 41% g	110 54% gh

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BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	e	f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	180 9%	180 100%	-	-	-	-	-	180 17%	-	135 8%	8 18%	15 13%	14 18%	2 19%	2 23%	42 16%
		bcdefgh						bcdefh			a		a			a
Social Grade B	448 22%	-	448 100%	-	-	-	-	448 41%	-	365 21%	12 26%	37 32%	23 29%	5 44%	2 22%	80 30%
			acdefgh					acdefh				a				a
Social Grade C1	455 23%	-	-	455 100%	-	-	-	455 42%	-	366 22%	19 41%	33 28%	20 25%	2 14%	3 29%	77 29%
				abdefgh				abdefh			a					a
Social Grade C2	230 11%	-	-	-	230 100%	-	-	-	230 25%	196 12%	1 2%	15 13%	11 14%	1 9%	1 9%	29 11%
					abcefg			abcefg		b		b	b			
Social Grade D	204 10%	-	-	-	-	204 100%	-	-	204 22%	179 10%	1 3%	13 11%	7 8%	-	-	21 8%
						abcdfgh			abcdfg							
Social Grade E	490 24%	-	-	-	-	-	490 100%	-	490 53%	461 27%	5 12%	5 4%	3 4%	2 14%	2 17%	17 6%
							abcdegh		abcdeg	bcdg						
NET: ABC1	1083 54%	180 100%	448 100%	455 100%	-	-	-	1083 100%	-	867 51%	39 84%	86 72%	57 73%	9 77%	7 74%	199 75%
		defh	defh	defh				defh			a	a	a			a
NET: C2DE	924 46%	-	-	-	230 100%	204 100%	490 100%	-	924 100%	836 49%	8 16%	33 28%	21 27%	3 23%	3 26%	67 25%
					abcg	abcg	abcg		abcg	bcdg						

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D5. The Chief Income Earner is the person with the largest income, whether from employment, pensions, state benefits, investments or any other source. If two or more related people in the household have equal income, please think of this question with the oldest in mind. The Chief Income Earner can be of either sex, with no preference to either. Please indicate which one of the following best describes the profession of the chief income earner in your household?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	180 9%	81 7%	34 10%	50 16%	84 13%	19 21%	25 21%	79 12%	21 9%	9 15%	5 11%	3 2%	5 6%	3 2%	10 2%	45 21%
			ab	a	cdghij	cdghij	gij	gij	gij	gij	gij	ij				cdghij
Social Grade B	448 22%	243 20%	97 27%	91 30%	188 28%	16 17%	38 32%	215 33%	59 25%	17 29%	20 40%	13 10%	9 11%	17 10%	43 11%	54 26%
			a	a	a		aghij	adghijk	ghij	ghij	adghijk					ghij
Social Grade C1	455 23%	269 22%	96 27%	61 20%	157 24%	25 27%	26 22%	205 31%	61 26%	16 27%	11 21%	16 12%	42 49%	14 8%	40 10%	51 24%
						gij	gij	bgijk	gij	gij	ij		abcde fgijk			gij
Social Grade C2	230 11%	133 11%	57 16%	33 11%	90 13%	14 15%	14 12%	90 14%	37 16%	11 18%	6 12%	12 9%	7 9%	19 10%	21 5%	28 13%
			a			j	j	j	j	j	j			j		j
Social Grade D	204 10%	113 9%	42 12%	39 13%	81 12%	18 19%	11 9%	60 9%	52 22%	6 10%	8 15%	14 11%	11 13%	18 10%	7 2%	29 14%
				a	a	bci j	j	j	bce gijk	j	j	j	j	j		j
Social Grade E	490 24%	393 32%	35 10%	32 10%	66 10%	1 1%	4 3%	6 1%	6 2%	1 1%	1 2%	71 55%	11 12%	109 60%	281 70%	5 2%
		bcd										abcde fhk	abcde f k	abcde f h k	abcde f g h i k	
NET: ABC1	1083 54%	594 48%	228 63%	201 66%	429 64%	60 65%	89 76%	499 76%	141 60%	42 71%	36 71%	31 25%	56 66%	35 19%	93 23%	149 71%
		a	a	a	a	gij	d gij	adghij	gij	gij	gij	gij	gij			d g ij
NET: C2DE	924 46%	638 52%	134 37%	103 34%	237 36%	33 35%	29 24%	155 24%	94 40%	17 29%	15 29%	97 75%	29 34%	146 81%	309 77%	61 29%
		bcd				c			bck			abcde f h k	c	abcde f h k	abcde f h k	

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BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	180 9%	35 7%	62 17%	31 20%	8 17%	93 18%	43 8%	53 9%	52 19%	24 14%	4 13%	76 17%	57 9%	15 5%	81 7%	74 15%	11 13%	165 10%
			af	af	af	af			af			af				abe	ab	ab
Social Grade B	448 22%	144 29%	130 36%	54 36%	16 33%	184 36%	159 30%	185 32%	88 33%	62 35%	8 26%	150 34%	193 32%	45 14%	252 23%	132 27%	18 23%	403 24%
			a			af									a	ab	a	a
Social Grade C1	455 23%	127 26%	123 34%	36 24%	12 25%	159 31%	138 26%	171 30%	69 26%	51 29%	12 39%	119 27%	183 30%	78 24%	251 22%	105 22%	22 27%	378 22%
Social Grade C2	230 11%	95 19%	22 6%	20 13%	6 12%	41 8%	100 19%	88 15%	33 12%	20 12%	3 9%	53 12%	91 15%	23 7%	141 13%	60 12%	6 8%	207 12%
		be		b		be									a	a		a
Social Grade D	204 10%	88 18%	20 5%	9 6%	2 5%	28 6%	90 17%	79 14%	23 8%	15 9%	3 8%	37 8%	81 13%	25 8%	107 10%	64 13%	8 10%	178 11%
		bcde				bcde		be				be				ab		
Social Grade E	490 24%	2 *	6 2%	3 2%	4 8%	9 2%	6 1%	3 1%	2 1%	4 2%	2 5%	6 1%	5 1%	136 42%	288 26%	51 10%	15 19%	353 21%
					abcef	a					abf			bcde	ce		c	c
NET: ABC1	1083 54%	305 62%	315 87%	121 80%	35 75%	436 85%	341 63%	409 71%	209 78%	136 78%	24 78%	345 78%	433 71%	137 43%	584 52%	311 64%	51 64%	946 56%
			acdf	af		af			af			af			a	abe	ab	ab
NET: C2DE	924 46%	185 38%	47 13%	31 20%	12 25%	78 15%	196 37%	170 29%	58 22%	39 22%	7 22%	97 22%	177 29%	185 57%	536 48%	174 36%	29 36%	739 44%
		bce		b	b	bce		be				be		bcde	cde		c	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D5. The Chief Income Earner is the person with the largest income, whether from employment, pensions, state benefits, investments or any other source. If two or more related people in the household have equal income, please think of this question with the oldest in mind. The Chief Income Earner can be of either sex, with no preference to either. Please indicate which one of the following best describes the profession of the chief income earner in your household?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	180	65	95	29	34	18	105	73	5	151	29	160	18
	9%	17%	8%	11%	9%	17%	8%	11%	6%	9%	7%	9%	6%
		b				bdf		d				b	
Social Grade B	448	76	324	45	50	17	338	102	9	348	100	388	57
	22%	20%	26%	17%	13%	16%	26%	16%	11%	22%	25%	23%	19%
		a					abcef						
Social Grade C1	455	85	275	56	67	26	302	134	13	385	70	371	74
	23%	22%	22%	21%	18%	24%	24%	20%	17%	24%	18%	22%	25%
							b			b			
Social Grade C2	230	60	144	26	40	11	150	69	6	179	51	193	33
	11%	15%	12%	10%	11%	10%	12%	11%	7%	11%	13%	11%	11%
		b											
Social Grade D	204	38	133	31	37	9	128	67	10	174	30	169	34
	10%	10%	11%	11%	10%	9%	10%	10%	13%	11%	8%	10%	11%
Social Grade E	490	66	271	82	145	26	260	209	37	371	119	400	80
	24%	17%	22%	30%	39%	24%	20%	32%	46%	23%	30%	24%	27%
			a	d	acde			d	acde		a		
NET: ABC1	1083	226	694	130	151	61	744	309	27	884	199	919	149
	54%	58%	56%	48%	40%	57%	58%	47%	34%	55%	50%	55%	50%
				bf		bf	abef	bf					
NET: C2DE	924	164	548	139	222	46	538	345	53	724	200	763	147
	46%	42%	44%	52%	60%	43%	42%	53%	66%	45%	50%	45%	50%
				d	acde			d	acde				

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D5. The Chief Income Earner is the person with the largest income, whether from employment, pensions, state benefits, investments or any other source. If two or more related people in the household have equal income, please think of this question with the oldest in mind. The Chief Income Earner can be of either sex, with no preference to either. Please indicate which one of the following best describes the profession of the chief income earner in your household?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	180 9%	18 5%	13 7%	21 8%	38 11%	33 14%	21 10%	15 16%	22 8%	104 10%	58 10%	85 13%	61 7%	29 7%	31 8%	38 7%	68 9%	43 14%
				a	abch	a	abch			a	a	bc						abc
Social Grade B	448 22%	44 11%	48 24%	60 22%	95 28%	61 25%	48 24%	30 32%	62 22%	263 25%	141 25%	176 27%	171 19%	100 24%	74 19%	118 22%	186 25%	67 22%
			a	a	a	a	a	a	a	a	a	b		b			a	
Social Grade C1	455 23%	97 25%	51 26%	72 27%	77 23%	51 21%	40 20%	18 19%	49 18%	251 24%	107 19%	153 23%	202 23%	89 22%	92 24%	119 23%	172 23%	55 18%
		hj	hj	hj						hj					d			
Social Grade C2	230 11%	30 8%	17 9%	31 11%	47 14%	30 13%	26 13%	11 12%	38 13%	125 12%	75 13%	87 13%	96 11%	44 11%	29 8%	66 13%	87 12%	47 15%
		a	a	a	a	a	a	a	a	a	a				a	a	a	a
Social Grade D	204 10%	43 11%	20 10%	33 12%	29 9%	26 11%	21 11%	3 3%	29 10%	108 10%	53 9%	68 10%	95 11%	39 9%	38 10%	73 14%	63 8%	27 9%
		g	g	g	g	g	g		g	g	g					cd		
Social Grade E	490 24%	164 41%	46 24%	51 19%	49 15%	40 17%	43 22%	17 18%	80 29%	186 18%	140 24%	89 13%	264 30%	114 27%	117 31%	112 21%	177 24%	69 23%
		bcdefghij	d			d		cdegi		dei			a	a	bcd			
NET: ABC1	1083 54%	159 40%	111 57%	152 57%	209 63%	146 60%	109 55%	63 67%	134 48%	619 60%	305 53%	414 63%	434 49%	218 53%	198 52%	276 52%	425 57%	165 54%
		ah	ah	ahj	ah	a	afhj		ahj	a		bc						
NET: C2DE	924 46%	237 60%	83 43%	115 43%	125 37%	96 40%	91 45%	31 33%	146 52%	419 40%	268 47%	244 37%	455 51%	197 47%	184 48%	252 48%	327 43%	143 46%
		bcdefgij				g		bcdegi		dgi			a	a				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	396 20%	157 16%	238 23% a	63 10%	112 17% a	221 30% ab	22 23% g	64 24% g	34 17% g	49 24% g	31 18% g	58 26% cg	34 11% g	63 19% g	42 20% g
1 day	194 10%	85 9%	108 11%	62 10%	60 9%	72 10%	7 7%	22 8%	18 9%	23 11%	23 13%	19 9%	26 8%	31 10%	27 13%
2 days	268 13%	129 13%	139 14%	94 16% c	88 13%	85 12%	13 14%	35 13%	27 14%	33 16% e	14 8%	24 11%	43 14%	57 17% efi	20 10%
3 days	334 17%	186 19% b	146 14%	121 20% c	130 20% c	83 11%	17 18%	49 19% f	40 20% f	28 14%	33 19% f	25 11%	58 18% f	57 17%	28 13%
4 days	241 12%	118 12%	122 12%	107 18% bc	68 10%	66 9%	4 5%	25 9%	17 9%	20 9%	22 13% a	32 14% a	52 16% abcd	39 12% a	31 15% ac
5 days	200 10%	103 11%	96 9%	65 11%	69 11%	65 9%	12 12%	26 10%	17 9%	16 8%	14 8%	25 11%	48 15% cdehi	29 9%	13 7%
6 days	93 5%	46 5%	46 5%	25 4%	40 6% c	28 4%	5 6%	12 5%	6 3%	13 6%	8 4%	7 3%	18 6%	12 4%	12 6%
7 days	280 14%	154 16% b	123 12%	69 11%	91 14%	121 16% a	16 16%	31 12%	37 19% bgh	27 13%	27 16%	33 15%	38 12%	40 12%	31 15%
NET: None (0 days)	396 20%	157 16%	238 23% a	63 10%	112 17% a	221 30% ab	22 23% g	64 24% g	34 17% g	49 24% g	31 18% g	58 26% cg	34 11% g	63 19% g	42 20% g
NET: Some (1-4 days)	1038 52%	518 53%	515 51%	384 63% bc	347 53% c	307 41%	42 43%	131 50%	101 52%	104 50%	92 53%	100 45%	179 57% af	183 56% af	106 52%
NET: Most 5+ days	573 29%	303 31% b	265 26%	160 26%	200 30%	214 29%	33 34% h	69 26%	61 31%	56 27%	49 29%	64 29%	104 33% h	80 25%	57 28%
Base for stats	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
Median	3	3	3	3	3	2	3	3	3	2	3	3	3	3	3
Mean Score	3.10	3.31	2.88	3.30	3.22	2.82	3.16	2.88	3.28	2.87	3.17	2.97	3.49	2.95	3.11
Standard Deviation	2.337	2.306	2.344	2.054	2.293	2.559	2.475	2.330	2.403	2.398	2.375	2.458	2.098	2.246	2.427
Standard Error	.052	.073	.074	.082	.092	.093	.218	.145	.172	.159	.181	.180	.091	.121	.174
Error variance	*	.01	.01	.01	.01	.01	.05	.02	.03	.03	.03	.03	.01	.01	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	e	f	g	
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	396 20%	18 10%	44 10%	97 21% abdg	30 13%	43 21% abdg	164 33% abcdegh	159 15% b	237 26% abdg	366 21% cdg	5 11%	10 8%	6 7%	- -	1 10%	22 8%
1 day	194 10%	13 7%	48 11%	51 11%	17 8%	20 10%	46 9%	111 10%	83 9%	170 10%	5 11%	5 5%	8 11%	3 22%	- -	22 8%
2 days	268 13%	21 12%	60 13%	72 16% f	31 13%	33 16% f	51 10%	152 14% f	115 12%	218 13%	8 16%	23 20% a	12 15%	2 17%	1 8%	46 17%
3 days	334 17%	38 21% fh	95 21% efh	77 17% f	47 20% fh	29 14%	49 10%	209 19% fh	125 14% f	264 15%	8 16%	34 29% a	19 24% a	3 25%	2 21%	66 25% a
4 days	241 12%	33 18% cfh	61 14% f	51 11%	30 13% f	26 13%	40 8%	146 13% fh	96 10%	191 11%	6 14%	17 15%	15 19% a	2 16%	3 32%	44 17% a
5 days	200 10%	21 12%	48 11%	40 9%	26 11%	21 11%	43 9%	109 10%	91 10%	170 10%	6 12%	12 10%	7 8%	2 13%	1 9%	26 10%
6 days	93 5%	15 8% cefh	30 7% efh	18 4%	11 5% e	3 1%	17 3%	63 6% efh	31 3%	80 5%	4 10% c	1 1%	7 9% c	- -	- -	13 5%
7 days	280 14%	22 12%	62 14%	49 11%	38 16% c	29 14% cg	80 16% cg	134 12%	146 16% cg	244 14% d	5 10%	16 13%	5 6%	1 7%	2 20%	28 11%
NET: None (0 days)	396 20%	18 10%	44 10%	97 21% abdg	30 13%	43 21% abdg	164 33% abcdegh	159 15% b	237 26% abdg	366 21% cdg	5 11%	10 8%	6 7%	- -	1 10%	22 8%
NET: Some (1-4 days)	1038 52%	104 58% fh	263 59% fh	251 55% fh	125 54% fh	108 53% f	186 38% fh	619 57% fh	419 45% f	842 49% a	27 57%	80 68% a	54 69% a	10 80%	6 62%	177 67% a
NET: Most 5+ days	573 29%	58 32% c	141 31% c	107 23%	75 33% c	53 26%	140 29%	305 28%	268 29% c	494 29%	15 31%	28 24%	18 23%	2 20%	3 28%	67 25%
Base for stats	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
Median	3	4	3	3	3	3	2	3	3	3	3	3	3	3	4	3
Mean Score	3.10	3.59	3.47	2.82	3.49	2.94	2.72	3.22	2.96	3.05	3.34	3.37	3.29	3.09	3.91	3.35
Standard Deviation	2.337	2.083	2.150	2.248	2.243	2.325	2.604	2.206	2.476	2.385	2.156	1.945	1.875	1.763	2.106	1.951
Standard Error	.052	.157	.103	.105	.148	.163	.117	.067	.081	.058	.321	.179	.212	.489	.666	.120
Error variance	*	.02	.01	.01	.02	.03	.01	*	.01	*	.10	.03	.05	.24	.44	.01

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BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	396 20%	320 26% bcd	33 9%	26 9%	59 9%	15 17%	12 11%	90 14%	34 14%	5 8%	11 22% e	32 25% bcdehk	12 14%	53 29% abcdehk	132 33% abcdehk	28 13%
1 day	194 10%	127 10% c	39 11% c	16 5%	55 8%	10 10%	14 11%	60 9%	29 12%	6 9%	2 3%	14 11%	9 11%	15 8%	37 9%	23 11%
2 days	268 13%	154 12%	52 14%	44 14%	96 14%	14 15%	11 9%	90 14% j	35 15% j	8 14%	7 14%	16 12% bcdgjk	21 24% j	29 16% j	38 9%	25 12%
3 days	334 17%	162 13%	97 27% ac	57 19% a	154 23% a	25 27% dghij	30 25% dghij	138 21% dghij	32 14%	11 18%	8 16%	15 11%	7 9%	23 13%	44 11%	54 26% dghij
4 days	241 12%	128 10%	48 13%	55 18% a	103 15% a	9 10%	21 18% gij	81 12% j	40 17% gij	6 10%	9 17% gj	9 7%	17 20% gj	15 8%	34 9%	31 15% gj
5 days	200 10%	104 8%	43 12%	42 14% a	84 13% a	7 7%	13 11%	77 12%	22 9%	6 10%	5 9%	17 13%	6 7%	13 7%	35 9%	20 9%
6 days	93 5%	57 5%	17 5%	15 5%	32 5%	2 2%	8 7% h	30 5%	15 6% h	8 13% acghijk	2 4%	6 4%	1 1%	6 3%	16 4%	10 5%
7 days	280 14%	181 15% b	34 9%	50 16% b	84 13%	11 12%	9 8%	87 13%	29 12%	10 17%	8 15%	21 16% b	13 15%	25 14%	67 17% bk	21 10%
NET: None (0 days)	396 20%	320 26% bcd	33 9%	26 9%	59 9%	15 17%	12 11%	90 14%	34 14%	5 8%	11 22% e	32 25% bcdehk	12 14%	53 29% abcdehk	132 33% abcdehk	28 13%
NET: Some (1-4 days)	1038 52%	571 46% ac	235 65% a	172 57% a	407 61% a	57 62% gij	75 64% gij	370 57% gij	136 58% gij	31 52% j	26 50%	53 41%	54 63% gij	83 46%	153 38%	132 63% gij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

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BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	573	341	94	106	200	20	30	194	66	24	14	43	20	44	118	50
	29%	28%	26%	35%	30%	22%	26%	30%	28%	40%	28%	34%	23%	25%	29%	24%
				ab						abhik						
Base for stats	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
Median	3	3	3	4	3	3	3	3	3	4	3	3	3	2	2	3
Mean Score	3.10	2.89	3.25	3.75	3.48	2.96	3.28	3.30	3.21	3.82	3.21	3.01	3.09	2.68	2.78	3.14
			a	ab	a		i	ij	ij	agijk						i
Standard Deviation	2.337	2.464	1.969	2.088	2.037	2.157	1.986	2.193	2.233	2.256	2.354	2.535	2.224	2.449	2.610	2.064
Standard Error	.052	.067	.115	.133	.088	.229	.185	.086	.148	.294	.326	.221	.229	.181	.130	.145
Error variance	*	*	.01	.02	.01	.05	.03	.01	.02	.09	.11	.05	.05	.03	.02	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	396 20%	75 15%	41 11%	20 13%	3 6%	61 12%	78 15%	94 16%	13 5%	31 18%	2 5%	44 10%	96 16%	111 34%	221 20%	57 12%	8 10%	285 17%
								be		be		b	be	bcd	cd			c
1 day	194 10%	44 9%	35 10%	16 10%	8 17%	51 10%	51 10%	60 10%	21 8%	14 8%	7 22%	36 8%	67 11%	37 11%	115 10%	37 8%	6 7%	158 9%
											abcef							
2 days	268 13%	71 14%	47 13%	16 10%	6 13%	63 12%	77 14%	67 12%	49 18%	19 11%	4 14%	68 15%	71 12%	28 9%	149 13%	78 16%	12 16%	240 14%
									acf						a	a		a
3 days	334 17%	90 18%	79 22%	30 20%	15 31%	109 21%	104 19%	108 19%	61 23%	34 19%	11 34%	95 22%	118 19%	33 10%	196 18%	85 17%	20 25%	301 18%
					a						af				a	a	a	a
4 days	241 12%	67 14%	53 14%	27 18%	3 6%	79 15%	70 13%	69 12%	48 18%	28 16%	3 9%	76 17%	72 12%	24 7%	126 11%	76 16%	15 19%	218 13%
				d					af			af			a	ab	ab	a
5 days	200 10%	52 11%	43 12%	12 8%	7 15%	55 11%	59 11%	69 12%	29 11%	16 9%	1 3%	44 10%	70 12%	21 7%	123 11%	47 10%	8 10%	179 11%
															a			a
6 days	93 5%	24 5%	28 8%	7 5%	2 4%	35 7%	25 5%	27 5%	17 6%	12 7%	3 9%	29 7%	30 5%	13 4%	51 5%	28 6%	1 1%	80 5%
7 days	280 14%	69 14%	38 10%	24 16%	4 8%	62 12%	72 13%	84 15%	28 11%	21 12%	1 4%	49 11%	86 14%	55 17%	139 12%	77 16%	10 12%	225 13%
														b				
NET: None (0 days)	396 20%	75 15%	41 11%	20 13%	3 6%	61 12%	78 15%	94 16%	13 5%	31 18%	2 5%	44 10%	96 16%	111 34%	221 20%	57 12%	8 10%	285 17%
								be		be		b	be	bcd	cd			c
NET: Some (1-4 days)	1038 52%	271 55%	213 59%	88 58%	31 66%	301 59%	302 56%	304 52%	179 67%	96 55%	25 80%	275 62%	329 54%	122 38%	587 52%	276 57%	53 67%	916 54%
									acf		acef	af			a	a	abe	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	573	144	108	43	13	152	157	181	74	49	5	123	186	90	313	152	19	484
	29%	29%	30%	29%	27%	30%	29%	31%	28%	28%	15%	28%	30%	28%	28%	31%	23%	29%
Base for stats	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
Median	3	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	3
Mean Score	3.10	3.27	3.37	3.40	3.14	3.38	3.26	3.27	3.52	3.21	2.83	3.40	3.25	2.67	3.04	3.49	3.33	3.18
									d						a	abe	a	a
Standard Deviation	2.337	2.246	2.094	2.254	1.939	2.140	2.220	2.298	1.892	2.246	1.785	2.043	2.276	2.645	2.294	2.212	1.964	2.265
Standard Error	.052	.103	.111	.184	.283	.095	.097	.096	.119	.171	.311	.099	.092	.142	.068	.104	.222	.056
Error variance	*	.01	.01	.03	.08	.01	.01	.01	.01	.03	.10	.01	.01	.02	*	.01	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	396	43	231	61	136	10	202	175	29	316	80	311	78
	20%	11%	19%	23%	36%	9%	16%	27%	36%	20%	20%	18%	26%
			a	cd	acde			cd	acd			a	a
1 day	194	32	120	31	39	14	115	74	9	148	46	151	40
	10%	8%	10%	12%	11%	13%	9%	11%	11%	9%	12%	9%	13%
												a	a
2 days	268	56	177	43	51	19	163	97	12	216	51	219	46
	13%	14%	14%	16%	14%	18%	13%	15%	15%	13%	13%	13%	16%
3 days	334	85	207	47	39	22	224	96	9	267	67	290	39
	17%	22%	17%	17%	10%	21%	17%	15%	11%	17%	17%	17%	13%
		b		b		b	b	b					
4 days	241	73	136	26	27	13	176	63	4	193	48	213	26
	12%	19%	11%	10%	7%	13%	14%	10%	5%	12%	12%	13%	9%
		b					bef					b	
5 days	200	38	135	20	23	14	142	50	4	168	32	175	22
	10%	10%	11%	8%	6%	13%	11%	8%	5%	10%	8%	10%	7%
						b	be						
6 days	93	17	62	12	13	3	66	25	2	80	13	86	6
	5%	4%	5%	4%	4%	3%	5%	4%	3%	5%	3%	5%	2%
												b	
7 days	280	45	172	29	45	11	195	74	11	219	61	237	39
	14%	12%	14%	11%	12%	11%	15%	11%	14%	14%	15%	14%	13%
							e						
NET: None (0 days)	396	43	231	61	136	10	202	175	29	316	80	311	78
	20%	11%	19%	23%	36%	9%	16%	27%	36%	20%	20%	18%	26%
			a	cd	acde			cd	acd			a	a
NET: Some (1-4 days)	1038	247	641	147	156	68	677	330	33	825	213	873	151
	52%	63%	52%	55%	42%	64%	53%	50%	42%	51%	53%	52%	51%
		b		bf		bdef	b	b					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Most 5+ days

Base for stats

Median

Mean Score

Standard Deviation

Standard Error

Error variance

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	573	100	370	61	81	28	403	149	18	467	106	498	67
	29%	26%	30%	23%	22%	26%	31%	23%	22%	29%	27%	30%	23%
							abe					b	
Base for stats	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
Median	3	3	3	2	2	3	3	2	2	3	3	3	2
Mean Score	3.10	3.33	3.14	2.74	2.35	3.16	3.34	2.64	2.35	3.11	3.03	3.19	2.61
				b		bef	abef					b	
Standard Deviation	2.337	2.049	2.325	2.262	2.450	2.039	2.295	2.332	2.501	2.331	2.363	2.319	2.371
Standard Error	.052	.107	.066	.137	.127	.198	.064	.091	.280	.058	.118	.057	.136
Error variance	*	.01	*	.02	.02	.04	*	.01	.08	*	.01	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score					
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	
	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d		
Significance Level: 95%																			
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302	
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
0 days	396 20%	396 100%	-	-	-	-	-	-	-	-	-	21 3%	254 29%	93 22%	121 32%	112 21%	114 15%	39 13%	
		bcdefghij											ac	a	bcd	cd			
1 day	194 10%	-	194 100%	-	-	-	-	-	-	194 19%	-	48 7%	76 9%	67 16%	54 14%	45 9%	65 9%	26 9%	
			acdefghij							acdefghj				ab	bcd				
2 days	268 13%	-	-	268 100%	-	-	-	-	-	268 26%	-	96 15%	99 11%	73 18%	50 13%	75 14%	98 13%	39 13%	
				abdefghij						abdefghj				b					
3 days	334 17%	-	-	-	334 100%	-	-	-	-	334 32%	-	131 20%	128 14%	75 18%	64 17%	88 17%	133 18%	45 15%	
					abcefg hij					abcefg hij				b					
4 days	241 12%	-	-	-	-	241 100%	-	-	-	241 23%	-	119 18%	83 9%	35 8%	31 8%	68 13%	96 13%	43 14%	
						abcdefghij				abcdefghj				bc		a	a	a	
5 days	200 10%	-	-	-	-	-	200 100%	-	-	-	200 35%	95 14%	74 8%	32 8%	22 6%	51 10%	90 12%	35 11%	
							abcdeghij				abcdeghi					a	a	a	
6 days	93 5%	-	-	-	-	-	-	93 100%	-	-	93 16%	41 6%	33 4%	16 4%	14 4%	20 4%	37 5%	22 7%	
								abcdefhij			abcdefhi								ab
7 days	280 14%	-	-	-	-	-	-	-	280 100%	-	280 49%	106 16%	143 16%	26 6%	26 7%	68 13%	119 16%	58 19%	
									abcdefgij		abcdefgi			c	c	a	a	ab	
NET: None (0 days)	396 20%	396 100%	-	-	-	-	-	-	-	-	-	21 3%	254 29%	93 22%	121 32%	112 21%	114 15%	39 13%	
		bcdefghij											ac	a	bcd	cd			
NET: Some (1-4 days)	1038 52%	-	194	268	334	241	-	-	-	1038	-	395 60%	386 43%	249 60%	198 52%	277 52%	392 52%	153 50%	
			afghj	afghj	afghj	afghj				afghj				b					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q1. In the past week, on how many days have you done a total of 30 mins or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise and brisk walking or cycling for recreation or to get to and from places but should not include housework or physical activity that is part of your job.

BASE: All respondents

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	573	-	-	-	-	-	200	93	280	-	573	242	250	74	62	139	246	115
	29%	-	-	-	-	-	100%	100%	100%	-	100%	37%	28%	18%	16%	26%	33%	38%
							abcdei	abcdei	abcdei		abcdei	bc	c			a	ab	ab
Base for stats	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
Median	3	0	1	2	3	4	5	6	7	3	6	4	3	2	2	3	3	4
Mean Score	3.10	-	1.00	2.00	3.00	4.00	5.00	6.00	7.00	2.60	6.14	3.91	2.87	2.44	2.22	3.00	3.39	3.66
								i			i	bc	c			a	ab	ab
Standard Deviation	2.337	-	-	-	-	-	-	*	-	1.040	.905	1.950	2.519	2.065	2.168	2.307	2.298	2.335
Standard Error	.052	-	-	-	-	-	-	*	-	.032	.038	.077	.084	.100	.110	.101	.084	.134
Error variance	*	-	-	-	-	-	-	*	-	*	*	.01	.01	.01	.01	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All respondents

	Total	Gender		Age			Region									
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194	
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	192	99	92	93	68	30	4	24	15	14	16	23	58	29	8
	10%	10%	9%	15%	10%	4%	4%	4%	9%	8%	7%	10%	10%	18%	9%	4%
				bc	c				i			i	ai	abcdefghi	i	
A bit more	(4.0)	467	236	228	184	165	118	15	62	43	51	46	32	97	75	45
	23%	24%	22%	30%	25%	16%	16%	16%	23%	22%	25%	27%	14%	31%	23%	22%
				bc	c				f		af	af		acfh	f	
Neither more nor less	(3.0)	889	457	432	190	280	419	45	119	101	88	79	120	99	144	95
	44%	47%	42%	31%	43%	56%	46%	46%	45%	51%	42%	46%	54%	31%	44%	46%
					a	ab	g	g	dg	g	g	g	dgh		g	g
A bit less	(2.0)	261	112	148	84	83	94	20	34	21	31	16	26	33	45	35
	13%	11%	14%	14%	13%	13%	20%	20%	13%	11%	15%	9%	12%	11%	14%	17%
				a		a	cefg									eg
A lot less	(1.0)	154	55	96	33	56	64	8	21	12	15	11	19	19	32	17
	8%	6%	9%	6%	9%	9%	8%	8%	8%	6%	7%	6%	8%	6%	10%	8%
			a		a	a										
Don't know		44	19	23	21	6	17	5	4	5	10	3	2	11	1	4
	2%	2%	2%	3%	1%	2%	6%	6%	2%	2%	5%	2%	1%	3%	*	2%
				b			bfg			h	bfg	h		h		h
NET: More		658	335	320	278	233	148	19	86	58	66	62	55	155	104	53
	33%	34%	31%	46%	35%	20%	19%	19%	33%	30%	31%	36%	25%	49%	32%	26%
				bc	c				a	a	a	afi		abcdefghi	a	
NET: Less		415	167	244	117	140	158	28	55	32	46	27	45	52	77	53
	21%	17%	24%	19%	21%	21%	29%	29%	21%	16%	22%	16%	20%	16%	24%	26%
			a				ceg								ceg	ceg
Base for stats	1963	959	996	585	653	725	91	260	191	200	168	220	306	326	201	
Mean Score	3.14	3.22	3.07	3.38	3.16	2.94	2.85	3.13	3.16	3.09	3.24	3.07	3.46	3.07	2.96	
		b		bc	c			a	ai	a	ai		abcdefghi	a		
Standard Deviation	1.027	.980	1.063	1.089	1.057	.899	.942	1.022	.938	1.002	.985	1.009	1.103	1.055	.956	
Standard Error	.023	.031	.034	.044	.042	.033	.085	.064	.068	.068	.076	.074	.065	.057	.069	
Error variance	*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All respondents

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	192 10%	38 21% bcdefgh	42 9% f	36 8% a	28 12% f	20 10% ab	27 6% abcdg	117 11% abdg	75 8% a	151 9% bcdg	6 14% a	14 12% a	12 15% a	1 7% a	2 19% a	35 13% a
A bit more (4.0)	467 23%	47 26% fh	133 30% fh	117 26% fh	59 26% fh	49 24% f	61 13% f	298 27% fh	169 18% f	375 22% fh	15 32% fh	41 35% a	24 30% a	1 10% a	4 36% a	84 32% a
Neither more nor less (3.0)	889 44%	61 34%	171 38%	202 44% a	96 42% a	95 47% ab	264 54% abcdg	434 40% abdg	455 49% a	804 47% bcdg	11 24% a	36 31% a	22 28% a	3 25% a	4 45% a	77 29% a
A bit less (2.0)	261 13%	23 13%	66 15%	50 11%	30 13%	25 12%	68 14%	139 13%	122 13%	214 13% a	9 19% a	18 15% a	13 16% a	2 16% a	- - a	41 16% a
A lot less (1.0)	154 8%	6 3%	34 8%	39 9% a	14 6% a	14 7% a	46 9% a	79 7% a	74 8% a	129 8% a	3 6% a	7 6% a	6 8% a	4 34% a	- - a	20 8% a
Don't know	44 2%	5 3% b	2 * b	10 2% b	3 1% b	2 1% b	23 5% bcdeg	17 2% bg	28 3% bg	29 2% bg	2 5% bg	2 2% bg	3 4% bg	1 8% bg	- - bg	8 3% bg
NET: More	658 33%	85 47% cefgh	176 39% fh	153 34% fh	87 38% fh	68 34% fh	89 18% fh	414 38% fh	244 26% f	526 31% fh	21 45% a	55 46% a	35 45% a	2 18% a	5 55% a	119 45% a
NET: Less	415 21%	29 16%	100 22%	89 20%	44 19%	39 19%	114 23%	218 20%	197 21%	343 20% a	12 26% a	25 21% a	19 24% a	6 50% a	- - a	62 23% a
Base for stats	1963	175	446	445	227	202	467	1067	896	1673	45	116	76	11	10	257
Mean Score	3.14	3.50 bcdefgh	3.19 fh	3.14 f	3.25 fh	3.18 f	3.25 f	3.22 fh	3.05 f	3.12	3.28	3.32 a	3.29	2.36	3.74	3.28 a
Standard Deviation	1.027	1.078	1.048	1.019	1.038	.999	.948	1.048	.994	1.003	1.154	1.065	1.164	1.351	.799	1.127
Standard Error	.023	.082	.050	.048	.069	.070	.044	.032	.033	.025	.176	.099	.134	.390	.253	.071
Error variance	*	.01	*	*	*	*	*	*	*	*	.03	.01	.02	.15	.06	*

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Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All respondents

	Children aged 15 or under in the household					Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	192 10%	86 7%	52 14%	39 13%	91 14%	16 17%	18 15%	76 12%	28 12%	6 10%	3 6%	12 10%	7 9%	11 6%	13 3%	34 16%
			a	a	a	fij	ij	ij	j	j	j	j	j			ij
A bit more (4.0)	467 23%	225 18%	123 34%	101 33%	224 34%	35 38%	36 30%	179 27%	62 26%	12 21%	11 21%	20 16%	25 30%	36 20%	50 12%	71 34%
			a	a	a	cdefgij	gj	gj	gj				gj	j		gij
Neither more nor less (3.0)	889 44%	619 50%	127 35%	105 34%	231 35%	26 29%	40 34%	265 41%	92 39%	27 45%	27 54%	54 42%	26 30%	95 53%	236 59%	66 32%
		bcd						ak		ak	abhk	ak		abcdhk	abcdghk	
A bit less (2.0)	261 13%	158 13%	47 13%	41 13%	88 13%	6 7%	20 17%	84 13%	35 15%	7 12%	6 12%	21 16%	10 12%	21 12%	50 13%	26 12%
							a					a				
A lot less (1.0)	154 8%	117 9%	12 3%	15 5%	27 4%	7 7%	3 3%	49 7%	12 5%	7 11%	1 2%	17 13%	8 10%	11 6%	38 9%	10 5%
		bcd								b		bcdfik	b		b	
Don't know	44 2%	28 2%	1 *	4 1%	5 1%	2 2%	2 1%	1 *	6 2%	- -	3 5%	4 3%	8 10%	4 2%	15 4%	3 2%
		bd				c	c		c		c	c	abcdegijk	c	c	c
NET: More	658 33%	311 25%	175 48%	140 46%	315 47%	51 55%	53 45%	255 39%	90 38%	18 31%	14 27%	32 25%	33 38%	48 27%	63 16%	104 50%
			a	a	a	cdefghij	fgij	gij	gij	j	j	j	gij	j		cdefgij
NET: Less	415 21%	275 22%	59 16%	56 18%	115 17%	13 14%	23 19%	133 20%	47 20%	14 24%	7 14%	38 29%	18 22%	33 18%	88 22%	36 17%
		bd										acdfik				
Base for stats	1963	1205	361	301	662	91	116	653	230	60	48	124	77	176	387	207
Mean Score	3.14	3.00	3.43	3.36	3.40	3.52	3.38	3.23	3.25	3.06	3.17	2.92	3.18	3.09	2.87	3.44
			a	a	a	cdefghij	gij	gj	gj		j		j	j		cegij
Standard Deviation	1.027	.996	.999	1.031	1.014	1.098	1.031	1.057	1.033	1.099	.817	1.131	1.120	.920	.878	1.061
Standard Error	.023	.028	.058	.066	.044	.118	.097	.042	.069	.143	.117	.100	.122	.069	.045	.075
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	*	*	.01

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Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	192	63	38	20	6	58	69	66	38	16	3	54	69	29	95	59	9	163	
	10%	13%	10%	13%	13%	11%	13%	11%	14%	9%	11%	12%	11%	9%	8%	12%	11%	10%	
A bit more (4.0)	467	126	121	26	10	147	135	140	105	31	9	136	149	46	253	146	21	420	
	23%	26%	33%	17%	21%	29%	25%	24%	39%	18%	29%	31%	24%	14%	23%	30%	27%	25%	
		c	acf			c	c		acef			acf			a	abe	a	a	
Neither more nor less (3.0)	889	216	125	68	14	194	230	241	92	83	8	175	249	164	515	184	27	726	
	44%	44%	35%	45%	31%	38%	43%	42%	35%	48%	27%	40%	41%	51%	46%	38%	33%	43%	
		be		b			b			bd				cde	cd				
A bit less (2.0)	261	61	45	26	12	71	73	88	20	30	4	50	92	43	147	60	11	218	
	13%	12%	12%	17%	26%	14%	14%	15%	8%	17%	14%	11%	15%	13%	13%	12%	14%	13%	
					abef			b		b			b						
A lot less (1.0)	154	24	32	8	2	40	26	44	9	13	3	21	46	32	92	23	6	121	
	8%	5%	9%	5%	4%	8%	5%	8%	3%	7%	8%	5%	8%	10%	8%	5%	8%	7%	
			af					b				b		c	c				
Don't know	44	1	2	3	3	4	4	1	3	2	4	5	4	8	19	13	5	36	
	2%	*	*	2%	6%	1%	1%	*	1%	1%	11%	1%	1%	3%	2%	3%	6%	2%	
				a	abef						abcef						be		
NET: More	658	189	159	46	16	205	204	206	143	48	12	190	218	75	348	205	30	583	
	33%	38%	44%	30%	33%	40%	38%	36%	54%	27%	39%	43%	36%	23%	31%	42%	38%	35%	
			c			c		c	acef			acf	c		a	abe	a	a	
NET: Less	415	85	77	34	14	111	99	132	29	42	7	71	138	75	239	83	18	340	
	21%	17%	21%	23%	30%	22%	18%	23%	11%	24%	22%	16%	23%	23%	21%	17%	22%	20%	
					a			be		be			be	c					
Base for stats	1963	489	361	149	44	510	533	579	264	173	28	437	606	314	1102	472	74	1649	
Mean Score	3.14	3.29	3.25	3.16	3.13	3.22	3.28	3.17	3.54	3.05	3.23	3.35	3.17	2.99	3.10	3.33	3.20	3.17	
									acef			acf			abe			a	
Standard Deviation	1.027	1.005	1.084	1.044	1.098	1.072	1.013	1.061	.942	1.013	1.155	.999	1.065	1.032	1.015	1.011	1.112	1.023	
Standard Error	.023	.046	.058	.086	.166	.048	.044	.044	.060	.077	.214	.049	.043	.056	.031	.048	.131	.025	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.05	*	*	*	*	*	.02	*	

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Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	192	109	29	23	13	125	57	4	166	25	165	23
	10%	51	109	29	23	13	125	57	4	166	25	165	23
		b	9%	b	6%	b	b	9%	5%	b	6%	10%	8%
A bit more	(4.0)	467	289	71	67	27	311	145	17	389	77	402	59
	23%	126	289	71	67	27	311	145	17	389	77	402	59
		b	23%	b	18%	26%	24%	22%	21%	b	19%	24%	20%
Neither more nor less	(3.0)	889	564	109	189	43	563	298	39	696	193	755	131
	44%	142	564	109	189	43	563	298	39	696	193	755	131
		a	45%	41%	51%	40%	44%	46%	49%	43%	49%	45%	44%
A bit less	(2.0)	261	163	29	43	12	183	73	10	207	54	217	40
	13%	45	163	29	43	12	183	73	10	207	54	217	40
		b	13%	11%	12%	12%	14%	11%	13%	13%	14%	13%	13%
A lot less	(1.0)	154	97	26	44	5	81	66	8	118	36	117	33
	8%	19	97	26	44	5	81	66	8	118	36	117	33
		a	8%	d	12%	5%	6%	10%	10%	7%	9%	7%	11%
Don't know		7	19	4	8	5	20	14	2	32	13	27	9
	2%	7	19	4	8	5	20	14	2	32	13	27	9
			1%	2%	2%	5%	2%	2%	3%	2%	3%	2%	3%
NET: More		178	398	99	90	41	436	202	21	556	103	567	83
	33%	178	398	99	90	41	436	202	21	556	103	567	83
		b	32%	b	24%	38%	34%	31%	26%	b	26%	34%	28%
NET: Less		64	261	56	87	18	263	139	18	325	90	333	73
	21%	64	261	56	87	18	263	139	18	325	90	333	73
			21%	21%	23%	17%	21%	21%	23%	20%	23%	20%	25%
Base for stats	1963	383	1223	264	366	101	1262	639	78	1577	386	1655	287
Mean Score	3.14	3.38	3.12	3.17	2.95	3.31	3.17	3.09	2.98	3.18	3.00	3.17	3.00
		b		b		bef	b	b		b		b	
Standard Deviation	1.027	1.020	1.015	1.089	1.016	1.023	1.007	1.054	.991	1.034	.988	1.013	1.067
Standard Error	.023	.054	.029	.067	.053	.102	.028	.042	.112	.026	.050	.025	.062
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

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Q2C. In the past week, do you think you have done more, less or the same amount of physical activity and exercise, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d	
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302	
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	192	4	10	12	28	42	36	15	43	92	95	192	-	-	24	46	63	57
	10%	1%	5%	5%	8%	17%	18%	17%	15%	9%	17%	29%	-	-	6%	9%	8%	19%	
			a	a	a	abcdi	abcdi	abcdi	abcdi	ac	abcdi	bc						abc	
A bit more	(4.0)	467	17	38	84	103	77	58	26	63	303	147	467	-	-	80	118	180	82
	23%	4%	20%	31%	31%	32%	29%	28%	22%	29%	26%	71%	-	-	21%	22%	24%	27%	
			a	abh	abh	abh	ab	a	a	abh	a	bc							
Neither more nor less	(3.0)	889	254	76	99	128	83	74	33	143	386	250	-	889	-	161	231	362	123
	44%	64%	39%	37%	38%	34%	37%	35%	51%	37%	44%	-	100%	-	42%	44%	48%	40%	
		bcdefghij							bcdefgij		ei		ac					d	
A bit less	(2.0)	261	33	37	48	58	27	28	14	17	170	59	-	-	261	57	77	96	26
	13%	8%	19%	18%	17%	11%	14%	15%	6%	16%	10%	-	-	63%	15%	15%	13%	8%	
			aehj	aehj	aehj	h	ah	h		aehj	h			ab	d	d	d		
A lot less	(1.0)	154	60	30	25	16	7	4	2	9	79	15	-	-	154	48	44	43	14
	8%	15%	15%	9%	5%	3%	2%	2%	2%	3%	8%	3%	-	-	37%	13%	8%	6%	5%
		cdefghij	cdefghij	defghj						efghj					ab	bcd	d		
Don't know		44	28	4	-	-	5	-	4	5	8	8	-	-	-	11	12	7	5
	2%	7%	2%	-	-	2%	-	4%	2%	1%	1%	-	-	-	3%	2%	1%	2%	
		bcdefhij	cd			cd		cdi	cd		d				c				
NET: More		658	21	48	96	131	119	95	41	106	395	242	658	-	-	104	164	243	140
	33%	5%	25%	36%	39%	49%	47%	44%	38%	38%	42%	100%	-	-	27%	31%	32%	45%	
			a	ab	ab	abcdhi	abchi	ab	ab	ab	ab	bc						abc	
NET: Less		415	93	67	73	75	35	32	16	26	249	74	-	-	415	106	121	139	40
	21%	23%	34%	27%	22%	14%	16%	17%	9%	24%	13%	-	-	100%	28%	23%	19%	13%	
		efhj	defghij	efghj	ehj		h			efhj					ab	cd	d	d	
Base for stats	1963	368	191	268	334	237	200	90	276	1029	565	658	889	415	371	516	745	302	
Mean Score	3.14	2.65	2.80	3.04	3.20	3.50	3.48	3.44	3.41	3.16	3.44	4.29	3.00	1.63	2.93	3.09	3.17	3.47	
				ab	ab	abcdi	abcdi	abcdi	abcdi	ab	abcdi	c				a	a	abc	
Standard Deviation	1.027	.845	1.097	1.024	.987	1.013	1.005	1.016	.942	1.049	.975	.455	-	.483	1.070	1.034	.957	1.041	
Standard Error	.023	.043	.079	.062	.055	.067	.072	.107	.057	.033	.041	.018	-	.024	.055	.046	.035	.061	
Error variance	*	*	.01	*	*	*	.01	.01	*	*	*	*	-	*	*	*	*	*	

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Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Walking (either for leisure or travel)</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1095	487	606	267	350	478	47	149	106	120	98	125	145	185	120
	55%	50%	59%	44%	53%	64%	48%	56%	54%	57%	57%	56%	46%	57%	59%
			a		a	ab		g		g	g	g		g	g
<i>Base for % - Running or jogging</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Running or jogging	377	228	146	177	163	38	15	48	28	37	40	29	84	58	39
	19%	23%	14%	29%	25%	5%	15%	18%	14%	18%	23%	13%	27%	18%	19%
		b		c	c						cf		abcdfhi		
<i>Base for % - Home activity, fitness or exercise class not viewed online or on TV, DVD or video</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	304	150	153	119	104	81	14	34	32	28	23	32	68	56	18
	15%	15%	15%	20%	16%	11%	14%	13%	16%	13%	14%	14%	21%	17%	9%
				c	c				i				bdei	i	
<i>Base for % - Cycling (either for leisure or travel)</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Cycling (either for leisure or travel)	289	175	112	102	122	65	8	38	25	28	30	29	58	47	26
	14%	18%	11%	17%	19%	9%	8%	14%	13%	13%	17%	13%	18%	14%	13%
		b		c	c						a		a		
<i>Base for % - Home activity, fitness or exercise class viewed online or on TV, DVD or video</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	269	111	158	119	97	54	14	24	31	28	17	26	67	42	20
	13%	11%	16%	20%	15%	7%	14%	9%	16%	13%	10%	12%	21%	13%	10%
			a	bc	c				b				bdefhi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	240	132	106	117	83	39	13	30	29	25	10	25	50	40	20
	12%	14%	10%	19%	13%	5%	14%	11%	15%	12%	6%	11%	16%	12%	10%
		b		bc	c		e	e	e	e			ei	e	
<i>Base for % - Swimming</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Swimming	199	101	98	76	77	46	10	22	24	17	17	30	41	25	14
	10%	10%	10%	13%	12%	6%	10%	8%	12%	8%	10%	14%	13%	8%	7%
				c	c							hi	hi		
<i>Base for % - Informal active play/games in the house or garden (e.g. throwing, catching, running games)</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	180	95	84	86	68	27	5	28	18	17	15	12	35	28	22
	9%	10%	8%	14%	10%	4%	6%	11%	9%	8%	9%	5%	11%	9%	11%
				bc	c			f					f		
<i>Base for % - Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	146	79	63	79	50	18	7	20	14	8	11	13	45	20	9
	7%	8%	6%	13%	8%	2%	7%	8%	7%	4%	6%	6%	14%	6%	4%
				bc	c								abcdefhi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Team sports (such as football, cricket, rugby etc.)</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	107	80	27	67	33	7	2	14	8	8	10	7	37	14	9
	5%	8%	3%	11%	5%	1%	2%	5%	4%	4%	6%	3%	12%	4%	4%
		b		bc	c								abcdefhi		
<i>Base for % - Racket sports (such as tennis, badminton, squash etc.)</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Racket sports (such as tennis, badminton, squash etc.)	82	46	35	46	30	5	2	8	9	9	7	6	24	11	5
	4%	5%	3%	8%	5%	1%	2%	3%	5%	4%	4%	3%	8%	3%	2%
				bc	c								abfhi		
<i>Base for % - Combat sports, martial arts or target sports (such as shooting, archery etc.)</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	81	60	20	47	31	4	2	8	5	8	10	2	28	10	8
	4%	6%	2%	8%	5%	1%	2%	3%	3%	4%	6%	1%	9%	3%	4%
		b		bc	c					f			abcdefhi		
<i>Base for % - Golf</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	78	62	14	33	22	23	4	12	5	8	5	6	21	13	4
	4%	6%	1%	5%	3%	3%	4%	5%	2%	4%	3%	3%	7%	4%	2%
		b		c									ci		
<i>Base for % - Gymnastics, trampolining or cheerleading</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gymnastics, trampolining or cheerleading	57	34	22	43	12	1	-	3	4	6	3	4	25	6	6
	3%	3%	2%	7%	2%	*	-	1%	2%	3%	1%	2%	8%	2%	3%
				bc	c								abcdefhi		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Water sports (such as surfing, rowing, sailing etc.)</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Water sports (such as surfing, rowing, sailing etc.)	52	37	14	30	22	-	1	6	4	5	5	2	21	7	1
	3%	4%	1%	5%	3%	-	1%	2%	2%	3%	3%	1%	6%	2%	*
		b		c	c								abcdghi		
<i>Base for % - Other sport, exercise or physical activity</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	88	44	44	12	17	59	5	14	6	6	12	10	10	15	10
	4%	4%	4%	2%	3%	8%	5%	5%	3%	3%	7%	4%	3%	5%	5%
						ab									
<i>Base for % - I have not done any physical activity in the past week</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have not done any physical activity in the past week	291	118	172	46	79	166	15	41	33	32	25	40	22	49	34
	15%	12%	17%	8%	12%	22%	15%	15%	17%	15%	15%	18%	7%	15%	16%
			a		a	ab	g	g	g	g	g	g		g	g
<i>Base for % - NET: Home based activity</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Home based activity	619	289	326	257	218	143	29	73	64	61	41	60	130	105	54
	31%	30%	32%	42%	33%	19%	30%	28%	33%	29%	24%	27%	41%	32%	27%
				bc	c								abdefhi		
<i>Base for % - NET: Any physical activity in the past week</i>	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Any physical activity in the past week	1716	860	847	560	580	576	82	223	163	178	147	182	294	277	171
	85%	88%	83%	92%	88%	78%	85%	85%	83%	85%	85%	82%	93%	85%	84%
		b		bc	c								abcdefhi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Walking (either for leisure or travel)</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1095	69	275	238	123	118	272	582	513	963	22	51	33	4	4	113
	55%	38%	61%	52%	53%	58%	56%	54%	56%	57%	46%	43%	42%	29%	41%	43%
			acdgh	a	a	a	a	a	a	cdg						
<i>Base for % - Running or jogging</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Running or jogging	377	54	103	107	55	34	24	264	113	280	19	35	27	5	3	89
	19%	30%	23%	23%	24%	17%	5%	24%	12%	16%	41%	30%	34%	42%	30%	34%
		efh	fh	fh	fh	f		efh	f		a	a	a			a
<i>Base for % - Home activity, fitness or exercise class not viewed online or on TV, DVD or video</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	304	41	72	66	35	36	54	179	125	246	11	26	13	1	1	52
	15%	23%	16%	14%	15%	17%	11%	17%	14%	14%	23%	22%	16%	8%	10%	19%
		bcd fgh	f			f		f				a				a
<i>Base for % - Cycling (either for leisure or travel)</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Cycling (either for leisure or travel)	289	43	70	64	38	29	45	177	112	234	13	18	16	3	2	52
	14%	24%	16%	14%	17%	14%	9%	16%	12%	14%	29%	16%	20%	24%	19%	20%
		bce fgh	f	f	f			fh			a					a
<i>Base for % - Home activity, fitness or exercise class viewed online or on TV, DVD or video</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	269	42	82	59	33	25	28	183	86	203	11	29	14	2	3	59
	13%	23%	18%	13%	15%	12%	6%	17%	9%	12%	24%	24%	18%	18%	30%	22%
		cde fgh	ce fh	fh	fh	f		fh	f		a	a				a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	240	36	73	51	40	12	28	160	80	183	7	23	19	2	2	52
	12%	20%	16%	11%	17%	6%	6%	15%	9%	11%	15%	19%	24%	16%	22%	20%
		cefh	cefh	ef	cefh			efh	f			a	a			a
<i>Base for % - Swimming</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Swimming	199	27	55	41	31	22	24	123	77	164	2	18	11	-	-	32
	10%	15%	12%	9%	14%	11%	5%	11%	8%	10%	5%	15%	14%	-	-	12%
		cfh	fh	f	fh	f		fh	f			a				
<i>Base for % - Informal active play/games in the house or garden (e.g. throwing, catching, running games)</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	180	25	50	43	24	18	19	119	61	149	7	10	10	-	-	27
	9%	14%	11%	10%	10%	9%	4%	11%	7%	9%	15%	9%	13%	-	-	10%
		fh	fh	f	f	f		fh	f							
<i>Base for % - Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	146	31	41	31	17	10	16	103	43	103	5	14	14	1	2	36
	7%	17%	9%	7%	7%	5%	3%	9%	5%	6%	10%	12%	18%	7%	23%	14%
		bcd efgh	fh	f	f			efh				a	a			a
<i>Base for % - Team sports (such as football, cricket, rugby etc.)</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	107	16	33	28	18	8	5	76	31	69	6	14	11	1	2	33
	5%	9%	7%	6%	8%	4%	1%	7%	3%	4%	12%	12%	14%	7%	21%	12%
		fh	fh	fh	fh	f		fh	f		a	a	a			a
<i>Base for % - Racket sports (such as tennis, badminton, squash etc.)</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Racket sports (such as tennis, badminton, squash etc.)	82	18	26	21	10	2	5	65	17	56	3	13	7	1	-	24
	4%	10%	6%	5%	4%	1%	1%	6%	2%	3%	7%	11%	9%	7%	-	9%
		cdefgh	efh	efh	efh			efh				a	a			a
<i>Base for % - Combat sports, martial arts or target sports (such as shooting, archery etc.)</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	81	15	18	21	18	6	3	54	27	57	2	13	7	1	-	23
	4%	8%	4%	5%	8%	3%	1%	5%	3%	3%	5%	11%	9%	6%	-	9%
		befh	f	f	befh	f		fh	f			a	a			a
<i>Base for % - Golf</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	78	15	21	15	10	6	10	52	26	63	1	10	1	-	-	13
	4%	9%	5%	3%	4%	3%	2%	5%	3%	4%	3%	9%	1%	-	-	5%
		cefg	f					fh				ad				
<i>Base for % - Gymnastics, trampolining or cheerleading</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gymnastics, trampolining or cheerleading	57	11	17	15	9	3	1	43	14	35	3	6	8	-	2	19
	3%	6%	4%	3%	4%	2%	*	4%	2%	2%	6%	5%	10%	-	24%	7%
		efh	fh	fh	fh	f		fh	f		a	a	a			a
<i>Base for % - Water sports (such as surfing, rowing, sailing etc.)</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Water sports (such as surfing, rowing, sailing etc.)	52	18	8	11	10	4	-	38	14	38	1	8	4	-	-	12
	3%	10%	2%	3%	4%	2%	-	4%	1%	2%	2%	6%	5%	-	-	4%
		bcdefgh	f	f	fh	f		fh	f			a				a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Other sport, exercise or physical activity</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	88	2	20	16	11	3	36	38	50	83	-	2	1	-	-	3
	4%	1%	4%	4%	5%	1%	7%	4%	5%	5%	-	1%	2%	-	-	1%
		a	a	a	a	aceg	aeg	g								
<i>Base for % - I have not done any physical activity in the past week</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have not done any physical activity in the past week	291	10	30	69	22	27	133	109	182	267	5	5	8	-	1	19
	15%	5%	7%	15%	10%	13%	27%	10%	20%	16%	12%	4%	10%	-	10%	7%
			abg	ab	abcdegh	b	abcdegh	cg								
<i>Base for % - NET: Home based activity</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Home based activity	619	84	167	135	76	64	92	386	232	500	20	49	29	3	4	106
	31%	47%	37%	30%	33%	31%	19%	36%	25%	29%	43%	42%	37%	26%	41%	40%
		bcddefgh	cfh	f	fh	f	cfh	f			a	a			a	
<i>Base for % - NET: Any physical activity in the past week</i>	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Any physical activity in the past week	1716	170	418	387	208	177	357	975	741	1435	41	114	71	12	9	247
	85%	95%	93%	85%	90%	87%	73%	90%	80%	84%	88%	96%	90%	100%	90%	93%
		cefh	cefgh	fh	fh	fh	cfh	f			a				a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Walking (either for leisure or travel)</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1095	711	173	171	344	45	54	342	127	31	34	79	30	96	256	99
	55%	58%	48%	56%	52%	49%	46%	52%	54%	52%	66%	62%	35%	53%	64%	47%
		bd						h	h	h	bhk	bchk		h	abcdhik	
<i>Base for % - Running or jogging</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Running or jogging	377	168	102	83	185	22	29	194	42	17	6	20	26	16	5	51
	19%	14%	28%	27%	28%	23%	25%	30%	18%	28%	13%	16%	31%	9%	1%	24%
			a	a	a	ij	ij	dfgij	ij	fgij	j	j	dfgij	j		ij
<i>Base for % - Home activity, fitness or exercise class not viewed online or on TV, DVD or video</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	304	162	68	63	131	12	26	112	34	12	10	17	13	20	48	38
	15%	13%	19%	21%	20%	13%	22%	17%	14%	20%	19%	13%	15%	11%	12%	18%
			a	a	a		ij	j								j
<i>Base for % - Cycling (either for leisure or travel)</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Cycling (either for leisure or travel)	289	134	71	70	142	12	21	142	28	11	6	17	12	13	26	33
	14%	11%	20%	23%	21%	13%	18%	22%	12%	19%	12%	13%	14%	7%	7%	16%
			a	a	a	j	ij	dgij	j	ij	j	j	j			ij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d		a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Home activity, fitness or exercise class viewed online or on TV, DVD or video</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	269	123	75	61	135	17	25	104	38	4	9	15	16	21	21	42
	13%	10%	21%	20%	20%	18%	21%	16%	16%	6%	19%	11%	18%	11%	5%	20%
			a	a	a	ej	egij	j	j		j	j	ej	j		egij
<i>Base for % - Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	240	116	56	51	106	16	23	109	32	13	3	7	11	6	19	39
	12%	9%	15%	17%	16%	18%	19%	17%	14%	21%	7%	6%	13%	4%	5%	19%
			a	a	a	gij	fgij	gij	gij	fgij		ij				fgij
<i>Base for % - Swimming</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Swimming	199	89	47	50	97	14	12	91	21	3	7	6	13	14	18	25
	10%	7%	13%	16%	15%	15%	10%	14%	9%	5%	14%	5%	15%	8%	4%	12%
			a	a	a	gj	j	gij	j		gj		gj			gj
<i>Base for % - Informal active play/games in the house or garden (e.g. throwing, catching, running games)</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	180	68	55	43	98	11	25	71	24	6	4	10	10	8	12	36
	9%	6%	15%	14%	15%	12%	21%	11%	10%	10%	9%	8%	12%	4%	3%	17%
			a	a	a	ij	cdgij	ij	ij	j	j	j	ij			cdgij
<i>Base for % - Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	146	46	49	41	90	12	14	68	14	10	3	8	5	7	5	26
	7%	4%	14%	14%	14%	12%	12%	10%	6%	16%	6%	6%	6%	4%	1%	12%
			a	a	a	ij	ij	ij	j	dghij	j	j	j	j		dij
<i>Base for % - Team sports (such as football, cricket, rugby etc.)</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	107	40	33	20	53	7	14	46	15	5	1	3	11	2	3	21
	5%	3%	9%	6%	8%	7%	12%	7%	6%	9%	2%	3%	13%	1%	1%	10%
			a	a	a	ij	fgij	ij	ij	gij		fgij				gij
<i>Base for % - Racket sports (such as tennis, badminton, squash etc.)</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Racket sports (such as tennis, badminton, squash etc.)	82	34	16	27	43	7	10	41	8	5	1	3	4	1	3	17
	4%	3%	4%	9%	6%	8%	8%	6%	3%	8%	2%	2%	4%	*	1%	8%
				ab	a	ij	dgij	ij	ij	ij		ij				dgij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Combat sports, martial arts or target sports (such as shooting, archery etc.)</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	81	34	22	18	40	7	11	33	10	8	-	3	5	1	3	18
	4%	3%	6%	6%	6%	8%	9%	5%	4%	13%	-	3%	6%	*	1%	9%
			a	a	a	fij	fgij	ij	ij	cdgij		ij				cfgij
<i>Base for % - Golf</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	78	41	13	17	31	5	5	38	4	3	2	3	4	4	10	10
	4%	3%	4%	6%	5%	5%	4%	6%	2%	5%	5%	2%	5%	2%	3%	5%
								dj								
<i>Base for % - Gymnastics, trampolining or cheerleading</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gymnastics, trampolining or cheerleading	57	17	19	17	36	3	7	31	7	6	2	-	-	1	-	10
	3%	1%	5%	6%	5%	3%	6%	5%	3%	10%	4%	-	-	1%	-	5%
			a	a	a	gj	ghij	ghij	gj	dghij	gj					ghij
<i>Base for % - Water sports (such as surfing, rowing, sailing etc.)</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Water sports (such as surfing, rowing, sailing etc.)	52	18	16	10	26	3	7	28	6	6	1	-	1	-	-	10
	3%	1%	4%	3%	4%	3%	6%	4%	2%	10%	2%	-	1%	-	-	5%
			a		a	gij	gij	gij	ij	cdghij	j		j			gij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Other sport, exercise or physical activity</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	88	64	15	6	22	1	2	14	10	5	2	6	1	11	37	3
	4%	5%	4%	2%	3%	1%	2%	2%	4%	8%	4%	5%	1%	6%	9%	2%
		c								achk				ck	abcdhk	
<i>Base for % - I have not done any physical activity in the past week</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have not done any physical activity in the past week	291	230	25	20	45	8	9	65	19	5	5	24	7	52	98	17
	15%	19%	7%	6%	7%	9%	8%	10%	8%	9%	9%	18%	8%	29%	24%	8%
		bcd										abcdhk		abcdefghk	abcdefhk	
<i>Base for % - NET: Home based activity</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Home based activity	619	301	151	136	287	34	53	229	81	18	19	34	34	44	73	86
	31%	24%	42%	45%	43%	36%	45%	35%	34%	31%	38%	27%	39%	24%	18%	41%
		a	a	a	a	ij	cgij	ij	ij	j	j	j	gij			gij
<i>Base for % - NET: Any physical activity in the past week</i>	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Any physical activity in the past week	1716	1003	337	285	622	85	109	589	216	54	46	105	78	128	305	193
	85%	81%	93%	94%	93%	91%	92%	90%	92%	91%	91%	82%	92%	71%	76%	92%
			a	a	a	gij	gij	gij	gij	ij	ij	i	gij			gij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Walking (either for leisure or travel)</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1095	276	185	79	18	263	295	340	115	89	14	204	354	170	638	250	36	924
	55%	56%	51%	52%	39%	51%	55%	59%	43%	51%	44%	46%	58%	53%	57%	52%	45%	55%
		d				d		be				be			d			
<i>Base for % - Running or jogging</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Running or jogging	377	126	110	30	8	140	134	139	93	31	9	124	148	33	197	129	18	344
	19%	26%	30%	20%	17%	27%	25%	24%	35%	18%	28%	28%	24%	10%	18%	27%	22%	20%
			c						acf			c			a	abe	a	a
<i>Base for % - Home activity, fitness or exercise class not viewed online or on TV, DVD or video</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	304	81	76	17	10	93	91	86	68	24	6	92	92	44	155	86	17	259
	15%	16%	21%	11%	21%	18%	17%	15%	25%	14%	18%	21%	15%	14%	14%	18%	22%	15%
			c			c			acf			acf			b			
<i>Base for % - Cycling (either for leisure or travel)</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Cycling (either for leisure or travel)	289	93	74	23	9	97	103	104	64	23	9	87	113	31	158	88	12	258
	14%	19%	20%	15%	20%	19%	19%	18%	24%	13%	29%	20%	18%	10%	14%	18%	16%	15%
									ac		c				a	ab		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self				
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Significance Level: 95%																	
Unweighted Total	2007	479	357	150	47	507	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Home activity, fitness or exercise class viewed online or on TV, DVD or video</i>	2007	490	362	152	47	514	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	269	73	66	22	12	89	81	63	22	9	85	90	22	140	92	15	247
	13%	15%	18%	15%	25%	17%	14%	24% acf	13%	29% acf	19% a	15%	7%	13% a	19% abe	19% a	15% a
<i>Base for % - Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)</i>	2007	490	362	152	47	514	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	240	77	71	18	9	89	90	58	18	6	76	96	30	122	84	4	210
	12%	16%	20% c	12%	18%	17%	16%	22% acf	10%	19% c	17% c	16%	9%	11% abde	17% abde	5% abde	12% abde
<i>Base for % - Swimming</i>	2007	490	362	152	47	514	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Swimming	199	53	50	16	6	66	59	51	10	4	61	63	24	102	62	11	175
	10%	11%	14%	10%	13%	13%	10%	19% acf	6%	14% c	14% c	10%	8%	9% ab	13% ab	13% ab	10% ab
<i>Base for % - Informal active play/games in the house or garden (e.g. throwing, catching, running games)</i>	2007	490	362	152	47	514	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	180	60	51	10	7	62	67	61	48	19	1	67	62	12	95	64	9	169
	9%	12%	14%	7%	14%	12%	12%	11%	18%	11%	3%	15%	10%	4%	9%	13%	12%	10%
			c						acdf			adf			a	ab	a	a
<i>Base for % - Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	146	31	48	11	10	59	41	32	44	17	5	62	38	10	65	64	7	136
	7%	6%	13%	7%	22%	11%	8%	6%	17%	10%	17%	14%	6%	3%	6%	13%	9%	8%
			af		acef	af			acf	a	af	af			a	abe	a	ab
<i>Base for % - Team sports (such as football, cricket, rugby etc.)</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	107	28	30	10	10	40	38	28	34	10	5	44	33	6	51	42	7	101
	5%	6%	8%	7%	21%	8%	7%	5%	13%	6%	17%	10%	5%	2%	5%	9%	9%	6%
					abcef				acf		acf	af			a	abe	a	a
<i>Base for % - Racket sports (such as tennis, badminton, squash etc.)</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Racket sports (such as tennis, badminton, squash etc.)	82	22	28	7	4	35	26	18	34	5	4	40	22	6	31	40	5	75
	4%	5%	8%	5%	9%	7%	5%	3%	13%	3%	13%	9%	4%	2%	3%	8%	6%	4%
									acf		acf	acf			abe	a	ab	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Combat sports, martial arts or target sports (such as shooting, archery etc.)</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	81	20	27	9	4	36	24	14	27	13	4	41	18	9	31	33	8	72
	4%	4%	7% a	6%	8%	7%	5%	2%	10% af	8% af	13% af	9% af	3%	3%	7% abe	11% abe	4%	b
<i>Base for % - Golf</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	78	28	20	3	1	23	29	26	17	6	2	23	27	11	33	31	3	67
	4%	6%	5%	2%	2%	4%	5%	4%	6%	3%	5%	5%	5%	3%	3%	6% abe	4%	4%
<i>Base for % - Gymnastics, trampolining or cheerleading</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gymnastics, trampolining or cheerleading	57	10	27	8	4	35	14	19	18	10	2	28	21	8	25	22	2	48
	3%	2%	7% af	5% a	9% af	7% af	3%	3%	7% af	6% af	7% af	6% af	3%	3%	2% b	5% b	3%	3%
<i>Base for % - Water sports (such as surfing, rowing, sailing etc.)</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Water sports (such as surfing, rowing, sailing etc.)	52	10	19	13	5	31	15	13	21	10	4	30	16	8	25	17	3	44
	3%	2%	5% a	8% af	11% af	6% af	3%	2%	8% af	6% a	13% af	7% af	3%	2%	2% 3%	3% 3%	3%	3%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Other sport, exercise or physical activity</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	88	15	9	5	2	14	18	20	6	7	-	13	20	16	51	19	1	72
	4%	3%	3%	3%	5%	3%	3%	3%	2%	4%	-	3%	3%	5%	5%	4%	1%	4%
<i>Base for % - I have not done any physical activity in the past week</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have not done any physical activity in the past week	291	51	30	8	2	38	53	63	10	17	1	27	64	81	161	45	4	210
	15%	10%	8%	5%	4%	7%	10%	11%	4%	10%	5%	6%	11%	25%	14%	9%	6%	12%
								be		b		be		bcde	cd			
<i>Base for % - NET: Home based activity</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Home based activity	619	166	154	42	23	195	189	186	134	53	13	187	200	70	321	195	33	549
	31%	34%	42%	27%	49%	38%	35%	32%	50%	30%	43%	42%	33%	22%	29%	40%	42%	33%
			acf		ac	c			acef			acf			a	abe	ab	ab
<i>Base for % - NET: Any physical activity in the past week</i>	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Any physical activity in the past week	1716	439	332	144	45	476	484	517	256	158	30	415	546	241	960	440	75	1475
	85%	90%	92%	95%	96%	93%	90%	89%	96%	90%	95%	94%	89%	75%	86%	91%	94%	88%
									acf			af			a	ab	ab	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Walking (either for leisure or travel)</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1095	150	757	131	173	27	774	286	40	880	215	938	154
	55%	39%	61%	49%	46%	26%	60%	44%	51%	55%	54%	56%	52%
			a	c	c		abce	c	c				
<i>Base for % - Running or jogging</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Running or jogging	377	87	249	45	28	14	285	80	3	325	52	333	40
	19%	22%	20%	17%	7%	13%	22%	12%	4%	20%	13%	20%	14%
				bf		f	abcef	bf		b		b	
<i>Base for % - Home activity, fitness or exercise class not viewed online or on TV, DVD or video</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	304	69	186	36	45	17	215	79	15	256	48	263	38
	15%	18%	15%	13%	12%	16%	17%	12%	19%	16%	12%	16%	13%
							be						
<i>Base for % - Cycling (either for leisure or travel)</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Cycling (either for leisure or travel)	289	77	175	37	36	17	203	79	8	233	57	260	26
	14%	20%	14%	14%	10%	16%	16%	12%	9%	14%	14%	15%	9%
		b					be					b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Home activity, fitness or exercise class viewed online or on TV, DVD or video</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	269	75	162	27	29	14	197	60	8	227	42	239	28
	13%	19%	13%	10%	8%	13%	15%	9%	10%	14%	11%	14%	9%
		b					abe					b	
<i>Base for % - Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	240	60	145	26	29	17	170	61	6	200	40	205	30
	12%	15%	12%	10%	8%	16%	13%	9%	7%	12%	10%	12%	10%
						be	be						
<i>Base for % - Swimming</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Swimming	199	73	99	29	32	21	114	74	4	162	38	175	21
	10%	19%	8%	11%	8%	20%	9%	11%	6%	10%	9%	10%	7%
		b				abdef							
<i>Base for % - Informal active play/games in the house or garden (e.g. throwing, catching, running games)</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	180	56	106	30	28	14	112	65	5	152	29	157	21
	9%	14%	9%	11%	8%	13%	9%	10%	7%	9%	7%	9%	7%
		b											
<i>Base for % - Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	146	65	63	25	22	17	81	59	3	121	25	127	14
	7%	17%	5%	9%	6%	16%	6%	9%	4%	8%	6%	8%	5%
		b				bdef		d					
<i>Base for % - Team sports (such as football, cricket, rugby etc.)</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	107	39	58	16	9	11	72	32	2	82	25	93	11
	5%	10%	5%	6%	2%	11%	6%	5%	2%	5%	6%	6%	4%
		b		b		bdef	b						
<i>Base for % - Racket sports (such as tennis, badminton, squash etc.)</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Racket sports (such as tennis, badminton, squash etc.)	82	40	36	22	12	8	45	36	4	66	15	70	11
	4%	10%	3%	8%	3%	7%	3%	6%	5%	4%	4%	4%	4%
		b		bd		bd		d					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b	a	b	c	d	e	f	a	b	a	b	
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Combat sports, martial arts or target sports (such as shooting, archery etc.)</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	81	44	27	14	17	14	43	37	6	70	11	71	9
	4%	11%	2%	5%	5%	13%	3%	6%	7%	4%	3%	4%	3%
		b				abde		d					
<i>Base for % - Golf</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	78	28	38	14	6	8	53	23	3	67	11	72	5
	4%	7%	3%	5%	2%	8%	4%	4%	4%	4%	3%	4%	2%
		b		b		be	b					b	
<i>Base for % - Gymnastics, trampolining or cheerleading</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gymnastics, trampolining or cheerleading	57	31	17	15	13	12	22	34	3	49	8	52	4
	3%	8%	1%	6%	3%	11%	2%	5%	4%	3%	2%	3%	1%
		b		d	d	bde		d					
<i>Base for % - Water sports (such as surfing, rowing, sailing etc.)</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Water sports (such as surfing, rowing, sailing etc.)	52	31	13	11	6	9	27	23	2	43	9	43	8
	3%	8%	1%	4%	2%	9%	2%	4%	2%	3%	2%	3%	3%
		b		d		bde							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Other sport, exercise or physical activity</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	88	12	57	11	22	2	53	32	4	59	29	81	6
	4%	3%	5%	4%	6%	2%	4%	5%	5%	4%	7% a	5% b	2%
<i>Base for % - I have not done any physical activity in the past week</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have not done any physical activity in the past week	291	32	168	48	102	9	140	132	23	228	63	219	64
	15%	8%	14% a	18% cd	27% acde	9%	11%	20% cd	29% acd	14%	16%	13%	22% a
<i>Base for % - NET: Home based activity</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Home based activity	619	154	377	81	85	36	424	174	23	514	105	533	78
	31%	39% b	30%	30% b	23%	34% b	33% be	27%	29%	32% b	26%	32%	26%
<i>Base for % - NET: Any physical activity in the past week</i>	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Any physical activity in the past week	1716	359	1073	221	271	97	1142	522	56	1380	335	1463	232
	85%	92% b	86%	82% bf	73%	91% abef	89% abef	80% b	71%	86%	84%	87% b	78%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Walking (either for leisure or travel)</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1095	116	112	144	183	125	143	65	208	563	416	378	468	242	181	277	455	171
	55%	29%	57%	54%	55%	52%	71%	69%	74%	54%	72%	57%	53%	58%	47%	53%	60%	56%
			a	a	a	a	abcdei	acdei	abcdei	a	abcdei						ab	a
<i>Base for % - Running or jogging</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Running or jogging	377	4	14	51	79	55	64	39	72	199	175	203	118	55	51	93	155	72
	19%	1%	7%	19%	24%	23%	32%	42%	26%	19%	31%	31%	13%	13%	13%	13%	18%	21%
			a	ab	ab	ab	abcdei	abcdehij	abi	ab	abcdei	bc					a	ab
<i>Base for % - Home activity, fitness or exercise class not viewed online or on TV, DVD or video</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	304	6	18	42	58	58	44	22	56	176	121	152	97	52	42	75	134	52
	15%	1%	9%	16%	17%	24%	22%	23%	20%	17%	21%	23%	11%	13%	11%	14%	18%	17%
			a	ab	ab	abcdi	ab	ab	ab	ab	abi	bc					a	a
<i>Base for % - Cycling (either for leisure or travel)</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Cycling (either for leisure or travel)	289	4	19	44	51	51	39	27	54	165	120	154	96	40	33	72	119	63
	14%	1%	10%	16%	15%	21%	19%	29%	19%	16%	21%	23%	11%	10%	9%	14%	16%	21%
			a	ab	a	ab	ab	abcdhi	ab	ab	abdi	bc				a	a	ab
<i>Base for % - Home activity, fitness or exercise class viewed online or on TV, DVD or video</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	269	3	20	31	45	60	44	24	41	157	109	147	78	39	41	64	109	50
	13%	1%	10%	12%	13%	25%	22%	26%	15%	15%	19%	22%	9%	9%	11%	12%	15%	16%
			a	a	a	abcdhi	abcdhi	abcdhi	a	a	abcdi	bc						a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	240	2	12	35	55	44	28	23	40	147	91	135	67	36	37	53	92	55
	12%	1%	6%	13%	17%	18%	14%	24%	14%	14%	16%	21%	8%	9%	10%	10%	12%	18%
			a	ab	ab	ab	ab	ab	ab	ab	ab	bc						abc
<i>Base for % - Swimming</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Swimming	199	8	9	31	41	37	30	13	31	118	73	109	65	21	25	55	68	45
	10%	2%	5%	12%	12%	15%	15%	14%	11%	11%	13%	17%	7%	5%	7%	10%	9%	15%
				ab	ab	ab	ab	ab	ab	ab	ab	bc				a		ac
<i>Base for % - Informal active play/games in the house or garden (e.g. throwing, catching, running games)</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	180	5	20	20	41	30	20	14	31	111	64	84	60	35	22	51	62	41
	9%	1%	10%	8%	12%	13%	10%	15%	11%	11%	11%	13%	7%	8%	6%	10%	8%	13%
			a	a	a	a	a	ac	a	a	a	bc				a		ac
<i>Base for % - Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	146	6	9	21	42	24	18	7	21	95	46	73	40	31	26	47	48	22
	7%	1%	4%	8%	13%	10%	9%	8%	7%	9%	8%	11%	4%	7%	7%	9%	6%	7%
			a	a	abhj	ab	a	a	a	ab	a	b		b				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Team sports (such as football, cricket, rugby etc.)</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	107	3	8	12	28	26	12	4	14	75	30	62	34	10	18	28	30	29
	5%	1%	4%	5%	8%	11%	6%	4%	5%	7%	5%	9%	4%	2%	5%	5%	4%	9%
			a	a	a	abchj	a	a	a	a	a	bc						abc
<i>Base for % - Racket sports (such as tennis, badminton, squash etc.)</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Racket sports (such as tennis, badminton, squash etc.)	82	1	2	17	16	19	9	1	16	54	26	51	21	9	11	21	32	17
	4%	*	1%	6%	5%	8%	5%	1%	6%	5%	5%	8%	2%	2%	3%	4%	4%	6%
				ab	ab	abg	ab		ab	ab	ab	bc						
<i>Base for % - Combat sports, martial arts or target sports (such as shooting, archery etc.)</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	81	1	9	12	15	21	4	6	15	56	24	47	23	9	9	28	24	20
	4%	*	4%	4%	5%	9%	2%	6%	5%	5%	4%	7%	3%	2%	2%	5%	3%	6%
			a	a	a	afj	a	a	a	af	a	bc				a		ac
<i>Base for % - Golf</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Golf	78	3	3	10	20	13	14	2	15	45	30	43	21	13	8	18	29	20
	4%	1%	1%	4%	6%	5%	7%	2%	5%	4%	5%	6%	2%	3%	2%	3%	4%	6%
				a	ab	ab	ab		ab	ab	ab	bc						ab
<i>Base for % - Gymnastics, trampolining or cheerleading</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Gymnastics, trampolining or cheerleading	57	1	3	10	11	12	10	2	9	35	21	31	20	5	10	19	17	10
	3%	*	1%	4%	3%	5%	5%	2%	3%	3%	4%	5%	2%	1%	3%	4%	2%	3%
				a	a	ab	ab		a	a	a	bc						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3. Which, if any, of the following physical activities have you done in the past week?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Significance Level: 95%																		
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
<i>Base for % - Water sports (such as surfing, rowing, sailing etc.)</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Water sports (such as surfing, rowing, sailing etc.)	52	2	6	5	15	11	5	1	7	36	13	35	11	6	7	16	18	10
	3%	*	3%	2%	5%	4%	3%	1%	3%	4%	2%	5%	1%	1%	2%	3%	2%	3%
			a		ac	a	a		a	a	a	bc						
<i>Base for % - Other sport, exercise or physical activity</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	88	5	13	12	18	10	14	7	9	53	30	23	44	18	13	16	44	13
	4%	1%	7%	5%	5%	4%	7%	8%	3%	5%	5%	4%	5%	4%	3%	3%	6%	4%
			a	a	a	a	ah	ah		a	a						b	
<i>Base for % - I have not done any physical activity in the past week</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I have not done any physical activity in the past week	291	250	17	9	7	1	3	-	4	34	8	9	196	65	90	81	77	30
	15%	63%	9%	3%	2%	*	2%	-	2%	3%	1%	1%	22%	16%	24%	15%	10%	10%
		bcdefghij	cdefghij	ej						ej			ac	a	bcd	cd		
<i>Base for % - NET: Home based activity</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Home based activity	619	14	50	80	124	117	86	45	103	371	234	299	201	110	92	165	246	108
	31%	3%	26%	30%	37%	49%	43%	49%	37%	36%	41%	45%	23%	26%	24%	31%	33%	35%
			a	a	ab	abcdhij	abc	abcdhi	ab	ab	abci	bc				a	a	a
<i>Base for % - NET: Any physical activity in the past week</i>	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Any physical activity in the past week	1716	147	178	259	327	240	197	93	276	1004	566	649	693	350	291	447	675	277
	85%	37%	91%	97%	98%	100%	98%	100%	98%	97%	99%	99%	78%	84%	76%	85%	90%	90%
			a	ab	ab	abci	ab	ab	ab	ab	abci	bc		b		a	ab	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1089	503	584	271	333	485	62	147	103	130	97	106	136	197	111
Total	1095	487	606	267	350	478	47	149	106	120	98	125	145	185	120
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	711 65%	347 71%	363 60%	150 56%	227 65%	334 70%	27 58%	94 63%	68 65%	82 68%	63 64%	87 70%	88 60%	119 64%	83 69%
To get to/from shops or supermarkets	521 48%	243 50%	277 46%	127 48%	170 49%	224 47%	20 43%	78 52%	52 50%	51 42%	41 42%	70 56%	71 49%	86 47%	52 43%
To visit friends or family	223 20%	100 21%	123 20%	81 30%	86 25%	56 12%	5 11%	28 19%	24 23%	26 21%	25 26%	23 19%	41 28%	33 18%	18 15%
For personal business, e.g. running errands or visiting the doctor	173 16%	84 17%	89 15%	60 22%	45 13%	68 14%	1 2%	22 15%	18 17%	19 16%	15 15%	17 13%	43 29%	23 12%	15 13%
To get to/from my place of work	137 12%	72 15%	65 11%	51 19%	66 19%	19 4%	5 10%	15 10%	11 10%	11 10%	13 14%	14 11%	37 25%	17 9%	14 12%
For journeys made as part of my work	108 10%	60 12%	48 8%	35 13%	48 14%	26 5%	1 2%	10 7%	2 2%	12 10%	9 9%	16 13%	22 15%	20 11%	16 13%
To get to/from school or place of education (including escorting others)	98 9%	32 7%	66 11%	42 16%	47 13%	9 2%	5 10%	15 10%	8 8%	12 10%	11 12%	5 4%	19 13%	14 8%	7 6%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	88 8%	48 10%	40 7%	41 15%	27 8%	20 4%	4 8%	7 5%	19 18%	10 9%	3 3%	5 4%	18 12%	15 8%	8 7%
To volunteer or provide support to others	43 4%	21 4%	21 4%	10 4%	14 4%	19 4%	3 6%	6 4%	6 6%	6 5%	2 2%	2 2%	7 5%	4 2%	6 5%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1089	503	584	271	333	485	62	147	103	130	97	106	136	197	111
Total	1095	487	606	267	350	478	47	149	106	120	98	125	145	185	120
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For another purpose	96	33	63	18	22	56	5	14	13	9	8	6	8	24	9
	9%	7%	10%	7%	6%	12%	11%	9%	12%	7%	8%	5%	5%	13%	8%
			a			ab								fg	
NET: Travel/utility	673	307	365	186	216	270	23	91	65	68	56	86	102	111	70
	61%	63%	60%	70%	62%	56%	50%	61%	61%	57%	57%	69%	70%	60%	58%
				bc								a	adei		
NET: Leisure, fitness & recreation and travel/utility	380	195	185	97	123	161	11	49	36	40	31	51	54	62	47
	35%	40%	31%	36%	35%	34%	22%	33%	34%	33%	32%	40%	37%	33%	39%
		b										a	a		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	1089	68	270	236	124	115	276	574	515	960	21	49	32	4	4	110
Total	1095	69	275	238	123	118	272	582	513	963	22	51	33	4	4	113
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	711 65%	53 77% cdefh	200 73% cdefh	152 64% e	77 63%	60 50%	169 62% e	405 70% efh	306 60%	628 65% c	16 76%	24 48%	21 65%	2 49%	3 80%	67 59%
To get to/from shops or supermarkets	521 48%	35 50%	123 45%	99 42%	58 47%	64 54% c	143 53% cg	257 44% cg	265 52% cg	455 47%	12 57%	23 45%	19 57%	1 22%	1 32%	56 50%
To visit friends or family	223 20%	10 15%	56 20%	50 21%	32 26% f	34 29% afg	42 15%	116 20%	108 21%	183 19%	11 49%	12 24%	9 28%	1 29%	1 20%	34 30% a
For personal business, e.g. running errands or visiting the doctor	173 16%	18 26% efh	47 17%	40 17%	18 15%	16 13%	33 12%	105 18% fh	67 13%	139 14%	7 32%	13 25% a	10 29% a	- -	1 32%	31 27% a
To get to/from my place of work	137 12%	12 18% fh	41 15% fh	35 15% fh	26 21% fh	21 18% fh	1 * fh	88 15% fh	49 9% f	110 11%	6 30%	10 20%	6 19%	- -	1 25%	24 21% a
For journeys made as part of my work	108 10%	9 13% fh	41 15% fh	27 11% fh	16 13% fh	15 13% fh	1 * fh	76 13% fh	32 6% f	89 9%	3 16%	7 15%	5 16%	- -	1 32%	17 15% a
To get to/from school or place of education (including escorting others)	98 9%	8 11%	23 9%	21 9%	9 7%	19 16% bcd fgh	19 7%	52 9%	46 9%	75 8%	5 22%	11 22% a	5 15%	- -	- -	21 19% a
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	88 8%	12 17% bc fgh	21 7% f	20 8% f	17 14% bfh	9 8%	10 4%	52 9% f	36 7% f	73 8%	1 6%	4 9%	7 20% a	- -	- -	12 11%
To volunteer or provide support to others	43 4%	8 11% bc fgh	11 4% c	3 1%	4 3%	6 5% c	10 4%	22 4%	21 4% c	37 4%	- -	4 7%	- -	- -	- -	4 3%
For another purpose	96 9%	3 4%	18 6%	18 7%	16 13% bg	10 9%	32 12% bg	38 7%	58 11% bg	91 9%	- -	3 7%	- -	1 22%	- -	4 4%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	1089	68	270	236	124	115	276	574	515	960	21	49	32	4	4	110
Total	1095	69	275	238	123	118	272	582	513	963	22	51	33	4	4	113
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	673	49	168	139	80	80	157	355	317	581	16	34	26	1	2	79
	61%	71%	61%	58%	65%	68%	58%	61%	62%	60%	75%	66%	79%	22%	57%	70%
												a				
NET: Leisure, fitness & recreation and travel/utility	380	36	107	71	47	37	82	214	166	327	12	14	15	-	2	44
	35%	52%	39%	30%	39%	31%	30%	37%	32%	34%	55%	28%	46%	-	57%	39%
		cefg	cf													

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	1089	767	140	138	278	44	51	341	121	30	33	81	33	96	259	95
Total	1095	711	173	171	344	45	54	342	127	31	34	79	30	96	256	99
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	711	469	107	110	217	35	42	229	65	20	21	49	13	59	178	77
	65%	66%	62%	64%	63%	77%	78%	67%	51%	65%	63%	62%	44%	62%	70%	78%
						dh	dghi	dh							dh	cdghi
To get to/from shops or supermarkets	521	349	74	81	155	21	28	148	56	14	17	52	15	45	125	48
	48%	49%	43%	48%	45%	46%	52%	43%	44%	46%	51%	66%	50%	47%	49%	49%
												acdijk				
To visit friends or family	223	106	52	53	105	13	13	86	21	11	6	22	11	13	26	26
	20%	15%	30%	31%	31%	29%	24%	25%	17%	37%	16%	28%	37%	14%	10%	26%
			a	a	a	ij	j	ij		dij		ij	dij		ij	ij
For personal business, e.g. running errands or visiting the doctor	173	106	31	29	60	8	12	61	23	5	5	9	3	11	35	20
	16%	15%	18%	17%	17%	18%	22%	18%	18%	18%	16%	11%	11%	11%	13%	20%
To get to/from my place of work	137	67	28	37	64	5	7	82	29	9	1	-	3	-	1	12
	12%	9%	16%	22%	19%	10%	13%	24%	22%	28%	3%	-	11%	-	*	12%
			a	a	a	gij	gij	afgijk	fgijk	fgijk			gij			gij
For journeys made as part of my work	108	57	21	26	47	5	8	58	20	7	5	2	2	-	1	13
	10%	8%	12%	15%	14%	11%	16%	17%	15%	23%	16%	2%	5%	-	*	13%
				a	a	gij	gij	gij	gij	ghij	gij		ij			gij
To get to/from school or place of education (including escorting others)	98	17	26	51	77	4	12	24	14	5	6	10	11	10	2	17
	9%	2%	15%	30%	22%	9%	23%	7%	11%	15%	18%	13%	36%	11%	1%	17%
			a	ab	a	j	cdij	j	j	j	cj	j	acdijk	j		cj

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Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	1089	767	140	138	278	44	51	341	121	30	33	81	33	96	259	95
Total	1095	711	173	171	344	45	54	342	127	31	34	79	30	96	256	99
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	88 8%	51 7%	21 12%	12 7%	33 10%	7 15% hij	3 6%	38 11% hij	13 10% j	4 14% hij	4 12% hj	5 6%	- -	3 4%	10 4%	10 10% j
To volunteer or provide support to others	43 4%	23 3%	8 4%	9 5%	16 5%	2 5%	1 2%	11 3%	9 7% g	2 6%	3 10% g	1 1%	- -	2 2%	11 4%	4 4%
For another purpose	96 9%	76 11% bd	6 4%	12 7%	18 5%	2 4%	1 2%	21 6%	9 7%	2 6%	4 11% k	6 8% k	3 11% k	11 11% bk	39 15% abcdk	3 3%
NET: Travel/utility	673 61%	432 61%	101 58%	116 68%	217 63%	26 57%	38 71% ij	216 63% ij	88 69% ij	24 77% ij	22 67%	52 66%	17 56%	50 51%	139 54%	64 65%
NET: Leisure, fitness & recreation and travel/utility	380 35%	240 34%	55 32%	72 42%	127 37%	18 40% h	27 51% cdhij	125 36% h	37 29%	15 48% h	12 36%	29 36%	5 17%	28 29%	84 33%	46 46% dhij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	1089	266	184	78	17	262	283	336	109	86	14	195	350	184	642	230	33	905
Total	1095	276	185	79	18	263	295	340	115	89	14	204	354	170	638	250	36	924
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	711 65%	180 65%	134 73%	38 49%	8 43%	173 66%	188 64%	220 65%	80 69%	50 57%	10 74%	130 64%	230 65%	98 58%	435 68%	157 63%	21 59%	613 66%
		c	cf			c	c								a			a
To get to/from shops or supermarkets	521 48%	120 43%	92 50%	34 43%	7 39%	125 47%	127 43%	157 46%	52 45%	39 44%	6 41%	92 45%	163 46%	100 59%	292 46%	114 45%	15 42%	421 46%
														bce				
To visit friends or family	223 20%	61 22%	45 25%	21 27%	6 30%	67 25%	67 23%	67 20%	43 38%	18 20%	6 40%	61 30%	72 20%	38 22%	113 18%	59 24%	14 38%	185 20%
									acf			af			b		be	
For personal business, e.g. running errands or visiting the doctor	173 16%	46 17%	38 21%	18 23%	3 16%	56 21%	49 17%	58 17%	30 26%	13 15%	4 28%	43 21%	62 18%	36 21%	91 14%	39 15%	7 19%	136 15%
														be				
To get to/from my place of work	137 12%	84 30%	22 12%	12 15%	7 37%	34 13%	91 31%	82 24%	26 22%	12 13%	7 49%	37 18%	89 25%	18 11%	67 11%	42 17%	9 25%	118 13%
		bce				bce	bce	c					c			b		ab
For journeys made as part of my work	108 10%	55 20%	20 11%	13 17%	7 37%	34 13%	61 21%	64 19%	18 16%	10 11%	2 12%	28 14%	66 19%	15 9%	49 8%	38 15%	6 18%	93 10%
		be				be	be									abe	b	
To get to/from school or place of education (including escorting others)	98 9%	25 9%	17 9%	9 12%	5 26%	27 10%	30 10%	23 7%	21 19%	12 14%	1 9%	34 17%	24 7%	4 2%	34 5%	52 21%	8 23%	94 10%
									af	af		af				abe	abe	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	1089	266	184	78	17	262	283	336	109	86	14	195	350	184	642	230	33	905
Total	1095	276	185	79	18	263	295	340	115	89	14	204	354	170	638	250	36	924
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	88 8%	26 10%	24 13%	7 9%	3 18%	31 12%	30 10%	36 11%	15 13% c	4 4%	4 31%	19 9%	40 11% c	12 7%	49 8%	24 10%	2 7%	76 8%
To volunteer or provide support to others	43 4%	13 5%	5 2%	5 7%	2 12%	10 4%	15 5%	14 4%	7 6%	4 5%	1 10%	11 5%	16 4%	6 4%	22 3%	14 6%	- -	36 4%
For another purpose	96 9%	10 4%	15 8% af	6 8%	1 5%	21 8% af	11 4%	20 6%	6 5%	6 7%	- -	12 6%	20 6%	19 11%	57 9%	18 7%	1 3%	77 8%
NET: Travel/utility	673 61%	190 69%	115 63%	52 66%	16 88%	168 64%	206 70%	231 68%	77 67%	55 63%	11 77%	133 65%	241 68%	124 73% be	365 57%	162 65% b	22 62%	548 59%
NET: Leisure, fitness & recreation and travel/utility	380 35%	107 39% c	76 41% c	20 26%	7 36%	96 37%	113 39% c	126 37%	53 46% c	23 26%	8 59%	76 37%	134 38% c	64 38%	211 33%	91 36%	14 38%	316 34%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	f	a	b	a	b
Unweighted Total	1089	140	747	132	172	26	769	285	40	873	216	929	157
Total	1095	150	757	131	173	27	774	286	40	880	215	938	154
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	711	83	520	73	90	14	539	150	24	563	148	620	90
	65%	55%	69%	56%	52%	50%	70%	52%	59%	64%	69%	66%	59%
			a				abe						
To get to/from shops or supermarkets	521	74	339	79	96	8	349	153	27	441	81	428	92
	48%	49%	45%	60%	55%	30%	45%	53%	66%	50%	38%	46%	60%
				d	d			d	d	b		a	a
To visit friends or family	223	43	138	37	32	6	151	63	11	191	33	185	37
	20%	28%	18%	28%	18%	23%	19%	22%	26%	22%	15%	20%	24%
		b		bd						b			
For personal business, e.g. running errands or visiting the doctor	173	28	108	25	32	7	114	51	11	149	24	145	27
	16%	19%	14%	19%	18%	26%	15%	18%	27%	17%	11%	15%	18%
								d		b			
To get to/from my place of work	137	26	91	17	14	5	98	31	5	119	18	108	28
	12%	17%	12%	13%	8%	20%	13%	11%	13%	14%	8%	12%	18%
										b		a	a
For journeys made as part of my work	108	23	68	13	11	2	85	20	5	95	13	98	10
	10%	15%	9%	10%	7%	8%	11%	7%	13%	11%	6%	10%	7%
		b								b			
To get to/from school or place of education (including escorting others)	98	27	67	21	12	6	60	33	3	91	8	84	14
	9%	18%	9%	16%	7%	22%	8%	12%	9%	10%	4%	9%	9%
		b		bd				d		b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	a	b	*c	d	e	f	a	b	a	b	
Significance Level: 95%													
Unweighted Total	1089	140	747	132	172	26	769	285	40	873	216	929	157
Total	1095	150	757	131	173	27	774	286	40	880	215	938	154
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	88	23	52	10	10	4	65	18	4	76	11	76	11
	8%	15%	7%	7%	6%	15%	8%	6%	9%	9%	5%	8%	7%
		b											
To volunteer or provide support to others	43	13	22	3	6	4	31	10	1	36	7	38	5
	4%	8%	3%	2%	3%	16%	4%	3%	2%	4%	3%	4%	3%
		b											
For another purpose	96	12	64	9	17	4	66	28	2	66	30	91	5
	9%	8%	8%	7%	10%	15%	9%	10%	5%	8%	14%	10%	3%
											a	b	
NET: Travel/utility	673	100	438	93	111	15	465	184	30	567	105	560	111
	61%	66%	58%	71%	64%	53%	60%	64%	73%	64%	49%	60%	72%
				d						b			a
NET: Leisure, fitness & recreation and travel/utility	380	48	261	44	44	8	288	78	14	317	63	325	55
	35%	32%	35%	33%	26%	28%	37%	27%	35%	36%	29%	35%	35%
							be						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1089	118	112	144	180	121	140	65	209	557	414	366	471	244	184	275	452	166
Total	1095	116	112	144	183	125	143	65	208	563	416	378	468	242	181	277	455	171
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	711 65%	30 26%	56 50%	85 59%	139 76%	88 70%	94 66%	56 86%	163 78%	368 65%	313 75%	268 71%	292 62%	148 61%	102 57%	174 63%	310 68%	118 69%
			a	a	abcd	ab	ab	abcefi	abcfi	ab	abcfi	bc					a	a
To get to/from shops or supermarkets	521 48%	67 58%	45 40%	69 48%	79 43%	63 50%	79 55%	23 36%	97 46%	255 45%	199 48%	181 48%	223 48%	114 47%	105 58%	134 48%	203 45%	76 44%
		bdghij					bdgi								bcd			
To visit friends or family	223 20%	15 13%	18 16%	26 18%	41 22%	23 18%	39 28%	10 15%	52 25%	108 19%	101 24%	102 27%	79 17%	40 17%	35 19%	68 25%	72 16%	43 25%
					a		abi		a		a	bc				c		c
For personal business, e.g. running errands or visiting the doctor	173 16%	18 16%	9 8%	16 11%	23 13%	25 20%	33 23%	18 28%	30 15%	73 13%	81 20%	76 20%	66 14%	30 12%	29 16%	46 17%	70 15%	27 16%
						bci	bcdhi	abcdhi			bcdi	bc						
To get to/from my place of work	137 12%	16 13%	6 5%	12 8%	27 15%	19 15%	25 17%	9 14%	24 11%	63 11%	58 14%	63 17%	53 11%	20 8%	14 8%	50 18%	51 11%	21 12%
		b			b	b	bc	b		b	b	bc				ac		
For journeys made as part of my work	108 10%	6 5%	11 10%	9 6%	10 6%	20 16%	24 17%	8 13%	20 9%	50 9%	52 13%	47 13%	41 9%	20 8%	11 6%	31 11%	39 9%	25 15%
						acdi	acdhi				acd					a		ac
To get to/from school or place of education (including escorting others)	98 9%	12 10%	6 5%	10 7%	12 7%	12 10%	26 18%	4 6%	17 8%	40 7%	46 11%	53 14%	29 6%	17 7%	14 8%	30 11%	30 7%	23 14%
							bcdghij				i	bc				c		c
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	88 8%	7 6%	8 7%	8 5%	14 8%	14 11%	12 9%	7 10%	19 9%	43 8%	37 9%	45 12%	29 6%	15 6%	15 8%	25 9%	35 8%	13 8%
												bc						
To volunteer or provide support to others	43 4%	1 1%	4 4%	3 2%	6 3%	6 5%	6 4%	3 5%	14 7%	19 3%	23 6%	18 5%	18 4%	7 3%	7 4%	9 3%	14 3%	13 7%
								aci			a							c

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3E. You said you have walked in the past week. For what purpose(s) did you walk?

BASE: All respondents who walked in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Significance Level: 95%																		
Unweighted Total	1089	118	112	144	180	121	140	65	209	557	414	366	471	244	184	275	452	166
Total	1095	116	112	144	183	125	143	65	208	563	416	378	468	242	181	277	455	171
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For another purpose	96	11	11	7	9	8	12	5	33	35	50	20	57	19	15	20	44	17
	9%	9%	10%	5%	5%	7%	9%	8%	16%	6%	12%	5%	12%	8%	9%	7%	10%	10%
									cdei		cdi		a					
NET: Travel/utility	673	86	58	81	107	85	99	39	119	331	256	241	282	145	119	182	260	105
	61%	74%	52%	56%	59%	68%	69%	60%	57%	59%	62%	64%	60%	60%	66%	66%	57%	62%
		bcdghij				b	bchi								c	c		
NET: Leisure, fitness & recreation and travel/utility	380	14	17	35	71	54	67	32	90	177	189	158	150	71	59	102	148	69
	35%	12%	16%	24%	39%	43%	47%	49%	43%	31%	46%	42%	32%	29%	33%	37%	33%	40%
				a	abc	abci	abci	abci	abci	ab	abci	bc						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	*c	*d	*e	*f	g	h	*i
Unweighted Total	280	174	104	103	110	67	11	35	24	29	29	24	53	49	26
Total	289	175	112	102	122	65	8	38	25	28	30	29	58	47	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	191	111	78	52	84	55	4	30	14	18	24	19	33	30	17
	66%	64%	70%	51%	68%	85%	55%	79%	56%	65%	83%	65%	56%	65%	66%
					a	ab		g							
To get to/from shops or supermarkets	76	47	27	30	31	14	1	7	6	5	9	6	18	16	8
	26%	27%	24%	30%	25%	22%	10%	19%	23%	19%	32%	20%	30%	34%	30%
To visit friends or family	73	48	25	30	31	12	1	7	4	6	9	7	19	16	4
	25%	27%	22%	29%	25%	19%	9%	19%	16%	21%	31%	24%	33%	34%	15%
To get to/from my place of work	67	45	21	35	25	7	2	7	4	5	8	5	15	17	5
	23%	25%	19%	34%	20%	11%	19%	18%	16%	16%	26%	17%	26%	37%	20%
				bc											
For personal business, e.g. running errands or visiting the doctor	42	27	14	20	18	4	-	2	1	5	6	1	14	8	4
	15%	16%	12%	20%	15%	6%	-	6%	5%	18%	20%	4%	24%	18%	16%
				c									b		
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	42	25	16	23	16	3	-	3	7	3	5	1	15	4	2
	15%	14%	15%	23%	13%	4%	-	9%	30%	12%	17%	4%	26%	9%	8%
				c									h		
For journeys made as part of my work	38	24	14	20	18	1	1	2	3	5	6	4	11	3	3
	13%	14%	13%	19%	15%	1%	9%	6%	13%	19%	21%	13%	20%	6%	11%
				c	c								h		
To get to/from school or place of education (including escorting others)	34	23	11	19	16	-	2	6	1	3	5	4	11	1	1
	12%	13%	10%	18%	13%	-	27%	15%	5%	11%	17%	12%	19%	3%	3%
				c	c			h					h		
To volunteer or provide support to others	28	21	7	20	7	2	-	2	3	3	3	3	7	6	1
	10%	12%	6%	19%	5%	3%	-	5%	13%	12%	11%	9%	12%	12%	3%
				bc											
For another purpose	5	2	3	-	1	4	-	1	-	-	-	-	2	1	1
	2%	1%	3%	-	1%	6%	-	3%	-	-	-	-	4%	2%	4%
						a									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

Significance Level: 95%

Unweighted Total

Total

NET: Travel/utility

NET: Leisure, fitness & recreation and travel/utility

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
		a	b	a	b	c	*a	b	*c	*d	*e	*f	g	h	*i
Unweighted Total	280	174	104	103	110	67	11	35	24	29	29	24	53	49	26
Total	289	175	112	102	122	65	8	38	25	28	30	29	58	47	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	157	99	56	68	69	20	2	16	13	14	19	14	36	28	13
	54%	56%	50%	67%	56%	31%	28%	43%	53%	50%	66%	47%	62%	60%	51%
				c	c										
NET: Leisure, fitness & recreation and travel/utility	80	46	33	30	37	12	-	13	4	5	15	6	19	13	4
	28%	26%	29%	30%	31%	19%	-	33%	18%	19%	51%	20%	33%	27%	16%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	280	39	67	62	37	30	45	168	112	227	13	17	15	3	2	50
Total	289	43	70	64	38	29	45	177	112	234	13	18	16	3	2	52
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	191 66%	28 65%	51 73%	31 49%	28 73%	17 60%	35 78%	110 62%	80 72%	159 68%	8 61%	11 62%	6 41%	2 76%	1 55%	29 56%
To get to/from shops or supermarkets	76 26%	8 18%	18 27%	24 38%	9 23%	7 25%	9 20%	50 29%	25 22%	58 25%	4 33%	8 41%	3 18%	- -	- -	15 29%
To visit friends or family	73 25%	12 28%	16 23%	17 27%	11 28%	9 30%	8 18%	46 26%	27 24%	49 21%	6 43%	8 46%	7 48%	- -	- -	22 41%
To get to/from my place of work	67 23%	10 24%	17 25%	21 33%	7 18%	10 33%	2 4%	49 27%	18 16%	51 22%	1 10%	9 47%	3 20%	1 31%	- -	14 27%
For personal business, e.g. running errands or visiting the doctor	42 15%	13 30%	11 15%	9 14%	6 15%	1 4%	3 6%	33 18%	10 9%	30 13%	1 10%	4 23%	5 32%	- -	- -	11 20%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	42 15%	12 27%	8 11%	10 16%	4 11%	4 15%	3 7%	30 17%	12 11%	28 12%	1 10%	7 37%	3 21%	- -	1 45%	12 23%
For journeys made as part of my work	38 13%	10 23%	12 17%	10 16%	4 10%	2 6%	1 3%	32 18%	7 6%	26 11%	1 10%	4 24%	5 33%	- -	- -	11 21%
To get to/from school or place of education (including escorting others)	34 12%	7 15%	9 13%	9 14%	6 15%	2 7%	2 3%	25 14%	9 8%	22 9%	2 16%	4 19%	5 33%	1 24%	- -	12 22%
To volunteer or provide support to others	28 10%	13 29%	5 7%	3 5%	5 12%	2 6%	1 2%	21 12%	7 6%	23 10%	1 7%	3 15%	1 6%	- -	- -	5 9%
For another purpose	5 2%	- -	- -	- -	- -	1 5%	4 9%	- -	5 5%	5 2%	- -	- -	- -	- -	- -	- -
						g	bcg		g							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	280	39	67	62	37	30	45	168	112	227	13	17	15	3	2	50
Total	289	43	70	64	38	29	45	177	112	234	13	18	16	3	2	52
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	157	27	37	41	22	17	14	104	53	124	6	15	8	1	-	30
	54%	61%	53%	63%	56%	59%	32%	59%	47%	53%	43%	82%	52%	31%	-	57%
		f	f	fh	f	f	f	f	f							
NET: Leisure, fitness & recreation and travel/utility	80	14	22	15	13	7	9	51	29	62	4	8	2	1	-	15
	28%	31%	32%	23%	34%	25%	19%	29%	26%	27%	26%	43%	15%	31%	-	28%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	280	150	58	56	114	12	20	134	27	11	6	18	12	13	27	32
Total	289	134	71	70	142	12	21	142	28	11	6	17	12	13	26	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	191	101	40	43	83	9	14	88	12	9	2	13	10	11	23	23
	66%	75%	56%	61%	58%	76%	69%	62%	44%	82%	31%	77%	79%	80%	86%	71%
		bcd														
To get to/from shops or supermarkets	76	39	17	17	34	4	2	41	9	3	3	5	2	2	5	6
	26%	29%	24%	25%	24%	31%	9%	29%	34%	27%	48%	31%	15%	14%	19%	17%
To visit friends or family	73	33	14	20	34	7	3	37	10	2	-	3	3	3	5	11
	25%	24%	19%	29%	24%	59%	16%	26%	35%	18%	-	18%	23%	21%	20%	32%
To get to/from my place of work	67	28	19	16	35	4	5	43	9	2	-	2	1	-	-	9
	23%	21%	27%	23%	25%	31%	25%	31%	34%	19%	-	12%	7%	-	-	28%
For personal business, e.g. running errands or visiting the doctor	42	14	10	16	26	2	2	30	4	2	1	-	1	-	1	4
	15%	10%	14%	23%	18%	14%	9%	21%	13%	19%	16%	-	7%	-	4%	11%
			a													
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	42	15	11	14	25	3	2	28	2	1	2	2	2	1	-	5
	15%	11%	15%	20%	17%	22%	10%	20%	8%	8%	34%	10%	13%	6%	-	15%
For journeys made as part of my work	38	9	14	14	27	1	3	29	5	1	-	-	-	-	-	4
	13%	6%	19%	19%	19%	7%	17%	20%	17%	8%	-	-	-	-	-	13%
			a	a	a											
To get to/from school or place of education (including escorting others)	34	6	10	16	26	2	3	21	5	1	-	1	1	1	-	5
	12%	5%	13%	23%	18%	14%	15%	15%	17%	11%	-	4%	8%	6%	-	15%
			a	a	a											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	280	150	58	56	114	12	20	134	27	11	6	18	12	13	27	32
Total	289	134	71	70	142	12	21	142	28	11	6	17	12	13	26	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To volunteer or provide support to others	28	8	7	10	17	3	5	16	2	1	1	-	-	-	1	7
	10%	6%	10%	14%	12%	21%	22%	11%	7%	7%	18%	-	-	-	3%	22%
For another purpose	5	3	-	1	1	-	-	-	-	-	1	-	-	-	4	-
	2%	2%	-	2%	1%	-	-	-	-	-	21%	-	-	-	15%	-
NET: Travel/utility	157	64	45	44	89	6	7	96	21	6	3	7	3	2	6	13
	54%	47%	64%	62%	63%	49%	36%	67%	75%	53%	48%	43%	22%	14%	22%	41%
			a	a				k								
NET: Leisure, fitness & recreation and travel/utility	80	36	19	23	41	4	2	49	8	5	-	5	2	1	4	6
	28%	27%	26%	32%	29%	35%	10%	35%	28%	45%	-	29%	14%	7%	15%	19%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	280	88	71	22	9	93	97	100	58	23	9	81	109	35	154	80	11	245
Total	289	93	74	23	9	97	103	104	64	23	9	87	113	31	158	88	12	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	191	57	46	15	4	61	61	63	40	17	3	57	66	23	107	54	7	168
	66%	61%	63%	64%	47%	63%	59%	61%	62%	73%	28%	65%	58%	75%	67%	61%	56%	65%
To get to/from shops or supermarkets	76	30	21	4	1	24	31	35	15	4	2	19	37	7	40	28	1	69
	26%	33%	28%	17%	11%	25%	31%	34%	23%	18%	21%	22%	33%	22%	25%	32%	10%	27%
To visit friends or family	73	26	16	6	-	23	26	31	15	2	3	17	33	8	33	30	2	65
	25%	28%	22%	28%	-	23%	26%	30%	23%	9%	30%	20%	30%	25%	21%	34%	20%	25%
To get to/from my place of work	67	33	15	6	4	20	38	35	14	6	4	19	39	5	34	23	5	61
	23%	36%	20%	25%	47%	21%	37%	33%	21%	24%	49%	22%	35%	17%	22%	26%	37%	24%
For personal business, e.g. running errands or visiting the doctor	42	18	15	2	1	17	19	19	14	2	2	16	21	3	15	23	1	40
	15%	20%	20%	10%	9%	18%	19%	18%	22%	10%	21%	18%	18%	8%	10%	26%	9%	15%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	42	13	15	4	1	19	14	10	16	4	3	20	13	3	16	23	-	39
	15%	14%	20%	19%	9%	20%	14%	10%	25%	17%	30%	23%	11%	11%	10%	26%	-	15%
For journeys made as part of my work	38	18	14	4	1	18	19	17	14	3	2	17	19	4	18	11	5	34
	13%	19%	19%	18%	14%	19%	19%	17%	22%	14%	19%	20%	17%	14%	12%	13%	40%	13%
To get to/from school or place of education (including escorting others)	34	16	9	2	1	11	17	10	15	2	2	17	12	1	12	19	3	33
	12%	17%	12%	9%	13%	11%	16%	9%	24%	8%	25%	19%	11%	3%	7%	21%	22%	13%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	280	88	71	22	9	93	97	100	58	23	9	81	109	35	154	80	11	245
Total	289	93	74	23	9	97	103	104	64	23	9	87	113	31	158	88	12	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To volunteer or provide support to others	28	10	11	3	1	14	11	12	9	4	-	13	12	-	17	9	2	28
	10%	11%	14%	15%	8%	14%	11%	11%	14%	18%	-	15%	10%	-	11%	10%	20%	11%
															a			a
For another purpose	5	-	-	-	-	-	-	-	-	-	-	-	-	2	2	1	-	3
	2%	-	-	-	-	-	-	-	-	-	-	-	-	7%	1%	1%	-	1%
														be				
NET: Travel/utility	157	67	44	11	7	55	74	69	41	11	7	52	76	15	83	49	10	142
	54%	72%	60%	46%	78%	57%	72%	67%	64%	47%	77%	60%	67%	48%	53%	56%	77%	55%
		e				e												
NET: Leisure, fitness & recreation and travel/utility	80	34	19	5	4	24	38	33	21	5	3	27	36	9	40	26	6	71
	28%	36%	25%	23%	47%	25%	37%	32%	34%	22%	28%	31%	32%	29%	25%	29%	46%	27%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	*b
Unweighted Total	280	71	168	36	34	18	195	77	7	224	56	250	27
Total	289	77	175	37	36	17	203	79	8	233	57	260	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	191	39	125	23	20	6	143	42	5	152	39	174	16
	66%	50%	72%	61%	56%	37%	71%	54%	69%	65%	69%	67%	61%
			a				e						
To get to/from shops or supermarkets	76	19	48	10	13	4	54	20	3	60	15	70	6
	26%	25%	28%	26%	36%	21%	27%	26%	37%	26%	27%	27%	23%
To visit friends or family	73	26	38	13	15	5	44	27	5	62	11	70	3
	25%	34%	22%	36%	42%	28%	22%	34%	60%	27%	20%	27%	11%
		b			d			d					
To get to/from my place of work	67	24	36	9	6	7	50	17	3	58	9	61	6
	23%	31%	21%	25%	18%	43%	25%	21%	43%	25%	16%	23%	22%
For personal business, e.g. running errands or visiting the doctor	42	19	20	14	5	6	24	18	3	32	10	41	2
	15%	24%	11%	36%	14%	33%	12%	23%	43%	14%	17%	16%	7%
		b		bd				d					
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	42	24	14	9	7	9	21	18	3	33	9	40	1
	15%	31%	8%	25%	21%	51%	10%	23%	43%	14%	16%	15%	3%
		b		d				d					
For journeys made as part of my work	38	16	17	6	4	3	27	12	1	36	2	37	2
	13%	21%	10%	16%	12%	20%	13%	15%	12%	16%	4%	14%	7%
		b								b			
To get to/from school or place of education (including escorting others)	34	20	13	8	6	4	22	12	3	28	6	31	3
	12%	26%	8%	21%	16%	21%	11%	15%	43%	12%	11%	12%	10%
		b											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	*c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	280	71	168	36	34	18	195	77	7	224	56	250	27
Total	289	77	175	37	36	17	203	79	8	233	57	260	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To volunteer or provide support to others	28	19	9	7	4	8	13	16	1	23	5	25	3
	10%	25%	5%	20%	10%	44%	6%	20%	12%	10%	9%	10%	13%
		b		d				d					
For another purpose	5	-	3	-	-	-	5	-	-	4	1	4	1
	2%	-	2%	-	-	-	3%	-	-	2%	2%	2%	4%
NET: Travel/utility	157	54	85	23	20	13	109	47	4	130	27	143	14
	54%	69%	49%	61%	55%	76%	54%	60%	54%	56%	48%	55%	54%
		b											
NET: Leisure, fitness & recreation and travel/utility	80	25	44	9	8	4	61	18	2	65	15	74	6
	28%	32%	25%	26%	22%	22%	30%	22%	23%	28%	26%	28%	22%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Significance Level: 95%																		
Unweighted Total	280	4	19	42	50	48	38	26	53	159	117	147	96	37	32	70	116	60
Total	289	4	19	44	51	51	39	27	54	165	120	154	96	40	33	72	119	63
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	191	-	10	26	27	40	24	21	43	103	88	96	70	25	16	42	88	43
	66%	-	54%	59%	53%	78%	62%	76%	79%	62%	73%	63%	72%	63%	50%	58%	74%	68%
						di			cdi		d						ab	
To get to/from shops or supermarkets	76	1	8	11	13	13	8	7	15	44	30	45	21	10	13	17	26	19
	26%	22%	40%	25%	25%	25%	21%	26%	28%	27%	25%	29%	22%	26%	38%	23%	22%	30%
To visit friends or family	73	-	4	3	13	24	9	7	14	43	30	47	19	7	5	20	31	16
	25%	-	22%	6%	25%	46%	24%	24%	25%	26%	25%	30%	20%	17%	15%	27%	26%	26%
					c	cdfhij	c		c	c	c							
To get to/from my place of work	67	2	4	7	14	9	15	6	10	34	31	43	15	9	7	15	27	17
	23%	44%	22%	15%	27%	17%	39%	21%	19%	20%	26%	28%	15%	22%	23%	22%	23%	27%
							cehi					b						
For personal business, e.g. running errands or visiting the doctor	42	-	5	3	7	10	3	9	5	25	17	28	11	3	5	9	17	11
	15%	-	29%	6%	14%	20%	9%	32%	8%	15%	14%	18%	12%	8%	14%	12%	15%	18%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc	42	-	4	5	7	14	7	2	4	30	12	29	10	3	5	10	15	11
	15%	-	19%	11%	13%	28%	17%	6%	8%	18%	10%	19%	10%	8%	16%	15%	13%	17%
						hj												
For journeys made as part of my work	38	-	4	6	9	10	3	2	5	29	10	26	8	4	4	11	16	7
	13%	-	23%	13%	18%	19%	7%	8%	9%	17%	8%	17%	8%	10%	13%	16%	13%	11%
						j				j								
To get to/from school or place of education (including escorting others)	34	1	2	2	6	8	7	1	7	18	15	26	4	3	5	7	10	11
	12%	34%	11%	6%	12%	15%	17%	3%	14%	11%	12%	17%	4%	9%	16%	9%	8%	18%
												b						
To volunteer or provide support to others	28	-	3	3	8	8	2	1	4	21	7	19	8	1	7	6	9	7
	10%	-	13%	7%	15%	16%	6%	3%	8%	13%	6%	12%	9%	2%	20%	8%	7%	12%
						j									c			
For another purpose	5	-	1	2	-	-	-	1	1	3	2	2	1	2	-	2	2	1
	2%	-	6%	5%	-	-	-	4%	2%	2%	2%	2%	1%	5%	-	3%	2%	1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q3F. You said you have cycled in the past week. For what purpose(s) did you cycle?

BASE: All respondents who cycled in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Significance Level: 95%																		
Unweighted Total	280	4	19	42	50	48	38	26	53	159	117	147	96	37	32	70	116	60
Total	289	4	19	44	51	51	39	27	54	165	120	154	96	40	33	72	119	63
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	157	3	13	21	31	26	22	16	26	91	64	94	43	20	23	40	56	37
	54%	66%	68%	48%	61%	50%	58%	58%	48%	55%	53%	61%	45%	50%	68%	56%	47%	59%
												b			c			
NET: Leisure, fitness & recreation and travel/utility	80	-	5	6	9	21	12	10	16	41	39	49	21	9	7	16	33	22
	28%	-	28%	14%	17%	41%	32%	37%	30%	25%	32%	32%	22%	24%	22%	23%	28%	34%
						cdi					cd							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4. SUMMARY: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nobody, I did this on my own	With another adult or adults	With a child or children	NET: With somebody else
Walking (either for leisure or travel)	1095 100%	587 54%	418 38%	167 15%	508 46%
Cycling (either for leisure or travel)	289 100%	168 58%	94 33%	45 15%	121 42%
Running or jogging	377 100%	282 75%	81 21%	23 6%	96 25%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	269 100%	191 71%	60 22%	29 11%	78 29%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	304 100%	226 74%	56 18%	27 9%	78 26%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	180 100%	59 33%	73 40%	57 32%	121 67%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	146 100%	40 27%	80 54%	41 28%	106 73%
Team sports (such as football, cricket, rugby etc.)	107 100%	28 26%	68 64%	15 14%	79 74%
Racket sports (such as tennis, badminton, squash etc.)	82 100%	16 20%	57 70%	11 14%	65 80%
Golf	78 100%	18 23%	57 73%	4 6%	60 77%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	240 100%	131 54%	102 42%	10 4%	109 46%
Swimming	199 100%	100 50%	71 35%	43 22%	99 50%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4. SUMMARY: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Total	Nobody, I did this on my own	With another adult or adults	With a child or children	NET: With somebody else
Combat sports, martial arts or target sports (such as shooting, archery etc.)	81 100%	30 36%	38 47%	15 18%	52 64%
Water sports (such as surfing, rowing, sailing etc.)	52 100%	20 38%	23 45%	12 23%	32 62%
Gymnastics, trampolining or cheerleading	57 100%	25 43%	27 48%	7 13%	32 57%
Other sport, exercise or physical activity	88 100%	43 49%	42 48%	4 4%	45 51%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1089	503	584	271	333	485	62	147	103	130	97	106	136	197	111
Total	1095	487	606	267	350	478	47	149	106	120	98	125	145	185	120
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	587	284	302	126	182	279	30	79	50	68	42	65	87	95	71
	54%	58%	50%	47%	52%	58%	64%	53%	47%	57%	43%	52%	60%	52%	59%
		b	a	b	a	ce	ce					e	e	e	e
With another adult or adults	418	183	233	111	115	191	13	56	45	38	47	55	43	78	44
	38%	38%	39%	42%	33%	40%	27%	38%	42%	31%	48%	44%	30%	42%	36%
		b	b	b	b	b	g			adg	ag	ag	ag	ag	
With a child or children	167	59	107	57	87	24	6	21	23	21	20	16	22	29	10
	15%	12%	18%	21%	25%	5%	12%	14%	22%	18%	21%	13%	15%	16%	8%
		a	a	c	c				i	i	i				
NET: With somebody else	508	203	304	141	168	199	17	69	56	52	55	60	59	90	50
	46%	42%	50%	53%	48%	42%	36%	47%	53%	43%	57%	48%	40%	48%	41%
		a	a	c	c				a		agi				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	1089	68	270	236	124	115	276	574	515	960	21	49	32	4	4	110
Total	1095	69	275	238	123	118	272	582	513	963	22	51	33	4	4	113
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	587	36	136	132	70	59	154	304	283	516	11	22	24	4	3	63
	54%	52%	50%	55%	57%	50%	56%	52%	55%	54%	49%	44%	73%	100%	68%	56%
												ac				
With another adult or adults	418	28	112	86	47	42	102	226	191	375	7	22	4	-	1	34
	38%	41%	41%	36%	38%	36%	38%	39%	37%	39%	33%	42%	13%	-	32%	30%
										d		d			d	
With a child or children	167	9	49	46	14	26	23	104	63	142	5	10	6	-	-	21
	15%	13%	18%	19%	12%	22%	8%	18%	12%	15%	24%	19%	18%	-	-	18%
			fh	fh		dfh		fh								
NET: With somebody else	508	34	138	106	53	59	119	278	230	447	11	29	9	-	1	50
	46%	48%	50%	45%	43%	50%	44%	48%	45%	46%	51%	56%	27%	-	32%	44%
										d		d				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	1089	767	140	138	278	44	51	341	121	30	33	81	33	96	259	95
Total	1095	711	173	171	344	45	54	342	127	31	34	79	30	96	256	99
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	587 54%	434 61% bcd	72 41%	60 35%	132 38%	25 55% f	29 53% f	181 53% f	79 62% f	17 54%	10 31%	40 51%	15 50%	47 49%	144 56% f	53 54% f
With another adult or adults	418 38%	267 38%	68 39%	65 38%	133 39%	19 43%	20 38%	129 38%	37 29%	13 42%	18 54% dg	26 32%	9 32%	35 36%	110 43% d	40 40%
With a child or children	167 15%	20 3%	61 36% a	82 48% ab	143 42% a	7 15% j	8 16% j	68 20% j	18 14% j	7 22% j	9 28% j	18 23% j	5 18% j	20 21% j	6 2% j	15 16% j
NET: With somebody else	508 46%	277 39%	101 59% a	111 65% a	212 62% a	21 45%	25 47%	161 47%	49 38%	14 46%	23 69% abcdjk	39 49%	15 50%	50 51%	112 44%	46 46%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	1089	266	184	78	17	262	283	336	109	86	14	195	350	184	642	230	33	905
Total	1095	276	185	79	18	263	295	340	115	89	14	204	354	170	638	250	36	924
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	587 54%	164 59%	84 46%	43 54%	9 47%	127 48%	173 59%	195 57%	51 45%	44 49%	8 59%	95 47%	203 57%	151 88%	313 49%	109 43%	14 41%	436 47%
		be				be	be	be				be	bcd					
With another adult or adults	418 38%	88 32%	84 45%	30 38%	7 39%	113 43%	96 32%	120 35%	46 40%	39 44%	6 41%	85 42%	125 35%	18 10%	285 45%	103 41%	11 32%	400 43%
			af			af									a	a	a	a
With a child or children	167 15%	48 17%	39 21%	12 15%	4 21%	51 19%	52 18%	57 17%	26 23%	19 22%	2 18%	45 22%	60 17%	4 2%	73 11%	73 29%	16 45%	163 18%
															a	abe	abe	ab
NET: With somebody else	508 46%	112 41%	100 54%	36 46%	10 53%	136 52%	122 41%	145 43%	64 55%	45 51%	6 41%	109 53%	151 43%	20 12%	326 51%	142 57%	21 59%	488 53%
			af			af			af			af			a	a	a	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	f	a	b	a	b
Unweighted Total	1089	140	747	132	172	26	769	285	40	873	216	929	157
Total	1095	150	757	131	173	27	774	286	40	880	215	938	154
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	587 54%	75 50%	353 47%	64 49%	101 59%	15 55%	408 53%	158 55%	19 48%	482 55%	104 48%	487 52%	97 63% a
With another adult or adults	418 38%	54 36%	338 45%	50 38%	52 30%	10 35%	310 40% b	96 34%	15 36%	321 37%	96 45% a	368 39%	50 32%
With a child or children	167 15%	35 23% b	124 16%	27 21%	29 17%	3 9%	115 15%	46 16%	11 28% d	139 16%	28 13%	155 16% b	12 8%
NET: With somebody else	508 46%	75 50%	404 53%	67 51%	71 41%	12 45%	365 47%	128 45%	21 52%	398 45%	111 52%	451 48% b	58 37%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.1. Walking (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1089	118	112	144	180	121	140	65	209	557	414	366	471	244	184	275	452	166
Total	1095	116	112	144	183	125	143	65	208	563	416	378	468	242	181	277	455	171
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	587	73	65	72	84	55	69	39	130	276	238	188	252	144	103	155	231	90
	54%	63%	58%	50%	46%	44%	48%	60%	62%	49%	57%	50%	54%	59%	57%	56%	51%	52%
		cdefi	de				e	cdefi		dei				a				
With another adult or adults	418	36	36	57	85	63	51	23	65	241	140	151	180	82	65	95	188	66
	38%	31%	33%	39%	47%	50%	36%	36%	31%	43%	34%	40%	39%	34%	36%	34%	41%	39%
				abhj	abhj				abhj									
With a child or children	167	9	15	23	36	20	34	8	22	93	65	78	67	23	24	41	75	24
	15%	8%	13%	16%	20%	16%	24%	13%	11%	17%	16%	21%	14%	9%	14%	15%	16%	14%
				a	ah		abhj			ah	a	bc						
NET: With somebody else	508	43	47	72	98	70	74	26	78	288	178	190	216	98	78	122	224	82
	46%	37%	42%	50%	54%	56%	52%	40%	38%	51%	43%	50%	46%	41%	43%	44%	49%	48%
				ah	abhj	abghj	ah			ahj		c						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	*c	*d	*e	*f	g	h	*i
Unweighted Total	280	174	104	103	110	67	11	35	24	29	29	24	53	49	26
Total	289	175	112	102	122	65	8	38	25	28	30	29	58	47	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	168	108	59	51	72	45	5	20	14	17	13	21	36	29	14
	58%	62%	53%	50%	59%	69%	64%	52%	56%	61%	44%	71%	62%	62%	53%
						a									
With another adult or adults	94	55	38	42	37	15	2	14	9	10	14	7	17	14	8
	33%	31%	34%	41%	30%	24%	26%	36%	35%	35%	48%	24%	30%	30%	30%
				c											
With a child or children	45	23	22	15	25	4	1	6	4	4	6	4	6	10	5
	15%	13%	20%	15%	20%	7%	10%	16%	14%	13%	21%	14%	11%	21%	18%
					c										
NET: With somebody else	121	67	53	51	50	20	3	18	11	11	17	9	22	18	13
	42%	38%	47%	50%	41%	31%	36%	48%	44%	39%	56%	29%	38%	38%	47%
				c											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	280	39	67	62	37	30	45	168	112	227	13	17	15	3	2	50
Total	289	43	70	64	38	29	45	177	112	234	13	18	16	3	2	52
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	168	25	42	31	21	21	29	98	71	139	7	10	8	1	2	29
	58%	57%	60%	48%	53%	73%	65%	55%	63%	59%	56%	56%	53%	31%	100%	55%
					c											
With another adult or adults	94	15	22	29	14	5	10	65	29	73	6	5	7	2	-	19
	33%	34%	32%	45%	37%	17%	22%	37%	26%	31%	44%	25%	42%	69%	-	36%
				efh			e									
With a child or children	45	6	11	10	6	4	7	27	17	36	1	5	2	-	-	8
	15%	15%	15%	16%	16%	15%	15%	15%	15%	16%	9%	26%	13%	-	-	16%
NET: With somebody else	121	19	28	33	18	8	16	79	41	95	6	8	7	2	-	24
	42%	43%	40%	52%	47%	27%	35%	45%	37%	41%	44%	44%	47%	69%	-	45%
				e												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	280	150	58	56	114	12	20	134	27	11	6	18	12	13	27	32
Total	289	134	71	70	142	12	21	142	28	11	6	17	12	13	26	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	168 58%	92 69%	40 56%	31 45%	71 50%	8 65%	14 65%	80 56%	17 59%	4 32%	4 67%	11 67%	6 51%	7 53%	19 70%	21 65%
		cd														
With another adult or adults	94 33%	38 28%	23 33%	26 37%	49 35%	4 35%	5 23%	48 34%	9 31%	7 57%	2 33%	6 33%	6 49%	3 21%	6 21%	9 27%
With a child or children	45 15%	4 3%	13 19%	25 36%	38 27%	3 27%	2 12%	23 16%	4 14%	5 42%	- -	1 7%	- -	3 26%	2 8%	6 17%
		a	ab	a												
NET: With somebody else	121 42%	42 31%	32 44%	39 55%	71 50%	4 35%	7 35%	62 44%	11 41%	8 68%	2 33%	6 33%	6 49%	6 47%	8 30%	11 35%
			a	a												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	280	88	71	22	9	93	77	100	58	23	9	81	109	35	154	80	11	245
Total	289	93	74	23	9	97	103	104	64	23	9	87	113	31	158	88	12	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	168	58	39	11	3	50	62	62	38	9	3	47	64	28	95	40	6	140
	58%	63%	52%	48%	34%	51%	60%	60%	60%	39%	29%	54%	57%	91%	60%	45%	47%	54%
			bce												c			
With another adult or adults	94	22	30	12	5	42	27	31	20	14	4	34	35	3	50	39	3	92
	33%	24%	40%	52%	53%	43%	26%	29%	31%	61%	46%	39%	31%	9%	32%	44%	25%	35%
			a			af									a	a		a
With a child or children	45	20	10	1	1	12	22	20	11	-	2	11	23	-	21	19	5	45
	15%	22%	14%	5%	14%	12%	21%	19%	17%	-	26%	12%	20%	-	14%	21%	38%	17%
															a	a		a
NET: With somebody else	121	35	35	12	6	47	41	42	26	14	7	40	48	3	63	49	7	118
	42%	37%	48%	52%	66%	49%	40%	40%	40%	61%	71%	46%	43%	9%	40%	55%	53%	46%
															a	ab		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	*c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	280	71	168	36	34	18	195	77	7	224	56	250	27
Total	289	77	175	37	36	17	203	79	8	233	57	260	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	168	34	101	22	22	6	120	44	4	137	32	150	18
	58%	44%	58%	59%	61%	33%	59%	56%	57%	59%	56%	57%	68%
With another adult or adults	94	33	58	14	8	8	64	27	2	74	21	86	7
	33%	42%	33%	38%	23%	48%	32%	35%	29%	32%	37%	33%	27%
With a child or children	45	16	28	2	7	3	34	9	1	35	9	43	1
	15%	20%	16%	6%	20%	19%	17%	12%	14%	15%	17%	16%	5%
NET: With somebody else	121	43	74	15	14	11	83	34	3	96	25	111	8
	42%	56%	42%	41%	39%	67%	41%	44%	43%	41%	44%	43%	32%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.2. Cycling (either for leisure or travel): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	280	4	19	42	50	48	38	26	53	159	117	147	96	37	32	70	116	60
Total	289	4	19	44	51	51	39	27	54	165	120	154	96	40	33	72	119	63
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	168	3	11	25	26	21	27	17	38	84	82	85	58	26	16	48	67	37
	58%	66%	60%	57%	51%	42%	69%	62%	71%	51%	68%	56%	60%	64%	49%	67%	56%	59%
						ei		dei			dei							
With another adult or adults	94	-	6	15	21	25	8	7	12	67	27	52	31	11	13	20	39	21
	33%	-	34%	33%	42%	48%	22%	26%	22%	41%	23%	34%	32%	27%	40%	28%	32%	33%
				hj	fhj					fhj								
With a child or children	45	1	3	4	10	8	5	7	8	24	19	28	13	3	6	4	22	10
	15%	34%	13%	10%	19%	15%	12%	25%	14%	15%	16%	18%	14%	9%	19%	6%	18%	16%
															b		b	
NET: With somebody else	121	1	8	19	25	30	12	10	16	81	38	68	39	14	17	24	52	26
	42%	34%	40%	43%	49%	58%	31%	38%	29%	49%	32%	44%	40%	36%	51%	33%	44%	41%
				hj	fhj					fhj								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	*c	d	e	*f	g	h	i
Unweighted Total	372	230	138	185	147	40	20	48	28	37	39	25	79	59	37
Total	377	228	146	177	163	38	15	48	28	37	40	29	84	58	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	282	171	108	128	118	35	12	38	24	26	28	22	49	48	35
	75%	75%	74%	73%	73%	92%	81%	79%	87%	69%	70%	75%	59%	83%	91%
						ab		g						g	deg
With another adult or adults	81	49	31	44	34	3	3	9	4	10	9	5	31	8	3
	21%	21%	21%	25%	21%	8%	19%	19%	13%	28%	21%	17%	37%	13%	7%
				c						i			bhi		
With a child or children	23	14	9	8	15	-	-	1	1	2	5	2	8	2	1
	6%	6%	6%	5%	9%	-	-	2%	4%	7%	14%	8%	9%	4%	2%
					c						b				
NET: With somebody else	96	57	38	49	44	3	3	10	4	11	12	7	35	10	4
	25%	25%	26%	27%	27%	8%	19%	21%	13%	31%	30%	25%	41%	17%	9%
				c	c					i	i		bhi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	*f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	372	51	102	107	53	35	24	260	112	275	19	35	26	5	3	88
Total	377	54	103	107	55	34	24	264	113	280	19	35	27	5	3	89
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	282	33	80	78	40	31	19	192	90	221	8	21	20	3	3	56
	75%	61%	78%	73%	74%	90%	77%	72%	80%	79%	44%	60%	75%	59%	100%	62%
		a	a	a	a	acg	a	a	a	cg						
With another adult or adults	81	17	19	26	11	3	3	63	18	51	9	11	4	2	-	26
	21%	32%	19%	25%	21%	10%	12%	24%	15%	18%	49%	31%	14%	41%	-	29%
		eh														a
With a child or children	23	6	5	5	3	1	4	15	8	15	1	4	3	-	-	9
	6%	11%	5%	4%	6%	4%	15%	6%	7%	5%	7%	12%	11%	-	-	10%
NET: With somebody else	96	21	23	29	14	3	5	73	23	58	11	14	7	2	-	34
	25%	39%	22%	27%	26%	10%	23%	28%	20%	21%	56%	40%	25%	41%	-	38%
		beh		e			e					a				a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	*a	*b	c	d	*e	*f	*g	h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	372	193	83	68	151	21	28	188	40	17	7	21	30	15	5	49
Total	377	168	102	83	185	22	29	194	42	17	6	20	26	16	5	51
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	282	136	76	56	131	15	17	149	33	12	5	16	17	13	5	32
	75%	81%	74%	67%	71%	69%	59%	77%	77%	73%	73%	80%	65%	86%	100%	63%
		cd														
With another adult or adults	81	31	25	18	43	6	12	38	7	5	1	3	8	1	-	18
	21%	19%	25%	21%	23%	27%	41%	19%	18%	27%	15%	14%	32%	6%	-	35%
																c
With a child or children	23	1	4	15	19	1	-	14	2	1	1	2	1	1	-	1
	6%	1%	4%	18%	10%	4%	-	7%	5%	5%	12%	12%	3%	8%	-	2%
			a	ab	a											
NET: With somebody else	96	32	26	28	54	7	12	46	10	5	2	4	9	2	-	19
	25%	19%	26%	33%	29%	31%	41%	23%	23%	27%	27%	20%	35%	14%	-	37%
			a	a												

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Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	*d	e	f	a	b	c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	372	120	106	31	7	137	127	135	85	32	9	117	144	37	197	121	17	335
Total	377	126	110	30	8	140	134	139	93	31	9	124	148	33	197	129	18	344
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	282	100	75	23	6	98	105	110	59	24	8	83	118	31	153	87	10	250
	75%	79%	68%	77%	71%	70%	78%	79%	64%	77%	90%	67%	80%	bce	78%	67%	58%	73%
								be					be		c			
With another adult or adults	81	23	30	4	2	34	26	23	32	5	1	36	24	2	40	34	5	79
	21%	18%	27%	14%	29%	24%	19%	17%	34%	15%	10%	29%	16%	5%	20%	27%	28%	23%
									acf			af			a	a		a
With a child or children	23	6	7	3	1	11	7	8	5	4	1	9	8	-	7	12	5	23
	6%	5%	7%	11%	17%	8%	5%	5%	5%	13%	10%	7%	6%	-	4%	9%	26%	7%
															b			
NET: With somebody else	96	27	35	7	2	42	29	29	34	7	1	41	29	2	44	42	7	94
	25%	21%	32%	23%	29%	30%	22%	21%	36%	23%	10%	33%	20%	5%	22%	33%	42%	27%
									af			af			a	ab		a

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Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	b	a	b
Unweighted Total	372	79	247	44	27	14	281	78	3	319	53	324	43
Total	377	87	249	45	28	14	285	80	3	325	52	333	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	282	53	190	34	19	11	211	59	2	243	39	245	32
	75%	61%	76%	77%	67%	82%	74%	74%	70%	75%	75%	74%	80%
			a										
With another adult or adults	81	28	50	10	7	3	62	18	1	70	11	77	4
	21%	32%	20%	23%	25%	18%	22%	23%	30%	21%	21%	23%	10%
		b											
With a child or children	23	7	15	1	2	-	20	3	-	20	4	19	4
	6%	8%	6%	2%	8%	-	7%	4%	-	6%	7%	6%	10%
NET: With somebody else	96	34	59	10	9	3	75	20	1	82	13	88	8
	25%	39%	24%	23%	33%	18%	26%	26%	30%	25%	25%	26%	20%
		b											

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Q4.3. Running or jogging: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	372	4	15	51	75	55	61	40	71	196	172	197	118	55	50	97	151	67
Total	377	4	14	51	79	55	64	39	72	199	175	203	118	55	51	93	155	72
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	282	3	7	34	61	37	45	32	62	139	139	147	93	40	38	72	118	49
	75%	77%	52%	66%	78%	68%	71%	81%	86%	70%	80%	72%	79%	74%	75%	77%	76%	69%
				h	h	h	h	h	cefi	ci	ci							
With another adult or adults	81	1	5	14	14	16	16	7	8	49	31	45	23	12	13	15	32	19
	21%	23%	34%	27%	18%	30%	24%	19%	11%	25%	18%	22%	20%	22%	25%	16%	21%	26%
				h	h	h	h	h	h	h	h							
With a child or children	23	-	3	3	6	3	5	-	3	15	8	16	5	3	1	7	8	7
	6%	-	23%	6%	7%	5%	8%	-	4%	8%	5%	8%	4%	6%	2%	8%	5%	10%
NET: With somebody else	96	1	7	17	18	18	18	7	10	59	36	56	25	14	13	22	37	23
	25%	23%	48%	34%	22%	32%	29%	19%	14%	30%	20%	28%	21%	26%	25%	23%	24%	31%
				hj	h	h	h	h	h	hj	hj							

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Q4.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	g	h	*i
Unweighted Total	259	108	151	118	87	54	18	23	28	29	16	22	61	43	19
Total	269	111	158	119	97	54	14	24	31	28	17	26	67	42	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	191	68	123	82	61	48	8	19	25	24	9	21	37	32	16
	71%	61%	78%	69%	63%	90%	54%	81%	81%	84%	54%	82%	56%	77%	76%
			a			ab								g	
With another adult or adults	60	35	24	26	29	5	5	4	5	3	4	5	24	6	4
	22%	32%	15%	22%	30%	9%	35%	19%	15%	12%	25%	18%	35%	15%	17%
		b		c	c								h		
With a child or children	29	9	19	16	12	1	2	1	3	1	5	-	9	3	4
	11%	8%	12%	14%	12%	1%	17%	5%	8%	4%	29%	-	14%	8%	19%
				c	c										
NET: With somebody else	78	43	35	37	36	5	6	4	6	4	8	5	30	10	5
	29%	39%	22%	31%	37%	10%	46%	19%	19%	16%	46%	18%	44%	23%	24%
		b		c	c								h		

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Q4.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	259	40	78	56	33	24	28	174	85	197	10	27	13	2	3	55
Total	269	42	82	59	33	25	28	183	86	203	11	29	14	2	3	59
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	191	22	60	42	26	16	24	125	66	151	6	15	12	1	3	37
	71%	53%	73%	72%	79%	64%	87%	68%	77%	74%	50%	53%	87%	59%	100%	63%
		a	a	a	a	a	a	a	a							
With another adult or adults	60	19	14	13	5	6	3	45	14	39	6	8	2	-	-	16
	22%	44%	17%	22%	15%	26%	10%	25%	17%	19%	50%	30%	13%	-	-	27%
		bcdgh														
With a child or children	29	2	9	7	4	5	1	19	10	18	1	6	1	1	-	9
	11%	5%	11%	12%	13%	21%	3%	10%	12%	9%	8%	22%	6%	41%	-	15%
NET: With somebody else	78	20	22	17	7	9	4	58	20	52	6	13	2	1	-	22
	29%	47%	27%	28%	21%	36%	13%	32%	23%	26%	50%	47%	13%	41%	-	37%
		bdh														

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Q4.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	259	136	62	49	111	16	22	99	35	4	9	15	18	20	21	38
Total	269	123	75	61	135	17	25	104	38	4	9	15	16	21	21	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	191	98	49	38	87	13	17	61	30	2	6	12	13	17	20	30
	71%	80%	65%	63%	65%	75%	70%	59%	79%	57%	63%	79%	84%	80%	96%	72%
		bcd						c								
With another adult or adults	60	24	18	15	32	3	4	36	5	2	2	1	2	3	1	7
	22%	19%	23%	24%	24%	17%	17%	34%	14%	43%	23%	6%	16%	16%	4%	17%
								d								
With a child or children	29	3	13	11	24	1	4	13	5	-	1	2	-	2	-	5
	11%	3%	17%	19%	18%	8%	17%	12%	13%	-	13%	15%	-	10%	-	13%
			a	a	a											
NET: With somebody else	78	25	26	22	48	4	8	43	8	2	3	3	2	4	1	12
	29%	20%	35%	37%	35%	25%	30%	41%	21%	43%	37%	21%	16%	20%	4%	28%
			a	a	a			d								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	259	68	61	21	12	82	80	79	54	21	9	75	88	24	138	83	14	235
Total	269	73	66	22	12	89	85	81	63	22	9	85	90	22	140	92	15	247
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	191	49	44	17	4	61	52	56	36	17	4	53	60	18	101	60	12	173
	71%	67%	66%	77%	32%	69%	62%	70%	57%	78%	41%	63%	67%	84%	72%	65%	76%	70%
With another adult or adults	60	18	20	3	7	23	24	18	23	3	4	26	22	2	32	25	1	58
	22%	24%	30%	12%	58%	26%	29%	23%	37%	12%	45%	31%	25%	7%	23%	27%	7%	23%
With a child or children	29	10	5	3	1	9	12	7	10	4	1	13	8	2	11	13	3	27
	11%	14%	8%	15%	11%	10%	14%	9%	16%	16%	14%	16%	9%	8%	8%	14%	17%	11%
NET: With somebody else	78	24	22	5	8	28	32	24	27	5	5	32	29	3	39	32	4	74
	29%	33%	34%	23%	68%	31%	38%	30%	43%	22%	59%	37%	33%	16%	28%	35%	24%	30%

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Q4.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	*a	*b	*c	d	e	*f	a	b	a	*b
Unweighted Total	259	68	156	27	27	13	189	57	8	216	43	229	27
Total	269	75	162	27	29	14	197	60	8	227	42	239	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	191	41	125	18	20	6	145	39	5	158	34	169	20
	71%	55%	77%	68%	69%	45%	74%	66%	65%	69%	80%	71%	74%
			a										
With another adult or adults	60	25	30	6	7	8	38	16	3	52	7	56	3
	22%	33%	19%	23%	24%	55%	19%	27%	35%	23%	18%	23%	10%
		b											
With a child or children	29	13	12	2	2	1	20	6	-	27	1	24	5
	11%	18%	8%	9%	7%	9%	10%	10%	-	12%	3%	10%	17%
		b											
NET: With somebody else	78	34	37	9	9	8	51	21	3	69	9	70	7
	29%	45%	23%	32%	31%	55%	26%	34%	35%	31%	20%	29%	26%
		b											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	259	3	20	32	42	56	42	23	41	150	106	138	77	39	41	61	105	47
Total	269	3	20	31	45	60	44	24	41	157	109	147	78	39	41	64	109	50
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	191	2	12	20	29	42	31	22	32	104	86	101	58	29	31	48	72	36
	71%	69%	59%	65%	64%	70%	72%	91%	78%	66%	78%	69%	74%	75%	75%	76%	65%	73%
				hj						j	i							
With another adult or adults	60	1	8	10	10	14	8	2	5	43	16	32	18	9	7	13	29	10
	22%	31%	41%	33%	23%	24%	18%	9%	13%	27%	14%	22%	23%	23%	18%	20%	26%	20%
With a child or children	29	-	1	2	9	7	4	1	4	20	9	22	4	1	3	7	14	5
	11%	-	7%	7%	20%	12%	10%	3%	9%	13%	8%	15%	6%	2%	7%	11%	13%	10%
				j								bc						
NET: With somebody else	78	1	8	11	16	18	12	2	9	53	24	46	20	10	10	15	38	14
	29%	31%	41%	35%	36%	30%	28%	9%	22%	34%	22%	31%	26%	25%	25%	24%	35%	27%
										j								

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Q4.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	*d	*e	*f	g	h	*i
Unweighted Total	297	150	146	118	97	82	19	33	31	29	22	27	62	57	17
Total	304	150	153	119	104	81	14	34	32	28	23	32	68	56	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	226	105	121	80	73	73	11	31	22	22	18	25	36	46	16
	74%	70%	79%	68%	70%	90%	78%	92%	70%	78%	77%	77%	53%	82%	87%
						ab		cg						g	
With another adult or adults	56	33	22	31	16	8	2	3	6	5	2	6	22	7	2
	18%	22%	14%	26%	16%	10%	16%	8%	18%	18%	9%	18%	33%	13%	13%
				c									bh		
With a child or children	27	15	12	8	18	1	2	1	5	1	3	1	9	5	-
	9%	10%	8%	7%	17%	1%	12%	4%	16%	4%	14%	4%	13%	9%	-
					ac										
NET: With somebody else	78	45	32	38	31	8	3	3	10	6	5	7	32	10	2
	26%	30%	21%	32%	30%	10%	22%	8%	30%	22%	23%	23%	47%	18%	13%
				c	c				b				bh		

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Q4.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	297	38	70	66	35	34	54	174	123	240	10	26	12	1	1	50
Total	304	41	72	66	35	36	54	179	125	246	11	26	13	1	1	52
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	226	24	51	46	27	25	52	122	104	190	7	18	8	-	-	33
	74%	59%	71%	71%	76%	71%	96%	68%	83%	77%	64%	68%	64%	-	-	64%
							abcdegh		abcg							
With another adult or adults	56	14	16	12	6	5	2	42	14	44	4	3	1	1	1	10
	18%	35%	22%	18%	18%	15%	4%	23%	11%	18%	36%	10%	10%	100%	100%	19%
		fh	f	f	f			fh								
With a child or children	27	3	9	7	4	5	-	19	9	18	-	6	3	-	-	9
	9%	6%	12%	11%	12%	13%	-	10%	7%	7%	-	22%	26%	-	-	17%
			f	f	f	f		f	f							a
NET: With somebody else	78	17	21	19	8	10	2	57	21	56	4	8	5	1	1	19
	26%	41%	29%	29%	24%	29%	4%	32%	17%	23%	36%	32%	36%	100%	100%	36%
		fh	fh	fh	f	f		fh	f							a

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Q4.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	j	k	
Significance Level: 95%																
Unweighted Total	297	178	56	51	107	12	25	109	32	11	9	18	14	20	47	37
Total	304	162	68	63	131	12	26	112	34	12	10	17	13	20	48	38
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	226	143	40	37	77	9	14	77	22	10	3	16	11	18	47	22
	74%	88%	59%	59%	59%	73%	54%	68%	64%	89%	32%	93%	82%	90%	98%	60%
		bcd													cdk	
With another adult or adults	56	16	21	15	36	2	8	26	8	1	5	1	1	1	1	10
	18%	10%	30%	24%	27%	16%	33%	23%	25%	11%	47%	7%	10%	6%	2%	28%
			a	a	a			j	j							j
With a child or children	27	4	11	12	23	1	5	12	5	-	3	-	1	1	-	6
	9%	2%	15%	20%	17%	11%	18%	10%	15%	-	31%	-	8%	4%	-	16%
			a	a	a			j	j							j
NET: With somebody else	78	19	28	26	54	3	12	36	12	1	7	1	2	2	1	15
	26%	12%	41%	41%	41%	27%	46%	32%	36%	11%	68%	7%	18%	10%	2%	40%
			a	a	a			j	j							j

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Q4.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	297	78	72	17	10	89	88	85	62	24	6	86	91	49	155	77	16	248
Total	304	81	76	17	10	93	91	86	68	24	6	92	92	44	155	86	17	259
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	226	61	45	11	4	56	64	62	39	17	3	56	64	43	115	54	14	183
	74%	75%	60%	63%	39%	60%	71%	71%	57%	73%	51%	61%	70%	98%	74%	62%	82%	70%
		be												bce				
With another adult or adults	56	17	20	5	4	25	21	18	22	4	2	26	19	1	33	21	1	55
	18%	21%	26%	29%	40%	27%	23%	20%	33%	18%	30%	29%	21%	2%	21%	25%	6%	21%
			a												a	a		a
With a child or children	27	6	13	2	2	15	8	9	10	2	1	13	11	-	12	13	2	27
	9%	7%	17%	13%	22%	16%	9%	11%	15%	9%	19%	14%	11%	-	8%	15%	12%	11%
			a												a	a		a
NET: With somebody else	78	20	31	6	6	37	26	25	29	6	3	36	28	1	41	33	3	77
	26%	25%	40%	37%	61%	40%	29%	29%	43%	27%	49%	39%	30%	2%	26%	38%	18%	30%
			a			a									a	a		a

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Q4.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	297	61	183	36	45	16	208	78	15	248	49	256	38
Total	304	69	186	36	45	17	215	79	15	256	48	263	38
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	226	33	148	30	37	9	158	62	12	192	34	199	26
	74%	49%	80%	84%	82%	52%	74%	79%	78%	75%	71%	76%	70%
			a										
With another adult or adults	56	24	29	3	5	7	42	12	2	46	10	47	9
	18%	35%	15%	10%	10%	41%	19%	15%	15%	18%	20%	18%	24%
			b										
With a child or children	27	15	12	2	4	1	19	5	1	23	4	23	2
	9%	22%	6%	6%	8%	6%	9%	6%	7%	9%	9%	9%	7%
			b										
NET: With somebody else	78	35	38	6	8	8	56	17	3	64	14	64	11
	26%	51%	20%	16%	18%	48%	26%	21%	22%	25%	29%	24%	30%
			b										

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Q4.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	297	7	19	41	55	55	42	22	56	170	120	147	95	52	42	74	131	49
Total	304	6	18	42	58	58	44	22	56	176	121	152	97	52	42	75	134	52
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	226	5	13	30	42	40	31	18	47	126	95	106	79	40	35	58	97	37
	74%	86%	73%	72%	73%	68%	71%	81%	84%	71%	79%	70%	82%	76%	83%	77%	72%	71%
													a					
With another adult or adults	56	-	4	9	9	16	9	3	6	38	18	33	13	9	6	13	27	10
	18%	-	22%	21%	16%	27%	20%	15%	10%	21%	15%	22%	13%	17%	15%	17%	20%	19%
						hj												
With a child or children	27	1	1	3	8	6	4	1	4	18	8	16	7	4	2	7	12	5
	9%	14%	5%	8%	14%	11%	9%	4%	6%	10%	7%	10%	7%	7%	5%	10%	9%	10%
NET: With somebody else	78	1	5	12	15	19	13	4	9	51	26	45	18	13	7	17	38	15
	26%	14%	27%	28%	27%	32%	29%	19%	16%	29%	21%	30%	18%	24%	17%	23%	28%	29%
												b						

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Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	172	92	78	85	61	26	7	27	19	16	14	10	31	28	20
Total	180	95	84	86	68	27	5	28	18	17	15	12	35	28	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	59	29	29	32	16	11	1	8	9	4	6	3	12	9	7
	33%	31%	34%	37%	24%	41%	13%	28%	47%	24%	42%	28%	34%	31%	34%
With another adult or adults	73	44	29	41	22	9	3	12	8	5	5	6	14	11	9
	40%	47%	34%	48%	32%	34%	58%	41%	42%	29%	35%	51%	41%	40%	39%
With a child or children	57	26	31	14	37	7	2	9	3	8	5	4	11	8	7
	32%	27%	37%	16%	54%	25%	44%	31%	18%	47%	31%	32%	32%	29%	34%
					a										
NET: With somebody else	121	65	55	54	52	16	5	20	10	13	9	8	23	19	15
	67%	69%	66%	63%	76%	59%	87%	72%	53%	76%	58%	72%	66%	69%	66%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	*g	
Significance Level: 95%																
Unweighted Total	172	24	47	42	23	17	19	113	59	141	6	10	10	-	-	26
Total	180	25	50	43	24	18	19	119	61	149	7	10	10	-	-	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Nobody, I did this on my own	59	6	13	18	9	4	9	37	22	50	1	2	5	-	-	8
	33%	25%	27%	41%	37%	22%	45%	31%	35%	34%	15%	18%	48%	-	-	28%
With another adult or adults	73	14	19	14	12	7	6	47	26	57	5	5	3	-	-	13
	40%	55%	37%	33%	50%	40%	33%	40%	42%	38%	67%	51%	30%	-	-	48%
With a child or children	57	6	19	13	4	10	5	38	19	49	3	3	2	-	-	8
	32%	25%	38%	29%	17%	53%	28%	32%	31%	33%	37%	31%	21%	-	-	29%
NET: With somebody else	121	19	37	26	15	14	11	82	40	98	6	8	5	-	-	20
	67%	75%	73%	59%	63%	78%	55%	69%	65%	66%	85%	82%	52%	-	-	72%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	172	75	46	35	81	11	23	67	22	5	4	10	11	8	11	34
Total	180	68	55	43	98	11	25	71	24	6	4	10	10	8	12	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	59	29	13	11	24	3	8	19	9	3	-	3	4	4	6	10
	33%	43%	24%	25%	25%	23%	31%	27%	38%	56%	-	35%	40%	50%	53%	28%
		bd														
With another adult or adults	73	31	26	10	36	6	13	29	9	1	1	3	5	2	3	19
	40%	46%	47%	23%	37%	54%	51%	41%	39%	21%	18%	29%	52%	25%	28%	52%
		c	c													
With a child or children	57	7	20	26	47	3	7	26	7	1	4	5	1	2	2	10
	32%	11%	37%	61%	47%	23%	29%	37%	29%	23%	82%	49%	8%	25%	19%	27%
			a	ab	a											
NET: With somebody else	121	39	42	32	74	9	17	52	15	3	4	7	6	4	5	26
	67%	57%	76%	75%	75%	77%	69%	73%	62%	44%	100%	65%	60%	50%	47%	72%
			a	a												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	172	54	50	10	6	60	60	58	44	18	1	62	59	12	92	59	9	160
Total	180	60	51	10	7	62	67	61	48	19	1	67	62	12	95	64	9	169
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	59	19	14	2	3	16	22	16	16	6	1	22	17	4	33	17	5	55
	33%	31%	26%	22%	48%	26%	33%	26%	33%	33%	100%	33%	27%	38%	35%	26%	53%	32%
With another adult or adults	73	20	27	5	1	32	21	24	23	6	-	29	24	7	41	23	2	65
	40%	34%	53%	47%	14%	52%	32%	40%	48%	31%	-	43%	39%	62%	43%	35%	21%	39%
			f			f												
With a child or children	57	24	15	3	3	19	26	23	15	7	-	22	23	3	26	26	2	55
	32%	40%	30%	31%	38%	30%	39%	37%	32%	36%	-	33%	37%	22%	27%	41%	26%	32%
NET: With somebody else	121	41	38	8	4	46	45	45	32	13	-	45	45	7	62	48	4	114
	67%	69%	74%	78%	52%	74%	67%	74%	67%	67%	-	67%	73%	62%	65%	74%	47%	68%

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Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		*a	*b	*c	d	e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total	172	53	101	29	27	13	106	62	5	144	28	148	21
Total	180	56	106	30	28	14	112	65	5	152	29	157	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	59	17	35	12	9	2	36	22	1	46	13	46	12
	33%	30%	33%	39%	32%	13%	33%	33%	23%	30%	44%	29%	60%
With another adult or adults	73	30	33	13	13	12	37	33	3	62	11	65	7
	40%	52%	31%	42%	47%	87%	33%	51%	53%	41%	37%	41%	34%
		b						d					
With a child or children	57	13	41	6	8	3	41	15	1	52	5	55	1
	32%	23%	39%	19%	30%	19%	37%	24%	24%	34%	19%	35%	6%
NET: With somebody else	121	39	72	18	19	12	76	43	4	105	16	111	8
	67%	70%	67%	61%	68%	87%	67%	67%	77%	70%	56%	71%	40%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	h	i	j	a	b	c	*a	b	c	d
Unweighted Total	172	5	20	20	37	28	19	13	30	105	62	78	58	34	22	47	58	41
Total	180	5	20	20	41	30	20	14	31	111	64	84	60	35	22	51	62	41
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	59	1	9	5	16	6	7	6	9	36	23	25	20	13	8	17	17	16
	33%	16%	44%	24%	38%	21%	37%	47%	28%	32%	35%	29%	33%	37%	35%	33%	27%	39%
With another adult or adults	73	-	10	10	12	14	9	3	14	47	26	40	23	10	12	13	25	22
	40%	-	51%	51%	29%	47%	46%	24%	45%	42%	40%	48%	38%	28%	55%	25%	40%	53%
												c						b
With a child or children	57	4	3	5	14	12	3	5	10	35	18	26	19	13	4	24	24	4
	32%	84%	18%	25%	35%	40%	17%	39%	31%	31%	28%	31%	31%	36%	16%	46%	38%	11%
																d	d	
NET: With somebody else	121	4	11	16	25	24	12	7	22	76	42	59	40	22	15	34	45	25
	67%	84%	56%	76%	62%	79%	63%	53%	72%	68%	65%	71%	67%	63%	65%	67%	73%	61%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	136	75	57	75	44	17	9	19	13	8	10	10	38	21	8
Total	146	79	63	79	50	18	7	20	14	8	11	13	45	20	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	40	19	19	26	8	6	1	6	4	5	5	3	9	5	2
	27%	24%	30%	33%	16%	35%	10%	30%	32%	58%	51%	21%	20%	27%	21%
With another adult or adults	80	47	30	44	25	10	5	14	5	2	4	7	25	10	7
	54%	60%	48%	56%	50%	58%	68%	70%	35%	28%	41%	59%	55%	51%	79%
With a child or children	41	20	21	14	24	4	2	3	7	2	2	5	15	5	-
	28%	25%	33%	17%	48%	20%	22%	13%	50%	30%	19%	41%	33%	27%	-
					a										
NET: With somebody else	106	60	45	53	42	12	6	14	9	3	5	10	36	15	7
	73%	76%	70%	67%	84%	65%	90%	70%	68%	42%	49%	79%	80%	73%	79%

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Q4.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	136	29	36	30	16	9	16	95	41	94	4	14	13	1	2	34
Total	146	31	41	31	17	10	16	103	43	103	5	14	14	1	2	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	40	3	9	15	6	2	5	27	13	31	-	3	3	-	-	6
	27%	11%	23%	47%	38%	17%	28%	26%	30%	31%	-	19%	22%	-	-	16%
				bg												
With another adult or adults	80	19	21	16	9	6	9	56	23	50	4	10	9	1	2	26
	54%	63%	52%	50%	54%	57%	52%	55%	54%	49%	73%	75%	62%	100%	100%	72%
				a												
With a child or children	41	12	14	4	3	3	6	30	11	35	1	1	4	-	-	6
	28%	39%	35%	12%	15%	26%	35%	29%	25%	34%	27%	6%	25%	-	-	16%
			c							g						
NET: With somebody else	106	27	32	17	10	8	12	76	31	71	5	11	11	1	2	30
	73%	89%	77%	53%	62%	83%	72%	74%	70%	69%	100%	81%	78%	100%	100%	84%
			c					c								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	136	53	40	33	73	11	13	61	14	9	3	8	5	7	5	24
Total	146	46	49	41	90	12	14	68	14	10	3	8	5	7	5	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	40	17	12	8	20	3	5	18	5	2	1	1	2	3	1	8
	27%	37%	25%	19%	22%	23%	39%	26%	33%	22%	28%	10%	43%	37%	20%	32%
With another adult or adults	80	25	28	21	49	8	7	34	9	6	1	3	3	5	3	15
	54%	55%	58%	51%	55%	65%	52%	50%	62%	65%	45%	43%	57%	63%	58%	58%
With a child or children	41	5	12	22	34	3	1	23	2	1	2	4	1	1	2	5
	28%	10%	25%	53%	37%	30%	9%	33%	14%	13%	72%	47%	25%	17%	41%	18%
				ab	a											
NET: With somebody else	106	29	37	34	70	9	9	50	10	7	2	7	3	5	4	17
	73%	63%	75%	81%	78%	77%	61%	74%	67%	78%	72%	90%	57%	63%	80%	68%

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Q4.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	b	*c	*d	e	f	*a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	136	27	43	11	10	54	37	29	40	17	5	57	34	11	61	57	7	125
Total	146	31	48	11	10	59	41	32	44	17	5	62	38	10	65	64	7	136
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	40	12	10	2	4	12	16	9	11	6	2	17	11	6	14	16	3	34
	27%	38%	21%	22%	38%	21%	38%	28%	25%	37%	41%	28%	29%	65%	21%	26%	45%	25%
With another adult or adults	80	13	26	8	4	35	17	14	26	9	3	35	17	3	41	32	3	76
	54%	43%	56%	78%	42%	60%	43%	44%	59%	51%	59%	57%	46%	35%	63%	50%	44%	56%
With a child or children	41	9	15	1	2	16	11	11	10	6	-	16	11	-	15	23	3	41
	28%	28%	32%	11%	21%	28%	26%	33%	22%	34%	-	25%	28%	-	22%	37%	45%	30%
NET: With somebody else	106	19	38	8	6	46	26	23	33	11	3	44	27	3	51	47	4	103
	73%	62%	79%	78%	62%	79%	62%	72%	75%	63%	59%	72%	71%	35%	79%	74%	55%	75%

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Q4.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		*a	*b	*c	d	e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total	136	59	58	25	21	17	72	58	3	111	25	117	13
Total	146	65	63	25	22	17	81	59	3	121	25	127	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	40	19	12	6	7	4	21	17	1	34	6	35	4
	27%	29%	18%	24%	34%	24%	26%	28%	28%	28%	24%	28%	27%
With another adult or adults	80	42	32	14	13	12	41	36	2	67	13	69	8
	54%	64%	51%	56%	60%	71%	51%	60%	72%	55%	51%	54%	57%
With a child or children	41	13	27	8	5	3	25	15	1	33	8	36	3
	28%	19%	42%	31%	23%	19%	32%	25%	43%	27%	34%	28%	24%
			a										
NET: With somebody else	106	47	52	19	15	13	60	43	2	87	19	91	10
	73%	71%	82%	76%	66%	76%	74%	72%	72%	72%	76%	72%	73%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	*h	i	j	a	b	*c	*a	b	c	*d
Unweighted Total	136	6	9	19	39	21	15	7	20	88	42	67	38	28	26	43	42	22
Total	146	6	9	21	42	24	18	7	21	95	46	73	40	31	26	47	48	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	40	2	2	5	9	4	10	2	7	19	19	20	14	6	5	17	12	6
	27%	33%	20%	26%	20%	16%	53%	26%	36%	20%	41%	28%	35%	19%	17%	35%	25%	28%
											di							
With another adult or adults	80	3	6	13	25	12	7	5	9	55	22	40	19	19	20	20	23	15
	54%	52%	66%	62%	59%	49%	40%	74%	44%	58%	47%	55%	48%	62%	78%	42%	48%	68%
With a child or children	41	2	1	6	11	11	3	1	7	28	11	22	8	10	2	17	17	5
	28%	39%	15%	29%	25%	45%	14%	17%	33%	30%	23%	30%	20%	31%	8%	35%	35%	21%
NET: With somebody else	106	4	7	15	33	20	8	5	13	75	27	53	26	25	21	30	36	16
	73%	67%	80%	74%	80%	84%	47%	74%	64%	80%	59%	72%	65%	81%	83%	65%	75%	72%
											j							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.9. Team sports (such as football, cricket, rugby etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	106	80	26	70	29	7	2	13	8	9	10	6	35	15	8
Total	107	80	27	67	33	7	2	14	8	8	10	7	37	14	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	28	20	8	15	10	2	-	4	4	2	3	1	11	3	-
	26%	25%	30%	23%	32%	32%	-	28%	52%	23%	30%	15%	30%	21%	-
With another adult or adults	68	54	14	47	17	4	1	10	3	4	7	6	20	10	8
	64%	67%	54%	70%	53%	55%	45%	72%	37%	56%	70%	85%	54%	71%	89%
With a child or children	15	10	5	8	7	1	1	-	1	2	1	-	6	3	2
	14%	12%	19%	11%	20%	12%	55%	-	11%	21%	12%	-	15%	20%	26%
NET: With somebody else	79	60	19	52	23	5	2	10	4	6	7	6	25	11	9
	74%	75%	70%	77%	68%	68%	100%	72%	48%	77%	70%	85%	70%	79%	100%

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Q4.9. Team sports (such as football, cricket, rugby etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	b	*c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Unweighted Total	106	16	31	28	17	8	6	75	31	67	6	14	10	1	2	33
Total	107	16	33	28	18	8	5	76	31	69	6	14	11	1	2	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	28 26%	2 14%	9 27%	7 27%	6 36%	1 12%	2 47%	18 24%	10 31%	14 21%	3 44%	4 30%	5 50%	- -	- -	12 37%
With another adult or adults	68 64%	12 73%	19 58%	18 67%	11 64%	5 62%	3 53%	49 64%	19 62%	49 71%	2 41%	7 52%	5 50%	1 100%	1 60%	17 51%
With a child or children	15 14%	2 13%	5 15%	6 21%	- -	2 26%	- -	13 17%	2 7%	9 13%	1 15%	2 18%	1 8%	- -	1 40%	5 15%
NET: With somebody else	79 74%	14 86%	24 73%	20 73%	11 64%	7 88%	3 53%	58 76%	21 69%	55 79%	3 56%	10 70%	5 50%	1 100%	2 100%	21 63%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.9. Team sports (such as football, cricket, rugby etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	106	46	27	16	43	7	15	43	14	5	1	4	12	2	3	22
Total	107	40	33	20	53	7	14	46	15	5	1	3	11	2	3	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	28	10	10	2	12	1	5	9	6	1	-	2	3	1	-	6
	26%	26%	30%	12%	23%	15%	36%	19%	40%	16%	-	75%	27%	43%	-	29%
With another adult or adults	68	27	18	16	35	5	7	33	9	4	-	1	6	1	3	12
	64%	68%	55%	83%	66%	71%	52%	70%	60%	69%	-	25%	57%	57%	100%	58%
With a child or children	15	3	5	3	8	1	2	7	1	1	1	-	2	-	-	3
	14%	8%	15%	17%	16%	14%	12%	16%	6%	15%	100%	-	23%	-	-	12%
NET: With somebody else	79	30	23	17	41	6	9	38	9	5	1	1	8	1	3	15
	74%	74%	70%	88%	77%	85%	64%	81%	60%	84%	100%	25%	73%	57%	100%	71%

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Q4.9. Team sports (such as football, cricket, rugby etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	e	f	*a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	106	27	27	10	10	37	37	27	31	10	5	41	32	7	50	41	8	99
Total	107	28	30	10	10	40	38	28	34	10	5	44	33	6	51	42	7	101
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	28	7	9	2	3	11	10	7	10	3	1	13	8	5	13	8	2	23
	26%	24%	32%	16%	30%	28%	26%	25%	29%	26%	25%	28%	25%	73%	26%	20%	22%	23%
With another adult or adults	68	20	16	8	5	24	25	21	18	6	3	24	24	2	33	29	5	66
	64%	71%	54%	73%	53%	59%	66%	75%	52%	65%	59%	55%	72%	27%	64%	68%	66%	66%
With a child or children	15	3	5	2	2	7	4	2	7	2	1	9	3	-	7	6	2	15
	14%	9%	17%	22%	17%	18%	11%	8%	19%	21%	16%	20%	9%	-	14%	14%	28%	15%
NET: With somebody else	79	21	20	9	7	29	28	21	24	7	4	32	25	2	38	34	6	77
	74%	76%	68%	84%	70%	72%	74%	75%	71%	74%	75%	72%	75%	27%	74%	80%	78%	77%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.9. Team sports (such as football, cricket, rugby etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	*a	*b	*c	d	e	*f	a	*b	a	*b	
Significance Level: 95%													
Unweighted Total	106	38	57	16	10	13	68	34	2	79	27	91	11
Total	107	39	58	16	9	11	72	32	2	82	25	93	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	28	12	10	4	3	4	18	9	-	20	8	21	4
	26%	30%	17%	25%	28%	33%	25%	30%	-	25%	30%	23%	40%
With another adult or adults	68	25	41	9	6	7	48	18	2	53	15	61	7
	64%	63%	70%	55%	60%	60%	67%	57%	100%	65%	59%	66%	60%
With a child or children	15	4	10	3	2	2	8	6	-	11	4	13	1
	14%	10%	18%	19%	21%	18%	11%	19%	-	14%	14%	15%	7%
NET: With somebody else	79	28	48	12	7	8	54	22	2	62	18	71	7
	74%	70%	83%	75%	72%	67%	75%	70%	100%	75%	70%	77%	60%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.9. Team sports (such as football, cricket, rugby etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	b	*c	*a	*b	*c	*d
Unweighted Total	106	3	9	13	26	25	11	4	15	73	30	60	35	10	19	27	28	29
Total	107	3	8	12	28	26	12	4	14	75	30	62	34	10	18	28	30	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	28	3	1	2	8	6	1	2	4	18	8	13	12	3	7	10	5	5
	26%	100%	16%	17%	31%	22%	9%	54%	32%	24%	26%	21%	34%	27%	38%	35%	16%	17%
With another adult or adults	68	-	7	8	17	17	8	2	9	49	19	42	22	4	8	15	24	20
	64%	-	84%	62%	62%	66%	63%	46%	68%	66%	63%	68%	63%	44%	46%	53%	81%	70%
With a child or children	15	-	1	3	3	4	4	-	-	11	4	11	1	3	3	4	2	5
	14%	-	10%	21%	12%	16%	35%	-	-	15%	14%	18%	3%	29%	15%	15%	7%	18%
												b						
NET: With somebody else	79	-	7	10	19	20	11	2	9	57	22	49	23	7	11	18	25	24
	74%	-	84%	83%	69%	78%	91%	46%	68%	76%	74%	79%	66%	73%	62%	65%	84%	83%

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Q4.10. Racket sports (such as tennis, badminton, squash etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	79	46	33	46	28	5	2	8	9	10	8	5	22	10	5
Total	82	46	35	46	30	5	2	8	9	9	7	6	24	11	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	16	13	4	7	9	-	-	1	2	2	-	3	3	3	1
	20%	27%	10%	16%	29%	-	-	16%	22%	21%	-	56%	12%	30%	25%
With another adult or adults	57	29	28	33	19	5	1	6	6	6	7	3	17	7	4
	70%	62%	80%	71%	62%	100%	46%	70%	65%	71%	100%	44%	68%	70%	75%
With a child or children	11	6	5	7	4	-	1	1	1	1	-	-	5	2	-
	14%	14%	13%	16%	13%	-	54%	15%	13%	9%	-	-	20%	22%	-
NET: With somebody else	65	34	32	39	22	5	2	7	7	7	7	3	21	7	4
	80%	73%	90%	84%	71%	100%	100%	84%	78%	79%	100%	44%	88%	70%	75%

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Q4.10. Racket sports (such as tennis, badminton, squash etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	79	18	25	20	9	2	5	63	16	53	3	13	7	1	-	24
Total	82	18	26	21	10	2	5	65	17	56	3	13	7	1	-	24
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	16	8	3	3	2	-	-	14	2	10	2	1	2	-	-	5
	20%	41%	12%	16%	22%	-	-	21%	13%	19%	62%	6%	26%	-	-	20%
With another adult or adults	57	9	21	14	7	2	4	44	13	38	1	11	5	1	-	18
	70%	51%	79%	68%	69%	100%	83%	68%	77%	68%	38%	85%	74%	100%	-	75%
With a child or children	11	1	2	6	1	-	1	9	2	9	-	2	-	-	-	2
	14%	7%	9%	28%	9%	-	17%	15%	10%	16%	-	18%	-	-	-	10%
NET: With somebody else	65	11	23	17	8	2	5	51	14	45	1	12	5	1	-	19
	80%	59%	88%	84%	78%	100%	100%	79%	87%	81%	38%	94%	74%	100%	-	80%

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Q4.10. Racket sports (such as tennis, badminton, squash etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	79	39	13	22	35	7	9	39	7	5	1	3	4	1	3	16
Total	82	34	16	27	43	7	10	41	8	5	1	3	4	1	3	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	16	5	4	6	10	2	5	7	1	1	-	-	-	-	-	7
	20%	16%	22%	23%	23%	28%	48%	18%	16%	17%	-	-	-	-	-	40%
With another adult or adults	57	27	9	17	26	3	4	31	6	2	1	3	3	1	3	7
	70%	80%	54%	64%	61%	43%	39%	76%	84%	42%	100%	100%	79%	100%	100%	40%
With a child or children	11	2	4	6	9	2	1	3	1	2	-	1	1	-	-	3
	14%	5%	23%	21%	22%	29%	13%	6%	16%	41%	-	40%	21%	-	-	20%
NET: With somebody else	65	29	13	21	33	5	5	34	6	4	1	3	4	1	3	10
	80%	84%	78%	77%	77%	72%	52%	82%	84%	83%	100%	100%	100%	100%	100%	60%

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Q4.10. Racket sports (such as tennis, badminton, squash etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	e	*f	*a	b	*c	*d	e	*f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	79	20	27	7	4	34	24	18	32	5	4	37	22	7	31	36	5	72
Total	82	22	28	7	4	35	26	18	34	5	4	40	22	6	31	40	5	75
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	16	5	7	1	-	8	5	3	9	2	-	11	3	3	7	6	-	13
	20%	23%	25%	17%	-	23%	20%	16%	26%	38%	-	28%	14%	45%	22%	16%	-	18%
With another adult or adults	57	17	19	5	1	24	18	15	22	2	3	24	18	3	21	29	5	54
	70%	77%	70%	66%	19%	69%	68%	84%	64%	38%	69%	60%	81%	41%	67%	72%	100%	72%
With a child or children	11	1	1	1	3	3	5	-	5	1	1	6	1	1	3	6	1	10
	14%	5%	5%	18%	81%	7%	17%	-	14%	24%	31%	15%	5%	14%	11%	14%	24%	14%
NET: With somebody else	65	17	21	6	4	27	21	15	25	3	4	29	19	3	24	33	5	62
	80%	77%	75%	83%	100%	77%	80%	84%	74%	62%	100%	72%	86%	55%	78%	84%	100%	82%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.10. Racket sports (such as tennis, badminton, squash etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		*a	*b	*c	d	e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total	79	37	35	22	11	8	43	35	4	64	15	68	11
Total	82	40	36	22	12	8	45	36	4	66	15	70	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	16	11	2	3	4	3	7	9	1	14	2	14	2
	20%	29%	5%	14%	31%	44%	15%	26%	19%	21%	13%	20%	20%
		b											
With another adult or adults	57	27	27	17	7	4	33	23	3	44	12	49	8
	70%	68%	76%	77%	57%	56%	73%	64%	81%	67%	82%	70%	68%
With a child or children	11	2	8	3	1	-	7	5	-	9	2	10	1
	14%	6%	22%	14%	11%	-	15%	13%	-	14%	13%	14%	12%
NET: With somebody else	65	28	34	19	8	4	38	26	3	52	13	56	9
	80%	71%	95%	86%	69%	56%	85%	74%	81%	79%	87%	80%	80%
			a										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.10. Racket sports (such as tennis, badminton, squash etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	*b	*c	*a	*b	c	*d
Unweighted Total	79	1	2	17	16	17	9	1	16	52	26	48	21	9	11	20	30	17
Total	82	1	2	17	16	19	9	1	16	54	26	51	21	9	11	21	32	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	16	-	-	2	4	5	2	-	3	11	5	9	7	1	2	3	6	4
	20%	-	-	12%	22%	28%	25%	-	18%	20%	20%	17%	32%	10%	20%	15%	21%	26%
With another adult or adults	57	-	2	12	13	11	5	1	13	38	19	36	12	8	9	14	22	11
	70%	-	100%	68%	78%	61%	49%	100%	82%	70%	71%	71%	59%	90%	80%	65%	71%	63%
With a child or children	11	1	-	3	-	3	2	-	1	7	4	8	2	-	1	4	4	2
	14%	100%	-	20%	-	17%	26%	-	8%	12%	14%	16%	10%	-	11%	20%	12%	11%
NET: With somebody else	65	1	2	15	13	14	7	1	13	43	21	42	15	8	9	18	25	13
	80%	100%	100%	88%	78%	72%	75%	100%	82%	80%	80%	83%	68%	90%	80%	85%	79%	74%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.11. Golf: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	79	64	13	34	20	25	5	13	5	8	6	5	20	13	4
Total	78	62	14	33	22	23	4	12	5	8	5	6	21	13	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	18	12	5	12	3	3	1	1	1	4	2	-	8	1	1
	23%	20%	33%	36%	15%	12%	20%	7%	24%	50%	30%	-	35%	9%	26%
With another adult or adults	57	48	8	19	19	19	3	10	4	4	4	6	12	11	3
	73%	77%	58%	57%	85%	84%	80%	85%	76%	50%	70%	100%	55%	91%	74%
With a child or children	4	3	1	2	1	1	-	1	-	-	-	1	2	-	-
	6%	5%	9%	6%	6%	4%	-	7%	-	-	-	21%	10%	-	-
NET: With somebody else	60	50	9	21	19	20	3	11	4	4	4	6	14	11	3
	77%	80%	67%	64%	85%	88%	80%	93%	76%	50%	70%	100%	65%	91%	74%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.11. Golf: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																
Unweighted Total	79	15	21	16	10	6	11	52	27	64	1	10	1	-	-	12
Total	78	15	21	15	10	6	10	52	26	63	1	10	1	-	-	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Nobody, I did this on my own	18 23%	1 8%	4 19%	5 32%	1 11%	3 50%	3 35%	10 20%	8 29%	11 17%	-	5 44%	1 100%	-	-	5 43%
With another adult or adults	57 73%	13 86%	16 74%	9 62%	9 89%	3 50%	6 65%	38 74%	19 71%	50 80%	1 100%	5 48%	-	-	-	6 50%
With a child or children	4 6%	1 6%	3 12%	1 6%	-	-	-	4 8%	-	4 6%	-	1 8%	-	-	-	1 7%
NET: With somebody else	60 77%	14 92%	17 81%	10 68%	9 89%	3 50%	6 65%	41 80%	19 71%	52 83%	1 100%	6 56%	-	-	-	7 57%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.11. Golf: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	*b	*c	*d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	79	47	11	14	25	5	5	36	4	3	3	4	5	11	10	
Total	78	41	13	17	31	5	5	38	4	3	2	3	4	4	10	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	18	7	5	4	8	1	-	7	2	-	1	-	2	3	2	1
	23%	16%	37%	20%	27%	25%	-	20%	52%	-	33%	-	51%	61%	19%	12%
With another adult or adults	57	33	8	13	21	3	4	29	2	3	2	3	2	1	8	8
	73%	81%	63%	73%	69%	75%	82%	77%	48%	100%	67%	100%	49%	20%	81%	79%
With a child or children	4	1	-	3	3	-	1	3	-	-	-	-	1	-	-	1
	6%	2%	-	15%	9%	-	18%	7%	-	-	-	-	19%	-	9%	
NET: With somebody else	60	34	8	14	22	3	5	31	2	3	2	3	2	2	8	9
	77%	84%	63%	80%	73%	75%	100%	80%	48%	100%	67%	100%	49%	39%	81%	88%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.11. Golf: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	b	*c	*d	e	
Significance Level: 95%																		
Unweighted Total	79	27	20	3	1	23	28	25	16	6	2	22	27	12	35	29	3	67
Total	78	28	20	3	1	23	29	26	17	6	2	23	27	11	33	31	3	67
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	18	6	3	1	-	4	6	3	5	-	1	5	4	3	7	7	1	15
	23%	22%	15%	32%	-	17%	21%	11%	32%	-	48%	24%	14%	24%	21%	23%	42%	23%
With another adult or adults	57	21	16	2	1	18	22	23	9	6	1	15	24	7	26	23	1	50
	73%	74%	80%	68%	100%	79%	74%	89%	56%	100%	52%	67%	86%	68%	79%	73%	29%	74%
With a child or children	4	1	2	-	-	2	1	-	4	-	-	4	-	1	-	3	1	3
	6%	5%	11%	-	-	10%	4%	-	21%	-	-	16%	-	8%	-	8%	28%	5%
NET: With somebody else	60	22	17	2	1	19	23	23	12	6	1	17	24	8	26	24	2	52
	77%	78%	85%	68%	100%	83%	79%	89%	68%	100%	52%	76%	86%	76%	79%	77%	58%	77%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.11. Golf: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total	79	26	39	14	7	8	54	23	4	68	11	72	6
Total	78	28	38	14	6	8	53	23	3	67	11	72	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	18	7	6	3	1	1	13	4	1	18	-	14	2
	23%	27%	16%	20%	12%	10%	25%	16%	22%	27%	-	20%	48%
With another adult or adults	57	18	31	11	4	8	39	19	3	46	11	54	3
	73%	66%	84%	80%	72%	90%	72%	81%	78%	69%	100%	76%	52%
With a child or children	4	2	1	1	1	-	1	2	-	4	-	4	-
	6%	8%	4%	10%	15%	-	2%	10%	-	7%	-	6%	-
NET: With somebody else	60	20	31	11	5	8	40	19	3	49	11	57	3
	77%	73%	84%	80%	88%	90%	75%	84%	78%	73%	100%	80%	52%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.11. Golf: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	*b	*c	*a	*b	c	*d
Unweighted Total	79	3	3	11	20	11	13	2	16	45	31	42	23	13	9	17	31	19
Total	78	3	3	10	20	13	14	2	15	45	30	43	21	13	8	18	29	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	18	-	2	-	3	3	6	-	5	8	10	10	4	3	-	2	7	7
	23%	-	68%	-	14%	24%	41%	-	31%	17%	34%	25%	20%	23%	-	13%	23%	34%
With another adult or adults	57	2	1	10	17	8	8	2	10	35	20	30	17	10	8	15	22	12
	73%	71%	32%	100%	81%	66%	59%	100%	69%	78%	66%	70%	80%	77%	100%	87%	74%	59%
With a child or children	4	2	-	-	1	1	-	-	-	2	-	2	-	1	-	1	1	1
	6%	76%	-	-	4%	10%	-	-	-	5%	-	5%	-	10%	-	8%	3%	6%
NET: With somebody else	60	3	1	10	17	10	8	2	10	38	20	32	17	10	8	15	23	13
	77%	100%	32%	100%	86%	76%	59%	100%	69%	83%	66%	75%	80%	77%	100%	87%	77%	66%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	g	h	*i
Unweighted Total	239	134	103	120	77	42	18	28	28	26	10	21	48	41	19
Total	240	132	106	117	83	39	13	30	29	25	10	25	50	40	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	131	80	50	64	44	23	6	16	18	14	3	15	21	26	11
	54%	60%	47%	54%	53%	58%	45%	53%	62%	56%	34%	62%	42%	67%	58%
		b												g	
With another adult or adults	102	50	50	49	35	17	7	14	8	10	6	9	27	11	8
	42%	38%	48%	42%	43%	42%	55%	47%	29%	40%	66%	38%	54%	28%	42%
													h		
With a child or children	10	4	6	4	6	-	1	-	4	1	-	-	2	2	-
	4%	3%	5%	3%	7%	-	6%	-	13%	3%	-	-	5%	5%	-
NET: With somebody else	109	52	56	53	39	17	7	14	11	11	6	9	29	13	8
	46%	40%	53%	46%	47%	42%	55%	47%	38%	44%	66%	38%	58%	33%	42%
			a										h		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	239	36	71	51	39	13	29	158	81	183	7	23	17	2	2	51
Total	240	36	73	51	40	12	28	160	80	183	7	23	19	2	2	52
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	131	20	42	27	19	4	19	89	42	99	5	12	11	1	-	28
	54%	55%	58%	52%	48%	36%	67%	55%	53%	54%	69%	52%	57%	45%	-	54%
With another adult or adults	102	16	28	21	19	8	9	66	36	79	2	9	7	1	2	21
	42%	45%	39%	42%	47%	64%	33%	41%	45%	43%	31%	40%	36%	55%	100%	40%
With a child or children	10	-	3	4	3	-	-	7	3	7	-	2	1	-	-	3
	4%	-	3%	8%	7%	-	-	4%	4%	4%	-	8%	7%	-	-	6%
NET: With somebody else	109	16	31	24	21	8	9	71	38	84	2	11	8	1	2	24
	46%	45%	42%	48%	52%	64%	33%	45%	47%	46%	31%	48%	43%	55%	100%	46%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	239	132	46	41	87	15	21	108	32	12	4	8	12	7	20	36
Total	240	116	56	51	106	16	23	109	32	13	3	7	11	6	19	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	131	67	33	21	53	10	14	53	17	5	3	6	9	5	9	24
	54%	58%	59%	41%	50%	62%	60%	49%	53%	41%	76%	76%	81%	74%	49%	61%
With another adult or adults	102	46	20	27	48	5	9	50	14	7	1	2	2	2	10	14
	42%	40%	37%	54%	45%	31%	40%	46%	44%	59%	24%	24%	19%	26%	51%	36%
With a child or children	10	3	5	3	7	1	-	8	1	-	-	-	-	-	-	1
	4%	2%	8%	5%	7%	7%	-	7%	3%	-	-	-	-	-	-	3%
NET: With somebody else	109	49	23	30	53	6	9	56	15	7	1	2	2	2	10	15
	46%	42%	41%	59%	50%	38%	40%	51%	47%	59%	24%	24%	19%	26%	51%	39%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	239	74	70	18	9	88	83	89	55	19	6	74	95	33	125	77	4	206
Total	240	77	71	18	9	89	85	90	58	18	6	76	96	30	122	84	4	210
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	131	39	34	10	5	44	45	47	27	10	3	37	51	20	70	39	2	111
	54%	51%	48%	57%	60%	50%	52%	52%	46%	56%	54%	48%	53%	67%	57%	47%	50%	53%
With another adult or adults	102	37	32	8	3	39	41	42	28	8	2	36	43	10	49	41	2	92
	42%	49%	45%	43%	40%	45%	48%	46%	49%	44%	28%	48%	45%	33%	40%	49%	50%	44%
With a child or children	10	1	6	-	-	6	1	2	4	-	1	4	4	-	6	4	-	10
	4%	2%	9%	-	-	7%	1%	3%	6%	-	18%	5%	4%	-	5%	4%	-	5%
			f															
NET: With somebody else	109	37	37	8	3	45	41	43	31	8	3	39	46	10	53	45	2	99
	46%	49%	52%	43%	40%	50%	48%	48%	54%	44%	46%	52%	47%	33%	43%	53%	50%	47%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	*a	*b	*c	d	e	*f	a	b	a	b
Significance Level: 95%												
Unweighted Total	239	146	26	29	17	168	61	6	201	38	204	30
Total	240	145	26	29	17	170	61	6	200	40	205	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	131	81	14	14	10	95	33	4	110	21	110	19
	54%	56%	53%	47%	57%	56%	53%	67%	55%	53%	54%	63%
With another adult or adults	102	61	9	13	6	73	23	1	86	15	88	11
	42%	42%	34%	45%	32%	43%	38%	15%	43%	38%	43%	37%
With a child or children	10	5	3	2	2	3	6	1	6	4	10	-
	4%	3%	13%	8%	11%	2%	9%	18%	3%	9%	5%	-
NET: With somebody else	109	64	12	15	7	75	29	2	90	19	95	11
	46%	44%	47%	53%	43%	44%	47%	33%	45%	47%	46%	37%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	*f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	239	3	12	36	53	43	29	23	40	144	92	134	67	36	37	54	89	56
Total	240	2	12	35	55	44	28	23	40	147	91	135	67	36	37	53	92	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	131	2	9	19	24	23	12	14	27	76	53	73	41	16	26	29	42	32
	54%	66%	73%	55%	44%	53%	45%	63%	66%	52%	59%	54%	61%	44%	69%	55%	45%	58%
								d							c			
With another adult or adults	102	-	3	15	28	21	15	7	12	67	35	59	23	20	12	22	45	22
	42%	-	27%	42%	51%	47%	55%	31%	31%	45%	38%	43%	34%	56%	31%	43%	49%	40%
															b			
With a child or children	10	1	-	1	5	-	-	1	1	6	3	5	4	-	-	1	7	1
	4%	34%	-	3%	9%	-	-	6%	3%	4%	3%	3%	6%	-	-	2%	8%	2%
					e													
NET: With somebody else	109	1	3	16	31	21	15	8	14	71	37	62	26	20	12	24	50	23
	46%	34%	27%	45%	56%	47%	55%	37%	34%	48%	41%	46%	39%	56%	31%	45%	55%	42%
					h												a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.13. Swimming: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	191	101	89	76	70	45	13	21	23	17	17	25	36	26	13
Total	199	101	98	76	77	46	10	22	24	17	17	30	41	25	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	100	49	50	33	37	29	4	12	11	12	8	18	19	9	8
	50%	49%	51%	44%	48%	64%	37%	53%	45%	73%	44%	60%	46%	38%	56%
						a									
With another adult or adults	71	37	34	32	24	14	4	9	10	3	10	8	10	12	5
	35%	37%	34%	42%	32%	30%	46%	41%	40%	20%	56%	27%	24%	48%	34%
With a child or children	43	27	16	14	25	4	2	2	6	1	1	6	16	6	1
	22%	26%	17%	19%	33%	8%	25%	10%	25%	7%	7%	21%	40%	24%	9%
					c										
NET: With somebody else	99	51	48	43	40	16	6	10	13	4	10	12	22	15	6
	50%	51%	49%	56%	52%	36%	63%	47%	55%	27%	56%	40%	54%	62%	44%
				c											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.13. Swimming: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	191	27	51	40	29	21	23	118	73	157	2	17	11	-	-	30
Total	199	27	55	41	31	22	24	123	77	164	2	18	11	-	-	32
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Nobody, I did this on my own	100	9	28	19	15	16	14	55	45	80	1	10	7	-	-	18
	50%	32%	50%	46%	47%	74%	61%	45%	59%	49%	39%	54%	62%	-	-	56%
With another adult or adults	71	13	21	16	11	2	7	50	20	60	-	5	4	-	-	9
	35%	50%	39%	38%	37%	10%	28%	41%	26%	36%	-	27%	38%	-	-	29%
							h									
With a child or children	43	9	11	11	6	4	3	31	12	37	1	5	-	-	-	6
	22%	32%	20%	28%	19%	17%	11%	25%	16%	23%	61%	25%	-	-	-	19%
NET: With somebody else	99	18	27	22	17	6	9	68	32	84	1	8	4	-	-	14
	50%	68%	50%	54%	53%	26%	39%	55%	41%	51%	61%	46%	38%	-	-	44%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.13. Swimming: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	191	97	38	40	78	13	10	86	21	3	7	6	13	14	18	23
Total	199	89	47	50	97	14	12	91	21	3	7	6	13	14	18	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	100	50	21	20	42	8	5	44	11	1	4	5	6	7	9	13
	50%	56%	46%	40%	43%	59%	41%	48%	51%	27%	60%	85%	47%	51%	50%	51%
With another adult or adults	71	37	13	16	30	6	6	33	6	-	2	1	4	5	9	11
	35%	41%	28%	33%	31%	41%	48%	37%	27%	-	24%	15%	32%	33%	50%	44%
With a child or children	43	3	18	21	39	1	2	24	6	2	1	-	3	2	1	4
	22%	3%	38%	42%	40%	9%	21%	26%	28%	73%	16%	-	20%	15%	6%	15%
			a	a	a											
NET: With somebody else	99	39	25	30	55	6	7	48	10	2	3	1	7	7	9	12
	50%	44%	54%	60%	57%	41%	59%	52%	49%	73%	40%	15%	53%	49%	50%	49%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.13. Swimming: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	191	51	47	15	5	62	56	57	45	10	4	55	61	27	99	56	9	164
Total	199	53	50	16	6	66	59	59	51	10	4	61	63	24	102	62	11	175
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	100	32	21	3	3	24	35	29	19	8	3	27	33	17	51	26	6	83
	50%	60%	41%	22%	58%	37%	60%	50%	38%	80%	73%	45%	52%	71%	50%	42%	56%	47%
		e				e												
With another adult or adults	71	13	21	10	1	31	15	18	24	2	-	26	18	7	40	22	1	64
	35%	25%	41%	65%	21%	47%	25%	31%	47%	20%	-	42%	29%	29%	39%	36%	11%	36%
						af												
With a child or children	43	13	16	2	1	18	14	16	15	-	1	15	17	1	17	21	3	42
	22%	24%	32%	13%	21%	27%	24%	28%	29%	-	27%	25%	28%	4%	17%	34%	32%	24%
															b			
NET: With somebody else	99	21	30	12	2	42	24	29	31	2	1	33	31	7	52	36	5	92
	50%	40%	59%	78%	42%	63%	40%	50%	62%	20%	27%	55%	48%	29%	50%	58%	44%	53%
						af												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.13. Swimming: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		*a	b	*c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	191	65	95	28	30	20	108	71	4	154	37	167	20
Total	199	73	99	29	32	21	114	74	4	162	38	175	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	100	26	54	10	15	9	63	31	2	81	19	82	15
	50%	35%	54%	34%	49%	43%	56%	42%	52%	50%	50%	47%	74%
			a										
With another adult or adults	71	34	30	11	12	11	37	31	1	53	18	67	3
	35%	46%	30%	38%	39%	50%	33%	42%	19%	33%	48%	38%	14%
			b										
With a child or children	43	19	23	10	5	1	24	14	1	40	3	41	2
	22%	26%	23%	33%	15%	6%	21%	20%	29%	25%	9%	23%	12%
										b			
NET: With somebody else	99	47	45	19	16	12	50	43	2	80	19	93	5
	50%	65%	46%	66%	51%	57%	44%	58%	48%	50%	50%	53%	26%
			b										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.13. Swimming: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	e	*f	*g	h	i	j	a	b	*c	*a	b	c	d
Unweighted Total	191	9	10	29	38	34	27	14	30	111	71	103	63	20	24	54	65	42
Total	199	8	9	31	41	37	30	13	31	118	73	109	65	21	25	55	68	45
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	100	6	2	19	20	13	14	7	17	55	39	50	35	13	13	30	32	22
	50%	71%	27%	62%	50%	36%	48%	55%	57%	47%	53%	46%	55%	62%	50%	54%	48%	48%
With another adult or adults	71	2	5	8	13	18	12	5	8	44	25	44	21	4	11	16	29	14
	35%	19%	50%	27%	31%	50%	40%	36%	26%	38%	34%	40%	32%	21%	45%	28%	43%	30%
With a child or children	43	1	2	3	11	10	7	2	6	26	16	30	8	4	5	11	14	12
	22%	10%	23%	11%	27%	27%	24%	18%	20%	22%	22%	28%	13%	17%	20%	20%	20%	27%
												b						
NET: With somebody else	99	2	7	12	20	24	15	6	13	62	35	59	29	8	13	26	36	23
	50%	29%	73%	38%	50%	64%	52%	45%	43%	53%	47%	54%	45%	38%	50%	46%	52%	52%

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Q4.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	80	60	19	48	28	4	3	7	5	9	9	2	27	11	7
Total	81	60	20	47	31	4	2	8	5	8	10	2	28	10	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	30	21	8	19	8	2	1	2	1	3	2	1	9	6	3
	36%	35%	38%	42%	26%	55%	67%	28%	20%	35%	22%	55%	32%	58%	46%
With another adult or adults	38	28	10	19	18	2	1	4	3	5	6	-	13	2	4
	47%	46%	53%	40%	58%	45%	33%	56%	63%	65%	66%	-	45%	16%	54%
With a child or children	15	13	2	9	6	-	-	1	1	1	1	1	7	3	-
	18%	21%	9%	19%	20%	-	-	16%	17%	13%	13%	45%	23%	26%	-
NET: With somebody else	52	39	12	27	23	2	1	6	4	5	8	1	19	4	4
	64%	65%	62%	58%	74%	45%	33%	72%	80%	65%	78%	45%	68%	42%	54%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																
Unweighted Total	80	16	18	19	17	7	3	53	27	56	2	13	7	1	-	23
Total	81	15	18	21	18	6	3	54	27	57	2	13	7	1	-	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	30 36%	4 28%	7 37%	3 16%	7 37%	6 100%	2 72%	14 26%	15 56%	21 36%	1 39%	6 47%	2 26%	-	-	9 38%
With another adult or adults	38 47%	5 33%	10 56%	13 65%	9 49%	-	1 28%	29 53%	10 35%	27 47%	1 61%	5 39%	3 45%	1 100%	-	10 45%
With a child or children	15 18%	6 39%	2 13%	4 19%	2 14%	-	-	12 23%	2 9%	11 19%	-	2 15%	2 29%	-	-	4 17%
NET: With somebody else	52 64%	11 72%	11 63%	17 84%	11 63%	-	1 28%	40 74%	12 44%	36 64%	1 61%	7 53%	6 74%	1 100%	-	14 62%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	80	39	18	15	33	7	11	32	10	8	-	3	5	1	3	18
Total	81	34	22	18	40	7	11	33	10	8	-	3	5	1	3	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%
Nobody, I did this on my own	30	11	8	7	15	1	3	11	3	5	-	3	3	-	1	4
	36%	33%	38%	39%	38%	17%	24%	34%	29%	67%	-	72%	58%	-	33%	21%
With another adult or adults	38	18	8	10	17	5	4	15	7	3	-	-	2	-	2	9
	47%	54%	34%	55%	43%	66%	39%	46%	71%	33%	-	-	42%	-	67%	50%
With a child or children	15	4	6	2	9	1	4	6	-	1	-	1	-	1	-	5
	18%	13%	28%	13%	21%	17%	37%	20%	-	14%	-	28%	-	100%	-	29%
NET: With somebody else	52	23	14	11	25	6	8	22	7	3	-	1	2	1	2	15
	64%	67%	62%	61%	62%	83%	76%	66%	71%	33%	-	28%	42%	100%	67%	79%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	e	f	*a	*b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	80	20	26	9	4	35	24	14	26	14	4	40	18	10	30	31	9	70
Total	81	20	27	9	4	36	24	14	27	13	4	41	18	9	31	33	8	72
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	30	10	7	2	2	9	13	7	8	3	2	12	9	4	9	14	3	26
	36%	51%	25%	21%	59%	24%	52%	53%	30%	26%	52%	29%	53%	41%	30%	42%	34%	36%
With another adult or adults	38	8	13	6	2	18	10	6	12	9	1	20	7	5	16	13	5	34
	47%	39%	47%	66%	41%	52%	39%	42%	42%	65%	21%	50%	37%	50%	51%	40%	56%	47%
With a child or children	15	2	8	1	-	10	2	1	9	1	1	10	2	1	6	7	1	14
	18%	10%	31%	13%	-	27%	8%	6%	31%	9%	27%	24%	10%	9%	19%	22%	10%	19%
NET: With somebody else	52	10	20	7	2	27	12	7	19	10	2	29	9	5	22	19	6	46
	64%	49%	75%	79%	41%	76%	48%	47%	70%	74%	48%	71%	47%	59%	70%	58%	66%	64%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	*b		*a	*b	*c	d	e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total	80	43	25	14	18	14	41	37	6	69	11	69	10
Total	81	44	27	14	17	14	43	37	6	70	11	71	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	30	14	11	1	5	2	22	8	-	26	4	27	2
	36%	33%	40%	9%	27%	15%	51%	21%	-	37%	35%	38%	27%
							e						
With another adult or adults	38	21	12	9	8	10	17	21	4	32	6	31	6
	47%	47%	46%	61%	44%	70%	39%	56%	66%	45%	56%	44%	64%
With a child or children	15	9	5	4	5	2	5	8	2	14	1	14	1
	18%	20%	18%	30%	29%	15%	13%	23%	34%	20%	9%	19%	9%
NET: With somebody else	52	30	16	13	13	12	21	29	6	44	7	44	7
	64%	67%	60%	91%	73%	85%	49%	79%	100%	63%	65%	62%	73%
								d					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	*b	*c	*a	*b	*c	*d
Unweighted Total	80	1	9	12	15	18	4	6	15	54	25	45	23	10	10	27	23	19
Total	81	1	9	12	15	21	4	6	15	56	24	47	23	9	9	28	24	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	30	-	2	5	5	6	2	-	9	18	11	16	9	4	4	10	8	8
	36%	-	26%	43%	35%	28%	46%	-	65%	32%	46%	35%	38%	44%	43%	34%	34%	41%
With another adult or adults	38	-	5	5	8	11	2	2	5	29	9	21	12	4	4	13	11	10
	47%	-	55%	47%	50%	54%	54%	34%	35%	52%	38%	46%	52%	47%	44%	48%	46%	50%
With a child or children	15	1	2	1	2	4	-	5	-	9	5	9	3	1	1	5	6	2
	18%	100%	19%	10%	15%	18%	-	85%	-	16%	20%	19%	14%	9%	13%	18%	25%	9%
NET: With somebody else	52	1	6	7	10	15	2	6	5	38	13	30	15	5	5	18	16	12
	64%	100%	74%	57%	65%	72%	54%	100%	35%	68%	54%	65%	62%	56%	57%	66%	66%	59%

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Q4.15. Water sports (such as surfing, rowing, sailing etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	51	36	14	31	20	-	2	5	4	6	5	2	19	7	1
Total	52	37	14	30	22	-	1	6	4	5	5	2	21	7	1
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	20	13	7	10	10	-	1	4	1	3	2	1	4	2	1
	38%	35%	49%	33%	46%	-	100%	64%	29%	56%	46%	50%	21%	29%	100%
With another adult or adults	23	16	6	15	8	-	-	1	2	2	1	1	12	5	-
	45%	44%	42%	49%	38%	-	-	14%	42%	44%	17%	50%	56%	71%	-
With a child or children	12	9	3	8	5	-	-	2	1	-	2	-	7	-	-
	23%	24%	22%	25%	21%	-	-	36%	29%	-	37%	-	34%	-	-
NET: With somebody else	32	24	7	20	12	-	-	2	3	2	3	1	16	5	-
	62%	65%	51%	67%	54%	-	-	36%	71%	44%	54%	50%	79%	71%	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.15. Water sports (such as surfing, rowing, sailing etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g	
Significance Level: 95%																
Unweighted Total	51	18	8	11	10	4	-	37	14	37	1	7	4	-	-	12
Total	52	18	8	11	10	4	-	38	14	38	1	8	4	-	-	12
	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	-	-	100%
Nobody, I did this on my own	20 38%	6 31%	4 52%	3 28%	5 51%	2 42%	-	13 35%	7 49%	16 41%	-	1 17%	2 56%	-	-	3 27%
With another adult or adults	23 45%	10 55%	3 33%	6 54%	2 20%	2 58%	-	19 50%	4 30%	16 41%	1 100%	4 54%	2 44%	-	-	7 55%
With a child or children	12 23%	3 14%	2 25%	3 28%	3 29%	1 35%	-	8 21%	4 31%	9 23%	-	3 42%	-	-	-	3 27%
NET: With somebody else	32 62%	13 69%	4 48%	8 72%	5 49%	2 58%	-	25 65%	7 51%	22 59%	1 100%	6 83%	2 44%	-	-	9 73%

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Q4.15. Water sports (such as surfing, rowing, sailing etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	51	21	13	8	21	3	7	27	6	6	1	-	1	-	-	10
Total	52	18	16	10	26	3	7	28	6	6	1	-	1	-	-	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	-	-	100%
Nobody, I did this on my own	20	5	9	4	12	-	2	13	2	2	1	-	-	-	-	2
	38%	28%	54%	37%	47%	-	29%	46%	32%	37%	100%	-	-	-	-	21%
With another adult or adults	23	11	5	3	7	2	5	9	3	3	-	-	1	-	-	7
	45%	62%	30%	25%	28%	72%	71%	31%	51%	50%	-	-	100%	-	-	71%
With a child or children	12	4	3	5	8	1	-	7	1	3	-	-	-	-	-	1
	23%	20%	16%	51%	29%	28%	-	26%	17%	47%	-	-	-	-	-	8%
NET: With somebody else	32	13	7	6	14	3	5	15	4	4	-	-	1	-	-	8
	62%	72%	46%	63%	53%	100%	71%	54%	68%	63%	-	-	100%	-	-	79%

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Q4.15. Water sports (such as surfing, rowing, sailing etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	e	f	*a	*b	*c	*d	e	f	*a	*b	*c	*d	e	
Significance Level: 95%																		
Unweighted Total	51	10	18	13	5	31	15	12	19	11	4	30	16	8	24	16	3	43
Total	52	10	19	13	5	31	15	13	21	10	4	30	16	8	25	17	3	44
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	20	6	5	5	2	11	8	7	9	2	1	11	8	3	11	5	1	17
	38%	57%	29%	41%	48%	34%	54%	52%	43%	25%	31%	37%	47%	37%	45%	30%	35%	39%
With another adult or adults	23	3	8	5	3	14	6	5	7	6	2	13	7	2	11	9	1	21
	45%	31%	45%	43%	52%	44%	38%	38%	32%	66%	48%	43%	40%	23%	45%	55%	32%	48%
With a child or children	12	3	6	3	-	9	3	1	6	2	2	8	3	3	3	5	1	9
	23%	24%	31%	23%	-	28%	16%	10%	31%	18%	48%	27%	19%	40%	13%	29%	33%	20%
NET: With somebody else	32	4	13	8	3	21	7	6	12	7	3	19	9	5	14	12	2	27
	62%	43%	71%	59%	52%	66%	46%	48%	57%	75%	69%	63%	53%	63%	55%	70%	65%	61%

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Q4.15. Water sports (such as surfing, rowing, sailing etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	*b	*a	*b	*c	*d	*e	*f	a	*b	a	*b	
Significance Level: 95%													
Unweighted Total	51	30	13	11	7	9	26	23	2	42	9	43	7
Total	52	31	13	11	6	9	27	23	2	43	9	43	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	20	12	5	4	1	4	11	9	-	18	2	17	3
	38%	39%	37%	36%	20%	40%	40%	39%	-	42%	19%	38%	42%
With another adult or adults	23	16	6	4	5	5	12	10	2	19	4	19	3
	45%	50%	43%	35%	80%	50%	43%	43%	100%	45%	42%	44%	41%
With a child or children	12	6	3	4	1	3	6	6	1	8	4	11	1
	23%	21%	20%	38%	16%	31%	22%	27%	54%	18%	50%	25%	17%
NET: With somebody else	32	19	8	7	5	5	16	14	2	25	7	27	4
	62%	61%	63%	64%	80%	60%	60%	61%	100%	58%	81%	62%	58%

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Q4.15. Water sports (such as surfing, rowing, sailing etc.): For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	*b	*c	*a	*b	*c	*d
Unweighted Total	51	2	6	4	15	10	5	1	8	35	14	33	12	6	6	16	18	11
Total	52	2	6	5	15	11	5	1	7	36	13	35	11	6	7	16	18	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	20	1	3	2	5	2	3	-	5	12	7	10	7	3	3	7	5	4
	38%	41%	44%	55%	31%	19%	49%	-	64%	32%	54%	28%	60%	57%	51%	43%	29%	38%
With another adult or adults	23	1	3	2	7	4	3	1	2	17	5	18	4	2	2	6	9	6
	45%	59%	56%	45%	48%	38%	51%	100%	24%	46%	39%	51%	32%	28%	30%	38%	50%	54%
With a child or children	12	-	-	1	4	5	1	-	1	10	2	8	2	2	1	3	7	1
	23%	-	-	28%	29%	43%	16%	-	13%	28%	13%	24%	17%	30%	19%	19%	37%	8%
NET: With somebody else	32	1	3	2	11	9	3	1	3	25	6	25	5	2	3	9	13	6
	62%	59%	56%	45%	69%	81%	51%	100%	36%	68%	46%	72%	40%	43%	49%	57%	71%	62%

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Q4.16. Gymnastics, trampolining or cheerleading: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	53	31	21	41	11	1	-	3	4	6	3	3	22	6	6
Total	57	34	22	43	12	1	-	3	4	6	3	4	25	6	6
	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	12	13	20	5	-	-	2	3	1	2	-	11	2	3
	43%	36%	57%	45%	42%	-	-	63%	70%	19%	66%	-	45%	44%	47%
With another adult or adults	27	18	9	22	4	1	-	1	1	4	1	2	12	3	3
	48%	53%	43%	50%	36%	100%	-	37%	30%	63%	34%	64%	46%	56%	53%
With a child or children	7	6	-	5	3	-	-	-	-	1	-	1	5	-	-
	13%	18%	-	11%	22%	-	-	-	-	19%	-	36%	19%	-	-
NET: With somebody else	32	22	9	24	7	1	-	1	1	5	1	4	14	3	3
	57%	64%	43%	55%	58%	100%	-	37%	30%	81%	34%	100%	55%	56%	53%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.16. Gymnastics, trampolining or cheerleading: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	53	11	15	14	8	4	1	40	13	32	3	6	7	-	2	18
Total	57	11	17	15	9	3	1	43	14	35	3	6	8	-	2	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	25	3	9	5	5	3	-	17	8	16	2	4	1	-	1	8
	43%	27%	52%	32%	51%	100%	-	39%	58%	45%	71%	68%	11%	-	45%	42%
With another adult or adults	27	7	7	9	3	-	1	23	5	17	1	1	6	-	1	9
	48%	61%	41%	61%	37%	-	100%	53%	34%	47%	29%	15%	74%	-	55%	46%
With a child or children	7	3	1	2	1	-	-	6	1	5	-	1	1	-	-	2
	13%	24%	8%	15%	12%	-	-	14%	8%	15%	-	17%	15%	-	-	11%
NET: With somebody else	32	8	8	10	5	-	1	26	6	19	1	2	7	-	1	11
	57%	73%	48%	68%	49%	-	100%	61%	42%	55%	29%	32%	89%	-	55%	58%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.16. Gymnastics, trampolining or cheerleading: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	53	19	15	14	29	3	6	28	7	6	2	-	-	1	-	9
Total	57	17	19	17	36	3	7	31	7	6	2	-	-	1	-	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%	-	100%
Nobody, I did this on my own	25	11	8	5	13	1	3	14	5	1	1	-	-	-	-	4
	43%	68%	41%	29%	35%	29%	43%	46%	70%	14%	44%	-	-	-	-	39%
With another adult or adults	27	4	9	11	20	2	4	14	2	3	1	-	-	1	-	6
	48%	26%	46%	64%	55%	71%	57%	45%	30%	50%	56%	-	-	100%	-	61%
With a child or children	7	1	4	3	6	-	-	5	-	2	-	-	-	-	-	-
	13%	6%	20%	15%	17%	-	-	17%	-	36%	-	-	-	-	-	-
NET: With somebody else	32	5	11	12	23	2	4	17	2	5	1	-	-	1	-	6
	57%	32%	59%	71%	65%	71%	57%	54%	30%	86%	56%	-	-	100%	-	61%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.16. Gymnastics, trampolining or cheerleading: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	e	f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e	
Significance Level: 95%																		
Unweighted Total	53	9	25	8	4	33	13	17	17	10	2	27	19	9	23	19	2	44
Total	57	10	27	8	4	35	14	19	18	10	2	28	21	8	25	22	2	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	6	12	3	1	15	8	11	8	3	1	11	12	5	10	7	2	19
	43%	63%	46%	37%	29%	44%	53%	58%	46%	29%	41%	40%	56%	62%	41%	34%	100%	40%
With another adult or adults	27	3	13	4	2	17	5	7	7	6	1	14	8	2	13	12	-	25
	48%	25%	49%	49%	47%	49%	31%	35%	41%	61%	59%	48%	38%	25%	54%	56%	-	52%
With a child or children	7	1	4	1	1	5	2	4	2	1	-	3	4	1	3	4	-	6
	13%	13%	14%	14%	24%	14%	16%	20%	13%	10%	-	12%	18%	13%	11%	16%	-	13%
NET: With somebody else	32	4	14	5	3	19	7	8	10	7	1	17	9	3	15	14	-	29
	57%	37%	54%	63%	71%	56%	47%	42%	54%	71%	59%	60%	44%	38%	59%	66%	-	60%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.16. Gymnastics, trampolining or cheerleading: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	*b	*a	*b	*c	*d	e	*f	a	*b	a	*b
Unweighted Total	53	28	16	13	13	11	21	31	3	46	7	48	4
Total	57	31	17	15	13	12	22	34	3	49	8	52	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	12	7	5	4	5	13	12	-	22	2	22	2
	43%	39%	42%	30%	29%	45%	59%	35%	-	46%	28%	42%	48%
With another adult or adults	27	18	7	9	9	6	7	20	3	23	5	25	2
	48%	58%	43%	61%	71%	46%	31%	58%	100%	47%	59%	49%	52%
With a child or children	7	4	3	3	-	1	4	4	-	5	2	7	-
	13%	11%	15%	17%	-	9%	16%	11%	-	10%	29%	14%	-
NET: With somebody else	32	19	10	11	9	7	9	22	3	27	6	30	2
	57%	61%	58%	70%	71%	55%	41%	65%	100%	54%	72%	58%	52%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.16. Gymnastics, trampolining or cheerleading: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	*b	*c	*a	*b	*c	*d
Unweighted Total	53	1	3	9	10	11	8	2	9	33	19	29	19	5	9	18	16	9
Total	57	1	3	10	11	12	10	2	9	35	21	31	20	5	10	19	17	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	25	1	2	3	5	2	6	1	4	12	12	14	8	3	3	6	12	2
	43%	100%	70%	33%	46%	16%	64%	52%	49%	34%	57%	43%	40%	57%	34%	31%	71%	25%
With another adult or adults	27	-	1	7	6	10	1	1	2	23	4	14	11	2	6	11	5	6
	48%	-	30%	67%	54%	84%	13%	48%	24%	66%	20%	46%	53%	43%	56%	57%	29%	61%
With a child or children	7	-	-	-	1	1	2	-	2	3	5	6	1	-	1	2	1	3
	13%	-	-	-	11%	11%	23%	-	27%	7%	23%	19%	7%	-	10%	13%	7%	27%
NET: With somebody else	32	-	1	7	6	10	4	1	5	23	9	18	12	2	7	13	5	7
	57%	-	30%	67%	54%	84%	36%	48%	51%	66%	43%	57%	60%	43%	66%	69%	29%	75%

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Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	*a	*b	c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	87	44	43	12	15	60	6	14	6	7	12	8	9	16	9
Total	88	44	44	12	17	59	5	14	6	6	12	10	10	15	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	43	24	19	6	10	26	1	9	3	3	5	6	3	9	4
	49%	54%	44%	52%	59%	45%	16%	60%	52%	55%	42%	60%	30%	62%	37%
With another adult or adults	42	20	22	5	6	32	4	6	3	3	7	4	4	6	6
	48%	46%	50%	38%	33%	55%	84%	40%	48%	45%	58%	40%	44%	38%	63%
With a child or children	4	1	3	1	3	-	-	-	-	-	-	1	3	-	-
	4%	3%	6%	10%	16%	-	-	-	-	-	-	14%	26%	-	-
NET: With somebody else	45	20	25	6	7	32	4	6	3	3	7	4	7	6	6
	51%	46%	56%	48%	41%	55%	84%	40%	48%	45%	58%	40%	70%	38%	63%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	*c	*d	*e	f	g	h	a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																
Unweighted Total	87	2	19	16	11	3	36	37	50	83	-	2	1	-	-	3
Total	88	2	20	16	11	3	36	38	50	83	-	2	1	-	-	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	-	-	100%
Nobody, I did this on my own	43	-	11	8	5	1	19	19	24	43	-	-	-	-	-	-
	49%	-	53%	48%	44%	28%	52%	49%	49%	51%	-	-	-	-	-	-
With another adult or adults	42	2	8	8	6	2	16	18	24	39	-	2	1	-	-	3
	48%	100%	40%	52%	56%	72%	44%	48%	49%	47%	-	100%	100%	-	-	100%
With a child or children	4	-	3	-	-	-	1	3	1	3	-	-	-	-	-	-
	4%	-	13%	-	-	-	4%	7%	3%	3%	-	-	-	-	-	-
NET: With somebody else	45	2	9	8	6	2	17	20	25	41	-	2	1	-	-	3
	51%	100%	47%	52%	56%	72%	48%	51%	51%	49%	-	100%	100%	-	-	100%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	j	*k	
Significance Level: 95%																
Unweighted Total	87	68	12	5	17	1	2	14	9	4	2	6	1	10	38	3
Total	88	64	15	6	22	1	2	14	10	5	2	6	1	11	37	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	43	30	9	2	11	-	2	6	6	3	2	-	1	8	14	2
	49%	46%	58%	39%	52%	-	100%	44%	62%	73%	100%	-	100%	76%	39%	73%
With another adult or adults	42	35	4	4	8	1	-	7	4	1	-	6	-	1	22	1
	48%	54%	25%	61%	36%	100%	-	47%	38%	27%	-	100%	-	12%	61%	27%
With a child or children	4	-	3	1	4	-	-	1	1	-	-	-	-	1	-	-
	4%	-	17%	20%	18%	-	-	9%	14%	-	-	-	-	13%	-	-
NET: With somebody else	45	35	6	4	10	1	-	8	4	1	-	6	-	3	22	1
	51%	54%	42%	61%	48%	100%	-	56%	38%	27%	-	100%	-	24%	61%	27%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	b	*c	*d	e	
Significance Level: 95%																		
Unweighted Total	87	14	9	5	2	14	16	19	5	7	-	12	19	16	53	17	1	71
Total	88	15	9	5	2	14	18	20	6	7	-	13	20	16	51	19	1	72
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	43	11	1	4	2	5	13	12	2	5	-	8	12	12	25	6	-	31
	49%	73%	13%	86%	100%	38%	77%	62%	38%	76%	-	58%	62%	74%	48%	32%	-	43%
With another adult or adults	42	4	7	1	-	8	4	7	3	2	-	4	7	4	25	12	1	38
	48%	27%	73%	14%	-	53%	23%	38%	41%	24%	-	32%	38%	26%	50%	61%	100%	53%
With a child or children	4	-	3	-	-	3	-	-	3	-	-	3	-	-	1	3	-	4
	4%	-	28%	-	-	18%	-	-	42%	-	-	20%	-	-	3%	13%	-	5%
NET: With somebody else	45	4	8	1	-	9	4	7	4	2	-	5	7	4	27	13	1	41
	51%	27%	87%	14%	-	62%	23%	38%	62%	24%	-	42%	38%	26%	52%	68%	100%	57%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Unweighted Total	87	11	57	10	23	2	53	31	4	58	29	80	6
Total	88	12	57	11	22	2	53	32	4	59	29	81	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	43	4	25	5	13	1	23	17	3	26	17	37	5
	49%	36%	43%	51%	57%	55%	43%	52%	77%	44%	58%	46%	82%
With another adult or adults	42	8	30	4	10	1	29	14	1	30	12	41	1
	48%	64%	52%	38%	43%	45%	54%	44%	23%	51%	42%	51%	18%
With a child or children	4	-	4	1	1	-	1	3	-	3	1	4	-
	4%	-	7%	12%	6%	-	3%	8%	-	4%	5%	5%	-
NET: With somebody else	45	8	32	5	10	1	30	15	1	33	12	44	1
	51%	64%	57%	49%	43%	45%	57%	48%	23%	56%	42%	54%	18%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q4.7. Other sport, exercise or physical activity: For each activity you have done in the past week, who, if anyone, have you participated with? Please include only those physically present with you, not other online participants.

BASE: All who have done some form of physical activity in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	b	*c	*a	*b	c	*d
Unweighted Total	87	5	12	13	17	10	14	7	9	52	30	22	45	18	12	17	44	13
Total	88	5	13	12	18	10	14	7	9	53	30	23	44	18	13	16	44	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	43	3	7	6	8	4	5	6	4	25	15	11	27	5	6	7	23	8
	49%	58%	50%	47%	45%	45%	35%	87%	45%	47%	51%	47%	60%	29%	44%	40%	52%	57%
With another adult or adults	42	2	6	6	10	5	7	1	5	28	12	10	18	13	7	9	21	4
	48%	42%	50%	53%	55%	55%	47%	13%	55%	53%	41%	42%	40%	71%	56%	52%	48%	33%
With a child or children	4	-	-	-	1	-	3	-	-	1	3	4	-	-	-	3	-	1
	4%	-	-	-	7%	-	18%	-	-	2%	9%	17%	-	-	-	16%	-	10%
NET: With somebody else	45	2	6	6	10	5	9	1	5	28	15	12	18	13	7	10	21	6
	51%	42%	50%	53%	55%	55%	65%	13%	55%	53%	49%	53%	40%	71%	56%	60%	48%	43%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D. SUMMARY: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	A lot more	A bit more	Neither more nor less	A bit less	A lot less	Don't know	NET: More	NET: Less
Racket sports (such as tennis, badminton, squash etc.)	82 100%	18 23%	34 41%	19 24%	8 9%	1 1%	1 1%	52 64%	9 11%
Gymnastics, trampolining or cheerleading	57 100%	11 19%	24 43%	9 16%	12 20%	1 2%	- -	35 62%	13 23%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	240 100%	77 32%	65 27%	64 27%	23 10%	9 4%	2 1%	142 59%	32 13%
Swimming	199 100%	48 24%	67 34%	46 23%	20 10%	15 8%	3 1%	115 58%	35 18%
Team sports (such as football, cricket, rugby etc.)	107 100%	25 23%	35 33%	31 29%	12 11%	3 3%	1 1%	60 56%	15 14%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	269 100%	48 18%	101 37%	80 30%	37 14%	3 1%	1 *	149 55%	39 15%
Running or jogging	377 100%	73 19%	135 36%	114 30%	41 11%	13 3%	1 *	207 55%	54 14%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	81 100%	20 25%	24 30%	24 30%	6 7%	5 6%	2 2%	44 55%	11 13%
Cycling (either for leisure or travel)	289 100%	58 20%	99 34%	91 32%	33 11%	8 3%	- -	158 54%	40 14%
Water sports (such as surfing, rowing, sailing etc.)	52 100%	14 26%	14 28%	13 25%	9 17%	1 2%	1 2%	28 54%	10 19%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	146 100%	31 21%	47 32%	49 33%	14 9%	6 4%	1 1%	77 53%	19 13%
Other sport, exercise or physical activity	88 100%	22 25%	24 28%	31 35%	8 9%	3 3%	- -	46 53%	11 12%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D. SUMMARY: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	A lot more	A bit more	Neither more nor less	A bit less	A lot less	Don't know	NET: More	NET: Less
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	180 100%	35 20%	55 31%	62 34%	21 12%	5 3%	1 *	91 50%	27 15%
Golf	78 100%	15 19%	23 29%	22 29%	11 15%	4 6%	2 3%	38 49%	16 20%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	304 100%	48 16%	99 33%	108 36%	32 11%	14 4%	3 1%	147 49%	46 15%
Walking (either for leisure or travel)	1095 100%	162 15%	316 29%	427 39%	126 12%	60 5%	3 *	478 44%	186 17%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region									
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total	1089	503	584	271	333	485	62	147	103	130	97	106	136	197	111	
Total	1095	487	606	267	350	478	47	149	106	120	98	125	145	185	120	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	162	65	97	67	59	36	1	27	13	14	18	16	31	31	11
	15%	13%	16%	25%	17%	8%	2%	18%	12%	11%	18%	13%	22%	17%	9%	
				bc	c			ai	a	a	a	a	adi	a	a	
A bit more	(4.0)	316	145	171	86	110	120	8	43	31	44	30	27	55	48	29
	29%	30%	28%	32%	32%	25%	18%	29%	29%		37%	31%	22%	38%	26%	24%
				c	c						afhi			afhi		
Neither more nor less	(3.0)	427	212	215	60	135	232	25	60	42	44	35	57	38	75	53
	39%	43%	35%	23%	39%	49%	53%	41%	39%	36%	35%	46%	26%	41%	44%	
		b			a	ab	deg	g	g			g		g	g	g
A bit less	(2.0)	126	53	72	40	27	58	10	15	11	10	10	11	14	23	23
	12%	11%	12%	15%	8%	12%	21%	10%	10%	8%	10%	8%	10%	13%	19%	
				b	b	b	bdfg								bdfg	bdfg
A lot less	(1.0)	60	12	48	13	17	30	3	4	10	7	6	13	6	7	4
	5%	3%	8%	5%	5%	6%	7%	2%	9%	6%	6%	10%	4%	4%	3%	
			a							b		bhi				
Don't know		3	1	2	-	1	2	-	-	-	1	-	1	-	-	1
	*	*	*	-	*	*	-	-	-	1%	-	1%	-	-	-	1%
NET: More		478	210	268	153	169	156	9	70	44	58	48	43	87	79	40
	44%	43%	44%	57%	48%	33%	20%	47%	41%	48%	49%	35%	60%	43%	33%	
				bc	c				afi	a	afi	afi	a	abcfhi	a	
NET: Less		186	65	120	53	44	88	13	18	21	17	16	23	21	31	27
	17%	13%	20%	20%	13%	18%	27%	12%	19%	14%	16%	19%	14%	17%	22%	
			a	b	b	b	bdg								b	
Base for stats		1092	486	603	267	349	476	47	149	106	119	98	124	145	185	119
Mean Score		3.36	3.41	3.33	3.58	3.48	3.16	2.87	3.50	3.25	3.39	3.45	3.19	3.63	3.39	3.18
				c	c				afi	a	a	a		acfhi	a	a
Standard Deviation		1.044	.937	1.122	1.161	1.021	.951	.846	.984	1.100	1.007	1.079	1.100	1.066	1.033	.961
Standard Error		.032	.042	.046	.071	.056	.043	.107	.081	.108	.089	.110	.107	.091	.074	.092
Error variance		*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	1089	68	270	236	124	115	276	574	515	960	21	49	32	4	4	110	
Total	1095	69	275	238	123	118	272	582	513	963	22	51	33	4	4	113	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	162	38	34	24	22	29	87	75	135	4	9	8	1	-	22	
		15%	22%	14%	14%	20%	19%	11%	15%	15%	14%	19%	17%	25%	25%	19%	
			f		f	f											
A bit more	(4.0)	316	88	80	37	38	59	182	134	267	9	24	8	1	3	45	
		29%	22%	32%	34%	30%	32%	22%	31%	28%	44%	46%	25%	25%	80%	40%	
			f	fh		f		f				a			a		
Neither more nor less	(3.0)	427	98	78	42	44	138	203	225	395	4	15	6	-	1	26	
		39%	39%	36%	33%	35%	37%	51%	44%	41%	20%	29%	20%	-	20%	23%	
							bcdeg		bcg	dg							
A bit less	(2.0)	126	33	32	12	11	28	75	51	110	3	4	6	-	-	13	
		12%	14%	12%	13%	10%	9%	10%	13%	11%	12%	8%	19%	-	-	11%	
A lot less	(1.0)	60	17	15	7	4	16	33	27	54	1	-	2	2	-	6	
		5%	2%	6%	6%	3%	6%	6%	5%	6%	6%	-	7%	51%	-	5%	
Don't know		3	1	-	-	-	2	1	2	2	-	-	1	-	-	1	
		*	*	-	-	-	1%	*	*	*	-	-	4%	-	-	1%	
											a						
NET: More	478	30	125	114	61	60	88	269	209	402	14	33	16	2	3	67	
	44%	44%	46%	48%	50%	51%	32%	46%	41%	42%	62%	64%	49%	49%	80%	59%	
			f	f	f	f		f	f			a			a		
NET: Less	186	12	50	47	19	15	44	108	78	164	4	4	9	2	-	18	
	17%	17%	18%	20%	15%	12%	16%	19%	15%	17%	18%	8%	27%	51%	-	16%	
													c				
Base for stats	1092	69	273	238	123	118	270	580	511	961	22	51	31	4	4	112	
Mean Score	3.36	3.47	3.35	3.36	3.48	3.54	3.21	3.37	3.35	3.33	3.57	3.74	3.42	2.73	3.80	3.58	
					f	f		f				a			a		
Standard Deviation	1.044	1.069	1.058	1.076	1.093	1.004	.972	1.066	1.019	1.034	1.133	.841	1.294	2.106	.459	1.082	
Standard Error	.032	.130	.065	.070	.098	.094	.059	.045	.045	.033	.247	.120	.232	1.053	.230	.104	
Error variance	*	.02	*	*	.01	.01	*	*	*	*	.06	.01	.05	1.11	.05	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	1089	767	140	138	278	44	51	341	121	30	33	81	33	96	259	95
Total	1095	711	173	171	344	45	54	342	127	31	34	79	30	96	256	99
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	162 15%	86 12%	35 20%	33 19%	68 20%	11 25%	7 13%	54 16%	25 19%	2 7%	7 22%	13 17%	6 20%	19 20%	17 7%	18 19%
			a	a	a	j		j	j		j	j	j	j	j	j
A bit more (4.0)	316 29%	175 25%	70 40%	62 36%	131 38%	18 39%	23 44%	102 30%	40 32%	12 37%	9 28%	22 28%	9 31%	28 29%	53 21%	41 42%
			a	a	a	j	cj	j	j	j						cj
Neither more nor less (3.0)	427 39%	319 45%	42 24%	53 31%	94 27%	9 21%	14 27%	124 36%	43 33%	11 36%	12 37%	33 41%	7 23%	36 37%	138 54%	24 24%
		bcd						ak				ak		k	abcdghik	
A bit less (2.0)	126 12%	80 11%	20 12%	20 12%	40 12%	4 9%	7 13%	36 10%	14 11%	5 15%	4 13%	8 10%	7 25%	10 11%	30 12%	11 11%
													cdgij			
A lot less (1.0)	60 5%	50 7%	5 3%	4 2%	8 2%	3 7%	2 3%	25 7%	6 5%	1 4%	- -	3 4%	- -	3 3%	16 6%	5 5%
		cd														
Don't know	3 *	1 *	1 1%	- -	1 *	- -	- -	1 *	- -	- -	- -	- -	- -	- -	2 1%	- -
NET: More	478 44%	261 37%	105 61%	94 55%	199 58%	29 64%	30 57%	156 46%	65 51%	14 45%	17 50%	35 44%	15 52%	47 49%	70 27%	59 60%
			a	a	a	cgj	j	j	j	j	j	j	j	j	j	cgj
NET: Less	186 17%	130 18%	25 14%	24 14%	48 14%	7 15%	9 16%	61 18%	20 16%	6 19%	4 13%	11 14%	7 25%	14 14%	46 18%	16 16%
Base for stats	1092	710	171	171	342	45	54	341	127	31	34	79	30	96	254	99
Mean Score	3.36	3.24	3.65	3.58	3.62	3.67	3.51	3.36	3.50	3.29	3.59	3.43	3.47	3.51	3.09	3.58
			a	a	a	j	j	j	j	j	j	j	j	j	j	j
Standard Deviation	1.044	1.034	1.020	1.000	1.009	1.149	.985	1.100	1.071	.963	.988	1.018	1.094	1.040	.918	1.061
Standard Error	.032	.037	.087	.085	.061	.173	.138	.060	.097	.176	.172	.113	.190	.106	.057	.109
Error variance	*	*	.01	.01	*	.03	.02	*	.01	.03	.03	.01	.04	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	1089	266	184	78	17	262	283	336	109	86	14	195	350	184	642	230	33	905	
Total	1095	276	185	79	18	263	295	340	115	89	14	204	354	170	638	250	36	924	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	162 15%	40 14%	38 20%	8 10%	8 41%	45 17%	47 16%	55 16%	21 18%	13 15%	4 31%	34 16%	59 17%	18 10%	90 14%	44 17%	11 30%	145 16%	
A bit more (4.0)	316 29%	89 32%	61 33%	22 28%	4 21%	83 31%	93 31%	96 28%	53 46%	21 23%	5 35%	74 36%	100 28%	36 21%	179 28%	90 36%	12 33%	280 30%	
Neither more nor less (3.0)	427 39%	99 36%	47 26%	40 51%	5 28%	87 33%	104 35%	125 37%	25 22%	41 46%	3 22%	66 33%	128 36%	82 48%	259 41%	76 30%	11 31%	345 37%	
A bit less (2.0)	126 12%	32 12%	24 13%	7 9%	2 10%	31 12%	34 11%	39 12%	13 11%	9 10%	2 12%	22 11%	41 12%	23 14%	68 11%	32 13%	2 6%	103 11%	
A lot less (1.0)	60 5%	17 6%	14 7%	2 3%	- -	16 6%	17 6%	24 7%	3 3%	5 5%	- -	8 4%	24 7%	11 6%	40 6%	9 4%	- -	49 5%	
Don't know *	3 *	- -	1 1%	- -	- -	1 1%	- -	1 *	- -	- -	- -	- -	1 *	1 1%	2 *	- -	- -	2 *	
NET: More	478 44%	129 47%	99 53%	29 37%	11 62%	128 49%	140 47%	150 44%	74 64%	34 38%	9 66%	108 53%	159 45%	53 31%	269 42%	133 53%	23 64%	425 46%	
NET: Less	186 17%	49 18%	37 20%	10 12%	2 10%	47 18%	50 17%	64 19%	16 14%	14 16%	2 12%	30 15%	65 18%	34 20%	108 17%	41 17%	2 6%	152 16%	
Base for stats	1092	276	183	79	18	262	295	339	115	89	14	204	353	169	636	250	36	922	
Mean Score	3.36	3.37	3.47	3.32	3.93	3.42	3.41	3.34	3.66	3.32	3.85	3.51	3.36	3.15	3.33	3.50	3.88	3.40	
Standard Deviation	1.044	1.058	1.173	.883	1.075	1.094	1.066	1.102	.987	1.021	1.032	1.013	1.102	1.002	1.048	1.038	.923	1.047	
Standard Error	.032	.065	.087	.100	.261	.068	.063	.060	.095	.110	.276	.073	.059	.074	.041	.068	.161	.035	
Error variance	*	*	.01	.01	.07	*	*	*	.01	.01	.08	.01	*	.01	*	*	.03	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	f	a	b	a	b
Unweighted Total	1089	140	747	132	172	26	769	285	40	873	216	929	157
Total	1095	150	757	131	173	27	774	286	40	880	215	938	154
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 162 15%	28 19%	114 15%	34 26% bde	20 11%	2 6%	103 13%	49 17%	6 15%	148 17%	14 7%	134 14%	28 18%
A bit more	(4.0) 316 29%	57 38% b	221 29%	39 29%	40 23%	9 33%	229 30%	78 27%	8 21%	252 29%	64 30%	270 29%	45 29%
Neither more nor less	(3.0) 427 39%	42 28%	293 39% a	35 27%	75 43% a	9 33%	312 40% a	103 36%	14 34%	333 38%	95 44%	367 39%	59 38%
A bit less	(2.0) 126 12%	13 9%	89 12%	13 10%	22 13%	5 17%	90 12%	33 11%	6 15%	102 12%	24 11%	112 12%	14 9%
A lot less	(1.0) 60 5%	10 7%	39 5%	10 8%	16 9% d	3 11%	38 5%	22 8%	6 15% d	43 5%	17 8%	52 6%	8 5%
Don't know	3 *	- -	1 *	- -	1 1%	- -	2 *	1 *	- -	2 *	1 1%	3 *	- -
NET: More	478 44%	85 57% b	334 44%	73 56% bdef	59 34%	11 39%	332 43% b	127 44% b	15 36%	400 45% b	78 36%	404 43%	73 47%
NET: Less	186 17%	23 15%	128 17%	23 18%	38 22%	8 28%	127 16%	55 19%	12 30% d	145 16%	41 19%	164 17%	22 14%
Base for stats	1092	150	755	131	172	27	771	285	40	878	214	935	154
Mean Score	3.36	3.53	3.37	3.56 bdf	3.15	3.06	3.35 b	3.35	3.06	3.41 b	3.16	3.35	3.45
Standard Deviation	1.044	1.096	1.040	1.202	1.081	1.111	1.011	1.126	1.261	1.051	.988	1.042	1.054
Standard Error	.032	.093	.038	.105	.083	.218	.036	.067	.199	.036	.067	.034	.084
Error variance	*	.01	*	.01	.01	.05	*	*	.04	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D.1. Walking (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1089	118	112	144	180	121	140	65	209	557	414	366	471	244	184	275	452	166
Total	1095	116	112	144	183	125	143	65	208	563	416	378	468	242	181	277	455	171
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	162 15%	10 9%	11 10%	19 14%	23 13%	22 17%	30 21%	11 17%	36 17%	75 13%	77 19%	115 30%	26 6%	19 8%	33 18%	41 15%	60 13%	27 16%
						a	abdi		a		abi	bc						
A bit more (4.0)	316 29%	23 20%	23 21%	47 33%	63 34%	47 37%	45 32%	18 29%	49 24%	180 32%	113 27%	195 52%	80 17%	41 17%	49 27%	84 30%	121 27%	58 34%
				ab	abh	abhj	a			abh		bc						
Neither more nor less (3.0)	427 39%	56 48%	45 40%	38 26%	67 37%	37 30%	48 34%	25 38%	111 53%	187 33%	184 44%	43 11%	335 72%	46 19%	63 35%	90 32%	199 44%	70 41%
		cefi	c		c				bcddefgij		cefi		ac	a			ab	
A bit less (2.0)	126 12%	15 13%	14 12%	29 20%	20 11%	16 12%	16 11%	7 11%	10 5%	78 14%	33 8%	23 6%	23 5%	80 33%	23 13%	41 15%	55 12%	7 4%
		h	h	dfhj	h	h	h			hj				ab	d	d	d	d
A lot less (1.0)	60 5%	11 9%	19 17%	11 7%	8 5%	3 2%	3 2%	3 5%	2 1%	41 7%	8 2%	2 1%	2 *	54 22%	12 6%	21 8%	17 4%	9 5%
		efhj	cdefghij	fhj	h					fhj				ab		c		
Don't know	3 *	1 1%	-	-	1 1%	1 1%	-	-	-	2 *	-	-	1 *	1 *	1 1%	-	2 *	-
NET: More	478 44%	33 29%	34 30%	67 46%	86 47%	68 55%	75 53%	30 46%	85 41%	255 45%	190 46%	310 82%	106 23%	60 25%	82 45%	125 45%	181 40%	85 50%
				ab	ab	abh	abh	ab	a	ab	ab	bc						c
NET: Less	186 17%	26 22%	33 29%	40 27%	28 15%	19 15%	19 13%	10 16%	12 6%	119 21%	41 10%	25 7%	25 5%	135 56%	35 19%	62 22%	73 16%	16 9%
		hj	defghj	defhj	h	h	h	h		fhj				ab	d	cd	d	
Base for stats	1092	115	112	144	181	124	143	65	208	561	416	378	466	241	180	277	452	171
Mean Score	3.36	3.06	2.94	3.25	3.40	3.55	3.59	3.43	3.51	3.30	3.52	4.05	3.23	2.55	3.38	3.30	3.33	3.51
				b	ab	abci	abci	ab	abci	ab	abci	bc	c					bc
Standard Deviation	1.044	1.030	1.186	1.145	.998	1.003	1.011	1.056	.866	1.095	.948	.845	.643	1.237	1.121	1.127	.982	.985
Standard Error	.032	.095	.112	.095	.075	.092	.085	.131	.060	.046	.047	.044	.030	.079	.083	.068	.046	.076
Error variance	*	.01	.01	.01	.01	.01	.01	.02	*	*	*	*	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	*c	*d	*e	*f	g	h	*i
Unweighted Total	280	174	104	103	110	67	11	35	24	29	29	24	53	49	26
Total	289	175	112	102	122	65	8	38	25	28	30	29	58	47	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	58 20%	35 20%	22 20%	32 31% bc	20 16%	7 10%	1 10%	8 22%	4 17%	4 13%	5 17%	2 8%	18 32%	9 19%	7 26%
A bit more (4.0)	99 34%	53 30%	46 41%	37 36%	42 34%	21 32%	2 26%	17 45%	7 29%	11 38%	11 39%	8 27%	20 34%	16 34%	7 27%
Neither more nor less (3.0)	91 32%	63 36%	28 25%	22 22%	43 35% a	25 39% a	4 55%	10 27%	7 27%	9 34%	9 30%	11 39%	16 27%	17 35%	8 30%
A bit less (2.0)	33 11%	22 12%	11 10%	8 8%	14 11%	11 17%	1 9%	1 2%	6 24%	4 16%	2 7%	8 26%	3 4%	5 12%	3 11%
A lot less (1.0)	8 3%	2 1%	5 5%	3 3%	4 3%	1 2%	- -	1 3%	1 3%	- -	2 7%	- -	2 4%	- -	1 5%
Don't know	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: More	158 54%	88 50%	68 60%	69 67% bc	62 50%	27 42%	3 36%	25 67%	11 46%	14 51%	16 56%	10 35%	38 65%	25 53%	14 54%
NET: Less	40 14%	24 14%	16 14%	11 11%	17 14%	12 19%	1 9%	2 5%	7 27%	4 16%	4 14%	8 26%	5 8%	5 12%	4 16%
Base for stats	289	175	112	102	122	65	8	38	25	28	30	29	58	47	26
Mean Score	3.58	3.55	3.61	3.85 bc	3.49	3.32	3.38	3.80	3.32	3.48	3.51	3.16	3.85	3.60	3.59
Standard Deviation	1.017	.993	1.056	1.044	.990	.938	.830	.922	1.135	.920	1.094	.917	1.042	.933	1.162
Standard Error	.061	.075	.104	.103	.094	.115	.250	.156	.232	.171	.203	.187	.143	.133	.228
Error variance	*	.01	.01	.01	.01	.01	.06	.02	.05	.03	.04	.04	.02	.02	.05

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Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	280	39	67	62	37	30	45	168	112	227	13	17	15	3	2	50	
Total	289	43	70	64	38	29	45	177	112	234	13	18	16	3	2	52	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	58 20%	14 32% bf	8 12%	17 26% b	7 18%	6 22%	6 14%	39 22%	19 17%	41 17%	6 43%	6 31%	2 13%	1 31%	- -	14 28%	
A bit more (4.0)	99 34%	14 31%	27 38%	25 39%	14 36%	9 30%	12 26%	65 37%	34 30%	82 35%	3 25%	7 35%	6 39%	- -	2 100%	18 34%	
Neither more nor less (3.0)	91 32%	13 29%	26 37%	15 23%	14 35%	11 38%	13 30%	54 30%	38 34%	80 34%	1 6%	4 21%	5 33%	1 46%	- -	11 21%	
A bit less (2.0)	33 11%	3 8%	7 11%	4 6%	4 11%	2 7%	12 26% abceg	15 8%	18 16% g	26 11%	4 26%	1 7%	1 7%	1 24%	- -	7 13%	
A lot less (1.0)	8 3%	- -	1 2%	3 5%	- -	1 3%	2 5%	4 2%	3 3%	5 2%	- -	1 6%	1 8%	- -	- -	2 4%	
Don't know	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	
NET: More	158 54%	27 63% f	35 50%	42 65% fh	21 54%	15 52%	18 39%	104 59%	53 47% f	123 52%	9 67%	12 67%	8 52%	1 31%	2 100%	32 62%	
NET: Less	40 14%	3 8%	9 12%	7 11%	4 11%	3 10%	14 31% abcdeg	19 11%	21 19%	32 13%	4 26%	2 12%	2 15%	1 24%	- -	9 17%	
Base for stats	289	43	70	64	38	29	45	177	112	234	13	18	16	3	2	52	
Mean Score	3.58	3.87 bfh	3.48	3.75 f	3.60	3.62	3.16	3.67 fh	3.43	3.54	3.84	3.80	3.43	3.37	4.00	3.68	
Standard Deviation	1.017	.962	.905	1.069	.920	1.016	1.127	.989	1.046	.981	1.280	1.155	1.100	1.421	-	1.145	
Standard Error	.061	.154	.111	.136	.151	.185	.168	.076	.099	.065	.355	.280	.284	.820	-	.162	
Error variance	*	.02	.01	.02	.02	.03	.03	.01	.01	*	.13	.08	.08	.67	-	.03	

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Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k		
Significance Level: 95%																	
Unweighted Total	280	150	58	56	114	12	20	134	27	11	6	18	12	13	27	32	
Total	289	134	71	70	142	12	21	142	28	11	6	17	12	13	26	33	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	58	22	16	16	32	4	5	24	12	2	1	2	4	1	4	9
		20%	17%	22%	23%	23%	32%	23%	17%	42%	17%	18%	11%	31%	9%	15%	26%
A bit more	(4.0)	99	48	26	19	44	5	6	56	6	1	2	4	7	7	7	11
		34%	36%	36%	27%	31%	42%	28%	39%	21%	10%	37%	21%	55%	49%	25%	33%
Neither more nor less	(3.0)	91	47	17	26	43	3	9	46	7	6	3	2	2	3	11	13
		32%	35%	24%	37%	31%	26%	46%	32%	24%	55%	45%	13%	14%	22%	40%	38%
A bit less	(2.0)	33	13	11	6	18	-	-	15	2	1	-	9	-	1	4	-
		11%	9%	16%	9%	13%	-	-	10%	9%	7%	-	55%	-	9%	16%	-
A lot less	(1.0)	8	4	1	2	4	-	1	2	1	1	-	-	-	1	1	1
		3%	3%	2%	4%	3%	-	4%	1%	4%	11%	-	-	-	10%	4%	3%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		158	70	41	35	77	9	10	80	18	3	3	5	11	8	11	19
		54%	53%	58%	50%	54%	74%	50%	56%	63%	27%	55%	32%	86%	59%	40%	59%
NET: Less		40	16	13	9	22	-	1	17	4	2	-	9	-	3	5	1
		14%	12%	18%	13%	15%	-	4%	12%	13%	18%	-	55%	-	19%	20%	3%
Base for stats		289	134	71	70	142	12	21	142	28	11	6	17	12	13	26	33
Mean Score		3.58	3.54	3.60	3.57	3.59	4.06	3.65	3.60	3.87	3.15	3.74	2.87	4.18	3.39	3.32	3.80
Standard Deviation		1.017	.974	1.062	1.059	1.057	.790	.984	.935	1.200	1.168	.818	1.117	.676	1.141	1.062	.926
Standard Error		.061	.079	.139	.142	.099	.228	.220	.081	.231	.352	.334	.263	.195	.317	.204	.164
Error variance		*	.01	.02	.02	.01	.05	.05	.01	.05	.12	.11	.07	.04	.10	.04	.03

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Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	280	88	71	22	9	93	97	100	58	23	9	81	109	35	154	80	11	245
Total	289	93	74	23	9	97	103	104	64	23	9	87	113	31	158	88	12	258
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	58 20%	19 20%	17 23%	- -	3 33%	17 18%	22 21%	19 18%	14 21%	4 17%	3 33%	17 20%	22 19%	6 20%	28 17%	22 25%	3 21%	52 20%
A bit more (4.0)	99 34%	25 27%	29 39%	11 46%	3 31%	39 40%	28 27%	31 30%	25 39%	10 43%	3 33%	35 40%	34 30%	7 22%	62 39%	27 31%	3 25%	92 36%
Neither more nor less (3.0)	91 32%	39 42%	20 27%	10 45%	1 8%	30 31%	40 39%	41 40%	22 34%	6 26%	1 10%	28 32%	42 38%	11 36%	50 32%	26 29%	5 38%	80 31%
A bit less (2.0)	33 11%	9 10%	6 8%	2 9%	1 14%	8 8%	10 10%	13 12%	2 3%	2 9%	- -	4 5%	13 11%	5 18%	18 11%	7 8%	2 16%	27 11%
A lot less (1.0)	8 3%	1 1%	3 4%	- -	1 13%	3 3%	2 2%	- -	2 3%	1 5%	2 25%	3 3%	2 2%	1 3%	1 1%	6 6%	- -	7 3%
Don't know	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: More	158 54%	44 47%	46 62%	11 46%	6 65%	56 58%	50 49%	49 48%	38 60%	14 60%	6 66%	52 60%	55 49%	13 42%	89 57%	49 56%	6 46%	144 56%
NET: Less	40 14%	10 11%	8 11%	2 9%	3 27%	10 11%	13 13%	13 12%	4 6%	3 14%	2 25%	7 8%	15 13%	7 21%	19 12%	13 15%	2 16%	34 13%
Base for stats	289	93	74	23	9	97	103	104	64	23	9	87	113	31	158	88	12	258
Mean Score	3.58	3.55	3.70	3.37	3.59	3.62	3.55	3.53	3.73	3.56	3.49	3.68	3.53	3.38	3.62	3.60	3.50	3.60
Standard Deviation	1.017	.968	1.031	.657	1.481	.962	1.016	.929	.927	1.063	1.642	.961	.994	1.114	.921	1.144	1.035	1.004
Standard Error	.061	.103	.122	.140	.494	.100	.103	.093	.122	.222	.547	.107	.095	.188	.074	.128	.312	.064
Error variance	*	.01	.01	.02	.24	.01	.01	.01	.01	.05	.30	.01	.01	.04	.01	.02	.10	*

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Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	*c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	280	71	168	36	34	18	195	77	7	224	56	250	27
Total	289	77	175	37	36	17	203	79	8	233	57	260	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	58	29	11	7	6	39	18	2	54	4	54	5
		20%	17%	29%	18%	35%	19%	23%	29%	23%	7%	21%	18%
			b							b			
A bit more	(4.0)	99	63	11	15	7	65	31	2	78	21	92	5
		34%	36%	31%	41%	40%	32%	39%	28%	34%	37%	35%	19%
Neither more nor less	(3.0)	91	58	9	6	2	73	16	1	68	23	78	14
		32%	33%	25%	16%	9%	36%	20%	11%	29%	41%	30%	51%
			be										
A bit less	(2.0)	33	21	3	8	1	22	11	1	26	7	30	3
		11%	12%	9%	21%	5%	11%	13%	18%	11%	12%	11%	12%
A lot less	(1.0)	8	4	2	1	2	3	3	1	7	1	8	-
		3%	2%	6%	3%	11%	2%	4%	14%	3%	2%	3%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-
NET: More		158	92	22	21	13	104	49	4	132	25	145	10
		54%	53%	59%	59%	75%	51%	62%	57%	57%	45%	56%	36%
NET: Less		40	25	6	9	3	25	14	2	33	8	37	3
		14%	14%	15%	24%	16%	13%	17%	31%	14%	14%	14%	12%
Base for stats		289	175	37	36	17	203	79	8	233	57	260	26
Mean Score		3.58	3.53	3.67	3.50	3.82	3.57	3.64	3.41	3.63	3.36	3.59	3.42
Standard Deviation		1.017	.984	1.174	1.119	1.305	.975	1.100	1.519	1.046	.862	1.029	.935
Standard Error		.061	.076	.196	.192	.308	.070	.125	.574	.070	.115	.065	.180
Error variance		*	.01	.04	.04	.09	*	.02	.33	*	.01	*	.03

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Q6D.2. Cycling (either for leisure or travel): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	280	4	19	42	50	48	38	26	53	159	117	147	96	37	32	70	116	60
Total	289	4	19	44	51	51	39	27	54	165	120	154	96	40	33	72	119	63
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	58 20%	-	5 25%	10 24%	5 10%	11 22%	11 28% d	4 15%	12 22%	31 19%	27 22%	49 32% bc	7 8%	1 3%	13 41% bc	7 10%	22 18%	14 23%
A bit more (4.0)	99 34%	1 34%	4 19%	12 27%	22 43%	20 40%	13 33%	9 31%	19 35%	58 35%	40 34%	73 47% bc	20 21%	7 17%	8 24%	29 41%	42 35%	19 31%
Neither more nor less (3.0)	91 32%	3 66%	8 44%	14 32%	18 35%	13 25%	8 21%	10 38%	17 31%	53 32%	35 29%	21 14%	59 62% ac	11 28% a	5 15%	22 30%	38 32%	27 43% a
A bit less (2.0)	33 11%	-	1 7%	6 14%	5 11%	5 9%	6 15%	3 11%	7 12%	17 11%	15 13%	8 5%	6 7%	18 46% ab	6 18% d	11 16% d	14 12% d	1 2%
A lot less (1.0)	8 3%	-	1 6%	1 3%	1 2%	2 4%	1 2%	1 5%	-	5 3%	2 2%	2 1%	3 3%	2 6%	1 3%	2 3%	3 3%	1 2%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	158 54%	1 34%	8 43%	23 51%	27 53%	31 61%	24 62%	13 46%	31 57%	89 54%	67 56%	122 80% bc	27 28%	8 20%	21 64%	36 51%	64 54%	34 53%
NET: Less	40 14%	-	2 13%	7 16%	6 13%	7 13%	7 17%	4 16%	7 12%	23 14%	18 15%	10 7%	9 10%	20 52% ab	7 21% d	13 19% d	18 15% d	2 4%
Base for stats	289	4	19	44	51	51	39	27	54	165	120	154	96	40	33	72	119	63
Mean Score	3.58	3.34	3.49	3.56	3.48	3.66	3.71	3.40	3.66	3.56	3.62	4.04 bc	3.23 c	2.66	3.82	3.39	3.55	3.70
Standard Deviation	1.017	.548	1.136	1.089	.894	1.053	1.112	1.043	.959	1.020	1.028	.896	.815	.951	1.234	.976	1.015	.912
Standard Error	.061	.274	.261	.168	.126	.152	.180	.204	.132	.081	.095	.074	.083	.156	.218	.117	.094	.118
Error variance	*	.07	.07	.03	.02	.02	.03	.04	.02	.01	.01	.01	.01	.02	.05	.01	.01	.01

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Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	*c	d	e	*f	g	h	i
Unweighted Total	372	230	138	185	147	40	20	48	28	37	39	25	79	59	37
Total	377	228	146	177	163	38	15	48	28	37	40	29	84	58	39
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	73 19%	44 19%	27 18%	42 24%	25 15%	6 15%	1 5%	5 10%	4 14%	6 17%	8 19%	8 27%	23 27%	12 20%	7 18%
A bit more (4.0)	135 36%	81 36%	54 37%	66 37%	60 37%	9 23%	7 49%	18 37%	9 31%	10 27%	18 44%	11 38%	31 37%	21 37%	10 26%
Neither more nor less (3.0)	114 30%	72 32%	41 28%	44 25%	54 33%	16 43%	5 32%	18 39%	8 29%	15 42%	9 22%	9 32%	21 25%	16 28%	12 32%
A bit less (2.0)	41 11%	24 11%	16 11%	19 11%	16 10%	6 17%	2 10%	3 6%	6 22%	5 12%	5 12%	-	6 7%	9 15%	7 17%
A lot less (1.0)	13 3%	5 2%	7 5%	5 3%	7 4%	1 2%	1 5%	4 8%	1 5%	1 2%	1 2%	-	3 4%	-	2 6%
Don't know	1 *	1 *	-	1 1%	-	-	-	-	-	-	-	1 3%	-	-	-
NET: More	207 55%	125 55%	81 55%	108 61%	85 52%	14 38%	8 53%	23 48%	12 44%	16 44%	25 63%	19 65%	54 64%	33 57%	17 44%
NET: Less	54 14%	30 13%	24 16%	24 14%	23 14%	7 19%	2 15%	7 14%	8 27%	5 15%	6 14%	-	9 11%	9 15%	9 23%
Base for stats	376	227	146	176	163	38	15	48	28	37	40	28	84	58	39
Mean Score	3.57	3.59	3.52	3.68	3.49	3.33	3.38	3.36	3.26	3.44	3.66	3.94	3.77	3.62	3.34
Standard Deviation	1.030	.996	1.075	1.044	1.012	.997	.942	1.030	1.111	.993	1.001	.792	1.047	.980	1.150
Standard Error	.053	.066	.092	.077	.083	.158	.211	.149	.210	.163	.160	.162	.118	.128	.189
Error variance	*	*	.01	.01	.01	.02	.04	.02	.04	.03	.03	.03	.01	.02	.04

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Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
Significance Level: 95%		a	b	c	d	e	*f	g	h	a	*b	c	*d	*e	*f	g
Unweighted Total	372	51	102	107	53	35	24	260	112	275	19	35	26	5	3	88
Total	377	54	103	107	55	34	24	264	113	280	19	35	27	5	3	89
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	73 19%	12 22%	24 23%	14 13%	15 27%	6 17%	2 8%	50 19%	22 20%	44 16%	7 36%	7 21%	9 33%	1 17%	-	24 27%
A bit more (4.0)	135 36%	17 32%	33 32%	46 43%	20 37%	12 35%	7 29%	96 36%	39 34%	99 36%	8 42%	15 41%	8 30%	2 41%	1 29%	34 38%
Neither more nor less (3.0)	114 30%	18 33%	36 34%	32 30%	10 18%	10 29%	9 38%	85 32%	29 26%	90 32%	3 15%	10 28%	7 25%	2 41%	2 71%	24 27%
A bit less (2.0)	41 11%	5 9%	11 11%	10 9%	7 13%	5 15%	3 13%	26 10%	16 14%	36 13%	-	2 5%	2 9%	-	-	4 5%
A lot less (1.0)	13 3%	1 2%	-	5 4%	3 5%	1 4%	3 12%	6 2%	7 6%	10 4%	1 7%	2 5%	-	-	-	3 3%
Don't know *	1 *	1 2%	-	-	-	-	-	1 *	-	-	-	-	1 4%	-	-	1 1%
NET: More	207 55%	29 54%	57 55%	60 56%	35 64%	18 52%	9 36%	146 55%	61 54%	143 51%	15 78%	22 62%	17 63%	3 59%	1 29%	58 64%
NET: Less	54 14%	6 11%	11 11%	14 13%	10 18%	6 19%	6 26%	32 12%	23 20%	46 17%	1 7%	3 10%	2 9%	-	-	7 8%
Base for stats	376	53	103	107	55	34	24	263	113	280	19	35	26	5	3	89
Mean Score	3.57	3.64	3.67	3.52	3.68	3.46	3.06	3.60	3.48	3.47	4.00	3.68	3.90	3.76	3.29	3.81
Standard Deviation	1.030	1.017	.955	.982	1.161	1.071	1.130	.977	1.143	1.022	1.087	1.018	.996	.808	.559	.999
Standard Error	.053	.144	.095	.095	.159	.181	.231	.061	.108	.062	.249	.172	.199	.362	.322	.107
Error variance	*	.02	.01	.01	.03	.03	.05	*	.01	*	.06	.03	.04	.13	.10	.01

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Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	*b	c	d	*e	*f	*g	h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	372	193	83	68	151	21	28	188	40	17	7	21	30	15	5	49
Total	377	168	102	83	185	22	29	194	42	17	6	20	26	16	5	51
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	73 19%	33 20%	19 18%	13 15%	31 17%	6 28%	8 26%	32 16%	11 26%	3 18%	2 30%	3 13%	4 16%	3 19%	1 19%	14 27%
A bit more (4.0)	135 36%	54 32%	45 44%	27 32%	72 39%	6 30%	11 37%	73 37%	16 37%	5 32%	1 13%	5 26%	10 39%	7 45%	1 20%	17 34%
Neither more nor less (3.0)	114 30%	52 31%	27 27%	29 34%	56 30%	5 24%	9 29%	65 33%	10 23%	4 26%	2 29%	7 36%	9 33%	3 20%	1 26%	14 27%
A bit less (2.0)	41 11%	21 13%	9 9%	11 13%	20 11%	1 6%	1 3%	21 11%	6 14%	3 17%	2 28%	5 26%	1 3%	1 8%	1 19%	2 4%
A lot less (1.0)	13 3%	6 4%	1 1%	4 5%	5 3%	2 9%	1 4%	4 2%	- -	1 7%	- -	- -	3 10%	1 9%	1 16%	3 6%
Don't know	1 *	1 1%	- -	- -	- -	1 4%	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 2%
NET: More	207 55%	88 52%	64 63%	40 48%	103 56%	13 58%	18 63%	105 54%	27 63%	8 50%	3 43%	8 39%	14 54%	10 64%	2 39%	31 61%
NET: Less	54 14%	27 16%	11 10%	15 18%	26 14%	3 14%	2 8%	25 13%	6 14%	4 24%	2 28%	5 26%	3 13%	3 16%	2 35%	5 10%
Base for stats	376	167	102	83	185	21	29	194	42	17	6	20	26	16	5	50
Mean Score	3.57	3.53	3.69	3.40	3.56	3.66	3.78	3.56	3.76	3.37	3.45	3.26	3.47	3.58	3.07	3.73
Standard Deviation	1.030	1.059	.921	1.049	.988	1.241	1.033	.957	1.005	1.199	1.294	1.011	1.128	1.179	1.504	1.113
Standard Error	.053	.076	.101	.127	.080	.277	.195	.070	.159	.291	.489	.221	.206	.304	.673	.161
Error variance	*	.01	.01	.02	.01	.08	.04	*	.03	.08	.24	.05	.04	.09	.45	.03

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Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	372	120	106	31	7	137	127	135	85	32	9	117	144	37	197	121	17	335	
Total	377	126	110	30	8	140	134	139	93	31	9	124	148	33	197	129	18	344	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	73 19%	25 20%	20 18%	9 30%	1 13%	29 21%	26 19%	24 17%	22 23%	7 22%	2 20%	28 23%	26 17%	9 27%	36 18%	26 20%	1 8%	64 18%	
A bit more (4.0)	135 36%	43 34%	41 38%	9 29%	2 22%	50 36%	45 33%	46 33%	37 40%	10 31%	1 10%	47 38%	47 32%	6 19%	77 39%	43 33%	9 49%	129 37%	
Neither more nor less (3.0)	114 30%	42 33%	36 33%	8 27%	1 17%	44 32%	43 32%	47 34%	25 27%	11 35%	2 23%	36 29%	49 33%	11 32%	55 28%	42 33%	7 38%	104 30%	
A bit less (2.0)	41 11%	14 11%	10 9%	5 15%	3 33%	15 10%	17 13%	18 13%	7 8%	4 12%	3 34%	11 9%	21 14%	5 17%	24 12%	12 9%	- -	36 10%	
A lot less (1.0)	13 3%	2 2%	2 2%	- -	1 15%	2 2%	3 3%	4 3%	1 1%	- -	1 14%	1 1%	5 3%	1 2%	5 3%	6 5%	1 5%	12 4%	
Don't know	1 *	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 3%	- -	- -	- -	- -	
NET: More	207 55%	68 54%	61 56%	18 58%	3 35%	79 56%	71 53%	70 50%	59 63%	16 53%	3 29%	75 61%	72 49%	15 46%	113 57%	69 54%	10 57%	192 56%	
NET: Less	54 14%	16 13%	12 11%	5 15%	4 49%	17 12%	20 15%	22 16%	9 9%	4 12%	4 48%	12 10%	26 18%	6 19%	30 15%	18 14%	1 5%	48 14%	
Base for stats	376	126	110	30	8	140	134	139	93	31	9	124	148	32	197	129	18	344	
Mean Score	3.57	3.59	3.61	3.73	2.83	3.63	3.54	3.49	3.76	3.63	2.87	3.72	3.45	3.54	3.58	3.56	3.54	3.57	
Standard Deviation	1.030	.986	.955	1.062	1.377	.977	1.022	1.014	.949	.969	1.408	.952	1.046	1.150	1.011	1.058	.876	1.020	
Standard Error	.053	.090	.093	.191	.521	.083	.091	.087	.103	.171	.469	.088	.087	.192	.072	.096	.212	.056	
Error variance	*	.01	.01	.04	.27	.01	.01	.01	.01	.03	.22	.01	.01	.04	.01	.01	.05	*	

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Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	*b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	372	79	247	44	27	14	281	78	3	319	53	324	43
Total	377	87	249	45	28	14	285	80	3	325	52	333	40
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 73 19%	22 25%	41 17%	12 27%	8 29%	5 37%	48 17%	23 29%	1 30%	64 20%	9 17%	64 19%	7 17%
A bit more	(4.0) 135 36%	37 42%	88 36%	15 34%	6 23%	3 25%	106 37%	23 29%	1 27%	121 37%	14 27%	118 36%	14 35%
Neither more nor less	(3.0) 114 30%	19 22%	82 33%	10 23%	9 32%	4 30%	91 32%	21 27%	1 43%	90 28%	24 46%	103 31%	11 28%
A bit less	(2.0) 41 11%	7 8%	29 12%	5 12%	3 10%	1 8%	30 11%	9 12%	-	38 12%	4 7%	35 10%	7 17%
A lot less	(1.0) 13 3%	2 3%	9 3%	1 3%	2 7%	-	9 3%	3 4%	-	12 4%	1 2%	12 4%	1 2%
Don't know	1 *	-	-	-	-	-	1 *	-	-	1 *	-	1 *	-
NET: More	207 55%	58 67%	130 52%	27 62%	14 52%	9 62%	154 54%	46 58%	2 57%	184 57%	23 45%	182 55%	21 52%
NET: Less	54 14%	9 11%	38 15%	7 15%	4 16%	1 8%	39 14%	12 15%	-	50 15%	5 9%	47 14%	8 20%
Base for stats	376	87	249	45	28	14	284	80	3	324	52	332	40
Mean Score	3.57	3.79	3.50	3.71	3.59	3.91	3.54	3.68	3.87	3.57	3.51	3.56	3.48
Standard Deviation	1.030	1.000	1.013	1.090	1.211	1.029	.992	1.126	1.043	1.047	.926	1.029	1.053
Standard Error	.053	.113	.064	.164	.233	.275	.059	.128	.602	.059	.127	.057	.161
Error variance	*	.01	*	.03	.05	.08	*	.02	.36	*	.02	*	.03

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Q6D.3. Running or jogging: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	372	4	15	51	75	55	61	40	71	196	172	197	118	55	50	97	151	67
Total	377	4	14	51	79	55	64	39	72	199	175	203	118	55	51	93	155	72
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	73 19%	- -	2 12%	7 13%	12 15%	12 22%	14 22%	10 27%	16 22%	32 16%	41 23%	61 30% bc	6 5%	5 10%	9 19%	13 14%	25 16%	22 30% bc
A bit more (4.0)	135 36%	2 48%	3 18%	20 40%	32 41%	25 45%	29 45%	7 19%	17 24%	80 40%	54 31%	96 47% bc	30 25%	9 16%	15 30%	41 44%	52 33%	26 36%
Neither more nor less (3.0)	114 30%	- -	7 51%	15 29%	22 29%	12 23%	16 26%	15 39%	26 36%	57 29%	58 33%	28 14%	75 64% ac	12 22%	14 29%	29 31%	53 34%	18 24%
A bit less (2.0)	41 11%	- -	2 13%	5 9%	11 15%	6 10%	4 7%	3 7%	11 15%	24 12%	18 10%	17 9%	6 5%	19 34% ab	8 16%	8 9%	20 13%	5 8%
A lot less (1.0)	13 3%	1 26%	1 7%	5 9% def	1 1%	- -	- -	3 9% def	2 3%	7 3%	6 3%	1 *	1 1%	10 18% ab	3 5%	3 3%	5 3%	1 2%
Don't know	1 *	1 27%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 2%	- -	- -	- -
NET: More	207 55%	2 48%	4 30%	27 52%	44 56%	37 67% gh	43 67% gh	18 46%	33 46%	112 56%	94 54%	157 77% bc	36 31%	14 26%	25 49%	54 58%	77 49%	48 66% c
NET: Less	54 14%	1 26%	3 19%	10 19%	12 16%	6 10%	4 7%	6 15%	13 18%	30 15%	23 13%	18 9%	7 6%	29 52% ab	11 21%	11 12%	25 16%	7 9%
Base for stats	376	3	14	51	79	55	64	39	72	199	175	203	118	55	50	93	155	72
Mean Score	3.57	2.96	3.15	3.37	3.54	3.79 c	3.82 chi	3.49	3.48	3.54	3.60	3.98 bc	3.29 c	2.65	3.42	3.56	3.46	3.85 ac
Standard Deviation	1.030	1.814	1.046	1.123	.957	.906	.860	1.212	1.090	1.005	1.050	.903	.687	1.241	1.136	.944	1.018	1.000
Standard Error	.053	1.047	.270	.157	.111	.122	.110	.192	.129	.072	.080	.064	.063	.167	.162	.096	.083	.122
Error variance	*	1.10	.07	.02	.01	.01	.01	.04	.02	.01	.01	*	*	.03	.03	.01	.01	.01

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Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	g	h	*i
Unweighted Total	259	108	151	118	87	54	18	23	28	29	16	22	61	43	19
Total	269	111	158	119	97	54	14	24	31	28	17	26	67	42	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	48	23	25	22	23	4	2	5	7	6	1	2	15	7	2
	18%	21%	16%	18%	24%	7%	16%	22%	22%	22%	7%	9%	23%	16%	9%
					c										
A bit more (4.0)	101	45	55	47	38	16	6	10	10	11	8	11	23	15	8
	37%	41%	35%	39%	39%	30%	40%	42%	31%	41%	47%	42%	34%	35%	38%
Neither more nor less (3.0)	80	27	53	33	24	24	3	5	11	6	4	8	20	14	9
	30%	24%	34%	28%	25%	44%	23%	21%	37%	20%	26%	31%	30%	33%	43%
					ab										
A bit less (2.0)	37	13	24	15	11	10	3	3	2	5	3	5	6	7	2
	14%	11%	15%	13%	12%	19%	21%	15%	8%	18%	20%	18%	9%	16%	10%
A lot less (1.0)	3	2	1	2	1	-	-	-	-	-	-	-	3	-	-
	1%	2%	1%	1%	1%	-	-	-	-	-	-	-	4%	-	-
Don't know *	1	1	-	1	-	-	-	-	1	-	-	-	-	-	-
	*	1%	-	1%	-	-	-	-	3%	-	-	-	-	-	-
NET: More	149	69	80	68	61	20	8	15	16	18	9	13	38	21	9
	55%	62%	50%	57%	63%	37%	56%	64%	53%	63%	54%	51%	57%	51%	46%
				c	c										
NET: Less	39	14	25	17	12	10	3	3	2	5	3	5	9	7	2
	15%	13%	16%	14%	12%	19%	21%	15%	8%	18%	20%	18%	13%	16%	10%
Base for stats	268	110	158	118	97	54	14	24	30	28	17	26	67	42	20
Mean Score	3.58	3.69	3.50	3.60	3.73	3.25	3.52	3.71	3.68	3.67	3.41	3.42	3.63	3.52	3.45
				c	c										
Standard Deviation	.967	.983	.952	.980	.982	.844	1.034	.987	.927	1.023	.911	.905	1.060	.953	.814
Standard Error	.060	.095	.077	.091	.105	.115	.244	.206	.178	.190	.228	.193	.136	.145	.187
Error variance	*	.01	.01	.01	.01	.01	.06	.04	.03	.04	.05	.04	.02	.02	.03

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Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade							Ethnicity								
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	259	40	78	56	33	24	28	174	85	197	10	27	13	2	3	55	
Total	269	42	82	59	33	25	28	183	86	203	11	29	14	2	3	59	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	48	12	14	9	7	5	2	35	13	34	1	5	3	1	1	12
		18%	28%	17%	15%	20%	19%	6%	19%	15%	17%	12%	19%	22%	41%	43%	20%
A bit more	(4.0)	101	14	32	23	15	9	7	69	32	73	5	14	4	1	1	26
		37%	34%	39%	38%	44%	38%	27%	38%	37%	36%	49%	51%	29%	59%	28%	44%
Neither more nor less	(3.0)	80	10	24	17	8	8	13	52	29	65	2	6	4	-	1	12
		30%	25%	29%	29%	24%	33%	46%	28%	34%	32%	20%	20%	25%	-	29%	21%
A bit less	(2.0)	37	6	12	9	4	3	4	26	11	28	2	3	3	-	-	8
		14%	13%	15%	14%	11%	11%	15%	14%	12%	14%	19%	10%	18%	-	-	13%
A lot less	(1.0)	3	-	-	1	-	-	2	1	2	3	-	-	-	-	-	-
		1%	-	-	1%	-	-	6%	*	2%	1%	-	-	-	-	-	-
Don't know		1	-	-	1	-	-	-	1	-	-	-	-	1	-	-	1
		*	-	-	1%	-	-	-	*	-	-	-	-	6%	-	-	1%
NET: More	149	26	46	32	22	14	9	104	45	107	7	20	7	2	2	38	
	55%	62%	56%	54%	65%	56%	33%	57%	52%	53%	61%	70%	51%	100%	71%	65%	
NET: Less	39	6	12	9	4	3	6	27	12	31	2	3	3	-	-	8	
	15%	13%	15%	16%	11%	11%	21%	15%	14%	15%	19%	10%	18%	-	-	13%	
Base for stats	268	42	82	58	33	25	28	182	86	203	11	29	13	2	3	58	
Mean Score	3.58	3.77	3.59	3.52	3.74	3.64	3.12	3.61	3.51	3.53	3.53	3.79	3.58	4.41	4.14	3.73	
Standard Deviation	.967	1.019	.940	.976	.918	.928	.968	.969	.966	.972	.979	.881	1.085	.673	1.025	.941	
Standard Error	.060	.161	.106	.132	.160	.189	.183	.074	.105	.069	.309	.170	.313	.476	.592	.128	
Error variance	*	.03	.01	.02	.03	.04	.03	.01	.01	*	.10	.03	.10	.23	.35	.02	

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Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	k		
Significance Level: 95%																	
Unweighted Total	259	136	62	49	111	16	22	99	35	4	9	15	18	20	21	38	
Total	269	123	75	61	135	17	25	104	38	4	9	15	16	21	21	42	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	48	24	15	7	22	5	7	15	9	2	1	3	4	2	-	11
		18%	19%	20%	12%	16%	29%	26%	14%	25%	55%	13%	19%	24%	12%	-	27%
A bit more	(4.0)	101	39	34	26	60	8	9	40	10	-	3	6	8	10	7	17
		37%	31%	45%	43%	44%	46%	37%	39%	26%	-	33%	43%	50%	46%	32%	40%
					a												
Neither more nor less	(3.0)	80	37	18	20	38	3	3	32	13	2	3	4	2	8	10	7
		30%	30%	24%	33%	28%	20%	13%	31%	33%	45%	34%	27%	16%	38%	48%	16%
A bit less	(2.0)	37	21	8	7	16	1	6	16	5	-	2	2	-	1	4	7
		14%	17%	11%	12%	12%	5%	24%	15%	14%	-	19%	11%	-	4%	20%	16%
A lot less	(1.0)	3	2	-	-	-	-	-	1	1	-	-	-	1	-	-	-
		1%	1%	-	-	-	-	-	1%	2%	-	-	-	5%	-	-	-
Don't know	*	1	1	-	-	-	-	-	-	-	-	-	1	-	-	-	-
		*	1%	-	-	-	-	-	-	-	-	-	5%	-	-	-	-
NET: More		149	62	48	33	81	13	16	55	19	2	4	9	12	12	7	28
		55%	51%	65%	55%	60%	75%	63%	53%	51%	55%	47%	62%	74%	58%	32%	68%
NET: Less		39	23	8	7	16	1	6	17	6	-	2	2	1	1	4	7
		15%	18%	11%	12%	12%	5%	24%	16%	16%	-	19%	11%	5%	4%	20%	16%
Base for stats		268	122	75	61	135	17	25	104	38	4	9	15	15	21	21	42
Mean Score		3.58	3.50	3.73	3.54	3.65	3.99	3.65	3.50	3.57	4.10	3.41	3.70	3.91	3.66	3.12	3.79
Standard Deviation		.967	1.035	.908	.861	.889	.856	1.133	.951	1.085	1.155	.999	.940	.990	.755	.725	1.033
Standard Error		.060	.089	.115	.123	.084	.214	.241	.096	.183	.577	.333	.243	.240	.169	.158	.168
Error variance		*	.01	.01	.02	.01	.05	.06	.01	.03	.33	.11	.06	.06	.03	.03	.03

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Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																			
Unweighted Total	259	68	61	21	12	82	80	79	54	21	9	75	88	24	138	83	14	235	
Total	269	73	66	22	12	89	85	81	63	22	9	85	90	22	140	92	15	247	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	48	13	13	7	1	20	14	13	13	7	1	20	14	5	22	18	2	43	
	18%	18%	20%	31%	7%	23%	16%	16%	21%	31%	9%	24%	15%	24%	16%	20%	14%	17%	
A bit more (4.0)	101	32	18	7	3	25	35	29	19	7	3	26	33	7	47	38	9	94	
	37%	43%	27%	31%	29%	28%	41%	36%	31%	31%	37%	31%	36%	31%	34%	41%	57%	38%	
Neither more nor less (3.0)	80	21	20	3	5	23	25	25	20	4	2	24	27	4	47	27	2	77	
	30%	28%	31%	13%	40%	26%	30%	31%	31%	19%	24%	28%	30%	16%	34%	30%	16%	31%	
A bit less (2.0)	37	8	14	6	2	19	10	14	9	4	2	14	16	5	21	9	1	31	
	14%	11%	21%	25%	17%	22%	11%	17%	15%	18%	20%	16%	17%	25%	15%	10%	8%	13%	
A lot less (1.0)	3	-	1	-	1	1	1	-	1	-	1	1	1	1	2	-	-	2	
	1%	-	1%	-	7%	1%	1%	-	1%	-	10%	1%	1%	4%	1%	-	-	1%	
Don't know	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	1	
	*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	5%	*	
NET: More	149	45	31	14	4	45	49	42	33	14	4	47	46	12	70	56	11	137	
	55%	61%	47%	62%	36%	51%	58%	52%	52%	63%	46%	55%	52%	55%	50%	61%	71%	55%	
NET: Less	39	8	15	6	3	20	11	14	10	4	3	14	16	6	23	9	1	33	
	15%	11%	22%	25%	25%	23%	13%	17%	17%	18%	30%	17%	18%	29%	16%	10%	8%	13%	
Base for stats	268	73	66	22	12	89	85	81	63	22	9	85	90	22	140	92	15	247	
Mean Score	3.58	3.68	3.43	3.69	3.11	3.50	3.60	3.51	3.56	3.76	3.15	3.61	3.48	3.46	3.48	3.71	3.81	3.59	
Standard Deviation	.967	.892	1.078	1.184	1.061	1.104	.932	.961	1.038	1.112	1.215	1.055	.987	1.234	.977	.895	.822	.943	
Standard Error	.060	.108	.138	.258	.306	.122	.104	.108	.141	.243	.405	.122	.105	.252	.083	.098	.228	.062	
Error variance	*	.01	.02	.07	.09	.01	.01	.01	.02	.06	.16	.01	.01	.06	.01	.01	.05	*	

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Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	*a	*b	*c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	259	68	156	27	27	13	189	57	8	216	43	229	27
Total	269	75	162	27	29	14	197	60	8	227	42	239	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	48	26	5	7	2	36	11	3	43	5	45	3
		18%	21%	17%	25%	14%	18%	18%	31%	19%	11%	19%	12%
A bit more	(4.0)	101	62	8	10	2	78	21	-	84	17	91	8
		37%	38%	30%	36%	16%	40%	35%	-	37%	40%	38%	29%
Neither more nor less	(3.0)	80	51	8	8	1	59	14	4	68	13	71	9
		30%	32%	31%	28%	9%	30%	24%	43%	30%	30%	30%	32%
A bit less	(2.0)	37	21	4	3	8	23	12	2	30	7	30	7
		14%	13%	15%	12%	55%	12%	20%	26%	13%	17%	13%	24%
A lot less	(1.0)	3	1	1	-	1	1	2	-	2	1	2	1
		1%	1%	3%	-	6%	*	3%	-	1%	2%	1%	3%
Don't know		1	1	1	-	-	-	1	-	1	-	-	-
		*	*	3%	-	-	-	1%	-	*	-	-	-
NET: More		149	87	13	18	4	114	31	3	127	22	136	11
		55%	54%	48%	61%	30%	58%	52%	31%	56%	51%	57%	41%
NET: Less		39	22	5	3	9	24	14	2	31	8	32	8
		15%	14%	18%	12%	61%	12%	23%	26%	14%	19%	13%	27%
Base for stats		268	161	26	29	14	197	59	8	226	42	239	28
Mean Score		3.58	3.56	3.45	3.74	2.77	3.63	3.45	3.36	3.61	3.41	3.61	3.23
Standard Deviation		.967	.931	1.072	.980	1.263	.927	1.096	1.248	.967	.967	.953	1.059
Standard Error		.060	.075	.210	.189	.350	.067	.146	.441	.066	.148	.063	.204
Error variance		*	.01	.04	.04	.12	*	.02	.19	*	.02	*	.04

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Q6D.4. Home activity, fitness or exercise class viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	259	3	20	32	42	56	42	23	41	150	106	138	77	39	41	61	105	47
Total	269	3	20	31	45	60	44	24	41	157	109	147	78	39	41	64	109	50
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	48 18%	1 31%	3 14%	2 5%	5 12%	15 25%	7 16%	6 26%	9 22%	25 16%	22 20%	41 28%	3 4%	3 9%	4 10%	5 7%	24 22%	14 28%
A bit more (4.0)	101 37%	2 69%	8 40%	11 37%	20 45%	26 44%	15 34%	8 32%	10 24%	66 42%	33 30%	67 45%	23 30%	9 24%	18 42%	24 37%	37 34%	20 40%
Neither more nor less (3.0)	80 30%	-	4 22%	9 30%	12 27%	14 23%	17 38%	6 24%	18 44%	40 25%	41 37%	28 19%	42 54%	9 23%	9 21%	23 36%	37 34%	11 21%
A bit less (2.0)	37 14%	-	2 12%	8 25%	7 16%	5 9%	5 12%	4 19%	4 10%	23 15%	14 13%	9 6%	10 12%	17 45%	10 24%	12 19%	10 9%	4 9%
A lot less (1.0)	3 1%	-	2 8%	1 3%	-	-	-	-	-	3 2%	-	2 1%	-	-	1 2%	-	1 1%	1 2%
Don't know	1 *	-	1 4%	-	-	-	-	-	-	1 1%	-	1 1%	-	-	-	-	-	-
NET: More	149 55%	3 100%	11 54%	13 42%	25 56%	41 69%	22 50%	14 57%	19 46%	91 58%	55 50%	108 73%	26 33%	13 33%	22 53%	29 45%	61 56%	34 68%
NET: Less	39 15%	-	4 20%	9 28%	7 16%	5 9%	5 12%	4 19%	4 10%	25 16%	14 13%	11 7%	10 12%	17 45%	11 26%	12 19%	11 10%	5 11%
Base for stats	268	3	20	31	45	60	44	24	41	156	109	147	78	39	41	64	109	50
Mean Score	3.58	4.31	3.41	3.17	3.52	3.85	3.53	3.65	3.58	3.56	3.58	3.93	3.25	2.97	3.35	3.33	3.67	3.84
Standard Deviation	.967	.570	1.177	.976	.909	.901	.907	1.079	.946	.982	.954	.905	.716	1.028	1.033	.873	.949	1.001
Standard Error	.060	.329	.270	.172	.140	.120	.140	.225	.148	.080	.093	.077	.082	.165	.161	.112	.093	.146
Error variance	*	.11	.07	.03	.02	.01	.02	.05	.02	.01	.01	.01	.01	.03	.03	.01	.01	.02

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Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	*d	*e	*f	g	h	*i
Unweighted Total	297	150	146	118	97	82	19	33	31	29	22	27	62	57	17
Total	304	150	153	119	104	81	14	34	32	28	23	32	68	56	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	48 16%	25 17%	22 14%	22 19% c	23 22% c	3 4%	1 5%	8 23% c	2 5%	4 14%	4 18%	4 12%	12 17%	13 23% c	2 10%
A bit more (4.0)	99 33%	56 38%	43 28%	49 41% c	34 33%	16 20%	3 22%	9 25%	10 31%	11 38%	10 44%	5 14%	30 44%	16 29%	7 36%
Neither more nor less (3.0)	108 36%	47 31%	61 40%	23 19%	36 35% a	49 61% ab	7 53%	12 37%	15 48% g	10 34%	5 23%	18 56%	13 19%	18 33%	9 49%
A bit less (2.0)	32 11%	15 10%	17 11%	16 13%	7 6%	10 12%	1 5%	4 11%	4 13%	3 10%	1 5%	4 14%	10 15%	4 7%	1 5%
A lot less (1.0)	14 4%	6 4%	8 5%	6 5%	4 4%	3 4%	1 10%	1 4%	1 3%	1 4%	1 4%	1 4%	3 5%	3 6%	- -
Don't know	3 1%	1 *	2 1%	3 2%	- -	- -	1 5%	- -	- -	- -	1 5%	- -	- -	1 1%	- -
NET: More	147 49%	82 54% b	65 42%	71 60% c	57 55% c	19 23%	4 27%	16 48%	11 36%	14 52%	15 63%	8 26%	41 61% c	29 52%	8 46%
NET: Less	46 15%	21 14%	25 16%	22 18%	11 11%	13 16%	2 15%	5 15%	5 16%	4 14%	2 9%	6 18%	14 20%	7 13%	1 5%
Base for stats	301	149	150	116	104	81	13	34	32	28	22	32	68	55	18
Mean Score	3.45	3.54	3.36	3.56 c	3.62 c	3.07	3.07	3.52	3.23	3.48	3.72	3.16	3.53	3.57	3.50
Standard Deviation	1.027	1.015	1.031	1.108	1.035	.783	.995	1.094	.858	.999	.988	.953	1.103	1.116	.761
Standard Error	.060	.083	.086	.103	.105	.086	.234	.190	.154	.186	.216	.183	.140	.149	.185
Error variance	*	.01	.01	.01	.01	.01	.05	.04	.02	.03	.05	.03	.02	.02	.03

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Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade							Ethnicity								
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	297	38	70	66	35	34	54	174	123	240	10	26	12	1	1	50	
Total	304	41	72	66	35	36	54	179	125	246	11	26	13	1	1	52	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	48 16%	10 24%	13 19%	9 14%	4 10%	7 18%	6 10%	32 18%	16 13%	35 14%	1 7%	6 22%	3 23%	1 100%	- -	10 20%	
A bit more (4.0)	99 33%	19 45%	23 32%	23 35%	12 34%	15 42%	8 14%	65 36%	34 27%	75 31%	5 44%	11 41%	8 60%	- -	1 100%	24 47%	
Neither more nor less (3.0)	108 36%	9 21%	22 30%	22 33%	14 41%	10 28%	31 58%	52 29%	56 45%	98 40%	3 28%	4 14%	- -	- -	- -	7 13%	
A bit less (2.0)	32 11%	3 6%	9 13%	8 12%	2 6%	3 7%	8 15%	20 11%	13 10%	26 11%	2 21%	3 11%	1 8%	- -	- -	6 12%	
A lot less (1.0)	14 4%	1 2%	4 6%	3 5%	2 5%	2 5%	2 3%	8 5%	5 4%	10 4%	- -	2 6%	1 9%	- -	- -	3 5%	
Don't know	3 1%	1 2%	- -	1 1%	1 4%	- -	- -	1 1%	1 1%	1 1%	- -	1 6%	- -	- -	- -	1 3%	
NET: More	147 49%	29 69%	37 51%	32 49%	16 44%	21 60%	13 25%	97 54%	50 40%	110 45%	6 52%	16 63%	11 83%	1 100%	1 100%	35 67%	
NET: Less	46 15%	3 8%	13 19%	11 17%	4 11%	4 12%	10 18%	28 16%	18 14%	36 15%	2 21%	4 17%	2 17%	- -	- -	9 17%	
Base for stats	301	41	72	65	34	36	54	177	124	245	11	25	13	1	1	50	
Mean Score	3.45	3.84	3.45	3.41	3.40	3.62	3.14	3.53	3.35	3.41	3.38	3.65	3.80	5.00	4.00	3.67	
Standard Deviation	1.027	.944	1.114	1.041	.965	1.029	.912	1.059	.975	.994	.940	1.179	1.191	-	-	1.115	
Standard Error	.060	.155	.133	.129	.166	.176	.124	.081	.088	.064	.297	.241	.344	-	-	.161	
Error variance	*	.02	.02	.02	.03	.03	.02	.01	.01	*	.09	.06	.12	-	-	.03	

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Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	j	k	
Significance Level: 95%																
Unweighted Total	297	178	56	51	107	12	25	109	32	11	9	18	14	20	47	37
Total	304	162	68	63	131	12	26	112	34	12	10	17	13	20	48	38
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	48 16%	17 11%	10 15%	17 28% a	27 21% a	3 24%	5 21%	21 19%	9 25% j	-	-	3 15%	2 15%	3 12%	3 7%	8 22%
A bit more (4.0)	99 33%	40 25%	32 47% a	26 41% a	58 44% a	4 33%	11 44%	45 40% j	13 38% j	3 29%	4 38%	7 42%	5 41%	-	7 15%	15 40% j
Neither more nor less (3.0)	108 36%	77 47% bcd	16 24%	13 20%	29 22%	4 32%	5 20%	32 28%	8 24%	6 54%	5 52%	5 28%	2 14%	10 47%	31 65% cdk	9 24%
A bit less (2.0)	32 11%	17 10%	7 11%	6 10%	14 10%	1 11%	2 10%	10 9%	-	-	1 10%	3 15%	3 23%	5 26%	6 13% d	4 10%
A lot less (1.0)	14 4%	10 6%	2 4%	-	2 2%	-	-	5 4%	4 13% jk	2 17%	-	-	1 6%	2 8%	-	-
Don't know	3 1%	1 *	-	1 2%	1 1%	-	1 6%	-	-	-	-	-	-	1 6%	-	1 4% c
NET: More	147 49%	57 35%	42 62% a	43 68% a	85 65% a	7 57%	17 65%	65 58% j	21 63% j	3 29%	4 38%	10 57%	7 57%	3 12%	10 22%	23 62% j
NET: Less	46 15%	27 17%	10 14%	6 10%	16 12%	1 11%	2 10%	15 13%	4 13%	2 17%	1 10%	3 15%	4 29%	7 35%	6 13%	4 10%
Base for stats	301	161	68	62	130	12	24	112	34	12	10	17	13	19	48	36
Mean Score	3.45	3.23	3.58	3.88	3.72	3.70	3.81	3.59	3.63	2.94	3.29	3.58	3.36	2.80	3.16	3.77
		a	a	a	a			j	j							j
Standard Deviation	1.027	.997	.989	.939	.973	.991	.917	1.026	1.255	1.026	.662	.948	1.224	1.088	.735	.929
Standard Error	.060	.075	.132	.133	.095	.286	.191	.098	.222	.309	.221	.224	.327	.250	.107	.157
Error variance	*	.01	.02	.02	.01	.08	.04	.01	.05	.10	.05	.05	.11	.06	.01	.02

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Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	297	78	72	17	10	89	88	85	62	24	6	86	91	49	155	77	16	248
Total	304	81	76	17	10	93	91	86	68	24	6	92	92	44	155	86	17	259
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	48 16%	19 24% be	8 10%	1 5%	4 46%	9 9%	24 26% be	12 14%	15 22%	3 11%	4 69%	18 19%	16 17%	4 9%	19 12%	18 21%	7 41%	44 17%
A bit more (4.0)	99 33%	30 37%	36 47%	3 20%	2 21%	39 42%	32 35%	36 41%	29 43%	5 22%	- -	34 38%	36 39%	8 18%	50 32%	36 41% a	6 34%	91 35% a
Neither more nor less (3.0)	108 36%	23 28%	19 25%	10 56%	3 33%	29 31%	26 29%	25 29%	17 26%	11 45%	1 19%	28 31%	26 29%	20 46% c	65 42% c	20 23%	3 16%	88 34%
A bit less (2.0)	32 11%	7 8%	7 9%	- -	- -	7 8%	7 7%	8 10%	3 5%	2 9%	- -	6 6%	8 9%	7 15%	16 10%	9 10%	1 5%	26 10%
A lot less (1.0)	14 4%	2 2%	6 8%	2 11%	- -	8 9%	2 2%	5 6%	3 4%	2 10%	- -	5 6%	5 5%	5 12% bce	5 3%	2 3%	1 5%	8 3%
Don't know	3 1%	- -	- -	1 9%	- -	1 2%	- -	- -	- -	1 3%	1 12%	1 1%	1 1%	- -	1 *	2 2%	- -	3 1%
NET: More	147 49%	49 61%	44 57%	4 25%	7 67%	48 51%	56 62%	48 55%	44 65%	8 33%	4 69%	52 57%	52 56%	12 28%	68 44% a	54 62% ab	13 75%	135 52% a
NET: Less	46 15%	9 11%	13 18%	2 11%	- -	15 16%	9 10%	13 15%	6 9%	5 19%	- -	11 12%	13 14%	12 27% bce	21 14%	11 13%	2 10%	34 13%
Base for stats	301	81	76	16	10	92	91	86	68	23	5	91	91	44	155	84	17	257
Mean Score	3.45	3.72 e	3.42	3.09	4.14	3.36	3.76 be	3.48	3.74	3.15	4.57	3.59	3.54	2.98	3.39 a	3.69 ab	4.01	3.53 a
Standard Deviation	1.027	1.005	1.073	.975	.925	1.059	1.001	1.036	1.000	1.103	.920	1.053	1.055	1.100	.944	1.013	1.123	.994
Standard Error	.060	.114	.126	.252	.293	.114	.107	.112	.127	.230	.412	.114	.111	.157	.076	.117	.281	.063
Error variance	*	.01	.02	.06	.09	.01	.01	.01	.02	.05	.17	.01	.01	.02	.01	.01	.08	*

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Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	297	61	183	36	45	16	208	78	15	248	49	256	38
Total	304	69	186	36	45	17	215	79	15	256	48	263	38
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 48 16%	15 22%	29 16%	10 29% d	6 14%	4 23%	30 14%	17 21%	3 20%	43 17%	6 12%	40 15%	8 20%
A bit more	(4.0) 99 33%	32 46% b	59 32%	11 32%	12 26%	3 18%	76 36%	22 28%	3 20%	87 34%	12 24%	85 32%	14 38%
Neither more nor less	(3.0) 108 36%	14 21%	71 38% a	7 20%	21 46% a	7 42%	75 35%	28 35%	6 42%	85 33%	23 48%	97 37%	10 27%
A bit less	(2.0) 32 11%	6 8%	17 9%	3 8%	5 11%	- -	25 11%	6 7%	2 13%	29 11%	3 7%	28 11%	3 8%
A lot less	(1.0) 14 4%	1 1%	7 4%	3 10%	2 4%	2 12%	7 3%	5 7%	1 6%	12 5%	2 4%	11 4%	3 7%
Don't know	3 1%	1 2%	1 1%	1 2%	- -	1 4%	1 1%	1 2%	- -	- -	3 6% a	3 1%	- -
NET: More	147 49%	46 68% b	89 48%	22 60%	18 40%	7 42%	107 50%	39 49%	6 39%	130 51%	17 36%	125 47%	22 58%
NET: Less	46 15%	7 10%	25 13%	6 17%	6 14%	2 12%	32 15%	11 14%	3 19%	41 16%	5 10%	39 15%	6 15%
Base for stats	301	67	185	35	45	16	213	77	15	256	45	261	38
Mean Score	3.45	3.80 b	3.46	3.63	3.37	3.43	3.46	3.51	3.34	3.47	3.36	3.44	3.56
Standard Deviation	1.027	.928	1.000	1.271	.978	1.257	.988	1.120	1.149	1.044	.934	1.011	1.124
Standard Error	.060	.121	.074	.215	.146	.325	.069	.128	.297	.066	.138	.064	.182
Error variance	*	.01	.01	.05	.02	.11	*	.02	.09	*	.02	*	.03

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Q6D.5. Home activity, fitness or exercise class not viewed online or on TV, DVD or video: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Significance Level: 95%																		
Unweighted Total	297	7	19	41	55	55	42	22	56	170	120	147	95	52	42	74	131	49
Total	304	6	18	42	58	58	44	22	56	176	121	152	97	52	42	75	134	52
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	48 16%	1 12%	2 11%	8 18%	10 17%	8 13%	4 10%	5 22%	11 20%	27 15%	20 17%	36 24% bc	6 7%	5 10%	8 20%	12 16%	16 12%	12 24% c
A bit more (4.0)	99 33%	1 14%	5 27%	14 34%	21 37%	25 42%	16 38%	3 12%	14 25%	65 37%	33 27%	73 48% bc	15 15%	12 22%	11 26%	24 32%	47 35%	17 33%
Neither more nor less (3.0)	108 36%	3 47%	9 47%	10 25%	18 32%	17 29%	18 42%	11 51%	22 38%	54 31%	51 42%	31 21%	65 68% ac	10 20%	11 25%	24 33%	55 41%	18 35%
A bit less (2.0)	32 11%	- -	2 8%	5 13%	7 13%	5 9%	3 7%	2 11%	7 13%	20 11%	13 10%	6 4%	7 8%	19 36% ab	8 20%	7 10%	13 10%	4 7%
A lot less (1.0)	14 4%	2 26%	1 7%	4 9%	1 1%	2 3%	2 4%	1 4%	2 4%	8 4%	4 4%	5 4%	1 1%	7 13% ab	4 9%	5 7%	4 3%	- -
Don't know	3 1%	- -	- -	1 2%	- -	2 4% j	- -	- -	- -	3 2%	- -	1 1%	2 2%	- -	- -	2 3%	- -	1 2%
NET: More	147 49%	2 26%	7 37%	22 52%	31 54%	32 55%	21 48%	7 34%	25 45%	92 52%	53 44%	108 71% bc	21 22%	17 32%	19 46%	36 48%	63 47%	29 57%
NET: Less	46 15%	2 26%	3 15%	9 22%	8 14%	7 12%	5 11%	3 15%	9 16%	27 15%	17 14%	11 7%	8 8%	25 48% ab	12 29% cd	12 17%	17 13%	4 7%
Base for stats	301	6	18	41	58	56	44	22	56	174	121	151	95	52	42	73	134	51
Mean Score	3.45	2.86	3.25	3.41	3.56	3.55	3.43	3.38	3.45	3.49	3.43	3.84 bc	3.20 c	2.81	3.28	3.42	3.43	3.74 ac
Standard Deviation	1.027	1.416	1.023	1.204	.975	.952	.907	1.087	1.064	1.028	1.006	.952	.706	1.209	1.257	1.101	.920	.909
Standard Error	.060	.535	.235	.190	.131	.131	.140	.232	.142	.080	.092	.079	.073	.168	.194	.130	.080	.131
Error variance	*	.29	.06	.04	.02	.02	.02	.05	.02	.01	.01	.01	.01	.03	.04	.02	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	172	92	78	85	61	26	7	27	19	16	14	10	31	28	20
Total	180	95	84	86	68	27	5	28	18	17	15	12	35	28	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	35	14	20	22	12	2	1	4	4	3	1	1	13	6	2
	20%	15%	24%	25%	17%	7%	13%	14%	19%	19%	8%	12%	36%	23%	10%
A bit more (4.0)	55	31	24	27	21	7	1	5	6	9	4	2	11	10	7
	31%	33%	29%	32%	31%	26%	16%	19%	35%	52%	25%	21%	30%	37%	31%
Neither more nor less (3.0)	62	36	25	21	27	14	3	12	4	5	9	7	3	7	12
	34%	38%	30%	24%	40%	53%	57%	43%	23%	29%	60%	59%	10%	25%	54%
A bit less (2.0)	21	12	10	10	8	4	1	6	3	-	1	1	5	3	1
	12%	12%	11%	12%	11%	14%	14%	21%	18%	-	7%	9%	14%	11%	6%
A lot less (1.0)	5	1	5	5	-	-	-	1	-	-	-	-	3	1	-
	3%	1%	6%	6%	-	-	-	3%	-	-	-	-	10%	4%	-
Don't know *	1	1	-	1	-	-	-	-	1	-	-	-	-	-	-
	*	1%	-	1%	-	-	-	-	4%	-	-	-	-	-	-
NET: More	91	45	45	49	33	9	2	9	10	12	5	4	23	17	9
	50%	47%	53%	57%	49%	33%	29%	33%	55%	71%	34%	32%	67%	60%	40%
NET: Less	27	13	14	15	8	4	1	7	3	-	1	1	8	4	1
	15%	13%	17%	18%	11%	14%	14%	24%	18%	-	7%	9%	24%	16%	6%
Base for stats	180	94	84	85	68	27	5	28	17	17	15	12	35	28	22
Mean Score	3.52	3.48	3.55	3.59	3.54	3.26	3.28	3.20	3.59	3.91	3.35	3.35	3.70	3.62	3.44
Standard Deviation	1.033	.927	1.143	1.179	.910	.796	.960	1.035	1.044	.709	.753	.832	1.363	1.103	.764
Standard Error	.079	.097	.129	.129	.117	.156	.363	.199	.246	.177	.201	.263	.245	.208	.171
Error variance	.01	.01	.02	.02	.01	.02	.13	.04	.06	.03	.04	.07	.06	.04	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	*g	
Significance Level: 95%																	
Unweighted Total	172	24	47	42	23	17	19	113	59	141	6	10	10	-	-	26	
Total	180	25	50	43	24	18	19	119	61	149	7	10	10	-	-	27	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%	
A lot more	(5.0)	35	5	7	13	3	5	2	26	9	24	3	5	3	-	-	11
		20%	20%	15%	31%	12%	26%	9%	22%	15%	16%	37%	50%	29%	-	-	39%
A bit more	(4.0)	55	9	17	12	5	7	4	38	17	48	2	3	3	-	-	8
		31%	36%	35%	28%	22%	41%	22%	32%	28%	32%	27%	29%	30%	-	-	29%
Neither more nor less	(3.0)	62	6	17	11	12	5	11	34	28	55	1	2	2	-	-	6
		34%	22%	34%	25%	52%	27%	58%	28%	46%	37%	19%	20%	21%	-	-	20%
									cg								
A bit less	(2.0)	21	3	8	5	3	1	1	16	6	17	1	-	2	-	-	3
		12%	10%	16%	12%	14%	6%	5%	13%	9%	12%	17%	-	20%	-	-	12%
A lot less	(1.0)	5	3	-	1	-	-	1	4	1	5	-	-	-	-	-	-
		3%	12%	-	3%	-	-	6%	4%	2%	4%	-	-	-	-	-	-
Don't know		1	-	-	1	-	-	1	-	-	-	-	-	-	-	-	-
		*	-	-	2%	-	-	1%	-	-	-	-	-	-	-	-	-
NET: More		91	14	25	25	8	12	6	64	26	71	4	8	6	-	-	19
		50%	56%	49%	59%	34%	66%	31%	54%	43%	48%	64%	80%	59%	-	-	68%
NET: Less		27	6	8	6	3	1	2	20	7	23	1	-	2	-	-	3
		15%	22%	16%	15%	14%	6%	11%	17%	11%	15%	17%	-	20%	-	-	12%
Base for stats		180	25	50	43	24	18	19	118	61	149	7	10	10	-	-	27
Mean Score		3.52	3.43	3.48	3.73	3.32	3.86	3.22	3.56	3.45	3.45	3.84	4.30	3.69	-	-	3.96
Standard Deviation		1.033	1.273	.942	1.128	.880	.900	.931	1.086	.927	1.013	1.199	.826	1.152	-	-	1.049
Standard Error		.079	.260	.137	.176	.183	.218	.214	.103	.121	.085	.489	.261	.364	-	-	.206
Error variance		.01	.07	.02	.03	.03	.05	.05	.01	.01	.01	.24	.07	.13	-	-	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k		
Significance Level: 95%																	
Unweighted Total	172	75	46	35	81	11	23	67	22	5	4	10	11	8	11	34	
Total	180	68	55	43	98	11	25	71	24	6	4	10	10	8	12	36	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	35	13	12	7	20	5	8	12	6	2	-	1	-	1	-	13
		20%	19%	22%	17%	20%	47%	33%	17%	25%	39%	-	10%	-	9%	-	37%
																	c
A bit more	(4.0)	55	23	19	12	31	1	11	21	7	-	2	2	7	1	4	12
		31%	33%	35%	28%	32%	11%	43%	29%	28%	-	48%	20%	64%	15%	36%	33%
Neither more nor less	(3.0)	62	26	15	14	29	3	4	23	10	2	2	5	3	4	6	7
		34%	39%	28%	31%	29%	27%	14%	33%	42%	39%	52%	50%	28%	46%	55%	18%
A bit less	(2.0)	21	5	6	9	15	-	2	14	1	-	-	2	-	1	1	2
		12%	7%	11%	20%	15%	-	10%	19%	4%	-	-	20%	-	15%	9%	7%
					a												
A lot less	(1.0)	5	2	2	1	4	2	-	1	-	1	-	-	-	1	-	2
		3%	2%	5%	3%	4%	15%	-	2%	-	23%	-	-	-	15%	-	5%
Don't know		1	-	-	-	-	-	-	-	-	-	-	1	-	-	-	-
		*	-	-	-	-	-	-	-	-	-	-	8%	-	-	-	-
NET: More		91	36	31	19	51	6	19	33	13	2	2	3	7	2	4	25
		50%	52%	57%	45%	52%	58%	76%	46%	53%	39%	48%	30%	64%	24%	36%	70%
																	c
NET: Less		27	6	9	10	19	2	2	15	1	1	-	2	-	2	1	4
		15%	9%	16%	23%	19%	15%	10%	21%	4%	23%	-	20%	-	30%	9%	12%
					a												
Base for stats		180	68	55	43	98	11	25	71	24	6	4	10	9	8	12	36
Mean Score		3.52	3.60	3.59	3.36	3.49	3.75	3.99	3.41	3.74	3.32	3.48	3.19	3.69	2.88	3.28	3.91
																	c
Standard Deviation		1.033	.959	1.095	1.090	1.093	1.489	.952	1.045	.901	1.689	.568	.916	.488	1.191	.639	1.130
Standard Error		.079	.111	.161	.184	.121	.449	.198	.128	.192	.755	.284	.290	.154	.421	.193	.194
Error variance		.01	.01	.03	.03	.01	.20	.04	.02	.04	.57	.08	.08	.02	.18	.04	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																			
Unweighted Total	172	54	50	10	6	60	60	58	44	18	1	62	59	12	92	59	9	160	
Total	180	60	51	10	7	62	67	61	48	19	1	67	62	12	95	64	9	169	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	35 20%	12 20%	10 20%	4 37%	2 33%	14 23%	14 21%	14 22%	9 20%	5 27%	- -	15 22%	14 22%	3 22%	22 23%	10 15%	1 13%	33 19%	
A bit more (4.0)	55 31%	15 24%	21 42%	2 23%	1 15%	24 39%	16 23%	15 24%	18 37%	7 34%	1 100%	25 37%	16 25%	2 15%	26 28%	23 36%	5 48%	54 32%	
Neither more nor less (3.0)	62 34%	25 42%	10 19%	3 28%	4 52%	13 20%	28 43%	24 38%	10 21%	8 39%	- -	18 26%	24 38%	7 56%	38 39%	17 26%	2 18%	56 33%	
A bit less (2.0)	21 12%	7 12%	10 19%	- -	- -	10 16%	7 11%	9 15%	8 17%	- -	- -	8 12%	9 15%	- -	8 9%	11 17%	2 22%	21 13%	
A lot less (1.0)	5 3%	1 2%	- -	1 13%	- -	1 2%	1 2%	- -	3 5%	- -	- -	3 4%	- -	1 7%	1 1%	3 5%	- -	5 3%	
Don't know *	1 *	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 1%	- -	1 *	
NET: More	91 50%	26 44%	32 62%	6 60%	3 48%	38 61%	30 45%	29 47%	27 57%	12 61%	1 100%	39 58%	29 47%	4 37%	48 50%	33 51%	6 61%	86 51%	
NET: Less	27 15%	8 14%	10 19%	1 13%	- -	11 18%	8 13%	9 15%	10 22%	- -	- -	10 16%	9 15%	1 7%	10 10%	14 22%	2 22%	26 15%	
Base for stats	180	60	51	10	7	62	67	61	48	19	1	67	62	12	95	63	9	168	
Mean Score	3.52	3.48	3.63	3.71	3.81	3.64	3.51	3.54	3.50	3.88	4.00	3.60	3.55	3.45	3.62	3.39	3.52	3.53	
Standard Deviation	1.033	1.017	1.020	1.371	.974	1.074	1.010	1.007	1.150	.822	-	1.074	1.001	1.104	.978	1.109	1.026	1.031	
Standard Error	.079	.138	.144	.434	.398	.139	.130	.132	.173	.194	-	.136	.130	.319	.102	.146	.342	.082	
Error variance	.01	.02	.02	.19	.16	.02	.02	.02	.03	.04	-	.02	.02	.10	.01	.02	.12	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b	
Significance Level: 95%														
Unweighted Total	172	53	101	29	27	13	106	62	5	144	28	148	21	
Total	180	56	106	30	28	14	112	65	5	152	29	157	21	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	35	14	18	4	5	4	24	11	1	30	5	32	3
		20%	24%	17%	13%	18%	29%	21%	17%	17%	20%	17%	20%	16%
A bit more	(4.0)	55	16	37	7	10	6	33	21	1	48	8	46	9
		31%	28%	35%	23%	35%	47%	30%	33%	15%	31%	27%	29%	43%
Neither more nor less	(3.0)	62	18	36	12	6	3	38	22	-	52	11	57	5
		34%	31%	34%	39%	23%	24%	34%	34%	-	34%	37%	36%	22%
A bit less	(2.0)	21	6	14	6	5	-	13	7	4	17	4	18	2
		12%	10%	13%	20%	16%	-	12%	11%	68%	11%	15%	12%	11%
A lot less	(1.0)	5	4	1	1	2	-	2	3	-	4	1	5	1
		3%	7%	1%	4%	8%	-	2%	5%	-	3%	4%	3%	4%
Don't know		1	-	-	-	-	-	1	-	-	1	-	-	1
		*	-	-	-	-	-	1%	-	-	1%	-	-	4%
NET: More		91	29	55	11	15	10	57	33	2	78	13	77	12
		50%	52%	52%	36%	53%	76%	51%	50%	32%	51%	45%	49%	59%
NET: Less		27	10	15	7	7	-	16	10	4	21	5	23	3
		15%	17%	14%	24%	24%	-	14%	16%	68%	14%	19%	15%	15%
Base for stats		180	56	106	30	28	14	111	65	5	151	29	157	20
Mean Score		3.52	3.52	3.54	3.21	3.40	4.05	3.57	3.46	2.81	3.55	3.39	3.52	3.58
Standard Deviation		1.033	1.167	.954	1.054	1.192	.756	1.020	1.069	1.347	1.025	1.081	1.034	1.059
Standard Error		.079	.160	.095	.196	.229	.210	.100	.136	.602	.086	.204	.085	.237
Error variance		.01	.03	.01	.04	.05	.04	.01	.02	.36	.01	.04	.01	.06

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D.6. Informal active play/games in the house or garden (e.g. throwing, catching, running games): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	h	i	j	a	b	c	*a	b	c	d
Unweighted Total	172	5	20	20	37	28	19	13	30	105	62	78	58	34	22	47	58	41
Total	180	5	20	20	41	30	20	14	31	111	64	84	60	35	22	51	62	41
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	35 20%	1 26%	4 22%	1 5%	6 15%	8 25%	5 23%	3 21%	8 25%	19 17%	15 23%	25 30% bc	7 11%	4 11%	4 16%	7 14%	9 14%	15 36% bc
A bit more (4.0)	55 31%	- -	8 40%	8 38%	15 36% h	7 24%	8 42%	5 39%	4 13%	38 34% h	18 28%	33 40% b	13 22%	8 23%	6 28%	16 32%	21 34%	10 25%
Neither more nor less (3.0)	62 34%	2 33%	4 19%	6 30%	15 36%	13 43%	5 25%	3 22%	15 49%	38 34%	23 36%	15 18%	36 60% ac	11 31%	9 42%	19 37%	21 33%	12 29%
A bit less (2.0)	21 12%	1 25%	2 9%	4 21%	5 13%	2 8%	2 10%	1 9%	3 9%	14 13%	6 9%	7 9%	4 7%	10 28% ab	3 14%	7 13%	9 15%	2 5%
A lot less (1.0)	5 3%	1 16%	1 4%	1 6%	- -	- -	- -	1 9%	1 4%	2 2%	3 4%	3 4%	- -	3 7% b	- -	2 4%	2 3%	1 3%
Don't know	1 *	- -	1 4%	- -	- -	- -	- -	- -	- -	1 1%	- -	- -	- -	- -	- -	- -	- -	1 2%
NET: More	91 50%	1 26%	12 63%	9 43%	21 51%	15 49%	13 65%	8 59%	12 38%	57 51%	33 51%	58 69% bc	20 33%	12 34%	10 44%	23 46%	30 48%	25 61%
NET: Less	27 15%	2 41%	3 14%	5 27%	5 13%	2 8%	2 10%	3 19%	4 13%	16 15%	9 13%	10 12%	4 7%	12 35% ab	3 14%	9 17%	11 18%	3 8%
Base for stats	180	5	19	20	41	30	20	14	31	110	64	84	60	35	22	51	62	41
Mean Score	3.52	2.94	3.70	3.15	3.52	3.66	3.77	3.52	3.46	3.52	3.57	3.83 bc	3.37	3.02	3.46	3.39	3.40	3.87 bc
Standard Deviation	1.033	1.554	1.100	1.024	.913	.959	.941	1.231	1.099	.985	1.075	1.062	.783	1.121	.941	1.016	1.021	1.080
Standard Error	.079	.695	.252	.229	.150	.181	.216	.341	.201	.097	.137	.120	.103	.192	.201	.148	.134	.171
Error variance	.01	.48	.06	.05	.02	.03	.05	.12	.04	.01	.02	.01	.01	.04	.04	.02	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region									
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i	
Unweighted Total	136	75	57	75	44	17	9	19	13	8	10	10	38	21	8	
Total	146	79	63	79	50	18	7	20	14	8	11	13	45	20	9	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	31	14	16	22	9	-	1	1	4	2	2	1	11	5	3
		21%	17%	25%	27%	18%	-	10%	6%	27%	29%	22%	11%	23%	25%	39%
A bit more	(4.0)	47	25	21	20	18	8	2	6	2	2	4	3	17	9	2
		32%	32%	33%	26%	36%	48%	22%	31%	17%	28%	39%	20%	36%	45%	25%
Neither more nor less	(3.0)	49	32	15	27	15	6	4	5	5	3	3	8	15	3	2
		33%	40%	24%	35%	31%	35%	56%	27%	39%	32%	31%	60%	34%	16%	25%
A bit less	(2.0)	14	5	9	5	7	2	1	4	1	1	1	1	2	1	1
		9%	6%	14%	6%	13%	12%	12%	21%	9%	11%	8%	10%	5%	5%	11%
A lot less	(1.0)	6	3	2	4	1	1	-	3	1	-	-	-	1	1	-
		4%	4%	3%	5%	2%	6%	-	15%	7%	-	-	-	2%	4%	-
Don't know		1	-	1	1	-	-	-	-	-	-	-	-	-	1	-
		1%	-	1%	1%	-	-	-	-	-	-	-	-	-	4%	-
NET: More		77	39	37	42	27	8	2	7	6	5	7	4	27	14	5
		53%	50%	58%	53%	54%	48%	32%	37%	44%	57%	62%	31%	60%	70%	64%
NET: Less		19	8	11	9	8	3	1	7	2	1	1	1	3	2	1
		13%	10%	17%	11%	15%	18%	12%	37%	16%	11%	8%	10%	7%	10%	11%
Base for stats		145	79	63	78	50	18	7	20	14	8	11	13	45	19	9
Mean Score		3.57	3.54	3.65	3.66	3.55	3.24	3.30	2.91	3.48	3.75	3.76	3.32	3.74	3.85	3.92
Standard Deviation		1.047	.975	1.100	1.098	1.008	.901	.869	1.197	1.241	1.056	.934	.821	.942	1.034	1.103
Standard Error		.090	.113	.147	.128	.152	.218	.290	.275	.344	.373	.295	.260	.153	.231	.390
Error variance		.01	.01	.02	.02	.02	.05	.08	.08	.12	.14	.09	.07	.02	.05	.15

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Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	136	29	36	30	16	9	16	95	41	94	4	14	13	1	2	34
Total	146	31	41	31	17	10	16	103	43	103	5	14	14	1	2	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	31	10	4	4	4	4	19	12	21	1	3	3	-	1	8
		21%	32%	11%	14%	21%	44%	25%	28%	20%	27%	18%	23%	-	54%	23%
A bit more	(4.0)	47	8	15	9	5	4	31	16	37	1	5	4	-	-	10
		32%	25%	36%	28%	32%	38%	30%	36%	36%	25%	34%	29%	-	-	28%
Neither more nor less	(3.0)	49	10	16	13	5	2	39	10	33	1	5	6	-	1	13
		33%	32%	39%	42%	29%	18%	20%	23%	32%	21%	34%	42%	-	46%	35%
A bit less	(2.0)	14	3	5	2	3	-	1	4	9	1	1	1	1	-	4
		9%	8%	12%	7%	18%	-	5%	9%	9%	27%	8%	6%	100%	-	12%
A lot less	(1.0)	6	1	-	3	-	-	2	2	2	-	1	-	-	-	1
		4%	3%	-	9%	-	-	12%	4%	2%	-	6%	-	-	-	2%
Don't know		1	-	1	-	-	-	1	-	1	-	-	-	-	-	-
		1%	-	2%	-	-	-	1%	-	1%	-	-	-	-	-	-
NET: More		77	17	19	13	9	8	50	28	57	3	7	8	-	1	18
		53%	57%	47%	42%	53%	82%	63%	64%	56%	52%	52%	52%	-	54%	51%
NET: Less		19	3	5	5	3	-	3	6	11	1	2	1	1	-	5
		13%	11%	12%	16%	18%	-	17%	14%	11%	27%	14%	6%	100%	-	14%
Base for stats		145	31	40	31	17	10	102	43	102	5	14	14	1	2	36
Mean Score		3.57	3.76	3.46	3.31	3.57	4.26	3.58	3.73	3.63	3.52	3.51	3.70	2.00	4.08	3.58
Standard Deviation		1.047	1.096	.855	1.105	1.044	.780	1.295	1.112	.975	1.285	1.106	.924	-	1.331	1.050
Standard Error		.090	.204	.145	.202	.261	.260	.324	.174	.101	.642	.296	.256	-	.941	.180
Error variance		.01	.04	.02	.04	.07	.07	.10	.03	.01	.41	.09	.07	-	.89	.03

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Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k		
Significance Level: 95%																	
Unweighted Total	136	53	40	33	73	11	13	61	14	9	3	8	5	7	5	24	
Total	146	46	49	41	90	12	14	68	14	10	3	8	5	7	5	26	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	31	7	16	5	21	5	5	10	3	2	1	-	2	2	-	10
		21%	14%	33%	12%	24%	41%	38%	14%	24%	22%	27%	-	39%	33%	-	40%
				ac													
A bit more	(4.0)	47	14	17	15	32	2	2	23	4	5	1	5	-	1	4	4
		32%	29%	35%	36%	36%	19%	16%	33%	32%	47%	28%	57%	-	12%	78%	17%
Neither more nor less	(3.0)	49	17	13	15	29	3	6	27	5	-	1	3	2	1	-	8
		33%	37%	27%	37%	32%	25%	40%	39%	38%	-	45%	43%	45%	16%	-	33%
A bit less	(2.0)	14	5	2	5	7	1	-	8	-	2	-	-	1	1	1	1
		9%	10%	5%	11%	8%	8%	-	12%	-	18%	-	-	16%	12%	22%	4%
A lot less	(1.0)	6	3	-	1	1	1	1	-	1	-	-	-	-	2	-	2
		4%	8%	-	3%	1%	7%	6%	-	6%	13%	-	-	-	27%	-	7%
Don't know		1	1	-	-	-	-	-	1	-	-	-	-	-	-	-	-
		1%	2%	-	-	-	-	-	1%	-	-	-	-	-	-	-	-
NET: More		77	20	33	20	54	7	8	32	8	7	2	5	2	3	4	14
		53%	44%	68%	49%	59%	60%	54%	48%	56%	69%	55%	57%	39%	45%	78%	57%
				a													
NET: Less		19	8	2	6	8	2	1	8	1	3	-	-	1	3	1	3
		13%	17%	5%	14%	9%	15%	6%	12%	6%	31%	-	-	16%	39%	22%	10%
Base for stats		145	46	49	41	90	12	14	67	14	10	3	8	5	7	5	26
Mean Score		3.57	3.34	3.97	3.43	3.72	3.79	3.80	3.51	3.69	3.48	3.82	3.57	3.63	3.12	3.55	3.80
				ac		a											
Standard Deviation		1.047	1.099	.898	.957	.958	1.315	1.182	.888	1.059	1.420	1.024	.529	1.292	1.747	.922	1.218
Standard Error		.090	.152	.142	.167	.112	.396	.328	.115	.283	.473	.591	.187	.578	.660	.412	.249
Error variance		.01	.02	.02	.03	.01	.16	.11	.01	.08	.22	.35	.03	.33	.44	.17	.06

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Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	b	*c	*d	e	f	*a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	136	27	43	11	10	54	37	29	40	17	5	57	34	11	61	57	7	125
Total	146	31	48	11	10	59	41	32	44	17	5	62	38	10	65	64	7	136
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	31 21%	2 8%	11 23%	3 24%	3 26%	14 24%	5 12%	3 8%	9 20%	5 27%	1 16%	14 22%	3 9%	3 29%	12 19%	13 20%	3 37%	28 20%
A bit more (4.0)	47 32%	9 29%	18 37%	4 39%	1 12%	22 37%	10 25%	11 34%	19 42%	2 14%	- -	21 34%	11 29%	1 9%	25 39%	21 32%	- -	46 34%
Neither more nor less (3.0)	49 33%	14 45%	17 35%	2 19%	4 42%	19 32%	18 44%	13 41%	13 30%	7 43%	2 44%	21 34%	16 41%	2 26%	20 30%	22 34%	5 63%	46 34%
A bit less (2.0)	14 9%	5 15%	1 3%	2 19%	1 8%	3 6%	6 13%	5 14%	2 5%	2 10%	1 6%	4 7%	6 15%	1 9%	7 11%	6 9%	- -	13 9%
A lot less (1.0)	6 4%	1 3%	- -	- -	1 12%	- -	2 5%	- -	1 2%	1 5%	1 23%	2 3%	1 3%	3 27%	- -	3 5%	- -	3 2%
Don't know	1 1%	- -	1 2%	- -	- -	1 1%	- -	1 3%	- -	- -	- -	- -	1 2%	- -	1 1%	- -	- -	1 1%
NET: More	77 53%	12 37%	29 61%	7 63%	4 38%	36 61%	15 38%	14 42%	28 63%	7 42%	1 16%	35 57%	14 38%	4 38%	38 58%	33 52%	3 37%	74 54%
NET: Less	19 13%	6 18%	1 3%	2 19%	2 20%	3 6%	8 18%	5 14%	3 7%	3 15%	2 40%	6 9%	7 18%	4 36%	7 11%	9 13%	- -	16 12%
Base for stats	145	31	47	11	10	58	41	32	44	17	5	62	37	10	65	64	7	136
Mean Score	3.57	3.25	3.83	3.68	3.32	3.80	3.26	3.36	3.74	3.49	2.68	3.67	3.27	3.04	3.67	3.54	3.74	3.61
Standard Deviation	1.047	.918	.831	1.085	1.334	.875	1.019	.844	.915	1.171	1.418	.989	.951	1.648	.918	1.060	1.038	.988
Standard Error	.090	.177	.128	.327	.422	.120	.168	.159	.145	.284	.634	.131	.166	.497	.119	.140	.392	.089
Error variance	.01	.03	.02	.11	.18	.01	.03	.03	.02	.08	.40	.02	.03	.25	.01	.02	.15	.01

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Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total	136	59	58	25	21	17	72	58	3	111	25	117	13
Total	146	65	63	25	22	17	81	59	3	121	25	127	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	31	11	7	3	4	17	12	1	24	7	28	1
		21%	17%	28%	14%	23%	22%	21%	29%	20%	27%	22%	9%
A bit more	(4.0)	47	26	6	8	5	26	18	1	41	5	44	3
		32%	41%	25%	38%	30%	32%	31%	43%	34%	21%	34%	22%
Neither more nor less	(3.0)	49	19	6	8	5	27	19	-	42	6	38	9
		33%	30%	25%	36%	27%	34%	32%	-	35%	26%	30%	63%
A bit less	(2.0)	14	5	4	2	2	7	6	1	9	5	13	-
		9%	8%	17%	9%	10%	9%	11%	28%	7%	18%	10%	-
A lot less	(1.0)	6	2	1	1	1	3	3	-	4	2	4	1
		4%	3%	5%	4%	5%	4%	5%	-	3%	7%	3%	6%
Don't know		1	1	-	-	1	-	1	-	1	-	1	-
		1%	1%	-	-	5%	-	1%	-	1%	-	1%	-
NET: More		77	36	13	11	9	44	31	2	65	12	71	4
		53%	57%	53%	52%	53%	54%	52%	72%	54%	49%	56%	31%
NET: Less		19	7	6	3	3	10	9	1	13	6	17	1
		13%	11%	22%	13%	15%	12%	15%	28%	11%	25%	13%	6%
Base for stats		145	63	25	22	16	81	59	3	121	25	126	14
Mean Score		3.57	3.60	3.55	3.49	3.59	3.59	3.53	3.72	3.60	3.44	3.62	3.29
Standard Deviation		1.047	.974	1.228	.983	1.149	1.038	1.093	1.418	.998	1.277	1.034	.895
Standard Error		.090	.129	.246	.215	.287	.122	.145	.818	.095	.255	.096	.248
Error variance		.01	.02	.06	.05	.08	.01	.02	.67	.01	.07	.01	.06

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Q6D.8. Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	*h	i	j	a	b	*c	*a	b	c	*d
Unweighted Total	136	6	9	19	39	21	15	7	20	88	42	67	38	28	26	43	42	22
Total	146	6	9	21	42	24	18	7	21	95	46	73	40	31	26	47	48	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	31 21%	-	1 15%	3 16%	8 18%	6 27%	4 24%	1 11%	7 34%	19 20%	12 26%	23 32%	2 5%	5 15%	5 20%	9 20%	9 18%	7 33%
A bit more (4.0)	47 32%	-	2 21%	8 39%	16 38%	5 20%	9 49%	3 44%	4 20%	30 32%	16 35%	27 38%	9 22%	10 34%	5 20%	17 36%	16 32%	8 36%
Neither more nor less (3.0)	49 33%	5 85%	4 44%	6 29%	14 32%	9 40%	5 26%	2 28%	4 22%	33 35%	11 25%	15 21%	23 59%	9 29%	11 43%	16 34%	17 35%	5 22%
A bit less (2.0)	14 9%	-	2 20%	2 10%	4 10%	3 13%	-	1 18%	1 6%	11 12%	3 6%	4 6%	3 9%	6 19%	5 18%	1 2%	6 13%	2 8%
A lot less (1.0)	6 4%	1 15%	-	1 6%	-	-	-	-	4 18%	1 1%	4 8%	2 3%	2 5%	1 3%	-	3 6%	1 2%	-
Don't know	1 1%	-	-	-	1 2%	-	-	-	-	1 1%	-	1 1%	-	-	-	1 2%	-	-
NET: More	77 53%	-	3 36%	11 55%	23 56%	11 47%	13 74%	4 55%	11 54%	49 52%	28 62%	51 69%	11 28%	15 48%	10 40%	26 56%	24 50%	16 70%
NET: Less	19 13%	1 15%	2 20%	3 16%	4 10%	3 13%	-	1 18%	5 24%	12 13%	6 14%	6 8%	5 14%	7 22%	5 18%	4 8%	7 15%	2 8%
Base for stats	145	6	9	21	41	24	18	7	21	94	46	72	40	31	26	46	48	22
Mean Score	3.57	2.70	3.31	3.48	3.66	3.62	3.98	3.48	3.45	3.58	3.66	3.91 b	3.14	3.38	3.42	3.63	3.51	3.95
Standard Deviation	1.047	.786	1.017	1.084	.901	1.040	.732	.979	1.498	.979	1.174	1.004	.850	1.069	1.020	1.048	.997	.956
Standard Error	.090	.321	.339	.249	.146	.227	.189	.370	.335	.105	.181	.124	.138	.202	.200	.162	.154	.204
Error variance	.01	.10	.11	.06	.02	.05	.04	.14	.11	.01	.03	.02	.02	.04	.04	.03	.02	.04

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Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region									
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	g	*h	*i	
Unweighted Total	106	80	26	70	29	7	2	13	8	9	10	6	35	15	8	
Total	107	80	27	67	33	7	2	14	8	8	10	7	37	14	9	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	25	16	9	19	4	2	-	-	2	2	3	1	9	4	3
		23%	20%	33%	28%	13%	29%	-	-	21%	30%	32%	18%	26%	27%	37%
A bit more	(4.0)	35	30	5	23	10	3	1	4	1	2	2	1	14	6	4
		33%	38%	18%	34%	29%	39%	45%	30%	16%	20%	20%	15%	39%	44%	51%
Neither more nor less	(3.0)	31	22	9	16	14	1	1	3	2	4	4	4	9	3	1
		29%	27%	33%	24%	41%	13%	55%	24%	26%	50%	39%	52%	24%	24%	12%
A bit less	(2.0)	12	8	4	8	3	1	-	5	2	-	1	-	4	-	-
		11%	10%	16%	11%	10%	19%	-	39%	21%	-	8%	-	12%	-	-
A lot less	(1.0)	3	3	-	2	1	-	-	-	1	-	-	1	-	1	-
		3%	4%	-	3%	4%	-	-	-	15%	-	-	15%	-	6%	-
Don't know		1	1	-	-	1	-	-	1	-	-	-	-	-	-	-
		1%	1%	-	-	3%	-	-	7%	-	-	-	-	-	-	-
NET: More		60	46	14	41	14	5	1	4	3	4	5	2	24	10	8
		56%	58%	51%	62%	42%	69%	45%	30%	37%	50%	52%	33%	65%	71%	88%
NET: Less		15	11	4	9	5	1	-	5	3	-	1	1	4	1	-
		14%	14%	16%	14%	14%	19%	-	39%	37%	-	8%	15%	12%	6%	-
Base for stats		106	79	27	67	32	7	2	13	8	8	10	7	37	14	9
Mean Score		3.63	3.61	3.68	3.73	3.38	3.79	3.45	2.90	3.06	3.80	3.76	3.22	3.79	3.86	4.25
Standard Deviation		1.057	1.042	1.118	1.075	.988	1.147	.853	.890	1.450	.928	1.050	1.283	.974	1.042	.694
Standard Error		.103	.117	.219	.128	.187	.434	.603	.257	.513	.309	.332	.524	.165	.269	.245
Error variance		.01	.01	.05	.02	.03	.19	.36	.07	.26	.10	.11	.27	.03	.07	.06

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Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
			*a	b	*c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Significance Level: 95%																	
Unweighted Total		106	16	31	28	17	8	6	75	31	67	6	14	10	1	2	33
Total		107	16	33	28	18	8	5	76	31	69	6	14	11	1	2	33
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	25 23%	7 45%	5 16%	7 26%	4 23%	1 16%	- -	19 26%	5 18%	12 18%	2 37%	3 21%	4 42%	- -	2 100%	12 35%
A bit more	(4.0)	35 33%	3 21%	13 41%	9 31%	4 24%	3 36%	3 51%	25 33%	10 32%	23 33%	2 30%	5 34%	3 29%	- -	- -	10 29%
Neither more nor less	(3.0)	31 29%	3 21%	8 25%	7 25%	8 43%	2 26%	3 49%	19 24%	12 39%	22 32%	2 33%	4 29%	2 16%	- -	- -	8 23%
A bit less	(2.0)	12 11%	1 5%	4 12%	5 18%	2 10%	1 10%	- -	10 13%	3 8%	7 10%	- -	2 16%	1 12%	1 100%	- -	4 13%
A lot less	(1.0)	3 3%	1 8%	2 6%	- -	- -	- -	- -	3 4%	- -	3 4%	- -	- -	- -	- -	- -	- -
Don't know		1 1%	- -	- -	- -	- -	1 12%	- -	- -	1 3%	1 1%	- -	- -	- -	- -	- -	- -
NET: More		60 56%	11 66%	19 57%	16 57%	8 47%	4 52%	3 51%	45 59%	15 49%	36 52%	4 67%	8 55%	8 71%	- -	2 100%	21 64%
NET: Less		15 14%	2 13%	6 17%	5 18%	2 10%	1 10%	- -	13 17%	3 8%	10 15%	- -	2 16%	1 12%	1 100%	- -	4 13%
Base for stats		106	16	33	28	18	7	5	76	30	68	6	14	11	1	2	33
Mean Score		3.63	3.90	3.50	3.64	3.61	3.66	3.51	3.64	3.61	3.51	4.05	3.61	4.01	2.00	5.00	3.86
Standard Deviation		1.057	1.287	1.085	1.072	.977	.976	.556	1.120	.893	1.053	.922	1.024	1.090	-	-	1.056
Standard Error		.103	.322	.195	.203	.237	.369	.227	.129	.163	.130	.376	.274	.345	-	-	.184
Error variance		.01	.10	.04	.04	.06	.14	.05	.02	.03	.02	.14	.07	.12	-	-	.03

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Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	106	46	27	16	43	7	15	43	14	5	1	4	12	2	3	22
Total	107	40	33	20	53	7	14	46	15	5	1	3	11	2	3	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	25	9	7	4	11	5	2	10	3	1	-	2	1	-	6
		23%	23%	22%	19%	21%	73%	11%	22%	22%	24%	-	23%	57%	-	31%
A bit more	(4.0)	35	12	12	5	17	1	5	14	5	1	1	5	1	2	6
		33%	31%	37%	26%	33%	14%	36%	31%	31%	23%	100%	25%	42%	43%	29%
Neither more nor less	(3.0)	31	11	9	8	17	-	2	15	6	2	-	2	2	-	2
		29%	28%	26%	42%	32%	-	16%	33%	41%	31%	-	75%	20%	-	11%
A bit less	(2.0)	12	4	4	3	6	1	3	6	1	1	-	1	-	-	4
		11%	11%	11%	13%	12%	13%	21%	12%	6%	22%	-	8%	-	-	19%
A lot less	(1.0)	3	2	1	-	1	-	1	1	-	-	-	1	-	-	1
		3%	5%	4%	-	2%	-	9%	2%	-	-	-	7%	-	-	6%
Don't know		1	1	-	-	-	-	1	-	-	-	-	-	-	-	1
		1%	2%	-	-	-	-	7%	-	-	-	-	-	-	-	5%
NET: More		60	22	20	9	29	6	7	25	8	3	1	7	2	2	13
		56%	54%	59%	45%	54%	87%	48%	53%	53%	47%	100%	25%	65%	100%	60%
NET: Less		15	6	5	3	8	1	4	7	1	1	-	2	-	-	5
		14%	15%	15%	13%	14%	13%	29%	14%	6%	22%	-	15%	-	-	24%
Base for stats		106	39	33	20	53	7	13	46	15	5	1	3	11	2	20
Mean Score		3.63	3.59	3.63	3.51	3.58	4.46	3.23	3.59	3.70	3.48	4.00	3.25	3.66	4.57	3.68
Standard Deviation		1.057	1.119	1.078	.968	1.031	1.106	1.237	1.041	.906	1.197	-	.518	1.188	.719	1.309
Standard Error		.103	.167	.208	.242	.157	.418	.331	.159	.242	.535	-	.259	.343	.509	.286
Error variance		.01	.03	.04	.06	.02	.17	.11	.03	.06	.29	-	.07	.12	.26	.08

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Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	e	f	*a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	106	27	27	10	10	37	37	27	31	10	5	41	32	7	50	41	8	99
Total	107	28	30	10	10	40	38	28	34	10	5	44	33	6	51	42	7	101
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	25 23%	5 19%	6 20%	3 28%	2 16%	9 22%	7 19%	3 12%	10 28%	3 30%	- -	13 28%	3 10%	2 32%	10 20%	10 25%	2 28%	23 23%
A bit more (4.0)	35 33%	8 28%	10 34%	4 40%	4 43%	14 35%	12 32%	7 26%	12 35%	3 34%	3 52%	15 35%	10 31%	2 26%	19 37%	11 26%	4 50%	34 33%
Neither more nor less (3.0)	31 29%	9 32%	7 24%	3 31%	3 29%	10 26%	12 31%	11 40%	7 21%	3 27%	1 25%	10 23%	12 37%	2 28%	15 30%	13 31%	1 11%	29 29%
A bit less (2.0)	12 11%	4 14%	6 19%	- -	1 12%	6 14%	5 13%	4 15%	4 12%	1 9%	1 23%	5 12%	5 16%	1 13%	3 7%	7 17%	1 11%	11 11%
A lot less (1.0)	3 3%	1 4%	1 4%	- -	- -	1 3%	1 3%	1 4%	1 4%	- -	- -	1 3%	1 3%	- -	2 4%	1 2%	- -	3 3%
Don't know	1 1%	1 3%	- -	- -	- -	- -	1 2%	1 3%	- -	- -	- -	- -	1 3%	- -	1 2%	- -	- -	1 1%
NET: More	60 56%	13 48%	16 53%	7 69%	6 59%	23 57%	19 50%	11 38%	22 63%	6 64%	3 52%	28 63%	13 40%	4 58%	29 57%	21 50%	6 78%	56 56%
NET: Less	15 14%	5 17%	7 23%	- -	1 12%	7 17%	6 16%	5 19%	6 16%	1 9%	1 23%	6 14%	6 20%	1 13%	6 11%	8 19%	1 11%	14 14%
Base for stats	106	27	30	10	10	40	37	27	34	10	5	44	32	6	50	42	7	100
Mean Score	3.63	3.47	3.46	3.97	3.63	3.59	3.52	3.28	3.71	3.86	3.30	3.74	3.28	3.77	3.63	3.54	3.95	3.62
Standard Deviation	1.057	1.099	1.146	.812	.942	1.083	1.048	1.014	1.124	1.002	.906	1.088	.983	1.135	1.035	1.106	.982	1.057
Standard Error	.103	.216	.221	.257	.298	.178	.175	.199	.202	.317	.405	.170	.177	.429	.148	.173	.347	.107
Error variance	.01	.05	.05	.07	.09	.03	.03	.04	.04	.10	.16	.03	.03	.18	.02	.03	.12	.01

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Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space			
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b	
Significance Level: 95%														
Unweighted Total	106	38	57	16	10	13	68	34	2	79	27	91	11	
Total	107	39	58	16	9	11	72	32	2	82	25	93	11	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	25	10	11	5	2	2	16	7	1	21	4	24	1
		23%	25%	19%	30%	18%	22%	22%	23%	46%	25%	17%	26%	10%
A bit more	(4.0)	35	11	21	3	3	3	26	8	-	27	8	31	2
		33%	29%	37%	17%	34%	23%	36%	27%	-	33%	32%	33%	16%
Neither more nor less	(3.0)	31	14	14	5	3	4	20	10	1	20	11	27	3
		29%	35%	25%	31%	37%	33%	27%	32%	54%	25%	42%	29%	27%
A bit less	(2.0)	12	2	9	3	-	3	7	5	-	10	2	9	3
		11%	5%	16%	21%	-	22%	10%	16%	-	12%	8%	10%	26%
A lot less	(1.0)	3	1	2	-	-	-	3	-	-	3	-	1	2
		3%	3%	3%	-	-	-	4%	-	-	4%	-	1%	20%
Don't know		1	1	-	-	1	-	-	1	-	1	-	1	-
		1%	2%	-	-	10%	-	-	3%	-	1%	-	1%	-
NET: More		60	21	33	7	5	5	42	16	1	47	13	55	3
		56%	54%	56%	47%	53%	45%	58%	49%	46%	58%	50%	59%	26%
NET: Less		15	3	11	3	-	3	10	5	-	13	2	10	5
		14%	9%	19%	21%	-	22%	14%	16%	-	16%	8%	11%	46%
Base for stats		106	38	58	16	8	11	72	31	2	81	25	92	11
Mean Score		3.63	3.69	3.53	3.56	3.79	3.45	3.62	3.58	3.93	3.64	3.59	3.74	2.70
Standard Deviation		1.057	1.029	1.079	1.171	.809	1.108	1.074	1.033	1.457	1.109	.887	.989	1.305
Standard Error		.103	.169	.143	.293	.270	.307	.130	.180	1.030	.126	.171	.104	.393
Error variance		.01	.03	.02	.09	.07	.09	.02	.03	1.06	.02	.03	.01	.15

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Q6D.9. Team sports (such as football, cricket, rugby etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	b	*c	*a	*b	*c	*d
Unweighted Total	106	3	9	13	26	25	11	4	15	73	30	60	35	10	19	27	28	29
Total	107	3	8	12	28	26	12	4	14	75	30	62	34	10	18	28	30	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	25 23%	1 35%	2 20%	1 9%	4 15%	10 39%	4 36%	-	2 18%	17 23%	7 23%	22 35%	3 8%	-	4 21%	4 13%	6 21%	11 39%
A bit more (4.0)	35 33%	1 30%	2 19%	4 35%	10 36%	9 36%	6 47%	1 21%	3 18%	25 34%	9 30%	21 34%	5 15%	8 81%	4 25%	7 25%	14 47%	9 31%
Neither more nor less (3.0)	31 29%	-	3 40%	2 17%	10 35%	6 22%	1 10%	2 46%	7 50%	21 28%	10 33%	12 20%	18 51%	1 9%	7 37%	12 42%	3 12%	7 25%
A bit less (2.0)	12 11%	-	2 21%	4 33%	3 9%	1 3%	1 7%	1 33%	1 6%	9 12%	3 10%	6 9%	7 19%	-	3 17%	3 12%	5 17%	1 3%
A lot less (1.0)	3 3%	-	-	1 6%	1 4%	-	-	-	1 8%	2 3%	1 3%	1 2%	2 6%	-	-	1 4%	1 3%	1 3%
Don't know	1 1%	1 35%	-	-	-	-	-	-	-	-	-	-	-	1 10%	-	1 3%	-	-
NET: More	60 56%	2 65%	3 39%	5 44%	14 51%	20 75%	10 83%	1 21%	5 36%	42 57%	16 53%	43 69%	8 24%	8 81%	8 46%	11 38%	20 68%	20 70%
NET: Less	15 14%	-	2 21%	5 39%	4 14%	1 3%	1 7%	1 33%	2 14%	11 15%	4 14%	7 11%	9 25%	-	3 17%	5 16%	6 21%	2 6%
Base for stats	106	2	8	12	28	26	12	4	14	75	30	62	34	9	18	27	30	29
Mean Score	3.63	4.54	3.38	3.08	3.48	4.10	4.12	2.88	3.33	3.62	3.59	3.92	3.01	3.90	3.50	3.32	3.64	4.00
Standard Deviation	1.057	.755	1.086	1.186	1.021	.869	.889	.838	1.118	1.058	1.072	1.036	.974	.314	1.034	1.023	1.113	1.014
Standard Error	.103	.534	.362	.329	.200	.174	.268	.419	.289	.124	.196	.134	.165	.105	.237	.201	.210	.188
Error variance	.01	.29	.13	.11	.04	.03	.07	.18	.08	.02	.04	.02	.03	.01	.06	.04	.04	.04

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Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	79	46	33	46	28	5	2	8	9	10	8	5	22	10	5
Total	82	46	35	46	30	5	2	8	9	9	7	6	24	11	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	18	10	9	11	6	1	1	3	-	2	2	-	6	3	1
	23%	21%	24%	24%	21%	18%	54%	41%	-	18%	27%	-	27%	31%	17%
A bit more (4.0)	34	20	14	18	14	2	1	2	4	3	1	2	13	5	2
	41%	43%	39%	40%	45%	40%	46%	22%	41%	39%	11%	39%	55%	50%	44%
Neither more nor less (3.0)	19	11	8	12	6	2	-	2	3	3	2	2	3	2	2
	24%	23%	24%	25%	19%	42%	-	22%	37%	30%	23%	39%	13%	19%	39%
A bit less (2.0)	8	3	4	4	4	-	-	-	1	1	3	1	1	-	-
	9%	7%	12%	9%	12%	-	-	-	9%	13%	39%	22%	5%	-	-
A lot less (1.0)	1	1	-	-	1	-	-	-	1	-	-	-	-	-	-
	1%	3%	-	-	4%	-	-	-	13%	-	-	-	-	-	-
Don't know	1	1	-	1	-	-	-	1	-	-	-	-	-	-	-
	1%	3%	-	3%	-	-	-	15%	-	-	-	-	-	-	-
NET: More	52	30	22	30	20	3	2	5	4	5	3	2	20	9	3
	64%	64%	64%	64%	66%	58%	100%	64%	41%	57%	38%	39%	81%	81%	61%
NET: Less	9	5	4	4	5	-	-	-	2	1	3	1	1	-	-
	11%	10%	12%	9%	16%	-	-	-	22%	13%	39%	22%	5%	-	-
Base for stats	80	45	35	45	30	5	2	7	9	9	7	6	24	11	5
Mean Score	3.76	3.75	3.76	3.81	3.67	3.76	4.54	4.23	3.06	3.63	3.26	3.16	4.03	4.11	3.78
Standard Deviation	.966	.975	.968	.917	1.074	.829	.839	.895	1.068	.984	1.324	.832	.800	.733	.800
Standard Error	.109	.145	.169	.137	.203	.371	.593	.338	.356	.311	.468	.372	.170	.232	.358
Error variance	.01	.02	.03	.02	.04	.14	.35	.11	.13	.10	.22	.14	.03	.05	.13

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Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
			*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																	
Unweighted Total		79	18	25	20	9	2	5	63	16	53	3	13	7	1	-	24
Total		82	18	26	21	10	2	5	65	17	56	3	13	7	1	-	24
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
A lot more	(5.0)	18	4	9	4	2	-	-	17	2	10	3	2	3	-	-	8
		23%	21%	34%	20%	18%	-	-	26%	11%	18%	76%	15%	44%	-	-	32%
A bit more	(4.0)	34	8	11	7	6	-	1	27	7	21	1	8	3	-	-	12
		41%	47%	44%	35%	58%	-	21%	42%	40%	39%	24%	61%	39%	-	-	47%
Neither more nor less	(3.0)	19	3	3	7	2	1	4	12	7	15	-	3	-	1	-	4
		24%	14%	11%	33%	24%	49%	79%	19%	42%	28%	-	23%	-	100%	-	16%
A bit less	(2.0)	8	2	3	1	-	1	-	6	1	6	-	-	1	-	-	1
		9%	12%	12%	6%	-	51%	-	10%	7%	11%	-	-	17%	-	-	5%
A lot less	(1.0)	1	1	-	-	-	-	-	1	-	1	-	-	-	-	-	-
		1%	7%	-	-	-	-	-	2%	-	2%	-	-	-	-	-	-
Don't know		1	-	-	1	-	-	-	1	-	1	-	-	-	-	-	-
		1%	-	-	6%	-	-	-	2%	-	2%	-	-	-	-	-	-
NET: More		52	12	20	11	7	-	1	44	8	31	3	10	6	-	-	19
		64%	67%	77%	55%	76%	-	21%	68%	51%	56%	100%	77%	83%	-	-	79%
NET: Less		9	3	3	1	-	1	-	8	1	8	-	-	1	-	-	1
		11%	18%	12%	6%	-	51%	-	12%	7%	14%	-	-	17%	-	-	5%
Base for stats		80	18	26	19	10	2	5	64	17	54	3	13	7	1	-	24
Mean Score		3.76	3.63	3.99	3.74	3.94	2.49	3.21	3.81	3.54	3.60	4.76	3.92	4.10	3.00	-	4.06
Standard Deviation		.966	1.164	.976	.882	.679	.669	.463	1.003	.798	.995	.508	.643	1.144	-	-	.833
Standard Error		.109	.274	.195	.202	.226	.473	.207	.127	.200	.138	.293	.178	.432	-	-	.170
Error variance		.01	.08	.04	.04	.05	.22	.04	.02	.04	.02	.09	.03	.19	-	-	.03

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Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	79	39	13	22	35	7	9	39	7	5	1	3	4	1	3	16
Total	82	34	16	27	43	7	10	41	8	5	1	3	4	1	3	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	18 23%	7 20%	4 23%	7 26%	11 25%	4 55%	4 38%	8 19%	1 11%	2 42%	- -	- -	- -	- -	- -	8 45%
A bit more (4.0)	34 41%	16 45%	6 39%	11 41%	17 40%	1 11%	2 17%	20 49%	5 60%	1 17%	1 100%	2 72%	2 56%	- -	1 32%	2 15%
Neither more nor less (3.0)	19 24%	9 28%	2 15%	5 19%	7 17%	2 34%	3 32%	8 18%	1 14%	1 17%	- -	- -	2 44%	1 100%	2 68%	6 33%
A bit less (2.0)	8 9%	3 7%	3 16%	2 9%	5 12%	- -	- -	6 14%	1 15%	- -	- -	1 28%	- -	- -	- -	- -
A lot less (1.0)	1 1%	- -	1 8%	- -	1 3%	- -	1 12%	- -	- -	- -	- -	- -	- -	- -	- -	1 7%
Don't know	1 1%	- -	- -	1 5%	1 3%	- -	- -	- -	- -	1 24%	- -	- -	- -	- -	- -	- -
NET: More	52 64%	22 65%	10 62%	18 68%	28 66%	5 66%	5 56%	28 68%	6 71%	3 59%	1 100%	2 72%	2 56%	- -	1 32%	10 60%
NET: Less	9 11%	3 7%	4 23%	2 9%	6 14%	- -	1 12%	6 14%	1 15%	- -	- -	1 28%	- -	- -	- -	1 7%
Base for stats	80	34	16	26	42	7	10	41	8	4	1	3	4	1	3	17
Mean Score	3.76	3.78	3.55	3.89	3.76	4.21	3.69	3.74	3.67	4.33	4.00	3.43	3.56	3.00	3.32	3.91
Standard Deviation	.966	.860	1.253	.937	1.069	.994	1.387	.934	.923	.956	-	1.113	.583	-	.574	1.231
Standard Error	.109	.138	.347	.204	.183	.376	.462	.150	.349	.478	-	.642	.291	-	.331	.308
Error variance	.01	.02	.12	.04	.03	.14	.21	.02	.12	.23	-	.41	.08	-	.11	.09

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Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	e	*f	*a	b	*c	*d	e	*f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	79	20	27	7	4	34	24	18	32	5	4	37	22	7	31	36	5	72
Total	82	22	28	7	4	35	26	18	34	5	4	40	22	6	31	40	5	75
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	18 23%	5 21%	7 24%	3 35%	1 20%	9 26%	5 21%	4 21%	10 28%	1 21%	-	11 27%	4 17%	3 42%	5 15%	11 28%	-	16 21%
A bit more (4.0)	34 41%	12 53%	11 41%	3 42%	1 19%	14 41%	13 48%	8 44%	16 46%	3 55%	-	19 48%	8 36%	2 28%	12 39%	17 43%	3 66%	32 43%
Neither more nor less (3.0)	19 24%	3 15%	6 23%	1 11%	-	7 21%	3 12%	3 18%	5 15%	-	3 69%	5 13%	6 27%	2 31%	9 29%	7 18%	2 34%	17 23%
A bit less (2.0)	8 9%	3 11%	2 7%	1 11%	1 32%	3 8%	4 15%	3 17%	2 7%	1 24%	-	4 9%	3 14%	-	4 14%	3 8%	-	8 10%
A lot less (1.0)	1 1%	-	1 4%	-	-	1 3%	-	-	1 4%	-	-	1 3%	-	-	1 4%	-	-	1 2%
Don't know	1 1%	-	-	-	1 30%	-	1 5%	-	-	-	1 31%	-	1 5%	-	-	1 3%	-	1 2%
NET: More	52 64%	16 74%	18 65%	6 77%	2 39%	24 68%	18 69%	12 65%	25 74%	4 76%	-	30 75%	12 54%	4 69%	17 54%	28 71%	3 66%	48 64%
NET: Less	9 11%	3 11%	3 12%	1 11%	1 32%	4 12%	4 15%	3 17%	4 10%	1 24%	-	5 12%	3 14%	-	5 18%	3 8%	-	9 12%
Base for stats	80	22	28	7	3	35	25	18	34	5	3	40	21	6	31	38	5	74
Mean Score	3.76	3.83	3.73	4.01	3.39	3.79	3.78	3.70	3.88	3.74	3.00	3.86	3.61	4.11	3.48	3.94	3.66	3.73
Standard Deviation	.966	.903	1.063	1.033	1.617	1.048	.971	1.012	1.020	1.152	*	1.025	.971	.921	1.049	.912	.532	.970
Standard Error	.109	.202	.205	.391	.933	.180	.202	.238	.180	.515	*	.168	.212	.348	.188	.154	.238	.115
Error variance	.01	.04	.04	.15	.87	.03	.04	.06	.03	.27	*	.03	.04	.12	.04	.02	.06	.01

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Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total	79	37	35	22	11	8	43	35	4	64	15	68	11
Total	82	40	36	22	12	8	45	36	4	66	15	70	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	18 23%	11 28%	5 13%	7 30%	5 40%	2 22%	8 19%	10 28%	2 55%	16 25%	2 14%	16 23%	2 19%
A bit more (4.0)	34 41%	17 42%	15 43%	7 33%	5 41%	3 38%	19 43%	14 40%	1 19%	28 42%	6 41%	30 42%	4 36%
Neither more nor less (3.0)	19 24%	8 21%	9 25%	6 26%	2 18%	3 40%	10 23%	9 25%	1 26%	14 21%	5 34%	17 24%	3 24%
A bit less (2.0)	8 9%	2 6%	5 15%	1 5%	- -	- -	6 12%	1 3%	- -	6 9%	2 11%	6 9%	1 10%
A lot less (1.0)	1 1%	1 3%	- -	- -	- -	- -	1 3%	- -	- -	1 2%	- -	- -	1 11%
Don't know	1 1%	- -	1 3%	1 5%	- -	- -	- -	1 3%	- -	1 2%	- -	1 2%	- -
NET: More	52 64%	28 70%	20 57%	14 63%	9 82%	5 60%	28 62%	24 68%	3 74%	44 66%	8 55%	46 66%	6 55%
NET: Less	9 11%	4 9%	5 15%	1 5%	- -	- -	7 15%	1 3%	- -	7 11%	2 11%	6 9%	2 21%
Base for stats	80	40	34	21	12	8	45	35	4	65	15	69	11
Mean Score	3.76	3.86	3.57	3.93	4.22	3.81	3.63	3.96	4.29	3.80	3.58	3.81	3.41
Standard Deviation	.966	1.003	.920	.921	.769	.820	1.021	.839	.984	.984	.894	.906	1.271
Standard Error	.109	.165	.158	.201	.232	.290	.156	.144	.492	.124	.231	.111	.383
Error variance	.01	.03	.02	.04	.05	.08	.02	.02	.24	.02	.05	.01	.15

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Q6D.10. Racket sports (such as tennis, badminton, squash etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	*b	*c	*a	*b	c	*d
Unweighted Total	79	1	2	17	16	17	9	1	16	52	26	48	21	9	11	20	30	17
Total	82	1	2	17	16	19	9	1	16	54	26	51	21	9	11	21	32	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	18	-	-	4	4	5	1	1	4	13	6	14	3	1	2	5	7	6
	23%	-	-	21%	26%	25%	10%	100%	24%	23%	22%	27%	15%	15%	15%	22%	21%	32%
A bit more (4.0)	34	-	1	6	3	11	3	-	10	21	12	26	6	2	6	5	16	7
	41%	-	38%	38%	19%	59%	28%	-	62%	40%	47%	50%	30%	20%	55%	25%	50%	39%
Neither more nor less (3.0)	19	1	-	4	6	3	4	-	2	13	6	7	8	4	3	4	6	5
	24%	100%	-	22%	35%	16%	39%	-	15%	23%	23%	13%	37%	46%	30%	21%	18%	29%
A bit less (2.0)	8	-	1	2	2	-	2	-	-	5	2	5	1	2	-	4	3	-
	9%	-	62%	12%	12%	-	23%	-	-	10%	8%	9%	5%	19%	-	20%	10%	-
A lot less (1.0)	1	-	-	-	1	-	-	-	-	1	-	-	1	-	-	1	-	-
	1%	-	-	-	7%	-	-	-	-	2%	-	-	6%	-	-	6%	-	-
Don't know	1	-	-	1	-	-	-	-	-	1	-	-	1	-	-	1	-	-
	1%	-	-	7%	-	-	-	-	-	2%	-	-	6%	-	-	6%	-	-
NET: More	52	-	1	10	7	16	4	1	13	34	18	39	10	3	8	10	22	12
	64%	-	38%	59%	45%	84%	38%	100%	85%	63%	69%	78%	46%	35%	70%	47%	71%	71%
NET: Less	9	-	1	2	3	-	2	-	-	7	2	5	2	2	-	5	3	-
	11%	-	62%	12%	20%	-	23%	-	-	12%	8%	9%	11%	19%	-	26%	10%	-
Base for stats	80	1	2	16	16	19	9	1	16	53	26	51	20	9	11	20	32	17
Mean Score	3.76	3.00	2.76	3.74	3.43	4.09	3.25	5.00	4.09	3.73	3.83	3.96	3.47	3.31	3.86	3.40	3.82	4.04
Standard Deviation	.966	-	1.313	.984	1.243	.655	.966	-	.632	1.014	.883	.886	1.055	1.001	.685	1.261	.894	.803
Standard Error	.109	-	.929	.246	.311	.159	.322	-	.158	.142	.173	.128	.236	.334	.207	.289	.163	.195
Error variance	.01	-	.86	.06	.10	.03	.10	-	.02	.02	.03	.02	.06	.11	.04	.08	.03	.04

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Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	79	64	13	34	20	25	5	13	5	8	6	5	20	13	4
Total	78	62	14	33	22	23	4	12	5	8	5	6	21	13	4
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	15	2	10	2	3	-	-	2	1	2	-	6	3	1
		19%	12%	31%	9%	13%	-	-	45%	13%	30%	-	28%	26%	26%
A bit more	(4.0)	23	2	7	9	6	1	7	-	1	-	5	6	3	-
		29%	17%	21%	42%	29%	20%	55%	-	14%	-	84%	29%	23%	-
Neither more nor less	(3.0)	22	9	8	6	9	2	4	2	2	2	1	5	5	-
		29%	63%	25%	25%	38%	42%	37%	37%	21%	38%	16%	24%	37%	-
A bit less	(2.0)	11	-	5	3	4	1	1	1	1	2	-	3	1	2
		15%	-	14%	14%	16%	38%	8%	18%	11%	31%	-	14%	6%	42%
A lot less	(1.0)	4	-	1	2	1	-	-	-	2	-	-	-	1	1
		6%	-	3%	11%	4%	-	-	-	26%	-	-	-	9%	32%
Don't know		2	1	2	-	-	-	-	-	1	-	-	1	-	-
		3%	8%	6%	-	-	-	-	-	15%	-	-	4%	-	-
NET: More		38	4	17	11	9	1	7	2	2	2	5	12	6	1
		49%	29%	52%	51%	42%	20%	55%	45%	27%	30%	84%	57%	48%	26%
NET: Less		16	-	6	6	4	1	1	1	3	2	-	3	2	3
		20%	-	18%	25%	20%	38%	8%	18%	37%	31%	-	14%	15%	74%
Base for stats		76	13	31	22	23	4	12	5	7	5	6	21	13	4
Mean Score		3.43	3.39	3.45	3.66	3.25	3.31	2.82	3.47	3.71	2.75	3.29	3.84	3.50	2.46
Standard Deviation		1.143	1.212	.750	1.199	1.166	1.034	.872	.672	1.362	1.559	1.329	.403	1.240	1.797
Standard Error		.130	.153	.217	.212	.261	.207	.390	.186	.609	.589	.543	.180	.244	.899
Error variance		.02	.05	.04	.07	.04	.15	.03	.37	.35	.29	.03	.06	.12	.81

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Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																
Unweighted Total	79	15	21	16	10	6	11	52	27	64	1	10	1	-	-	12
Total	78	15	21	15	10	6	10	52	26	63	1	10	1	-	-	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
A lot more	(5.0)	15	2	1	6	2	2	9	6	8	-	4	1	-	-	5
	19%	14%	6%	38%	21%	33%	20%	17%	23%	13%	-	43%	100%	-	-	42%
A bit more	(4.0)	23	3	11	4	3	1	18	5	20	1	1	-	-	-	2
	29%	21%	50%	26%	31%	16%	10%	34%	19%	31%	100%	9%	-	-	-	18%
Neither more nor less	(3.0)	22	5	6	2	2	2	13	9	19	-	3	-	-	-	3
	29%	35%	27%	11%	20%	37%	51%	25%	36%	31%	-	29%	-	-	-	24%
A bit less	(2.0)	11	5	2	1	1	2	8	4	11	-	-	-	-	-	-
	15%	30%	8%	10%	9%	14%	19%	15%	14%	18%	-	-	-	-	-	-
A lot less	(1.0)	4	-	1	1	2	-	2	2	4	-	-	-	-	-	-
	6%	-	5%	9%	20%	-	-	5%	8%	7%	-	-	-	-	-	-
Don't know	2	-	1	1	-	-	-	2	-	-	-	2	-	-	-	2
	3%	-	5%	6%	-	-	-	4%	-	-	-	19%	-	-	-	16%
NET: More	38	5	12	10	5	3	3	27	11	28	1	5	1	-	-	8
	49%	35%	55%	64%	52%	49%	30%	52%	43%	44%	100%	52%	100%	-	-	60%
NET: Less	16	5	3	3	3	1	2	10	6	16	-	-	-	-	-	-
	20%	30%	13%	19%	28%	14%	19%	20%	21%	25%	-	-	-	-	-	-
Base for stats	76	15	20	14	10	6	10	50	26	63	1	8	1	-	-	11
Mean Score	3.43	3.19	3.45	3.80	3.25	3.67	3.31	3.47	3.37	3.25	4.00	4.17	5.00	-	-	4.21
Standard Deviation	1.143	1.042	.950	1.367	1.474	1.172	1.048	1.112	1.221	1.118	-	.985	-	-	-	.904
Standard Error	.130	.269	.212	.353	.466	.478	.316	.157	.235	.140	-	.348	-	-	-	.286
Error variance	.02	.07	.05	.12	.22	.23	.10	.02	.06	.02	-	.12	-	-	-	.08

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Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	*b	*c	*d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k		
Significance Level: 95%																	
Unweighted Total	79	47	11	14	25	5	5	36	4	3	3	4	5	11	10		
Total	78	41	13	17	31	5	5	38	4	3	2	3	4	4	10	10	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	15	6	5	2	7	3	1	5	1	1	-	-	2	1	1	4
	19%	16%	34%	14%	23%	65%	20%	14%	24%	37%	-	-	50%	20%	10%	42%	
A bit more	(4.0)	23	11	2	8	10	1	-	18	1	-	-	1	-	2	1	
	29%	26%	18%	44%	33%	20%	-	48%	28%	-	-	-	19%	-	19%	10%	
Neither more nor less	(3.0)	22	14	5	3	8	-	2	8	2	-	2	2	1	2	4	2
	29%	34%	37%	15%	25%	-	41%	20%	48%	-	67%	71%	31%	35%	44%	22%	
A bit less	(2.0)	11	9	1	-	1	1	-	5	-	2	1	1	-	-	3	1
	15%	22%	10%	-	4%	15%	-	12%	-	63%	33%	29%	-	-	27%	7%	
A lot less	(1.0)	4	1	-	4	4	-	2	2	-	-	-	-	-	-	-	2
	6%	2%	-	20%	12%	-	38%	6%	-	-	-	-	-	-	-	-	20%
Don't know		2	-	-	1	1	-	-	-	-	-	-	-	2	-	-	-
	3%	-	-	7%	4%	-	-	-	-	-	-	-	-	45%	-	-	-
NET: More		38	17	7	10	17	4	1	23	2	1	-	-	3	1	3	5
	49%	42%	53%	58%	56%	85%	20%	62%	52%	37%	-	-	69%	20%	29%	51%	
NET: Less		16	10	1	4	5	1	2	7	-	2	1	1	-	-	3	3
	20%	25%	10%	20%	16%	15%	38%	19%	-	63%	33%	29%	-	-	27%	27%	
Base for stats		76	41	13	16	30	5	5	38	4	3	2	3	4	2	10	10
Mean Score		3.43	3.31	3.78	3.34	3.53	4.36	2.64	3.50	3.75	3.11	2.67	2.71	4.20	3.74	3.12	3.46
Standard Deviation		1.143	1.061	1.069	1.396	1.259	1.189	1.661	1.088	.957	1.827	.608	.562	1.009	1.263	.977	1.643
Standard Error		.130	.155	.322	.387	.257	.532	.743	.181	.478	1.055	.351	.324	.505	.729	.295	.520
Error variance		.02	.02	.10	.15	.07	.28	.55	.03	.23	1.11	.12	.11	.25	.53	.09	.27

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Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	b	*c	*d	e	
Significance Level: 95%																		
Unweighted Total	79	27	20	3	1	23	28	25	16	6	2	22	27	12	35	29	3	67
Total	78	28	20	3	1	23	29	26	17	6	2	23	27	11	33	31	3	67
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	15 19%	2 8%	5 25%	- -	1 100%	5 22%	3 11%	3 12%	4 23%	1 18%	- -	5 22%	3 11%	3 27%	4 14%	7 21%	1 42%	12 18%
A bit more (4.0)	23 29%	12 43%	6 31%	1 32%	- -	7 31%	12 41%	13 49%	6 33%	- -	- -	6 25%	13 46%	1 9%	9 28%	13 41%	- -	22 33%
Neither more nor less (3.0)	22 29%	8 28%	3 16%	2 68%	- -	5 23%	8 27%	4 16%	5 31%	2 37%	1 52%	7 32%	5 18%	4 40%	11 33%	6 20%	1 29%	18 27%
A bit less (2.0)	11 15%	2 6%	5 28%	- -	- -	5 24%	2 6%	2 10%	1 8%	3 45%	1 48%	4 17%	3 12%	3 24%	6 19%	3 8%	- -	9 13%
A lot less (1.0)	4 6%	4 16%	- -	- -	- -	- -	4 15%	4 14%	1 5%	- -	- -	1 4%	4 13%	- -	2 7%	2 7%	- -	4 7%
Don't know	2 3%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 4%	1 28%	2 3%
NET: More	38 49%	14 51%	11 56%	1 32%	1 100%	12 53%	15 52%	16 61%	10 57%	1 18%	- -	11 47%	16 57%	4 36%	14 41%	19 61%	1 42%	34 51%
NET: Less	16 20%	6 22%	5 28%	- -	- -	5 24%	6 21%	6 23%	2 13%	3 45%	1 48%	5 21%	7 25%	3 24%	8 26%	5 15%	- -	13 20%
Base for stats	76	28	20	3	1	23	29	26	17	6	2	23	27	11	33	30	2	65
Mean Score	3.43	3.21	3.54	3.32	5.00	3.51	3.27	3.36	3.62	2.90	2.52	3.44	3.31	3.39	3.23	3.62	4.18	3.44
Standard Deviation	1.143	1.192	1.175	.569	-	1.105	1.217	1.245	1.109	1.185	.782	1.146	1.228	1.176	1.122	1.151	1.354	1.147
Standard Error	.130	.229	.263	.329	-	.231	.230	.249	.277	.484	.553	.244	.236	.339	.190	.217	.957	.142
Error variance	.02	.05	.07	.11	-	.05	.05	.06	.08	.23	.31	.06	.06	.12	.04	.05	.92	.02

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Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total	79	26	39	14	7	8	54	23	4	68	11	72	6
Total	78	28	38	14	6	8	53	23	3	67	11	72	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	15	4	3	2	2	11	4	2	12	3	13	3
		19%	11%	22%	30%	23%	21%	18%	53%	18%	29%	17%	51%
A bit more	(4.0)	23	13	4	-	3	15	7	-	21	2	22	1
		29%	35%	29%	-	32%	29%	29%	-	31%	20%	31%	18%
Neither more nor less	(3.0)	22	11	4	2	2	15	7	1	21	2	21	2
		29%	29%	26%	41%	26%	28%	33%	22%	31%	16%	29%	31%
A bit less	(2.0)	11	5	3	2	2	6	5	1	9	3	11	-
		15%	13%	23%	29%	19%	12%	21%	25%	13%	25%	16%	-
A lot less	(1.0)	4	4	-	-	-	4	-	-	3	1	4	-
		6%	12%	-	-	-	8%	-	-	5%	10%	6%	-
Don't know		2	-	-	-	-	1	-	-	2	-	1	-
		3%	-	-	-	-	2%	-	-	3%	-	1%	-
NET: More		38	17	7	2	5	26	11	2	33	5	35	3
		49%	46%	50%	30%	55%	50%	46%	53%	49%	49%	48%	69%
NET: Less		16	9	3	2	2	11	5	1	12	4	16	-
		20%	25%	23%	29%	19%	20%	21%	25%	18%	35%	22%	-
Base for stats		76	38	14	6	8	52	23	3	65	11	71	5
Mean Score		3.43	3.20	3.49	3.31	3.58	3.42	3.43	3.82	3.45	3.34	3.38	4.20
Standard Deviation		1.143	1.178	1.117	1.291	1.113	1.206	1.034	1.564	1.096	1.447	1.140	.986
Standard Error		.130	.189	.298	.488	.394	.166	.216	.782	.135	.436	.135	.402
Error variance		.02	.04	.09	.24	.15	.03	.05	.61	.02	.19	.02	.16

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Q6D.11. Golf: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	*b	*c	*a	*b	c	*d
Unweighted Total	79	3	3	11	20	11	13	2	16	45	31	42	23	13	9	17	31	19
Total	78	3	3	10	20	13	14	2	15	45	30	43	21	13	8	18	29	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	15	-	-	-	5	1	6	-	3	6	9	12	1	2	1	4	4	5
	19%	-	-	-	26%	9%	45%	-	18%	14%	29%	28%	5%	16%	12%	23%	14%	26%
A bit more (4.0)	23	1	1	1	7	5	2	1	5	14	8	13	6	4	3	4	9	5
	29%	47%	37%	8%	35%	39%	16%	50%	32%	31%	26%	30%	28%	32%	38%	25%	31%	25%
Neither more nor less (3.0)	22	-	1	5	5	4	4	1	3	14	8	9	11	2	2	6	8	6
	29%	-	32%	49%	23%	33%	33%	50%	18%	32%	26%	22%	51%	16%	21%	36%	27%	32%
A bit less (2.0)	11	1	1	3	1	1	1	-	4	6	5	5	3	3	2	1	6	2
	15%	24%	30%	34%	4%	10%	7%	-	25%	14%	15%	12%	16%	21%	29%	5%	20%	11%
A lot less (1.0)	4	-	-	1	2	-	-	-	1	3	1	2	-	2	-	2	2	-
	6%	-	-	9%	12%	-	-	-	8%	7%	4%	5%	-	16%	-	11%	8%	-
Don't know	2	1	-	-	-	1	-	-	-	1	-	1	-	-	-	-	-	1
	3%	29%	-	-	-	9%	-	-	-	3%	-	3%	-	-	-	-	-	6%
NET: More	38	1	1	1	12	6	8	1	7	20	16	25	7	6	4	8	13	10
	49%	47%	37%	8%	61%	48%	61%	50%	50%	45%	55%	58%	33%	47%	50%	48%	45%	52%
NET: Less	16	1	1	4	3	1	1	-	5	9	6	7	3	5	2	3	8	2
	20%	24%	30%	43%	16%	10%	7%	-	33%	21%	19%	18%	16%	37%	29%	16%	28%	11%
Base for stats	76	2	3	10	20	12	14	2	15	44	30	41	21	13	8	18	29	19
Mean Score	3.43	3.32	3.07	2.56	3.59	3.51	3.99	3.50	3.27	3.32	3.61	3.65	3.22	3.10	3.34	3.43	3.22	3.71
Standard Deviation	1.143	1.333	1.041	.811	1.274	.854	1.057	.780	1.282	1.121	1.185	1.191	.788	1.388	1.086	1.251	1.178	1.025
Standard Error	.130	.943	.601	.244	.285	.270	.293	.552	.320	.169	.213	.186	.164	.385	.362	.303	.212	.242
Error variance	.02	.89	.36	.06	.08	.07	.09	.30	.10	.03	.05	.03	.03	.15	.13	.09	.04	.06

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Q6D.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	g	h	*i
Unweighted Total	239	134	103	120	77	42	18	28	28	26	10	21	48	41	19
Total	240	132	106	117	83	39	13	30	29	25	10	25	50	40	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	77 32%	43 32%	33 32%	40 34%	21 25%	16 41%	4 27%	10 34%	9 31%	3 13%	5 48%	10 39%	14 28%	18 46%	5 28%
A bit more (4.0)	65 27%	38 29%	26 24%	37 31%	24 29%	4 11%	4 28%	7 24%	2 7%	8 34%	- -	7 27%	19 38%	9 22%	9 46%
Neither more nor less (3.0)	64 27%	40 30%	24 23%	24 20%	26 31%	14 36%	5 40%	7 25%	15 51%	6 25%	4 43%	6 24%	10 19%	7 17%	4 21%
A bit less (2.0)	23 10%	9 7%	14 13%	11 9%	9 11%	3 7%	- -	3 10%	1 4%	4 15%	- -	2 10%	6 12%	5 13%	1 5%
A lot less (1.0)	9 4%	1 1%	8 8%	4 4%	3 4%	2 4%	1 6%	1 4%	1 3%	3 13%	1 9%	- -	1 3%	1 2%	- -
Don't know	2 1%	2 1%	- -	2 1%	- -	- -	- -	1 3%	1 3%	- -	- -	- -	- -	- -	- -
NET: More	142 59%	81 61%	59 56%	77 66%	45 54%	21 52%	7 55%	17 58%	11 38%	12 47%	5 48%	16 66%	33 66%	27 69%	14 74%
NET: Less	32 13%	10 8%	22 21%	15 13%	12 15%	5 12%	1 6%	4 15%	2 7%	7 28%	1 9%	2 10%	8 15%	6 15%	1 5%
Base for stats	238	131	106	116	83	39	13	29	28	25	10	25	50	40	20
Mean Score	3.75	3.86	3.60	3.85	3.60	3.78	3.71	3.75	3.61	3.18	3.78	3.95	3.76	3.98	3.97
Standard Deviation	1.123	.984	1.267	1.112	1.103	1.195	1.085	1.188	1.094	1.242	1.365	1.030	1.078	1.168	.846
Standard Error	.073	.086	.125	.102	.126	.184	.256	.229	.211	.244	.432	.225	.156	.182	.194
Error variance	.01	.01	.02	.01	.02	.03	.07	.05	.04	.06	.19	.05	.02	.03	.04

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Q6D.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%		a	b	c	d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g	
Unweighted Total	239	36	71	51	39	13	29	158	81	183	7	23	17	2	2	51	
Total	240	36	73	51	40	12	28	160	80	183	7	23	19	2	2	52	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	77	15	21	19	11	2	10	54	23	58	2	8	5	-	1	16
		32%	41%	28%	37%	28%	17%	35%	34%	29%	32%	30%	35%	29%	-	39%	31%
A bit more	(4.0)	65	10	29	10	11	2	4	48	17	52	3	5	4	-	1	13
		27%	27%	39%	19%	29%	15%	13%	30%	21%	29%	37%	21%	22%	-	61%	24%
Neither more nor less	(3.0)	64	7	16	15	9	7	11	38	26	53	1	4	6	-	-	11
		27%	19%	22%	30%	22%	54%	39%	24%	33%	29%	15%	19%	30%	-	-	21%
A bit less	(2.0)	23	3	5	4	7	1	2	13	10	12	-	6	2	2	-	10
		10%	9%	7%	8%	18%	8%	6%	8%	13%	7%	-	25%	13%	100%	-	19%
A lot less	(1.0)	9	1	3	2	1	1	1	6	3	7	1	-	1	-	-	2
		4%	4%	3%	5%	3%	6%	3%	4%	4%	4%	18%	-	6%	-	-	5%
Don't know		2	-	-	1	-	-	1	1	1	1	-	-	-	-	-	-
		1%	-	-	2%	-	-	3%	1%	1%	*	-	-	-	-	-	-
NET: More		142	24	50	28	23	4	14	102	40	111	5	13	10	-	2	29
		59%	68%	68%	56%	57%	32%	49%	64%	50%	60%	67%	57%	51%	-	100%	56%
NET: Less		32	5	8	6	8	2	3	19	13	19	1	6	4	2	-	12
		13%	13%	11%	12%	21%	14%	10%	12%	16%	10%	18%	25%	19%	100%	-	23%
Base for stats		238	36	73	50	40	12	27	159	79	182	7	23	19	2	2	52
Mean Score		3.75	3.92	3.81	3.77	3.60	3.29	3.73	3.82	3.60	3.79	3.61	3.67	3.55	2.00	4.39	3.58
Standard Deviation		1.123	1.155	1.042	1.187	1.173	1.078	1.141	1.109	1.143	1.079	1.505	1.217	1.235	-	.671	1.245
Standard Error		.073	.192	.124	.168	.188	.299	.216	.089	.128	.080	.569	.254	.300	-	.474	.174
Error variance		.01	.04	.02	.03	.04	.09	.05	.01	.02	.01	.32	.06	.09	-	.23	.03

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Q6D.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	k		
Significance Level: 95%																	
Unweighted Total	239	132	46	41	87	15	21	108	32	12	4	8	12	7	20	36	
Total	240	116	56	51	106	16	23	109	32	13	3	7	11	6	19	39	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	77	42	17	11	29	9	5	31	18	3	1	1	1	8	14	
		32%	36%	31%	22%	27%	57%	20%	29%	56%	23%	24%	17%	8%	15%	40%	
									c								
A bit more	(4.0)	65	28	18	16	34	4	8	29	6	7	1	1	5	2	3	12
		27%	24%	32%	33%	32%	22%	36%	27%	19%	53%	29%	12%	46%	30%	14%	30%
Neither more nor less	(3.0)	64	33	13	14	28	3	6	33	3	2	1	2	3	4	7	10
		27%	28%	24%	28%	26%	21%	28%	31%	10%	15%	24%	22%	28%	55%	36%	25%
									d								
A bit less	(2.0)	23	9	5	6	11	-	2	12	1	1	1	3	1	-	1	2
		10%	8%	9%	12%	10%	-	11%	11%	4%	9%	23%	37%	11%	-	5%	6%
A lot less	(1.0)	9	4	2	2	5	-	1	3	4	-	-	-	-	-	1	1
		4%	4%	4%	5%	5%	-	6%	3%	12%	-	-	-	-	-	5%	3%
									c								
Don't know		2	-	-	-	-	-	-	-	-	-	1	1	-	-	-	-
		1%	-	-	-	-	-	-	-	-	-	11%	7%	-	-	-	-
NET: More		142	70	35	28	63	13	13	60	24	10	2	6	3	10	26	
		59%	60%	63%	55%	59%	79%	56%	55%	75%	76%	53%	29%	54%	45%	54%	66%
									c								
NET: Less		32	13	7	9	16	-	4	16	5	1	1	3	1	-	2	4
		13%	11%	13%	17%	15%	-	16%	14%	15%	9%	23%	37%	11%	-	10%	9%
Base for stats		238	116	56	51	106	16	23	109	32	13	3	7	10	6	19	39
Mean Score		3.75	3.82	3.77	3.55	3.66	4.36	3.54	3.67	4.03	3.90	3.54	3.10	3.54	3.59	3.79	3.88
Standard Deviation		1.123	1.124	1.127	1.116	1.122	.830	1.120	1.098	1.383	.889	1.291	1.247	.855	.795	1.195	1.077
Standard Error		.073	.098	.166	.174	.120	.214	.244	.106	.244	.257	.645	.471	.258	.301	.267	.180
Error variance		.01	.01	.03	.03	.01	.05	.06	.01	.06	.07	.42	.22	.07	.09	.07	.03

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Q6D.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	239	74	70	18	9	88	83	89	55	19	6	74	95	33	125	77	4	206
Total	240	77	71	18	9	89	85	90	58	18	6	76	96	30	122	84	4	210
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	77	31	18	4	2	22	33	37	13	7	1	20	38	10	44	20	3	67
	32%	40%	26%	24%	26%	25%	38%	40%	22%	39%	21%	26%	39%	34%	36%	24%	62%	32%
A bit more (4.0)	65	18	21	7	3	28	21	21	23	5	1	27	22	6	30	29	-	59
	27%	24%	29%	40%	37%	31%	25%	23%	39%	26%	20%	36%	23%	21%	24%	35%	-	28%
Neither more nor less (3.0)	64	20	18	3	2	22	23	22	13	5	2	18	23	10	33	20	1	54
	27%	26%	26%	17%	28%	24%	27%	24%	22%	30%	28%	24%	24%	33%	27%	24%	18%	26%
A bit less (2.0)	23	5	8	3	1	12	5	8	7	-	2	7	9	2	12	9	-	21
	10%	6%	12%	19%	9%	13%	6%	8%	11%	-	31%	9%	10%	7%	9%	11%	-	10%
A lot less (1.0)	9	3	5	-	-	5	3	4	3	1	-	4	4	2	4	4	-	7
	4%	4%	7%	-	-	6%	4%	4%	6%	5%	-	5%	4%	5%	3%	4%	-	4%
Don't know	2	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	1	2
	1%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1%	20%	1%
NET: More	142	49	39	11	5	50	54	57	35	11	2	47	60	16	74	50	3	126
	59%	64%	55%	64%	63%	57%	64%	63%	61%	65%	41%	62%	62%	54%	61%	59%	62%	60%
NET: Less	32	8	13	3	1	17	8	12	10	1	2	11	13	4	15	13	-	28
	13%	10%	19%	19%	9%	19%	10%	13%	17%	5%	31%	14%	14%	12%	13%	15%	-	13%
Base for stats	238	77	71	18	9	89	85	90	58	18	6	76	96	30	122	83	3	209
Mean Score	3.75	3.89	3.55	3.69	3.79	3.58	3.88	3.86	3.60	3.95	3.31	3.68	3.83	3.70	3.81	3.65	4.54	3.76
Standard Deviation	1.123	1.130	1.201	1.064	.987	1.170	1.111	1.174	1.124	1.089	1.222	1.119	1.178	1.180	1.122	1.109	1.003	1.118
Standard Error	.073	.131	.144	.251	.329	.125	.122	.124	.152	.250	.499	.130	.121	.205	.100	.127	.579	.078
Error variance	.01	.02	.02	.06	.11	.02	.01	.02	.02	.06	.25	.02	.01	.04	.01	.02	.34	.01

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Q6D.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	*a	*b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	239	55	146	26	29	17	168	61	6	201	38	204	30
Total	240	60	145	26	29	17	170	61	6	200	40	205	30
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	77	51	8	8	6	58	18	2	71	7	65	11
		32%	35%	30%	28%	35%	34%	30%	30%	35%	17%	32%	37%
										b			
A bit more	(4.0)	65	42	11	8	2	47	17	2	55	11	54	11
		27%	29%	41%	26%	10%	28%	27%	38%	27%	26%	26%	35%
Neither more nor less	(3.0)	64	34	4	9	4	44	15	1	51	13	56	5
		27%	24%	14%	30%	22%	26%	25%	14%	26%	32%	27%	17%
A bit less	(2.0)	23	10	4	5	6	11	11	1	16	7	21	2
		10%	7%	14%	16%	33%	7%	17%	18%	8%	17%	10%	5%
			b					d					
A lot less	(1.0)	9	7	-	-	-	9	-	-	6	3	8	1
		4%	5%	-	-	-	5%	-	-	3%	8%	4%	3%
Don't know		2	1	-	-	-	1	-	-	2	-	1	1
		1%	1%	-	-	-	*	-	-	1%	-	*	3%
NET: More		142	93	19	16	8	105	35	4	125	17	119	22
		59%	64%	71%	54%	45%	62%	58%	68%	63%	43%	58%	72%
										b			
NET: Less		32	17	4	5	6	20	11	1	22	10	29	2
		13%	12%	14%	16%	33%	12%	17%	18%	11%	24%	14%	8%
										a			
Base for stats		238	144	26	29	17	169	61	6	198	40	204	30
Mean Score		3.75	3.83	3.87	3.66	3.47	3.79	3.70	3.81	3.84	3.28	3.72	4.01
										b			
Standard Deviation		1.123	1.142	1.022	1.065	1.308	1.148	1.084	1.155	1.093	1.168	1.139	1.034
Standard Error		.073	.095	.200	.198	.317	.089	.139	.471	.077	.189	.080	.192
Error variance		.01	.01	.04	.04	.10	.01	.02	.22	.01	.04	.01	.04

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Q6D.12. Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	*f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	239	3	12	36	53	43	29	23	40	144	92	134	67	36	37	54	89	56
Total	240	2	12	35	55	44	28	23	40	147	91	135	67	36	37	53	92	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	77 32%	1 30%	2 21%	10 28%	22 40%	8 18%	10 34%	6 28%	18 44%	43 29%	34 37%	63 47%	7 10%	7 20%	9 24%	15 28%	24 26%	29 52%
A bit more (4.0)	65 27%	2 70%	3 25%	12 33%	12 22%	18 41%	7 25%	7 31%	5 12%	45 31%	19 21%	44 33%	12 19%	8 21%	9 25%	15 28%	32 34%	10 17%
Neither more nor less (3.0)	64 27%	-	2 19%	9 26%	13 24%	14 32%	5 18%	6 28%	14 34%	39 26%	25 28%	14 10%	44 65%	6 17%	10 27%	15 28%	26 28%	13 23%
A bit less (2.0)	23 10%	-	1 7%	3 10%	7 13%	4 9%	4 16%	-	3 7%	16 11%	7 8%	12 9%	3 5%	8 23%	6 17%	5 10%	9 10%	1 2%
A lot less (1.0)	9 4%	-	2 21%	1 2%	-	-	2 6%	3 13%	1 3%	3 2%	6 7%	2 1%	-	7 19%	2 5%	4 7%	1 1%	2 4%
Don't know	2 1%	-	1 7%	-	1 1%	-	-	-	-	2 1%	-	-	1 1%	-	1 2%	-	-	1 1%
NET: More	142 59%	2 100%	5 46%	22 62%	34 62%	26 59%	16 59%	13 59%	23 56%	88 60%	53 58%	108 80%	19 29%	15 41%	18 48%	29 56%	56 61%	38 69%
NET: Less	32 13%	-	3 28%	4 12%	7 13%	4 9%	6 22%	3 13%	4 10%	19 13%	13 15%	14 10%	3 5%	15 42%	8 22%	9 16%	11 12%	3 6%
Base for stats	238	2	11	35	54	44	28	23	40	145	91	135	66	36	37	53	92	54
Mean Score	3.75	4.30	3.20	3.76	3.90	3.68	3.65	3.60	3.88	3.75	3.74	4.15	3.35	2.99	3.46	3.60	3.74	4.13
Standard Deviation	1.123	.606	1.514	1.048	1.089	.887	1.294	1.286	1.160	1.064	1.226	1.016	.733	1.436	1.199	1.194	1.008	1.106
Standard Error	.073	.350	.457	.175	.151	.135	.240	.268	.183	.089	.128	.088	.090	.239	.200	.163	.107	.149
Error variance	.01	.12	.21	.03	.02	.02	.06	.07	.03	.01	.02	.01	.01	.06	.04	.03	.01	.02

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Q6D.13. Swimming: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	g	*h	*i
Unweighted Total	191	101	89	76	70	45	13	21	23	17	17	25	36	26	13
Total	199	101	98	76	77	46	10	22	24	17	17	30	41	25	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	48	23	25	21	17	11	3	1	5	3	6	5	15	5	5
	24%	23%	26%	27%	21%	24%	32%	6%	20%	19%	35%	18%	36%	22%	33%
A bit more (4.0)	67	39	27	20	30	16	5	12	5	5	6	8	9	13	3
	34%	39%	28%	26%	39%	36%	54%	54%	23%	28%	37%	28%	22%	52%	22%
Neither more nor less (3.0)	46	23	23	22	14	11	1	5	8	6	3	8	7	4	4
	23%	23%	23%	28%	18%	24%	14%	20%	33%	37%	17%	26%	18%	17%	29%
A bit less (2.0)	20	7	13	6	12	2	-	-	4	1	1	6	4	2	2
	10%	6%	14%	8%	16%	5%	-	-	16%	7%	6%	20%	10%	8%	16%
A lot less (1.0)	15	8	7	6	4	4	-	4	2	1	1	3	4	-	-
	8%	8%	8%	8%	6%	10%	-	20%	9%	5%	5%	8%	11%	-	-
Don't know	3	1	2	2	-	1	-	-	-	1	-	-	2	-	-
	1%	1%	2%	2%	-	2%	-	-	-	5%	-	-	4%	-	-
NET: More	115	62	52	41	47	27	8	13	10	8	12	14	23	18	8
	58%	62%	53%	54%	61%	60%	86%	60%	43%	46%	72%	46%	57%	75%	55%
NET: Less	35	14	21	12	16	7	-	4	6	2	2	9	8	2	2
	18%	14%	21%	16%	21%	14%	-	20%	25%	12%	11%	28%	20%	8%	16%
Base for stats	197	100	96	75	77	45	10	22	24	16	17	30	39	25	14
Mean Score	3.58	3.64	3.51	3.58	3.55	3.61	4.18	3.27	3.29	3.51	3.91	3.27	3.64	3.88	3.72
Standard Deviation	1.187	1.142	1.240	1.217	1.163	1.203	.693	1.247	1.239	1.079	1.125	1.225	1.380	.864	1.125
Standard Error	.087	.114	.133	.141	.139	.181	.192	.272	.258	.270	.273	.245	.237	.169	.312
Error variance	.01	.01	.02	.02	.02	.03	.04	.07	.07	.07	.07	.06	.06	.03	.10

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Q6D.13. Swimming: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade							Ethnicity								
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	191	27	51	40	29	21	23	118	73	157	2	17	11	-	-	30	
Total	199	27	55	41	31	22	24	123	77	164	2	18	11	-	-	32	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%	
A lot more	(5.0)	48	9	14	11	5	7	3	33	15	38	1	5	3	-	-	10
		24%	33%	25%	27%	18%	30%	12%	27%	20%	23%	61%	29%	28%	-	-	30%
A bit more	(4.0)	67	9	19	18	7	5	8	47	20	57	1	6	2	-	-	9
		34%	33%	35%	45%	23%	23%	34%	38%	27%	35%	39%	32%	19%	-	-	28%
Neither more nor less	(3.0)	46	7	10	7	10	5	6	25	21	40	-	2	3	-	-	5
		23%	27%	19%	18%	34%	21%	25%	20%	28%	25%	-	12%	25%	-	-	16%
A bit less	(2.0)	20	1	6	1	4	3	4	8	12	17	-	3	-	-	-	3
		10%	5%	10%	3%	14%	16%	17%	7%	15%	11%	-	14%	-	-	-	8%
A lot less	(1.0)	15	1	6	1	3	2	2	8	7	10	-	2	2	-	-	4
		8%	3%	10%	3%	11%	10%	8%	6%	10%	6%	-	9%	21%	-	-	13%
Don't know		3	-	-	2	-	-	1	2	1	1	-	1	1	-	-	2
		1%	-	-	4%	-	-	4%	1%	1%	1%	-	5%	8%	-	-	5%
NET: More		115	18	33	29	13	12	11	80	35	95	2	11	5	-	-	18
		58%	65%	60%	72%	41%	53%	47%	65%	46%	58%	100%	60%	46%	-	-	58%
NET: Less		35	2	11	2	8	6	6	16	19	28	-	4	2	-	-	7
		18%	8%	21%	6%	25%	26%	24%	13%	25%	17%	-	23%	21%	-	-	21%
Base for stats		197	27	55	39	31	22	23	121	76	163	2	17	10	-	-	30
Mean Score		3.58	3.87	3.54	3.93	3.22	3.47	3.28	3.74	3.31	3.58	4.61	3.60	3.35	-	-	3.58
Standard Deviation		1.187	1.038	1.267	.943	1.232	1.361	1.158	1.128	1.238	1.143	.667	1.347	1.553	-	-	1.388
Standard Error		.087	.200	.177	.153	.229	.297	.247	.105	.146	.092	.472	.337	.491	-	-	.262
Error variance		.01	.04	.03	.02	.05	.09	.06	.01	.02	.01	.22	.11	.24	-	-	.07

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Q6D.13. Swimming: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	191	97	38	40	78	13	10	86	21	3	7	6	13	14	18	23
Total	199	89	47	50	97	14	12	91	21	3	7	6	13	14	18	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	48 24%	25 28%	11 23%	7 14%	18 18%	5 34%	1 8%	24 27%	5 24%	1 36%	2 28%	1 15%	1 6%	4 30%	4 22%	6 22%
A bit more (4.0)	67 34%	29 32%	16 33%	20 40%	36 37%	7 51%	3 30%	33 36%	6 27%	- -	2 31%	- -	5 40%	4 29%	7 37%	11 42%
Neither more nor less (3.0)	46 23%	21 24%	9 19%	13 25%	22 22%	2 15%	1 7%	22 24%	8 39%	1 27%	2 23%	2 33%	2 13%	2 12%	5 30%	3 11%
A bit less (2.0)	20 10%	6 7%	9 19%	5 10%	14 14%	- -	4 33%	7 8%	- -	- -	- -	2 33%	3 27%	2 17%	1 6%	4 15%
A lot less (1.0)	15 8%	8 8%	3 5%	5 10%	8 8%	- -	3 23%	5 5%	2 10%	1 37%	1 19%	1 19%	1 7%	1 7%	- -	3 10%
Don't know	3 1%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 7%	1 6%	1 5%	- -
NET: More	115 58%	54 61%	26 56%	27 54%	54 55%	12 85%	4 38%	57 63%	11 51%	1 36%	4 59%	1 15%	6 47%	8 59%	10 59%	16 64%
NET: Less	35 18%	14 15%	11 24%	10 21%	22 22%	- -	6 55%	12 13%	2 10%	1 37%	1 19%	3 52%	4 34%	3 24%	1 6%	6 25%
Base for stats	197	89	47	50	97	14	12	91	21	3	7	6	12	13	17	25
Mean Score	3.58	3.65	3.50	3.38	3.43	4.19	2.68	3.71	3.56	2.98	3.49	2.59	3.14	3.62	3.79	3.50
Standard Deviation	1.187	1.206	1.201	1.167	1.179	.697	1.380	1.114	1.182	2.058	1.490	1.338	1.175	1.336	.891	1.293
Standard Error	.087	.122	.195	.185	.134	.193	.436	.120	.258	1.188	.563	.546	.339	.370	.216	.270
Error variance	.01	.01	.04	.03	.02	.04	.19	.01	.07	1.41	.32	.30	.12	.14	.05	.07

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Q6D.13. Swimming: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	191	51	47	15	5	62	56	57	45	10	4	55	61	27	99	56	9	164
Total	199	53	50	16	6	66	59	59	51	10	4	61	63	24	102	62	11	175
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	48	11	15	5	-	20	11	16	10	4	1	14	17	7	27	12	2	42
	24%	20%	30%	31%	-	30%	18%	28%	20%	40%	24%	23%	28%	27%	27%	20%	19%	24%
A bit more (4.0)	67	20	14	6	2	20	22	20	17	2	-	20	20	4	38	20	5	63
	34%	38%	27%	40%	36%	30%	37%	34%	34%	22%	-	32%	32%	17%	37%	32%	49%	36%
Neither more nor less (3.0)	46	14	12	3	1	16	16	13	13	3	2	16	15	10	19	16	1	36
	23%	27%	24%	21%	22%	24%	26%	22%	27%	26%	49%	26%	24%	41%	19%	26%	12%	21%
A bit less (2.0)	20	6	5	-	-	5	6	6	5	-	-	5	6	2	11	8	-	18
	10%	11%	10%	-	-	8%	10%	11%	10%	-	-	8%	10%	8%	10%	12%	-	10%
A lot less (1.0)	15	2	4	1	2	6	5	3	5	1	1	6	4	1	6	7	1	14
	8%	4%	8%	8%	42%	8%	8%	5%	9%	13%	27%	10%	7%	4%	6%	11%	13%	8%
Don't know	3	-	-	-	-	-	-	-	-	-	-	-	-	1	1	-	1	2
	1%	-	-	-	-	-	-	-	-	-	-	-	-	4%	1%	-	8%	1%
NET: More	115	31	29	11	2	40	33	36	28	6	1	34	37	11	66	32	7	105
	58%	58%	57%	70%	36%	60%	56%	62%	55%	61%	24%	56%	59%	44%	64%	51%	68%	60%
NET: Less	35	8	9	1	2	11	11	9	10	1	1	11	10	3	17	14	1	32
	18%	15%	18%	8%	42%	16%	18%	16%	19%	13%	27%	18%	16%	12%	16%	23%	13%	18%
Base for stats	197	53	50	16	6	66	59	59	51	10	4	61	63	23	102	62	10	173
Mean Score	3.58	3.59	3.60	3.85	2.52	3.66	3.49	3.69	3.47	3.75	2.93	3.51	3.64	3.58	3.69	3.38	3.67	3.58
Standard Deviation	1.187	1.062	1.254	1.151	1.475	1.227	1.141	1.143	1.194	1.393	1.615	1.220	1.182	1.126	1.158	1.243	1.279	1.198
Standard Error	.087	.149	.183	.297	.660	.156	.153	.151	.178	.440	.808	.165	.151	.221	.117	.166	.452	.094
Error variance	.01	.02	.03	.09	.44	.02	.02	.02	.03	.19	.65	.03	.02	.05	.01	.03	.20	.01

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Q6D.13. Swimming: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	*a	b	*c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	191	65	95	28	30	20	108	71	4	154	37	167	20
Total	199	73	99	29	32	21	114	74	4	162	38	175	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	48	20	4	8	8	31	16	2	39	9	43	4
		24%	20%	12%	25%	39%	27%	21%	43%	24%	25%	25%	20%
A bit more	(4.0)	67	33	11	9	6	38	24	3	55	12	60	6
		34%	33%	39%	29%	30%	33%	33%	57%	34%	33%	34%	31%
Neither more nor less	(3.0)	46	23	9	6	4	23	19	-	34	13	40	6
		23%	23%	31%	19%	19%	21%	26%	-	21%	33%	23%	27%
A bit less	(2.0)	20	10	3	4	3	12	8	-	19	1	20	-
		10%	11%	9%	14%	12%	10%	11%	-	12%	3%	11%	-
A lot less	(1.0)	15	12	2	4	-	7	7	-	13	2	11	4
		8%	12%	8%	14%	-	7%	9%	-	8%	6%	6%	18%
Don't know		3	-	-	-	-	2	-	-	3	-	2	1
		1%	-	-	-	-	2%	-	-	2%	-	1%	4%
NET: More		115	53	15	17	14	69	40	4	94	21	103	11
		58%	54%	51%	54%	69%	61%	54%	100%	58%	57%	59%	51%
NET: Less		35	23	5	9	3	19	15	-	32	4	31	4
		18%	23%	17%	28%	12%	17%	20%	-	20%	9%	17%	18%
Base for stats		197	99	29	32	21	112	74	4	159	38	173	20
Mean Score		3.58	3.38	3.38	3.37	3.96	3.66	3.46	4.43	3.55	3.67	3.61	3.37
Standard Deviation		1.187	1.272	1.102	1.384	1.056	1.184	1.216	.561	1.212	1.085	1.160	1.365
Standard Error		.087	.130	.208	.253	.236	.115	.144	.280	.099	.178	.090	.313
Error variance		.01	.02	.04	.06	.06	.01	.02	.08	.01	.03	.01	.10

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Q6D.13. Swimming: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	e	*f	*g	h	i	j	a	b	*c	*a	b	c	d
Unweighted Total	191	9	10	29	38	34	27	14	30	111	71	103	63	20	24	54	65	42
Total	199	8	9	31	41	37	30	13	31	118	73	109	65	21	25	55	68	45
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	48 24%	- -	4 41%	6 20%	7 16%	9 25%	9 29%	5 36%	9 30%	26 22%	22 30%	37 34% b	7 10%	4 19%	4 15%	6 11%	19 28% b	18 39% b
A bit more (4.0)	67 34%	3 32%	4 42%	10 34%	17 43%	10 26%	9 31%	3 25%	11 35%	41 35%	23 31%	45 42% b	15 23%	6 27%	8 30%	17 32%	23 34%	18 40%
Neither more nor less (3.0)	46 23%	2 20%	1 9%	6 18%	10 24%	12 33%	7 22%	3 22%	7 22%	28 24%	16 22%	16 15%	28 43% a	2 10%	5 19%	20 36% d	14 21%	6 14%
A bit less (2.0)	20 10%	1 13%	- -	5 16%	5 14%	4 10%	3 9%	- -	2 7%	14 12%	5 6%	7 6%	7 11%	6 30%	6 23%	4 7%	9 13%	2 5%
A lot less (1.0)	15 8%	2 24%	1 9%	4 11%	1 3%	1 4%	3 9%	2 17%	1 4%	7 6%	6 8%	4 4%	8 12% a	3 13%	3 14%	8 15% cd	2 3%	1 3%
Don't know	3 1%	1 10%	- -	- -	- -	1 2%	- -	- -	1 3%	1 1%	1 1%	- -	1 1%	- -	- -	- -	1 1%	- -
NET: More	115 58%	3 32%	8 82%	17 54%	24 59%	19 51%	18 60%	8 61%	20 64%	67 57%	46 62%	82 75% b	22 33%	10 47%	11 45%	24 43%	42 62% b	36 79% b
NET: Less	35 18%	3 37%	1 9%	9 28%	7 17%	5 13%	5 18%	2 17%	3 11%	21 18%	11 15%	11 10%	14 22% a	9 44%	9 36%	12 21%	11 16%	3 7%
Base for stats	197	7	9	31	41	36	30	13	30	117	73	109	64	21	25	55	67	45
Mean Score	3.58	2.67	4.04	3.34	3.56	3.61	3.62	3.63	3.80	3.56	3.70	3.96 b	3.10	3.09	3.11	3.17	3.71 b	4.07 b
Standard Deviation	1.187	1.306	1.219	1.302	1.027	1.097	1.257	1.459	1.106	1.140	1.222	1.030	1.114	1.404	1.313	1.188	1.116	.987
Standard Error	.087	.462	.386	.242	.167	.191	.242	.390	.205	.109	.146	.102	.141	.314	.268	.162	.140	.152
Error variance	.01	.21	.15	.06	.03	.04	.06	.15	.04	.01	.02	.01	.02	.10	.07	.03	.02	.02

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Q6D.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region									
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i	
Unweighted Total	80	60	19	48	28	4	3	7	5	9	9	2	27	11	7	
Total	81	60	20	47	31	4	2	8	5	8	10	2	28	10	8	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	20	15	5	9	8	2	-	1	3	3	1	2	8	2	-
		25%	24%	26%	20%	27%	55%	-	12%	57%	36%	9%	100%	28%	23%	-
A bit more	(4.0)	24	19	6	11	13	-	1	4	1	3	4	-	7	1	4
		30%	31%	28%	24%	44%	-	31%	56%	17%	33%	39%	-	24%	8%	59%
Neither more nor less	(3.0)	24	18	6	18	7	-	1	1	1	1	4	-	8	6	2
		30%	29%	29%	38%	22%	-	36%	16%	26%	9%	43%	-	30%	53%	30%
A bit less	(2.0)	6	5	1	4	1	1	-	-	-	1	-	-	2	1	1
		7%	8%	4%	8%	4%	19%	33%	-	-	13%	-	-	8%	8%	11%
A lot less	(1.0)	5	3	2	3	1	1	-	1	-	1	1	-	2	-	-
		6%	6%	8%	7%	3%	26%	-	16%	-	9%	9%	-	8%	-	-
Don't know		2	1	1	2	-	-	-	-	-	-	-	-	1	1	-
		2%	1%	4%	4%	-	-	-	-	-	-	-	-	3%	8%	-
NET: More		44	34	11	20	22	2	1	5	4	6	5	2	15	3	4
		55%	56%	54%	44%	71%	55%	31%	69%	74%	68%	48%	100%	52%	31%	59%
NET: Less		11	8	3	7	2	2	1	1	-	2	1	-	4	1	1
		13%	14%	13%	15%	7%	45%	33%	16%	-	22%	9%	-	16%	8%	11%
Base for stats		80	60	19	45	31	4	2	8	5	8	10	2	28	10	8
Mean Score		3.61	3.61	3.62	3.44	3.88	3.40	2.98	3.49	4.31	3.72	3.38	5.00	3.57	3.50	3.47
Standard Deviation		1.133	1.124	1.213	1.135	.965	2.102	1.076	1.286	.958	1.405	1.030	-	1.232	1.014	.743
Standard Error		.128	.146	.286	.167	.182	1.051	.621	.486	.429	.468	.343	-	.242	.321	.281
Error variance		.02	.02	.08	.03	.03	1.10	.39	.24	.18	.22	.12	-	.06	.10	.08

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Q6D.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade							Ethnicity								
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g	
Significance Level: 95%																	
Unweighted Total	80	16	18	19	17	7	3	53	27	56	2	13	7	1	-	23	
Total	81	15	18	21	18	6	3	54	27	57	2	13	7	1	-	23	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	
A lot more	(5.0)	20	6	4	3	4	1	2	13	7	16	-	-	3	-	-	3
	25%	38%	22%	16%	22%	13%	72%	24%	25%	28%	-	-	37%	-	-	12%	
A bit more	(4.0)	24	4	4	7	6	3	1	15	9	14	1	7	3	-	-	11
	30%	28%	25%	32%	31%	42%	28%	28%	33%	24%	61%	52%	34%	-	-	45%	
Neither more nor less	(3.0)	24	3	8	6	7	1	-	17	8	17	1	4	2	-	-	7
	30%	21%	44%	28%	38%	12%	-	31%	28%	30%	39%	35%	29%	-	-	32%	
A bit less	(2.0)	6	1	2	1	2	-	-	4	2	5	-	-	-	1	-	1
	7%	8%	9%	5%	9%	-	-	7%	6%	9%	-	-	-	100%	-	3%	
A lot less	(1.0)	5	1	-	3	-	1	-	4	1	5	-	-	-	-	-	-
	6%	5%	-	15%	-	19%	-	7%	5%	9%	-	-	-	-	-	-	
Don't know	2	-	-	1	-	1	-	1	1	-	-	2	-	-	-	2	
	2%	-	-	4%	-	13%	-	2%	3%	-	-	13%	-	-	-	7%	
NET: More	44	10	8	10	9	4	3	28	16	30	1	7	5	-	-	13	
	55%	66%	47%	48%	53%	55%	100%	52%	59%	53%	61%	52%	71%	-	-	57%	
NET: Less	11	2	2	4	2	1	-	8	3	10	-	-	-	1	-	1	
	13%	14%	9%	20%	9%	19%	-	15%	11%	18%	-	-	-	100%	-	3%	
Base for stats	80	15	18	20	18	6	3	53	27	57	2	11	7	1	-	22	
Mean Score	3.61	3.84	3.60	3.29	3.65	3.33	4.72	3.56	3.71	3.55	3.61	3.60	4.08	2.00	-	3.71	
Standard Deviation	1.133	1.207	.954	1.293	.946	1.503	.544	1.162	1.087	1.247	.668	.514	.871	-	-	.746	
Standard Error	.128	.302	.225	.305	.230	.614	.314	.161	.213	.167	.472	.155	.329	-	-	.163	
Error variance	.02	.09	.05	.09	.05	.38	.10	.03	.05	.03	.22	.02	.11	-	-	.03	

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Q6D.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k		
Significance Level: 95%																	
Unweighted Total	80	39	18	15	33	7	11	32	10	8	-	3	5	1	3	18	
Total	81	34	22	18	40	7	11	33	10	8	-	3	5	1	3	18	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	
A lot more	(5.0)	20	10	4	4	7	4	3	6	1	2	-	2	-	-	2	6
		25%	29%	16%	20%	18%	51%	24%	19%	8%	27%	-	64%	-	-	66%	35%
A bit more	(4.0)	24	7	10	5	15	2	5	8	5	-	-	1	3	-	-	7
		30%	20%	45%	27%	37%	32%	42%	26%	50%	-	-	36%	57%	-	-	38%
Neither more nor less	(3.0)	24	11	9	5	13	1	4	11	4	2	-	-	2	-	-	5
		30%	33%	38%	26%	33%	17%	33%	35%	42%	23%	-	-	43%	-	-	27%
A bit less	(2.0)	6	3	-	2	2	-	-	5	-	1	-	-	-	-	-	-
		7%	10%	-	13%	6%	-	-	15%	-	9%	-	-	-	-	-	-
A lot less	(1.0)	5	3	-	2	2	-	-	2	-	2	-	-	-	-	1	-
		6%	8%	-	14%	6%	-	-	5%	-	31%	-	-	-	-	34%	-
Don't know		2	-	-	-	-	-	-	-	-	1	-	-	-	1	-	-
		2%	-	-	-	-	-	-	-	-	10%	-	-	-	100%	-	-
NET: More		44	17	14	8	22	6	7	15	6	2	-	3	3	-	2	13
		55%	49%	62%	47%	55%	83%	67%	45%	58%	27%	-	100%	57%	-	66%	73%
NET: Less		11	6	-	5	5	-	-	7	-	3	-	-	-	-	1	-
		13%	17%	-	27%	12%	-	-	20%	-	40%	-	-	-	-	34%	-
Base for stats		80	34	22	18	40	7	11	33	10	7	-	3	5	-	3	18
Mean Score		3.61	3.53	3.78	3.26	3.55	4.34	3.91	3.39	3.67	2.83	-	4.64	3.57	-	3.63	4.08
Standard Deviation		1.133	1.242	.722	1.337	1.058	.812	.791	1.124	.654	1.759	-	.569	.558	-	2.329	.805
Standard Error		.128	.199	.170	.345	.184	.307	.239	.199	.207	.665	-	.329	.249	-	1.344	.190
Error variance		.02	.04	.03	.12	.03	.09	.06	.04	.04	.44	-	.11	.06	-	1.81	.04

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Q6D.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	e	*f	*a	*b	*c	*d	e	*f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	80	20	26	9	4	35	24	14	26	14	4	40	18	10	30	31	9	70
Total	81	20	27	9	4	36	24	14	27	13	4	41	18	9	31	33	8	72
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	20	5	6	1	-	7	5	4	8	-	-	8	4	5	9	6	-	15
	25%	24%	23%	12%	-	20%	20%	31%	28%	-	-	19%	24%	50%	30%	18%	-	21%
A bit more (4.0)	24	6	9	2	-	11	6	2	12	4	-	16	2	-	8	13	3	24
	30%	30%	36%	20%	-	32%	25%	13%	42%	29%	-	38%	10%	-	27%	40%	34%	34%
Neither more nor less (3.0)	24	6	7	5	1	13	7	6	4	9	1	13	7	2	11	8	4	23
	30%	31%	28%	58%	27%	35%	30%	41%	15%	66%	27%	32%	38%	19%	35%	24%	48%	31%
A bit less (2.0)	6	2	2	-	2	2	4	2	2	1	1	3	3	1	2	2	1	5
	7%	10%	8%	-	41%	6%	15%	15%	7%	5%	6%	17%	17%	10%	5%	7%	9%	7%
A lot less (1.0)	5	1	1	1	1	2	2	-	2	-	1	2	1	2	1	2	-	3
	6%	6%	3%	10%	32%	5%	10%	-	7%	-	31%	5%	7%	21%	3%	7%	-	5%
Don't know	2	-	1	-	-	1	-	-	-	-	1	-	1	-	-	1	1	2
	2%	-	3%	-	-	2%	-	-	-	-	21%	-	5%	-	-	3%	10%	2%
NET: More	44	11	15	3	-	18	11	6	19	4	-	23	6	5	18	19	3	40
	55%	53%	58%	32%	-	52%	45%	43%	70%	29%	-	57%	34%	50%	57%	59%	34%	55%
NET: Less	11	3	3	1	3	4	6	2	4	1	2	5	4	3	2	5	1	8
	13%	16%	11%	10%	73%	11%	25%	15%	14%	5%	52%	11%	23%	30%	8%	15%	9%	11%
Base for stats	80	20	26	9	4	35	24	14	27	13	3	41	17	9	31	32	8	71
Mean Score	3.61	3.55	3.69	3.25	1.94	3.58	3.30	3.59	3.76	3.24	1.95	3.59	3.29	3.50	3.76	3.57	3.28	3.62
Standard Deviation	1.133	1.161	1.034	1.068	.890	1.045	1.256	1.120	1.173	.558	1.035	1.035	1.256	1.739	1.038	1.128	.674	1.048
Standard Error	.128	.260	.207	.356	.445	.179	.256	.299	.230	.149	.598	.164	.305	.550	.189	.206	.238	.127
Error variance	.02	.07	.04	.13	.20	.03	.07	.09	.05	.02	.36	.03	.09	.30	.04	.04	.06	.02

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Q6D.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	*b	*a	*b	*c	d	e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total	80	43	25	14	18	14	41	37	6	69	11	69	10
Total	81	44	27	14	17	14	43	37	6	70	11	71	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	20	5	2	5	5	11	9	2	16	3	19	1
		25%	17%	13%	30%	34%	26%	24%	34%	24%	30%	27%	9%
A bit more	(4.0)	24	12	1	3	2	18	6	-	24	-	21	3
		30%	45%	9%	17%	13%	43%	16%	-	35%	-	30%	33%
Neither more nor less	(3.0)	24	7	8	7	6	8	17	4	17	7	22	3
		30%	25%	58%	42%	47%	19%	45%	66%	25%	63%	30%	32%
A bit less	(2.0)	6	2	1	-	1	3	2	-	5	1	4	1
		7%	8%	6%	-	5%	8%	4%	-	7%	6%	6%	8%
A lot less	(1.0)	5	1	2	1	-	2	3	-	5	-	4	1
		6%	5%	14%	6%	-	5%	8%	-	7%	-	6%	9%
Don't know		2	-	-	1	-	-	1	-	2	-	1	1
		2%	-	-	5%	-	-	2%	-	2%	-	1%	9%
NET: More		44	17	3	8	6	29	15	2	41	3	40	4
		55%	63%	22%	47%	47%	69%	41%	34%	59%	30%	57%	43%
NET: Less		11	3	3	1	1	5	5	-	10	1	8	2
		13%	13%	20%	6%	5%	13%	12%	-	14%	6%	12%	17%
Base for stats		80	27	14	17	14	43	36	6	68	11	71	8
Mean Score		3.61	3.62	3.01	3.69	3.76	3.77	3.45	3.67	3.62	3.55	3.66	3.29
Standard Deviation		1.133	1.023	1.151	1.136	1.024	1.080	1.171	1.043	1.155	1.038	1.126	1.146
Standard Error		.128	.205	.308	.276	.274	.169	.195	.426	.141	.313	.137	.382
Error variance		.02	.04	.09	.08	.07	.03	.04	.18	.02	.10	.02	.15

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Q6D.14. Combat sports, martial arts or target sports (such as shooting, archery etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	a	*b	*c	*a	*b	*c	*d
Unweighted Total	80	1	9	12	15	18	4	6	15	54	25	45	23	10	10	27	23	19
Total	81	1	9	12	15	21	4	6	15	56	24	47	23	9	9	28	24	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	20	5	1	3	3	-	3	5	12	8	16	2	1	2	4	7	8
	25%	-	56%	10%	21%	15%	-	50%	33%	22%	32%	34%	9%	13%	22%	13%	28%	39%
A bit more	(4.0)	24	2	2	8	9	1	-	3	20	4	17	6	2	1	9	7	7
	30%	-	20%	16%	51%	44%	32%	-	19%	36%	17%	36%	27%	17%	13%	33%	31%	34%
Neither more nor less	(3.0)	24	2	4	3	7	2	2	5	16	9	10	10	4	3	11	6	4
	30%	-	24%	31%	18%	36%	46%	36%	33%	28%	36%	22%	44%	39%	30%	41%	25%	23%
A bit less	(2.0)	6	-	1	2	1	1	-	1	4	2	2	2	2	1	2	2	1
	7%	-	-	7%	10%	6%	22%	-	8%	7%	8%	4%	7%	21%	8%	9%	7%	4%
A lot less	(1.0)	5	-	3	-	-	-	1	1	3	2	2	3	-	2	1	2	-
	6%	-	-	28%	-	-	-	15%	7%	6%	8%	4%	13%	-	18%	4%	10%	-
Don't know		2	1	1	-	-	-	-	-	1	-	-	-	1	1	-	-	-
	2%	100%	-	7%	-	-	-	-	-	1%	-	-	-	9%	9%	-	-	-
NET: More		44	7	3	11	12	1	3	8	33	12	32	8	3	3	13	14	14
	55%	-	76%	26%	72%	58%	32%	50%	52%	58%	48%	69%	35%	31%	36%	46%	58%	73%
NET: Less		11	-	4	2	1	1	1	2	7	4	4	5	2	2	4	4	1
	13%	-	-	36%	10%	6%	22%	15%	15%	12%	16%	9%	20%	21%	26%	13%	17%	4%
Base for stats		80	9	11	15	21	4	6	15	55	24	47	23	9	8	28	24	20
Mean Score		3.61	4.32	2.70	3.83	3.66	3.11	3.70	3.64	3.63	3.57	3.90	3.11	3.25	3.16	3.42	3.60	4.07
Standard Deviation		1.133	.888	1.411	.903	.819	.840	1.589	1.253	1.088	1.252	1.066	1.122	1.037	1.499	.990	1.256	.905
Standard Error		.128	.296	.426	.233	.193	.420	.649	.323	.149	.250	.159	.234	.346	.500	.191	.262	.208
Error variance		.02	.09	.18	.05	.04	.18	.42	.10	.02	.06	.03	.05	.12	.25	.04	.07	.04

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Q6D.15. Water sports (such as surfing, rowing, sailing etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region									
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i	
Unweighted Total	51	36	14	31	20	-	2	5	4	6	5	2	19	7	1	
Total	52	37	14	30	22	-	1	6	4	5	5	2	21	7	1	
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	14	12	1	7	7	-	-	-	2	1	-	1	7	2	-
		26%	32%	8%	24%	30%	-	-	-	49%	15%	-	50%	36%	34%	-
A bit more	(4.0)	14	10	4	10	4	-	-	3	1	1	2	-	5	3	-
		28%	29%	28%	34%	19%	-	-	43%	22%	14%	36%	-	26%	49%	-
Neither more nor less	(3.0)	13	8	5	6	7	-	1	1	-	2	2	-	5	1	1
		25%	22%	33%	19%	33%	-	49%	22%	-	35%	46%	-	24%	17%	100%
A bit less	(2.0)	9	4	4	5	4	-	1	1	1	2	-	1	3	-	-
		17%	12%	31%	16%	18%	-	51%	14%	29%	36%	-	50%	14%	-	-
A lot less	(1.0)	1	1	-	1	-	-	-	1	-	-	-	-	-	-	-
		2%	3%	-	4%	-	-	-	21%	-	-	-	-	-	-	-
Don't know		1	1	-	1	-	-	-	-	-	-	1	-	-	-	-
		2%	2%	-	3%	-	-	-	-	-	-	18%	-	-	-	-
NET: More		28	22	5	17	11	-	-	3	3	2	2	1	13	5	-
		54%	60%	36%	58%	49%	-	-	43%	71%	29%	36%	50%	62%	83%	-
NET: Less		10	6	4	6	4	-	1	2	1	2	-	1	3	-	-
		19%	15%	31%	20%	18%	-	51%	35%	29%	36%	-	50%	14%	-	-
Base for stats		51	36	14	29	22	-	1	6	4	5	4	2	21	7	1
Mean Score		3.60	3.75	3.13	3.59	3.62	-	2.49	2.87	3.91	3.08	3.44	3.50	3.84	4.18	3.00
Standard Deviation		1.134	1.149	.971	1.163	1.120	-	.935	1.293	1.468	1.162	.575	2.050	1.097	.752	-
Standard Error		.160	.194	.260	.212	.251	-	.661	.578	.734	.474	.287	1.450	.252	.284	-
Error variance		.03	.04	.07	.05	.06	-	.44	.33	.54	.22	.08	2.10	.06	.08	-

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Q6D.15. Water sports (such as surfing, rowing, sailing etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																
Unweighted Total	51	18	8	11	10	4	-	37	14	37	1	7	4	-	-	12
Total	52	18	8	11	10	4	-	38	14	38	1	8	4	-	-	12
	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	-	-	100%
A lot more	(5.0)	14	6	1	1	5	-	8	5	8	-	4	1	-	-	4
		26%	34%	13%	9%	51%	-	22%	38%	22%	-	47%	25%	-	-	37%
A bit more	(4.0)	14	3	2	5	1	3	-	10	4	11	-	2	1	-	3
		28%	19%	25%	43%	12%	81%	-	27%	30%	29%	-	25%	22%	-	22%
Neither more nor less	(3.0)	13	4	3	2	3	1	-	9	4	10	-	1	2	-	3
		25%	24%	31%	21%	28%	19%	-	24%	26%	25%	-	17%	53%	-	27%
A bit less	(2.0)	9	4	3	1	1	-	8	1	8	1	-	-	-	-	1
		17%	23%	31%	10%	8%	-	21%	6%	21%	100%	-	-	-	-	7%
A lot less	(1.0)	1	-	-	1	-	-	1	-	1	-	-	-	-	-	-
		2%	-	-	11%	-	-	3%	-	3%	-	-	-	-	-	-
Don't know		1	-	-	1	-	-	1	-	-	-	1	-	-	-	1
		2%	-	-	7%	-	-	2%	-	-	-	11%	-	-	-	7%
NET: More		28	10	3	6	7	3	-	19	9	19	-	5	2	-	7
		54%	53%	38%	52%	64%	81%	-	49%	68%	51%	-	72%	47%	-	59%
NET: Less		10	4	3	2	1	-	9	1	9	1	-	-	-	-	1
		19%	23%	31%	20%	8%	-	24%	6%	24%	100%	-	-	-	-	7%
Base for stats		51	18	8	11	10	4	-	37	14	38	1	7	4	-	11
Mean Score	3.60	3.64	3.19	3.32	4.07	3.81	-	3.45	4.00	3.46	2.00	4.34	3.71	-	-	3.95
Standard Deviation	1.134	1.208	1.088	1.197	1.114	.467	-	1.164	.977	1.151	-	.847	.985	-	-	1.045
Standard Error	.160	.285	.385	.379	.352	.233	-	.194	.261	.189	-	.346	.492	-	-	.315
Error variance	.03	.08	.15	.14	.12	.05	-	.04	.07	.04	-	.12	.24	-	-	.10

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Q6D.15. Water sports (such as surfing, rowing, sailing etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k		
Significance Level: 95%																	
Unweighted Total	51	21	13	8	21	3	7	27	6	6	1	-	1	-	-	10	
Total	52	18	16	10	26	3	7	28	6	6	1	-	1	-	-	10	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	-	-	100%	
A lot more	(5.0)	14	4	5	2	7	3	2	4	2	1	-	-	1	-	-	5
		26%	21%	30%	25%	28%	100%	28%	16%	35%	16%	-	-	100%	-	-	50%
A bit more	(4.0)	14	9	3	3	5	-	4	7	2	1	1	-	-	-	-	4
		28%	47%	16%	26%	20%	-	55%	24%	31%	20%	100%	-	-	-	-	38%
Neither more nor less	(3.0)	13	2	6	3	9	-	-	10	2	1	-	-	-	-	-	-
		25%	9%	38%	26%	33%	-	-	35%	34%	18%	-	-	-	-	-	-
A bit less	(2.0)	9	4	2	1	4	-	1	7	-	1	-	-	-	-	-	1
		17%	24%	16%	11%	14%	-	17%	24%	-	14%	-	-	-	-	-	12%
A lot less	(1.0)	1	-	-	1	1	-	-	-	-	1	-	-	-	-	-	-
		2%	-	-	12%	5%	-	-	-	-	19%	-	-	-	-	-	-
Don't know		1	-	-	-	-	-	-	-	-	1	-	-	-	-	-	-
		2%	-	-	-	-	-	-	-	-	13%	-	-	-	-	-	-
NET: More		28	12	7	5	12	3	6	11	4	2	1	-	1	-	-	9
		54%	67%	46%	50%	48%	100%	83%	40%	66%	36%	100%	-	100%	-	-	88%
NET: Less		10	4	2	2	5	-	1	7	-	2	-	-	-	-	-	1
		19%	24%	16%	23%	19%	-	17%	24%	-	33%	-	-	-	-	-	12%
Base for stats		51	18	16	10	26	3	7	28	6	5	1	-	1	-	-	10
Mean Score		3.60	3.64	3.61	3.40	3.53	5.00	3.94	3.32	4.01	3.00	4.00	-	5.00	-	-	4.25
Standard Deviation		1.134	1.086	1.111	1.372	1.195	-	1.061	1.029	.917	1.573	-	-	-	-	-	1.008
Standard Error		.160	.237	.308	.485	.261	-	.401	.198	.375	.703	-	-	-	-	-	.319
Error variance		.03	.06	.10	.24	.07	-	.16	.04	.14	.49	-	-	-	-	-	.10

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Q6D.15. Water sports (such as surfing, rowing, sailing etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	e	*f	*a	*b	*c	*d	e	*f	*a	*b	*c	*d	e	
Significance Level: 95%																		
Unweighted Total	51	10	18	13	5	31	15	12	19	11	4	30	16	8	24	16	3	43
Total	52	10	19	13	5	31	15	13	21	10	4	30	16	8	25	17	3	44
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	14	2	4	2	1	6	3	2	4	3	-	7	2	2	6	5	1	12
	26%	19%	24%	16%	20%	21%	19%	17%	20%	31%	-	24%	13%	22%	22%	33%	35%	27%
A bit more (4.0)	14	3	7	2	1	9	5	5	5	3	1	8	6	3	6	5	1	12
	28%	33%	40%	12%	24%	29%	30%	38%	26%	26%	27%	26%	35%	34%	23%	32%	32%	27%
Neither more nor less (3.0)	13	3	4	5	1	9	4	4	6	3	-	9	4	3	9	1	-	10
	25%	31%	23%	36%	15%	28%	26%	29%	28%	35%	-	30%	22%	44%	34%	6%	-	22%
A bit less (2.0)	9	2	2	4	1	6	3	2	5	1	1	6	3	-	5	4	-	9
	17%	17%	13%	29%	17%	20%	17%	16%	25%	9%	20%	20%	17%	-	20%	23%	-	20%
A lot less (1.0)	1	-	-	-	1	-	1	-	-	-	1	-	1	-	-	1	-	1
	2%	-	-	-	24%	-	8%	-	-	-	31%	-	7%	-	-	7%	-	3%
Don't know	1	-	-	1	-	1	-	-	-	-	1	-	1	-	-	-	1	1
	2%	-	-	7%	-	3%	-	-	-	-	21%	-	5%	-	-	-	33%	2%
NET: More	28	5	12	4	2	15	8	7	10	6	1	15	8	4	11	11	2	24
	54%	51%	64%	28%	44%	49%	49%	55%	47%	57%	27%	50%	48%	56%	46%	64%	67%	54%
NET: Less	10	2	2	4	2	6	4	2	5	1	2	6	4	-	5	5	-	10
	19%	17%	13%	29%	40%	20%	25%	16%	25%	9%	52%	20%	24%	-	20%	30%	-	23%
Base for stats	51	10	19	12	5	30	15	13	21	10	3	30	16	8	25	17	2	43
Mean Score	3.60	3.53	3.74	3.17	3.00	3.52	3.35	3.57	3.42	3.79	2.29	3.54	3.31	3.79	3.48	3.60	4.52	3.57
Standard Deviation	1.134	1.037	.992	1.094	1.636	1.054	1.232	.992	1.099	1.034	1.566	1.075	1.186	.839	1.070	1.377	.785	1.183
Standard Error	.160	.328	.234	.316	.732	.192	.318	.286	.252	.312	.904	.196	.306	.297	.218	.344	.555	.183
Error variance	.03	.11	.05	.10	.54	.04	.10	.08	.06	.10	.82	.04	.09	.09	.05	.12	.31	.03

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Q6D.15. Water sports (such as surfing, rowing, sailing etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	*b	*a	*b	*c	*d	*e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total	51	30	13	11	7	9	26	23	2	42	9	43	7
Total	52	31	13	11	6	9	27	23	2	43	9	43	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	14 26%	10 32%	2 16%	3 26%	1 14%	1 10%	11 39%	3 13%	1 46%	11 27%	2 25%	12 27%	2 27%
A bit more (4.0)	14 28%	9 28%	3 23%	1 9%	4 54%	4 44%	8 29%	7 28%	1 54%	11 25%	4 41%	14 33%	- -
Neither more nor less (3.0)	13 25%	4 14%	5 40%	2 18%	2 32%	3 37%	5 20%	8 33%	- -	11 25%	2 25%	9 20%	4 57%
A bit less (2.0)	9 17%	7 23%	2 12%	3 28%	- -	1 9%	3 11%	4 18%	- -	8 18%	1 10%	7 15%	1 16%
A lot less (1.0)	1 2%	- -	1 9%	1 11%	- -	- -	- -	1 5%	- -	1 3%	- -	1 3%	- -
Don't know	1 2%	1 3%	- -	1 7%	- -	- -	- -	1 4%	- -	1 2%	- -	1 2%	- -
NET: More	28 54%	19 60%	5 39%	4 35%	4 68%	5 54%	19 69%	9 41%	2 100%	22 52%	6 66%	26 60%	2 27%
NET: Less	10 19%	7 23%	3 21%	4 39%	- -	1 9%	3 11%	5 23%	- -	9 21%	1 10%	8 18%	1 16%
Base for stats	51	30	13	11	6	9	27	22	2	42	9	43	8
Mean Score	3.60	3.71	3.24	3.13	3.81	3.54	3.97	3.27	4.46	3.56	3.81	3.67	3.38
Standard Deviation	1.134	1.174	1.187	1.479	.707	.838	1.039	1.099	.719	1.170	.979	1.132	1.123
Standard Error	.160	.218	.329	.468	.267	.279	.204	.234	.509	.183	.326	.175	.424
Error variance	.03	.05	.11	.22	.07	.08	.04	.05	.26	.03	.11	.03	.18

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Q6D.15. Water sports (such as surfing, rowing, sailing etc.): In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	a	*b	*c	*a	*b	*c	*d
Unweighted Total	51	2	6	4	15	10	5	1	8	35	14	33	12	6	6	16	18	11
Total	52	2	6	5	15	11	5	1	7	36	13	35	11	6	7	16	18	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	14	1	1	1	2	6	1	-	1	11	2	14	-	-	1	2	6	5
	26%	59%	14%	28%	14%	60%	19%	-	12%	29%	14%	39%	-	-	15%	12%	31%	48%
A bit more (4.0)	14	1	2	2	4	1	1	1	3	9	5	10	3	2	-	4	8	2
	28%	41%	29%	45%	26%	12%	24%	100%	36%	25%	35%	28%	24%	36%	-	27%	43%	21%
Neither more nor less (3.0)	13	-	3	-	4	2	1	-	2	10	3	7	4	2	5	4	2	2
	25%	-	57%	-	26%	20%	25%	-	28%	26%	25%	21%	31%	35%	72%	27%	11%	15%
A bit less (2.0)	9	-	-	-	4	1	2	-	2	5	3	4	4	1	1	4	3	1
	17%	-	-	-	29%	8%	32%	-	25%	14%	26%	11%	35%	15%	13%	26%	15%	8%
A lot less (1.0)	1	-	-	1	-	-	-	-	-	1	-	-	1	-	-	1	-	-
	2%	-	-	27%	-	-	-	-	-	3%	-	-	11%	-	-	7%	-	-
Don't know	1	-	-	-	1	-	-	-	-	1	-	-	-	1	-	-	-	1
	2%	-	-	-	5%	-	-	-	-	2%	-	-	-	15%	-	-	-	8%
NET: More	28	2	3	3	6	8	2	1	4	20	7	23	3	2	1	6	14	7
	54%	100%	43%	73%	40%	72%	43%	100%	48%	54%	49%	67%	24%	36%	15%	39%	74%	69%
NET: Less	10	-	-	1	4	1	2	-	2	6	3	4	5	1	1	5	3	1
	19%	-	-	27%	29%	8%	32%	-	25%	18%	26%	11%	45%	15%	13%	33%	15%	8%
Base for stats	51	2	6	5	15	11	5	1	7	36	13	35	11	5	7	16	18	10
Mean Score	3.60	4.59	3.57	3.49	3.27	4.23	3.30	4.00	3.35	3.63	3.37	3.95	2.68	3.24	3.17	3.11	3.89	4.18
Standard Deviation	1.134	.701	.799	1.758	1.085	1.087	1.234	-	1.052	1.169	1.057	1.043	.994	.821	.908	1.178	1.037	1.060
Standard Error	.160	.496	.326	.879	.290	.344	.552	-	.372	.200	.282	.182	.287	.367	.371	.295	.244	.335
Error variance	.03	.25	.11	.77	.08	.12	.30	-	.14	.04	.08	.03	.08	.13	.14	.09	.06	.11

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Q6D.16. Gymnastics, trampolining or cheerleading: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	53	31	21	41	11	1	-	3	4	6	3	3	22	6	6
Total	57	34	22	43	12	1	-	3	4	6	3	4	25	6	6
	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	11 19%	5 14%	5 22%	10 23%	1 7%	-	-	-	1 30%	-	1 33%	1 27%	5 19%	2 35%	1 13%
A bit more (4.0)	24 43%	18 53%	6 29%	17 40%	7 58%	-	-	-	1 20%	6 100%	1 34%	1 36%	13 53%	1 15%	1 19%
Neither more nor less (3.0)	9 16%	4 13%	4 20%	7 16%	2 16%	-	-	2 63%	1 19%	-	-	-	2 7%	2 35%	2 34%
A bit less (2.0)	12 20%	5 15%	6 29%	8 18%	2 18%	1 100%	-	-	1 30%	-	1 33%	1 37%	5 20%	1 15%	2 34%
A lot less (1.0)	1 2%	1 4%	-	1 3%	-	-	-	1 37%	-	-	-	-	-	-	-
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	35 62%	23 68%	11 51%	27 63%	8 65%	-	-	-	2 51%	6 100%	2 67%	2 63%	18 72%	3 50%	2 32%
NET: Less	13 23%	6 19%	6 29%	9 21%	2 18%	1 100%	-	1 37%	1 30%	-	1 33%	1 37%	5 20%	1 15%	2 34%
Base for stats	57	34	22	43	12	1	-	3	4	6	3	4	25	6	6
Mean Score	3.56	3.60	3.44	3.61	3.54	2.00	-	2.26	3.51	4.00	3.67	3.53	3.71	3.70	3.11
Standard Deviation	1.086	1.040	1.151	1.121	.910	-	-	1.159	1.385	-	1.593	1.448	1.018	1.214	1.105
Standard Error	.149	.187	.251	.175	.274	-	-	.669	.692	-	.920	.836	.217	.496	.451
Error variance	.02	.03	.06	.03	.08	-	-	.45	.48	-	.85	.70	.05	.25	.20

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Q6D.16. Gymnastics, trampolining or cheerleading: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																
Unweighted Total	53	11	15	14	8	4	1	40	13	32	3	6	7	-	2	18
Total	57	11	17	15	9	3	1	43	14	35	3	6	8	-	2	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
A lot more	(5.0)	11	3	2	4	1	1	-	9	2	7	1	1	-	-	2
		19%	24%	12%	27%	14%	24%	-	20%	15%	20%	29%	17%	-	-	10%
A bit more	(4.0)	24	7	8	4	1	-	19	5	14	1	2	6	-	1	11
		43%	62%	49%	29%	45%	29%	-	45%	36%	39%	43%	32%	84%	-	58%
Neither more nor less	(3.0)	9	2	1	3	3	1	-	6	3	7	1	-	-	1	2
		16%	15%	5%	21%	28%	23%	-	13%	24%	20%	28%	-	-	45%	10%
A bit less	(2.0)	12	-	6	2	1	1	1	8	4	6	-	3	1	-	4
		20%	-	35%	15%	14%	24%	100%	19%	25%	17%	-	51%	16%	-	22%
A lot less	(1.0)	1	-	-	1	-	-	-	1	-	1	-	-	-	-	-
		2%	-	-	8%	-	-	-	3%	-	3%	-	-	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	35	9	10	8	5	2	-	28	7	21	2	3	6	-	1	13
	62%	85%	61%	56%	58%	53%	-	65%	51%	59%	72%	49%	84%	-	55%	68%
NET: Less	13	-	6	3	1	1	1	9	4	7	-	3	1	-	-	4
	23%	-	35%	23%	14%	24%	100%	22%	25%	21%	-	51%	16%	-	-	22%
Base for stats	57	11	17	15	9	3	1	43	14	35	3	6	8	-	2	19
Mean Score	3.56	4.09	3.38	3.52	3.58	3.53	2.00	3.61	3.41	3.55	4.01	3.15	3.68	-	3.55	3.55
Standard Deviation	1.086	.642	1.111	1.300	.949	1.305	-	1.102	1.060	1.115	.924	1.346	.791	-	.657	.971
Standard Error	.149	.193	.287	.347	.336	.653	-	.174	.294	.197	.533	.550	.299	-	.465	.229
Error variance	.02	.04	.08	.12	.11	.43	-	.03	.09	.04	.28	.30	.09	-	.22	.05

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Q6D.16. Gymnastics, trampolining or cheerleading: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	53	19	15	14	29	3	6	28	7	6	2	-	-	1	-	9
Total	57	17	19	17	36	3	7	31	7	6	2	-	-	1	-	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%	-	100%
A lot more	(5.0)	11	6	-	4	4	1	1	5	2	2	-	-	-	-	2
		19%	37%	-	21%	10%	31%	13%	17%	29%	31%	-	-	-	-	18%
A bit more	(4.0)	24	4	11	7	18	-	4	15	2	3	1	-	-	-	4
		43%	21%	59%	42%	51%	-	57%	47%	29%	48%	56%	-	-	-	40%
Neither more nor less	(3.0)	9	4	4	-	4	2	1	4	2	-	-	-	-	-	3
		16%	26%	20%	-	10%	69%	12%	14%	25%	-	-	-	-	-	29%
A bit less	(2.0)	12	3	4	5	9	-	1	7	1	-	1	-	-	1	1
		20%	16%	21%	29%	25%	-	19%	22%	18%	-	44%	-	-	100%	13%
A lot less	(1.0)	1	-	-	1	1	-	-	-	-	1	-	-	-	-	-
		2%	-	-	7%	3%	-	-	-	-	21%	-	-	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		35	10	11	11	22	1	5	20	4	5	1	-	-	-	6
		62%	58%	59%	64%	61%	31%	69%	64%	58%	79%	56%	-	-	-	58%
NET: Less		13	3	4	6	10	-	1	7	1	1	-	-	1	-	1
		23%	16%	21%	36%	28%	-	19%	22%	18%	21%	44%	-	-	100%	13%
Base for stats		57	17	19	17	36	3	7	31	7	6	2	-	-	1	10
Mean Score		3.56	3.80	3.39	3.41	3.40	3.61	3.63	3.58	3.69	3.68	3.11	-	-	2.00	3.62
Standard Deviation		1.086	1.139	.831	1.333	1.085	1.144	1.007	1.025	1.152	1.586	1.456	-	-	-	.980
Standard Error		.149	.261	.215	.356	.201	.661	.411	.194	.435	.647	1.029	-	-	-	.327
Error variance		.02	.07	.05	.13	.04	.44	.17	.04	.19	.42	1.06	-	-	-	.11

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Q6D.16. Gymnastics, trampolining or cheerleading: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e	
Significance Level: 95%																		
Unweighted Total	53	9	25	8	4	33	13	17	17	10	2	27	19	9	23	19	2	44
Total	57	10	27	8	4	35	14	19	18	10	2	28	21	8	25	22	2	48
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	11	1	5	2	1	7	2	2	3	3	1	6	3	2	4	5	-	8
	19%	8%	17%	26%	24%	19%	13%	10%	16%	31%	41%	21%	13%	30%	15%	21%	-	17%
A bit more (4.0)	24	7	14	2	1	16	8	10	10	3	-	13	10	4	10	10	-	20
	43%	66%	51%	25%	19%	45%	52%	55%	55%	27%	-	45%	50%	50%	41%	46%	-	42%
Neither more nor less (3.0)	9	-	4	2	1	6	1	3	3	1	-	4	3	2	7	-	-	7
	16%	-	15%	22%	29%	16%	9%	16%	16%	9%	-	14%	15%	20%	30%	-	-	15%
A bit less (2.0)	12	3	5	2	-	7	3	3	3	3	-	6	3	-	4	6	2	12
	20%	25%	18%	26%	-	20%	18%	19%	14%	33%	-	21%	17%	-	15%	27%	100%	24%
A lot less (1.0)	1	-	-	-	1	-	1	-	-	-	1	-	1	-	-	1	-	1
	2%	-	-	-	29%	-	8%	-	-	-	59%	-	6%	-	-	6%	-	2%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	35	8	18	4	2	22	9	12	13	6	1	19	13	7	14	15	-	28
	62%	75%	68%	51%	42%	64%	65%	65%	70%	57%	41%	66%	63%	80%	56%	67%	-	59%
NET: Less	13	3	5	2	1	7	4	3	3	3	1	6	5	-	4	7	2	13
	23%	25%	18%	26%	29%	20%	26%	19%	14%	33%	59%	21%	23%	-	15%	33%	100%	26%
Base for stats	57	10	27	8	4	35	14	19	18	10	2	28	21	8	25	22	2	48
Mean Score	3.56	3.58	3.67	3.52	3.09	3.64	3.43	3.56	3.72	3.55	2.63	3.66	3.47	4.10	3.56	3.51	2.00	3.47
Standard Deviation	1.086	1.011	.975	1.221	1.721	1.018	1.211	.924	.913	1.302	2.752	1.047	1.116	.744	.930	1.274	-	1.114
Standard Error	.149	.337	.195	.432	.860	.177	.336	.224	.222	.412	1.946	.202	.256	.248	.194	.292	-	.168
Error variance	.02	.11	.04	.19	.74	.03	.11	.05	.05	.17	3.79	.04	.07	.06	.04	.09	-	.03

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Q6D.16. Gymnastics, trampolining or cheerleading: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
		*a	*b	*a	*b	*c	*d	e	*f	a	*b	a	*b	
Significance Level: 95%														
Unweighted Total	53	28	16	13	13	11	21	31	3	46	7	48	4	
Total	57	31	17	15	13	12	22	34	3	49	8	52	4	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	11	6	2	3	2	2	5	5	1	8	3	11	-
		19%	20%	11%	22%	16%	14%	21%	16%	25%	15%	40%	21%	-
A bit more	(4.0)	24	13	8	4	7	6	10	14	1	22	2	23	1
		43%	40%	44%	29%	55%	47%	48%	41%	37%	45%	27%	45%	30%
Neither more nor less	(3.0)	9	6	1	2	2	2	3	6	-	8	1	7	2
		16%	21%	5%	16%	12%	18%	12%	18%	-	16%	17%	14%	40%
A bit less	(2.0)	12	6	6	4	2	3	4	7	1	10	1	9	1
		20%	19%	33%	25%	17%	21%	19%	22%	38%	21%	16%	18%	30%
A lot less	(1.0)	1	-	1	1	-	-	-	1	-	1	-	1	-
		2%	-	7%	8%	-	-	-	4%	-	2%	-	2%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		35	19	10	8	9	7	15	19	2	30	5	34	1
		62%	60%	55%	51%	71%	61%	68%	57%	62%	61%	67%	65%	30%
NET: Less		13	6	7	5	2	3	4	9	1	12	1	11	1
		23%	19%	40%	33%	17%	21%	19%	25%	38%	24%	16%	21%	30%
Base for stats		57	31	17	15	13	12	22	34	3	49	8	52	4
Mean Score		3.56	3.62	3.19	3.32	3.70	3.53	3.70	3.44	3.50	3.50	3.91	3.63	3.00
Standard Deviation		1.086	1.026	1.241	1.323	.962	1.016	1.030	1.113	1.454	1.073	1.177	1.085	.881
Standard Error		.149	.194	.310	.367	.267	.306	.225	.200	.840	.158	.445	.157	.441
Error variance		.02	.04	.10	.13	.07	.09	.05	.04	.71	.03	.20	.02	.19

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Q6D.16. Gymnastics, trampolining or cheerleading: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	*b	*c	*a	*b	*c	*d	
Unweighted Total	53	1	3	9	10	11	8	2	9	33	19	29	19	5	9	18	16	9	
Total	57	1	3	10	11	12	10	2	9	35	21	31	20	5	10	19	17	10	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	11	-	-	2	-	2	1	1	5	4	6	7	3	1	1	2	6	2
	19%	-	-	24%	-	16%	10%	52%	52%	12%	31%	22%	14%	20%	10%	11%	35%	17%	
A bit more	(4.0)	24	-	3	3	4	5	8	-	2	14	10	15	9	-	4	6	8	5
	43%	-	100%	27%	34%	46%	78%	-	25%	41%	48%	49%	45%	-	43%	34%	47%	49%	
Neither more nor less	(3.0)	9	1	-	1	3	1	1	1	5	3	5	2	1	-	4	3	2	
	16%	100%	-	11%	27%	9%	12%	48%	9%	15%	14%	17%	11%	24%	-	20%	18%	21%	
A bit less	(2.0)	12	-	-	3	4	3	-	-	1	10	1	4	5	3	5	6	-	1
	20%	-	-	26%	38%	29%	-	-	14%	29%	6%	12%	24%	56%	47%	29%	-	13%	
A lot less	(1.0)	1	-	-	1	-	-	-	-	1	-	-	1	-	-	1	-	-	
	2%	-	-	12%	-	-	-	-	-	3%	-	-	6%	-	-	6%	-	-	
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
NET: More	35	-	3	5	4	7	9	1	7	19	16	22	12	1	5	9	14	6	
	62%	-	100%	51%	34%	62%	88%	52%	76%	53%	80%	70%	59%	20%	53%	45%	82%	66%	
NET: Less	13	-	-	4	4	3	-	-	1	11	1	4	6	3	5	7	-	1	
	23%	-	-	38%	38%	29%	-	-	14%	32%	6%	12%	30%	56%	47%	35%	-	13%	
Base for stats	57	1	3	10	11	12	10	2	9	35	21	31	20	5	10	19	17	10	
Mean Score	3.56	3.00	4.00	3.24	2.96	3.49	3.98	4.03	4.13	3.29	4.05	3.80	3.38	2.83	3.16	3.14	4.17	3.71	
Standard Deviation	1.086	-	-	1.448	.893	1.125	.498	1.615	1.147	1.126	.859	.932	1.192	1.277	1.186	1.173	.731	.951	
Standard Error	.149	-	-	.483	.282	.339	.176	1.142	.382	.196	.197	.173	.273	.571	.395	.276	.183	.317	
Error variance	.02	-	-	.23	.08	.12	.03	1.30	.15	.04	.04	.03	.07	.33	.16	.08	.03	.10	

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Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Gender		Age			Region									
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%		a	b	*a	*b	c	*a	*b	*c	*d	*e	*f	*g	*h	*i	
Unweighted Total	87	44	43	12	15	60	6	14	6	7	12	8	9	16	9	
Total	88	44	44	12	17	59	5	14	6	6	12	10	10	15	10	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	22	15	7	4	7	11	-	1	2	2	2	4	4	5	3
		25%	34%	16%	30%	43%	19%	-	7%	32%	26%	13%	39%	39%	32%	34%
A bit more	(4.0)	24	10	14	2	4	18	1	4	1	2	1	4	3	5	3
		28%	24%	32%	19%	25%	31%	33%	28%	16%	34%	11%	38%	29%	31%	35%
Neither more nor less	(3.0)	31	16	15	5	5	21	2	7	2	3	7	1	3	4	2
		35%	36%	35%	37%	32%	36%	50%	46%	37%	41%	60%	11%	32%	24%	21%
A bit less	(2.0)	8	3	5	-	-	8	-	2	1	-	1	1	-	2	1
		9%	7%	11%	-	-	14%	-	13%	15%	-	8%	12%	-	13%	10%
A lot less	(1.0)	3	-	3	2	-	1	1	1	-	-	1	-	-	-	-
		3%	-	6%	14%	-	1%	17%	6%	-	-	7%	-	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		46	25	21	6	12	29	1	5	3	4	3	7	7	9	7
		53%	58%	48%	49%	68%	49%	33%	35%	48%	59%	24%	76%	68%	63%	69%
NET: Less		11	3	8	2	-	9	1	3	1	-	2	1	-	2	1
		12%	7%	17%	14%	-	15%	17%	20%	15%	-	16%	12%	-	13%	10%
Base for stats		88	44	44	12	17	59	5	14	6	6	12	10	10	15	10
Mean Score		3.63	3.85	3.41	3.50	4.12	3.51	2.99	3.16	3.66	3.85	3.15	4.03	4.07	3.82	3.92
Standard Deviation		1.048	.983	1.077	1.363	.884	.994	1.138	.987	1.178	.872	1.041	1.054	.887	1.059	1.031
Standard Error		.112	.148	.164	.394	.228	.128	.464	.264	.481	.330	.300	.373	.296	.265	.344
Error variance		.01	.02	.03	.15	.05	.02	.22	.07	.23	.11	.09	.14	.09	.07	.12

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Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	*c	*d	*e	f	g	h	a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																
Unweighted Total	87	2	19	16	11	3	36	37	50	83	-	2	1	-	-	3
Total	88	2	20	16	11	3	36	38	50	83	-	2	1	-	-	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	-	-	100%
A lot more	(5.0)	22	1	5	3	3	1	9	13	20	-	1	-	-	-	1
	25%	49%	24%	18%	28%	28%	26%	23%	27%	24%	-	47%	-	-	-	27%
A bit more	(4.0)	24	-	8	5	2	1	8	11	24	-	1	-	-	-	1
	28%	-	41%	32%	15%	44%	23%	35%	22%	28%	-	53%	-	-	-	31%
Neither more nor less	(3.0)	31	-	5	6	3	1	16	20	30	-	-	1	-	-	1
	35%	-	25%	34%	29%	28%	45%	28%	41%	36%	-	-	100%	-	-	42%
A bit less	(2.0)	8	-	2	1	3	-	2	5	8	-	-	-	-	-	-
	9%	-	9%	6%	29%	-	5%	8%	10%	10%	-	-	-	-	-	-
A lot less	(1.0)	3	1	-	2	-	-	3	-	3	-	-	-	-	-	-
	3%	51%	-	10%	-	-	-	7%	-	3%	-	-	-	-	-	-
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More	46	1	13	8	5	2	18	22	24	43	-	2	-	-	-	2
	53%	49%	65%	50%	43%	72%	49%	58%	49%	52%	-	100%	-	-	-	58%
NET: Less	11	1	2	3	3	-	2	5	5	11	-	-	-	-	-	-
	12%	51%	9%	16%	29%	-	5%	14%	10%	13%	-	-	-	-	-	-
Base for stats	88	2	20	16	11	3	36	38	50	83	-	2	1	-	-	3
Mean Score	3.63	2.96	3.80	3.41	3.41	3.99	3.70	3.59	3.66	3.60	-	4.47	3.00	-	-	3.85
Standard Deviation	1.048	3.072	.938	1.185	1.230	.922	.933	1.130	.992	1.048	-	.767	*	-	-	1.003
Standard Error	.112	2.173	.215	.296	.371	.532	.155	.186	.140	.115	-	.542	*	-	-	.579
Error variance	.01	4.72	.05	.09	.14	.28	.02	.03	.02	.01	-	.29	*	-	-	.34

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Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Children aged 15 or under in the household					Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	j	*k		
Significance Level: 95%																	
Unweighted Total	87	68	12	5	17	1	2	14	9	4	2	6	1	10	38	3	
Total	88	64	15	6	22	1	2	14	10	5	2	6	1	11	37	3	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	22	13	5	3	8	-	-	6	1	2	-	3	1	3	6	-
		25%	21%	34%	40%	36%	-	-	45%	9%	51%	-	47%	100%	25%	16%	-
A bit more	(4.0)	24	18	4	3	6	-	1	2	5	-	1	2	-	2	11	1
		28%	28%	25%	40%	29%	-	46%	13%	52%	-	52%	36%	-	23%	30%	33%
Neither more nor less	(3.0)	31	23	6	1	8	-	1	4	3	2	1	-	-	5	15	1
		35%	36%	41%	20%	35%	-	54%	30%	27%	49%	48%	-	-	43%	41%	39%
A bit less	(2.0)	8	7	-	-	-	1	-	-	1	-	-	1	-	1	4	1
		9%	11%	-	-	-	100%	-	-	12%	-	-	17%	-	9%	11%	27%
A lot less	(1.0)	3	3	-	-	-	-	-	2	-	-	-	-	-	-	1	-
		3%	4%	-	-	-	-	-	12%	-	-	-	-	-	-	2%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: More		46	31	9	5	14	-	1	8	6	2	1	5	1	5	17	1
		53%	49%	59%	80%	65%	-	46%	58%	61%	51%	52%	83%	100%	49%	46%	33%
NET: Less		11	10	-	-	-	1	-	2	1	-	-	1	-	1	5	1
		12%	15%	-	-	-	100%	-	12%	12%	-	-	17%	-	9%	13%	27%
Base for stats		88	64	15	6	22	1	2	14	10	5	2	6	1	11	37	3
Mean Score		3.63	3.51	3.93	4.20	4.01	2.00	3.46	3.78	3.57	4.03	3.52	4.14	5.00	3.65	3.47	3.06
Standard Deviation		1.048	1.065	.895	.811	.860	-	.658	1.389	.865	1.130	.740	1.158	-	1.000	.967	.934
Standard Error		.112	.129	.258	.363	.209	-	.465	.371	.288	.565	.523	.473	-	.316	.157	.539
Error variance		.01	.02	.07	.13	.04	-	.22	.14	.08	.32	.27	.22	-	.10	.02	.29

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Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	b	*c	*d	e	
Significance Level: 95%																		
Unweighted Total	87	14	9	5	2	14	16	19	5	7	-	12	19	16	53	17	1	71
Total	88	15	9	5	2	14	18	20	6	7	-	13	20	16	51	19	1	72
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	22 25%	5 34%	2 23%	2 48%	- -	4 31%	5 30%	8 43%	1 21%	- -	- -	1 10%	8 43%	1 6%	15 29%	5 26%	1 100%	21 29%
A bit more (4.0)	24 28%	2 15%	4 42%	2 34%	1 46%	6 39%	3 19%	4 20%	2 39%	3 38%	- -	5 38%	4 20%	7 44%	10 20%	7 38%	- -	17 24%
Neither more nor less (3.0)	31 35%	6 38%	2 26%	1 18%	1 54%	3 24%	7 40%	6 29%	3 41%	3 45%	- -	6 43%	6 29%	7 44%	19 36%	5 26%	- -	24 33%
A bit less (2.0)	8 9%	1 8%	- -	- -	- -	- -	1 7%	- -	- -	1 17%	- -	1 9%	- -	1 6%	6 12%	1 5%	- -	7 10%
A lot less (1.0)	3 3%	1 6%	1 9%	- -	- -	1 6%	1 5%	2 9%	- -	- -	- -	- -	2 9%	- -	2 3%	1 5%	- -	3 4%
Don't know	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: More	46 53%	7 49%	6 64%	4 82%	1 46%	10 70%	9 48%	12 62%	4 59%	3 38%	- -	6 48%	12 62%	8 50%	25 49%	13 64%	1 100%	38 53%
NET: Less	11 12%	2 14%	1 9%	- -	- -	1 6%	2 12%	2 9%	- -	1 17%	- -	1 9%	2 9%	1 6%	8 15%	2 10%	- -	10 13%
Base for stats	88	15	9	5	2	14	18	20	6	7	-	13	20	16	51	19	1	72
Mean Score	3.63	3.64	3.69	4.30	3.46	3.90	3.61	3.87	3.80	3.20	-	3.48	3.87	3.51	3.59	3.77	5.00	3.66
Standard Deviation	1.048	1.234	1.170	.846	.658	1.079	1.160	1.255	.827	.770	-	.823	1.255	.722	1.128	1.070	-	1.110
Standard Error	.112	.330	.390	.378	.465	.288	.290	.288	.370	.291	-	.238	.288	.180	.155	.260	-	.132
Error variance	.01	.11	.15	.14	.22	.08	.08	.08	.14	.08	-	.06	.08	.03	.02	.07	-	.02

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Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		*a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total	87	11	57	10	23	2	53	31	4	58	29	80	6
Total	88	12	57	11	22	2	53	32	4	59	29	81	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	22	18	1	3	1	15	5	-	17	5	21	-
		25%	31%	12%	13%	45%	28%	16%	-	28%	18%	26%	-
A bit more	(4.0)	24	11	6	5	-	15	10	1	16	8	22	2
		28%	19%	53%	23%	-	28%	31%	26%	28%	28%	28%	34%
Neither more nor less	(3.0)	31	19	2	11	1	18	12	2	20	11	28	3
		35%	34%	18%	47%	55%	34%	38%	51%	34%	37%	34%	51%
A bit less	(2.0)	8	7	1	2	-	5	3	-	4	4	7	1
		9%	12%	9%	9%	-	9%	10%	-	7%	14%	9%	15%
A lot less	(1.0)	3	2	1	2	-	1	2	1	2	1	3	-
		3%	3%	8%	8%	-	1%	6%	23%	3%	3%	3%	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-
NET: More		46	29	7	8	1	29	15	1	33	13	44	2
		53%	51%	65%	35%	45%	56%	47%	26%	56%	46%	54%	34%
NET: Less		11	9	2	4	-	6	5	1	6	5	10	1
		12%	16%	18%	17%	-	11%	15%	23%	10%	17%	12%	15%
Base for stats		88	57	11	22	2	53	32	4	59	29	81	6
Mean Score		3.63	3.63	3.51	3.23	3.91	3.71	3.42	2.79	3.72	3.45	3.65	3.19
Standard Deviation		1.048	1.146	1.132	1.065	1.333	1.025	1.064	1.248	1.045	1.049	1.060	.736
Standard Error		.112	.152	.358	.222	.943	.141	.191	.624	.137	.195	.119	.301
Error variance		.01	.02	.13	.05	.89	.02	.04	.39	.02	.04	.01	.09

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Q6D.7. Other sport, exercise or physical activity: In the past week, do you think you have done more, less or the same amount of these activities, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All who have done some form of physical activity in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	b	*c	*a	*b	c	*d
Unweighted Total	87	5	12	13	17	10	14	7	9	52	30	22	45	18	12	17	44	13
Total	88	5	13	12	18	10	14	7	9	53	30	23	44	18	13	16	44	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	22 25%	1 20%	3 26%	- -	3 18%	3 31%	7 52%	4 55%	- -	10 18%	11 38%	12 49%	4 8%	7 37%	2 18%	6 39%	7 17%	6 42%
A bit more (4.0)	24 28%	1 19%	4 34%	4 30%	6 32%	4 42%	3 19%	- -	3 33%	18 34%	6 19%	10 41%	9 20%	6 33%	4 33%	6 33%	14 32%	1 6%
Neither more nor less (3.0)	31 35%	2 39%	4 33%	6 46%	6 36%	2 17%	4 29%	2 29%	5 56%	18 34%	11 37%	2 9%	26 58%	1 5%	4 34%	3 16%	18 40%	5 40%
A bit less (2.0)	8 9%	1 22%	- -	2 16%	2 11%	1 10%	- -	1 16%	1 10%	5 9%	2 7%	- -	6 14%	2 11%	1 8%	2 12%	4 9%	1 7%
A lot less (1.0)	3 3%	- -	1 7%	1 7%	1 4%	- -	- -	- -	- -	3 5%	- -	- -	- -	3 14%	1 7%	- -	1 2%	1 6%
Don't know	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: More	46 53%	2 39%	8 60%	4 30%	9 49%	7 73%	10 71%	4 55%	3 33%	28 52%	17 56%	21 91%	12 28%	13 70%	7 51%	12 72%	21 49%	6 48%
NET: Less	11 12%	1 22%	1 7%	3 23%	3 15%	1 10%	- -	1 16%	1 10%	7 14%	2 7%	- -	6 14%	4 24%	2 15%	2 12%	5 11%	2 12%
Base for stats	88	5	13	12	18	10	14	7	9	53	30	23	44	18	13	16	44	13
Mean Score	3.63	3.36	3.73	3.00	3.48	3.94	4.23	3.95	3.23	3.51	3.87	4.40	3.22	3.70	3.47	4.00	3.52	3.71
Standard Deviation	1.048	1.168	1.098	.906	1.066	.985	.901	1.307	.660	1.049	1.020	.670	.786	1.453	1.124	1.042	.958	1.279
Standard Error	.112	.522	.317	.251	.259	.312	.241	.494	.220	.145	.186	.143	.117	.343	.325	.253	.144	.355
Error variance	.01	.27	.10	.06	.07	.10	.06	.24	.05	.02	.03	.02	.01	.12	.11	.06	.02	.13

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Q6E. In the past week, in which of the following indoor facilities, if any, have you taken part in sport or physical activity?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Indoor gyms or fitness centres (including fitness classes)	297 15%	172 18% b	124 12%	145 24% bc	114 17% c	37 5%	11 11%	32 12%	34 17% i	25 12%	21 12%	27 12%	84 27%	42 13%	20 10%
Indoor swimming pools	270 13%	158 16% b	111 11%	123 20% bc	101 15% c	45 6%	10 10%	28 11%	26 13%	23 11%	19 11%	32 14%	70 22%	41 13%	21 10%
Other indoor sports facilities	163 8%	104 11% b	58 6%	91 15% bc	54 8% c	18 2%	10 11% fi	19 7%	18 9% f	15 7%	14 8%	8 4%	41 13% bdfi	28 8% f	9 5%
I have not taken part in sport or physical activity in any indoor facilities in the past week	1385 69%	620 63%	758 74% a	297 49%	436 66% a	652 88% ab	71 73% g	191 72% g	130 66% g	154 74% g	123 72% g	164 74% g	159 50%	233 71% g	159 78% cg
NET: Sport or activity in an indoor facility in the past week	622 31%	359 37% b	260 26%	309 51% bc	223 34% c	89 12%	26 27%	73 28%	66 34% i	55 26%	48 28%	57 26%	157 50% abcdefhi	94 29%	46 22%

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Q6E. In the past week, in which of the following indoor facilities, if any, have you taken part in sport or physical activity?

BASE: All respondents

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Indoor gyms or fitness centres (including fitness classes)	297	68	93	54	39	16	28	214	83	220	12	35	18	2	4	72
	15%	38%	21%	12%	17%	8%	6%	20%	9%	13%	26%	30%	23%	20%	43%	27%
		bcdefgh	cefh	f	efh		6%	cefh	f		a	a	a			a
Indoor swimming pools	270	46	66	58	39	32	29	170	100	215	12	22	15	-	-	49
	13%	25%	15%	13%	17%	16%	6%	16%	11%	13%	25%	19%	19%	-	-	18%
		bcdefgh	fh	f	fh	f		fh	f		a					a
Other indoor sports facilities	163	27	35	40	28	16	17	102	61	116	6	21	13	2	1	42
	8%	15%	8%	9%	12%	8%	4%	9%	7%	7%	12%	18%	16%	18%	9%	16%
		bcefgh	f	f	fh	f		fh	f			a	a			a
I have not taken part in sport or physical activity in any indoor facilities in the past week	1385	69	286	323	139	145	423	678	707	1233	24	51	36	8	6	124
	69%	38%	64%	71%	60%	71%	86%	63%	77%	72%	51%	43%	46%	62%	57%	47%
			a	abdg	a	adg	abcdegh	a	abcdg	bcdg						
NET: Sport or activity in an indoor facility in the past week	622	111	162	133	91	59	66	406	216	469	23	67	43	5	4	141
	31%	62%	36%	29%	40%	29%	14%	37%	23%	28%	49%	57%	54%	38%	43%	53%
		bcdefgh	cfh	fh	cefh	f		cefh	f		a	a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6E. In the past week, in which of the following indoor facilities, if any, have you taken part in sport or physical activity?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Indoor gyms or fitness centres (including fitness classes)	297	138	80	62	142	19	36	139	36	10	8	6	14	10	18	55
	15%	11%	22%	20%	21%	20%	31%	21%	15%	17%	16%	5%	17%	5%	4%	26%
		a	a	a	a	gij	cdghij	dgij	gij	gij	gij		gij			dgij
Indoor swimming pools	270	103	81	66	147	21	21	119	36	11	12	8	12	14	15	42
	13%	8%	22%	22%	22%	23%	18%	18%	15%	19%	23%	6%	14%	8%	4%	20%
		a	a	a	a	gij	gij	gij	gij	gij	gij		j	j		gij
Other indoor sports facilities	163	74	45	25	71	8	19	58	22	13	7	6	14	5	11	27
	8%	6%	13%	8%	11%	8%	16%	9%	9%	22%	13%	5%	16%	3%	3%	13%
		a	a	a	a	j	cgij	ij	ij	acdghij	gij		cgij			gij
I have not taken part in sport or physical activity in any indoor facilities in the past week	1385	957	193	176	369	52	49	394	153	31	30	109	50	154	364	100
	69%	78%	53%	58%	55%	56%	41%	60%	65%	52%	59%	85%	58%	86%	90%	48%
		bcd				b		bk	bk		b	abcdehfk	b	abcdehfk	abcdehfk	
NET: Sport or activity in an indoor facility in the past week	622	275	169	129	298	41	69	260	82	29	21	19	36	26	39	110
	31%	22%	47%	42%	45%	44%	59%	40%	35%	48%	41%	15%	42%	14%	10%	52%
		a	a	a	a	gij	acdfghij	gij	gij	gij	gij		gij			cdghij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6E. In the past week, in which of the following indoor facilities, if any, have you taken part in sport or physical activity?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Indoor gyms or fitness centres (including fitness classes)	297 15%	91 18%	98 27%	26 17%	8 18%	124 24%	99 18%	100 17%	92 35%	22 13%	8 26%	115 26%	108 18%	32 10%	151 13%	103 21%	11 14%	265 16%	
			acf			af			acef			acf			abe			a	
Indoor swimming pools	270 13%	82 17%	71 19%	25 17%	10 20%	96 19%	92 17%	86 15%	73 28%	27 15%	1 3%	100 23%	87 14%	34 11%	148 13%	80 16%	8 10%	235 14%	
									acdf			acdf			a				
Other indoor sports facilities	163 8%	32 7%	42 12%	24 16%	14 29%	66 13%	46 8%	30 5%	47 18%	27 15%	11 35%	74 17%	41 7%	16 5%	79 7%	55 11%	13 16%	147 9%	
			a	af	abcef	af			af	af	abcef	af			ab	abe		a	
I have not taken part in sport or physical activity in any indoor facilities in the past week	1385 69%	320 65%	192 53%	84 55%	17 37%	276 54%	338 63%	398 69%	93 35%	107 61%	14 45%	200 45%	412 67%	254 79%	795 71%	286 59%	50 62%	1131 67%	
		bcde	d	d		d	bde	bde		be		b	bde	bcde	ce			c	
NET: Sport or activity in an indoor facility in the past week	622 31%	169 35%	170 47%	68 45%	30 63%	238 46%	199 37%	182 31%	174 65%	68 39%	17 55%	242 55%	199 33%	69 21%	325 29%	198 41%	30 38%	554 33%	
			af	a	abcef	af			acef		af	acf			a	abe	a	ab	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6E. In the past week, in which of the following indoor facilities, if any, have you taken part in sport or physical activity?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Indoor gyms or fitness centres (including fitness classes)	297	105	155	43	32	24	207	87	5	253	44	259	36
	15%	27%	12%	16%	8%	22%	16%	13%	7%	16%	11%	15%	12%
		b		bf		bef	bf	b		b			
Indoor swimming pools	270	109	116	37	37	41	153	104	6	228	42	235	27
	13%	28%	9%	14%	10%	38%	12%	16%	8%	14%	10%	14%	9%
		b				abdef		bd				b	
Other indoor sports facilities	163	64	76	32	33	18	85	71	9	123	40	130	29
	8%	16%	6%	12%	9%	17%	7%	11%	11%	8%	10%	8%	10%
		b		d		bd		d					
I have not taken part in sport or physical activity in any indoor facilities in the past week	1385	155	944	170	289	32	913	419	66	1100	285	1157	213
	69%	40%	76%	63%	78%	30%	71%	64%	82%	68%	71%	69%	72%
			a	c	acde		ace	c	acde				
NET: Sport or activity in an indoor facility in the past week	622	235	297	99	84	74	369	234	14	508	114	525	83
	31%	60%	24%	37%	22%	70%	29%	36%	18%	32%	29%	31%	28%
		b		bdf		abdef	bf	bdf					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6E. In the past week, in which of the following indoor facilities, if any, have you taken part in sport or physical activity?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Indoor gyms or fitness centres (including fitness classes)	297 15%	4 1%	17 9%	41 15%	65 20%	63 26%	40 20%	21 22%	46 16%	187 18%	106 19%	188 29%	63 7%	45 11%	40 10%	82 15%	96 13%	77 25%
			a	ab	ab	abchij	ab	ab	ab	ab	ab	bc		b		a		abc
Indoor swimming pools	270 13%	9 2%	22 11%	39 14%	68 20%	50 21%	33 17%	10 11%	39 14%	178 17%	82 14%	146 22%	89 10%	30 7%	33 9%	83 16%	91 12%	57 19%
		a	a	abghj	abghj	a	a	a	a	ab	a	bc			a		ac	
Other indoor sports facilities	163 8%	8 2%	16 8%	31 12%	47 14%	18 7%	17 8%	9 9%	18 6%	112 11%	43 8%	56 9%	64 7%	38 9%	29 8%	46 9%	57 8%	29 9%
			a	ahj	aehj	a	a	a	a	ahj	a							
I have not taken part in sport or physical activity in any indoor facilities in the past week	1385 69%	375 95%	143 74%	168 63%	179 54%	131 54%	128 64%	62 67%	199 71%	621 60%	389 68%	336 51%	701 79%	314 76%	292 76%	342 65%	545 73%	177 58%
		bcdefghij	cdefi	de			de	de	cdei	d	dei		a	a	bd	d	bd	
NET: Sport or activity in an indoor facility in the past week	622 31%	21 5%	51 26%	100 37%	155 46%	111 46%	72 36%	31 33%	81 29%	416 40%	184 32%	322 49%	189 21%	101 24%	90 24%	186 35%	207 27%	130 42%
			a	abh	abcfghij	abcfghj	ab	a	a	abhj	a	bc			ac		abc	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F. SUMMARY: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely	Not sure	NET: Likely	NET: Unlikely
Indoor swimming pools	1385 100%	58 4%	145 10%	228 16%	868 63%	87 6%	202 15%	1095 79%
Other indoor sports facilities	1385 100%	43 3%	134 10%	255 18%	858 62%	96 7%	176 13%	1112 80%
Indoor gyms or fitness centres (including fitness classes)	1385 100%	43 3%	130 9%	223 16%	897 65%	92 7%	173 12%	1120 81%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.1. Indoor gyms or fitness centres (including fitness classes): Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1397	643	747	311	423	663	94	190	130	169	123	138	156	247	150
Total	1385	620	758	297	436	652	71	191	130	154	123	164	159	233	159
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	43	22	21	12	21	10	2	3	5	4	5	2	8	13	-
	3%	4%	3%	4%	5%	2%	3%	1%	4%	3%	4%	1%	5%	6%	-
				c	c		i		i	i	i		i	bfi	
Somewhat likely (3.0)	130	62	65	65	44	22	6	17	15	19	13	8	26	16	10
	9%	10%	9%	22%	10%	3%	8%	9%	11%	13%	11%	5%	16%	7%	6%
				bc	c					f			bfhi		
Somewhat unlikely (2.0)	223	102	120	62	91	71	13	24	15	32	16	19	34	40	30
	16%	17%	16%	21%	21%	11%	19%	13%	12%	21%	13%	11%	21%	17%	19%
				c	c					bcf			bcf		
Very unlikely (1.0)	897	391	505	120	247	529	41	128	91	90	84	122	73	159	108
	65%	63%	67%	40%	57%	81%	58%	67%	70%	58%	68%	74%	46%	68%	68%
				a	ab		g	g	dg	g	g	adg	dg	g	
Not sure	92	43	48	38	33	21	8	19	5	9	5	13	18	5	10
	7%	7%	6%	13%	8%	3%	12%	10%	4%	6%	4%	8%	11%	2%	6%
				bc	c		ceh	ceh		h		h	ceh		h
NET: Likely	173	84	86	77	64	32	8	20	20	23	19	11	34	29	10
	12%	14%	11%	26%	15%	5%	11%	10%	15%	15%	15%	6%	21%	12%	6%
				bc	c				fi	fi	fi		abfhi		
NET: Unlikely	1120	493	625	182	338	600	55	152	106	122	100	141	107	199	139
	81%	80%	82%	61%	78%	92%	77%	80%	81%	79%	81%	85%	67%	85%	87%
				a	ab			g	g	g	g	g	g	g	adg
Base for stats	1293	577	711	259	402	632	62	171	125	145	119	151	142	228	149
Mean Score	1.47	1.51	1.44	1.88	1.60	1.23	1.50	1.38	1.47	1.57	1.49	1.28	1.78	1.49	1.34
				bc	c		f		f	bfi	f		abcdefhi	f	
Standard Deviation	.806	.833	.779	.943	.877	.582	.808	.730	.852	.826	.869	.632	.942	.858	.602
Standard Error	.022	.034	.029	.057	.044	.023	.089	.056	.076	.066	.080	.056	.080	.055	.051
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

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Q6F.1. Indoor gyms or fitness centres (including fitness classes): Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
			a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g
Significance Level: 95%																	
Unweighted Total		1397	68	286	326	142	145	430	680	717	1245	23	51	35	8	6	123
Total		1385	69	286	323	139	145	423	678	707	1233	24	51	36	8	6	124
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0)	43 3%	3 4%	13 5%	12 4%	5 3%	5 3%	6 1%	28 4%	15 2%	32 3%	-	4 8%	4 11%	1 12%	1 15%	10 8%
				fh	f				fh				a	a			a
Somewhat likely	(3.0)	130 9%	14 20%	36 12%	30 9%	13 9%	21 14%	18 4%	79 12%	51 7%	92 7%	6 27%	12 23%	11 32%	4 53%	-	33 27%
			cd	fh	f	f	fh		fh	f			a	a			a
Somewhat unlikely	(2.0)	223 16%	13 19%	58 20%	52 16%	25 18%	24 16%	51 12%	123 18%	100 14%	192 16%	9 38%	13 25%	6 18%	-	1 22%	29 24%
				fh	fh				fh								a
Very unlikely	(1.0)	897 65%	34 50%	164 57%	205 64%	89 64%	83 57%	322 76%	403 59%	493 70%	853 69%	6 26%	13 25%	9 25%	3 35%	3 48%	33 27%
					a			abcdegh		abceg	cdg						
Not sure		92 7%	5 7%	16 5%	24 7%	8 6%	13 9%	26 6%	45 7%	47 7%	64 5%	2 10%	10 19%	5 14%	-	1 15%	18 15%
													a	a			a
NET: Likely		173 12%	17 24%	49 17%	41 13%	17 12%	25 17%	24 6%	106 16%	66 9%	124 10%	6 27%	16 30%	15 43%	5 65%	1 15%	43 35%
			cd	fh	f	f	fh		fh	f			a	a			a
NET: Unlikely		1120 81%	47 68%	222 78%	258 80%	113 82%	107 74%	373 88%	527 78%	593 84%	1045 85%	15 64%	26 50%	15 43%	3 35%	4 70%	63 51%
					a	a		abcdegh		abeg	cdg						
Base for stats		1293	64	271	299	131	132	397	633	660	1169	21	41	31	8	5	106
Mean Score		1.47	1.77	1.62	1.49	1.49	1.60	1.26	1.57	1.38	1.40	2.01	2.16	2.34	2.41	1.79	2.18
			cd	fh	fh	f	fh		fh	f			a	a			a
Standard Deviation		.806	.948	.889	.826	.815	.876	.613	.870	.727	.751	.779	.985	1.052	1.165	1.244	.986
Standard Error		.022	.119	.054	.048	.071	.077	.031	.035	.028	.022	.170	.154	.192	.412	.557	.096
Error variance		*	.01	*	*	*	.01	*	*	*	*	.03	.02	.04	.17	.31	.01

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Q6F.1. Indoor gyms or fitness centres (including fitness classes): Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	1397	1031	157	142	299	51	49	399	147	30	31	112	55	158	365	100	
Total	1385	957	193	176	369	52	49	394	153	31	30	109	50	154	364	100	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Very likely	(4.0)	43	23	7	7	15	5	4	21	4	1	-	5	2	-	1	9
		3%	2%	4%	4%	4%	10%	8%	5%	3%	4%	-	5%	3%	-	*	9%
							dij	ij	ij	ij	ij		ij	ij			dij
Somewhat likely	(3.0)	130	61	26	32	58	6	5	52	21	3	3	14	8	6	12	11
		9%	6%	13%	18%	16%	12%	10%	13%	14%	11%	10%	13%	17%	4%	3%	11%
				a	a	a	ij	j	ij	ij	j		ij	ij			ij
Somewhat unlikely	(2.0)	223	121	43	44	87	9	12	79	30	3	7	21	10	18	35	21
		16%	13%	23%	25%	24%	16%	26%	20%	20%	9%	23%	19%	20%	11%	10%	21%
			a	a	a			ij	ij	ij		j	j	j			ij
Very unlikely	(1.0)	897	700	93	87	179	27	24	216	89	20	19	62	19	116	304	51
		65%	73%	48%	49%	49%	53%	48%	55%	58%	65%	65%	57%	39%	75%	83%	51%
			bcd					h	h	h	h	h	h		abcdghk	abcdefghik	
Not sure		92	52	23	6	30	5	4	27	9	3	1	6	10	15	12	9
		7%	5%	12%	4%	8%	9%	9%	7%	6%	11%	3%	6%	21%	10%	3%	9%
			ac					j	j	j	j			cdgijk	j		j
NET: Likely		173	84	33	39	73	11	8	72	25	5	3	20	10	6	13	20
		12%	9%	17%	22%	20%	22%	17%	18%	16%	15%	10%	18%	20%	4%	4%	19%
				a	a	a	ij	ij	ij	ij	ij		ij	ij			ij
NET: Unlikely		1120	820	136	130	266	36	36	295	119	23	26	83	29	133	339	72
		81%	86%	71%	74%	72%	70%	74%	75%	78%	74%	87%	76%	59%	87%	93%	72%
			bcd					h	h	h	h	h	h		abcdghk	abcddeghik	
Base for stats		1293	905	169	170	339	47	44	367	144	28	29	103	39	139	352	92
Mean Score		1.47	1.34	1.69	1.77	1.73	1.76	1.74	1.67	1.59	1.48	1.44	1.64	1.81	1.21	1.18	1.75
				a	a	a	ij	ij	ij	ij	ij	ij	ij	ij			ij
Standard Deviation		.806	.717	.886	.907	.896	1.048	.959	.920	.842	.889	.683	.914	.925	.495	.479	1.001
Standard Error		.022	.023	.075	.078	.054	.153	.145	.048	.072	.171	.125	.089	.141	.042	.026	.105
Error variance		*	*	.01	.01	*	.02	.02	*	.01	.03	.02	.01	.02	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.1. Indoor gyms or fitness centres (including fitness classes): Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	1397	317	194	81	18	275	335	401	91	102	15	193	416	273	808	267	49	1124	
Total	1385	320	192	84	17	276	338	398	93	107	14	200	412	254	795	286	50	1131	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Very likely (4.0)	43 3%	10 3%	12 6%	6 7%	1 5%	18 7% a	11 3%	18 5%	6 7%	2 2%	- -	9 4%	18 4%	9 4%	21 3%	11 4%	2 3%	33 3%	
Somewhat likely (3.0)	130 9%	34 11%	29 15%	7 8%	8 44%	36 13%	42 12%	43 11%	18 19% ac	8 7%	6 43%	26 13%	49 12%	7 3%	72 9% a	41 14% ab	10 20% abe	123 11% a	
Somewhat unlikely (2.0)	223 16%	68 21%	32 17%	22 26%	5 31%	54 20%	74 22%	72 18%	33 36% acf	19 18%	- -	52 26% af	72 18%	31 12%	121 15%	61 21% ab	10 21%	192 17%	
Very unlikely (1.0)	897 65%	184 57%	109 57%	45 54%	1 7%	154 56%	185 55%	236 59% b	33 35%	71 66% be	6 40%	103 52% b	242 59% b	193 76% bcde	536 67% cde	147 51%	20 40%	703 62% cd	
Not sure	92 7%	24 8%	10 5%	4 5%	2 12%	14 5%	26 8%	28 7%	3 3%	7 7%	2 17%	10 5%	31 7%	13 5%	45 6%	26 9%	8 16% abe	79 7%	
NET: Likely	173 12%	44 14%	41 22% a	13 15%	9 49%	54 20%	53 16%	61 15%	24 26% acf	10 9%	6 43%	34 17%	67 16%	16 6%	93 12% a	52 18% ab	12 23% ab	157 14% a	
NET: Unlikely	1120 81%	252 79%	141 73%	67 80%	7 38%	208 75%	258 77%	308 77%	66 71%	90 84% b	6 40%	156 78%	314 76%	224 88% bcde	657 83% cd	208 73%	30 61%	896 79% cd	
Base for stats	1293	296	182	80	15	262	311	370	90	100	12	190	381	240	750	260	42	1052	
Mean Score	1.47	1.56	1.70	1.66	2.54	1.69	1.61	1.58	1.98 acef	1.41	2.03	1.68 c	1.59	1.30	1.44 a	1.68 abe	1.84 abe	1.51 a	
Standard Deviation	.806	.826	.970	.919	.750	.953	.848	.882	.926	.726	1.046	.873	.889	.708	.780	.886	.928	.822	
Standard Error	.022	.048	.071	.105	.188	.059	.048	.046	.099	.074	.302	.064	.045	.044	.028	.057	.145	.025	
Error variance	*	*	.01	.01	.04	*	*	*	.01	.01	.09	*	*	*	*	*	.02	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.1. Indoor gyms or fitness centres (including fitness classes): Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	1397	151	940	170	291	33	921	421	66	1108	289	1157	222
Total	1385	155	944	170	289	32	913	419	66	1100	285	1157	213
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0) 43 3%	7 5%	24 3%	4 2%	5 2%	1 2%	31 3%	8 2%	1 2%	39 4% b	3 1%	36 3%	6 3%
Somewhat likely	(3.0) 130 9%	19 12%	98 10%	19 11%	18 6%	4 13%	91 10%	36 9%	5 8%	110 10%	20 7%	103 9%	23 11%
Somewhat unlikely	(2.0) 223 16%	23 15%	165 17%	31 18% be	21 7%	2 6%	168 18% bef	49 12%	6 9%	175 16%	48 17%	187 16%	35 16%
Very unlikely	(1.0) 897 65%	91 59%	603 64%	105 62%	229 79% ade	22 68%	564 62%	301 72% ad	50 75% ad	701 64%	196 69%	763 66%	131 61%
Not sure	92 7%	15 10%	55 6%	11 6%	16 6%	3 10%	58 6%	26 6%	4 6%	75 7%	17 6%	68 6%	18 9%
NET: Likely	173 12%	26 17%	122 13%	23 14% b	23 8%	5 15%	122 13% b	44 11%	7 10%	150 14% b	23 8%	138 12%	29 14%
NET: Unlikely	1120 81%	114 73%	767 81% a	136 80%	251 87% d	24 75%	732 80%	350 83%	55 84%	876 80%	244 86% a	950 82%	165 78%
Base for stats	1293	140	889	159	273	29	855	394	62	1025	267	1089	195
Mean Score	1.47	1.59	1.49	1.51 be	1.26	1.44	1.52 be	1.37	1.33	1.50 b	1.37	1.46	1.51
Standard Deviation	.806	.908	.796	.806	.656	.847	.827	.737	.722	.835	.675	.797	.825
Standard Error	.022	.078	.027	.064	.039	.157	.028	.037	.092	.026	.041	.024	.058
Error variance	*	.01	*	*	*	.02	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.1. Indoor gyms or fitness centres (including fitness classes): Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1397	384	145	172	178	129	126	61	202	624	389	329	711	320	297	343	550	175
Total	1385	375	143	168	179	131	128	62	199	621	389	336	701	314	292	342	545	177
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	43 3%	5 1%	2 1%	4 2%	7 4%	7 6%	7 6%	5 7%	6 3%	20 3%	17 4%	13 4%	15 2%	14 4%	14 5%	8 2%	14 2%	7 4%
Somewhat likely (3.0)	130 9%	16 4%	11 8%	19 11%	18 10%	20 15%	17 13%	6 9%	23 12%	68 11%	46 12%	61 18%	40 6%	22 7%	26 9%	33 10%	40 7%	28 16%
Somewhat unlikely (2.0)	223 16%	26 7%	31 22%	29 17%	42 23%	28 21%	27 22%	11 18%	28 14%	130 21%	67 17%	70 21%	99 14%	51 16%	42 14%	66 19%	94 17%	16 9%
Very unlikely (1.0)	897 65%	305 81%	91 64%	102 60%	98 55%	69 53%	68 53%	37 60%	126 63%	360 58%	231 59%	172 51%	507 72%	206 66%	194 66%	210 62%	372 68%	114 64%
Not sure	92 7%	21 6%	8 5%	14 8%	15 8%	6 5%	8 6%	4 6%	16 8%	43 7%	28 7%	20 6%	40 6%	21 7%	17 6%	24 7%	25 5%	12 7%
NET: Likely	173 12%	22 6%	13 9%	23 14%	25 14%	27 21%	24 19%	10 17%	29 14%	88 14%	63 16%	75 22%	55 8%	36 11%	40 14%	41 12%	54 10%	35 20%
NET: Unlikely	1120 81%	332 88%	123 86%	131 78%	140 78%	97 75%	96 75%	48 77%	154 77%	490 79%	298 77%	242 72%	606 86%	257 82%	235 81%	276 81%	466 86%	131 74%
Base for stats	1293	353	135	154	164	125	120	58	183	578	361	317	661	293	275	317	520	166
Mean Score	1.47	1.21	1.43	1.52	1.60	1.72	1.69	1.62	1.50	1.56	1.58	1.74	1.34	1.47	1.49	1.49	1.41	1.57
Standard Deviation	.806	.593	.706	.816	.841	.937	.928	.960	.830	.831	.887	.916	.693	.826	.867	.782	.745	.918
Standard Error	.022	.031	.060	.065	.066	.085	.085	.127	.061	.035	.047	.052	.027	.048	.052	.044	.033	.072
Error variance	*	*	*	*	*	.01	.01	.02	*	*	*	*	*	*	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.2. Indoor swimming pools: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1397	643	747	311	423	663	94	190	130	169	123	138	156	247	150
Total	1385	620	758	297	436	652	71	191	130	154	123	164	159	233	159
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	58 4%	28 5%	28 4%	18 6% c	24 6% c	15 2%	3 4%	5 2%	8 6% f	4 3%	10 8% bdfi	3 2%	12 7% bdfi	11 5%	3 2%
Somewhat likely (3.0)	145 10%	64 10%	81 11%	48 16% c	62 14% c	35 5%	9 13%	16 8%	16 12%	17 11%	15 13%	20 12%	15 9%	19 8%	18 11%
Somewhat unlikely (2.0)	228 16%	105 17%	122 16%	70 24% c	83 19% c	75 11%	8 12%	34 18%	21 16%	32 21%	17 14%	27 16%	34 22% h	32 14%	22 14%
Very unlikely (1.0)	868 63%	383 62%	482 64%	119 40%	242 56% a	507 78% ab	43 61%	116 61% g	81 62% g	93 60%	74 60%	110 67% g	80 50%	162 69% g	109 69% g
Not sure	87 6%	40 6%	45 6%	42 14% bc	25 6% c	21 3%	7 10% cfh	20 10% cfh	5 3%	8 5%	7 6%	5 3%	19 12% cdfhi	10 4%	7 5%
NET: Likely	202 15%	92 15%	110 14%	66 22% c	86 20% c	51 8%	12 17%	20 11%	24 18% b	21 13%	25 20% b	23 14%	27 17%	30 13%	21 13%
NET: Unlikely	1095 79%	488 79%	604 80%	189 64%	325 75% a	581 89% ab	51 72%	151 79%	102 78%	125 81% g	92 74%	137 83% ag	114 72%	194 83% aeg	131 82% g
Base for stats	1298	580	714	255	411	632	63	171	126	146	116	160	141	223	151
Mean Score	1.53	1.55	1.52	1.86 bc	1.68 c	1.30	1.56	1.47	1.61	1.53	1.66 hi	1.47	1.71 bfhi	1.46	1.44
Standard Deviation	.860	.872	.847	.960	.935	.685	.910	.773	.942	.805	.994	.775	.966	.842	.782
Standard Error	.024	.036	.032	.059	.047	.027	.099	.059	.084	.064	.092	.067	.082	.055	.065
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.2. Indoor swimming pools: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	1397	68	286	326	142	145	430	680	717	1245	23	51	35	8	6	123	
Total	1385	69	286	323	139	145	423	678	707	1233	24	51	36	8	6	124	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Very likely (4.0)	58 4%	4 6%	24 9%	11 3%	6 4%	8 6%	3 1%	39 6%	18 3%	46 4%	1 6%	5 9%	2 6%	2 30%	-	10 8%	
		f	cfh	f	f	fh		fh	f			a				a	
Somewhat likely (3.0)	145 10%	9 13%	34 12%	35 11%	19 14%	21 14%	27 6%	78 11%	67 9%	126 10%	2 7%	6 12%	9 24%	-	1 15%	17 14%	
		f	f	f	f	f		f					a				
Somewhat unlikely (2.0)	228 16%	14 20%	61 21%	51 16%	31 22%	19 13%	52 12%	126 19%	101 14%	195 16%	10 40%	13 25%	8 21%	1 12%	-	31 25%	
			efh		efh			fh								a	
Very unlikely (1.0)	868 63%	39 57%	154 54%	205 64%	73 52%	86 59%	311 73%	399 59%	469 66%	805 65%	8 34%	19 37%	14 39%	4 58%	4 70%	49 40%	
				bd			abcdegh		bdg	cdg							
Not sure	87 6%	2 3%	13 5%	20 6%	10 7%	11 8%	30 7%	36 5%	52 7%	62 5%	3 14%	9 18%	3 9%	-	1 15%	16 13%	
												a				a	
NET: Likely	202 15%	13 19%	58 20%	46 14%	25 18%	29 20%	30 7%	117 17%	85 12%	172 14%	3 12%	11 21%	11 30%	2 30%	1 15%	28 22%	
		f	cfh	f	fh	fh		fh	f				a			a	
NET: Unlikely	1095 79%	53 77%	215 75%	257 80%	103 74%	104 72%	363 86%	525 77%	570 81%	1000 81%	18 74%	32 62%	22 61%	5 70%	4 70%	80 65%	
							bcddegh		be	cdg							
Base for stats	1298	67	273	302	129	134	393	642	656	1172	20	42	33	8	5	108	
Mean Score	1.53	1.67	1.74	1.51	1.68	1.64	1.30	1.62	1.44	1.50	1.81	1.92	1.96	2.01	1.35	1.89	
		fh	cfh	f	fh	fh		fh	f			a	a			a	
Standard Deviation	.860	.934	.990	.838	.899	.964	.632	.920	.786	.836	.850	1.027	.989	1.428	.857	.999	
Standard Error	.024	.115	.060	.048	.079	.084	.032	.036	.031	.024	.190	.158	.178	.505	.383	.097	
Error variance	*	.01	*	*	.01	.01	*	*	*	*	.04	.03	.03	.25	.15	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.2. Indoor swimming pools: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	1397	1031	157	142	299	51	49	399	147	30	31	112	55	158	365	100
Total	1385	957	193	176	369	52	49	394	153	31	30	109	50	154	364	100
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	58 4%	25 3%	14 7%	15 9%	29 8%	2 4%	8 17%	28 7%	8 5%	1 4%	1 3%	4 4%	1 2%	1 1%	4 1%	10 10%
			a	a	a		acdghij	ij	ij			ij				ij
Somewhat likely (3.0)	145 10%	72 8%	28 14%	37 21%	64 17%	6 11%	6 13%	57 14%	17 11%	4 14%	1 3%	17 16%	8 16%	9 6%	19 5%	12 12%
			a	a	a		j	ij	j			ij	ij			j
Somewhat unlikely (2.0)	228 16%	125 13%	49 26%	39 22%	88 24%	9 17%	11 22%	88 22%	33 22%	5 15%	5 17%	14 13%	11 21%	19 13%	33 9%	19 19%
			a	a	a		j	gij	ij				j			j
Very unlikely (1.0)	868 63%	685 72%	84 43%	77 44%	161 44%	30 58%	21 43%	202 51%	86 56%	18 57%	22 75%	65 60%	20 41%	111 72%	293 80%	51 51%
		bcd									bchk	bh		bcdghk	abcdeghk	
Not sure	87 6%	50 5%	18 9%	9 5%	27 7%	6 11%	3 5%	20 5%	9 6%	3 11%	1 3%	8 7%	10 20%	14 9%	15 4%	8 8%
			a			j							bcdgijk	j		
NET: Likely	202 15%	97 10%	41 21%	52 29%	93 25%	8 15%	15 30%	85 21%	25 16%	5 18%	2 6%	21 20%	9 18%	10 6%	23 6%	22 22%
			a	a	a	j	dij	fij	ij	ij		ij	ij			fj
NET: Unlikely	1095 79%	810 85%	133 69%	116 66%	249 67%	39 75%	31 65%	290 74%	119 78%	22 71%	28 92%	80 73%	31 62%	130 84%	326 90%	70 70%
		bcd							h		bceghk			bcghk	abcdeghk	
Base for stats	1298	907	174	167	342	46	46	375	144	28	29	101	40	140	349	92
Mean Score	1.53	1.38	1.84	1.94	1.89	1.55	2.04	1.76	1.63	1.61	1.32	1.61	1.74	1.29	1.24	1.80
			a	a	a	ij	adfgij	fij	ij			ij	fij			fj
Standard Deviation	.860	.747	.964	1.022	.993	.869	1.157	.964	.901	.918	.679	.917	.862	.609	.598	1.047
Standard Error	.024	.024	.081	.088	.060	.128	.171	.049	.077	.177	.124	.090	.131	.051	.032	.109
Error variance	*	*	.01	.01	*	.02	.03	*	.01	.03	.02	.01	.02	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.2. Indoor swimming pools: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	1397	317	194	81	18	275	335	401	91	102	15	193	416	273	808	267	49	1124	
Total	1385	320	192	84	17	276	338	398	93	107	14	200	412	254	795	286	50	1131	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Very likely (4.0)	58 4%	18 6%	15 8%	7 8%	4 22%	22 8%	22 7%	21 5%	13 14%	5 5%	3 23%	18 9%	24 6%	7 3%	28 4%	20 7%	3 5%	51 4%	
Somewhat likely (3.0)	145 10%	50 15%	21 11%	10 12%	2 9%	31 11%	51 15%	53 13%	18 19%	9 8%	3 18%	27 14%	56 14%	11 4%	83 10%	48 17%	4 7%	134 12%	
Somewhat unlikely (2.0)	228 16%	69 22%	38 20%	21 25%	5 31%	59 21%	75 22%	85 21%	26 28%	18 17%	4 28%	45 22%	88 21%	29 12%	132 17%	52 18%	14 29%	198 18%	
Very unlikely (1.0)	868 63%	162 51%	113 59%	45 53%	5 28%	157 57%	167 49%	215 54%	35 38%	69 65%	4 26%	104 52%	219 53%	193 76%	509 64%	142 50%	23 47%	674 60%	
Not sure	87 6%	21 7%	5 3%	1 2%	2 10%	6 2%	23 7%	24 6%	1 1%	5 5%	1 5%	6 3%	24 6%	13 5%	44 6%	25 9%	6 12%	74 7%	
NET: Likely	202 15%	68 21%	36 19%	17 20%	5 32%	53 19%	73 22%	74 19%	31 33%	15 14%	6 41%	45 23%	80 19%	18 7%	111 14%	67 23%	6 12%	184 16%	
NET: Unlikely	1095 79%	231 72%	151 79%	65 78%	10 59%	216 78%	241 71%	300 75%	61 66%	88 82%	8 54%	149 75%	307 75%	223 88%	640 81%	195 68%	38 76%	872 77%	
Base for stats	1298	299	187	82	16	269	315	374	92	102	13	194	388	241	751	262	44	1057	
Mean Score	1.53	1.75	1.67	1.75	2.29	1.70	1.77	1.68	2.09	1.52	2.39	1.79	1.70	1.30	1.51	1.79	1.66	1.58	
Standard Deviation	.860	.943	.969	.977	1.189	.970	.962	.919	1.064	.868	1.172	1.005	.936	.693	.835	.991	.868	.885	
Standard Error	.024	.055	.070	.109	.297	.059	.054	.047	.112	.088	.313	.073	.047	.043	.030	.064	.132	.027	
Error variance	*	*	*	.01	.09	*	*	*	.01	.01	.10	.01	*	*	*	*	.02	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.2. Indoor swimming pools: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	1397	151	940	170	291	33	921	421	66	1108	289	1157	222
Total	1385	155	944	170	289	32	913	419	66	1100	285	1157	213
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0) 58 4%	13 8% b	35 4%	4 2%	6 2%	2 6%	44 5% be	10 2%	1 2%	47 4%	11 4%	50 4%	7 3%
Somewhat likely	(3.0) 145 10%	14 9%	116 12%	21 12% b	18 6%	4 13%	101 11% b	39 9%	4 6%	119 11%	26 9%	118 10%	26 12%
Somewhat unlikely	(2.0) 228 16%	30 19%	162 17%	32 19% b	35 12%	6 19%	157 17% b	63 15%	9 13%	180 16%	48 17%	187 16%	38 18%
Very unlikely	(1.0) 868 63%	84 54%	577 61%	104 61%	217 75% ad	19 60%	550 60%	287 68% d	48 74% d	684 62%	183 64%	739 64%	124 58%
Not sure	87 6%	13 9%	54 6%	10 6%	14 5%	1 2%	61 7%	21 5%	3 5%	70 6%	17 6%	64 5%	19 9%
NET: Likely	202 15%	27 17%	151 16%	24 14% b	24 8%	6 18%	145 16% be	49 12%	5 8%	166 15%	37 13%	167 14%	33 15%
NET: Unlikely	1095 79%	115 74%	739 78%	136 80%	252 87% ad	26 80%	707 77%	350 83% d	57 87%	864 79%	231 81%	926 80%	162 76%
Base for stats	1298	141	890	160	276	32	852	399	62	1030	268	1093	194
Mean Score	1.53	1.68	1.56	1.53 b	1.32	1.62 b	1.58 bef	1.43	1.33	1.54	1.49	1.52	1.57
Standard Deviation	.860	.981	.863	.807	.692	.926	.889	.771	.685	.867	.831	.859	.855
Standard Error	.024	.084	.029	.064	.042	.164	.030	.039	.086	.027	.050	.026	.060
Error variance	*	.01	*	*	*	.03	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.2. Indoor swimming pools: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1397	384	145	172	178	129	126	61	202	624	389	329	711	320	297	343	550	175
Total	1385	375	143	168	179	131	128	62	199	621	389	336	701	314	292	342	545	177
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	58 4%	2 *	4 3%	4 3%	13 7%	13 10%	7 6%	4 7%	10 5%	34 6%	22 6%	28 8%	18 3%	10 3%	10 3%	14 4%	20 4%	14 8%
Somewhat likely (3.0)	145 10%	26 7%	16 11%	23 14%	19 10%	22 17%	14 11%	5 8%	20 10%	80 13%	39 10%	54 16%	60 9%	27 9%	24 8%	43 13%	51 9%	26 14%
Somewhat unlikely (2.0)	228 16%	43 11%	30 21%	24 15%	39 22%	21 16%	31 24%	12 19%	27 14%	115 18%	70 18%	62 18%	115 16%	48 15%	43 15%	63 18%	94 17%	22 12%
Very unlikely (1.0)	868 63%	285 76%	83 58%	103 61%	96 54%	67 51%	70 55%	38 61%	125 63%	349 56%	233 60%	170 51%	475 68%	207 66%	199 68%	203 59%	353 65%	104 59%
Not sure	87 6%	19 5%	10 7%	14 8%	12 7%	7 5%	5 4%	3 5%	17 8%	43 7%	25 7%	22 7%	33 5%	22 7%	17 6%	19 6%	27 5%	12 7%
NET: Likely	202 15%	27 7%	20 14%	27 16%	31 18%	35 27%	21 17%	9 15%	30 15%	115 18%	60 16%	82 24%	77 11%	37 12%	33 11%	57 17%	71 13%	40 22%
NET: Unlikely	1095 79%	328 88%	113 79%	127 75%	136 76%	88 68%	101 79%	50 80%	153 77%	464 75%	303 78%	232 69%	590 84%	255 81%	242 83%	266 78%	447 82%	126 71%
Base for stats	1298	355	134	154	167	124	122	59	182	579	364	314	668	292	275	323	518	166
Mean Score	1.53	1.28	1.56	1.54	1.69	1.85	1.66	1.59	1.53	1.65	1.58	1.81	1.43	1.45	1.43	1.59	1.50	1.70
Standard Deviation	.860	.613	.825	.848	.952	1.061	.906	.933	.892	.928	.903	1.019	.765	.796	.793	.877	.825	1.018
Standard Error	.024	.032	.071	.068	.074	.096	.082	.122	.066	.039	.047	.058	.029	.046	.047	.049	.036	.080
Error variance	*	*	.01	*	.01	.01	.01	.01	*	*	*	*	*	*	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.3. Other indoor sports facilities: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1397	643	747	311	423	663	94	190	130	169	123	138	156	247	150
Total	1385	620	758	297	436	652	71	191	130	154	123	164	159	233	159
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0) 43 3%	24 4%	18 2%	13 4% c	19 4% c	10 2%	1 1%	5 2%	5 4% i	6 4% i	5 4% i	3 2%	7 5% i	12 5% i	- -
Somewhat likely	(3.0) 134 10%	66 11%	65 9%	59 20% bc	50 12% c	25 4%	9 13%	18 9%	12 9%	16 10%	9 7%	13 8%	22 14% h	18 8%	17 11%
Somewhat unlikely	(2.0) 255 18%	126 20%	128 17%	70 24% c	99 23% c	86 13%	9 12%	35 18%	25 19%	34 22%	20 16%	25 15%	39 24% af	43 18%	26 16%
Very unlikely	(1.0) 858 62%	367 59%	490 65% a	112 38%	242 55% a	504 77% ab	44 62% g	117 61% g	82 63% g	86 56%	83 68% dg	115 70% dg	73 46%	148 64% g	109 69% dg
Not sure	96 7%	38 6%	57 8%	44 15% bc	25 6%	28 4%	8 12% hi	17 9%	7 5%	13 8%	6 5%	9 5%	18 11% hi	12 5%	7 4%
NET: Likely	176 13%	90 14%	84 11%	72 24% bc	70 16% c	35 5%	10 14%	23 12%	17 13%	22 14%	14 11%	16 10%	29 18% f	29 13%	17 11%
NET: Unlikely	1112 80%	492 79%	618 81%	181 61%	341 78% a	590 90% ab	52 74%	152 80% g	107 82% g	120 78%	104 84% g	140 85% ag	112 70%	191 82% g	134 85% ag
Base for stats	1289	582	701	253	410	625	62	174	124	141	117	156	141	221	152
Mean Score	1.50	1.56	1.45	1.90 bc	1.63 c	1.27	1.48	1.48	1.51	1.59 fi	1.45	1.38	1.74 abcefhi	1.51	1.40
Standard Deviation	.811	.847	.769	.935	.874	.609	.797	.788	.829	.848	.809	.713	.904	.854	.688
Standard Error	.023	.035	.029	.057	.044	.024	.087	.060	.075	.068	.075	.062	.077	.056	.058
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.3. Other indoor sports facilities: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
Significance Level: 95%		a	b	c	d	e	f	g	h	a	*b	c	d	*e	*f	g	
Unweighted Total	1397	68	286	326	142	145	430	680	717	1245	23	51	35	8	6	123	
Total	1385	69	286	323	139	145	423	678	707	1233	24	51	36	8	6	124	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Very likely	(4.0)	43 3%	6 9%	14 5%	10 3%	4 3%	6 4%	2 *	31 5%	12 2%	28 2%	1 6%	5 9%	5 14%	2 25%	1 15%	14 11%
		cdhf	fh	f	f	f	f	fh	fh			a	a			a	
Somewhat likely	(3.0)	134 10%	13 18%	27 9%	32 10%	16 12%	25 18%	20 5%	72 11%	62 9%	100 8%	6 24%	13 26%	10 28%	2 28%	- -	31 25%
		bhf	f	f	f	bcdgh	f	f	f			a	a			a	
Somewhat unlikely	(2.0)	255 18%	16 24%	73 26%	60 18%	36 26%	23 16%	47 11%	149 22%	106 15%	223 18%	7 29%	12 23%	8 23%	- -	1 22%	29 23%
		f	cefh	f	efh	efh	efh	fh	fh								
Very unlikely	(1.0)	858 62%	33 47%	154 54%	199 62%	71 51%	79 54%	322 76%	385 57%	472 67%	806 65%	8 32%	14 28%	10 28%	3 35%	3 48%	38 30%
				ad			abcdegh		abdeg	cdg							
Not sure		96 7%	1 1%	18 6%	22 7%	11 8%	13 9%	32 7%	41 6%	56 8%	76 6%	2 8%	7 14%	2 6%	1 12%	1 15%	13 11%
						a	a		a			a	a				
NET: Likely		176 13%	19 28%	41 14%	43 13%	20 14%	31 21%	22 5%	103 15%	74 10%	128 10%	7 30%	18 35%	15 42%	4 53%	1 15%	45 36%
			bcdgh	f	f	f	cfh	fh	f			a	a			a	
NET: Unlikely		1112 80%	49 71%	227 79%	258 80%	107 77%	101 70%	369 87%	534 79%	578 82%	1029 83%	15 62%	26 51%	19 52%	3 35%	4 70%	66 53%
				e	e		abcdegh	e	ae	cdg							
Base for stats	1289	68	268	301	128	132	391	637	651	1158	22	44	34	7	5	111	
Mean Score	1.50	1.89	1.63	1.52	1.63	1.68	1.24	1.61	1.41	1.44	2.03	2.19	2.30	2.48	1.79	2.19	
		bcdgh	fh	fh	fh	fh	fh	fh	f			a	a			a	
Standard Deviation	.811	1.025	.869	.821	.823	.930	.564	.871	.735	.752	.948	1.016	1.074	1.377	1.244	1.044	
Standard Error	.023	.125	.053	.047	.072	.081	.028	.034	.029	.022	.207	.153	.187	.520	.557	.099	
Error variance	*	.02	*	*	.01	.01	*	*	*	*	.04	.02	.03	.27	.31	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.3. Other indoor sports facilities: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	1397	1031	157	142	299	51	49	399	147	30	31	112	55	158	365	100
Total	1385	957	193	176	369	52	49	394	153	31	30	109	50	154	364	100
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	43 3%	21 2%	5 3%	12 7%	17 5%	4 8%	6 13%	20 5%	7 5%	- -	- -	3 2%	2 3%	1 1%	- -	10 10%
				a	a	ij	cefgij	ij	ij			j	j			cgij
Somewhat likely (3.0)	134 10%	64 7%	30 15%	31 18%	60 16%	8 16%	6 13%	53 13%	16 10%	8 27%	- -	15 14%	9 19%	4 2%	14 4%	14 14%
			a	a	a	fij	fij	fij	ij	cdfij		fij	fij	fij	fij	fij
Somewhat unlikely (2.0)	255 18%	146 15%	50 26%	43 24%	92 25%	12 23%	11 23%	92 23%	35 23%	1 3%	10 33%	24 22%	13 27%	22 15%	34 9%	23 23%
			a	a	a	ej	ej	eij	ej		eij	ej	eij	eij		ej
Very unlikely (1.0)	858 62%	670 70%	88 46%	80 46%	168 46%	22 42%	20 41%	209 53%	83 54%	19 60%	20 67%	57 53%	17 34%	112 73%	299 82%	42 42%
			bcd					hk	h	h	abhk	h		abcdghk	abcdefghk	
Not sure	96 7%	56 6%	20 11%	10 6%	30 8%	5 11%	5 10%	20 5%	12 8%	3 10%	- -	10 9%	8 17%	15 10%	17 5%	10 10%
			a										cfj	j		j
NET: Likely	176 13%	85 9%	34 18%	43 25%	78 21%	12 24%	12 25%	73 18%	23 15%	8 27%	- -	18 17%	11 22%	5 3%	14 4%	25 25%
			a	a	a	fij	fij	fij	fij	fij		fij	fij	fij	fij	fij
NET: Unlikely	1112 80%	816 85%	138 72%	123 70%	261 71%	34 65%	31 64%	301 76%	118 77%	19 63%	30 100%	81 75%	30 61%	134 87%	333 91%	65 65%
			bcd					hk	hk		abcdeghk			abcdeghk	abcdeghk	
Base for stats	1289	901	172	166	338	46	44	374	141	28	30	99	41	139	346	90
Mean Score	1.50	1.37	1.72	1.85	1.78	1.89	1.96	1.69	1.63	1.64	1.33	1.63	1.90	1.23	1.18	1.93
			a	a	a	fij	dfgij	fij	ij			ij	fij			cdfgij
Standard Deviation	.811	.717	.849	.976	.914	1.013	1.095	.905	.882	.930	.480	.842	.898	.521	.473	1.048
Standard Error	.023	.023	.072	.084	.055	.149	.167	.046	.076	.179	.086	.083	.134	.044	.025	.111
Error variance	*	*	.01	.01	*	.02	.03	*	.01	.03	.01	.01	.02	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.3. Other indoor sports facilities: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	1397	317	194	81	18	275	335	401	91	102	15	193	416	273	808	267	49	1124	
Total	1385	320	192	84	17	276	338	398	93	107	14	200	412	254	795	286	50	1131	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Very likely (4.0)	43 3%	12 4%	13 7%	5 5%	3 15%	18 6%	15 4%	15 4%	12 13%	3 3%	1 7%	15 8%	16 4%	8 3%	16 2%	14 5%	5 11%	35 3%	
Somewhat likely (3.0)	134 10%	39 12%	27 14%	8 9%	6 33%	35 13%	45 13%	43 11%	19 21%	12 11%	2 16%	31 15%	46 11%	11 4%	76 10%	41 14%	6 12%	123 11%	
Somewhat unlikely (2.0)	255 18%	75 23%	41 21%	24 29%	3 15%	65 24%	78 23%	88 22%	30 32%	21 19%	2 11%	51 25%	89 22%	28 11%	145 18%	69 24%	13 27%	227 20%	
Very unlikely (1.0)	858 62%	176 55%	100 52%	45 53%	4 25%	144 52%	180 53%	224 56%	31 34%	66 62%	7 47%	97 49%	231 56%	188 74%	513 65%	137 48%	19 38%	669 59%	
Not sure	96 7%	18 6%	11 6%	2 3%	2 12%	13 5%	20 6%	27 7%	1 1%	5 5%	2 18%	6 3%	29 7%	20 8%	45 6%	26 9%	6 13%	77 7%	
NET: Likely	176 13%	51 16%	40 21%	12 15%	8 48%	53 19%	60 18%	59 15%	31 33%	15 14%	3 23%	46 23%	62 15%	18 7%	92 12%	55 19%	11 23%	158 14%	
NET: Unlikely	1112 80%	251 78%	140 73%	69 82%	7 40%	209 76%	258 76%	312 78%	61 66%	87 81%	8 59%	148 74%	320 78%	216 85%	658 83%	206 72%	32 65%	896 79%	
Base for stats	1289	303	181	81	15	262	318	371	92	102	12	194	383	234	750	261	43	1054	
Mean Score	1.50	1.63	1.74	1.66	2.43	1.72	1.67	1.60	2.12	1.53	1.80	1.81	1.60	1.31	1.46	1.74	1.94	1.55	
Standard Deviation	.811	.859	.966	.874	1.115	.938	.888	.853	1.028	.825	1.087	.971	.860	.706	.761	.913	1.039	.826	
Standard Error	.023	.050	.071	.098	.279	.058	.050	.044	.108	.083	.314	.071	.044	.044	.028	.059	.158	.026	
Error variance	*	*	.01	.01	.08	*	*	*	.01	.01	.10	.01	*	*	*	.03	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.3. Other indoor sports facilities: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	1397	151	940	170	291	33	921	421	66	1108	289	1157	222
Total	1385	155	944	170	289	32	913	419	66	1100	285	1157	213
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely	(4.0) 43 3%	10 7%	22 2%	2 1%	5 2%	4 12%	31 3%	10 2%	1 2%	35 3%	7 3%	35 3%	7 3%
		b				abdef							
Somewhat likely	(3.0) 134 10%	12 8%	104 11%	19 11%	19 7%	4 11%	92 10%	37 9%	4 7%	112 10%	22 8%	104 9%	27 13%
Somewhat unlikely	(2.0) 255 18%	33 21%	190 20%	34 20%	36 12%	2 5%	183 20%	61 15%	10 16%	203 18%	52 18%	219 19%	34 16%
				bc			bce						
Very unlikely	(1.0) 858 62%	82 53%	574 61%	105 62%	213 74%	21 64%	544 60%	285 68%	48 73%	670 61%	188 66%	725 63%	127 60%
					ad			d	d				
Not sure	96 7%	18 12%	54 6%	10 6%	16 6%	3 8%	63 7%	26 6%	2 3%	81 7%	16 5%	73 6%	19 9%
		b											
NET: Likely	176 13%	22 14%	125 13%	21 12%	24 8%	7 23%	122 13%	47 11%	6 8%	147 13%	29 10%	139 12%	34 16%
						bef	b						
NET: Unlikely	1112 80%	115 74%	765 81%	139 82%	249 86%	22 69%	728 80%	346 83%	58 89%	872 79%	240 84%	944 82%	161 75%
					cd			c				b	
Base for stats	1289	137	890	160	273	30	850	394	64	1019	269	1083	194
Mean Score	1.50	1.63	1.52	1.49	1.32	1.69	1.54	1.42	1.35	1.52	1.44	1.49	1.55
				b		b	be						
Standard Deviation	.811	.926	.793	.761	.683	1.136	.825	.765	.697	.823	.759	.798	.860
Standard Error	.023	.080	.027	.060	.041	.207	.028	.038	.087	.026	.046	.024	.060
Error variance	*	.01	*	*	*	.04	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6F.3. Other indoor sports facilities: Now that indoor sports facilities have begun to reopen, how likely or unlikely are you to visit any of the following facilities in the next 28 days?

BASE: All who have not participated in a sport or activity in an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1397	384	145	172	178	129	126	61	202	624	389	329	711	320	297	343	550	175
Total	1385	375	143	168	179	131	128	62	199	621	389	336	701	314	292	342	545	177
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very likely (4.0)	43 3%	4 1%	2 1%	4 3%	5 3%	9 7%	5 4%	3 5%	10 5%	21 3%	18 5%	16 5%	14 2%	10 3%	13 4%	5 2%	12 2%	12 7%
						abi	a	a	a	a	a	b			b			bc
Somewhat likely (3.0)	134 10%	16 4%	15 11%	18 11%	24 13%	15 12%	16 12%	10 16%	19 10%	73 12%	45 11%	60 18%	49 7%	22 7%	23 8%	39 11%	46 8%	21 12%
			a	a	a	a	a	a	a	a	a	bc						
Somewhat unlikely (2.0)	255 18%	32 8%	36 25%	35 21%	48 27%	31 24%	30 24%	11 18%	32 16%	149 24%	73 19%	75 22%	119 17%	57 18%	51 17%	71 21%	106 19%	22 12%
			ah	a	ahj	a	a	a	a	ah	a	b				d	d	
Very unlikely (1.0)	858 62%	300 80%	81 57%	99 59%	88 49%	66 51%	66 52%	35 56%	123 61%	334 54%	223 57%	162 48%	475 68%	204 65%	188 64%	206 60%	344 63%	111 63%
		bcdefghij						d				a	a	a				
Not sure	96 7%	23 6%	9 6%	12 7%	14 8%	9 7%	11 8%	3 5%	15 8%	44 7%	29 8%	23 7%	44 6%	20 6%	17 6%	21 6%	37 7%	11 6%
NET: Likely	176 13%	20 5%	17 12%	23 13%	29 16%	25 19%	21 16%	13 21%	29 15%	94 15%	63 16%	76 23%	63 9%	33 10%	36 12%	44 13%	58 11%	33 19%
			a	a	a	a	a	a	a	a	a	bc						c
NET: Unlikely	1112 80%	331 88%	117 82%	134 80%	136 76%	97 74%	96 75%	46 74%	155 78%	484 78%	297 76%	237 71%	594 85%	261 83%	239 82%	277 81%	450 83%	133 75%
		bcdefghij										a	a	a			d	
Base for stats	1289	351	134	156	165	122	117	59	184	578	360	313	657	294	275	321	508	166
Mean Score	1.50	1.21	1.54	1.54	1.67	1.74	1.65	1.69	1.55	1.62	1.60	1.78	1.39	1.45	1.49	1.51	1.46	1.60
			a	a	a	a	a	a	a	a	a	bc						c
Standard Deviation	.811	.569	.756	.809	.838	.957	.870	.951	.884	.841	.890	.929	.718	.781	.839	.768	.755	.966
Standard Error	.023	.030	.065	.064	.065	.087	.081	.126	.065	.035	.047	.053	.028	.045	.050	.043	.033	.075
Error variance	*	*	*	*	*	.01	.01	.02	*	*	*	*	*	*	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G. SUMMARY: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Yes	No	Can't remember
Indoor gyms or fitness centres (including fitness classes)	297 100%	259 87%	30 10%	8 3%
Indoor swimming pools	270 100%	224 83%	34 13%	12 4%
Other indoor sports facilities	163 100%	117 72%	41 25%	5 3%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.1. Indoor gyms or fitness centres (including fitness classes): Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	*d	*e	*f	g	h	*i
Unweighted Total	291	170	120	148	104	39	15	30	33	27	22	24	76	44	20
Total	297	172	124	145	114	37	11	32	34	25	21	27	84	42	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	259	152	106	119	106	33	11	27	26	22	19	25	71	40	18
	87%	88%	85%	82%	93%	89%	100%	84%	77%	88%	88%	92%	84%	95%	89%
					a									c	
No	30	18	12	21	7	2	-	4	5	3	3	1	11	2	2
	10%	11%	10%	15%	6%	6%	-	13%	13%	12%	12%	4%	13%	5%	11%
				b											
Can't remember	8	2	6	5	1	2	-	1	3	-	-	1	3	-	-
	3%	1%	5%	3%	1%	5%	-	3%	9%	-	-	4%	4%	-	-
			a						h						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.1. Indoor gyms or fitness centres (including fitness classes): Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	*e	f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	291	65	88	55	37	16	30	208	83	213	12	35	19	2	4	72
Total	297	68	93	54	39	16	28	214	83	220	12	35	18	2	4	72
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	259	61	85	45	33	11	23	191	67	196	10	30	15	2	2	60
	87%	90%	92%	84%	86%	70%	81%	89%	81%	89%	79%	86%	84%	100%	56%	83%
			h													
No	30	7	6	7	6	4	2	19	11	19	3	5	1	-	2	10
	10%	10%	6%	13%	14%	22%	7%	9%	13%	9%	21%	14%	6%	-	44%	15%
Can't remember	8	-	2	2	-	1	3	4	5	4	-	-	2	-	-	2
	3%	-	2%	3%	-	8%	12%	2%	5%	2%	-	-	10%	-	-	3%
							abdg									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.1. Indoor gyms or fitness centres (including fitness classes): Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	b	c	d	*e	*f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	291	157	65	50	115	17	35	133	36	11	8	6	15	11	19	52
Total	297	138	80	62	142	19	36	139	36	10	8	6	14	10	18	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	259	119	71	54	126	17	28	124	34	10	6	5	10	7	17	45
	87%	86%	89%	88%	89%	89%	77%	89%	95%	100%	80%	82%	71%	71%	95%	81%
No	30	17	7	6	13	2	7	14	1	-	2	1	2	2	-	9
	10%	12%	9%	10%	9%	11%	19%	10%	2%	-	20%	18%	15%	18%	-	16%
							d								d	d
Can't remember	8	3	1	1	3	-	2	1	1	-	-	-	2	1	1	2
	3%	2%	2%	2%	2%	-	5%	1%	3%	-	-	-	15%	10%	5%	3%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.1. Indoor gyms or fitness centres (including fitness classes): Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	291	86	94	29	8	123	94	96	87	25	8	112	104	35	150	96	10	256
Total	297	91	98	26	8	124	99	100	92	22	8	115	108	32	151	103	11	265
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	259 87%	79 88%	87 89%	22 83%	7 90%	109 88%	87 88%	95 95%	74 81%	20 89%	6 77%	94 82%	101 94%	26 82%	137 91%	84 82%	11 100%	232 88%
No	30 10%	8 9%	10 10%	5 17%	1 10%	14 12%	9 9%	4 4%	16 17%	2 7%	2 23%	18 15%	6 5%	4 13%	10 7%	16 16%	- -	26 10%
Can't remember	8 3%	3 3%	1 1%	- -	- -	1 1%	3 3%	1 1%	2 2%	1 4%	- -	3 2%	1 1%	2 5%	4 3%	2 2%	- -	6 2%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.1. Indoor gyms or fitness centres (including fitness classes): Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	*c	d	e	*f	a	b	a	b
Significance Level: 95%												
Unweighted Total	291	154	44	32	24	199	89	5	247	44	252	37
Total	297	155	43	32	24	207	87	5	253	44	259	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	259	141	34	26	21	183	72	4	224	34	230	28
	87%	91%	79%	82%	91%	89%	83%	81%	89%	78%	89%	77%
									b			
No	30	10	9	5	2	17	14	1	22	8	23	6
	10%	7%	21%	15%	9%	8%	16%	19%	9%	18%	9%	17%
			d				d					
Can't remember	8	4	-	1	-	7	1	-	6	2	6	2
	3%	3%	-	3%	-	3%	1%	-	2%	4%	2%	5%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.1. Indoor gyms or fitness centres (including fitness classes): Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	291	5	17	41	63	60	38	22	45	181	105	181	63	46	39	81	94	75
Total	297	4	17	41	65	63	40	21	46	187	106	188	63	45	40	82	96	77
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	259	3	15	34	56	53	39	21	38	158	98	167	52	39	36	64	86	71
	87%	61%	84%	84%	86%	84%	98%	100%	84%	85%	92%	89%	82%	87%	90%	78%	89%	92%
							cdehi										b	b
No	30	2	2	6	9	7	1	-	4	24	5	18	8	4	2	15	7	6
	10%	39%	10%	14%	14%	11%	2%	-	9%	13%	5%	10%	13%	9%	5%	19%	7%	8%
				fj						j					cd			
Can't remember	8	-	1	1	-	3	-	-	3	5	3	3	3	2	2	3	3	-
	3%	-	6%	2%	-	5%	-	-	7%	3%	3%	2%	5%	5%	5%	4%	4%	-
								d										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.2. Indoor swimming pools: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	g	h	*i
Unweighted Total	256	155	100	119	92	45	13	27	25	22	19	26	64	41	19
Total	270	158	111	123	101	45	10	28	26	23	19	32	70	41	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	224	133	89	100	84	40	8	23	20	17	15	25	64	38	13
	83%	85%	81%	82%	83%	88%	78%	82%	80%	77%	76%	80%	91%	93%	62%
No	34	20	14	19	11	4	1	3	4	4	5	5	4	1	7
	13%	13%	13%	16%	11%	8%	14%	12%	16%	19%	24%	16%	6%	2%	32%
Can't remember	12	4	7	3	6	2	1	2	1	1	-	1	2	2	1
	4%	3%	7%	3%	6%	4%	8%	6%	4%	4%	-	4%	3%	5%	6%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.2. Indoor swimming pools: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	*f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	256	43	61	57	37	30	28	161	95	203	11	21	14	-	-	46
Total	270	46	66	58	39	32	29	170	100	215	12	22	15	-	-	49
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Yes	224	39	57	50	30	25	23	146	78	180	8	16	14	-	-	38
	83%	86%	86%	85%	77%	79%	78%	86%	78%	84%	70%	73%	92%	-	-	78%
No	34	6	7	7	7	4	3	20	14	26	2	4	1	-	-	8
	13%	14%	11%	11%	18%	13%	11%	12%	14%	12%	20%	18%	8%	-	-	16%
Can't remember	12	-	2	2	2	3	3	4	8	8	1	2	-	-	-	3
	4%	-	3%	3%	6%	8%	11%	2%	8%	4%	11%	9%	-	-	-	6%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.2. Indoor swimming pools: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	256	114	66	54	120	19	20	111	33	11	11	8	14	13	16	39
Total	270	103	81	66	147	21	21	119	36	11	12	8	12	14	15	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	224	83	66	58	124	20	17	102	24	10	9	8	10	11	13	37
	83%	81%	81%	88%	84%	95%	82%	86%	67%	85%	77%	100%	79%	76%	86%	89%
							d									d
No	34	15	11	6	17	1	4	15	7	2	1	-	2	2	1	5
	13%	15%	14%	9%	12%	5%	18%	13%	19%	15%	11%	-	13%	15%	8%	11%
Can't remember	12	5	4	2	6	-	-	2	5	-	1	-	1	1	1	-
	4%	5%	5%	3%	4%	-	-	2%	14%	-	12%	-	8%	9%	6%	-
								ck								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.2. Indoor swimming pools: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	256	76	66	24	9	90	85	82	65	26	1	91	83	38	140	71	7	218
Total	270	82	71	25	10	96	92	86	73	27	1	100	87	34	148	80	8	235
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	224 83%	74 91% e	57 80%	16 62%	7 75%	72 75%	82 89% e	73 85%	64 88%	16 59%	- -	80 80%	73 84%	30 87%	117 79%	72 90% b	5 58%	194 82%
No	34 13%	5 6%	12 17% a	9 34%	2 25%	21 22% af	7 8%	8 9%	9 12%	11 41%	- -	20 20% af	8 9%	3 10%	24 16%	6 7%	1 14%	31 13%
Can't remember	12 4%	3 4%	2 3%	1 3%	- -	3 3%	3 3%	5 6% e	- -	- -	1 100%	- -	6 7% be	1 3%	6 4%	2 2%	2 28%	11 5%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.2. Indoor swimming pools: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	256	96	112	36	35	38	144	99	6	216	40	222	25
Total	270	109	116	37	37	41	153	104	6	228	42	235	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	224	90	96	34	32	24	129	82	5	192	31	197	19
	83%	82%	83%	90%	88%	59%	85%	78%	83%	84%	75%	84%	71%
				c	c		c	c					
No	34	16	15	2	1	13	18	16	-	27	7	28	6
	13%	15%	13%	5%	3%	32%	12%	15%	-	12%	17%	12%	24%
						abde							
Can't remember	12	4	5	2	3	4	5	7	1	9	3	10	1
	4%	3%	4%	5%	9%	9%	3%	6%	17%	4%	7%	4%	5%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.2. Indoor swimming pools: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	*c	a	b	c	d
Unweighted Total	256	10	21	36	63	45	31	11	39	165	81	137	85	29	31	78	86	54
Total	270	9	22	39	68	50	33	10	39	178	82	146	89	30	33	83	91	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	224	8	19	29	54	45	26	10	32	147	68	136	62	23	26	65	76	51
	83%	90%	86%	76%	80%	90%	80%	100%	81%	83%	83%	93%	69%	75%	81%	78%	84%	90%
No	34	-	1	7	13	3	5	-	6	23	11	8	20	7	4	14	10	6
	13%	-	5%	18%	19%	5%	15%	-	16%	13%	13%	6%	22%	22%	14%	17%	11%	10%
Can't remember	12	1	2	2	1	2	2	-	1	8	3	2	8	1	2	4	5	-
	4%	10%	10%	6%	2%	4%	5%	-	3%	4%	4%	2%	9%	3%	6%	5%	6%	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.3. Other indoor sports facilities: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	h	*i
Unweighted Total	166	110	55	98	49	19	14	18	18	17	15	7	37	30	10
Total	163	104	58	91	54	18	10	19	18	15	14	8	41	28	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	117	72	44	62	43	12	7	13	15	11	13	6	31	16	6
	72%	69%	77%	69%	79%	68%	65%	70%	79%	77%	88%	69%	76%	57%	68%
No	41	28	13	25	12	4	4	6	4	2	1	1	9	12	3
	25%	27%	22%	27%	21%	25%	35%	30%	21%	11%	6%	16%	22%	43%	32%
Can't remember	5	4	1	4	-	1	-	-	-	2	1	1	1	-	-
	3%	4%	1%	4%	-	7%	-	-	-	12%	6%	15%	2%	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.3. Other indoor sports facilities: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	166	27	36	41	26	17	19	104	62	118	5	21	13	3	1	43
Total	163	27	35	40	28	16	17	102	61	116	6	21	13	2	1	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	117	24	23	30	20	13	8	76	42	84	5	18	9	1	-	32
	72%	88%	65%	75%	74%	80%	47%	75%	68%	72%	84%	84%	69%	32%	-	75%
No	41	3	12	7	7	2	8	23	18	28	1	3	4	2	1	11
	25%	12%	35%	18%	26%	15%	46%	23%	29%	24%	16%	16%	31%	68%	100%	25%
Can't remember	5	-	-	3	-	1	1	3	2	4	-	-	-	-	-	-
	3%	-	-	7%	-	5%	7%	3%	3%	3%	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.3. Other indoor sports facilities: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	166	86	37	21	58	8	18	59	22	13	7	7	15	6	11	26
Total	163	74	45	25	71	8	19	58	22	13	7	6	14	5	11	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	117	51	37	17	54	8	16	43	12	13	3	4	11	1	8	24
	72%	69%	82%	66%	76%	100%	83%	73%	56%	94%	45%	60%	80%	14%	74%	88%
No	41	20	8	8	16	-	3	14	10	1	4	2	1	5	2	3
	25%	27%	18%	30%	22%	-	17%	24%	44%	6%	55%	40%	6%	86%	15%	12%
Can't remember	5	3	-	1	1	-	-	2	-	-	-	-	2	-	1	-
	3%	4%	-	4%	1%	-	-	3%	-	-	-	-	14%	-	11%	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.3. Other indoor sports facilities: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Nature of working location						Nature of working hours						Number of people in household including self				
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Total	a	b	*c	*d	e	f	*a	b	*c	*d	e	f	*a	b	c	*d	e
Significance Level: 95%																	
Unweighted Total	166	31	41	24	14	65	45	28	29	12	74	40	19	82	51	14	147
Total	163	32	42	24	14	66	46	30	27	11	74	41	16	79	55	13	147
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	117	27	29	15	12	44	39	24	19	9	52	33	12	57	40	8	105
	72%	85%	68%	64%	84%	67%	85%	80%	70%	70%	79%	80%	74%	73%	73%	62%	72%
No	41	4	13	8	2	21	6	5	7	2	21	7	3	19	14	5	37
	25%	12%	32%	32%	16%	32%	13%	17%	27%	21%	29%	18%	21%	24%	25%	38%	26%
Can't remember	5	1	-	1	-	1	1	1	1	-	1	1	1	3	1	-	4
	3%	2%	-	4%	-	1%	2%	3%	3%	-	1%	2%	5%	4%	2%	-	3%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.3. Other indoor sports facilities: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	166	62	77	34	33	20	84	75	9	124	42	131	30
Total	163	64	76	32	33	18	85	71	9	123	40	130	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	117	49	55	19	27	12	64	49	7	90	27	100	15
	72%	76%	73%	60%	82%	65%	75%	68%	75%	73%	68%	77%	50%
					a							b	
No	41	16	19	12	6	6	18	22	2	30	11	28	12
	25%	24%	25%	38%	18%	35%	21%	31%	25%	25%	26%	22%	41%
												a	a
Can't remember	5	-	1	1	-	-	3	1	-	3	2	1	2
	3%	-	2%	3%	-	-	3%	1%	-	2%	5%	1%	9%
												a	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6G.3. Other indoor sports facilities: Did you notice any Covid-19 safety measures that were in place at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	*e	*f	*g	*h	i	j	a	b	c	a	b	c	*d
Unweighted Total	166	10	17	32	46	17	16	9	19	112	44	55	65	40	31	47	56	29
Total	163	8	16	31	47	18	17	9	18	112	43	56	64	38	29	46	57	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	117	4	12	25	35	8	13	6	15	80	34	45	42	27	21	32	37	26
	72%	49%	77%	78%	74%	46%	78%	66%	85%	71%	78%	80%	66%	71%	74%	69%	65%	91%
No	41	3	4	6	11	10	3	3	2	30	7	9	21	9	8	13	17	2
	25%	40%	23%	18%	24%	54%	17%	34%	9%	27%	17%	17%	33%	24%	26%	29%	31%	6%
			a															
Can't remember	5	1	-	1	1	-	1	-	1	2	2	2	1	2	-	1	2	1
	3%	11%	-	4%	2%	-	5%	-	6%	2%	4%	4%	1%	5%	-	2%	4%	3%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H. SUMMARY: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Totally inadequate	Somewhat inadequate	About right	Somewhat excessive	Totally excessive	NET: Inadequate	NET: Excessive
Indoor gyms or fitness centres (including fitness classes)	259 100%	26 10%	52 20%	152 59%	18 7%	10 4%	78 30%	28 11%
Indoor swimming pools	224 100%	31 14%	47 21%	121 54%	14 6%	11 5%	78 35%	25 11%
Other indoor sports facilities	117 100%	11 9%	35 30%	61 52%	8 6%	3 3%	46 39%	11 9%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.1. Indoor gyms or fitness centres (including fitness classes): How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	g	h	*i
Unweighted Total	253	150	102	121	97	35	15	25	25	24	19	22	63	42	18
Total	259	152	106	119	106	33	11	27	26	22	19	25	71	40	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	26 10%	16 10%	10 10%	22 18% b	2 2%	2 6%	- -	3 11%	3 11%	3 12%	2 9%	2 8%	9 12%	3 8%	2 9%
Somewhat inadequate (2.0)	52 20%	37 24%	15 14%	30 25% c	22 21% c	1 2%	1 6%	3 12%	7 28%	4 19%	6 30%	1 4%	18 25%	9 23%	3 19%
About right (3.0)	152 59%	78 52%	74 70% a	62 52%	62 58%	27 82% ab	10 86%	18 68%	15 56%	13 59%	11 56%	16 64%	33 46%	25 62%	12 67%
Somewhat excessive (4.0)	18 7%	15 10% b	3 3%	4 4%	12 12% a	2 6%	1 8%	1 4%	1 5%	2 10%	1 5%	5 19%	6 9% h	- -	1 5%
Totally excessive (5.0)	10 4%	6 4%	4 4%	1 1%	8 7% a	1 4%	- -	1 5%	- -	- -	- -	1 5%	5 7%	3 7%	- -
NET: Inadequate	78 30%	52 34%	25 24%	51 43% bc	24 23%	3 8%	1 6%	6 24%	10 39%	7 30%	7 39%	3 12%	27 38%	12 31%	5 28%
NET: Excessive	28 11%	21 14%	7 7%	5 4%	20 19% a	3 9%	1 8%	2 8%	1 5%	2 10%	1 5%	6 24%	11 16%	3 7%	1 5%
Base for stats	259	152	106	119	106	33	11	27	26	22	19	25	71	40	18
Mean Score	2.75	2.74	2.77	2.44	3.02 a	2.99 a	3.01	2.78	2.54	2.68	2.57	3.09	2.73	2.75	2.67
Standard Deviation	.877	.924	.810	.864	.838	.684	.389	.889	.768	.830	.740	.862	1.022	.900	.729
Standard Error	.055	.075	.080	.079	.085	.116	.101	.178	.154	.169	.170	.184	.129	.139	.172
Error variance	*	.01	.01	.01	.01	.01	.01	.03	.02	.03	.03	.03	.02	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.1. Indoor gyms or fitness centres (including fitness classes): How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	*e	*f	g	h	a	*b	c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	253	58	81	46	32	11	25	185	68	191	9	30	16	2	2	59
Total	259	61	85	45	33	11	23	191	67	196	10	30	15	2	2	60
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	26 10%	13 21% bcg	3 3%	3 6%	5 17% b	-	2 8%	19 10%	7 11%	16 8%	1 9%	7 24% a	1 6%	-	-	9 15%
Somewhat inadequate (2.0)	52 20%	14 24%	18 21%	13 29% dh	3 9%	2 20%	2 8%	45 24% h	7 11%	31 16%	1 11%	11 38% a	7 44%	-	2 100%	21 36% a
About right (3.0)	152 59%	22 37%	60 70% ag	24 54%	20 62% a	8 68%	17 75%	106 56% a	45 67% a	126 64% cg	6 67%	8 26%	8 51%	2 100%	-	24 41%
Somewhat excessive (4.0)	18 7%	8 13% b	2 3%	3 8%	3 9%	-	2 8%	13 7%	5 7%	15 8%	1 13%	2 7%	-	-	-	4 6%
Totally excessive (5.0)	10 4%	3 6%	2 3%	2 4%	1 3%	1 12%	-	8 4%	2 4%	8 4%	-	1 4%	-	-	-	1 2%
NET: Inadequate	78 30%	27 45% bh	21 24%	16 34%	9 26%	2 20%	4 16%	64 33%	15 22%	47 24%	2 20%	19 62% a	7 49%	-	2 100%	30 51% a
NET: Excessive	28 11%	11 18% b	5 5%	5 12%	4 12%	1 12%	2 8%	21 11%	7 11%	23 12%	1 13%	4 12%	-	-	-	5 8%
Base for stats	259	61	85	45	33	11	23	191	67	196	10	30	15	2	2	60
Mean Score	2.75	2.58	2.80	2.75	2.73	3.03	2.84	2.72	2.82	2.83	2.85	2.30	2.45	3.00	2.00	2.45
Standard Deviation	.877	1.134	.676	.841	.968	.861	.691	.884	.859	.836	.797	1.072	.619	-	-	.902
Standard Error	.055	.149	.075	.124	.171	.260	.138	.065	.104	.060	.266	.196	.155	-	-	.117
Error variance	*	.02	.01	.02	.03	.07	.02	*	.01	*	.07	.04	.02	-	-	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.1. Indoor gyms or fitness centres (including fitness classes): How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	k		
Significance Level: 95%																	
Unweighted Total	253	135	58	44	102	15	26	119	34	11	6	5	11	8	18	41	
Total	259	119	71	54	126	17	28	124	34	10	6	5	10	7	17	45	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Totally inadequate	(1.0)	26	16	6	-	6	3	2	10	5	3	-	1	2	1	-	5
		10%	14%	9%	-	5%	16%	7%	8%	15%	25%	-	18%	18%	12%	-	10%
			cd	c													
Somewhat inadequate	(2.0)	52	21	16	12	28	2	10	21	12	1	4	-	1	1	-	12
		20%	18%	22%	23%	22%	13%	36%	17%	36%	8%	66%	-	12%	17%	-	27%
								c									
About right	(3.0)	152	75	37	35	72	8	15	72	17	7	2	4	6	4	16	23
		59%	63%	52%	64%	57%	51%	53%	58%	50%	67%	34%	82%	62%	57%	94%	52%
Somewhat excessive	(4.0)	18	5	9	5	13	1	1	13	-	-	-	-	1	1	1	3
		7%	4%	12%	9%	11%	8%	5%	11%	-	-	-	-	8%	13%	6%	6%
				a													
Totally excessive	(5.0)	10	2	4	3	6	2	-	8	-	-	-	-	-	-	-	2
		4%	1%	5%	5%	5%	13%	-	6%	-	-	-	-	-	-	-	5%
NET: Inadequate		78	37	22	12	34	5	12	31	17	3	4	1	3	2	-	17
		30%	31%	31%	23%	27%	29%	43%	25%	50%	33%	66%	18%	30%	29%	-	38%
								c									
NET: Excessive		28	7	12	7	20	3	1	21	-	-	-	-	1	1	1	5
		11%	6%	17%	14%	16%	21%	5%	17%	-	-	-	-	8%	13%	6%	11%
				a		a			d								
Base for stats		259	119	71	54	126	17	28	124	34	10	6	5	10	7	17	45
Mean Score		2.75	2.62	2.83	2.96	2.89	2.89	2.55	2.90	2.35	2.42	2.34	2.64	2.60	2.72	3.06	2.68
					a	a			d								
Standard Deviation		.877	.831	.936	.715	.847	1.199	.699	.924	.735	.905	.516	.853	.921	.907	.242	.920
Standard Error		.055	.071	.123	.108	.084	.310	.137	.085	.126	.273	.211	.381	.278	.321	.057	.144
Error variance		*	.01	.02	.01	.01	.10	.02	.01	.02	.07	.04	.15	.08	.10	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.1. Indoor gyms or fitness centres (including fitness classes): How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																			
Unweighted Total	253	75	84	24	7	108	82	91	70	22	6	92	97	29	136	78	10	224	
Total	259	79	87	22	7	109	87	95	74	20	6	94	101	26	137	84	11	232	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Totally inadequate (1.0)	26 10%	5 6%	7 8%	7 32%	1 16%	13 12%	6 7%	6 6%	8 11%	2 8%	3 46%	10 10%	9 9%	4 17%	13 10%	6 7%	2 19%	21 9%	
Somewhat inadequate (2.0)	52 20%	18 22%	21 24%	7 32%	2 25%	28 25%	19 22%	17 18%	24 33% af	7 34%	- -	31 33% af	17 17%	6 22%	24 18%	18 21%	5 41%	47 20%	
About right (3.0)	152 59%	46 57%	52 59%	8 37%	4 59%	60 55%	50 57%	61 65% be	33 44%	11 57%	3 54%	44 47%	65 64% be	13 50%	83 61%	53 63%	2 18%	139 60%	
Somewhat excessive (4.0)	18 7%	7 9%	6 7%	- -	- -	6 6%	7 8%	6 6%	7 10%	- -	- -	7 8%	6 6%	3 11%	8 6%	6 7%	1 11%	15 7%	
Totally excessive (5.0)	10 4%	4 6%	2 2%	- -	- -	2 2%	4 5%	4 5%	2 3%	- -	- -	2 2%	4 4%	- -	8 6%	1 2%	1 11%	10 4%	
NET: Inadequate	78 30%	22 28%	27 31%	14 63%	3 41%	41 38%	26 29%	23 24%	32 43% af	8 43%	3 46%	41 43% af	26 26%	10 38%	38 28%	24 28%	7 59%	68 29%	
NET: Excessive	28 11%	11 14%	8 9%	- -	- -	8 8%	11 13%	11 11%	9 13%	- -	- -	9 10%	11 10%	3 11%	16 11%	7 9%	3 23%	25 11%	
Base for stats	259	79	87	22	7	109	87	95	74	20	6	94	101	26	137	84	11	232	
Mean Score	2.75	2.86 e	2.73	2.05	2.42	2.59	2.82	2.85 e	2.61	2.49	2.08	2.59	2.80	2.56	2.80	2.75	2.56	2.77	
Standard Deviation	.877	.878	.802	.844	.814	.851	.876	.818	.912	.664	1.087	.864	.852	.914	.901	.759	1.292	.872	
Standard Error	.055	.101	.087	.172	.308	.082	.097	.086	.109	.142	.444	.090	.086	.170	.077	.086	.409	.058	
Error variance	*	.01	.01	.03	.09	.01	.01	.01	.01	.02	.20	.01	.01	.03	.01	.01	.17	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.1. Indoor gyms or fitness centres (including fitness classes): How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	b	a	*b
Unweighted Total	253	82	139	35	26	22	176	74	4	219	34	223	29
Total	259	89	141	34	26	21	183	72	4	224	34	230	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate	(1.0) 26 10%	14 16% b	7 5%	7 22% d	5 19%	4 17%	10 5%	15 21% d	-	24 11%	2 6%	23 10%	2 9%
Somewhat inadequate	(2.0) 52 20%	30 34% b	17 12%	10 28%	6 23%	10 47%	27 15%	26 36% d	-	46 20%	7 20%	44 19%	9 30%
About right	(3.0) 152 59%	32 36%	105 75% a	13 37%	9 36%	7 31%	126 69% ae	25 34%	1 21%	126 56%	26 74% a	135 59%	16 58%
Somewhat excessive	(4.0) 18 7%	8 9%	6 4%	1 3%	2 8%	-	14 8%	3 4%	-	18 8%	-	18 8%	-
Totally excessive	(5.0) 10 4%	5 5%	6 4%	3 10%	3 13%	1 4%	7 4%	3 5%	3 79%	10 5%	-	9 4%	1 3%
NET: Inadequate	78 30%	44 49% b	24 17%	17 50% d	11 43%	14 65%	36 20%	41 57% d	-	70 31%	9 26%	67 29%	11 39%
NET: Excessive	28 11%	13 14%	11 8%	5 13%	6 21%	1 4%	21 11%	7 9%	3 79%	28 13% b	-	28 12%	1 3%
Base for stats	259	89	141	34	26	21	183	72	4	224	34	230	28
Mean Score	2.75	2.55	2.90 a	2.52	2.73	2.26	2.90 ae	2.36	4.58	2.76	2.69	2.77	2.58
Standard Deviation	.877	1.033	.713	1.178	1.268	.906	.757	1.019	.927	.914	.587	.888	.793
Standard Error	.055	.114	.060	.199	.249	.193	.057	.118	.464	.062	.101	.059	.147
Error variance	*	.01	*	.04	.06	.04	*	.01	.21	*	.01	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.1. Indoor gyms or fitness centres (including fitness classes): How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	253	3	14	34	54	51	37	22	38	153	97	160	52	40	35	63	84	69
Total	259	3	15	34	56	53	39	21	38	158	98	167	52	39	36	64	86	71
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	26 10%	2 68%	2 13%	5 16%	5 9%	4 8%	5 12%	3 13%	-	17 11%	7 8%	20 12%	2 3%	3 9%	6 15%	3 4%	6 7%	10 15%
Somewhat inadequate (2.0)	52 20%	1 32%	4 28%	7 21%	12 22%	13 25%	6 16%	1 4%	8 20%	37 23%	15 15%	35 21%	14 28%	3 9%	9 25%	17 26%	10 12%	17 24%
About right (3.0)	152 59%	-	9 60%	20 60%	29 52%	28 53%	23 58%	15 73%	28 72%	86 55%	65 67%	88 53%	34 66%	29 74%	17 48%	41 64%	63 73%	30 42%
Somewhat excessive (4.0)	18 7%	-	-	1 3%	6 10%	6 11%	3 7%	2 10%	1 2%	13 8%	6 6%	15 9%	1 3%	2 6%	4 12%	1 2%	6 7%	7 10%
Totally excessive (5.0)	10 4%	-	-	-	4 8%	1 2%	3 7%	-	2 5%	5 3%	5 5%	9 6%	-	1 2%	-	2 3%	1 1%	7 9%
NET: Inadequate	78 30%	3 100%	6 40%	13 37%	17 31%	18 33%	11 28%	3 17%	8 20%	53 34%	22 23%	54 33%	16 31%	7 17%	14 40%	19 30%	16 19%	27 38%
NET: Excessive	28 11%	-	-	1 3%	10 18%	7 14%	5 14%	2 10%	3 8%	18 11%	10 11%	24 14%	1 3%	3 8%	4 12%	3 5%	7 8%	14 19%
Base for stats	259	3	15	34	56	53	39	21	38	158	98	167	52	39	36	64	86	71
Mean Score	2.75	1.32	2.47	2.50	2.86	2.74	2.79	2.81	2.93	2.71	2.85	2.75	2.68	2.84	2.57	2.75	2.83	2.76
Standard Deviation	.877	.591	.736	.809	.991	.849	.986	.802	.666	.890	.828	.967	.586	.762	.907	.723	.714	1.122
Standard Error	.055	.341	.197	.139	.135	.119	.162	.171	.108	.072	.084	.076	.081	.120	.153	.091	.078	.135
Error variance	*	.12	.04	.02	.02	.01	.03	.03	.01	.01	.01	.01	.01	.01	.02	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.2. Indoor swimming pools: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	g	h	*i
Unweighted Total	212	132	79	97	75	40	10	22	20	17	14	21	58	38	12
Total	224	133	89	100	84	40	8	23	20	17	15	25	64	38	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	31 14%	22 16%	10 11%	17 17% c	15 17% c	- -	- -	3 15%	3 15%	2 11%	3 23%	- -	14 22%	4 11%	2 13%
Somewhat inadequate (2.0)	47 21%	30 22%	17 19%	30 30% c	15 18% c	2 5%	2 21%	3 13%	5 25%	3 19%	2 14%	6 25%	13 21%	10 27%	2 14%
About right (3.0)	121 54%	66 49%	54 60%	43 43%	44 53%	34 85% ab	5 68%	11 48%	10 50%	12 71%	7 50%	15 60%	31 48%	19 50%	9 73%
Somewhat excessive (4.0)	14 6%	9 7%	5 5%	4 4%	6 7%	4 10%	1 11%	2 9%	2 10%	- -	2 14%	4 14%	2 3%	1 3%	- -
Totally excessive (5.0)	11 5%	7 5%	3 4%	6 6%	4 5%	- -	- -	3 15%	- -	- -	- -	- -	4 6%	3 9%	- -
NET: Inadequate	78 35%	51 38%	27 31%	47 47% c	30 36% c	2 5%	2 21%	7 28%	8 40%	5 29%	5 37%	6 25%	27 42%	14 38%	4 27%
NET: Excessive	25 11%	16 12%	8 9%	10 10%	10 12%	4 10%	1 11%	6 24%	2 10%	- -	2 14%	4 14%	6 9%	5 12%	- -
Base for stats	224	133	89	100	84	40	8	23	20	17	15	25	64	38	13
Mean Score	2.67	2.63	2.71	2.53	2.64	3.06 ab	2.89	2.96	2.55	2.60	2.55	2.89	2.51	2.72	2.60
Standard Deviation	.958	1.013	.878	1.032	1.014	.386	.598	1.209	.890	.691	1.023	.635	1.060	1.027	.739
Standard Error	.066	.088	.099	.105	.117	.061	.189	.258	.199	.168	.273	.139	.139	.167	.213
Error variance	*	.01	.01	.01	.01	*	.04	.07	.04	.03	.07	.02	.02	.03	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.2. Indoor swimming pools: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Social Grade							Ethnicity								
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	212	37	52	48	29	24	22	137	75	170	8	15	13	-	-	36	
Total	224	39	57	50	30	25	23	146	78	180	8	16	14	-	-	38	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%	
Totally inadequate	(1.0)	31	12	4	5	5	3	3	20	11	19	3	5	3	-	-	12
		14%	29%	7%	9%	17%	12%	15%	14%	15%	10%	36%	33%	25%	-	-	31%
			bcg														a
Somewhat inadequate	(2.0)	47	10	13	13	7	3	1	36	11	40	1	1	5	-	-	7
		21%	24%	23%	27%	22%	12%	5%	25%	14%	22%	11%	7%	37%	-	-	19%
About right	(3.0)	121	17	30	25	12	18	17	73	48	103	4	9	2	-	-	15
		54%	44%	53%	51%	42%	71%	76%	50%	61%	57%	53%	55%	15%	-	-	40%
Somewhat excessive	(4.0)	14	-	6	4	2	1	-	11	3	12	-	-	2	-	-	2
		6%	-	11%	8%	7%	5%	-	7%	4%	7%	-	-	14%	-	-	5%
			a														
Totally excessive	(5.0)	11	1	3	2	4	-	1	6	4	7	-	1	1	-	-	2
		5%	2%	6%	4%	12%	-	4%	4%	6%	4%	-	5%	9%	-	-	6%
NET: Inadequate		78	21	17	18	12	6	5	56	22	59	4	7	9	-	-	19
		35%	54%	29%	36%	39%	24%	20%	38%	29%	32%	47%	40%	62%	-	-	50%
			bh														
NET: Excessive		25	1	10	6	6	1	1	17	8	19	-	1	3	-	-	4
		11%	2%	17%	12%	19%	5%	4%	12%	10%	10%	-	5%	23%	-	-	10%
			a														
Base for stats		224	39	57	50	30	25	23	146	78	180	8	16	14	-	-	38
Mean Score		2.67	2.21	2.87	2.71	2.75	2.69	2.73	2.64	2.72	2.71	2.16	2.37	2.45	-	-	2.36
			a	a	a	a	a	a	a	a	a	a	a	a			
Standard Deviation		.958	.956	.919	.904	1.194	.758	.873	.956	.966	.883	.994	1.131	1.304	-	-	1.145
Standard Error		.066	.157	.127	.131	.222	.155	.186	.082	.112	.068	.352	.292	.362	-	-	.191
Error variance		*	.02	.02	.02	.05	.02	.03	.01	.01	*	.12	.09	.13	-	-	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.2. Indoor swimming pools: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k		
Significance Level: 95%																	
Unweighted Total	212	92	54	47	101	18	16	95	22	9	9	8	11	10	14	34	
Total	224	83	66	58	124	20	17	102	24	10	9	8	10	11	13	37	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Totally inadequate	(1.0)	31	10	11	6	17	7	4	11	4	2	-	2	1	-	-	11
		14%	12%	17%	11%	14%	36%	24%	11%	18%	21%	-	26%	9%	-	-	31%
																	c
Somewhat inadequate	(2.0)	47	9	17	17	34	1	4	30	5	3	2	1	1	-	-	5
		21%	11%	25%	29%	27%	5%	24%	29%	21%	33%	22%	15%	9%	-	-	14%
				a	a	a											
About right	(3.0)	121	56	30	29	59	8	8	50	15	3	6	4	6	9	12	16
		54%	68%	45%	49%	47%	42%	45%	49%	62%	33%	65%	49%	65%	82%	92%	44%
			bcd														
Somewhat excessive	(4.0)	14	7	3	4	7	1	1	7	-	-	1	1	1	1	1	2
		6%	8%	5%	6%	6%	6%	6%	6%	-	-	14%	11%	9%	9%	8%	6%
Totally excessive	(5.0)	11	1	5	2	7	2	-	6	-	1	-	-	1	1	-	2
		5%	1%	7%	4%	6%	11%	-	6%	-	12%	-	-	9%	8%	-	6%
				a													
NET: Inadequate		78	19	28	23	51	8	8	40	9	5	2	3	2	-	-	17
		35%	23%	42%	40%	41%	41%	48%	40%	38%	54%	22%	41%	18%	-	-	44%
				a	a	a											
NET: Excessive		25	8	8	6	14	3	1	12	-	1	1	1	2	2	1	4
		11%	9%	13%	10%	12%	17%	6%	12%	-	12%	14%	11%	17%	18%	8%	12%
Base for stats		224	83	66	58	124	20	17	102	24	10	9	8	10	11	13	37
Mean Score		2.67	2.74	2.61	2.64	2.62	2.51	2.34	2.67	2.44	2.49	2.92	2.45	3.00	3.26	3.08	2.43
Standard Deviation		.958	.819	1.065	.918	.995	1.358	.942	.949	.790	1.251	.626	1.054	.988	.627	.276	1.170
Standard Error		.066	.085	.145	.134	.099	.320	.236	.097	.168	.417	.209	.373	.298	.198	.074	.201
Error variance		*	.01	.02	.02	.01	.10	.06	.01	.03	.17	.04	.14	.09	.04	.01	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.2. Indoor swimming pools: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																			
Unweighted Total	212	69	52	15	7	67	76	70	57	15	-	72	70	33	111	64	4	179	
Total	224	74	57	16	7	72	82	73	64	16	-	80	73	30	117	72	5	194	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	
Totally inadequate (1.0)	31	5	11	3	1	14	6	5	13	4	-	16	5	3	17	10	1	28	
	14%	7%	19%	21%	18%	19%	8%	7%	20%	24%	-	20%	7%	12%	14%	14%	26%	14%	
		a	a			af			af			af							
Somewhat inadequate (2.0)	47	26	10	5	2	16	28	19	20	4	-	24	19	3	24	20	-	44	
	21%	35%	19%	32%	28%	21%	35%	26%	31%	28%	-	30%	26%	10%	21%	28%	-	23%	
		b				b									a				
About right (3.0)	121	34	31	5	4	36	38	39	26	8	-	34	39	21	61	35	3	100	
	54%	46%	55%	32%	54%	50%	47%	54%	41%	49%	-	42%	54%	70%	52%	49%	74%	52%	
Somewhat excessive (4.0)	14	7	2	-	-	2	7	7	2	-	-	2	7	1	9	4	-	13	
	6%	9%	4%	-	-	3%	8%	9%	3%	-	-	3%	9%	3%	7%	6%	-	7%	
Totally excessive (5.0)	11	2	2	2	-	5	2	3	4	-	-	4	3	2	7	2	-	9	
	5%	3%	4%	16%	-	7%	2%	4%	6%	-	-	4%	4%	6%	6%	3%	-	5%	
NET: Inadequate	78	31	21	8	3	29	35	24	32	8	-	40	24	6	41	30	1	72	
	35%	42%	37%	53%	46%	41%	43%	33%	50%	51%	-	51%	33%	21%	35%	41%	26%	37%	
									af			af							
NET: Excessive	25	9	4	2	-	7	9	10	6	-	-	6	10	3	15	7	-	22	
	11%	12%	8%	16%	-	10%	11%	14%	9%	-	-	7%	14%	9%	13%	10%	-	11%	
Base for stats	224	74	57	16	7	72	82	73	64	16	-	80	73	30	117	72	5	194	
Mean Score	2.67	2.65	2.56	2.58	2.36	2.56	2.63	2.79	2.44	2.25	-	2.41	2.79	2.82	2.69	2.58	2.48	2.64	
								be				be							
Standard Deviation	.958	.845	.987	1.304	.826	1.054	.843	.874	1.028	.839	-	.991	.874	.902	.995	.926	.987	.967	
Standard Error	.066	.102	.137	.337	.312	.129	.097	.104	.136	.217	-	.117	.104	.157	.094	.116	.493	.072	
Error variance	*	.01	.02	.11	.10	.02	.01	.01	.02	.05	-	.01	.01	.02	.01	.01	.24	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.2. Indoor swimming pools: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	*b
Unweighted Total	212	79	92	32	31	23	121	78	5	182	30	185	18
Total	224	90	96	34	32	24	129	82	5	192	31	197	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	31 14%	20 22% b	6 6%	6 19%	4 13%	9 38%	11 8%	20 24% d	- -	28 14%	4 11%	29 15%	1 6%
Somewhat inadequate (2.0)	47 21%	26 29%	17 18%	8 25%	6 17%	5 19%	26 20%	17 21%	- -	44 23%	3 8%	44 22%	2 12%
About right (3.0)	121 54%	37 42%	59 61% a	16 47%	17 52%	8 34%	77 60% e	37 45%	3 59%	101 53%	20 63%	102 52%	13 67%
Somewhat excessive (4.0)	14 6%	2 2%	11 11% a	1 3%	- -	1 5%	12 9%	2 3%	- -	10 5%	3 11%	11 6%	2 10%
Totally excessive (5.0)	11 5%	4 5%	4 4%	2 6% d	6 18%	1 4%	4 3%	6 7%	2 41%	9 4%	2 7%	10 5%	1 4%
NET: Inadequate	78 35%	46 51% b	23 24%	15 44%	10 30%	14 57%	36 28%	37 46% d	- -	72 38%	6 20%	73 37%	4 19%
NET: Excessive	25 11%	6 7%	15 15%	3 9%	6 18%	2 9%	16 12%	8 10%	2 41%	19 10%	6 18%	21 11%	3 14%
Base for stats	224	90	96	34	32	24	129	82	5	192	31	197	19
Mean Score	2.67	2.39	2.88 a	2.53	2.92	2.17	2.79 e	2.47	3.83	2.62	2.93	2.64	2.93
Standard Deviation	.958	1.016	.833	1.053	1.207	1.133	.840	1.107	1.095	.951	.975	.975	.824
Standard Error	.066	.114	.087	.186	.217	.236	.076	.125	.490	.070	.178	.072	.194
Error variance	*	.01	.01	.03	.05	.06	.01	.02	.24	*	.03	.01	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.2. Indoor swimming pools: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	e	*f	*g	h	i	j	a	b	*c	*a	b	c	d
Unweighted Total	212	9	18	28	50	40	24	11	32	136	67	127	60	21	25	61	71	49
Total	224	8	19	29	54	45	26	10	32	147	68	136	62	23	26	65	76	51
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	31 14%	1 10%	3 16%	4 15%	8 16%	7 15%	4 16%	- -	4 12%	23 15%	8 12%	22 16%	5 8%	3 15%	6 22%	8 12%	9 12%	9 17%
Somewhat inadequate (2.0)	47 21%	3 36%	2 12%	10 32%	8 15%	11 24%	5 18%	1 12%	7 22%	31 21%	13 19%	27 20%	15 24%	4 17%	6 23%	18 28%	10 13%	12 23%
About right (3.0)	121 54%	4 43%	12 65%	12 40%	31 58%	24 53%	11 43%	8 76%	19 60%	79 54%	38 56%	69 51%	36 59%	15 64%	12 47%	35 54%	48 63%	23 44%
Somewhat excessive (4.0)	14 6%	- -	1 7%	3 9%	4 8%	1 2%	5 18%	- -	- -	9 6%	5 7%	9 7%	4 7%	- -	2 8%	2 4%	6 8%	3 6%
Totally excessive (5.0)	11 5%	1 11%	- -	1 4%	2 4%	2 5%	1 5%	1 11%	2 5%	6 4%	4 6%	8 6%	1 1%	1 4%	- -	1 2%	2 3%	5 10%
NET: Inadequate	78 35%	4 46%	5 28%	14 47%	17 31%	18 39%	9 34%	1 12%	11 34%	53 36%	21 31%	49 36%	20 33%	7 32%	12 45%	26 40%	19 26%	20 40%
NET: Excessive	25 11%	1 11%	1 7%	4 12%	6 12%	3 7%	6 23%	1 11%	2 5%	15 10%	9 13%	18 13%	5 8%	1 4%	2 8%	4 6%	9 11%	8 16%
Base for stats	224	8	19	29	54	45	26	10	32	147	68	136	62	23	26	65	76	51
Mean Score	2.67	2.66	2.63	2.54	2.70	2.58	2.77	3.10	2.65	2.62	2.76	2.66	2.69	2.60	2.41	2.56	2.77	2.70
Standard Deviation	.958	1.107	.861	.993	.967	.958	1.095	.789	.905	.949	.967	1.027	.783	.891	.938	.829	.887	1.142
Standard Error	.066	.369	.203	.188	.137	.152	.224	.238	.160	.081	.118	.091	.101	.194	.188	.106	.105	.163
Error variance	*	.14	.04	.04	.02	.02	.05	.06	.03	.01	.01	.01	.01	.04	.04	.01	.01	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.3. Other indoor sports facilities: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	118	76	41	66	39	13	9	12	14	13	13	5	28	17	7
Total	117	72	44	62	43	12	7	13	15	11	13	6	31	16	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	11 9%	9 12%	2 4%	10 16% b	1 2%	- -	2 22%	1 9%	2 14%	- -	1 9%	- -	4 12%	1 5%	- -
Somewhat inadequate (2.0)	35 30%	21 30%	13 28%	20 32%	14 33%	1 8%	2 23%	3 25%	6 41%	6 51%	5 40%	- -	7 21%	3 20%	4 57%
About right (3.0)	61 52%	33 46%	28 63%	27 44%	24 56%	9 78%	2 32%	8 57%	6 39%	4 35%	6 51%	6 100%	16 53%	11 70%	2 30%
Somewhat excessive (4.0)	8 6%	6 9%	1 3%	4 7%	3 7%	- -	1 10%	1 10%	- -	1 7%	- -	- -	3 10%	1 5%	1 13%
Totally excessive (5.0)	3 3%	3 4%	1 2%	1 1%	1 2%	2 14%	1 12%	- -	1 6%	1 7%	- -	- -	1 3%	- -	- -
NET: Inadequate	46 39%	30 42%	14 32%	30 48%	15 34%	1 8%	3 45%	4 34%	8 55%	6 51%	6 49%	- -	10 34%	4 25%	4 57%
NET: Excessive	11 9%	9 12%	2 5%	5 8%	4 9%	2 14%	2 23%	1 10%	1 6%	2 14%	- -	- -	4 13%	1 5%	1 13%
Base for stats	117	72	44	62	43	12	7	13	15	11	13	6	31	16	6
Mean Score	2.64	2.61	2.71	2.46	2.75	3.20	2.67	2.67	2.43	2.70	2.42	3.00	2.70	2.75	2.56
Standard Deviation	.847	.942	.676	.893	.705	.814	1.378	.801	.976	.923	.681	-	.929	.644	.775
Standard Error	.078	.108	.106	.110	.113	.226	.459	.231	.261	.256	.189	-	.176	.156	.293
Error variance	.01	.01	.01	.01	.01	.05	.21	.05	.07	.07	.04	-	.03	.02	.09

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.3. Other indoor sports facilities: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	118	24	23	30	19	13	9	77	41	85	4	17	9	1	-	31
Total	117	24	23	30	20	13	8	76	42	84	5	18	9	1	-	32
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Totally inadequate (1.0)	11 9%	1 4%	2 9%	5 16%	1 4%	1 10%	1 10%	8 10%	3 7%	7 9%	-	1 7%	1 13%	-	-	2 7%
Somewhat inadequate (2.0)	35 30%	11 46%	5 21%	5 17%	7 32%	5 39%	3 37%	21 27%	15 35%	23 27%	-	9 48%	4 43%	-	-	12 39%
About right (3.0)	61 52%	9 36%	14 63%	17 58%	12 60%	5 39%	3 43%	40 53%	21 50%	48 57%	3 72%	6 35%	3 33%	1 100%	-	13 42%
Somewhat excessive (4.0)	8 6%	3 11%	1 4%	2 6%	1 4%	2 13%	-	5 7%	2 6%	4 4%	1 28%	2 10%	1 10%	-	-	4 12%
Totally excessive (5.0)	3 3%	1 4%	1 4%	1 3%	-	-	1 10%	3 3%	1 2%	3 3%	-	-	-	-	-	-
NET: Inadequate	46 39%	12 49%	7 29%	10 34%	7 36%	6 48%	4 47%	28 37%	17 42%	30 36%	-	10 55%	5 56%	-	-	15 46%
NET: Excessive	11 9%	3 15%	2 8%	2 8%	1 4%	2 13%	1 10%	8 10%	3 8%	6 7%	1 28%	2 10%	1 10%	-	-	4 12%
Base for stats	117	24	23	30	20	13	8	76	42	84	5	18	9	1	-	32
Mean Score	2.64	2.66	2.74	2.61	2.64	2.55	2.63	2.66	2.61	2.66	3.28	2.48	2.40	3.00	-	2.59
Standard Deviation	.847	.877	.842	.933	.638	.872	1.093	.879	.795	.822	.505	.784	.896	-	-	.810
Standard Error	.078	.179	.176	.170	.146	.242	.364	.100	.124	.089	.253	.190	.299	-	-	.146
Error variance	.01	.03	.03	.03	.02	.06	.13	.01	.02	.01	.06	.04	.09	-	-	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.3. Other indoor sports facilities: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k		
Significance Level: 95%																	
Unweighted Total	118	59	30	14	44	8	15	43	12	12	3	4	12	1	8	23	
Total	117	51	37	17	54	8	16	43	12	13	3	4	11	1	8	24	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Totally inadequate	(1.0)	11	3	2	4	6	1	1	2	1	2	-	1	2	-	2	
		9%	6%	5%	22%	10%	15%	5%	6%	10%	20%	-	22%	15%	-	9%	
Somewhat inadequate	(2.0)	35	13	11	7	18	3	5	13	4	3	2	1	3	-	8	
		30%	25%	30%	42%	34%	35%	34%	31%	32%	25%	69%	34%	23%	-	34%	
About right	(3.0)	61	28	23	4	27	2	8	25	6	5	1	1	5	1	10	
		52%	56%	62%	23%	50%	27%	53%	58%	52%	42%	31%	21%	42%	100%	44%	
Somewhat excessive	(4.0)	8	5	1	1	3	-	1	2	1	1	-	-	2	-	1	
		6%	10%	3%	8%	5%	-	8%	5%	7%	7%	-	-	21%	-	5%	
Totally excessive	(5.0)	3	2	-	1	1	2	-	-	-	1	-	1	-	-	2	
		3%	3%	-	5%	2%	23%	-	-	-	7%	-	23%	-	-	7%	
NET: Inadequate		46	16	13	11	24	4	6	16	5	6	2	2	4	-	10	
		39%	31%	35%	64%	44%	50%	39%	37%	41%	45%	69%	56%	38%	-	43%	
NET: Excessive		11	7	1	2	3	2	1	2	1	2	-	1	2	-	3	
		9%	13%	3%	13%	6%	23%	8%	5%	7%	14%	-	23%	21%	-	13%	
Base for stats		117	51	37	17	54	8	16	43	12	13	3	4	11	1	8	24
Mean Score		2.64	2.79	2.63	2.32	2.53	2.80	2.64	2.63	2.56	2.56	2.31	2.67	2.68	3.00	2.88	2.69
Standard Deviation		.847	.837	.647	1.087	.811	1.441	.733	.682	.791	1.132	.566	1.660	1.010	-	.349	.993
Standard Error		.078	.109	.118	.291	.122	.510	.189	.104	.228	.327	.327	.830	.291	-	.123	.207
Error variance		.01	.01	.01	.08	.01	.26	.04	.01	.05	.11	.11	.69	.08	-	.02	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.3. Other indoor sports facilities: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		*a	*b	*c	*d	e	f	*a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																			
Unweighted Total	118	26	27	16	12	43	38	22	31	21	9	52	31	14	58	37	9	104	
Total	117	27	29	15	12	44	39	24	33	19	9	52	33	12	57	40	8	105	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Totally inadequate (1.0)	11	5	1	-	1	1	6	2	2	1	1	3	4	2	2	6	-	8	
	9%	17%	4%	-	10%	3%	15%	10%	7%	5%	14%	6%	11%	20%	3%	16%	-	8%	
																b			
Somewhat inadequate (2.0)	35	4	7	9	5	16	9	2	10	13	2	23	4	2	14	15	4	33	
	30%	14%	25%	60%	42%	37%	22%	10%	32%	69%	20%	45%	13%	19%	25%	37%	45%	31%	
											f								
About right (3.0)	61	15	20	5	5	25	20	17	18	4	5	23	21	5	35	17	4	55	
	52%	56%	70%	29%	40%	56%	51%	69%	56%	23%	56%	44%	65%	45%	61%	42%	45%	53%	
Somewhat excessive (4.0)	8	4	-	2	-	2	4	3	1	1	1	2	3	2	4	1	1	6	
	6%	13%	-	11%	-	4%	9%	11%	3%	4%	10%	3%	11%	16%	6%	3%	10%	5%	
Totally excessive (5.0)	3	-	-	-	1	-	1	-	1	-	-	1	-	-	3	1	-	3	
	3%	-	-	-	7%	-	2%	-	3%	-	-	2%	-	-	5%	2%	-	3%	
NET: Inadequate	46	8	8	9	6	18	14	5	13	14	3	27	8	5	16	21	4	41	
	39%	31%	30%	60%	52%	40%	37%	20%	39%	73%	34%	51%	24%	39%	28%	53%	45%	39%	
											f					b			
NET: Excessive	11	4	-	2	1	2	4	3	2	1	1	3	3	2	6	2	1	9	
	9%	13%	-	11%	7%	4%	11%	11%	6%	4%	10%	5%	11%	16%	11%	5%	10%	9%	
Base for stats	117	27	29	15	12	44	39	24	33	19	9	52	33	12	57	40	8	105	
Mean Score	2.64	2.65	2.66	2.51	2.52	2.61	2.61	2.80	2.62	2.27	2.62	2.49	2.75	2.56	2.84	2.38	2.64	2.65	
											c								
Standard Deviation	.847	.923	.562	.708	.987	.613	.932	.774	.783	.628	.902	.744	.799	1.026	.772	.876	.692	.830	
Standard Error	.078	.181	.108	.177	.285	.094	.151	.165	.141	.137	.301	.103	.144	.274	.101	.144	.231	.081	
Error variance	.01	.03	.01	.03	.08	.01	.02	.03	.02	.02	.09	.01	.02	.08	.01	.02	.05	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.3. Other indoor sports facilities: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total	118	47	55	21	27	13	62	51	7	90	28	100	15
Total	117	49	55	19	27	12	64	49	7	90	27	100	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	11 9%	4 9%	4 7%	3 15%	- -	- -	8 12%	3 6%	- -	9 10%	2 6%	9 9%	1 8%
Somewhat inadequate (2.0)	35 30%	21 43%	11 20%	6 32%	14 52%	5 38%	11 17%	23 47%	1 12%	26 28%	10 35%	30 30%	5 32%
About right (3.0)	61 52%	18 38%	36 66%	7 38%	11 40%	6 48%	38 59%	19 39%	4 55%	45 50%	15 56%	50 50%	9 60%
Somewhat excessive (4.0)	8 6%	3 7%	2 4%	1 7%	1 5%	1 7%	5 9%	2 4%	1 19%	8 8%	- -	8 8%	- -
Totally excessive (5.0)	3 3%	2 4%	2 3%	2 9%	1 3%	1 7%	2 3%	2 4%	1 13%	3 3%	1 3%	3 3%	- -
NET: Inadequate	46 39%	25 52%	15 27%	9 46%	14 52%	5 38%	19 30%	26 53%	1 12%	34 38%	11 40%	39 39%	6 40%
NET: Excessive	11 9%	5 10%	4 7%	3 16%	2 8%	2 14%	7 11%	4 8%	2 32%	10 11%	1 3%	11 11%	- -
Base for stats	117	49	55	19	27	12	64	49	7	90	27	100	15
Mean Score	2.64	2.53	2.77	2.64	2.59	2.84	2.72	2.53	3.33	2.66	2.60	2.66	2.52
Standard Deviation	.847	.894	.768	1.128	.740	.883	.887	.821	.927	.877	.754	.879	.664
Standard Error	.078	.130	.104	.246	.142	.245	.113	.115	.350	.092	.142	.088	.171
Error variance	.01	.02	.01	.06	.02	.06	.01	.01	.12	.01	.02	.01	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6H.3. Other indoor sports facilities: How did you feel about the Covid-19 safety measures that were in place at this facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	*h	i	j	a	b	*c	*a	b	c	*d
Unweighted Total	118	5	13	25	33	8	12	6	16	79	34	43	43	28	23	32	36	26
Total	117	4	12	25	35	8	13	6	15	80	34	45	42	27	21	32	37	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Totally inadequate (1.0)	11 9%	1 19%	2 14%	4 18%	- -	- -	1 9%	1 15%	2 11%	6 8%	4 11%	5 11%	5 11%	- -	2 7%	2 7%	2 6%	4 17%
Somewhat inadequate (2.0)	35 30%	1 18%	5 44%	9 36%	9 26%	4 53%	2 17%	1 14%	4 24%	28 35%	7 20%	12 28%	9 21%	12 45%	11 49%	12 38%	9 25%	3 13%
About right (3.0)	61 52%	2 42%	4 34%	10 43%	22 64%	3 37%	10 74%	3 56%	7 44%	40 50%	19 57%	21 47%	26 61%	13 49%	7 33%	14 45%	23 62%	16 60%
Somewhat excessive (4.0)	8 6%	- -	1 8%	- -	3 10%	1 9%	- -	1 14%	2 10%	5 7%	2 7%	4 10%	2 4%	2 6%	2 10%	2 8%	2 6%	1 3%
Totally excessive (5.0)	3 3%	1 22%	- -	1 3%	- -	- -	- -	- -	2 12%	1 1%	2 5%	2 4%	2 4%	- -	- -	1 3%	1 2%	2 7%
NET: Inadequate	46 39%	1 37%	7 58%	13 54%	9 26%	4 53%	3 26%	2 30%	5 35%	34 42%	10 31%	18 39%	13 31%	12 45%	12 57%	14 45%	11 31%	8 30%
NET: Excessive	11 9%	1 22%	1 8%	1 3%	3 10%	1 9%	- -	1 14%	3 22%	6 8%	4 12%	6 13%	3 8%	2 6%	2 10%	3 10%	3 8%	3 10%
Base for stats	117	4	12	25	35	8	13	6	15	80	34	45	42	27	21	32	37	26
Mean Score	2.64	2.88	2.36	2.35	2.84	2.56	2.65	2.69	2.88	2.58	2.76	2.66	2.70	2.61	2.46	2.60	2.74	2.70
Standard Deviation	.847	1.554	.851	.906	.587	.704	.665	.983	1.149	.772	.937	.944	.874	.608	.789	.849	.755	1.028
Standard Error	.078	.695	.236	.181	.102	.249	.192	.401	.287	.087	.161	.144	.133	.115	.164	.150	.126	.202
Error variance	.01	.48	.06	.03	.01	.06	.04	.16	.08	.01	.03	.02	.02	.01	.03	.02	.02	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I. SUMMARY: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Very comfortable	Fairly comfortable	Neither comfortable nor uncomfortable	Fairly uncomfortable	Very uncomfortable	Don't know	NET: Comfortable	NET: Uncomfortable
Indoor gyms or fitness centres (including fitness classes)	297 100%	101 34%	119 40%	50 17%	18 6%	8 3%	1 *	220 74%	26 9%
Other indoor sports facilities	163 100%	45 28%	62 38%	28 17%	16 10%	6 3%	6 4%	107 66%	21 13%
Indoor swimming pools	270 100%	65 24%	111 41%	54 20%	26 10%	9 3%	4 2%	176 65%	35 13%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	*d	*e	*f	g	h	*i
Unweighted Total	291	170	120	148	104	39	15	30	33	27	22	24	76	44	20
Total	297	172	124	145	114	37	11	32	34	25	21	27	84	42	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	101 34%	61 36%	39 31%	38 26%	44 38% a	18 49% a	4 32%	10 31%	12 35%	7 27%	4 17%	10 37%	32 38%	16 38%	6 32%
Fairly comfortable (4.0)	119 40%	71 41%	49 39%	66 45%	40 35%	13 36%	5 48%	16 49%	12 37%	13 53%	5 24%	10 37%	32 39%	16 39%	9 43%
Neither comfortable nor uncomfortable (3.0)	50 17%	24 14%	25 20%	28 20%	19 17%	3 7%	2 14%	4 12%	5 16%	2 8%	10 45%	5 17%	12 15%	8 18%	3 17%
Fairly uncomfortable (2.0)	18 6%	10 6%	8 6%	11 8%	5 5%	1 3%	- -	2 5%	4 12%	2 9%	3 14%	- -	4 5%	2 5%	1 4%
Very uncomfortable (1.0)	8 3%	5 3%	4 3%	2 1%	4 4%	2 5%	1 6%	1 3%	- -	1 3%	- -	3 10%	2 2%	- -	1 4%
Don't know	1 *	1 1%	- -	- -	1 1%	- -	- -	- -	- -	- -	- -	- -	1 2%	- -	- -
NET: Comfortable	220 74%	132 77%	88 71%	104 72%	84 74%	32 85%	9 80%	26 79%	24 72%	20 80%	9 41%	20 74%	65 77%	32 77%	15 74%
NET: Uncomfortable	26 9%	14 8%	11 9%	13 9%	10 9%	3 8%	1 6%	3 8%	4 12%	3 13%	3 14%	3 10%	6 7%	2 5%	2 9%
Base for stats	296	170	124	145	113	37	11	32	34	25	21	27	83	42	20
Mean Score	3.97	4.02	3.90	3.88	4.01	4.20	3.99	3.99	3.96	3.91	3.45	3.91	4.08	4.11	3.93
Standard Deviation	.997	.988	1.009	.925	1.055	1.066	1.067	.973	1.003	1.015	.953	1.209	.975	.867	1.042
Standard Error	.059	.076	.092	.076	.104	.171	.275	.178	.175	.195	.203	.247	.113	.131	.233
Error variance	*	.01	.01	.01	.01	.03	.08	.03	.03	.04	.04	.06	.01	.02	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	*e	f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	291	65	88	55	37	16	30	208	83	213	12	35	19	2	4	72	
Total	297	68	93	54	39	16	28	214	83	220	12	35	18	2	4	72	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Very comfortable (5.0)	101 34%	26 38%	31 33%	18 33%	11 28%	3 16%	12 44%	75 35%	26 31%	77 35%	3 28%	11 33%	3 16%	1 45%	2 45%	21 29%	
Fairly comfortable (4.0)	119 40%	21 32%	47 51%	18 34%	17 44%	8 49%	8 27%	87 41%	33 39%	88 40%	8 61%	13 37%	6 35%	-	1 31%	28 39%	
Neither comfortable nor uncomfortable (3.0)	50 17%	10 14%	10 11%	14 25%	7 17%	5 30%	6 21%	33 15%	17 21%	37 17%	-	6 17%	6 34%	1 55%	-	13 19%	
Fairly uncomfortable (2.0)	18 6%	8 11%	2 3%	2 5%	3 8%	1 5%	1 4%	13 6%	5 6%	11 5%	1 11%	3 8%	3 14%	-	-	7 9%	
Very uncomfortable (1.0)	8 3%	2 3%	2 2%	2 3%	1 3%	-	1 3%	6 3%	2 3%	5 2%	-	2 5%	-	-	1 24%	3 4%	
Don't know *	1 *	1 2%	-	-	-	-	-	1 1%	-	1 1%	-	-	-	-	-	-	
NET: Comfortable	220 74%	47 70%	78 85%	36 67%	28 72%	10 65%	20 72%	161 75%	58 70%	166 75%	11 89%	24 69%	9 52%	1 45%	3 76%	49 68%	
NET: Uncomfortable	26 9%	10 14%	5 5%	4 8%	4 11%	1 5%	2 7%	18 9%	7 9%	16 7%	1 11%	5 14%	3 14%	-	1 24%	10 13%	
Base for stats	296	66	93	54	39	16	28	213	83	219	12	35	18	2	4	72	
Mean Score	3.97	3.93	4.11	3.88	3.85	3.76	4.05	4.00	3.90	4.01	4.07	3.83	3.54	3.90	3.72	3.79	
Standard Deviation	.997	1.125	.861	1.038	1.038	.806	1.071	.995	1.005	.968	.872	1.144	.950	1.302	1.831	1.087	
Standard Error	.059	.141	.092	.140	.171	.202	.195	.069	.110	.067	.252	.193	.218	.921	.916	.128	
Error variance	*	.02	.01	.02	.03	.04	.04	*	.01	*	.06	.04	.05	.85	.84	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	b	c	d	*e	*f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	291	157	65	50	115	17	35	133	36	11	8	6	15	11	19	52
Total	297	138	80	62	142	19	36	139	36	10	8	6	14	10	18	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	101 34%	47 34%	26 33%	23 37%	49 34%	6 33%	11 30%	49 35%	11 29%	4 40%	1 16%	3 52%	4 27%	3 35%	8 42%	17 31%
Fairly comfortable (4.0)	119 40%	55 39%	31 39%	25 40%	56 39%	9 47%	18 50%	50 36%	17 47%	4 36%	3 42%	2 34%	5 36%	3 35%	8 42%	27 49%
Neither comfortable nor uncomfortable (3.0)	50 17%	22 16%	20 25%	6 9%	26 18%	4 20%	4 12%	25 18%	5 13%	2 16%	2 23%	1 14%	4 26%	3 30%	2 10%	8 15%
Fairly uncomfortable (2.0)	18 6%	9 7%	1 2%	6 10%	7 5%	- -	1 3%	8 6%	4 11%	1 8%	1 10%	- -	2 11%	- -	1 6%	1 2%
Very uncomfortable (1.0)	8 3%	5 4%	1 2%	1 2%	3 2%	- -	2 5%	6 4%	- -	- -	1 10%	- -	- -	- -	- -	2 3%
Don't know *	1 *	- -	- -	1 2%	1 1%	- -	- -	1 1%	- -	- -	- -	- -	- -	- -	- -	- -
NET: Comfortable	220 74%	102 73%	57 72%	47 77%	105 74%	15 80%	29 80%	100 72%	27 76%	8 75%	5 57%	6 86%	9 63%	7 70%	15 84%	44 80%
NET: Uncomfortable	26 9%	15 11%	3 3%	7 12%	10 7%	- -	3 8%	14 10%	4 11%	1 8%	2 20%	- -	2 11%	- -	1 6%	3 5%
Base for stats	296	138	80	60	140	19	36	138	36	10	8	6	14	10	18	55
Mean Score	3.97	3.93	3.99	4.01	4.00	4.12	3.97	3.94	3.95	4.06	3.43	4.38	3.78	4.05	4.20	4.03
Standard Deviation	.997	1.059	.894	1.046	.959	.736	1.005	1.067	.933	.995	1.243	.778	1.001	.852	.863	.919
Standard Error	.059	.084	.111	.149	.090	.178	.170	.093	.156	.300	.439	.318	.258	.257	.198	.127
Error variance	*	.01	.01	.02	.01	.03	.03	.01	.02	.09	.19	.10	.07	.07	.04	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																			
Unweighted Total	291	86	94	29	8	123	94	96	87	25	8	112	104	35	150	96	10	256	
Total	297	91	98	26	8	124	99	100	92	22	8	115	108	32	151	103	11	265	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Very comfortable (5.0)	101 34%	36 39%	30 31%	8 30%	3 31%	38 31%	38 39%	40 40%	27 29%	6 29%	3 31%	33 29%	42 39%	16 50% be	46 31%	36 35%	2 18%	84 32%	
Fairly comfortable (4.0)	119 40%	31 34%	44 45%	9 34%	5 60%	54 43%	36 36%	43 43%	39 42%	8 36%	2 26%	47 41%	45 41%	12 36%	65 43%	38 37%	5 41%	108 41%	
Neither comfortable nor uncomfortable (3.0)	50 17%	17 18%	15 16%	5 19%	- -	21 17%	17 17%	10 10%	21 22% af	3 15%	1 10%	24 21% af	11 10%	4 11%	29 20%	15 15%	2 19%	47 18%	
Fairly uncomfortable (2.0)	18 6%	5 6%	5 5%	3 13%	- -	8 7%	5 5%	4 4%	5 5%	4 20%	- -	9 8%	4 4%	- -	6 4%	9 9%	2 22%	18 7%	
Very uncomfortable (1.0)	8 3%	2 2%	3 3%	1 4%	1 10%	4 3%	3 3%	3 3%	1 1%	- -	3 33%	1 1%	6 6% e	1 3%	4 3%	3 3%	- -	7 3%	
Don't know	1 *	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	1 1%	- -	1 *	
NET: Comfortable	220 74%	67 74%	75 76%	17 64%	7 90%	92 74%	74 75%	82 82% e	66 71%	15 65%	5 57%	80 70%	87 80%	28 86%	111 74%	74 72%	7 59%	192 73%	
NET: Uncomfortable	26 9%	7 8%	8 8%	4 17%	1 10%	12 10%	8 8%	8 8%	6 7%	4 20%	3 33%	10 9%	10 10%	1 3%	10 7%	12 12%	2 22%	25 9%	
Base for stats	296	91	98	26	8	124	99	100	92	22	8	115	108	32	151	101	11	263	
Mean Score	3.97	4.02	3.96	3.74	4.02	3.91	4.02	4.11	3.92	3.74	3.22	3.89	4.04	4.31 be	3.95	3.93	3.55	3.93	
Standard Deviation	.997	1.013	.971	1.148	1.151	1.010	1.019	.985	.914	1.102	1.778	.951	1.078	.878	.951	1.074	1.078	1.004	
Standard Error	.059	.109	.100	.213	.407	.091	.105	.101	.098	.220	.628	.090	.106	.148	.078	.110	.341	.063	
Error variance	*	.01	.01	.05	.17	.01	.01	.01	.01	.05	.39	.01	.01	.02	.01	.01	.12	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	291	97	154	44	32	24	199	89	5	247	44	252	37
Total	297	105	155	43	32	24	207	87	5	253	44	259	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	101 34%	30 29%	54 35%	10 23%	11 35%	6 25%	78 38%	21 24%	3 57%	88 35%	13 29%	94 36%	6 17%
Fairly comfortable (4.0)	119 40%	37 35%	70 45%	20 46%	10 31%	10 41%	79 38%	38 44%	- -	102 40%	18 40%	99 38%	20 56%
Neither comfortable nor uncomfortable (3.0)	50 17%	24 23%	20 13%	6 15%	8 24%	3 14%	33 16%	17 20%	- -	41 16%	9 20%	41 16%	8 23%
Fairly uncomfortable (2.0)	18 6%	9 9%	7 5%	4 9%	1 3%	3 11%	11 5%	6 7%	- -	14 6%	3 7%	16 6%	2 5%
Very uncomfortable (1.0)	8 3%	3 3%	4 2%	2 4%	1 3%	2 9%	5 3%	3 3%	1 19%	6 2%	2 4%	8 3%	- -
Don't know	1 *	1 1%	- -	1 3%	1 4%	- -	- -	1 1%	1 24%	1 1%	- -	1 *	- -
NET: Comfortable	220 74%	67 64%	123 80%	30 69%	21 66%	16 66%	158 76%	60 68%	3 57%	189 75%	30 69%	193 74%	26 73%
NET: Uncomfortable	26 9%	12 12%	11 7%	6 13%	2 6%	5 20%	16 8%	9 10%	1 19%	21 8%	5 11%	24 9%	2 5%
Base for stats	296	103	155	42	30	24	207	86	4	251	44	258	36
Mean Score	3.97	3.78	4.05	3.78	3.95	3.63	4.04	3.80	3.99	4.00	3.82	3.99	3.85
Standard Deviation	.997	1.063	.944	1.059	1.031	1.238	.993	1.004	2.000	.984	1.068	1.026	.758
Standard Error	.059	.108	.076	.161	.185	.253	.070	.107	1.000	.063	.161	.065	.125
Error variance	*	.01	.01	.03	.03	.06	*	.01	1.00	*	.03	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	291	5	17	41	63	60	38	22	45	181	105	181	63	46	39	81	94	75
Total	297	4	17	41	65	63	40	21	46	187	106	188	63	45	40	82	96	77
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	101 34%	3 61%	3 18%	7 18%	24 37%	25 39%	11 28%	8 39%	19 42%	59 32%	39 36%	73 39%	17 27%	9 19%	7 19%	21 26%	35 37%	37 47%
Fairly comfortable (4.0)	119 40%	2 39%	12 68%	19 47%	22 34%	21 33%	20 51%	7 34%	16 35%	75 40%	43 41%	75 40%	23 36%	22 48%	23 57%	31 38%	37 38%	28 36%
Neither comfortable nor uncomfortable (3.0)	50 17%	-	2 13%	13 31%	12 18%	10 16%	3 8%	4 20%	6 13%	37 20%	13 12%	26 14%	16 26%	8 18%	8 20%	20 25%	15 16%	7 9%
Fairly uncomfortable (2.0)	18 6%	-	-	2 4%	4 6%	6 10%	3 7%	-	3 7%	12 6%	6 6%	9 5%	6 9%	3 6%	2 4%	8 10%	4 4%	4 5%
Very uncomfortable (1.0)	8 3%	-	-	-	3 5%	1 2%	1 3%	2 8%	1 2%	4 2%	4 4%	3 2%	1 2%	4 8%	-	1 1%	5 5%	1 1%
Don't know	1 *	-	-	-	-	-	1 3%	-	-	-	1 1%	1 1%	-	-	-	-	-	1 2%
NET: Comfortable	220 74%	4 100%	15 87%	26 65%	47 71%	46 72%	32 79%	15 73%	35 77%	134 72%	82 77%	149 79%	40 63%	30 67%	30 76%	52 64%	72 75%	64 83%
NET: Uncomfortable	26 9%	-	-	2 4%	7 11%	7 11%	4 10%	2 8%	4 10%	16 8%	10 9%	12 6%	7 11%	7 15%	2 4%	9 11%	9 10%	5 6%
Base for stats	296	4	17	41	65	63	39	21	46	187	105	186	63	45	40	82	96	76
Mean Score	3.97	4.61	4.05	3.78	3.93	3.99	3.97	3.96	4.08	3.93	4.02	4.11	3.78	3.63	3.90	3.78	3.97	4.25
Standard Deviation	.997	.557	.578	.786	1.109	1.049	.990	1.152	1.033	.982	1.033	.933	1.007	1.130	.746	.980	1.090	.917
Standard Error	.059	.249	.140	.123	.140	.135	.163	.246	.154	.073	.101	.070	.127	.167	.120	.109	.112	.107
Error variance	*	.06	.02	.02	.02	.02	.03	.06	.02	.01	.01	*	.02	.03	.01	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	g	h	i
Unweighted Total	256	155	100	119	92	45	13	27	25	22	19	26	64	41	19
Total	270	158	111	123	101	45	10	28	26	23	19	32	70	41	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	65	42	23	32	21	12	4	5	10	5	6	5	22	7	3
	24%	27%	21%	26%	21%	27%	37%	17%	40%	20%	29%	15%	31%	16%	16%
Fairly comfortable (4.0)	111	64	47	51	43	18	4	14	6	9	11	15	22	21	10
	41%	40%	42%	41%	42%	39%	39%	48%	23%	38%	55%	47%	32%	51%	50%
Neither comfortable nor uncomfortable (3.0)	54	28	26	20	27	7	2	6	6	3	2	6	17	7	5
	20%	18%	24%	16%	26%	16%	16%	19%	25%	14%	11%	20%	24%	16%	26%
Fairly uncomfortable (2.0)	26	18	9	13	7	6	-	3	1	6	1	5	6	3	2
	10%	11%	8%	11%	7%	12%	-	10%	5%	27%	4%	15%	8%	8%	8%
Very uncomfortable (1.0)	9	5	3	5	2	2	1	1	1	-	-	1	3	2	-
	3%	3%	3%	4%	2%	4%	8%	4%	3%	-	-	3%	4%	5%	-
Don't know	4	2	3	2	2	1	-	1	1	-	-	-	1	2	-
	2%	1%	3%	1%	2%	2%	-	3%	4%	-	-	-	1%	4%	-
NET: Comfortable	176	106	70	83	64	30	8	18	16	13	16	19	44	27	14
	65%	67%	63%	67%	63%	65%	76%	64%	63%	59%	84%	61%	63%	67%	66%
NET: Uncomfortable	35	22	12	19	9	7	1	4	2	6	1	6	9	5	2
	13%	14%	10%	15%	9%	16%	8%	13%	8%	27%	4%	18%	12%	13%	8%
Base for stats	265	156	108	121	100	44	10	28	25	23	19	32	69	39	21
Mean Score	3.74	3.77	3.73	3.75	3.74	3.73	3.96	3.66	3.94	3.52	4.09	3.54	3.79	3.67	3.74
Standard Deviation	1.041	1.065	.980	1.097	.941	1.121	1.194	1.011	1.117	1.118	.775	1.039	1.113	1.029	.842
Standard Error	.066	.086	.099	.101	.099	.169	.331	.198	.228	.238	.178	.204	.140	.165	.193
Error variance	*	.01	.01	.01	.01	.03	.11	.04	.05	.06	.03	.04	.02	.03	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	*f	g	h	a	*b	*c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	256	43	61	57	37	30	28	161	95	203	11	21	14	-	-	46	
Total	270	46	66	58	39	32	29	170	100	215	12	22	15	-	-	49	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%	
Very comfortable (5.0)	65 24%	11 24%	13 20%	12 21%	12 31%	9 28%	8 27%	36 21%	29 29%	55 25%	4 30%	4 17%	2 11%	-	-	9 18%	
Fairly comfortable (4.0)	111 41%	13 29%	33 50%	30 51%	12 32%	12 37%	11 38%	76 45%	35 35%	84 39%	5 40%	11 52%	10 67%	-	-	26 54%	
Neither comfortable nor uncomfortable (3.0)	54 20%	12 25%	9 13%	8 13%	10 27%	9 28%	7 24%	28 16%	26 26% b	44 21%	3 22%	4 19%	2 15%	-	-	9 19%	
Fairly uncomfortable (2.0)	26 10%	7 15%	8 12%	3 6%	3 8%	2 7%	2 8%	18 11%	8 8%	22 10%	-	2 9%	1 7%	-	-	3 6%	
Very uncomfortable (1.0)	9 3%	3 6%	2 3%	3 5%	1 2%	-	-	8 5%	1 1%	7 3%	1 7%	-	-	-	-	1 2%	
Don't know	4 2%	-	1 1%	3 4%	-	-	1 3%	4 2%	1 1%	3 1%	-	1 4%	-	-	-	1 2%	
NET: Comfortable	176 65%	24 53%	46 70%	42 72%	24 63%	21 65%	19 65%	112 66%	64 64%	138 64%	8 70%	15 68%	12 78%	-	-	35 72%	
NET: Uncomfortable	35 13%	10 21% h	10 16%	6 11%	4 10%	2 7%	2 8%	26 16%	9 9%	29 14%	1 7%	2 9%	1 7%	-	-	4 8%	
Base for stats	265	46	65	56	39	32	28	166	99	212	12	21	15	-	-	48	
Mean Score	3.74	3.50	3.72	3.80	3.81	3.86	3.87	3.68	3.84	3.74	3.85	3.79	3.81	-	-	3.81	
Standard Deviation	1.041	1.200	1.036	1.031	1.046	.923	.934	1.082	.967	1.059	1.132	.852	.742	-	-	.877	
Standard Error	.066	.183	.134	.140	.172	.168	.180	.086	.100	.075	.341	.190	.198	-	-	.131	
Error variance	*	.03	.02	.02	.03	.03	.03	.01	.01	.01	.12	.04	.04	-	-	.02	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	256	114	66	54	120	19	20	111	33	11	11	8	14	13	16	39
Total	270	103	81	66	147	21	21	119	36	11	12	8	12	14	15	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	65 24%	33 32% cd	17 21%	7 11%	25 17%	7 33%	6 29%	25 21%	10 29%	2 15%	3 25%	1 15%	3 27%	3 20%	5 30%	13 31%
Fairly comfortable (4.0)	111 41%	35 34%	36 44%	35 53% a	70 48% a	8 40%	8 40%	57 48%	11 30%	4 36%	3 27%	3 38%	4 30%	4 29%	8 50%	17 40%
Neither comfortable nor uncomfortable (3.0)	54 20%	15 15%	21 26%	15 22%	35 24%	4 17%	5 22%	23 19%	6 16%	2 18%	5 41%	2 26%	2 13%	4 27%	3 20%	8 20%
Fairly uncomfortable (2.0)	26 10%	12 12%	6 8%	7 11%	13 9%	1 6%	1 4%	10 8%	5 15%	4 31%	1 7%	1 10%	1 8%	3 18%	- -	2 5%
Very uncomfortable (1.0)	9 3%	6 5%	1 1%	2 4%	3 2%	1 4%	1 5%	3 2%	2 6%	- -	- -	1 11%	1 8%	- -	- -	2 5%
Don't know	4 2%	3 3%	- -	- -	- -	- -	- -	1 1%	1 3%	- -	- -	- -	2 13%	1 6%	- -	- -
NET: Comfortable	176 65%	68 66%	53 65%	42 64%	95 65%	15 73%	15 69%	83 69%	21 60%	6 51%	6 52%	4 53%	7 57%	7 49%	12 80%	30 71%
NET: Uncomfortable	35 13%	17 17%	7 9%	10 14%	17 11%	2 10%	2 9%	13 11%	8 21%	4 31%	1 7%	2 21%	2 16%	3 18%	- -	4 10%
Base for stats	265	100	81	66	147	21	21	118	35	11	12	8	11	13	15	42
Mean Score	3.74	3.77	3.77	3.56	3.68	3.92	3.83	3.78	3.63	3.34	3.69	3.37	3.69	3.54	4.10	3.88
Standard Deviation	1.041	1.187	.912	.956	.935	1.075	1.078	.959	1.253	1.120	.965	1.259	1.324	1.067	.726	1.064
Standard Error	.066	.113	.112	.130	.085	.247	.241	.091	.221	.338	.291	.445	.382	.308	.181	.170
Error variance	*	.01	.01	.02	.01	.06	.06	.01	.05	.11	.08	.20	.15	.09	.03	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																			
Unweighted Total	256	76	66	24	9	90	85	82	65	26	1	91	83	38	140	71	7	218	
Total	270	82	71	25	10	96	92	86	73	27	1	100	87	34	148	80	8	235	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Very comfortable (5.0)	65	18	20	2	2	23	20	25	14	4	-	18	25	11	39	14	1	54	
	24%	22%	29%	9%	22%	24%	22%	29%	19%	13%	-	18%	28%	32%	27%	18%	10%	23%	
Fairly comfortable (4.0)	111	41	27	9	3	36	44	36	35	9	-	44	36	9	61	40	1	102	
	41%	50%	38%	36%	31%	38%	48%	42%	48%	32%	-	44%	42%	26%	41%	50%	15%	43%	
															a			a	
Neither comfortable nor uncomfortable (3.0)	54	12	13	8	2	21	15	13	12	11	1	23	14	8	28	14	4	46	
	20%	15%	19%	33%	25%	22%	16%	15%	16%	40%	100%	23%	16%	23%	19%	17%	49%	20%	
Fairly uncomfortable (2.0)	26	7	8	4	1	13	7	7	10	3	-	13	7	4	14	6	2	22	
	10%	8%	11%	18%	9%	13%	8%	8%	14%	10%	-	13%	8%	11%	9%	8%	26%	10%	
Very uncomfortable (1.0)	9	3	1	1	1	2	4	3	2	1	-	3	3	1	4	4	-	8	
	3%	3%	2%	3%	13%	2%	4%	3%	3%	5%	-	3%	3%	3%	2%	5%	-	3%	
Don't know	4	1	1	-	-	1	1	2	-	-	-	-	2	2	2	1	-	3	
	2%	1%	1%	-	-	1%	1%	2%	-	-	-	-	2%	5%	1%	1%	-	1%	
NET: Comfortable	176	59	47	12	5	59	64	61	49	12	-	61	61	20	100	54	2	156	
	65%	72%	67%	46%	53%	61%	70%	71%	67%	45%	-	61%	70%	58%	68%	68%	25%	66%	
NET: Uncomfortable	35	9	9	5	2	15	11	10	12	4	-	16	10	5	18	11	2	30	
	13%	11%	13%	21%	22%	15%	12%	12%	17%	15%	-	16%	12%	14%	12%	14%	26%	13%	
Base for stats	265	81	70	25	10	95	91	84	73	27	1	100	85	32	146	79	8	233	
Mean Score	3.74	3.81	3.82	3.31	3.39	3.68	3.76	3.87	3.67	3.39	3.00	3.60	3.86	3.77	3.81	3.68	3.09	3.74	
Standard Deviation	1.041	.993	1.038	1.001	1.350	1.048	1.036	1.043	1.029	1.013	-	1.027	1.041	1.133	1.020	1.042	.953	1.030	
Standard Error	.066	.115	.129	.204	.450	.111	.113	.117	.128	.199	-	.108	.116	.189	.087	.124	.360	.070	
Error variance	*	.01	.02	.04	.20	.01	.01	.01	.02	.04	-	.01	.01	.04	.01	.02	.13	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	256	96	112	36	35	38	144	99	6	216	40	222	25
Total	270	109	116	37	37	41	153	104	6	228	42	235	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	65 24%	25 23%	27 23%	10 26%	7 20%	10 24%	42 27%	22 21%	3 55%	58 25%	7 17%	59 25%	4 17%
Fairly comfortable (4.0)	111 41%	44 40%	54 46%	13 36%	15 41%	16 40%	67 44%	42 40%	1 13%	89 39%	22 52%	99 42%	10 37%
Neither comfortable nor uncomfortable (3.0)	54 20%	24 22%	20 17%	6 16%	7 20%	9 22%	28 18%	20 19%	1 17%	47 21%	7 16%	42 18%	11 40%
Fairly uncomfortable (2.0)	26 10%	13 12%	10 8%	7 19% d	5 14%	6 14%	8 5%	17 16% d	1 15%	23 10%	3 7%	24 10%	- -
Very uncomfortable (1.0)	9 3%	3 3%	4 3%	1 3%	2 6%	- -	5 3%	3 3%	- -	7 3%	2 5%	7 3%	1 3%
Don't know	4 2%	- -	2 2%	- -	- -	- -	4 2%	- -	- -	4 2%	1 2%	4 2%	1 3%
NET: Comfortable	176 65%	69 63%	81 70%	23 62%	22 61%	26 64%	109 71%	64 62%	4 68%	147 65%	29 69%	158 67%	15 54%
NET: Uncomfortable	35 13%	16 14%	14 12%	8 22% d	7 20% d	6 14%	12 8%	20 19% d	1 15%	30 13%	5 13%	31 13%	1 3%
Base for stats	265	109	114	37	37	41	149	104	6	224	41	231	26
Mean Score	3.74	3.69	3.79	3.62	3.55	3.75	3.90	3.61	4.08	3.75	3.70	3.77	3.66
Standard Deviation	1.041	1.042	1.012	1.170	1.141	.987	.976	1.091	1.255	1.045	1.031	1.040	.893
Standard Error	.066	.106	.096	.195	.193	.160	.082	.110	.512	.072	.165	.070	.182
Error variance	*	.01	.01	.04	.04	.03	.01	.01	.26	.01	.03	*	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	*c	a	b	c	d
Unweighted Total	256	10	21	36	63	45	31	11	39	165	81	137	85	29	31	78	86	54
Total	270	9	22	39	68	50	33	10	39	178	82	146	89	30	33	83	91	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	65 24%	1 9%	6 28%	8 20%	10 14%	14 29%	10 29%	2 18%	15 38%	38 21%	26 32%	40 27%	14 16%	9 30%	8 23%	12 14%	18 20%	27 47%
Fairly comfortable (4.0)	111 41%	2 19%	7 33%	20 52%	22 33%	23 46%	17 51%	7 70%	13 32%	72 41%	37 45%	69 47%	31 35%	10 33%	9 27%	38 45%	40 44%	24 42%
Neither comfortable nor uncomfortable (3.0)	54 20%	4 41%	5 22%	2 5%	25 37%	8 17%	3 9%	- -	7 18%	40 23%	10 12%	18 13%	28 32%	7 21%	5 16%	24 28%	21 23%	3 5%
Fairly uncomfortable (2.0)	26 10%	- -	3 14%	6 15%	9 13%	3 7%	1 2%	1 12%	3 9%	21 12%	5 7%	11 8%	12 14%	3 9%	8 24%	7 9%	7 8%	4 6%
Very uncomfortable (1.0)	9 3%	1 11%	1 4%	2 6%	1 1%	1 2%	2 5%	- -	1 3%	5 3%	3 3%	6 4%	2 2%	1 3%	3 10%	2 2%	4 4%	- -
Don't know	4 2%	2 20%	- -	1 2%	1 1%	- -	1 3%	- -	- -	2 1%	1 1%	2 1%	1 1%	1 3%	- -	1 1%	1 1%	- -
NET: Comfortable	176 65%	3 28%	13 61%	28 72%	32 47%	37 75%	27 80%	9 88%	28 71%	110 62%	63 77%	109 74%	45 51%	19 63%	16 50%	50 60%	58 64%	50 88%
NET: Uncomfortable	35 13%	1 11%	4 18%	8 21%	10 14%	4 8%	3 8%	1 12%	4 11%	26 15%	8 10%	17 12%	14 16%	4 13%	11 34%	9 11%	11 12%	4 6%
Base for stats	265	7	22	38	67	50	32	10	39	176	81	145	88	30	33	82	90	57
Mean Score	3.74	3.20	3.67	3.66	3.46	3.94	4.00	3.93	3.95	3.66	3.97	3.87	3.50	3.80	3.30	3.61	3.68	4.29
Standard Deviation	1.041	1.179	1.166	1.162	.945	.943	1.004	.857	1.089	1.032	1.018	1.038	.997	1.105	1.345	.925	1.022	.839
Standard Error	.066	.417	.254	.196	.120	.141	.183	.259	.174	.081	.114	.089	.109	.209	.242	.105	.111	.114
Error variance	*	.17	.06	.04	.01	.02	.03	.07	.03	.01	.01	.01	.01	.04	.06	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	h	*i
Unweighted Total	166	110	55	98	49	19	14	18	18	17	15	7	37	30	10
Total	163	104	58	91	54	18	10	19	18	15	14	8	41	28	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	45 28%	32 31%	13 23%	24 26%	14 26%	7 41%	4 36%	4 20%	5 29%	2 11%	3 21%	3 40%	12 30%	9 33%	3 32%
Fairly comfortable (4.0)	62 38%	36 34%	27 46%	31 35%	25 46%	6 32%	3 29%	7 38%	8 42%	7 47%	2 11%	1 17%	20 48%	10 38%	5 48%
Neither comfortable nor uncomfortable (3.0)	28 17%	19 18%	8 14%	14 16%	11 20%	3 18%	2 15%	6 30%	3 17%	4 26%	5 38%	2 27%	2 5%	3 10%	2 20%
Fairly uncomfortable (2.0)	16 10%	11 10%	5 8%	13 14%	2 4%	1 4%	1 14%	2 13%	1 5%	1 5%	2 15%	1 16%	4 10%	2 9%	- -
Very uncomfortable (1.0)	6 3%	4 3%	2 4%	6 6%	- -	- -	1 7%	- -	- -	1 5%	1 9%	- -	2 5%	1 3%	- -
Don't know	6 4%	3 3%	3 5%	3 3%	2 5%	1 5%	- -	- -	1 7%	1 5%	1 6%	- -	1 2%	2 8%	- -
NET: Comfortable	107 66%	68 65%	40 69%	55 61%	39 72%	13 73%	7 65%	11 58%	13 71%	9 58%	5 33%	5 57%	32 78%	19 70%	8 80%
NET: Uncomfortable	21 13%	14 14%	7 12%	19 21%	2 4%	1 4%	2 20%	2 13%	1 5%	2 10%	3 23%	1 16%	6 16%	3 12%	- -
Base for stats	157	101	55	88	52	17	10	19	17	14	13	8	40	26	9
Mean Score	3.80	3.81	3.80	3.62	3.99	4.16	3.74	3.65	4.02	3.57	3.23	3.81	3.88	3.96	4.12
Standard Deviation	1.076	1.109	1.028	1.214	.797	.901	1.322	.965	.876	.994	1.274	1.210	1.130	1.087	.754
Standard Error	.085	.107	.143	.125	.116	.212	.353	.228	.213	.249	.340	.457	.188	.205	.238
Error variance	.01	.01	.02	.02	.01	.05	.12	.05	.05	.06	.12	.21	.04	.04	.06

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
			*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Significance Level: 95%																	
Unweighted Total		166	27	36	41	26	17	19	104	62	118	5	21	13	3	1	43
Total		163	27	35	40	28	16	17	102	61	116	6	21	13	2	1	42
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable	(5.0)	45	8	12	13	5	3	5	32	13	35	2	4	2	-	1	9
		28%	28%	34%	32%	18%	20%	28%	32%	21%	30%	39%	20%	14%	-	100%	21%
Fairly comfortable	(4.0)	62	15	13	11	14	7	3	38	24	46	1	9	6	-	-	16
		38%	56%	36%	27%	50%	44%	16%	38%	39%	40%	16%	43%	47%	-	-	38%
Neither comfortable nor uncomfortable	(3.0)	28	3	6	9	4	2	4	17	11	19	1	5	2	1	-	10
		17%	11%	16%	23%	16%	15%	22%	17%	17%	16%	24%	26%	17%	37%	-	23%
Fairly uncomfortable	(2.0)	16	1	4	4	3	2	2	9	7	8	1	1	2	1	-	6
		10%	3%	12%	10%	12%	13%	9%	9%	11%	7%	22%	6%	16%	63%	-	14%
Very uncomfortable	(1.0)	6	1	1	-	1	1	1	2	4	4	-	1	1	-	-	2
		3%	3%	3%	-	5%	8%	8%	2%	6%	3%	-	6%	7%	-	-	5%
Don't know		6	-	-	3	-	-	3	3	3	5	-	-	-	-	-	-
		4%	-	-	7%	-	-	17%	3%	5%	4%	-	-	-	-	-	-
NET: Comfortable		107	22	24	24	19	10	8	71	37	81	3	13	8	-	1	25
		66%	83%	70%	59%	68%	64%	44%	69%	60%	70%	54%	63%	61%	-	100%	58%
NET: Uncomfortable		21	2	5	4	4	3	3	11	11	11	1	2	3	1	-	8
		13%	6%	14%	10%	16%	21%	17%	10%	18%	10%	22%	12%	22%	63%	-	19%
Base for stats		157	27	35	37	28	16	14	99	58	111	6	21	13	2	1	42
Mean Score		3.80	4.02	3.87	3.88	3.65	3.56	3.55	3.92	3.60	3.91	3.71	3.64	3.45	2.37	5.00	3.56
Standard Deviation		1.076	.895	1.098	1.026	1.059	1.208	1.364	1.011	1.161	1.023	1.316	1.071	1.166	.648	-	1.128
Standard Error		.085	.172	.183	.166	.208	.293	.341	.101	.151	.096	.589	.234	.323	.374	-	.172
Error variance		.01	.03	.03	.03	.04	.09	.12	.01	.02	.01	.35	.05	.10	.14	-	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	166	86	37	21	58	8	18	59	22	13	7	7	15	6	11	26
Total	163	74	45	25	71	8	19	58	22	13	7	6	14	5	11	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	45 28%	25 34%	12 26%	4 15%	16 22%	3 38%	2 12%	18 31%	6 27%	3 21%	2 33%	3 47%	3 25%	2 32%	3 27%	5 20%
Fairly comfortable (4.0)	62 38%	23 31%	22 49%	12 48%	34 49%	3 36%	8 42%	26 46%	9 42%	5 35%	3 43%	1 16%	3 20%	1 14%	4 36%	11 40%
Neither comfortable nor uncomfortable (3.0)	28 17%	14 19%	6 14%	2 7%	8 12%	2 26%	4 20%	7 11%	5 21%	3 20%	1 12%	1 13%	4 29%	1 18%	2 20%	6 21%
Fairly uncomfortable (2.0)	16 10%	6 8%	2 5%	5 20%	7 11%	- -	3 18%	4 6%	2 10%	2 15%	1 12%	1 11%	2 15%	- -	1 9%	3 13%
Very uncomfortable (1.0)	6 3%	3 4%	1 3%	1 5%	3 4%	- -	2 9%	1 2%	- -	1 9%	- -	- -	1 6%	1 13%	- -	2 6%
Don't know	6 4%	3 3%	1 3%	1 5%	2 4%	- -	- -	2 4%	- -	- -	- -	1 13%	1 6%	1 23%	1 8%	- -
NET: Comfortable	107 66%	48 65%	34 75%	16 63%	50 71%	6 74%	10 54%	44 76%	15 69%	7 56%	5 76%	4 63%	6 44%	3 46%	7 63%	16 60%
NET: Uncomfortable	21 13%	9 12%	4 8%	6 25%	10 14%	- -	5 27%	5 9%	2 10%	3 24%	1 12%	1 11%	3 21%	1 13%	1 9%	5 19%
Base for stats	157	72	44	24	68	8	19	56	22	13	7	5	13	4	10	27
Mean Score	3.80	3.85	3.93	3.51	3.78	4.12	3.31	4.00	3.87	3.44	3.96	4.13	3.45	3.69	3.88	3.54
Standard Deviation	1.076	1.129	.952	1.163	1.043	.845	1.192	.961	.943	1.287	1.043	1.211	1.254	1.634	.994	1.149
Standard Error	.085	.124	.159	.260	.139	.299	.281	.127	.201	.357	.394	.494	.335	.731	.314	.225
Error variance	.01	.02	.03	.07	.02	.09	.08	.02	.04	.13	.16	.24	.11	.53	.10	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	*c	*d	e	f	*a	b	*c	*d	e	f	*a	b	c	*d	e
Significance Level: 95%																		
Unweighted Total	166	31	41	24	14	65	45	28	45	29	12	74	40	19	82	51	14	147
Total	163	32	42	24	14	66	46	30	47	27	11	74	41	16	79	55	13	147
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	45	11	10	6	2	16	14	10	14	3	4	17	14	7	25	13	-	38
	28%	35%	24%	24%	17%	24%	30%	33%	29%	11%	36%	22%	34%	43%	31%	25%	-	26%
Fairly comfortable (4.0)	62	15	17	9	7	27	21	15	20	12	4	32	19	3	32	20	8	59
	38%	46%	41%	39%	50%	40%	47%	48%	42%	44%	39%	43%	46%	20%	40%	36%	60%	40%
Neither comfortable nor uncomfortable (3.0)	28	3	7	5	2	12	5	3	7	6	2	13	4	2	12	11	2	26
	17%	8%	16%	22%	13%	18%	10%	8%	15%	21%	14%	17%	10%	15%	15%	21%	19%	18%
Fairly uncomfortable (2.0)	16	2	5	1	3	6	5	3	2	5	1	7	4	3	5	5	3	12
	10%	7%	12%	5%	20%	9%	11%	10%	5%	17%	11%	9%	10%	21%	6%	9%	21%	8%
Very uncomfortable (1.0)	6	1	3	-	-	3	1	-	3	1	-	4	-	-	3	3	-	6
	3%	4%	7%	-	-	4%	3%	-	7%	3%	-	6%	-	-	4%	5%	-	4%
Don't know	6	-	-	2	-	2	-	-	1	1	-	2	-	-	3	2	-	6
	4%	-	-	9%	-	3%	-	-	3%	3%	-	3%	-	-	4%	5%	-	4%
NET: Comfortable	107	26	27	15	9	43	35	25	33	15	8	48	33	10	56	33	8	97
	66%	81%	65%	64%	67%	65%	77%	82%	71%	55%	75%	65%	80%	63%	71%	61%	60%	66%
NET: Uncomfortable	21	3	8	1	3	9	6	3	6	5	1	11	4	3	8	8	3	18
	13%	11%	19%	5%	20%	14%	13%	10%	12%	20%	11%	15%	10%	21%	10%	14%	21%	12%
Base for stats	157	32	42	22	14	64	46	30	46	26	11	72	41	16	76	52	13	141
Mean Score	3.80	4.01	3.63	3.91	3.64	3.73	3.90	4.05	3.83	3.44	4.00	3.69	4.04	3.85	3.93	3.69	3.39	3.79
Standard Deviation	1.076	1.048	1.186	.880	1.022	1.091	1.043	.915	1.142	1.036	1.022	1.113	.932	1.229	1.040	1.123	.843	1.062
Standard Error	.085	.188	.185	.188	.273	.138	.155	.173	.172	.196	.295	.131	.147	.282	.118	.160	.225	.089
Error variance	.01	.04	.03	.04	.07	.02	.02	.03	.03	.04	.09	.02	.02	.08	.01	.03	.05	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	*c	d	e	*f	a	b	a	b
Significance Level: 95%													
Unweighted Total	166	62	77	34	33	20	84	75	9	124	42	131	30
Total	163	64	76	32	33	18	85	71	9	123	40	130	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	45 28%	13 21%	24 32%	7 23%	11 33%	3 17%	28 33%	17 23%	3 32%	33 27%	12 30%	39 30%	5 19%
Fairly comfortable (4.0)	62 38%	27 42%	31 41%	11 35%	15 44%	5 29%	31 37%	29 41%	2 23%	49 40%	13 33%	53 41%	7 25%
Neither comfortable nor uncomfortable (3.0)	28 17%	13 21%	10 13%	5 17%	4 11%	6 34%	11 13%	14 19%	1 10%	21 17%	7 18%	19 14%	8 29%
Fairly uncomfortable (2.0)	16 10%	5 8%	7 9%	4 14%	3 9%	2 14%	8 10%	8 11%	2 26%	13 10%	3 8%	11 9%	4 16%
Very uncomfortable (1.0)	6 3%	3 5%	2 3%	2 5%	1 2%	- -	4 5%	2 2%	1 9%	4 3%	1 4%	4 3%	2 5%
Don't know	6 4%	2 4%	2 2%	2 5%	- -	1 7%	3 3%	3 4%	- -	3 2%	3 8%	4 3%	2 6%
NET: Comfortable	107 66%	40 63%	55 73%	18 58%	25 77%	8 46%	59 69%	46 64%	5 55%	82 67%	25 62%	91 70%	13 44%
NET: Uncomfortable	21 13%	8 13%	9 12%	6 19%	4 12%	2 14%	12 14%	9 13%	3 35%	17 14%	5 12%	15 12%	6 21%
Base for stats	157	62	74	30	33	17	82	68	9	120	37	126	27
Mean Score	3.80	3.68	3.92	3.60	3.95	3.53	3.86	3.75	3.43	3.79	3.83	3.88	3.39
Standard Deviation	1.076	1.074	1.049	1.185	1.030	.983	1.140	1.028	1.483	1.071	1.108	1.051	1.170
Standard Error	.085	.139	.121	.209	.179	.225	.127	.121	.494	.097	.177	.093	.221
Error variance	.01	.02	.01	.04	.03	.05	.02	.01	.24	.01	.03	.01	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	*e	*f	*g	*h	i	j	a	b	c	a	b	c	*d
Unweighted Total	166	10	17	32	46	17	16	9	19	112	44	55	65	40	31	47	56	29
Total	163	8	16	31	47	18	17	9	18	112	43	56	64	38	29	46	57	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	45 28%	2 30%	6 39%	5 17%	11 23%	2 9%	8 46%	3 38%	8 43%	24 21%	19 43%	17 30%	20 31%	8 21%	7 25%	5 12%	18 32%	15 50%
Fairly comfortable (4.0)	62 38%	1 9%	4 27%	12 37%	23 49%	7 39%	7 39%	5 52%	5 26%	46 41%	16 37%	24 43%	22 34%	15 41%	14 49%	18 38%	22 39%	9 31%
Neither comfortable nor uncomfortable (3.0)	28 17%	2 21%	3 18%	9 30%	6 14%	3 18%	2 11%	-	3 16%	22 20%	5 11%	9 16%	9 15%	8 22%	4 14%	14 30%	7 11%	3 11%
Fairly uncomfortable (2.0)	16 10%	1 11%	2 10%	2 8%	5 11%	3 15%	1 4%	-	3 15%	12 10%	3 8%	2 4%	9 15%	3 9%	3 10%	6 14%	6 10%	1 3%
Very uncomfortable (1.0)	6 3%	1 19%	1 5%	1 4%	1 2%	1 7%	-	-	-	4 4%	-	3 4%	-	2 4%	1 3%	1 3%	3 4%	1 3%
Don't know	6 4%	1 11%	-	1 4%	1 2%	2 12%	-	1 9%	-	4 4%	1 2%	2 4%	3 5%	1 2%	-	1 3%	2 4%	1 3%
NET: Comfortable	107 66%	3 39%	11 67%	17 54%	33 72%	9 49%	14 85%	8 91%	12 69%	70 62%	34 80%	41 73%	42 66%	23 62%	21 73%	23 50%	40 70%	23 81%
NET: Uncomfortable	21 13%	2 29%	2 15%	4 12%	6 13%	4 22%	1 4%	-	3 15%	16 14%	3 8%	5 8%	9 15%	5 14%	4 13%	8 17%	8 14%	2 6%
Base for stats	157	7	16	30	46	16	17	8	18	108	42	54	61	37	29	45	55	28
Mean Score	3.80	3.23	3.86	3.58	3.82	3.33	4.27	4.42	3.98	3.69	4.18	3.94	3.87	3.67	3.82	3.42	3.87	4.27
Standard Deviation	1.076	1.659	1.229	1.021	.985	1.156	.836	.528	1.120	1.059	.923	1.028	1.048	1.073	1.030	.996	1.132	.978
Standard Error	.085	.553	.298	.183	.147	.299	.209	.187	.257	.102	.141	.141	.133	.172	.185	.147	.154	.185
Error variance	.01	.31	.09	.03	.02	.09	.04	.03	.07	.01	.02	.02	.02	.03	.03	.02	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I. SUMMARY: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Very comfortable	Fairly comfortable	Neither comfortable nor uncomfortable	Fairly uncomfortable	Very uncomfortable	Don't know	NET: Comfortable	NET: Uncomfortable
Indoor gyms or fitness centres (including fitness classes)	259 100%	88 34%	111 43%	38 15%	16 6%	5 2%	1 *	199 77%	21 8%
Other indoor sports facilities	117 100%	36 30%	48 41%	18 16%	11 9%	5 4%	- -	83 71%	16 13%
Indoor swimming pools	224 100%	59 26%	99 44%	37 17%	18 8%	9 4%	3 1%	157 70%	26 12%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	g	h	*i
Unweighted Total	253	150	102	121	97	35	15	25	25	24	19	22	63	42	18
Total	259	152	106	119	106	33	11	27	26	22	19	25	71	40	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	88 34%	52 34%	36 34%	29 24%	41 39% a	17 52% a	4 32%	7 24%	11 42%	7 30%	4 20%	9 36%	26 36%	15 38%	6 35%
Fairly comfortable (4.0)	111 43%	65 43%	46 43%	59 49%	40 38%	12 37%	5 48%	16 58%	10 38%	12 56%	5 27%	10 40%	30 42%	15 38%	8 43%
Neither comfortable nor uncomfortable (3.0)	38 15%	21 14%	16 15%	21 18%	15 14%	2 5%	2 14%	2 8%	2 8%	1 4%	8 42%	4 14%	10 14%	8 19%	2 12%
Fairly uncomfortable (2.0)	16 6%	9 6%	7 6%	9 8%	5 5%	1 3%	- -	2 6%	3 12%	2 11%	2 11%	- -	4 5%	2 5%	1 5%
Very uncomfortable (1.0)	5 2%	4 2%	2 2%	1 1%	3 3%	1 3%	1 6%	1 4%	- -	- -	- -	3 11%	- -	- -	1 5%
Don't know	1 *	1 1%	- -	- -	1 1%	- -	- -	- -	- -	- -	- -	- -	1 2%	- -	- -
NET: Comfortable	199 77%	117 77%	81 77%	87 74%	82 77%	30 89%	9 80%	22 82%	21 80%	19 86%	9 47%	19 75%	55 79%	31 76%	14 78%
NET: Uncomfortable	21 8%	13 8%	9 8%	10 9%	9 8%	2 6%	1 6%	3 10%	3 12%	2 11%	2 11%	3 11%	4 5%	2 5%	2 10%
Base for stats	257	151	106	119	105	33	11	27	26	22	19	25	69	40	18
Mean Score	4.01	4.02	4.01	3.89	4.06	4.31 a	3.99	3.93	4.10	4.05	3.56	3.90	4.12	4.10	3.99
Standard Deviation	.958	.969	.948	.892	1.019	.938	1.067	.965	1.005	.891	.955	1.225	.855	.879	1.074
Standard Error	.060	.079	.094	.081	.104	.158	.275	.193	.201	.182	.219	.261	.109	.136	.253
Error variance	*	.01	.01	.01	.01	.03	.08	.04	.04	.03	.05	.07	.01	.02	.06

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	*e	*f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	253	58	81	46	32	11	25	185	68	191	9	30	16	2	2	59	
Total	259	61	85	45	33	11	23	191	67	196	10	30	15	2	2	60	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Very comfortable (5.0)	88 34%	22 36%	27 32%	17 37%	8 25%	3 23%	10 46%	66 35%	21 32%	68 35%	3 35%	10 34%	3 19%	1 45%	1 45%	19 31%	
Fairly comfortable (4.0)	111 43%	20 34%	46 54%	15 33%	16 48%	7 62%	7 29%	81 42%	30 44%	85 43%	5 51%	12 39%	6 42%	-	1 55%	24 41%	
Neither comfortable nor uncomfortable (3.0)	38 15%	8 14%	8 9%	12 26%	4 13%	2 15%	4 16%	28 15%	10 14%	26 13%	-	6 20%	4 27%	1 55%	-	11 19%	
Fairly uncomfortable (2.0)	16 6%	8 13%	2 3%	2 4%	3 9%	-	1 4%	12 6%	4 6%	11 6%	1 13%	2 7%	2 11%	-	-	5 9%	
Very uncomfortable (1.0)	5 2%	1 1%	2 2%	-	1 4%	-	1 4%	3 2%	2 3%	5 3%	-	-	-	-	-	-	
Don't know *	1 *	1 2%	-	-	-	-	-	1 1%	-	1 1%	-	-	-	-	-	-	
NET: Comfortable	199 77%	43 70%	73 85%	32 71%	24 74%	10 85%	17 75%	147 77%	51 76%	153 78%	8 87%	22 73%	9 62%	1 45%	2 100%	43 72%	
NET: Uncomfortable	21 8%	9 14%	5 5%	2 4%	4 13%	-	2 9%	15 8%	6 9%	16 8%	1 13%	2 7%	2 11%	-	-	5 9%	
Base for stats	257	60	85	45	33	11	23	190	67	195	10	30	15	2	2	60	
Mean Score	4.01	3.93	4.10	4.04	3.82	4.08	4.08	4.03	3.95	4.02	4.09	4.00	3.70	3.90	4.45	3.95	
Standard Deviation	.958	1.083	.862	.888	1.055	.637	1.107	.941	1.012	.974	.991	.918	.940	1.302	.657	.926	
Standard Error	.060	.144	.096	.131	.186	.192	.221	.069	.123	.071	.330	.168	.235	.921	.465	.121	
Error variance	*	.02	.01	.02	.03	.04	.05	*	.02	*	.11	.03	.06	.85	.22	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	253	135	58	44	102	15	26	119	34	11	6	5	11	8	18	41
Total	259	119	71	54	126	17	28	124	34	10	6	5	10	7	17	45
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	88 34%	42 35%	23 33%	18 33%	41 33%	5 32%	8 29%	43 35%	11 31%	4 40%	1 20%	2 42%	3 26%	3 37%	8 44%	13 30%
Fairly comfortable (4.0)	111 43%	50 42%	29 41%	25 45%	54 43%	8 46%	15 53%	48 39%	16 47%	4 36%	3 52%	2 41%	5 50%	2 34%	8 45%	22 50%
Neither comfortable nor uncomfortable (3.0)	38 15%	16 14%	16 23%	3 6%	19 15%	4 23%	3 11%	18 15%	4 11%	2 16%	2 28%	1 17%	2 16%	2 29%	1 5%	7 15%
Fairly uncomfortable (2.0)	16 6%	8 6%	1 2%	6 11%	7 6%	- -	1 5%	8 7%	4 11%	1 8%	- -	- -	1 8%	- -	1 6%	1 3%
Very uncomfortable (1.0)	5 2%	3 2%	1 2%	1 2%	3 2%	- -	1 3%	4 4%	- -	- -	- -	- -	- -	- -	- -	1 2%
Don't know	1 *	- -	- -	1 2%	1 1%	- -	- -	1 1%	- -	- -	- -	- -	- -	- -	- -	- -
NET: Comfortable	199 77%	92 78%	53 74%	42 78%	95 75%	13 77%	23 82%	92 74%	26 78%	8 75%	5 72%	4 83%	8 76%	5 71%	15 89%	36 80%
NET: Uncomfortable	21 8%	10 9%	3 4%	7 14%	10 8%	- -	2 7%	13 10%	4 11%	1 8%	- -	- -	1 8%	- -	1 6%	2 4%
Base for stats	257	119	71	53	124	17	28	123	34	10	6	5	10	7	17	45
Mean Score	4.01	4.02	4.01	3.97	3.99	4.09	4.02	3.96	3.98	4.06	3.92	4.25	3.94	4.09	4.27	4.04
Standard Deviation	.958	.973	.898	1.052	.963	.753	.917	1.051	.944	.995	.748	.802	.896	.872	.836	.851
Standard Error	.060	.084	.118	.160	.096	.194	.180	.097	.162	.300	.305	.359	.270	.308	.197	.133
Error variance	*	.01	.01	.03	.01	.04	.03	.01	.03	.09	.09	.13	.07	.10	.04	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	*c	*d	e	f	a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																			
Unweighted Total	253	75	84	24	7	108	82	91	70	22	6	92	97	29	136	78	10	224	
Total	259	79	87	22	7	109	87	95	74	20	6	94	101	26	137	84	11	232	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Very comfortable (5.0)	88 34%	30 38%	28 32%	7 30%	3 34%	34 32%	33 38%	38 40%	21 28%	6 28%	3 40%	27 28%	40 40%	12 45%	46 34%	27 32%	2 18%	76 33%	
Fairly comfortable (4.0)	111 43%	28 36%	43 49%	7 34%	5 66%	50 46%	33 38%	42 44%	34 46%	7 37%	2 33%	42 44%	44 43%	10 38%	60 44%	36 43%	5 41%	101 44%	
Neither comfortable nor uncomfortable (3.0)	38 15%	13 17%	11 12%	4 20%	-	15 14%	13 15%	8 8%	14 19%	3 17%	1 13%	18 19%	9 9%	4 14%	22 16%	10 12%	2 19%	34 15%	
Fairly uncomfortable (2.0)	16 6%	5 7%	5 6%	3 12%	-	8 7%	5 6%	4 4%	5 7%	4 18%	-	9 9%	4 4%	-	5 4%	8 10%	2 22%	16 7%	
Very uncomfortable (1.0)	5 2%	2 3%	1 1%	1 4%	-	2 2%	2 2%	3 4%	-	-	1 13%	-	4 4%	1 3%	3 2%	1 2%	-	4 2%	
Don't know *	1	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-	1	
NET: Comfortable	199 77%	59 74%	70 81%	14 64%	7 100%	84 78%	66 76%	79 84%	55 74%	13 65%	5 73%	68 72%	84 83%	22 83%	107 78%	63 75%	7 59%	177 76%	
NET: Uncomfortable	21 8%	7 9%	6 7%	4 16%	-	9 9%	7 9%	8 8%	5 7%	4 18%	1 13%	9 9%	8 8%	1 3%	8 6%	10 11%	2 22%	20 9%	
Base for stats	257	79	87	22	7	109	87	95	74	20	6	94	101	26	137	83	11	231	
Mean Score	4.01	4.00	4.05	3.74	4.34	3.99	4.03	4.12	3.96	3.75	3.87	3.91	4.10	4.22	4.04	3.96	3.55	3.99	
Standard Deviation	.958	1.033	.873	1.168	.509	.942	1.001	.988	.867	1.080	1.429	.914	1.013	.925	.923	1.002	1.078	.961	
Standard Error	.060	.119	.095	.238	.192	.091	.111	.104	.104	.230	.583	.095	.103	.172	.079	.114	.341	.064	
Error variance	*	.01	.01	.06	.04	.01	.01	.01	.01	.05	.34	.01	.01	.03	.01	.01	.12	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	*b	*c	d	e	*f	a	b	a	*b
Unweighted Total	253	82	139	35	26	22	176	74	4	219	34	223	29
Total	259	89	141	34	26	21	183	72	4	224	34	230	28
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	88 34%	25 28%	49 35%	9 26%	8 31%	6 27%	70 38%	17 23%	3 70%	78 35%	10 28%	85 37%	3 11%
Fairly comfortable (4.0)	111 43%	33 37%	68 48%	17 49%	10 39%	9 40%	75 41%	34 47%	-	93 42%	18 51%	93 40%	19 66%
Neither comfortable nor uncomfortable (3.0)	38 15%	18 21%	15 10%	3 10%	7 25%	3 15%	24 13%	13 18%	-	33 15%	4 12%	32 14%	5 18%
Fairly uncomfortable (2.0)	16 6%	8 9%	6 5%	4 11%	-	3 12%	10 6%	6 8%	-	13 6%	3 9%	14 6%	2 6%
Very uncomfortable (1.0)	5 2%	2 3%	2 1%	-	-	1 4%	4 2%	1 1%	-	5 2%	-	5 2%	-
Don't know	1 *	1 1%	-	1 4%	1 5%	-	-	1 2%	1 30%	1 1%	-	1 1%	-
NET: Comfortable	199 77%	58 66%	117 84%	26 75%	18 70%	15 68%	145 79%	51 71%	3 70%	171 76%	27 79%	177 77%	21 76%
NET: Uncomfortable	21 8%	11 12%	8 6%	4 11%	-	4 17%	15 8%	6 9%	-	18 8%	3 9%	19 8%	2 6%
Base for stats	257	87	141	33	25	21	183	71	3	223	34	228	28
Mean Score	4.01	3.81	4.11	3.94	4.06	3.74	4.07	3.86	5.00	4.02	3.98	4.04	3.81
Standard Deviation	.958	1.045	.873	.922	.785	1.147	.973	.921	-	.971	.886	.983	.708
Standard Error	.060	.116	.074	.158	.157	.245	.073	.108	-	.066	.152	.066	.132
Error variance	*	.01	.01	.02	.02	.06	.01	.01	-	*	.02	*	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	253	3	14	34	54	51	37	22	38	153	97	160	52	40	35	63	84	69
Total	259	3	15	34	56	53	39	21	38	158	98	167	52	39	36	64	86	71
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	88 34%	2 68%	3 22%	6 19%	21 37%	20 37%	10 27%	8 39%	17 45%	50 32%	36 36%	65 39%	16 30%	6 16%	6 17%	16 25%	31 36%	35 48%
Fairly comfortable (4.0)	111 43%	1 32%	10 69%	16 48%	22 39%	21 39%	20 52%	7 34%	14 36%	69 44%	41 42%	70 42%	20 38%	22 55%	22 61%	28 44%	35 41%	25 35%
Neither comfortable nor uncomfortable (3.0)	38 15%	-	1 9%	10 29%	8 15%	7 14%	3 8%	4 20%	4 10%	27 17%	11 11%	20 12%	11 21%	7 18%	6 17%	13 20%	11 13%	7 10%
Fairly uncomfortable (2.0)	16 6%	-	-	2 5%	4 7%	5 9%	3 7%	-	3 9%	10 6%	6 6%	9 5%	6 11%	1 3%	2 5%	7 10%	4 5%	4 5%
Very uncomfortable (1.0)	5 2%	-	-	-	1 2%	1 2%	1 3%	2 8%	-	2 1%	3 3%	2 1%	-	3 8%	-	-	4 5%	-
Don't know	1 *	-	-	-	-	-	1 3%	-	-	-	1 1%	1 1%	-	-	-	-	-	1 2%
NET: Comfortable	199 77%	3 100%	13 91%	23 66%	42 76%	41 76%	31 79%	15 73%	31 82%	119 75%	77 79%	134 81%	35 68%	28 71%	28 78%	44 69%	66 77%	59 83%
NET: Uncomfortable	21 8%	-	-	2 5%	5 9%	5 10%	4 10%	2 8%	3 9%	12 8%	9 9%	11 7%	6 11%	4 11%	2 5%	7 10%	8 9%	4 5%
Base for stats	257	3	15	34	56	53	38	21	38	158	97	165	52	39	36	64	86	70
Mean Score	4.01	4.68	4.13	3.80	4.02	4.01	3.95	3.96	4.18	3.98	4.04	4.12	3.87	3.69	3.90	3.84	3.99	4.29
Standard Deviation	.958	.591	.557	.807	1.011	1.013	.989	1.152	.942	.935	1.003	.914	.975	1.045	.731	.924	1.065	.858
Standard Error	.060	.341	.149	.138	.138	.142	.165	.246	.153	.076	.102	.072	.135	.165	.124	.116	.116	.104
Error variance	*	.12	.02	.02	.02	.02	.03	.06	.02	.01	.01	.01	.02	.03	.02	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	g	h	*i
Unweighted Total	212	132	79	97	75	40	10	22	20	17	14	21	58	38	12
Total	224	133	89	100	84	40	8	23	20	17	15	25	64	38	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	59 26%	36 27%	22 25%	27 27%	20 24%	11 28%	3 39%	4 15%	9 46%	4 21%	4 25%	5 19%	21 33%	7 17%	3 26%
Fairly comfortable (4.0)	99 44%	60 45%	39 44%	41 41%	41 49%	16 41%	2 31%	13 54%	5 23%	9 50%	9 61%	13 54%	20 31%	21 55%	7 55%
Neither comfortable nor uncomfortable (3.0)	37 17%	19 14%	19 21%	15 15%	15 17%	7 19%	2 20%	3 15%	6 27%	2 12%	1 9%	4 15%	13 21%	5 14%	1 7%
Fairly uncomfortable (2.0)	18 8%	12 9%	5 6%	10 9%	5 6%	3 8%	- -	2 8%	- -	3 18%	1 6%	2 9%	6 9%	2 6%	2 13%
Very uncomfortable (1.0)	9 4%	5 4%	3 3%	5 5%	2 2%	2 4%	1 11%	1 4%	1 4%	- -	- -	1 4%	3 5%	2 5%	- -
Don't know	3 1%	2 1%	1 1%	2 2%	1 1%	- -	- -	1 4%	- -	- -	- -	- -	1 1%	1 2%	- -
NET: Comfortable	157 70%	96 72%	61 69%	69 69%	61 73%	27 69%	5 69%	16 69%	14 69%	12 71%	12 86%	18 72%	41 64%	27 72%	10 80%
NET: Uncomfortable	26 12%	17 13%	8 9%	15 15%	7 8%	5 12%	1 11%	3 12%	1 4%	3 18%	1 6%	3 13%	9 13%	5 12%	2 13%
Base for stats	221	132	88	99	83	40	8	22	20	17	15	25	63	37	13
Mean Score	3.82	3.84	3.82	3.77	3.87	3.81	3.86	3.71	4.06	3.74	4.04	3.74	3.80	3.73	3.93
Standard Deviation	1.041	1.050	.994	1.118	.932	1.079	1.331	.996	1.082	1.010	.776	1.017	1.144	1.018	.955
Standard Error	.072	.092	.112	.115	.108	.171	.421	.217	.242	.245	.207	.222	.151	.167	.276
Error variance	.01	.01	.01	.01	.01	.03	.18	.05	.06	.06	.04	.05	.02	.03	.08

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	212	37	52	48	29	24	22	137	75	170	8	15	13	-	-	36
Total	224	39	57	50	30	25	23	146	78	180	8	16	14	-	-	38
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Very comfortable (5.0)	59 26%	11 28%	12 21%	10 21%	11 36%	7 30%	7 31%	33 23%	25 33%	49 27%	3 31%	4 23%	2 12%	-	-	8 21%
Fairly comfortable (4.0)	99 44%	13 34%	30 53%	28 56%	9 32%	9 36%	9 40%	71 49%	28 35%	77 43%	3 42%	9 58%	9 64%	-	-	22 57%
Neither comfortable nor uncomfortable (3.0)	37 17%	8 21%	7 12%	5 9%	6 19%	6 25%	6 25%	20 13%	18 23%	32 18%	1 16%	1 7%	2 16%	-	-	5 12%
Fairly uncomfortable (2.0)	18 8%	4 10%	6 11%	2 4%	3 11%	2 9%	-	12 8%	5 7%	15 8%	-	1 7%	1 8%	-	-	2 6%
Very uncomfortable (1.0)	9 4%	3 7%	2 4%	3 6%	1 3%	-	-	8 5%	1 1%	7 4%	1 11%	-	-	-	-	1 2%
Don't know	3 1%	-	-	2 3%	-	-	1 4%	2 1%	1 1%	1 *	-	1 5%	-	-	-	1 2%
NET: Comfortable	157 70%	24 62%	42 74%	38 77%	20 68%	17 66%	16 71%	104 72%	53 68%	126 70%	6 73%	13 81%	10 76%	-	-	29 77%
NET: Uncomfortable	26 12%	7 17%	8 14%	5 11%	4 14%	2 9%	-	20 14%	6 8%	21 12%	1 11%	1 7%	1 8%	-	-	3 8%
Base for stats	221	39	57	48	30	25	22	144	77	180	8	15	14	-	-	37
Mean Score	3.82	3.66	3.76	3.84	3.87	3.87	4.06	3.76	3.93	3.82	3.83	4.01	3.80	-	-	3.89
Standard Deviation	1.041	1.206	1.029	1.028	1.121	.961	.782	1.074	.973	1.047	1.263	.811	.775	-	-	.892
Standard Error	.072	.198	.143	.152	.208	.196	.171	.092	.113	.081	.447	.217	.215	-	-	.151
Error variance	.01	.04	.02	.02	.04	.04	.03	.01	.01	.01	.20	.05	.05	-	-	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	212	92	54	47	101	18	16	95	22	9	9	8	11	10	14	34
Total	224	83	66	58	124	20	17	102	24	10	9	8	10	11	13	37
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	59 26%	29 35%	15 23%	7 12%	22 18%	7 35%	3 18%	23 23%	10 44%	2 17%	3 32%	1 15%	2 26%	3 26%	4 28%	10 27%
Fairly comfortable (4.0)	99 44%	29 35%	32 48%	33 57%	65 52%	8 42%	8 44%	55 54%	5 23%	3 33%	3 35%	3 38%	3 30%	3 31%	6 49%	16 43%
Neither comfortable nor uncomfortable (3.0)	37 17%	10 13%	15 22%	11 18%	25 20%	3 13%	5 27%	15 14%	3 11%	1 13%	2 24%	2 26%	2 17%	3 24%	3 24%	7 19%
Fairly uncomfortable (2.0)	18 8%	8 10%	4 5%	5 8%	8 7%	1 6%	1 5%	6 6%	3 13%	4 37%	1 9%	1 10%	- -	1 11%	- -	2 6%
Very uncomfortable (1.0)	9 4%	6 7%	1 1%	2 4%	3 3%	1 4%	1 6%	3 3%	2 9%	- -	- -	1 11%	1 10%	- -	- -	2 5%
Don't know	3 1%	1 1%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	2 17%	1 8%	- -	- -
NET: Comfortable	157 70%	58 70%	47 71%	40 69%	87 70%	15 76%	11 62%	79 77%	16 67%	5 51%	6 67%	4 53%	5 56%	6 57%	10 76%	26 70%
NET: Uncomfortable	26 12%	14 16%	4 7%	7 13%	12 9%	2 10%	2 11%	9 9%	5 23%	4 37%	1 9%	2 21%	1 10%	1 11%	- -	4 11%
Base for stats	221	82	66	58	124	20	17	102	24	10	9	8	8	10	13	37
Mean Score	3.82	3.83	3.86	3.65	3.76	3.96	3.63	3.88	3.79	3.31	3.90	3.37	3.73	3.79	4.04	3.81
Standard Deviation	1.041	1.214	.880	.956	.919	1.082	1.068	.922	1.393	1.203	1.017	1.259	1.344	1.035	.745	1.074
Standard Error	.072	.127	.120	.139	.091	.255	.267	.095	.297	.401	.339	.445	.448	.345	.199	.184
Error variance	.01	.02	.01	.02	.01	.06	.07	.01	.09	.16	.11	.20	.20	.12	.04	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e
Significance Level: 95%																		
Unweighted Total	212	69	52	15	7	67	76	70	57	15	-	72	70	33	111	64	4	179
Total	224	74	57	16	7	72	82	73	64	16	-	80	73	30	117	72	5	194
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	59 26%	17 23%	18 31%	2 15%	1 11%	20 28%	18 22%	22 31%	13 21%	2 11%	-	15 19%	22 31%	11 36%	34 29%	13 18%	1 17%	48 25%
Fairly comfortable (4.0)	99 44%	39 53%	25 44%	5 31%	3 42%	30 41%	42 52%	35 47%	33 52%	4 27%	-	38 47%	35 47%	7 24%	53 45%	37 52%	1 26%	91 47%
Neither comfortable nor uncomfortable (3.0)	37 17%	9 12%	9 16%	4 27%	1 18%	13 18%	10 12%	8 11%	9 14%	6 37%	-	15 19%	8 11%	6 21%	18 16%	10 14%	3 57%	31 16%
Fairly uncomfortable (2.0)	18 8%	7 9%	4 7%	3 21%	1 12%	7 10%	7 9%	5 7%	7 10%	3 17%	-	9 12%	5 7%	4 13%	7 6%	6 9%	-	14 7%
Very uncomfortable (1.0)	9 4%	3 4%	1 2%	1 6%	1 18%	2 3%	4 5%	3 4%	2 3%	1 8%	-	3 4%	3 4%	1 3%	4 3%	4 6%	-	8 4%
Don't know	3 1%	-	-	-	-	-	-	-	-	-	-	-	-	1 3%	1 1%	1 1%	-	2 1%
NET: Comfortable	157 70%	56 76%	43 75%	7 47%	4 53%	50 69%	60 74%	57 78%	46 72%	6 38%	-	52 65%	57 78%	18 61%	87 74%	50 70%	2 43%	139 72%
NET: Uncomfortable	26 12%	9 13%	5 9%	4 26%	2 29%	9 13%	11 14%	8 11%	9 13%	4 25%	-	13 16%	8 11%	5 16%	11 9%	11 15%	-	22 11%
Base for stats	221	74	57	16	7	72	82	73	64	16	-	80	73	29	116	71	5	192
Mean Score	3.82	3.82	3.96	3.30	3.18	3.82	3.77	3.94	3.76	3.17	-	3.64	3.94	3.81	3.91	3.68	3.60	3.82
Standard Deviation	1.041	1.009	.969	1.159	1.388	1.041	1.054	1.028	1.001	1.120	-	1.045	1.028	1.181	.992	1.071	.863	1.021
Standard Error	.072	.122	.134	.299	.525	.127	.121	.123	.133	.289	-	.123	.123	.209	.095	.135	.431	.077
Error variance	.01	.01	.02	.09	.28	.02	.01	.02	.02	.08	-	.02	.02	.04	.01	.02	.19	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	*c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	212	79	92	32	31	23	121	78	5	182	30	185	18
Total	224	90	96	34	32	24	129	82	5	192	31	197	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	59 26%	22 25%	25 26%	10 29%	7 23%	9 36%	37 28%	21 26%	3 66%	51 27%	7 23%	54 27%	3 16%
Fairly comfortable (4.0)	99 44%	40 45%	48 50%	12 35%	15 46%	12 48%	61 47%	36 44%	1 16%	82 43%	17 54%	88 45%	9 46%
Neither comfortable nor uncomfortable (3.0)	37 17%	15 17%	14 14%	4 12%	5 15%	3 11%	20 15%	11 14%	- -	35 18%	2 8%	30 15%	6 30%
Fairly uncomfortable (2.0)	18 8%	9 10%	5 5%	7 21%	3 10%	1 5%	6 4%	10 12%	1 18%	16 8%	2 6%	16 8%	- -
Very uncomfortable (1.0)	9 4%	3 3%	4 4%	1 4%	2 6%	- -	5 4%	3 4%	- -	7 3%	2 7%	7 4%	1 4%
Don't know	3 1%	- -	1 1%	- -	- -	- -	2 1%	- -	- -	2 1%	1 3%	2 1%	1 4%
NET: Comfortable	157 70%	62 69%	73 76%	21 64%	22 69%	20 84%	98 76%	57 70%	4 82%	133 69%	24 76%	142 72%	12 61%
NET: Uncomfortable	26 12%	12 14%	9 9%	8 25%	5 16%	1 5%	10 8%	14 17%	1 18%	22 12%	4 13%	23 11%	1 4%
Base for stats	221	90	96	34	32	24	128	82	5	191	30	195	18
Mean Score	3.82	3.77	3.90	3.64	3.69	4.16	3.93	3.75	4.29	3.82	3.81	3.86	3.71
Standard Deviation	1.041	1.045	.981	1.220	1.132	.812	.975	1.101	1.272	1.033	1.107	1.029	.928
Standard Error	.072	.118	.103	.216	.203	.169	.089	.125	.569	.077	.206	.076	.225
Error variance	.01	.01	.01	.05	.04	.03	.01	.02	.32	.01	.04	.01	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	e	*f	*g	h	i	j	a	b	*c	*a	b	c	d
Unweighted Total	212	9	18	28	50	40	24	11	32	136	67	127	60	21	25	61	71	49
Total	224	8	19	29	54	45	26	10	32	147	68	136	62	23	26	65	76	51
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	59 26%	1 10%	5 27%	8 26%	8 15%	14 30%	8 29%	2 18%	14 44%	34 23%	23 34%	37 27%	13 22%	7 32%	7 25%	12 19%	14 19%	25 48%
Fairly comfortable (4.0)	99 44%	2 22%	6 33%	15 53%	21 39%	21 47%	15 56%	7 70%	11 35%	64 44%	33 48%	66 48%	24 40%	8 35%	8 30%	33 52%	37 48%	20 39%
Neither comfortable nor uncomfortable (3.0)	37 17%	4 45%	3 18%	1 3%	16 30%	6 13%	2 8%	- -	5 15%	27 18%	7 10%	17 13%	14 22%	6 25%	3 11%	13 21%	16 21%	3 6%
Fairly uncomfortable (2.0)	18 8%	- -	3 16%	2 7%	7 13%	3 7%	- -	1 12%	1 4%	15 10%	2 3%	9 7%	8 13%	- -	6 21%	3 5%	5 7%	4 7%
Very uncomfortable (1.0)	9 4%	1 12%	1 5%	2 8%	1 2%	1 2%	2 7%	- -	1 3%	5 3%	3 4%	6 4%	2 3%	1 4%	3 12%	2 3%	4 5%	- -
Don't know	3 1%	1 11%	- -	1 3%	1 2%	- -	- -	- -	- -	2 1%	- -	1 1%	- -	1 4%	- -	1 1%	- -	- -
NET: Comfortable	157 70%	3 32%	11 61%	23 79%	29 54%	35 77%	23 85%	9 88%	25 78%	98 67%	56 82%	103 76%	38 61%	15 67%	14 55%	46 70%	51 67%	45 87%
NET: Uncomfortable	26 12%	1 12%	4 21%	5 16%	8 14%	4 9%	2 7%	1 12%	2 7%	20 14%	5 8%	15 11%	10 16%	1 4%	9 34%	5 8%	9 12%	4 7%
Base for stats	221	7	19	29	53	45	26	10	32	145	68	135	62	22	26	64	76	51
Mean Score	3.82	3.20	3.63	3.83	3.54	3.97	4.01	3.93	4.11	3.74	4.05	3.88	3.63	3.94	3.34	3.79	3.69	4.28
Standard Deviation	1.041	1.179	1.209	1.175	.962	.959	.999	.857	1.026	1.045	.981	1.033	1.067	1.021	1.404	.913	1.015	.871
Standard Error	.072	.417	.285	.226	.137	.152	.204	.259	.181	.090	.120	.092	.138	.228	.281	.118	.121	.124
Error variance	.01	.17	.08	.05	.02	.02	.04	.07	.03	.01	.01	.01	.02	.05	.08	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	118	76	41	66	39	13	9	12	14	13	13	5	28	17	7
Total	117	72	44	62	43	12	7	13	15	11	13	6	31	16	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	36 30%	24 34%	11 26%	17 28%	12 28%	6 54%	3 44%	2 16%	5 31%	2 14%	3 24%	3 58%	10 31%	7 42%	2 28%
Fairly comfortable (4.0)	48 41%	26 36%	22 49%	24 39%	20 46%	4 32%	2 33%	5 37%	7 46%	7 61%	1 7%	1 24%	15 49%	7 43%	3 43%
Neither comfortable nor uncomfortable (3.0)	18 16%	11 15%	6 14%	8 12%	10 22%	1 8%	1 12%	4 29%	2 15%	1 11%	5 43%	1 17%	1 3%	1 5%	2 29%
Fairly uncomfortable (2.0)	11 9%	8 11%	3 6%	8 13%	2 4%	1 6%	1 11%	2 18%	1 7%	1 7%	2 17%	-	3 10%	1 5%	-
Very uncomfortable (1.0)	5 4%	3 4%	2 5%	5 8%	-	-	-	-	-	1 7%	1 10%	-	2 7%	1 5%	-
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable	83 71%	50 70%	33 75%	42 67%	31 73%	10 86%	5 77%	7 53%	11 78%	9 76%	4 31%	5 83%	25 80%	13 85%	5 71%
NET: Uncomfortable	16 13%	11 15%	5 11%	13 21%	2 4%	1 6%	1 11%	2 18%	1 7%	2 14%	3 26%	-	5 16%	2 10%	-
Base for stats	117	72	44	62	43	12	7	13	15	11	13	6	31	16	6
Mean Score	3.84	3.84	3.85	3.65	3.97	4.33	4.10	3.51	4.03	3.70	3.19	4.41	3.88	4.11	3.98
Standard Deviation	1.091	1.136	1.031	1.242	.831	.901	1.077	1.002	.889	1.067	1.301	.845	1.174	1.096	.822
Standard Error	.100	.130	.161	.153	.133	.250	.359	.289	.238	.296	.361	.378	.222	.266	.311
Error variance	.01	.02	.03	.02	.02	.06	.13	.08	.06	.09	.13	.14	.05	.07	.10

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	118	24	23	30	19	13	9	77	41	85	4	17	9	1	-	31
Total	117	24	23	30	20	13	8	76	42	84	5	18	9	1	-	32
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Very comfortable (5.0)	36 30%	8 32%	10 44%	11 36%	2 10%	2 19%	3 37%	28 37%	7 18%	28 33%	2 46%	4 23%	1 10%	-	-	7 22%
Fairly comfortable (4.0)	48 41%	14 58%	5 23%	9 31%	11 53%	7 56%	2 23%	28 37%	20 48%	37 44%	-	7 41%	4 43%	-	-	11 34%
Neither comfortable nor uncomfortable (3.0)	18 16%	1 3%	5 21%	6 19%	4 22%	1 6%	2 20%	11 15%	7 17%	12 14%	1 28%	4 22%	1 14%	-	-	6 20%
Fairly uncomfortable (2.0)	11 9%	1 3%	2 9%	4 14%	2 9%	1 10%	1 10%	7 9%	4 10%	5 6%	1 26%	1 7%	2 23%	1 100%	-	5 16%
Very uncomfortable (1.0)	5 4%	1 3%	1 4%	-	1 6%	1 10%	1 9%	2 2%	3 8%	3 3%	-	1 7%	1 10%	-	-	2 7%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable	83 71%	21 90%	15 67%	20 67%	13 63%	10 74%	5 60%	56 74%	27 66%	64 77%	2 46%	11 64%	5 53%	-	-	18 57%
NET: Uncomfortable	16 13%	2 7%	3 12%	4 14%	3 15%	3 19%	2 20%	8 11%	7 18%	8 9%	1 26%	2 14%	3 33%	1 100%	-	7 23%
Base for stats	117	24	23	30	20	13	8	76	42	84	5	18	9	1	-	32
Mean Score	3.84	4.11	3.94	3.89	3.51	3.64	3.68	3.98	3.58	3.97	3.66	3.66	3.20	2.00	-	3.50
Standard Deviation	1.091	.903	1.181	1.064	1.023	1.224	1.407	1.045	1.139	1.007	1.455	1.152	1.266	-	-	1.212
Standard Error	.100	.184	.246	.194	.235	.340	.469	.119	.178	.109	.728	.279	.422	-	-	.218
Error variance	.01	.03	.06	.04	.06	.12	.22	.01	.03	.01	.53	.08	.18	-	-	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	118	59	30	14	44	8	15	43	12	12	3	4	12	1	8	23
Total	117	51	37	17	54	8	16	43	12	13	3	4	11	1	8	24
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	36 30%	19 38%	11 29%	1 8%	12 22%	3 38%	2 15%	15 35%	4 31%	2 16%	1 31%	3 79%	3 31%	- -	2 27%	5 22%
Fairly comfortable (4.0)	48 41%	16 31%	18 48%	11 65%	28 53%	3 36%	7 42%	20 46%	5 44%	5 37%	1 41%	- -	3 25%	1 100%	4 49%	9 40%
Neither comfortable nor uncomfortable (3.0)	18 16%	9 18%	5 14%	1 5%	6 11%	2 26%	3 19%	5 12%	1 7%	3 21%	1 27%	1 21%	2 19%	- -	1 12%	5 21%
Fairly uncomfortable (2.0)	11 9%	4 8%	2 7%	2 14%	5 9%	- -	2 13%	2 4%	2 17%	2 15%	- -	- -	2 19%	- -	1 12%	2 9%
Very uncomfortable (1.0)	5 4%	2 5%	1 3%	1 8%	3 5%	- -	2 11%	1 3%	- -	1 10%	- -	- -	1 7%	- -	- -	2 7%
Don't know	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: Comfortable	83 71%	35 69%	28 76%	12 73%	40 75%	6 74%	9 57%	35 82%	9 76%	7 53%	2 73%	3 79%	6 55%	1 100%	6 76%	15 63%
NET: Uncomfortable	16 13%	7 13%	4 10%	4 22%	7 14%	- -	4 24%	3 7%	2 17%	3 26%	- -	- -	3 26%	- -	1 12%	4 16%
Base for stats	117	51	37	17	54	8	16	43	12	13	3	4	11	1	8	24
Mean Score	3.84	3.89	3.92	3.51	3.79	4.12	3.37	4.07	3.90	3.34	4.04	4.57	3.53	4.00	3.91	3.62
Standard Deviation	1.091	1.156	1.007	1.105	1.045	.845	1.239	.950	1.077	1.262	.931	.963	1.349	-	.998	1.160
Standard Error	.100	.151	.184	.295	.158	.299	.320	.145	.311	.364	.538	.482	.390	-	.353	.242
Error variance	.01	.02	.03	.09	.02	.09	.10	.02	.10	.13	.29	.23	.15	-	.12	.06

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	e	f	*a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																		
Unweighted Total	118	26	27	16	12	43	38	22	31	21	9	52	31	14	58	37	9	104
Total	117	27	29	15	12	44	39	24	33	19	9	52	33	12	57	40	8	105
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	36 30%	11 41%	6 21%	5 30%	2 20%	11 24%	14 35%	9 36%	11 32%	1 5%	3 37%	12 22%	12 36%	5 44%	22 38%	8 21%	- -	30 29%
Fairly comfortable (4.0)	48 41%	12 44%	11 37%	7 45%	5 40%	18 40%	17 43%	13 53%	13 38%	8 43%	3 39%	21 40%	16 49%	3 27%	22 38%	16 41%	6 81%	45 42%
Neither comfortable nor uncomfortable (3.0)	18 16%	2 7%	5 17%	4 25%	2 16%	9 20%	4 10%	2 7%	4 12%	6 30%	1 10%	10 19%	3 8%	1 7%	7 12%	9 24%	1 10%	17 16%
Fairly uncomfortable (2.0)	11 9%	1 3%	4 14%	- -	3 24%	4 9%	4 9%	1 3%	2 7%	3 17%	1 9%	6 11%	2 6%	3 22%	4 7%	4 9%	1 9%	8 8%
Very uncomfortable (1.0)	5 4%	1 5%	3 10%	- -	- -	3 7%	1 3%	- -	3 10%	1 5%	- -	4 8%	- -	- -	3 5%	2 5%	- -	5 5%
Don't know	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: Comfortable	83 71%	23 85%	17 58%	12 75%	7 61%	28 64%	30 78%	21 89%	23 71%	9 48%	7 76%	32 62%	28 86%	8 71%	44 76%	25 62%	6 81%	75 71%
NET: Uncomfortable	16 13%	2 8%	7 25%	- -	3 24%	7 16%	5 12%	1 3%	6 17%	4 22%	1 14%	10 19%	2 6%	3 22%	7 12%	6 14%	1 9%	13 12%
Base for stats	117	27	29	15	12	44	39	24	33	19	9	52	33	12	57	40	8	105
Mean Score	3.84	4.14	3.44	4.06	3.57	3.66	3.97	4.22	3.76	3.26	3.99	3.57	4.16	3.93	3.97	3.64	3.72	3.83
Standard Deviation	1.091	1.022	1.277	.762	1.106	1.152	1.066	.740	1.277	.985	1.078	1.194	.830	1.228	1.115	1.086	.662	1.080
Standard Error	.100	.200	.246	.191	.319	.176	.173	.158	.229	.215	.359	.166	.149	.328	.146	.179	.221	.106
Error variance	.01	.04	.06	.04	.10	.03	.03	.02	.05	.05	.13	.03	.02	.11	.02	.03	.05	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	*a	*b	*c	d	e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total	118	47	55	21	27	13	62	51	7	90	28	100	15
Total	117	49	55	19	27	12	64	49	7	90	27	100	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	36 30%	10 21%	20 37%	3 18%	8 31%	2 16%	25 39%	10 20%	2 29%	25 28%	10 37%	32 32%	4 26%
Fairly comfortable (4.0)	48 41%	21 43%	23 41%	7 39%	13 46%	4 38%	23 37%	22 46%	2 31%	39 44%	9 31%	40 40%	5 34%
Neither comfortable nor uncomfortable (3.0)	18 16%	12 24%	6 10%	3 18%	4 14%	4 32%	7 11%	9 19%	1 13%	13 14%	5 19%	15 15%	3 20%
Fairly uncomfortable (2.0)	11 9%	2 5%	5 9%	3 16%	2 6%	2 14%	5 8%	5 11%	1 15%	8 9%	3 9%	9 9%	2 13%
Very uncomfortable (1.0)	5 4%	3 7%	2 3%	2 9%	1 3%	- -	3 5%	2 3%	1 12%	4 5%	1 3%	4 4%	1 6%
Don't know	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: Comfortable	83 71%	31 64%	43 78%	11 57%	21 77%	6 54%	48 75%	32 66%	4 60%	65 72%	19 69%	72 72%	9 61%
NET: Uncomfortable	16 13%	6 12%	7 12%	5 25%	3 9%	2 14%	9 13%	7 15%	2 27%	12 14%	3 12%	13 13%	3 19%
Base for stats	117	49	55	19	27	12	64	49	7	90	27	100	15
Mean Score	3.84	3.66	3.99	3.41	3.95	3.56	3.96	3.68	3.50	3.81	3.91	3.86	3.62
Standard Deviation	1.091	1.082	1.058	1.246	1.003	.961	1.145	1.038	1.478	1.092	1.105	1.088	1.219
Standard Error	.100	.158	.143	.272	.193	.266	.145	.145	.559	.115	.209	.109	.315
Error variance	.01	.02	.02	.07	.04	.07	.02	.02	.31	.01	.04	.01	.10

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who have noticed COVID-19 safety measures at an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	*h	i	j	a	b	*c	*a	b	c	*d
Unweighted Total	118	5	13	25	33	8	12	6	16	79	34	43	43	28	23	32	36	26
Total	117	4	12	25	35	8	13	6	15	80	34	45	42	27	21	32	37	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	36 30%	2 40%	5 44%	4 17%	9 26%	1 10%	6 49%	2 35%	6 40%	19 24%	15 43%	15 34%	14 33%	6 24%	5 22%	5 14%	13 34%	14 52%
Fairly comfortable (4.0)	48 41%	1 18%	3 22%	11 44%	16 45%	4 48%	6 43%	4 65%	5 31%	33 42%	14 41%	19 43%	18 43%	10 36%	10 48%	13 41%	16 44%	8 30%
Neither comfortable nor uncomfortable (3.0)	18 16%	1 22%	2 14%	6 24%	5 14%	2 26%	1 8%	- -	2 12%	15 18%	3 8%	7 15%	4 10%	6 24%	4 18%	8 25%	3 7%	3 12%
Fairly uncomfortable (2.0)	11 9%	- -	2 13%	2 10%	4 12%	- -	- -	- -	3 17%	8 10%	3 8%	1 3%	6 14%	3 10%	2 7%	6 17%	3 8%	1 3%
Very uncomfortable (1.0)	5 4%	1 20%	1 7%	1 5%	1 3%	1 15%	- -	- -	- -	4 5%	- -	3 6%	- -	2 6%	1 4%	1 3%	3 7%	1 3%
Don't know	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: Comfortable	83 71%	2 58%	8 66%	15 61%	25 71%	5 58%	12 92%	6 100%	11 71%	53 66%	29 84%	34 77%	32 76%	16 60%	15 70%	18 56%	29 78%	22 82%
NET: Uncomfortable	16 13%	1 20%	2 20%	4 15%	5 15%	1 15%	- -	- -	3 17%	12 16%	3 8%	4 8%	6 14%	4 17%	2 11%	6 20%	5 14%	2 6%
Base for stats	117	4	12	25	35	8	13	6	15	80	34	45	42	27	21	32	37	26
Mean Score	3.84	3.58	3.84	3.58	3.80	3.38	4.42	4.35	3.93	3.70	4.19	3.97	3.95	3.60	3.76	3.47	3.91	4.25
Standard Deviation	1.091	1.752	1.353	1.061	1.051	1.248	.654	.526	1.140	1.112	.898	1.061	1.007	1.162	1.028	1.033	1.166	1.001
Standard Error	.100	.784	.375	.212	.183	.441	.189	.215	.285	.125	.154	.162	.154	.220	.214	.183	.194	.196
Error variance	.01	.61	.14	.05	.03	.19	.04	.05	.08	.02	.02	.03	.02	.05	.05	.03	.04	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I. SUMMARY: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Total	Very comfortable	Fairly comfortable	Neither comfortable nor uncomfortable	Fairly uncomfortable	Very uncomfortable	Don't know	NET: Comfortable	NET: Uncomfortable
Indoor gyms or fitness centres (including fitness classes)	30 100%	12 40%	6 21%	8 27%	1 3%	3 9%	-	18 61%	4 12%
Other indoor sports facilities	41 100%	10 23%	15 36%	7 17%	5 12%	1 2%	4 10%	24 59%	6 14%
Indoor swimming pools	34 100%	6 17%	9 27%	12 34%	8 22%	-	-	15 43%	8 22%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		*a	*b	*a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	30	18	12	22	6	2	-	4	5	3	3	1	10	2	2
Total	30	18	12	21	7	2	-	4	5	3	3	1	11	2	2
	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	12 40%	9 53%	3 21%	8 39%	3 37%	1 53%	-	3 80%	1 19%	-	-	1 100%	6 55%	1 40%	-
Fairly comfortable (4.0)	6 21%	5 29%	1 9%	6 30%	-	-	-	-	2 36%	1 36%	-	-	2 16%	1 60%	1 41%
Neither comfortable nor uncomfortable (3.0)	8 27%	2 13%	6 48%	5 23%	3 47%	-	-	1 20%	2 45%	1 38%	2 69%	-	1 10%	-	1 59%
Fairly uncomfortable (2.0)	1 3%	-	1 7%	1 4%	-	-	-	-	-	-	1 31%	-	-	-	-
Very uncomfortable (1.0)	3 9%	1 6%	2 15%	1 4%	1 15%	1 47%	-	-	-	1 27%	-	-	2 19%	-	-
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable	18 61%	15 82%	4 30%	15 69%	3 37%	1 53%	-	3 80%	2 55%	1 36%	-	1 100%	8 71%	2 100%	1 41%
NET: Uncomfortable	4 12%	1 6%	3 22%	2 8%	1 15%	1 47%	-	-	-	1 27%	1 31%	-	2 19%	-	-
Base for stats	30	18	12	21	7	2	-	4	5	3	3	1	11	2	2
Mean Score	3.79	4.23	3.15	3.97	3.44	3.10	-	4.60	3.73	2.82	2.69	5.00	3.88	4.40	3.41
Standard Deviation	1.278	1.083	1.310	1.079	1.494	2.735	-	.921	.852	1.456	.586	*	1.614	.703	.670
Standard Error	.233	.255	.378	.230	.610	1.934	-	.461	.381	.841	.338	*	.510	.497	.474
Error variance	.05	.07	.14	.05	.37	3.74	-	.21	.15	.71	.11	*	.26	.25	.22

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	*c	*d	*e	*f	*g	*h	*a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																
Unweighted Total	30	7	5	7	5	4	2	19	11	18	3	5	1	-	2	11
Total	30	7	6	7	6	4	2	19	11	19	3	5	1	-	2	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Very comfortable (5.0)	12 40%	4 55%	4 69%	-	2 44%	-	2 100%	8 40%	4 40%	9 48%	-	1 25%	-	-	1 45%	2 20%
Fairly comfortable (4.0)	6 21%	1 12%	1 15%	3 45%	1 16%	1 23%	-	5 25%	2 15%	3 15%	3 100%	1 21%	-	-	-	4 35%
Neither comfortable nor uncomfortable (3.0)	8 27%	1 18%	1 16%	2 29%	2 40%	2 54%	-	4 21%	4 37%	7 37%	-	-	1 100%	-	-	1 10%
Fairly uncomfortable (2.0)	1 3%	-	-	-	-	1 24%	-	-	1 7%	-	-	1 17%	-	-	-	1 8%
Very uncomfortable (1.0)	3 9%	1 15%	-	2 27%	-	-	-	3 15%	-	-	-	2 37%	-	-	1 55%	3 27%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable	18 61%	5 67%	5 84%	3 45%	3 60%	1 23%	2 100%	12 64%	6 55%	12 63%	3 100%	2 46%	-	-	1 45%	6 55%
NET: Uncomfortable	4 12%	1 15%	-	2 27%	-	1 24%	-	3 15%	1 7%	-	-	3 54%	-	-	1 55%	4 35%
Base for stats	30	7	6	7	6	4	2	19	11	19	3	5	1	-	2	10
Mean Score	3.79	3.92	4.54	2.91	4.04	2.99	5.00	3.74	3.88	4.11	4.00	2.80	3.00	-	2.81	3.12
Standard Deviation	1.278	1.555	.825	1.331	1.012	.804	*	1.406	1.078	.942	-	1.882	-	-	2.931	1.596
Standard Error	.233	.588	.369	.503	.452	.402	*	.323	.325	.222	-	.842	-	-	2.072	.481
Error variance	.05	.35	.14	.25	.20	.16	*	.10	.11	.05	-	.71	-	-	4.29	.23

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Significance Level: 95%																
Unweighted Total	30	19	6	5	11	2	7	13	1	-	2	1	2	2	-	9
Total	30	17	7	6	13	2	7	14	1	-	2	1	2	2	-	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	-	100%
Very comfortable	(5.0)	12	4	3	5	8	1	2	6	-	-	1	1	1	-	3
	40%	26%	35%	82%	57%	41%	30%	43%	-	-	100%	60%	46%	-	32%	
Fairly comfortable	(4.0)	6	4	2	-	2	1	3	2	1	-	-	-	-	-	4
	21%	25%	30%	-	16%	59%	37%	13%	100%	-	-	-	-	-	-	42%
Neither comfortable nor uncomfortable	(3.0)	8	5	3	1	4	-	1	5	-	-	-	1	1	-	1
	27%	27%	35%	18%	27%	-	18%	37%	-	-	-	-	40%	54%	-	14%
Fairly uncomfortable	(2.0)	1	1	-	-	-	-	-	-	-	1	-	-	-	-	-
	3%	5%	-	-	-	-	-	-	-	-	52%	-	-	-	-	
Very uncomfortable	(1.0)	3	3	-	-	-	-	1	1	-	-	1	-	-	-	1
	9%	17%	-	-	-	-	15%	7%	-	-	48%	-	-	-	-	12%
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable	18	9	5	5	10	2	5	8	1	-	-	1	1	1	-	7
	61%	51%	65%	82%	73%	100%	67%	56%	100%	-	-	100%	60%	46%	-	75%
NET: Uncomfortable	4	4	-	-	-	-	1	1	-	-	2	-	-	-	-	1
	12%	22%	-	-	-	-	15%	7%	-	-	100%	-	-	-	-	12%
Base for stats	30	17	7	6	13	2	7	14	1	-	2	1	2	2	-	9
Mean Score	3.79	3.39	4.00	4.64	4.30	4.41	3.67	3.84	4.00	-	1.52	5.00	4.20	3.93	-	3.84
Standard Deviation	1.278	1.411	.898	.836	.898	.700	1.418	1.243	-	-	.809	*	1.363	1.488	-	1.292
Standard Error	.233	.324	.367	.374	.271	.495	.536	.345	-	-	.572	*	.964	1.052	-	.431
Error variance	.05	.10	.13	.14	.07	.25	.29	.12	-	-	.33	*	.93	1.11	-	.19

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	
Significance Level: 95%																		
Unweighted Total	30	8	9	5	1	14	9	4	15	2	2	17	6	4	10	16	-	26
Total	30	8	10	5	1	14	9	4	16	2	2	18	6	4	10	16	-	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Very comfortable (5.0)	12 40%	4 52%	3 26%	1 27%	-	4 26%	4 48%	2 55%	6 37%	-	-	6 34%	2 37%	3 79%	-	9 55%	-	9 34%
Fairly comfortable (4.0)	6 21%	2 23%	2 17%	2 36%	-	3 23%	2 21%	1 22%	4 22%	1 50%	-	4 25%	1 15%	1 21%	5 47%	1 5%	-	6 21%
Neither comfortable nor uncomfortable (3.0)	8 27%	2 24%	4 36%	1 18%	-	4 30%	2 22%	1 23%	6 34%	-	-	6 31%	1 15%	-	4 43%	4 24%	-	8 31%
Fairly uncomfortable (2.0)	1 3%	-	-	1 18%	-	1 6%	-	-	-	1 50%	-	1 5%	-	-	-	1 5%	-	1 3%
Very uncomfortable (1.0)	3 9%	-	2 21%	-	1 100%	2 14%	1 9%	-	1 6%	-	2 100%	1 6%	2 33%	-	1 10%	2 11%	-	3 11%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable	18 61%	6 76%	4 43%	3 64%	-	7 50%	6 69%	3 77%	10 59%	1 50%	-	10 58%	3 52%	4 100%	5 47%	10 60%	-	14 55%
NET: Uncomfortable	4 12%	-	2 21%	1 18%	1 100%	3 20%	1 9%	-	1 6%	1 50%	2 100%	2 10%	2 33%	-	1 10%	3 16%	-	4 14%
Base for stats	30	8	10	5	1	14	9	4	16	2	2	18	6	4	10	16	-	26
Mean Score	3.79	4.28	3.27	3.73	1.00	3.42	3.99	4.32	3.84	3.00	1.00	3.76	3.24	4.79	3.27	3.87	-	3.64
Standard Deviation	1.278	.886	1.479	1.188	-	1.367	1.299	.958	1.158	1.580	-	1.171	1.872	.466	.944	1.455	-	1.297
Standard Error	.233	.313	.493	.531	-	.365	.433	.479	.299	1.117	-	.284	.764	.233	.299	.364	-	.254
Error variance	.05	.10	.24	.28	-	.13	.19	.23	.09	1.25	-	.08	.58	.05	.09	.13	-	.06

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	*b	*a	*b	*c	*d	*e	*f	*a	*b	*a	*b
Unweighted Total	30	15	11	9	5	2	16	14	1	22	8	23	6
Total	30	16	10	9	5	2	17	14	1	22	8	23	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	12	5	4	1	3	-	8	4	-	10	2	8	3
	40%	29%	41%	14%	61%	-	47%	30%	-	43%	30%	35%	51%
Fairly comfortable (4.0)	6	4	2	3	-	1	2	4	-	6	-	6	1
	21%	24%	17%	32%	-	50%	15%	29%	-	29%	-	24%	13%
Neither comfortable nor uncomfortable (3.0)	8	6	3	3	-	-	5	3	-	4	4	6	2
	27%	35%	25%	33%	-	-	31%	22%	-	20%	47%	25%	36%
Fairly uncomfortable (2.0)	1	1	-	-	1	-	-	1	-	1	-	1	-
	3%	5%	-	-	17%	-	-	6%	-	4%	-	4%	-
Very uncomfortable (1.0)	3	1	2	2	1	1	1	2	1	1	2	3	-
	9%	7%	18%	20%	22%	50%	6%	13%	100%	5%	23%	12%	-
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable	18	9	6	4	3	1	10	8	-	16	2	14	4
	61%	53%	57%	46%	61%	50%	62%	59%	-	72%	30%	59%	64%
NET: Uncomfortable	4	2	2	2	2	1	1	3	1	2	2	4	-
	12%	12%	18%	20%	39%	50%	6%	19%	100%	8%	23%	16%	-
Base for stats	30	16	10	9	5	2	17	14	1	22	8	23	6
Mean Score	3.79	3.64	3.63	3.20	3.60	2.50	3.98	3.57	1.00	4.03	3.14	3.65	4.15
Standard Deviation	1.278	1.180	1.529	1.371	1.985	2.079	1.194	1.383	-	1.116	1.541	1.343	1.005
Standard Error	.233	.305	.461	.457	.888	1.470	.299	.370	-	.238	.545	.280	.410
Error variance	.05	.09	.21	.21	.79	2.16	.09	.14	-	.06	.30	.08	.17

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.1. Indoor gyms or fitness centres (including fitness classes): All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*a	*b	*c	*d
Unweighted Total	30	2	2	6	9	6	1	-	4	23	5	18	8	4	2	15	7	6
Total	30	2	2	6	9	7	1	-	4	24	5	18	8	4	2	15	7	6
	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	12 40%	1 49%	- -	1 14%	3 36%	5 75%	1 100%	- -	1 28%	9 39%	2 40%	9 49%	1 10%	2 59%	1 60%	5 35%	3 47%	2 36%
Fairly comfortable (4.0)	6 21%	1 51%	2 100%	2 38%	1 9%	- -	- -	- -	1 20%	5 20%	1 17%	4 25%	2 23%	- -	- -	2 12%	2 24%	3 47%
Neither comfortable nor uncomfortable (3.0)	8 27%	- -	- -	3 48%	3 37%	1 13%	- -	- -	1 27%	7 30%	1 22%	4 21%	4 54%	- -	1 40%	6 42%	1 14%	- -
Fairly uncomfortable (2.0)	1 3%	- -	- -	- -	- -	1 12%	- -	- -	- -	1 4%	- -	- -	- -	1 21%	- -	1 5%	- -	- -
Very uncomfortable (1.0)	3 9%	- -	- -	- -	2 19%	- -	- -	- -	1 25%	2 8%	1 21%	1 6%	1 13%	1 20%	- -	1 5%	1 15%	1 17%
Don't know	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: Comfortable	18 61%	2 100%	2 100%	3 52%	4 44%	5 75%	1 100%	- -	2 48%	14 59%	3 57%	13 74%	3 34%	2 59%	1 60%	7 47%	5 71%	5 83%
NET: Uncomfortable	4 12%	- -	- -	- -	2 19%	1 12%	- -	- -	1 25%	3 11%	1 21%	1 6%	1 13%	2 41%	- -	2 11%	1 15%	1 17%
Base for stats	30	2	2	6	9	7	1	-	4	24	5	18	8	4	2	15	7	6
Mean Score	3.79	4.49	4.00	3.66	3.41	4.38	5.00	-	3.26	3.79	3.57	4.11	3.18	3.59	4.20	3.66	3.89	3.85
Standard Deviation	1.278	.795	-	.777	1.536	1.199	-	-	1.722	1.242	1.692	1.122	1.129	2.011	1.349	1.199	1.500	1.495
Standard Error	.233	.562	-	.317	.512	.490	-	-	.861	.259	.757	.264	.399	1.005	.954	.310	.567	.610
Error variance	.05	.32	-	.10	.26	.24	-	-	.74	.07	.57	.07	.16	1.01	.91	.10	.32	.37

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		*a	*b	*a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	33	19	14	19	11	3	2	3	4	4	5	4	4	1	6
Total	34	20	14	19	11	4	1	3	4	4	5	5	4	1	7
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	6 17%	6 28%	- -	5 24%	1 9%	- -	1 49%	1 38%	1 19%	- -	2 43%	- -	1 24%	- -	- -
Fairly comfortable (4.0)	9 27%	2 10%	7 49%	7 37%	1 6%	1 32%	1 51%	- -	1 29%	- -	2 37%	1 24%	1 21%	- -	3 51%
Neither comfortable nor uncomfortable (3.0)	12 34%	8 39%	4 28%	3 17%	8 75%	- -	- -	2 62%	1 22%	1 27%	1 20%	1 26%	2 54%	- -	3 49%
Fairly uncomfortable (2.0)	8 22%	4 22%	3 23%	4 21%	1 10%	3 68%	- -	- -	1 30%	3 73%	- -	3 50%	- -	1 100%	- -
Very uncomfortable (1.0)	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Don't know	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: Comfortable	15 43%	8 39%	7 49%	12 62%	2 15%	1 32%	1 100%	1 38%	2 48%	- -	4 80%	1 24%	2 46%	- -	3 51%
NET: Uncomfortable	8 22%	4 22%	3 23%	4 21%	1 10%	3 68%	- -	- -	1 30%	3 73%	- -	3 50%	- -	1 100%	- -
Base for stats	34	20	14	19	11	4	1	3	4	4	5	5	4	1	7
Mean Score	3.37	3.45	3.27	3.66	3.13	2.65	4.49	3.75	3.38	2.27	4.23	2.74	3.70	2.00	3.51
Standard Deviation	1.021	1.150	.836	1.091	.735	1.092	.932	1.160	1.260	.512	.857	.913	.961	-	.543
Standard Error	.178	.264	.224	.250	.222	.631	.659	.670	.630	.256	.383	.457	.481	-	.222
Error variance	.03	.07	.05	.06	.05	.40	.43	.45	.40	.07	.15	.21	.23	-	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
			*a	*b	*c	*d	*e	*f	*g	*h	*a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																	
Unweighted Total		33	6	7	7	6	4	3	20	13	25	2	4	1	-	-	7
Total		34	6	7	7	7	4	3	20	14	26	2	4	1	-	-	8
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
Very comfortable	(5.0)	6	-	1	2	1	2	-	3	3	5	1	-	-	-	-	1
		17%	-	16%	27%	18%	37%	-	15%	19%	18%	43%	-	-	-	-	13%
Fairly comfortable	(4.0)	9	-	2	2	2	1	2	4	5	6	-	1	1	-	-	2
		27%	-	29%	26%	31%	32%	59%	19%	37%	22%	-	30%	100%	-	-	32%
Neither comfortable nor uncomfortable	(3.0)	12	3	2	2	3	1	-	7	5	8	1	2	-	-	-	3
		34%	52%	26%	28%	51%	32%	-	35%	34%	33%	57%	51%	-	-	-	44%
Fairly uncomfortable	(2.0)	8	3	2	1	-	-	1	6	1	7	-	1	-	-	-	1
		22%	48%	29%	18%	-	-	41%	31%	10%	27%	-	19%	-	-	-	10%
Very uncomfortable	(1.0)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable		15	-	3	4	3	3	2	7	8	11	1	1	1	-	-	3
		43%	-	45%	54%	49%	68%	59%	34%	57%	41%	43%	30%	100%	-	-	45%
NET: Uncomfortable		8	3	2	1	-	-	1	6	1	7	-	1	-	-	-	1
		22%	48%	29%	18%	-	-	41%	31%	10%	27%	-	19%	-	-	-	10%
Base for stats		34	6	7	7	7	4	3	20	14	26	2	4	1	-	-	8
Mean Score		3.37	2.52	3.32	3.63	3.67	4.05	3.17	3.17	3.66	3.32	3.86	3.11	4.00	-	-	3.48
Standard Deviation		1.021	.544	1.144	1.159	.828	.949	1.178	1.056	.929	1.076	1.324	.800	-	-	-	.908
Standard Error		.178	.222	.432	.438	.338	.474	.680	.236	.258	.215	.936	.400	-	-	-	.343
Error variance		.03	.05	.19	.19	.11	.23	.46	.06	.07	.05	.88	.16	-	-	-	.12

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k
Significance Level: 95%																
Unweighted Total	33	17	9	5	14	1	4	14	6	2	1	-	2	2	1	5
Total	34	15	11	6	17	1	4	15	7	2	1	-	2	2	1	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Very comfortable	(5.0)	6	3	2	-	2	-	3	2	-	-	-	1	-	-	3
	17%	22%	21%	-	14%	-	77%	13%	-	-	-	-	49%	-	-	61%
Fairly comfortable	(4.0)	9	5	3	1	4	-	1	2	3	1	-	1	1	1	1
	27%	36%	22%	20%	22%	-	23%	14%	38%	51%	-	-	51%	34%	100%	18%
Neither comfortable nor uncomfortable	(3.0)	12	4	4	3	6	1	-	7	2	1	1	-	-	-	1
	34%	24%	33%	43%	36%	100%	-	46%	28%	49%	100%	-	-	-	-	21%
Fairly uncomfortable	(2.0)	8	3	3	2	5	-	-	4	2	-	-	-	1	-	-
	22%	19%	23%	37%	28%	-	-	27%	34%	-	-	-	-	66%	-	-
Very uncomfortable	(1.0)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Don't know		-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable	15	9	5	1	6	-	4	4	3	1	-	-	2	1	1	4
	43%	57%	44%	20%	36%	-	100%	27%	38%	51%	-	-	100%	34%	100%	79%
NET: Uncomfortable	8	3	3	2	5	-	-	4	2	-	-	-	-	1	-	-
	22%	19%	23%	37%	28%	-	-	27%	34%	-	-	-	-	66%	-	-
Base for stats	34	15	11	6	17	1	4	15	7	2	1	-	2	2	1	5
Mean Score	3.37	3.61	3.42	2.83	3.21	3.00	4.77	3.13	3.04	3.51	3.00	-	4.49	2.68	4.00	4.41
Standard Deviation	1.021	1.059	1.117	.808	1.034	-	.487	.990	.919	.775	-	-	.801	1.312	-	.910
Standard Error	.178	.257	.372	.361	.276	-	.243	.265	.375	.548	-	-	.566	.928	-	.407
Error variance	.03	.07	.14	.13	.08	-	.06	.07	.14	.30	-	-	.32	.86	-	.17

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
		*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e
Significance Level: 95%																		
Unweighted Total	33	4	12	8	2	20	6	7	8	11	-	19	7	4	23	5	1	29
Total	34	5	12	9	2	21	7	8	9	11	-	20	8	3	24	6	1	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	6 17%	1 26%	2 21%	- -	1 52%	2 12%	2 35%	2 29%	1 9%	2 17%	- -	3 13%	2 29%	- -	5 19%	1 20%	- -	6 18%
Fairly comfortable (4.0)	9 27%	1 19%	2 17%	3 39%	- -	5 27%	1 12%	- -	2 24%	4 38%	- -	6 32%	- -	2 46%	5 23%	2 36%	- -	8 24%
Neither comfortable nor uncomfortable (3.0)	12 34%	3 55%	3 26%	4 47%	1 48%	7 35%	4 53%	3 44%	3 28%	5 45%	- -	7 37%	3 44%	2 54%	7 31%	3 44%	- -	10 32%
Fairly uncomfortable (2.0)	8 22%	- -	4 36%	1 14%	- -	6 27%	- -	2 26%	3 39%	- -	- -	3 17%	2 26%	- -	7 27%	- -	1 100%	8 25%
Very uncomfortable (1.0)	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Don't know	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: Comfortable	15 43%	2 45%	5 38%	3 39%	1 52%	8 39%	3 47%	2 29%	3 33%	6 55%	- -	9 45%	2 29%	2 46%	10 42%	3 56%	- -	13 43%
NET: Uncomfortable	8 22%	- -	4 36%	1 14%	- -	6 27%	- -	2 26%	3 39%	- -	- -	3 17%	2 26%	- -	7 27%	- -	1 100%	8 25%
Base for stats	34	5	12	9	2	21	7	8	9	11	-	20	8	3	24	6	1	31
Mean Score	3.37	3.70	3.23	3.26	4.04	3.24	3.82	3.32	3.03	3.72	-	3.41	3.32	3.46	3.33	3.76	2.00	3.36
Standard Deviation	1.021	.962	1.193	.725	1.310	1.002	.992	1.239	1.055	.770	-	.950	1.239	.593	1.094	.838	-	1.064
Standard Error	.178	.481	.344	.256	.926	.224	.405	.468	.373	.232	-	.218	.468	.296	.228	.375	-	.198
Error variance	.03	.23	.12	.07	.86	.05	.16	.22	.14	.05	-	.05	.22	.09	.05	.14	-	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		*a	*b	*a	*b	*c	*d	*e	*f	*a	*b	*a	*b
Unweighted Total	33	14	15	2	1	12	18	15	-	26	7	27	6
Total	34	16	15	2	1	13	18	16	-	27	7	28	6
	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Very comfortable (5.0)	6 17%	3 21%	2 16%	- -	- -	1 10%	4 24%	1 8%	- -	6 21%	- -	4 15%	2 24%
Fairly comfortable (4.0)	9 27%	4 23%	4 26%	1 42%	- -	5 35%	4 21%	5 34%	- -	5 18%	4 58%	8 28%	1 20%
Neither comfortable nor uncomfortable (3.0)	12 34%	6 35%	4 30%	1 58%	- -	3 21%	8 44%	4 23%	- -	10 37%	2 26%	8 29%	4 57%
Fairly uncomfortable (2.0)	8 22%	3 21%	4 29%	- -	1 100%	4 34%	2 11%	6 35%	- -	6 24%	1 16%	8 27%	- -
Very uncomfortable (1.0)	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
Don't know	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -
NET: Comfortable	15 43%	7 44%	6 41%	1 42%	- -	6 45%	8 45%	7 41%	- -	11 39%	4 58%	12 43%	3 43%
NET: Uncomfortable	8 22%	3 21%	4 29%	- -	1 100%	4 34%	2 11%	6 35%	- -	6 24%	1 16%	8 27%	- -
Base for stats	34	16	15	2	1	13	18	16	-	27	7	28	6
Mean Score	3.37	3.44	3.28	3.42	2.00	3.20	3.58	3.14	-	3.36	3.41	3.31	3.67
Standard Deviation	1.021	1.077	1.081	.764	-	1.060	1.001	1.024	-	1.085	.809	1.048	.909
Standard Error	.178	.288	.279	.540	-	.306	.236	.264	-	.213	.306	.202	.371
Error variance	.03	.08	.08	.29	-	.09	.06	.07	-	.05	.09	.04	.14

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.2. Indoor swimming pools: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*a	*b	*c	*a	*b	*c	*d
Unweighted Total	33	-	1	6	12	3	5	-	6	22	11	8	18	7	4	14	10	5
Total	34	-	1	7	13	3	5	-	6	23	11	8	20	7	4	14	10	6
	100%	-	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	6 17%	-	1 100%	-	2 12%	-	2 42%	-	1 19%	2 11%	3 29%	3 34%	1 5%	2 29%	1 22%	-	3 29%	2 33%
Fairly comfortable (4.0)	9 27%	-	-	3 46%	1 10%	2 65%	1 25%	-	2 28%	6 27%	3 27%	2 26%	5 26%	2 29%	-	3 20%	3 26%	4 67%
Neither comfortable nor uncomfortable (3.0)	12 34%	-	-	1 17%	8 62%	1 35%	1 17%	-	1 15%	10 43%	2 16%	1 16%	10 50%	1 13%	2 50%	7 52%	2 22%	-
Fairly uncomfortable (2.0)	8 22%	-	-	3 36%	2 16%	-	1 16%	-	2 38%	5 20%	3 28%	2 24%	4 19%	2 29%	1 28%	4 28%	2 24%	-
Very uncomfortable (1.0)	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Comfortable	15 43%	-	1 100%	3 46%	3 21%	2 65%	3 67%	-	3 47%	9 37%	6 56%	5 60%	6 31%	4 59%	1 22%	3 20%	5 55%	6 100%
NET: Uncomfortable	8 22%	-	-	3 36%	2 16%	-	1 16%	-	2 38%	5 20%	3 28%	2 24%	4 19%	2 29%	1 28%	4 28%	2 24%	-
Base for stats	34	-	1	7	13	3	5	-	6	23	11	8	20	7	4	14	10	6
Mean Score	3.37	-	5.00	3.10	3.17	3.65	3.92	-	3.29	3.28	3.57	3.69	3.17	3.59	3.16	2.91	3.60	4.33
Standard Deviation	1.021	-	-	.975	.873	.604	1.240	-	1.267	.919	1.236	1.253	.812	1.283	1.210	.712	1.197	.519
Standard Error	.178	-	-	.398	.252	.349	.555	-	.517	.196	.373	.443	.191	.485	.605	.190	.379	.232
Error variance	.03	-	-	.16	.06	.12	.31	-	.27	.04	.14	.20	.04	.24	.37	.04	.14	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	*b	*a	*b	*c	*a	*b	*c	*d	*e	*f	*g	*h	*i
Unweighted Total	43	30	13	28	10	5	5	6	4	2	1	1	8	13	3
Total	41	28	13	25	12	4	4	6	4	2	1	1	9	12	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	10 23%	8 28%	2 14%	7 27%	2 19%	1 17%	1 20%	2 30%	1 22%	- -	- -	- -	2 28%	2 21%	1 42%
Fairly comfortable (4.0)	15 36%	10 34%	5 39%	7 28%	6 49%	2 41%	1 23%	2 39%	1 24%	- -	1 100%	- -	4 49%	4 30%	2 58%
Neither comfortable nor uncomfortable (3.0)	7 17%	5 18%	2 14%	5 19%	1 11%	1 22%	1 19%	2 31%	1 22%	1 50%	- -	- -	1 9%	2 17%	- -
Fairly uncomfortable (2.0)	5 12%	3 10%	2 17%	5 20%	- -	- -	1 19%	- -	- -	- -	- -	1 100%	1 14%	2 14%	- -
Very uncomfortable (1.0)	1 2%	1 2%	- -	1 3%	- -	- -	1 19%	- -	- -	- -	- -	- -	- -	- -	- -
Don't know	4 10%	2 7%	2 17%	1 3%	2 22%	1 20%	- -	- -	1 33%	1 50%	- -	- -	- -	2 18%	- -
NET: Comfortable	24 59%	17 62%	7 52%	14 55%	8 68%	3 58%	2 43%	4 69%	2 46%	- -	1 100%	- -	7 76%	6 51%	3 100%
NET: Uncomfortable	6 14%	3 12%	2 17%	6 23%	- -	- -	1 38%	- -	- -	- -	- -	1 100%	1 14%	2 14%	- -
Base for stats	37	26	10	24	9	4	4	6	3	1	1	1	9	10	3
Mean Score	3.74	3.81	3.59	3.58	4.11	3.94	3.07	3.99	4.00	3.00	4.00	2.00	3.89	3.70	4.42
Standard Deviation	1.060	1.082	1.040	1.197	.639	.819	1.655	.860	1.023	-	-	-	1.027	1.082	.603
Standard Error	.170	.204	.314	.230	.226	.410	.740	.351	.591	-	-	-	.363	.326	.348
Error variance	.03	.04	.10	.05	.05	.17	.55	.12	.35	-	-	-	.13	.11	.12

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	*b	*c	*d	*e	*f	*g	*h	*a	*b	*c	*d	*e	*f	*g
Significance Level: 95%																
Unweighted Total	43	3	13	8	7	3	9	24	19	29	1	4	4	2	1	12
Total	41	3	12	7	7	2	8	23	18	28	1	3	4	2	1	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	10 23%	-	2 16%	2 28%	3 40%	1 34%	2 22%	4 18%	5 31%	7 25%	-	-	1 22%	-	1 100%	2 16%
Fairly comfortable (4.0)	15 36%	1 39%	7 60%	2 24%	3 42%	-	1 12%	10 45%	4 23%	10 34%	1 100%	2 56%	2 57%	-	-	5 47%
Neither comfortable nor uncomfortable (3.0)	7 17%	2 61%	1 7%	2 31%	-	1 33%	1 12%	5 23%	2 10%	4 14%	-	1 44%	1 21%	1 54%	-	3 30%
Fairly uncomfortable (2.0)	5 12%	-	2 17%	-	1 18%	1 33%	1 9%	2 9%	3 16%	3 10%	-	-	-	1 46%	-	1 7%
Very uncomfortable (1.0)	1 2%	-	-	-	-	-	1 9%	-	1 4%	1 2%	-	-	-	-	-	-
Don't know	4 10%	-	-	1 17%	-	-	3 37%	1 5%	3 17%	4 15%	-	-	-	-	-	-
NET: Comfortable	24 59%	1 39%	9 76%	4 52%	6 82%	1 34%	3 34%	15 63%	10 54%	17 59%	1 100%	2 56%	3 79%	-	1 100%	7 64%
NET: Uncomfortable	6 14%	-	2 17%	-	1 18%	1 33%	1 17%	2 9%	3 20%	4 13%	-	-	-	1 46%	-	1 7%
Base for stats	37	3	12	6	7	2	5	22	15	24	1	3	4	2	1	11
Mean Score	3.74	3.39	3.75	3.96	4.04	3.35	3.47	3.75	3.73	3.80	4.00	3.56	4.00	2.54	5.00	3.73
Standard Deviation	1.060	.582	.963	.925	1.135	1.623	1.590	.888	1.308	1.101	-	.590	.764	.857	-	.848
Standard Error	.170	.336	.267	.350	.429	.937	.649	.185	.327	.220	-	.295	.382	.606	-	.245
Error variance	.03	.11	.07	.12	.18	.88	.42	.03	.11	.05	-	.09	.15	.37	-	.06

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
		*a	*b	*c	*d	*a	*b	*c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																	
Unweighted Total	43	24	7	6	13	-	3	14	10	1	4	3	1	5	2	3	
Total	41	20	8	8	16	-	3	14	10	1	4	2	1	5	2	3	
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Very comfortable	(5.0)	10	6	1	3	4	-	-	3	2	1	1	-	-	2	1	-
		23%	29%	15%	33%	24%	-	-	21%	22%	100%	33%	-	-	37%	45%	-
Fairly comfortable	(4.0)	15	7	5	1	6	-	1	7	4	-	2	1	-	-	-	1
		36%	35%	55%	17%	37%	-	39%	49%	40%	-	45%	39%	-	-	-	39%
Neither comfortable nor uncomfortable	(3.0)	7	3	1	-	1	-	1	1	4	-	-	-	1	1	-	1
		17%	16%	15%	-	8%	-	21%	6%	38%	-	-	-	100%	21%	-	21%
Fairly uncomfortable	(2.0)	5	2	-	3	3	-	1	2	-	-	1	1	-	-	-	1
		12%	8%	-	34%	16%	-	40%	15%	-	-	22%	28%	-	-	-	40%
Very uncomfortable	(1.0)	1	1	-	-	-	-	-	-	-	-	-	-	-	1	-	-
		2%	3%	-	-	-	-	-	-	-	-	-	-	-	15%	-	-
Don't know		4	2	1	1	2	-	-	1	-	-	-	1	-	1	1	-
		10%	9%	15%	17%	16%	-	-	9%	-	-	-	33%	-	27%	55%	-
NET: Comfortable		24	13	6	4	10	-	1	10	6	1	3	1	-	2	1	1
		59%	64%	71%	50%	60%	-	39%	70%	62%	100%	78%	39%	-	37%	45%	39%
NET: Uncomfortable		6	2	-	3	3	-	1	2	-	-	1	1	-	1	-	1
		14%	12%	-	34%	16%	-	40%	15%	-	-	22%	28%	-	15%	-	40%
Base for stats		37	18	7	6	13	-	3	13	10	1	4	2	1	3	1	3
Mean Score		3.74	3.84	4.00	3.58	3.80	-	2.99	3.83	3.83	5.00	3.89	3.16	3.00	3.62	5.00	2.99
Standard Deviation		1.060	1.108	.639	1.479	1.094	-	1.068	1.011	.799	-	1.283	1.566	-	1.874	-	1.068
Standard Error		.170	.236	.261	.661	.330	-	.617	.280	.253	-	.641	1.107	-	.937	-	.617
Error variance		.03	.06	.07	.44	.11	-	.38	.08	.06	-	.41	1.23	-	.88	-	.38

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
		*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	*e	*f	*a	*b	*c	*d	e
Significance Level: 95%																		
Unweighted Total	43	4	14	7	2	21	6	5	14	7	3	21	8	4	21	13	5	39
Total	41	4	13	8	2	21	6	5	14	7	2	21	7	3	19	14	5	37
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	10 23%	-	4 31%	1 16%	-	5 26%	-	1 25%	3 21%	2 29%	1 35%	5 23%	2 28%	2 51%	3 15%	5 37%	-	8 21%
Fairly comfortable (4.0)	15 36%	3 66%	6 48%	2 32%	2 100%	9 42%	5 78%	2 34%	7 51%	4 53%	1 35%	11 51%	3 35%	-	10 52%	3 25%	1 27%	15 39%
Neither comfortable nor uncomfortable (3.0)	7 17%	-	2 15%	2 20%	-	4 17%	-	-	3 20%	-	1 30%	3 13%	1 9%	1 25%	4 19%	1 6%	2 33%	6 16%
Fairly uncomfortable (2.0)	5 12%	1 34%	1 6%	1 17%	-	2 10%	1 22%	2 41%	-	1 18%	-	1 6%	2 28%	1 24%	1 4%	1 10%	2 40%	4 11%
Very uncomfortable (1.0)	1 2%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1 5%	-	1 2%
Don't know	4 10%	-	-	1 16%	-	1 6%	-	-	1 9%	-	-	1 6%	-	-	2 9%	2 18%	-	4 11%
NET: Comfortable	24 59%	3 66%	11 79%	4 48%	2 100%	14 67%	5 78%	3 59%	10 71%	6 82%	2 70%	16 75%	5 62%	2 51%	13 67%	8 61%	1 27%	22 60%
NET: Uncomfortable	6 14%	1 34%	1 6%	1 17%	-	2 10%	1 22%	2 41%	-	1 18%	-	1 6%	2 28%	1 24%	1 4%	2 15%	2 40%	5 13%
Base for stats	37	4	13	6	2	20	6	5	13	7	2	20	7	3	17	11	5	33
Mean Score	3.74	3.32	4.04	3.55	4.00	3.88	3.57	3.43	4.00	3.93	4.05	3.98	3.62	3.79	3.85	3.95	2.87	3.74
Standard Deviation	1.060	1.099	.874	1.103	-	.953	.903	1.387	.696	1.079	1.073	.826	1.252	1.541	.765	1.299	.904	1.032
Standard Error	.170	.550	.234	.450	-	.213	.369	.620	.193	.408	.619	.185	.443	.770	.175	.392	.404	.174
Error variance	.03	.30	.05	.20	-	.05	.14	.38	.04	.17	.38	.03	.20	.59	.03	.15	.16	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		*a	*b	*a	*b	*c	*d	*e	*f	a	*b	a	*b
Significance Level: 95%													
Unweighted Total	43	15	21	12	6	7	19	23	2	31	12	30	12
Total	41	16	19	12	6	6	18	22	2	30	11	28	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	10 23%	3 21%	4 19%	4 32%	3 43%	1 19%	3 16%	7 30%	1 41%	8 26%	2 15%	7 25%	2 14%
Fairly comfortable (4.0)	15 36%	6 37%	9 45%	4 33%	2 35%	1 12%	8 43%	7 31%	-	10 33%	4 42%	12 44%	2 19%
Neither comfortable nor uncomfortable (3.0)	7 17%	1 9%	3 15%	1 10%	-	2 36%	3 15%	4 16%	-	6 21%	1 6%	2 8%	5 39%
Fairly uncomfortable (2.0)	5 12%	3 17%	2 8%	1 11%	1 22%	1 13%	3 16%	2 10%	1 59%	4 14%	1 7%	2 8%	3 22%
Very uncomfortable (1.0)	1 2%	-	1 4%	-	-	-	1 4%	-	-	-	1 6%	-	1 6%
Don't know	4 10%	2 16%	2 9%	2 14%	-	1 20%	1 7%	3 13%	-	2 6%	2 23%	4 15%	-
NET: Comfortable	24 59%	9 58%	12 64%	8 65%	5 78%	2 32%	11 59%	13 61%	1 41%	18 59%	6 57%	19 69%	4 33%
NET: Uncomfortable	6 14%	3 17%	2 11%	1 11%	1 22%	1 13%	3 19%	2 10%	1 59%	4 14%	1 13%	2 8%	3 28%
Base for stats	37	13	18	10	6	5	17	19	2	28	8	24	12
Mean Score	3.74	3.74	3.75	4.00	3.99	3.47	3.56	3.94	3.22	3.76	3.70	4.00	3.13
Standard Deviation	1.060	1.085	1.036	1.054	1.257	1.141	1.115	1.016	1.999	1.036	1.211	.902	1.135
Standard Error	.170	.301	.238	.333	.513	.466	.263	.227	1.413	.192	.383	.177	.328
Error variance	.03	.09	.06	.11	.26	.22	.07	.05	2.00	.04	.15	.03	.11

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6I.3. Other indoor sports facilities: All things considered, how comfortable or uncomfortable did you feel using the facility?

BASE: All who did not notice any COVID-19 safety measures at an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	*b	*c	*a	*b	*c	*d
Unweighted Total	43	4	4	6	12	9	3	3	2	31	8	10	21	10	8	14	18	2
Total	41	3	4	6	11	10	3	3	2	30	7	9	21	9	8	13	17	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Very comfortable (5.0)	10 23%	1 25%	1 23%	1 22%	2 15%	1 9%	1 43%	1 44%	2 100%	5 15%	4 56%	2 18%	6 29%	2 18%	3 34%	1 6%	5 30%	1 49%
Fairly comfortable (4.0)	15 36%	-	2 45%	1 14%	7 63%	3 32%	1 33%	1 28%	-	13 42%	2 24%	5 51%	4 18%	6 65%	4 49%	4 33%	6 32%	1 51%
Neither comfortable nor uncomfortable (3.0)	7 17%	1 26%	1 32%	2 41%	2 15%	1 10%	-	-	-	6 20%	-	-	5 25%	1 9%	-	5 40%	2 9%	-
Fairly uncomfortable (2.0)	5 12%	1 26%	-	-	1 7%	3 27%	1 24%	-	-	3 11%	1 9%	1 9%	3 16%	1 8%	1 17%	1 6%	3 16%	-
Very uncomfortable (1.0)	1 2%	1 22%	-	-	-	-	-	-	-	-	-	-	-	-	-	1 5%	-	-
Don't know	4 10%	-	-	1 22%	-	2 22%	-	1 28%	-	3 11%	1 11%	2 21%	2 10%	-	-	1 10%	2 12%	-
NET: Comfortable	24 59%	1 25%	3 68%	2 36%	9 78%	4 41%	2 76%	2 72%	2 100%	17 57%	6 80%	7 70%	10 48%	7 83%	6 83%	5 39%	11 62%	2 100%
NET: Uncomfortable	6 14%	1 49%	-	-	1 7%	3 27%	1 24%	-	-	3 11%	1 9%	1 9%	3 16%	1 8%	1 17%	2 11%	3 16%	-
Base for stats	37	3	4	4	11	7	3	2	2	27	7	7	19	9	8	12	15	2
Mean Score	3.74	2.80	3.90	3.75	3.85	3.29	3.95	4.61	5.00	3.69	4.42	4.01	3.68	3.94	3.99	3.32	3.87	4.49
Standard Deviation	1.060	1.774	.860	.986	.789	1.139	1.452	.671	-	.918	1.010	.890	1.143	.808	1.090	.955	1.117	.775
Standard Error	.170	.887	.430	.441	.228	.430	.838	.475	-	.174	.382	.315	.262	.255	.385	.265	.279	.548
Error variance	.03	.79	.18	.19	.05	.19	.70	.23	-	.03	.15	.10	.07	.07	.15	.07	.08	.30

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J. SUMMARY: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	I enjoyed it a lot	I somewhat enjoyed it	I neither enjoyed it nor didn't enjoy it	I didn't enjoy it much	I didn't enjoy it at all	Don't know	NET: Enjoyed it	NET: Did not enjoy it
Indoor gyms or fitness centres (including fitness classes)	297 100%	119 40%	116 39%	47 16%	10 3%	4 1%	- -	236 79%	14 5%
Indoor swimming pools	270 100%	110 41%	85 31%	38 14%	27 10%	6 2%	5 2%	194 72%	33 12%
Other indoor sports facilities	163 100%	47 29%	57 35%	33 20%	16 10%	4 2%	5 3%	104 64%	20 12%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.1. Indoor gyms or fitness centres (including fitness classes): How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	*d	*e	*f	g	h	*i
Unweighted Total	291	170	120	148	104	39	15	30	33	27	22	24	76	44	20
Total	297	172	124	145	114	37	11	32	34	25	21	27	84	42	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	119 40%	69 40%	50 40%	48 33%	46 40%	26 70%	4 40%	9 30%	13 40%	11 44%	6 26%	11 40%	32 38%	24 56%	9 45%
I somewhat enjoyed it (4.0)	116 39%	72 42%	43 35%	59 41%	51 45%	6 16%	4 33%	14 44%	14 42%	8 32%	9 44%	10 35%	40 47%	10 24%	7 37%
I neither enjoyed it nor didn't enjoy it (3.0)	47 16%	25 15%	22 18%	32 22%	14 12%	2 5%	3 27%	5 16%	5 15%	4 18%	6 26%	5 20%	11 13%	6 13%	3 13%
I didn't enjoy it much (2.0)	10 3%	4 2%	6 5%	6 4%	4 3%	-	-	2 8%	1 2%	2 6%	1 4%	-	1 2%	2 4%	1 5%
I didn't enjoy it at all (1.0)	4 1%	1 1%	3 2%	1 1%	-	3 8%	-	1 3%	-	-	-	1 4%	1 1%	1 2%	-
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Enjoyed it	236 79%	142 82%	93 75%	107 74%	97 84%	32 86%	8 73%	23 73%	28 82%	19 76%	15 70%	21 76%	71 85%	34 81%	16 82%
NET: Did not enjoy it	14 5%	5 3%	9 7%	7 5%	4 3%	3 8%	-	3 11%	1 2%	2 6%	1 4%	1 4%	2 3%	3 6%	1 5%
Base for stats	297	172	124	145	114	37	11	32	34	25	21	27	84	42	20
Mean Score	4.14	4.19	4.06	4.01	4.21	4.39	4.12	3.89	4.20	4.13	3.93	4.07	4.18	4.29	4.21
Standard Deviation	.894	.817	.992	.874	.788	1.180	.847	1.029	.795	.941	.840	1.011	.804	.986	.883
Standard Error	.052	.063	.091	.072	.077	.189	.219	.188	.138	.181	.179	.206	.092	.149	.197
Error variance	*	*	.01	.01	.01	.04	.05	.04	.02	.03	.03	.04	.01	.02	.04

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Q6J.1. Indoor gyms or fitness centres (including fitness classes): How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	*e	f	g	h	a	*b	c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	291	65	88	55	37	16	30	208	83	213	12	35	19	2	4	72
Total	297	68	93	54	39	16	28	214	83	220	12	35	18	2	4	72
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	119 40%	26 39%	35 38%	23 42%	13 34%	5 28%	18 64%	84 39%	36 43%	96 44%	4 32%	11 31%	5 25%	1 45%	1 20%	21 30%
I somewhat enjoyed it (4.0)	116 39%	25 38%	42 46%	20 38%	20 52%	5 33%	3 11%	88 41%	28 34%	77 35%	6 53%	19 54%	9 48%	-	2 56%	36 51%
I neither enjoyed it nor didn't enjoy it (3.0)	47 16%	14 21%	9 10%	8 15%	4 11%	5 33%	6 22%	32 15%	16 19%	37 17%	2 15%	4 10%	4 22%	1 55%	-	11 15%
I didn't enjoy it much (2.0)	10 3%	1 1%	5 5%	3 5%	1 3%	-	-	9 4%	1 1%	8 4%	-	1 2%	1 5%	-	-	2 2%
I didn't enjoy it at all (1.0)	4 1%	1 2%	1 1%	-	-	1 5%	1 3%	2 1%	2 2%	2 1%	-	1 2%	-	-	1 24%	2 3%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Enjoyed it	236 79%	52 77%	77 83%	43 80%	33 86%	10 62%	21 74%	172 80%	64 77%	173 79%	10 85%	30 85%	13 74%	1 45%	3 76%	58 80%
NET: Did not enjoy it	14 5%	2 3%	6 7%	3 5%	1 3%	1 5%	1 3%	11 5%	3 4%	10 5%	-	2 5%	1 5%	-	1 24%	3 5%
Base for stats	297	68	93	54	39	16	28	214	83	220	12	35	18	2	4	72
Mean Score	4.14	4.11	4.13	4.17	4.17	3.80	4.31	4.13	4.14	4.16	4.17	4.09	3.94	3.90	3.47	4.02
Standard Deviation	.894	.883	.894	.872	.752	1.055	1.053	.881	.931	.903	.696	.855	.831	1.302	1.662	.882
Standard Error	.052	.110	.095	.118	.124	.264	.192	.061	.102	.062	.201	.144	.191	.921	.831	.104
Error variance	*	.01	.01	.01	.02	.07	.04	*	.01	*	.04	.02	.04	.85	.69	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.1. Indoor gyms or fitness centres (including fitness classes): How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	b	c	d	*e	*f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	291	157	65	50	115	17	35	133	36	11	8	6	15	11	19	52
Total	297	138	80	62	142	19	36	139	36	10	8	6	14	10	18	55
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	119 40%	61 44%	28 35%	24 38%	52 37%	12 65%	12 33%	50 36%	10 28%	5 51%	2 30%	2 34%	4 31%	6 56%	15 84%	24 44%
I somewhat enjoyed it (4.0)	116 39%	48 35%	37 46%	28 45%	65 46%	3 18%	18 50%	58 42%	17 48%	3 32%	2 23%	3 51%	8 54%	2 20%	1 5%	22 39%
I neither enjoyed it nor didn't enjoy it (3.0)	47 16%	24 17%	11 14%	10 17%	21 15%	3 18%	4 10%	22 16%	7 19%	1 8%	3 38%	1 15%	2 15%	2 23%	2 11%	7 13%
I didn't enjoy it much (2.0)	10 3%	4 3%	4 5%	- -	4 3%	- -	1 3%	6 4%	2 5%	- -	1 10%	- -	- -	- -	- -	1 2%
I didn't enjoy it at all (1.0)	4 1%	2 1%	- -	- -	- -	- -	1 3%	2 2%	- -	1 8%	- -	- -	- -	- -	- -	1 2%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Enjoyed it	236 79%	108 78%	65 82%	51 83%	117 82%	15 82%	30 84%	109 78%	27 75%	9 83%	4 53%	5 85%	12 85%	8 77%	16 89%	46 83%
NET: Did not enjoy it	14 5%	6 5%	4 5%	- -	4 3%	- -	2 6%	8 6%	2 5%	1 8%	1 10%	- -	- -	- -	- -	2 4%
Base for stats	297	138	80	62	142	19	36	139	36	10	8	6	14	10	18	55
Mean Score	4.14	4.16	4.12	4.21	4.16	4.47	4.08	4.07	3.98	4.18	3.73	4.20	4.16	4.33	4.73	4.21
Standard Deviation	.894	.918	.821	.715	.775	.797	.915	.911	.837	1.199	1.065	.734	.681	.876	.666	.889
Standard Error	.052	.073	.102	.101	.072	.193	.155	.079	.140	.362	.377	.300	.176	.264	.153	.123
Error variance	*	.01	.01	.01	.01	.04	.02	.01	.02	.13	.14	.09	.03	.07	.02	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.1. Indoor gyms or fitness centres (including fitness classes): How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Nature of working location						Nature of working hours						Number of people in household including self						
	Total	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	Total	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	*c	*d	e	f		a	b	*c	*d	e	f	a	b	c	*d	e
Significance Level: 95%																			
Unweighted Total	291	86	94	29	8	123	94	96	87	25	8	112	104	35	150	96	10	256	
Total	297	91	98	26	8	124	99	100	92	22	8	115	108	32	151	103	11	265	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
I enjoyed it a lot (5.0)	119 40%	31 34%	35 36%	8 32%	3 42%	44 35%	34 34%	39 39%	26 28%	9 42%	4 52%	35 31%	44 40%	17 51%	60 40%	38 37%	4 37%	103 39%	
I somewhat enjoyed it (4.0)	116 39%	37 40%	44 45%	12 45%	3 36%	56 45%	40 40%	44 44%	46 49%	6 25%	1 15%	51 45%	46 42%	12 36%	55 37%	46 44%	4 33%	105 40%	
I neither enjoyed it nor didn't enjoy it (3.0)	47 16%	17 18%	14 14%	4 16%	1 13%	18 15%	18 18%	11 11%	17 18%	6 26%	1 13%	22 19%	12 11%	4 13%	25 16%	15 15%	3 30%	43 16%	
I didn't enjoy it much (2.0)	10 3%	6 6%	2 3%	1 3%	1 10%	3 3%	6 7%	4 4%	3 3%	2 7%	1 10%	5 4%	5 5%	- -	7 5%	3 3%	- -	10 4%	
I didn't enjoy it at all (1.0)	4 1%	1 1%	2 2%	1 4%	- -	3 2%	1 1%	1 1%	1 1%	- -	1 10%	1 1%	2 2%	- -	3 2%	1 1%	- -	4 2%	
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
NET: Enjoyed it	236 79%	67 74%	79 81%	20 77%	6 78%	100 80%	74 74%	84 84%	72 78%	15 67%	5 67%	87 76%	89 83%	28 87%	116 77%	84 82%	8 70%	208 78%	
NET: Did not enjoy it	14 5%	7 8%	4 4%	2 7%	1 10%	6 5%	8 8%	5 5%	4 4%	2 7%	2 20%	6 5%	7 7%	- -	10 7%	4 3%	- -	14 5%	
Base for stats	297	91	98	26	8	124	99	100	92	22	8	115	108	32	151	103	11	265	
Mean Score	4.14	3.99	4.11	3.99	4.10	4.08	4.00	4.17	4.00	4.01	3.89	4.00	4.15	4.38	4.08	4.15	4.07	4.11	
Standard Deviation	.894	.947	.880	.985	1.021	.900	.949	.870	.838	1.005	1.492	.868	.923	.718	.970	.827	.854	.910	
Standard Error	.052	.102	.091	.183	.361	.081	.098	.089	.090	.201	.528	.082	.091	.121	.079	.084	.270	.057	
Error variance	*	.01	.01	.03	.13	.01	.01	.01	.01	.04	.28	.01	.01	.01	.01	.01	.07	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.1. Indoor gyms or fitness centres (including fitness classes): How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	291	97	154	44	32	24	199	89	5	247	44	252	37
Total	297	105	155	43	32	24	207	87	5	253	44	259	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	119 40%	30 29%	71 46%	15 36%	13 41%	4 19%	92 44%	26 29%	4 81%	102 41%	17 39%	110 43%	9 23%
			a				e					b	
I somewhat enjoyed it (4.0)	116 39%	48 46%	54 35%	13 31%	9 30%	11 48%	84 40%	32 36%	-	100 40%	16 36%	100 39%	17 45%
I neither enjoyed it nor didn't enjoy it (3.0)	47 16%	24 23%	20 13%	12 27%	9 27%	7 30%	22 11%	25 29%	1 19%	39 15%	9 19%	40 15%	7 20%
		b		d	d			d					
I didn't enjoy it much (2.0)	10 3%	1 1%	8 5%	3 7%	-	-	7 3%	3 3%	-	7 3%	3 6%	6 2%	3 9%
												a	
I didn't enjoy it at all (1.0)	4 1%	2 2%	2 1%	-	1 3%	1 4%	2 1%	2 2%	-	4 2%	-	3 1%	1 2%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Enjoyed it	236 79%	78 75%	125 81%	29 66%	22 70%	16 66%	176 85%	57 66%	4 81%	203 80%	33 75%	210 81%	25 69%
							abe						
NET: Did not enjoy it	14 5%	3 3%	10 7%	3 7%	1 3%	1 4%	9 4%	5 5%	-	11 4%	3 6%	9 3%	4 11%
												a	
Base for stats	297	105	155	43	32	24	207	87	5	253	44	259	36
Mean Score	4.14	3.99	4.18	3.95	4.06	3.77	4.24	3.88	4.61	4.15	4.07	4.19	3.79
							e					b	
Standard Deviation	.894	.842	.944	.953	.970	.912	.853	.945	.874	.892	.914	.864	.987
Standard Error	.052	.085	.076	.144	.172	.186	.060	.100	.391	.057	.138	.054	.162
Error variance	*	.01	.01	.02	.03	.03	*	.01	.15	*	.02	*	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.1. Indoor gyms or fitness centres (including fitness classes): How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	291	5	17	41	63	60	38	22	45	181	105	181	63	46	39	81	94	75
Total	297	4	17	41	65	63	40	21	46	187	106	188	63	45	40	82	96	77
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	119 40%	2 42%	4 23%	16 38%	24 37%	20 32%	18 45%	11 55%	25 54%	64 34%	54 51%	83 44%	18 29%	19 41%	11 27%	21 25%	42 43%	46 60%
I somewhat enjoyed it (4.0)	116 39%	1 20%	10 58%	17 41%	28 43%	24 39%	17 42%	6 29%	14 30%	79 42%	36 34%	75 40%	25 40%	16 36%	15 38%	36 44%	42 44%	22 29%
I neither enjoyed it nor didn't enjoy it (3.0)	47 16%	2 39%	2 12%	8 19%	10 15%	15 25%	2 6%	3 16%	5 11%	35 19%	11 10%	24 13%	18 29%	5 10%	10 24%	23 28%	8 9%	7 9%
I didn't enjoy it much (2.0)	10 3%	- -	1 7%	- -	3 5%	2 3%	3 7%	- -	- -	7 4%	3 3%	4 2%	2 3%	4 9%	4 9%	2 3%	3 3%	1 1%
I didn't enjoy it at all (1.0)	4 1%	- -	- -	1 2%	- -	1 2%	- -	- -	2 5%	2 1%	2 2%	2 1%	- -	2 4%	1 2%	- -	1 1%	1 1%
Don't know	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
NET: Enjoyed it	236 79%	3 61%	14 81%	32 79%	52 80%	45 71%	35 87%	17 84%	38 84%	143 77%	90 85%	158 84%	43 69%	35 77%	26 65%	56 69%	84 87%	68 89%
NET: Did not enjoy it	14 5%	- -	1 7%	1 2%	3 5%	3 5%	3 7%	- -	2 5%	9 5%	5 5%	6 3%	2 3%	6 13%	4 11%	2 3%	4 4%	2 2%
Base for stats	297	4	17	41	65	63	40	21	46	187	106	188	63	45	40	82	96	77
Mean Score	4.14	4.03	3.96	4.13	4.11	3.97	4.25	4.38	4.28	4.05	4.29	4.23	3.95	4.02	3.80	3.92	4.25	4.44
Standard Deviation	.894	1.024	.822	.871	.853	.921	.874	.771	1.012	.874	.912	.842	.830	1.117	1.020	.809	.835	.811
Standard Error	.052	.458	.199	.136	.108	.119	.142	.164	.151	.065	.089	.063	.105	.165	.163	.090	.086	.094
Error variance	*	.21	.04	.02	.01	.01	.02	.03	.02	*	.01	*	.01	.03	.03	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.2. Indoor swimming pools: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	*b	*c	*d	*e	*f	g	h	*i
Unweighted Total	256	155	100	119	92	45	13	27	25	22	19	26	64	41	19
Total	270	158	111	123	101	45	10	28	26	23	19	32	70	41	21
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	110 41%	69 44%	39 36%	43 35%	38 38%	28 62% ab	6 62%	10 35%	12 45%	10 44%	5 24%	12 37%	32 45%	20 48%	4 20%
I somewhat enjoyed it (4.0)	85 31%	49 31%	36 33%	39 31%	34 33%	12 27%	1 15%	13 45%	4 17%	3 13%	13 67%	11 34%	20 29%	9 23%	10 48%
I neither enjoyed it nor didn't enjoy it (3.0)	38 14%	19 12%	18 17%	24 19% c	12 12%	2 4%	2 15%	2 7%	3 13%	4 19%	1 5%	- -	14 19%	7 17%	5 26%
I didn't enjoy it much (2.0)	27 10%	14 9%	13 12%	13 10%	13 13%	1 3%	1 7%	1 3%	5 18%	4 19%	1 4%	9 29%	3 4%	2 6%	1 6%
I didn't enjoy it at all (1.0)	6 2%	5 3%	1 1%	4 3%	1 1%	1 2%	- -	1 3%	1 3%	1 5%	- -	- -	2 2%	1 3%	- -
Don't know	5 2%	2 1%	3 3%	1 1%	3 3%	1 2%	- -	2 6%	1 4%	- -	- -	- -	- -	2 4%	- -
NET: Enjoyed it	194 72%	118 75%	76 68%	82 67%	72 71%	40 89% ab	8 77%	23 80%	16 62%	13 58%	17 91%	23 71%	52 74%	29 70%	14 68%
NET: Did not enjoy it	33 12%	19 12%	14 12%	16 13%	14 14%	2 5%	1 7%	2 6%	5 21%	5 24%	1 4%	9 29%	5 7%	4 9%	1 6%
Base for stats	265	156	108	122	99	44	10	27	25	23	19	32	70	39	21
Mean Score	4.00	4.04	3.93	3.86	3.96	4.47 ab	4.33	4.13	3.86	3.73	4.11	3.80	4.10	4.11	3.82
Standard Deviation	1.078	1.102	1.046	1.106	1.076	.880	1.031	.949	1.302	1.356	.692	1.238	1.017	1.102	.844
Standard Error	.068	.089	.106	.102	.114	.133	.286	.190	.266	.289	.159	.243	.127	.176	.194
Error variance	*	.01	.01	.01	.01	.02	.08	.04	.07	.08	.03	.06	.02	.03	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.2. Indoor swimming pools: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	*f	g	h	a	*b	*c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	256	43	61	57	37	30	28	161	95	203	11	21	14	-	-	46
Total	270	46	66	58	39	32	29	170	100	215	12	22	15	-	-	49
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%
I enjoyed it a lot (5.0)	110 41%	19 41%	27 41%	16 27%	19 50%	13 39%	16 55%	62 36%	48 48%	84 39%	6 51%	11 50%	5 37%	-	-	23 46%
I somewhat enjoyed it (4.0)	85 31%	15 32%	22 34%	26 45%	8 22%	8 24%	6 21%	63 37%	22 22%	73 34%	3 22%	5 21%	4 29%	-	-	12 24%
I neither enjoyed it nor didn't enjoy it (3.0)	38 14%	5 11%	9 14%	11 18%	3 8%	7 23%	2 9%	25 15%	13 13%	25 12%	2 20%	4 20%	4 27%	-	-	11 22%
I didn't enjoy it much (2.0)	27 10%	4 10%	6 10%	2 4%	7 18%	4 13%	3 10%	13 8%	14 14%	25 12%	-	1 5%	-	-	-	1 2%
I didn't enjoy it at all (1.0)	6 2%	3 7%	-	2 3%	1 3%	-	-	5 3%	1 1%	3 1%	1 7%	-	1 7%	-	-	2 4%
Don't know	5 2%	-	1 1%	2 3%	-	-	2 6%	3 2%	2 2%	4 2%	-	1 4%	-	-	-	1 2%
NET: Enjoyed it	194 72%	33 73%	49 75%	42 72%	28 71%	20 64%	22 75%	124 73%	70 70%	158 73%	8 73%	16 71%	10 66%	-	-	34 70%
NET: Did not enjoy it	33 12%	7 16%	6 10%	4 7%	8 21%	4 13%	3 10%	18 10%	15 15%	28 13%	1 7%	1 5%	1 7%	-	-	3 6%
Base for stats	265	46	65	57	39	32	27	167	98	211	12	21	15	-	-	48
Mean Score	4.00	3.91	4.08	3.93	3.97	3.90	4.28	3.98	4.03	4.00	4.09	4.20	3.88	-	-	4.07
Standard Deviation	1.078	1.232	.980	.949	1.261	1.086	1.031	1.042	1.143	1.060	1.223	.975	1.173	-	-	1.086
Standard Error	.068	.188	.127	.128	.207	.198	.202	.083	.119	.075	.369	.218	.313	-	-	.162
Error variance	*	.04	.02	.02	.04	.04	.04	.01	.01	.01	.14	.05	.10	-	-	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.2. Indoor swimming pools: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	*b	c	d	*e	*f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	256	114	66	54	120	19	20	111	33	11	11	8	14	13	16	39
Total	270	103	81	66	147	21	21	119	36	11	12	8	12	14	15	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot	(5.0)	51	27	24	52	7	11	43	14	3	7	3	5	5	12	18
	41%	49%	34%	37%	35%	35%	51%	36%	38%	25%	56%	39%	42%	37%	80%	43%
		bd														
I somewhat enjoyed it	(4.0)	28	30	22	52	10	1	51	7	2	1	3	2	4	3	12
	31%	27%	37%	33%	35%	50%	5%	43%	20%	18%	7%	41%	16%	25%	20%	28%
								d								
I neither enjoyed it nor didn't enjoy it	(3.0)	10	14	9	23	1	5	12	10	3	1	1	2	1	-	6
	14%	10%	17%	14%	16%	5%	25%	10%	29%	29%	11%	10%	20%	9%	-	15%
									c							
I didn't enjoy it much	(2.0)	8	9	9	18	1	3	11	3	2	2	1	-	3	-	4
	10%	7%	11%	13%	12%	4%	15%	9%	9%	19%	19%	10%	-	23%	-	10%
I didn't enjoy it at all	(1.0)	3	1	1	2	1	1	1	-	1	1	-	1	-	-	2
	2%	2%	1%	2%	2%	6%	4%	1%	-	10%	7%	-	7%	-	-	5%
Don't know		4	-	-	-	-	-	1	1	-	-	-	2	1	-	-
	2%	4%	-	-	-	-	-	1%	3%	-	-	-	14%	6%	-	-
		d														
NET: Enjoyed it		79	58	46	104	18	12	94	21	5	7	7	7	9	15	30
	72%	77%	71%	70%	71%	85%	56%	79%	59%	43%	63%	80%	59%	62%	100%	71%
								d								
NET: Did not enjoy it		10	10	10	20	2	4	12	3	3	3	1	1	3	-	6
	12%	10%	12%	15%	14%	10%	19%	10%	9%	28%	26%	10%	7%	23%	-	15%
Base for stats	265	99	81	66	147	21	21	118	35	11	12	8	10	13	15	42
Mean Score	4.00	4.18	3.91	3.90	3.91	4.05	3.83	4.05	3.90	3.30	3.87	4.08	4.02	3.81	4.80	3.94
Standard Deviation	1.078	1.064	1.035	1.108	1.064	1.067	1.338	.957	1.052	1.350	1.487	1.005	1.266	1.241	.411	1.202
Standard Error	.068	.101	.127	.151	.097	.245	.299	.091	.186	.407	.448	.355	.366	.358	.103	.192
Error variance	*	.01	.02	.02	.01	.06	.09	.01	.03	.17	.20	.13	.13	.13	.01	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.2. Indoor swimming pools: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	*c	*d	e	f	a	b	*c	*d	e	f	a	b	c	*d	e	
Significance Level: 95%																			
Unweighted Total	256	76	66	24	9	90	85	82	65	26	1	91	83	38	140	71	7	218	
Total	270	82	71	25	10	96	92	86	73	27	1	100	87	34	148	80	8	235	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
I enjoyed it a lot (5.0)	110 41%	38 46%	28 40%	6 22%	1 13%	34 36%	39 42%	43 51% be	24 32%	4 16%	1 100%	28 28%	44 51% be	16 45%	61 41%	30 38%	3 33%	94 40%	
I somewhat enjoyed it (4.0)	85 31%	26 31%	20 28%	9 37%	3 32%	29 30%	29 31%	26 30%	25 34%	7 27%	-	32 32%	26 30%	4 13%	52 35% a	27 34% a	1 15%	80 34% a	
I neither enjoyed it nor didn't enjoy it (3.0)	38 14%	8 10%	14 19%	4 16%	4 46%	18 18%	13 14%	9 10%	12 16%	10 36%	-	21 21% f	9 10%	10 28% bce	17 12%	10 12%	1 10%	28 12%	
I didn't enjoy it much (2.0)	27 10%	9 12%	7 10%	3 13%	1 9%	10 11%	10 11%	5 6%	10 14%	5 19%	-	15 15%	5 6%	1 2%	14 9%	10 13%	2 31%	26 11%	
I didn't enjoy it at all (1.0)	6 2%	-	1 1%	3 11%	-	4 4%	-	-	3 4%	1 3%	-	4 4%	-	2 6%	3 2%	1 2%	-	4 2%	
Don't know	5 2%	1 1%	1 1%	-	-	1 1%	1 1%	2 2%	-	-	-	-	2 2%	2 5% b	1 1%	1 1%	1 12%	3 1%	
NET: Enjoyed it	194 72%	63 77%	48 68%	15 60%	4 45%	63 66%	68 74%	69 81% be	48 66%	11 43%	1 100%	60 60%	70 81% be	20 58%	113 77% a	58 72%	4 48%	174 74% a	
NET: Did not enjoy it	33 12%	9 12%	8 11%	6 24%	1 9%	14 15%	10 11%	5 6%	13 18% af	6 22%	-	19 19% af	5 6%	3 8%	16 11%	11 14%	2 31%	30 13%	
Base for stats	265	81	70	25	10	95	91	84	73	27	1	100	85	32	147	79	7	233	
Mean Score	4.00	4.13	3.97	3.46	3.50	3.84	4.06	4.28 be	3.76	3.34	5.00	3.65	4.29 be	3.95	4.06	3.95	3.56	4.01	
Standard Deviation	1.078	1.014	1.069	1.302	.879	1.150	1.015	.900	1.168	1.068	-	1.152	.898	1.211	1.032	1.085	1.400	1.061	
Standard Error	.068	.117	.133	.266	.293	.122	.111	.101	.145	.210	-	.121	.100	.202	.088	.130	.571	.072	
Error variance	*	.01	.02	.07	.09	.01	.01	.01	.02	.04	-	.01	.01	.04	.01	.02	.33	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.2. Indoor swimming pools: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	*f	a	b	a	*b
Significance Level: 95%													
Unweighted Total	256	96	112	36	35	38	144	99	6	216	40	222	25
Total	270	109	116	37	37	41	153	104	6	228	42	235	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	110 41%	43 40%	48 41%	11 29%	20 54% ae	13 32%	70 46%	35 34%	5 85%	91 40%	18 44%	102 43%	6 21%
I somewhat enjoyed it (4.0)	85 31%	35 32%	42 36%	12 32%	7 20%	13 32%	49 32%	32 31%	- -	73 32%	12 28%	77 33%	7 25%
I neither enjoyed it nor didn't enjoy it (3.0)	38 14%	16 15%	10 9%	9 24% d	3 9%	7 17%	16 11%	19 18%	- -	30 13%	8 20%	29 12%	7 25%
I didn't enjoy it much (2.0)	27 10%	13 12%	13 11%	5 12%	3 9%	7 16%	13 9%	13 12%	1 15%	25 11%	2 4%	17 7%	7 26%
I didn't enjoy it at all (1.0)	6 2%	2 2%	1 1%	1 3%	2 5%	1 3%	1 1%	4 4%	- -	5 2%	1 2%	5 2%	1 3%
Don't know	5 2%	- -	3 2%	- -	1 3%	- -	3 2%	1 1%	- -	4 2%	1 2%	5 2%	- -
NET: Enjoyed it	194 72%	79 72%	90 77%	23 61%	27 74%	26 64%	119 78% ae	68 65%	5 85%	164 72%	30 72%	179 76%	12 46%
NET: Did not enjoy it	33 12%	15 13%	14 12%	6 15%	5 14%	8 19%	14 9%	17 16%	1 15%	30 13%	3 6%	22 9%	8 29%
Base for stats	265	109	113	37	36	41	150	104	6	224	41	230	27
Mean Score	4.00	3.96	4.08	3.71	4.12	3.74	4.16 ace	3.80	4.54	3.98	4.10	4.10	3.36
Standard Deviation	1.078	1.087	1.017	1.123	1.221	1.160	.983	1.157	1.178	1.092	1.008	1.027	1.188
Standard Error	.068	.111	.097	.187	.209	.188	.083	.117	.481	.075	.161	.070	.238
Error variance	*	.01	.01	.04	.04	.04	.01	.01	.23	.01	.03	*	.06

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.2. Indoor swimming pools: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	*c	a	b	c	d
Unweighted Total	256	10	21	36	63	45	31	11	39	165	81	137	85	29	31	78	86	54
Total	270	9	22	39	68	50	33	10	39	178	82	146	89	30	33	83	91	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	110 41%	4 40%	5 24%	11 29%	24 35%	15 31%	19 57%	9 83%	23 60%	55 31%	51 62%	67 46%	23 26%	17 55%	11 35%	22 27%	39 43%	37 64%
I somewhat enjoyed it (4.0)	85 31%	1 10%	5 22%	11 28%	22 33%	22 45%	13 38%	2 17%	10 25%	60 34%	24 29%	54 37%	23 26%	8 27%	6 19%	31 37%	31 34%	16 28%
I neither enjoyed it nor didn't enjoy it (3.0)	38 14%	1 9%	8 35%	8 22%	13 19%	5 9%	- -	- -	3 9%	34 19%	3 4%	11 7%	25 28%	1 4%	12 38%	14 17%	6 7%	2 4%
I didn't enjoy it much (2.0)	27 10%	1 13%	4 19%	7 17%	6 9%	7 14%	1 3%	- -	1 3%	24 13%	2 3%	10 7%	15 17%	2 8%	2 5%	13 16%	10 11%	2 3%
I didn't enjoy it at all (1.0)	6 2%	1 9%	- -	- -	3 4%	1 2%	- -	- -	1 3%	4 2%	1 1%	3 2%	2 2%	1 3%	- -	2 2%	3 3%	- -
Don't know	5 2%	2 20%	- -	2 4%	- -	- -	1 3%	- -	- -	2 1%	1 1%	2 1%	1 1%	1 3%	1 3%	1 1%	1 1%	- -
NET: Enjoyed it	194 72%	5 50%	10 46%	22 56%	46 68%	37 75%	31 95%	10 100%	33 85%	115 65%	75 91%	121 83%	45 51%	25 82%	18 54%	53 64%	70 77%	52 92%
NET: Did not enjoy it	33 12%	2 21%	4 19%	7 17%	9 13%	8 16%	1 3%	- -	2 6%	28 15%	3 4%	12 8%	17 19%	3 11%	2 5%	15 18%	13 15%	2 3%
Base for stats	265	7	22	37	68	50	32	10	39	176	81	145	88	29	32	82	90	57
Mean Score	4.00	3.74	3.51	3.71	3.85	3.88	4.53	4.83	4.36	3.79	4.49	4.20	3.56	4.28	3.87	3.71	4.04	4.53
Standard Deviation	1.078	1.581	1.072	1.094	1.136	1.056	.648	.391	.987	1.095	.815	.975	1.124	1.072	.987	1.104	1.129	.745
Standard Error	.068	.559	.234	.188	.143	.157	.118	.118	.158	.086	.091	.084	.123	.203	.180	.126	.122	.101
Error variance	*	.31	.05	.04	.02	.02	.01	.01	.02	.01	.01	.01	.02	.04	.03	.02	.02	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.3. Other indoor sports facilities: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	*c	*a	*b	*c	*d	*e	*f	g	h	*i
Unweighted Total	166	110	55	98	49	19	14	18	18	17	15	7	37	30	10
Total	163	104	58	91	54	18	10	19	18	15	14	8	41	28	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	47 29%	30 28%	16 28%	20 22%	18 33%	9 48%	2 21%	5 25%	7 38%	1 5%	4 27%	2 27%	14 34%	10 36%	2 24%
I somewhat enjoyed it (4.0)	57 35%	35 34%	22 38%	31 34%	21 39%	6 32%	5 44%	7 38%	5 30%	6 40%	4 29%	4 45%	16 38%	6 22%	5 49%
I neither enjoyed it nor didn't enjoy it (3.0)	33 20%	23 22%	10 17%	23 25%	8 16%	2 11%	1 13%	4 20%	2 11%	3 18%	4 26%	1 12%	8 19%	9 32%	2 18%
I didn't enjoy it much (2.0)	16 10%	11 11%	5 9%	10 11%	6 10%	1 4%	2 15%	1 6%	2 10%	4 26%	2 12%	1 16%	2 5%	2 6%	1 9%
I didn't enjoy it at all (1.0)	4 2%	3 3%	1 2%	4 4%	- -	- -	1 7%	1 6%	1 4%	- -	- -	- -	1 3%	- -	- -
Don't know	5 3%	2 2%	3 5%	3 4%	1 2%	1 5%	- -	1 4%	1 7%	2 11%	1 6%	- -	- -	1 3%	- -
NET: Enjoyed it	104 64%	65 62%	38 66%	51 56%	39 72%	14 80%	7 65%	12 63%	12 67%	7 45%	8 56%	6 72%	29 72%	16 58%	7 73%
NET: Did not enjoy it	20 12%	14 13%	6 11%	14 15%	6 10%	1 4%	2 22%	2 13%	3 14%	4 26%	2 12%	1 16%	3 8%	2 6%	1 9%
Base for stats	157	102	55	88	53	17	10	18	17	13	13	8	41	27	9
Mean Score	3.80	3.77	3.85	3.61	3.97	4.31	3.57	3.72	3.93	3.27	3.76	3.83	3.94	3.92	3.87
Standard Deviation	1.057	1.071	1.035	1.102	.968	.864	1.228	1.151	1.207	.990	1.054	1.072	1.025	.994	.929
Standard Error	.084	.104	.143	.114	.140	.204	.328	.279	.293	.256	.282	.405	.168	.185	.294
Error variance	.01	.01	.02	.01	.02	.04	.11	.08	.09	.07	.08	.16	.03	.03	.09

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.3. Other indoor sports facilities: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		*a	b	c	*d	*e	*f	g	h	a	*b	*c	*d	*e	*f	g
Significance Level: 95%																
Unweighted Total	166	27	36	41	26	17	19	104	62	118	5	21	13	3	1	43
Total	163	27	35	40	28	16	17	102	61	116	6	21	13	2	1	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	47 29%	8 29%	8 22%	14 35%	8 28%	4 23%	6 33%	30 29%	17 28%	37 32%	1 15%	4 20%	2 14%	- -	1 100%	8 18%
I somewhat enjoyed it (4.0)	57 35%	9 32%	13 37%	14 35%	11 41%	8 47%	3 16%	35 35%	22 36%	37 32%	3 47%	12 58%	5 43%	- -	- -	20 48%
I neither enjoyed it nor didn't enjoy it (3.0)	33 20%	6 22%	9 27%	6 16%	3 12%	4 26%	4 25%	21 21%	12 19%	23 20%	1 16%	4 18%	3 24%	1 37%	- -	8 20%
I didn't enjoy it much (2.0)	16 10%	3 9%	5 14%	3 7%	5 19%	- -	1 4%	10 10%	6 10%	10 9%	1 22%	1 4%	2 14%	1 32%	- -	4 11%
I didn't enjoy it at all (1.0)	4 2%	1 5%	- -	1 3%	- -	1 5%	1 4%	3 2%	2 2%	3 3%	- -	- -	- -	1 31%	- -	1 2%
Don't know	5 3%	1 3%	- -	2 4%	- -	- -	3 17%	2 2%	3 5%	5 4%	- -	- -	1 6%	- -	- -	1 2%
NET: Enjoyed it	104 64%	17 61%	21 59%	28 70%	19 69%	11 69%	9 49%	65 64%	39 64%	74 64%	3 62%	16 78%	7 57%	- -	1 100%	28 66%
NET: Did not enjoy it	20 12%	4 14%	5 14%	4 10%	5 19%	1 5%	1 8%	13 13%	8 12%	14 12%	1 22%	1 4%	2 14%	1 63%	- -	5 12%
Base for stats	157	26	35	38	28	16	14	99	58	111	6	21	12	2	1	42
Mean Score	3.80	3.74	3.67	3.97	3.78	3.82	3.85	3.80	3.81	3.85	3.56	3.94	3.60	2.06	5.00	3.71
Standard Deviation	1.057	1.158	.984	1.065	1.071	.980	1.194	1.061	1.060	1.084	1.101	.748	.948	1.103	-	.953
Standard Error	.084	.227	.164	.171	.210	.238	.299	.106	.138	.102	.492	.163	.274	.637	-	.147
Error variance	.01	.05	.03	.03	.04	.06	.09	.01	.02	.01	.24	.03	.07	.41	-	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.3. Other indoor sports facilities: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Significance Level: 95%																
Unweighted Total	166	86	37	21	58	8	18	59	22	13	7	7	15	6	11	26
Total	163	74	45	25	71	8	19	58	22	13	7	6	14	5	11	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot	(5.0)	22	14	5	19	2	1	16	6	6	2	2	5	2	4	4
	29%	30%	30%	20%	27%	31%	7%	27%	27%	42%	33%	36%	40%	32%	38%	14%
I somewhat enjoyed it	(4.0)	22	21	11	31	3	8	24	7	2	3	2	3	1	4	11
	35%	30%	45%	43%	44%	43%	42%	42%	31%	16%	44%	39%	21%	14%	36%	43%
I neither enjoyed it nor didn't enjoy it	(3.0)	19	9	1	10	-	7	11	7	1	2	-	4	2	1	7
	20%	26%	19%	5%	14%	-	38%	19%	30%	6%	24%	-	26%	30%	9%	27%
I didn't enjoy it much	(2.0)	8	2	4	7	1	3	5	3	2	-	-	2	-	1	4
	10%	10%	5%	18%	10%	16%	13%	8%	12%	18%	-	-	13%	-	9%	14%
I didn't enjoy it at all	(1.0)	1	-	3	3	-	-	1	-	3	-	1	-	-	-	-
	2%	1%	-	10%	4%	-	-	1%	-	19%	-	11%	-	-	-	-
Don't know		3	-	1	1	1	-	2	-	-	-	1	-	1	1	1
	3%	3%	-	5%	2%	10%	-	3%	-	-	-	13%	-	23%	8%	3%
NET: Enjoyed it		44	34	16	50	6	9	40	13	8	5	5	8	3	8	15
	64%	59%	76%	63%	71%	74%	49%	69%	58%	57%	76%	76%	61%	46%	74%	56%
NET: Did not enjoy it		8	2	7	9	1	3	6	3	5	-	1	2	-	1	4
	12%	11%	5%	28%	13%	16%	13%	10%	12%	37%	-	11%	13%	-	9%	14%
Base for stats	157	72	45	24	69	7	19	57	22	13	7	5	14	4	10	26
Mean Score	3.80	3.79	4.00	3.48	3.82	4.00	3.43	3.88	3.73	3.43	4.09	4.03	3.88	4.02	4.12	3.58
Standard Deviation	1.057	1.037	.850	1.321	1.058	1.104	.823	.968	1.011	1.666	.808	1.397	1.125	1.033	.994	.921
Standard Error	.084	.114	.140	.295	.140	.417	.194	.128	.216	.462	.305	.570	.290	.462	.314	.184
Error variance	.01	.01	.02	.09	.02	.17	.04	.02	.05	.21	.09	.33	.08	.21	.10	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q6J.3. Other indoor sports facilities: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	*c	*d	e	f	*a	b	*c	*d	e	f	*a	b	c	*d	e	
Significance Level: 95%																			
Unweighted Total	166	31	41	24	14	65	45	28	45	29	12	74	40	19	82	51	14	147	
Total	163	32	42	24	14	66	46	30	47	27	11	74	41	16	79	55	13	147	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
I enjoyed it a lot (5.0)	47 29%	12 36%	11 26%	5 22%	2 16%	16 24%	14 30%	11 37%	14 29%	4 13%	2 20%	17 24%	13 33%	7 46%	29 37%	9 16%	1 10%	39 27%	
I somewhat enjoyed it (4.0)	57 35%	12 38%	17 40%	8 33%	6 44%	25 38%	18 40%	14 46%	19 40%	7 27%	3 24%	26 35%	16 40%	3 17%	23 29%	28 51%	4 29%	55 37%	
I neither enjoyed it nor didn't enjoy it (3.0)	33 20%	5 16%	10 25%	4 17%	3 19%	14 22%	8 17%	2 7%	9 20%	9 34%	4 38%	18 25%	6 15%	3 17%	18 22%	9 16%	4 34%	31 21%	
I didn't enjoy it much (2.0)	16 10%	2 7%	4 9%	5 19%	2 11%	9 13%	4 8%	3 10%	4 8%	5 17%	1 8%	8 11%	4 9%	2 11%	7 8%	5 9%	3 22%	14 10%	
I didn't enjoy it at all (1.0)	4 2%	1 3%	-	1 5%	1 9%	1 2%	2 4%	-	1 3%	1 3%	1 11%	2 3%	1 3%	-	-	3 6%	1 5%	4 3%	
Don't know	5 3%	-	-	1 4%	-	1 1%	-	-	-	2 6%	-	2 2%	-	2 10%	3 3%	1 2%	-	4 3%	
NET: Enjoyed it	104 64%	24 75%	28 66%	13 55%	8 61%	41 62%	32 70%	25 83%	33 70%	11 40%	5 43%	44 59%	30 72%	10 63%	52 66%	37 67%	5 39%	94 64%	
NET: Did not enjoy it	20 12%	3 9%	4 9%	6 25%	3 20%	10 15%	6 13%	3 10%	5 11%	5 20%	2 19%	10 14%	5 12%	2 11%	7 8%	8 15%	4 27%	18 13%	
Base for stats	157	32	42	23	14	65	46	30	47	25	11	72	41	15	77	53	13	143	
Mean Score	3.80	3.99	3.83	3.48	3.48	3.70	3.84	4.10	3.85	3.32	3.33	3.67	3.90	4.08	3.98	3.64	3.16	3.78	
Standard Deviation	1.057	1.027	.930	1.225	1.200	1.048	1.094	.926	1.029	1.051	1.256	1.060	1.065	1.122	.986	1.069	1.086	1.050	
Standard Error	.084	.184	.145	.255	.321	.131	.163	.175	.153	.202	.362	.125	.168	.272	.111	.151	.290	.088	
Error variance	.01	.03	.02	.07	.10	.02	.03	.03	.02	.04	.13	.02	.03	.07	.01	.02	.08	.01	

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Q6J.3. Other indoor sports facilities: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	166	62	77	34	33	20	84	75	9	124	42	131	30
Total	163	64	76	32	33	18	85	71	9	123	40	130	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	47 29%	13 20%	26 34%	7 21%	11 34%	2 12%	27 32%	16 23%	3 30%	33 27%	14 35%	40 31%	6 19%
I somewhat enjoyed it (4.0)	57 35%	24 38%	30 40%	9 29%	9 29%	5 25%	38 44%	19 26%	3 35%	47 38%	10 25%	48 37%	8 28%
I neither enjoyed it nor didn't enjoy it (3.0)	33 20%	14 22%	13 17%	7 23%	8 25%	6 35%	10 12%	21 30%	1 9%	25 20%	8 21%	21 16%	11 39%
I didn't enjoy it much (2.0)	16 10%	9 14%	3 5%	6 18%	2 7%	3 18%	7 8%	8 11%	2 26%	12 10%	4 10%	12 9%	3 12%
I didn't enjoy it at all (1.0)	4 2%	2 3%	2 3%	1 4%	1 4%	1 4%	1 1%	3 5%	-	3 3%	1 2%	4 3%	-
Don't know	5 3%	1 2%	2 2%	2 5%	1 2%	1 7%	2 2%	4 5%	-	3 2%	3 7%	4 3%	1 3%
NET: Enjoyed it	104 64%	37 58%	56 73%	16 49%	21 62%	7 36%	65 77%	35 49%	6 65%	80 65%	24 60%	89 68%	13 47%
NET: Did not enjoy it	20 12%	11 18%	5 7%	7 22%	4 11%	4 22%	8 9%	11 16%	2 26%	15 13%	5 12%	16 12%	3 12%
Base for stats	157	63	74	30	32	17	83	68	9	120	37	126	28
Mean Score	3.80	3.59	4.00	3.47	3.83	3.22	4.01	3.54	3.69	3.78	3.88	3.87	3.56
Standard Deviation	1.057	1.079	.976	1.166	1.118	1.077	.936	1.133	1.223	1.044	1.109	1.069	.955
Standard Error	.084	.138	.113	.206	.198	.247	.103	.134	.408	.095	.178	.095	.177
Error variance	.01	.02	.01	.04	.04	.06	.01	.02	.17	.01	.03	.01	.03

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Q6J.3. Other indoor sports facilities: How much did you enjoy your activity at this facility?

BASE: All who have participated in a sport or activity in an indoor facility in the past week

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		*a	*b	c	d	*e	*f	*g	*h	i	j	a	b	c	a	b	c	*d
Unweighted Total	166	10	17	32	46	17	16	9	19	112	44	55	65	40	31	47	56	29
Total	163	8	16	31	47	18	17	9	18	112	43	56	64	38	29	46	57	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I enjoyed it a lot (5.0)	47 29%	1 18%	6 37%	8 24%	11 23%	2 12%	8 50%	5 62%	5 30%	26 23%	19 44%	19 33%	17 26%	9 25%	10 35%	6 13%	15 26%	15 51%
I somewhat enjoyed it (4.0)	57 35%	2 21%	3 18%	10 32%	22 47%	9 52%	6 33%	1 10%	5 28%	44 39%	11 26%	26 47%	19 29%	11 30%	4 14%	17 38%	26 46%	9 30%
I neither enjoyed it nor didn't enjoy it (3.0)	33 20%	2 29%	6 35%	11 34%	6 12%	3 16%	2 13%	1 10%	3 19%	25 22%	6 15%	9 15%	15 23%	8 22%	7 23%	16 35%	8 14%	2 7%
I didn't enjoy it much (2.0)	16 10%	1 10%	1 5%	- -	8 18%	3 15%	- -	1 9%	3 16%	12 11%	4 8%	2 3%	8 12%	6 16%	5 19%	4 9%	4 8%	2 8%
I didn't enjoy it at all (1.0)	4 2%	- -	1 5%	1 4%	- -	- -	1 4%	- -	1 7%	2 2%	2 5%	- -	2 3%	2 5%	1 3%	1 3%	2 3%	- -
Don't know	5 3%	2 22%	- -	2 6%	- -	1 5%	- -	1 9%	- -	3 3%	1 2%	1 1%	4 6%	1 2%	2 5%	1 3%	1 2%	1 3%
NET: Enjoyed it	104 64%	3 39%	9 55%	18 56%	33 70%	11 64%	14 83%	6 72%	10 58%	70 63%	31 71%	45 80%	36 55%	21 55%	14 50%	23 51%	41 73%	23 81%
NET: Did not enjoy it	20 12%	1 10%	2 10%	1 4%	8 18%	3 15%	1 4%	1 9%	4 23%	14 12%	6 13%	2 3%	10 15%	8 21%	6 22%	5 11%	6 11%	2 8%
Base for stats	157	6	16	29	47	17	17	8	18	109	42	55	60	37	27	45	56	28
Mean Score	3.80	3.60	3.77	3.78	3.75	3.64	4.25	4.37	3.58	3.74	3.99	4.12	3.67	3.55	3.64	3.51	3.86	4.28
Standard Deviation	1.057	1.067	1.187	.987	1.013	.912	.997	1.105	1.301	1.005	1.181	.784	1.119	1.205	1.270	.937	1.022	.954
Standard Error	.084	.377	.288	.180	.149	.228	.249	.391	.299	.096	.180	.107	.143	.193	.236	.138	.138	.180
Error variance	.01	.14	.08	.03	.02	.05	.06	.15	.09	.01	.03	.01	.02	.04	.06	.02	.02	.03

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Q8. SUMMARY: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I feel that I have the ability to be physically active	2007 100%	415 21%	910 45%	358 18%	183 9%	119 6%	21 1%	1326 66%	302 15%
I feel that I have the opportunity to be physically active	2007 100%	413 21%	908 45%	399 20%	170 8%	90 4%	28 1%	1321 66%	260 13%
It is important to me to exercise regularly	2007 100%	453 23%	842 42%	440 22%	163 8%	87 4%	22 1%	1295 65%	250 12%
I find exercise enjoyable and satisfying	2007 100%	383 19%	762 38%	449 22%	228 11%	150 7%	35 2%	1145 57%	379 19%
I feel guilty when I don't exercise	2007 100%	321 16%	706 35%	479 24%	313 16%	160 8%	28 1%	1027 51%	473 24%

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Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	415 21%	224 23%	189 19%	132 22%	157 24%	127 17%	22 23%	49 19%	42 22%	38 18%	33 19%	43 19%	83 26%	66 20%	38 19%
		b		c	c								bdi		
Agree (4.0)	910 45%	460 47%	447 44%	284 47%	313 47%	314 42%	38 39%	113 43%	72 37%	96 46%	70 41%	99 45%	155 49%	165 50%	102 50%
													c	ace	c
Neither agree nor disagree (3.0)	358 18%	164 17%	192 19%	111 18%	105 16%	142 19%	18 19%	50 19%	42 21%	41 20%	42 24%	35 16%	47 15%	52 16%	31 15%
											fg	ghi			
Disagree (2.0)	183 9%	72 7%	110 11%	43 7%	55 8%	85 11%	14 14%	35 13%	25 13%	14 7%	14 8%	23 10%	14 4%	28 9%	15 8%
		a	a	a	a	a	dgi	dgi	dg			g		g	g
Strongly disagree (1.0)	119 6%	46 5%	72 7%	22 4%	24 4%	72 10%	4 4%	14 5%	12 6%	20 9%	11 7%	20 9%	10 3%	12 4%	17 8%
		a	a	ab	ab	ab				gh		gh		gh	gh
Don't know	21 1%	12 1%	9 1%	14 2%	5 1%	3 *	1 2%	2 1%	3 1%	1 *	1 1%	1 *	6 2%	4 1%	2 1%
				bc		*				*		*			
NET: Agree	1326 66%	684 70%	636 62%	416 69%	469 71%	440 59%	60 62%	162 61%	115 59%	134 64%	104 60%	142 64%	239 75%	231 71%	140 68%
		b		c	c								abcdef	bce	c
NET: Disagree	302 15%	118 12%	182 18%	65 11%	80 12%	157 21%	18 18%	50 19%	36 19%	34 16%	26 15%	43 19%	24 8%	40 12%	32 16%
			a			ab	g	gh	gh	g	g	gh			g
Base for stats	1986	967	1010	592	654	739	95	262	193	209	171	221	310	322	203
Mean Score	3.66	3.77	3.57	3.78	3.80	3.46	3.63	3.56	3.56	3.57	3.59	3.55	3.93	3.76	3.64
		b		c	c								abcdefhi	bcdf	
Standard Deviation	1.089	1.038	1.125	.996	1.016	1.188	1.109	1.108	1.143	1.147	1.097	1.182	.945	.993	1.120
Standard Error	.024	.033	.036	.040	.041	.043	.098	.069	.083	.076	.084	.087	.055	.054	.081
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

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Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	415 21%	59 33% cdefgh	120 27% cdefh	87 19% f	44 19% f	37 18% f	69 14% f	266 25% cefh	149 16% cefh	335 20%	13 28%	30 25%	22 28%	4 35%	2 24%	71 27% a
Agree (4.0)	910 45%	72 40%	232 52% aefh	217 48% fh	117 51% aefh	84 41% aefh	187 38% aefh	522 48% afh	389 42% afh	774 45%	22 47%	60 51%	37 47%	4 35%	5 47%	128 48%
Neither agree nor disagree (3.0)	358 18%	26 14%	59 13%	78 17%	42 18%	46 23% abg	107 22% abg	163 15% abg	195 21% abg	312 18%	8 17%	15 13%	11 14%	3 24%	2 21%	39 15%
Disagree (2.0)	183 9%	16 9%	27 6%	48 11% b	15 7% b	17 8% bdg	60 12% bdg	91 8% bdg	92 10% b	164 10% cg	4 8%	4 4%	5 7%	- -	1 8%	14 5%
Strongly disagree (1.0)	119 6%	6 3%	9 2%	19 4% b	11 5% b	17 8% abcg	58 12% abcdg	33 3% abcdg	86 9% abcdg	109 6% g	- -	6 5%	2 2%	- -	- -	7 3%
Don't know	21 1%	1 1%	- -	8 2% b	1 * b	2 1% b	9 2% bg	9 1% bg	13 1% b	9 1%	- -	4 3% a	2 2%	1 7%	- -	6 2% a
NET: Agree	1326 66%	132 73% efh	353 79% cdefgh	304 67% fh	161 70% efh	121 59% efh	256 52% efh	788 73% cefh	538 58% f	1109 65%	35 75%	89 76% a	59 75%	9 69%	7 71%	199 75% a
NET: Disagree	302 15%	22 12%	35 8%	66 15% b	27 12% b	34 17% bg	117 24% abcdegh	124 11% b	178 19% abcdg	273 16% cg	4 8%	10 8%	7 9%	- -	1 8%	22 8%
Base for stats	1986	179	448	448	229	202	480	1075	911	1693	47	115	77	11	10	259
Mean Score	3.66	3.91 cefh	3.96 cdefgh	3.68 fh	3.72 fh	3.53 f	3.31 f	3.84 cefh	3.46 f	3.63	3.95 a	3.90 a	3.93 a	4.11	3.86	3.93 a
Standard Deviation	1.089	1.057	.903	1.033	1.008	1.139	1.214	.993	1.160	1.100	.885	.988	.967	.819	.917	.949
Standard Error	.024	.080	.043	.049	.067	.080	.055	.030	.038	.027	.132	.093	.111	.237	.290	.059
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.06	.08	*

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Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	415 21%	249 20%	73 20%	73 24%	146 22%	22 24%	35 29%	151 23%	49 21%	22 36%	12 23%	26 20%	20 24%	20 11%	58 14%	57 27%
						ij	ij	ij	ij	cdgij	i	i	ij			ij
Agree (4.0)	910 45%	544 44%	185 51%	148 48%	333 50%	45 49%	54 46%	336 51%	112 48%	20 34%	24 48%	50 39%	36 42%	58 32%	176 44%	99 47%
			a	a	a	i	i	egij	i		i				i	i
Neither agree nor disagree (3.0)	358 18%	214 17%	68 19%	51 17%	119 18%	14 15%	17 15%	99 15%	39 17%	10 18%	8 15%	30 23%	15 18%	51 28%	75 19%	31 15%
												c		abcdjk		
Disagree (2.0)	183 9%	124 10%	18 5%	27 9%	44 7%	6 7%	11 9%	43 7%	26 11%	3 5%	5 10%	14 11%	5 6%	22 12%	49 12%	17 8%
		bd							c					c	c	
Strongly disagree (1.0)	119 6%	89 7%	16 4%	6 2%	23 3%	4 4%	1 1%	24 4%	8 3%	4 7%	1 2%	8 6%	4 4%	23 13%	42 10%	5 2%
		cd								b		b		abcdfhk	bcdfk	
Don't know	21 1%	12 1%	1 *	- -	1 *	1 1%	1 1%	2 *	1 *	- -	1 2%	1 1%	5 6%	7 4%	3 1%	2 1%
												bcdgjk		cdjk		
NET: Agree	1326 66%	793 64%	259 71%	221 72%	479 72%	68 73%	89 75%	487 74%	162 69%	42 70%	36 71%	76 59%	56 66%	77 43%	234 58%	156 74%
			a	a	a	gij	gij	gij	ij	i	i	i	i		i	gij
NET: Disagree	302 15%	213 17%	34 9%	33 11%	67 10%	10 11%	11 10%	67 10%	34 14%	7 12%	6 12%	22 17%	9 10%	45 25%	91 22%	22 10%
		bcd										c		abcdehfk	abcdhk	
Base for stats	1986	1220	361	305	665	92	117	652	235	60	50	127	80	173	400	209
Mean Score	3.66	3.61	3.78	3.83	3.81	3.83	3.95	3.84	3.72	3.87	3.81	3.56	3.80	3.17	3.40	3.89
			a	a	a	ij	dgij	gij	ij	ij	ij	i	ij		i	gij
Standard Deviation	1.089	1.135	.974	.959	.967	1.019	.936	.976	1.026	1.180	.978	1.127	1.040	1.195	1.184	.973
Standard Error	.024	.031	.057	.061	.042	.109	.088	.038	.068	.154	.137	.099	.111	.090	.059	.068
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

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Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	415 21%	117 24%	90 25%	41 27%	11 23%	130 25%	127 24%	147 25%	63 24%	36 20%	9 28%	99 22%	156 26%	64 20%	229 20%	108 22%	13 17%	351 21%	
Agree (4.0)	910 45%	246 50%	193 53%	59 39%	24 51%	252 49%	270 50%	290 50%	146 55%	76 44%	10 33%	222 50%	301 49%	124 39%	520 46%	231 48%	35 44%	786 47%	
Neither agree nor disagree (3.0)	358 18%	74 15%	46 13%	26 17%	5 12%	72 14%	80 15%	83 14%	33 12%	32 18%	5 18%	64 15%	89 15%	57 18%	199 18%	87 18%	16 20%	302 18%	
Disagree (2.0)	183 9%	35 7%	23 6%	19 13%	4 9%	42 8%	39 7%	36 6%	17 7%	26 15%	3 10%	43 10%	39 6%	35 11%	103 9%	36 7%	9 11%	148 9%	
Strongly disagree (1.0)	119 6%	18 4%	9 2%	6 4%	3 6%	15 3%	20 4%	22 4%	7 2%	4 2%	3 9%	11 2%	24 4%	35 11%	64 6%	16 3%	3 4%	84 5%	
Don't know	21 1%	-	2 *	2 1%	-	4 1%	-	1 *	1 *	2 1%	1 2%	3 1%	2 *	7 2%	5 *	6 1%	2 3%	14 1%	
NET: Agree	1326 66%	363 74%	283 78%	99 65%	35 74%	382 74%	397 74%	438 76%	209 78%	112 64%	19 61%	321 73%	457 75%	188 58%	749 67%	339 70%	49 61%	1137 67%	
NET: Disagree	302 15%	53 11%	32 9%	25 16%	7 15%	56 11%	60 11%	58 10%	24 9%	30 17%	6 19%	53 12%	64 10%	70 22%	167 15%	53 11%	12 16%	232 14%	
Base for stats	1986	490	361	150	47	510	537	578	266	173	30	439	609	315	1115	479	77	1671	
Mean Score	3.66	3.83	3.92	3.73	3.76	3.86	3.83	3.87	3.91	3.66	3.63	3.81	3.86	3.47	3.67	3.79	3.60	3.70	
Standard Deviation	1.089	.989	.921	1.111	1.089	.983	.997	.985	.916	1.038	1.270	.973	1.001	1.244	1.079	.988	1.048	1.053	
Standard Error	.024	.045	.049	.091	.159	.044	.043	.041	.058	.079	.225	.047	.041	.067	.032	.047	.121	.026	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.05	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	415 21%	74 19%	269 22%	55 20% be	36 10%	17 16%	310 24% bef	94 14% b	10 13%	342 21%	73 18%	358 21%	52 18%
Agree (4.0)	910 45%	178 46%	594 48%	99 37%	112 30%	40 38%	665 52% abcef	220 34%	25 31%	746 46%	164 41%	789 47% b	115 39%
Neither agree nor disagree (3.0)	358 18%	76 19%	214 17%	55 20%	85 23% d	18 17%	199 16%	141 22% d	15 19%	271 17%	88 22% a	290 17%	61 21%
Disagree (2.0)	183 9%	38 10%	102 8%	35 13% d	68 18% d	19 17% d	68 5%	108 17% d	13 17% d	137 8%	46 12%	147 9%	31 10%
Strongly disagree (1.0)	119 6%	22 6%	58 5%	24 9% d	71 19% acde	10 9% d	27 2%	86 13% d	16 20% acd	96 6%	23 6%	91 5%	26 9% a
Don't know	21 1%	2 *	4 *	2 1%	2 *	3 2%	13 1%	4 1%	1 1%	17 1%	4 1%	7 *	9 3% a
NET: Agree	1326 66%	252 65%	863 69%	154 57% bef	147 39%	58 54% b	975 76% abcef	314 48% b	35 44%	1088 68% b	237 60%	1147 68% b	168 57%
NET: Disagree	302 15%	60 15%	160 13%	59 22% d	139 37% acde	29 27% d	96 7%	194 30% ad	29 37% ad	233 14%	69 17%	238 14%	57 19% a
Base for stats	1986	389	1237	267	371	104	1269	649	79	1591	394	1674	286
Mean Score	3.66	3.63	3.74	3.47 bef	3.93 2.93	3.35 b	3.92 abcef	3.20 b	3.00	3.69 b	3.55	3.70 b	3.48
Standard Deviation	1.089	1.074	1.037	1.208	1.278	1.228	.897	1.255	1.352	1.085	1.098	1.067	1.178
Standard Error	.024	.056	.030	.074	.066	.121	.025	.049	.152	.027	.055	.026	.069
Error variance	*	*	*	.01	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.1. I feel that I have the ability to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	415 21%	22 5%	21 11%	39 15%	78 23%	58 24%	62 31%	32 35%	102 36%	197 19%	197 34%	201 31%	136 15%	73 18%	58 15%	87 16%	163 22%	105 34%
		a	a	abc	abc	abci	abcdi	abcdei	ab	abcdei		bc					ab	abc
Agree (4.0)	910 45%	111 28%	88 45%	146 55%	174 52%	112 47%	107 54%	50 54%	122 43%	520 50%	279 49%	325 49%	387 43%	193 46%	145 38%	222 42%	386 51%	148 48%
		a	a	abh	ah	a	ah	a	a	ah	a	b					ab	a
Neither agree nor disagree (3.0)	358 18%	87 22%	51 26%	51 19%	57 17%	52 22%	21 11%	6 6%	34 12%	211 20%	61 11%	93 14%	188 21%	66 16%	73 19%	121 23%	122 16%	33 11%
		fgjh	dghj	ghj	fghj	fghj				fgjh			ac		d	cd	d	
Disagree (2.0)	183 9%	83 21%	25 13%	19 7%	16 5%	14 6%	6 3%	4 5%	16 6%	74 7%	26 5%	27 4%	99 11%	48 11%	53 14%	61 11%	54 7%	12 4%
		bcdefghij	cdefghij	f						fj			a	a	cd	cd	d	
Strongly disagree (1.0)	119 6%	85 21%	8 4%	11 4%	6 2%	4 1%	2 1%	-	3 1%	29 3%	5 1%	11 2%	72 8%	31 7%	47 12%	33 6%	26 4%	9 3%
		bcdefghij	hj	ghj						j			a	a	bcd	cd		
Don't know	21 1%	10 2%	2 1%	1 *	3 1%	1 *	1 *	-	4 1%	7 1%	5 1%	1 *	7 1%	5 1%	5 1%	5 1%	1 *	2 1%
		ceij											a	a	c	c		
NET: Agree	1326 66%	132 33%	109 56%	186 69%	252 75%	171 71%	169 85%	83 89%	224 80%	717 69%	476 83%	526 80%	523 59%	265 64%	203 53%	309 59%	549 73%	252 82%
		a	a	ab	abi	ab	abcdei	abcdei	abcei	ab	abcdei	bc					ab	abc
NET: Disagree	302 15%	167 42%	32 17%	31 11%	22 7%	18 7%	8 4%	4 5%	19 7%	103 10%	32 6%	38 6%	171 19%	78 19%	100 26%	93 18%	80 11%	21 7%
		bcdefghij	defghij	dfj						fj			a	a	bcd	cd	d	
Base for stats	1986	386	192	267	331	241	199	93	277	1031	569	657	882	410	376	523	751	306
Mean Score	3.66	2.75	3.47	3.68	3.91	3.86	4.11	4.19	4.10	3.76	4.12	4.03	3.47	3.56	3.30	3.52	3.81	4.07
			a	ab	abci	abc	abcdei	abcdei	abcdei	ab	abcdei	bc				a	ab	abc
Standard Deviation	1.089	1.241	.985	.956	.875	.901	.796	.760	.902	.937	.843	.872	1.129	1.134	1.249	1.092	.973	.926
Standard Error	.024	.062	.071	.058	.049	.059	.057	.078	.054	.029	.035	.035	.038	.055	.064	.048	.036	.053
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	413 21%	225 23%	187 18%	130 21%	156 24%	128 17%	21 22%	51 19%	44 22%	30 14%	33 19%	52 23%	79 25%	70 21%	34 16%
		b			c				d		d	di	d		
Agree (4.0)	908 45%	455 46%	451 44%	266 44%	309 47%	333 45%	40 41%	108 41%	83 42%	110 53%	79 46%	94 42%	144 46%	156 48%	94 46%
									abcf						
Neither agree nor disagree (3.0)	399 20%	184 19%	213 21%	133 22%	123 19%	143 19%	19 20%	49 19%	41 21%	39 18%	35 20%	42 19%	64 20%	65 20%	44 21%
Disagree (2.0)	170 8%	65 7%	103 10%	43 7%	46 7%	81 11%	11 11%	36 14%	15 8%	17 8%	18 11%	22 10%	12 4%	25 8%	14 7%
			a			ab	g	cdghi		g	g	g	g		
Strongly disagree (1.0)	90 4%	35 4%	53 5%	22 4%	17 3%	51 7%	3 3%	15 6%	11 5%	10 5%	7 4%	9 4%	9 3%	9 3%	17 8%
						ab									gh
Don't know	28 1%	14 1%	11 1%	13 2%	9 1%	6 1%	2 2%	5 2%	3 1%	4 2%	-	2 1%	7 2%	3 1%	2 1%
				c			e					e	e		
NET: Agree	1321 66%	680 69%	638 63%	395 65%	465 71%	461 62%	61 63%	158 60%	126 65%	140 67%	112 65%	146 66%	224 71%	226 69%	128 62%
		b			ac							b	b		
NET: Disagree	260 13%	100 10%	156 15%	65 11%	63 10%	132 18%	14 14%	51 19%	25 13%	27 13%	25 14%	31 14%	21 7%	33 10%	32 15%
			a			ab	g	dgh	g	g	g	g			g
Base for stats	1979	964	1007	593	650	736	94	259	193	206	172	219	309	324	203
Mean Score	3.70	3.80	3.61	3.74	3.83	3.55	3.69	3.55	3.70	3.65	3.66	3.72	3.88	3.78	3.55
		b		c	c								bcdei	bi	
Standard Deviation	1.036	.992	1.063	1.000	.958	1.110	1.054	1.127	1.072	.992	1.031	1.067	.935	.957	1.113
Standard Error	.023	.032	.034	.040	.039	.041	.094	.071	.078	.066	.079	.078	.055	.052	.080
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	413 21%	57 32% cdefgh	112 25% cefh	87 19% f	51 22% f	36 18% f	70 14% f	257 24% cfh	156 17% cfh	340 20%	11 23%	30 26%	18 23%	4 32%	1 13%	64 24%
Agree (4.0)	908 45%	73 40%	226 50% afh	212 47%	100 43%	94 46%	204 42%	511 47% f	397 43%	782 46%	22 46%	56 47%	33 41%	4 30%	5 48%	118 45%
Neither agree nor disagree (3.0)	399 20%	31 17%	78 17%	85 19%	45 20%	53 26% abcg	107 22%	194 18%	205 22% bg	333 20%	10 22%	23 19%	15 19%	3 25%	4 39%	55 21%
Disagree (2.0)	170 8%	11 6%	23 5%	46 10% be	26 11% be	11 5%	54 11%	80 7%	90 10% be	155 9%	3 6%	3 2%	7 8%	2 12%	-	14 5%
Strongly disagree (1.0)	90 4%	6 3%	8 2%	18 4% b	6 3%	9 5% b	43 9% abcdg	32 3%	58 6% bdg	77 5%	1 3%	6 5%	3 3%	-	-	10 4%
Don't know	28 1%	2 1%	1 *	7 2%	3 1%	2 1%	13 3% bg	10 1%	17 2% b	16 1%	-	1 1%	3 4% a	-	-	4 2%
NET: Agree	1321 66%	130 72% fh	338 75% cdefh	299 66% fh	151 66% f	130 64%	273 56%	767 71% cefh	554 60%	1121 66%	32 69%	86 73%	51 65%	8 62%	6 61%	183 69%
NET: Disagree	260 13%	17 10%	31 7%	64 14% bg	32 14% b	20 10%	96 20% abceg	112 10% b	148 16% abeg	231 14%	4 9%	9 7%	9 12%	2 12%	-	24 9%
Base for stats	1979	178	446	449	227	202	477	1073	906	1686	47	118	75	12	10	262
Mean Score	3.70	3.92 cefh	3.92 cdefh	3.68 fh	3.72 fh	3.67 f	3.43 f	3.82 cfh	3.56 f	3.68	3.81	3.86	3.76	3.82	3.74	3.82
Standard Deviation	1.036	1.025	.886	1.027	1.020	.979	1.141	.977	1.084	1.037	.958	.997	1.033	1.063	.711	.989
Standard Error	.023	.077	.042	.048	.068	.069	.052	.030	.036	.025	.143	.092	.120	.295	.225	.061
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.09	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	413 21%	244 20%	73 20%	74 24%	147 22%	28 31% dij	32 27% ij	147 23% ij	44 19% i	21 35% cdgij	12 23% i	26 20% i	22 26% ij	17 9% i	63 16% i	61 29% dij
Agree (4.0)	908 45%	551 45%	178 49%	140 46%	318 48%	34 37%	55 47%	328 50% aegi	102 43%	21 36%	25 48%	48 38%	35 41%	67 37%	192 48% gi	90 43%
Neither agree nor disagree (3.0)	399 20%	242 20%	74 20%	61 20%	134 20%	17 18%	19 16%	117 18%	54 23%	14 23%	11 21%	29 23%	16 19%	48 27% bcjk	74 18%	36 17%
Disagree (2.0)	170 8%	115 9%	25 7%	20 6%	45 7%	6 6%	7 6%	40 6%	26 11% c	4 6%	2 4%	15 12% c	4 5%	22 12% ck	43 11% c	13 6%
Strongly disagree (1.0)	90 4%	65 5% d	10 3%	8 3%	19 3%	5 6%	4 3%	18 3%	7 3%	- -	2 4%	7 6%	4 4%	18 10% bcdek	24 6% c	9 4%
Don't know	28 1%	15 1%	2 1%	2 1%	5 1%	2 2%	- -	4 1%	2 1%	- -	- -	2 1%	4 5% bcdjk	8 4% bcdjk	6 1%	2 1%
NET: Agree	1321 66%	795 64%	251 69%	213 70%	465 70% a	63 68% i	87 74% dgij	476 73% dgij	146 62% i	42 71% i	36 71% i	74 58% i	57 67% i	84 47% i	255 63% i	150 71% dgi
NET: Disagree	260 13%	181 15% bcd	35 10%	28 9%	63 9%	11 12%	11 9%	58 9%	34 14% c	4 6%	4 8%	23 18% ce	8 9%	40 22% abcdefhk	68 17% cek	22 11%
Base for stats	1979	1218	360	302	662	91	118	650	233	60	51	127	81	172	397	209
Mean Score	3.70	3.65	3.78	3.83	3.80	3.82	3.89	3.84	3.64	4.00	3.83	3.56	3.83	3.25	3.57	3.86
				a	a	ij	dgij	dgij	i	dgij	i	i	ij	i	i	dgij
Standard Deviation	1.036	1.068	.942	.965	.952	1.125	.986	.937	1.014	.915	.955	1.124	1.043	1.128	1.075	1.046
Standard Error	.023	.029	.055	.062	.041	.121	.092	.037	.067	.119	.132	.099	.111	.085	.054	.074
Error variance	*	*	*	*	*	.01	.01	*	*	.01	.02	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	413 21%	101 21%	92 25%	43 28% af	11 22%	135 26% af	112 21%	129 22%	70 26%	38 21%	7 23%	108 24%	136 22%	69 21%	212 19%	113 23% b	19 24%	344 20%	
Agree (4.0)	908 45%	242 49% c	183 50% c	59 39%	17 37%	242 47% c	260 48% c	286 49% d	128 48%	77 44%	10 31%	205 46%	296 48%	119 37%	543 48% ad	223 46% ad	23 29%	789 47% ad	
Neither agree nor disagree (3.0)	399 20%	99 20% b	50 14%	34 23% b	10 20%	84 16%	108 20% b	106 18%	43 16%	39 22%	8 26%	82 18%	114 19%	64 20%	214 19%	93 19% abce	27 34%	335 20%	
Disagree (2.0)	170 8%	31 6%	30 8%	10 7%	6 12%	40 8%	37 7%	40 7%	19 7%	15 9%	3 9%	34 8%	43 7%	33 10%	97 9%	34 7%	6 7%	137 8%	
Strongly disagree (1.0)	90 4%	14 3%	6 2%	5 3%	4 8% be	11 2% be	17 3%	16 3%	6 2%	5 3%	3 11% abcef	11 2%	19 3%	28 9% bce	43 4%	17 4%	2 3%	62 4%	
Don't know	28 1%	2 *	2 1%	- -	- -	2 * *	2 *	3 1%	1 *	2 1%	- -	3 1%	3 1%	10 3% bce	10 1%	5 1%	3 3%	18 1%	
NET: Agree	1321 66%	344 70%	275 76% df	102 67%	28 60%	377 73% d	372 69%	415 72% d	198 74% d	115 66%	17 54%	313 71% d	432 71% d	188 58%	755 67% ad	336 69% ad	42 52%	1133 67% ad	
NET: Disagree	260 13%	45 9%	36 10%	15 10%	9 20% abef	51 10%	55 10%	56 10%	25 9%	20 11%	6 20%	44 10%	62 10%	60 19% bce	140 13%	51 10%	8 10%	199 12%	
Base for stats	1979	488	360	152	47	512	535	576	265	173	31	439	607	313	1110	480	77	1667	
Mean Score	3.70	3.79	3.90 df	3.83	3.54	3.88 d	3.77	3.82 d	3.90 d	3.74	3.47	3.83 d	3.80	3.54	3.71 a	3.80 a	3.65	3.73 a	
Standard Deviation	1.036	.939	.929	1.022	1.199	.957	.966	.947	.950	.984	1.265	.966	.968	1.197	1.000	.996	1.025	1.000	
Standard Error	.023	.043	.049	.083	.175	.043	.042	.040	.060	.075	.220	.047	.039	.065	.030	.047	.118	.025	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.05	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	413 21%	75 19%	261 21%	52 19% b	46 12%	19 17%	299 23% be	100 15%	12 15%	331 21%	83 21%	361 21%	50 17%
Agree (4.0)	908 45%	175 45%	593 48%	103 38%	133 36%	39 36%	639 50% abcef	244 37%	27 34%	740 46%	168 42%	801 48% b	100 34%
Neither agree nor disagree (3.0)	399 20%	80 20%	242 20%	58 22%	91 24% d	30 28% d	221 17%	158 24% d	18 22%	310 19%	89 22%	307 18%	83 28% a
Disagree (2.0)	170 8%	38 10%	96 8%	34 13% d	63 17% cd	8 8%	79 6%	87 13% d	17 21% cd	137 9%	32 8%	142 8%	26 9%
Strongly disagree (1.0)	90 4%	19 5%	40 3%	18 7% d	36 10% d	9 9% d	29 2%	56 9% d	6 7% d	67 4%	23 6%	57 3%	29 10% a
Don't know	28 1%	4 1%	8 1%	4 1%	4 1%	2 2%	14 1%	8 1%	1 1%	24 2%	3 1%	14 1%	9 3% a
NET: Agree	1321 66%	250 64%	854 69%	154 57% b	179 48%	57 54%	939 73% abcef	344 53%	39 49%	1071 67%	250 63%	1162 69% b	149 50%
NET: Disagree	260 13%	57 15%	137 11%	52 19% d	99 27% acd	17 16% d	108 8%	143 22% d	22 28% d	204 13%	56 14%	199 12%	55 19% a
Base for stats	1979	387	1233	265	369	104	1268	645	79	1584	395	1668	287
Mean Score	3.70	3.64	3.76	3.51	3.24	3.47	3.87	3.38	3.28	3.71	3.64	3.76	3.40
Standard Deviation	1.036	1.056	.979	1.149	1.170	1.143	.921	1.157	1.180	1.024	1.082	.996	1.177
Standard Error	.023	.055	.028	.070	.061	.112	.026	.046	.133	.026	.054	.024	.069
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.2. I feel that I have the opportunity to be physically active: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	413 21%	24 6%	19 10%	43 16%	78 23%	61 25%	50 25%	34 37%	105 38%	200 19%	190 33%	190 29%	144 16%	75 18%	62 16%	86 16%	158 21%	104 34%
				a	abc	abci	abc	abcdefi	abcdefi	ab	abcdefi	bc					b	abc
Agree (4.0)	908 45%	103 26%	94 48%	143 53%	172 52%	119 49%	114 57%	43 46%	120 43%	528 51%	276 48%	340 52%	376 42%	183 44%	148 39%	225 43%	387 52%	141 46%
			a	ah	ah	a	ahj	a	a	ah	a	bc					ab	
Neither agree nor disagree (3.0)	399 20%	112 28%	47 24%	56 21%	67 20%	45 19%	29 15%	11 12%	31 11%	214 21%	72 13%	94 14%	222 25%	72 17%	81 21%	131 25%	130 17%	42 14%
		cdefghij	ghj	hj	hj	hj				hj			ac		d	cd		
Disagree (2.0)	170 8%	85 22%	27 14%	16 6%	10 3%	10 4%	6 3%	3 3%	13 5%	63 6%	22 4%	20 3%	90 10%	53 13%	49 13%	60 11%	52 7%	7 2%
		bcdefghij	cdefghij							d			a	a	cd	cd	d	
Strongly disagree (1.0)	90 4%	60 15%	4 2%	9 3%	4 1%	6 3%	- -	2 2%	5 2%	23 2%	7 1%	13 2%	47 5%	26 6%	30 8%	23 4%	20 3%	12 4%
		bcdefghij	f	fj	f	f		f	f	f			a	a	bcd			
Don't know	28 1%	12 3%	4 2%	2 1%	3 1%	1 *	1 *	- -	6 2%	9 1%	7 1%	2 *	9 1%	7 2%	12 3%	3 1%	4 1%	1 *
		cdei							2%	1%	1%	*	1%	a	bcd			*
NET: Agree	1321 66%	127 32%	113 58%	185 69%	250 75%	180 75%	164 82%	77 82%	225 80%	728 70%	466 81%	529 80%	520 59%	257 62%	210 55%	311 59%	545 73%	245 80%
			a	ab	ab	ab	abci	abci	abci	ab	abcdei	bc					ab	abc
NET: Disagree	260 13%	145 37%	31 16%	25 9%	14 4%	16 7%	6 3%	5 5%	17 6%	86 8%	28 5%	33 5%	138 15%	78 19%	79 21%	83 16%	72 10%	19 6%
		bcdefghij	cdefghij	dfj						dfj			a	a	bcd	cd		
Base for stats	1979	384	191	266	331	241	199	93	274	1029	566	656	880	408	370	524	748	306
Mean Score	3.70	2.86	3.51	3.73	3.93	3.91	4.04	4.12	4.12	3.80	4.10	4.03	3.55	3.56	3.44	3.55	3.82	4.04
			a	ab	abci	abc	abci	abci	abcdei	ab	abcdei	bc					ab	abc
Standard Deviation	1.036	1.160	.926	.916	.821	.910	.721	.892	.911	.900	.845	.857	1.051	1.120	1.159	1.035	.936	.965
Standard Error	.023	.058	.067	.056	.046	.060	.052	.092	.055	.028	.036	.034	.035	.055	.060	.045	.034	.056
Error variance	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	383 19%	224 23%	157 15%	127 21%	144 22%	112 15%	23 24%	48 18%	40 21%	34 16%	33 19%	35 16%	76 24%	62 19%	31 15%
		b		c	c								d	f	
Agree (4.0)	762 38%	384 39%	377 37%	245 40%	257 39%	259 35%	34 35%	95 36%	66 34%	95 46%	57 33%	88 40%	118 37%	118 36%	89 44%
				c						bceh					ce
Neither agree nor disagree (3.0)	449 22%	201 21%	244 24%	132 22%	139 21%	179 24%	24 25%	60 23%	55 28%	34 16%	41 24%	42 19%	69 22%	85 26%	40 19%
							d		d					d	
Disagree (2.0)	228 11%	91 9%	138 14%	62 10%	72 11%	94 13%	14 14%	34 13%	15 8%	28 13%	20 12%	28 13%	35 11%	34 10%	21 10%
			a												
Strongly disagree (1.0)	150 7%	60 6%	89 9%	24 4%	36 5%	91 12%	1 1%	23 9%	17 9%	14 7%	18 11%	23 10%	10 3%	22 7%	22 11%
			a			ab		ag	ag	a	ag	ag		ag	ag
Don't know	35 2%	19 2%	14 1%	17 3%	11 2%	6 1%	1 2%	2 1%	3 1%	5 2%	2 1%	6 3%	8 3%	5 2%	2 1%
			c												
NET: Agree	1145 57%	608 62%	534 52%	372 61%	401 61%	371 50%	57 59%	144 54%	106 54%	129 62%	91 53%	124 56%	195 61%	180 55%	120 59%
		b		c	c										
NET: Disagree	379 19%	151 15%	227 22%	85 14%	108 16%	185 25%	14 15%	58 22%	32 16%	42 20%	38 22%	50 23%	45 14%	56 17%	44 21%
			a			ab		g			g	g			g
Base for stats	1972	960	1005	589	648	735	95	262	193	205	170	216	308	321	203
Mean Score	3.51	3.65	3.37	3.66	3.62	3.28	3.68	3.42	3.50	3.53	3.40	3.40	3.70	3.51	3.42
		b		c	c		befi						befhi		
Standard Deviation	1.153	1.123	1.164	1.052	1.111	1.229	1.020	1.190	1.166	1.126	1.234	1.207	1.062	1.126	1.192
Standard Error	.026	.036	.037	.043	.045	.045	.091	.074	.084	.076	.095	.090	.062	.061	.086
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	383 19%	54 30% cefg	103 23% cfh	71 16%	57 25% cefh	34 17%	64 13%	229 21% cfh	155 17%	305 18%	11 24%	36 31% a	21 27%	3 26%	1 13%	73 27% a
Agree (4.0)	762 38%	67 37%	201 45% fh	179 39% f	86 37%	75 37%	155 32%	446 41% fh	316 34%	653 38%	21 45%	44 37%	30 38%	6 52%	3 30%	104 39%
Neither agree nor disagree (3.0)	449 22%	35 19%	84 19%	103 23%	49 21%	56 28% bg	121 25% b	222 20%	227 25% bg	379 22%	12 26%	23 20%	19 24%	3 22%	4 45%	61 23%
Disagree (2.0)	228 11%	12 7%	41 9%	65 14% ab	25 11%	20 10%	65 13% a	119 11%	109 12%	202 12% g	3 5%	11 10%	5 7%	- -	- -	19 7%
Strongly disagree (1.0)	150 7%	9 5%	17 4%	29 6%	10 4%	15 7%	71 15% abcdegh	55 5%	96 10% abcdg	145 9% bcdg	- -	- -	- -	- -	1 13%	1 *
Don't know	35 2%	3 2%	1 *	9 2% b	3 1%	5 2% b	14 3% bg	13 1%	22 2% b	18 1%	- -	3 3%	4 5% a	- -	- -	7 3% a
NET: Agree	1145 57%	121 67% cefh	304 68% cefh	250 55% f	143 62% fh	108 53% f	219 45%	675 62% cefh	470 51% f	958 56%	32 69%	80 68% a	51 65%	10 78%	4 43%	177 67% a
NET: Disagree	379 19%	21 12%	58 13%	94 21% abg	35 15%	34 17%	136 28% abcdegh	174 16%	205 22% abdg	347 20% bcdg	3 5%	11 10%	5 7%	- -	1 13%	21 8%
Base for stats	1972	177	447	447	227	199	476	1070	902	1684	47	115	75	12	10	259
Mean Score	3.51	3.82 cefg	3.74 cefh	3.44 f	3.68 cefh	3.47 f	3.16 f	3.63 cfh	3.36 f	3.46 a	3.87 a	3.91 a	3.89 a	4.03	3.31	3.88 a
Standard Deviation	1.153	1.100	1.033	1.117	1.097	1.111	1.255	1.091	1.205	1.170	.846	.957	.900	.722	1.170	.921
Standard Error	.026	.083	.049	.053	.073	.079	.057	.033	.040	.029	.126	.089	.105	.200	.370	.057
Error variance	*	.01	*	*	.01	.01	*	*	*	*	.02	.01	.01	.04	.14	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d		a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	383 19%	216 18%	79 22%	66 22%	145 22%	24 25%	24 21%	161 25%	44 19%	15 25%	10 20%	19 15%	12 14%	15 8%	59 15%	48 23%
				a	a	gij	i	ghij	i	ij	i				i	ij
Agree (4.0)	762 38%	444 36%	150 42%	137 45%	288 43%	33 35%	55 47%	276 42%	84 36%	22 37%	21 41%	52 41%	35 41%	51 28%	132 33%	88 42%
				a	a		ij	ij			i	i				ij
Neither agree nor disagree (3.0)	449 22%	280 23%	79 22%	60 20%	138 21%	17 18%	23 20%	118 18%	61 26%	12 20%	12 23%	28 21%	22 25%	56 31%	101 25%	40 19%
									c					abck	c	
Disagree (2.0)	228 11%	159 13%	34 9%	24 8%	58 9%	9 9%	12 10%	59 9%	29 12%	6 10%	7 13%	19 15%	8 9%	24 13%	56 14%	21 10%
			cd									c			c	
Strongly disagree (1.0)	150 7%	112 9%	19 5%	12 4%	32 5%	9 10%	2 2%	33 5%	14 6%	3 6%	2 3%	8 7%	3 3%	28 16%	48 12%	11 5%
		bcd				b								bcdefghk	bcdhk	
Don't know	35 2%	21 2%	1 *	5 2%	6 1%	2 2%	1 1%	6 1%	3 1%	1 2%	- -	2 2%	6 7%	6 3%	6 2%	3 1%
												bcdgjk		c		
NET: Agree	1145 57%	660 54%	229 63%	203 67%	433 65%	56 61%	79 67%	438 67%	128 54%	37 62%	31 61%	71 55%	47 55%	66 37%	192 48%	136 64%
			a	a	a	ij	dij	dghij	i	ij	i	i	i		i	dij
NET: Disagree	379 19%	271 22%	53 15%	37 12%	89 13%	18 19%	14 12%	92 14%	43 18%	9 15%	8 17%	27 21%	10 12%	52 29%	104 26%	32 15%
		bcd										c		bcdchk	bcdhk	
Base for stats	1972	1211	361	300	660	91	117	648	232	58	51	126	79	174	396	208
Mean Score	3.51	3.41	3.66	3.73	3.69	3.59	3.75	3.73	3.50	3.68	3.60	3.43	3.58	3.00	3.25	3.68
			a	a	a	ij	dgij	dgij	ij	ij	ij	i	ij		i	gij
Standard Deviation	1.153	1.190	1.082	1.025	1.056	1.251	.960	1.090	1.112	1.142	1.056	1.120	.974	1.196	1.226	1.097
Standard Error	.026	.033	.063	.066	.046	.134	.090	.043	.074	.150	.146	.098	.104	.090	.061	.077
Error variance	*	*	*	*	*	.02	.01	*	.01	.02	.02	.01	.01	.01	*	.01

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Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	383 19%	108 22%	89 25%	34 22%	12 26%	123 24%	120 22%	148 26%	60 23%	26 15%	7 24%	86 19%	156 26%	60 19%	202 18%	106 22%	14 18%	323 19%	
Agree (4.0)	762 38%	199 41%	156 43%	61 40%	19 40%	217 42%	217 41%	227 39%	126 47%	69 39%	10 31%	195 44%	237 39%	97 30%	449 40%	181 37%	35 44%	665 39%	
Neither agree nor disagree (3.0)	449 22%	97 20%	65 18%	36 24%	10 21%	100 20%	106 20%	110 19%	46 17%	48 27%	8 24%	94 21%	118 19%	78 24%	238 21%	111 23%	21 27%	371 22%	
Disagree (2.0)	228 11%	55 11%	33 9%	15 10%	3 7%	49 9%	58 11%	57 10%	27 10%	22 12%	2 5%	48 11%	59 10%	39 12%	136 12%	49 10%	4 5%	189 11%	
Strongly disagree (1.0)	150 7%	27 5%	15 4%	3 2%	2 4%	18 4%	29 5%	32 6%	6 2%	8 5%	3 10%	14 3%	35 6%	38 12%	84 7%	27 6%	2 3%	113 7%	
Don't know	35 2%	5 1%	4 1%	2 1%	1 2%	6 1%	6 1%	4 1%	1 *	3 2%	2 6%	4 1%	6 1%	10 3%	11 1%	11 2%	3 3%	24 1%	
NET: Agree	1145 57%	307 63%	245 68%	95 63%	31 66%	340 66%	338 63%	376 65%	187 70%	95 54%	17 55%	281 64%	393 64%	157 49%	651 58%	287 59%	49 62%	988 59%	
NET: Disagree	379 19%	81 17%	48 13%	19 12%	5 11%	67 13%	87 16%	89 15%	33 12%	30 17%	5 15%	62 14%	94 15%	77 24%	220 20%	76 16%	6 8%	302 18%	
Base for stats	1972	485	358	150	46	508	531	575	265	172	29	438	604	312	1109	474	77	1660	
Mean Score	3.51	3.63	3.76	3.71	3.78	3.74	3.65	3.70	3.79	3.48	3.57	3.67	3.69	3.33	3.50	3.61	3.72	3.54	
		c	c			c	c	c	c			c	c		a	a	a	a	
Standard Deviation	1.153	1.113	1.060	1.002	1.064	1.042	1.109	1.124	.981	1.040	1.244	1.015	1.129	1.261	1.146	1.111	.929	1.128	
Standard Error	.026	.051	.056	.082	.157	.047	.049	.047	.062	.080	.223	.049	.046	.069	.034	.053	.107	.028	
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.05	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	383 19%	95 24% b	223 18%	53 20% b	51 14%	29 28% bef	255 20% b	118 18%	11 14%	316 20%	67 17%	345 20% b	37 13%
Agree (4.0)	762 38%	142 36%	510 41%	86 32%	115 31%	38 35%	533 42% abef	210 32%	24 30%	608 38%	154 39%	653 39%	102 35%
Neither agree nor disagree (3.0)	449 22%	90 23%	266 21%	65 24%	97 26% d	23 22%	265 21%	163 25% d	21 26%	367 23%	82 20%	357 21%	81 27% a
Disagree (2.0)	228 11%	39 10%	144 12%	33 12%	46 12%	9 9%	141 11%	79 12%	7 9%	173 11%	55 14%	184 11%	40 14%
Strongly disagree (1.0)	150 7%	19 5%	90 7%	29 11% cd	56 15% cd	3 3%	72 6%	72 11% cd	15 19% cd	119 7%	31 8%	124 7%	25 8%
Don't know	35 2%	6 1%	8 1%	4 1%	8 2%	4 4% d	15 1%	11 2%	3 3%	26 2%	9 2%	20 1%	10 4% a
NET: Agree	1145 57%	237 61%	733 59%	139 52%	166 45%	67 63% abef	788 62% abef	328 50%	35 43%	924 57%	221 56%	997 59% b	139 47%
NET: Disagree	379 19%	58 15%	234 19%	61 23% cd	102 27% cd	12 11%	213 17%	152 23% cd	22 28% cd	292 18%	87 22%	308 18%	65 22%
Base for stats	1972	385	1233	265	365	102	1266	642	77	1583	390	1662	285
Mean Score	3.51	3.66 b	3.51	3.38 b	3.16	3.80 abef	3.60 abef	3.35 b	3.11	3.52	3.44	3.55 b	3.30
Standard Deviation	1.153	1.101	1.133	1.242	1.264	1.042	1.099	1.233	1.321	1.149	1.167	1.154	1.133
Standard Error	.026	.058	.032	.076	.066	.104	.031	.049	.151	.029	.059	.028	.066
Error variance	*	*	*	.01	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.3. I find exercise enjoyable and satisfying: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	383 19%	19 5%	18 9%	41 15%	70 21%	48 20%	64 32%	32 34%	92 33%	177 17%	187 33%	186 28%	124 14%	68 16%	46 12%	77 15%	150 20%	109 36%
			a	a	ab	ab	abcdei	abcdei	abcdei	ab	abcdei	bc					ab	abc
Agree (4.0)	762 38%	54 14%	66 34%	120 45%	144 43%	119 49%	93 47%	47 50%	119 42%	449 43%	259 45%	293 45%	292 33%	167 40%	128 33%	193 37%	329 44%	105 34%
			a	ab	ab	ab	ab	ab	a	ab	ab	b		b			abd	
Neither agree nor disagree (3.0)	449 22%	116 29%	54 28%	63 24%	77 23%	55 23%	26 13%	11 11%	47 17%	249 24%	84 15%	117 18%	242 27%	77 19%	91 24%	144 27%	157 21%	46 15%
		fg hij	fg hij	fg hij	fg j	fg j				fg hij			ac		d	cd	d	
Disagree (2.0)	228 11%	85 22%	38 20%	34 13%	32 10%	13 5%	12 6%	2 2%	12 4%	117 11%	26 5%	48 7%	115 13%	61 15%	60 16%	68 13%	71 9%	23 8%
		cdefghij	cdefghij	efghj	ghj					efghj		a	a	a	cd	d		
Strongly disagree (1.0)	150 7%	110 28%	16 8%	8 3%	6 2%	4 2%	2 1%	2 2%	3 1%	33 3%	7 1%	11 2%	101 11%	33 8%	45 12%	42 8%	42 6%	20 6%
		bcdefghij	cdefhij							hj		a	a	a	cd			
Don't know	35 2%	12 3%	3 1%	3 1%	5 1%	3 1%	2 1%	- -	7 2%	13 1%	9 2%	3 1%	16 2%	7 2%	13 3%	5 1%	3 *	4 1%
		i										a	a	a	bc		*	
NET: Agree	1145 57%	73 18%	84 43%	160 60%	214 64%	167 69%	157 79%	79 84%	211 75%	626 60%	447 78%	479 73%	416 47%	236 57%	174 45%	270 51%	479 64%	215 70%
			a	ab	ab	abci	abcdei	abcdei	abcdi	ab	abcdei	bc		b			ab	ab
NET: Disagree	379 19%	195 49%	54 28%	42 16%	38 11%	17 7%	15 7%	4 4%	15 5%	150 14%	33 6%	59 9%	216 24%	95 23%	105 27%	109 21%	113 15%	43 14%
		bcdefghij	cdefghij	efghj	ghj					efghj		a	a	a	bcd	cd		
Base for stats	1972	384	192	265	329	239	198	93	273	1025	564	655	874	407	369	522	749	304
Mean Score	3.51	2.44	3.17	3.57	3.73	3.82	4.03	4.12	4.05	3.60	4.05	3.91	3.25	3.43	3.19	3.37	3.63	3.86
			a	ab	abi	abci	abcdei	abcdei	abcdei	ab	abcdei	bc		b		a	ab	abc
Standard Deviation	1.153	1.183	1.109	.995	.962	.871	.898	.855	.885	1.004	.884	.949	1.197	1.174	1.209	1.126	1.077	1.176
Standard Error	.026	.060	.080	.061	.054	.057	.064	.088	.053	.032	.037	.038	.040	.058	.063	.049	.039	.068
Error variance	*	*	.01	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	453 23%	243 25%	209 20%	140 23%	154 23%	158 21%	22 22%	58 22%	46 24%	35 17%	39 23%	52 24%	87 28%	68 21%	44 22%
Agree (4.0)	842 42%	413 42%	425 42%	254 42%	283 43%	305 41%	34 35%	103 39%	81 42%	100 48%	61 35%	88 40%	139 44%	149 45%	86 42%
Neither agree nor disagree (3.0)	440 22%	205 21%	234 23%	131 22%	144 22%	166 22%	28 29%	52 20%	53 27%	45 21%	37 21%	45 20%	58 18%	77 24%	46 22%
Disagree (2.0)	163 8%	69 7%	92 9%	53 9%	49 7%	61 8%	8 9%	36 14%	7 3%	20 10%	20 12%	22 10%	16 5%	21 7%	12 6%
Strongly disagree (1.0)	87 4%	37 4%	50 5%	16 3%	22 3%	49 7%	3 3%	10 4%	7 3%	8 4%	13 8%	12 5%	10 3%	10 3%	14 7%
Don't know	22 1%	12 1%	8 1%	11 2%	7 1%	3 *	2 2%	4 2%	2 1%	1 *	2 1%	2 1%	6 2%	2 1%	2 1%
NET: Agree	1295 65%	656 67%	634 62%	395 65%	437 66%	463 62%	56 57%	162 61%	128 65%	136 65%	100 58%	140 63%	226 72%	217 66%	131 64%
NET: Disagree	250 12%	106 11%	142 14%	69 11%	72 11%	109 15%	11 12%	46 17%	13 7%	29 14%	33 19%	34 15%	26 8%	31 10%	26 13%
Base for stats	1985	967	1011	595	652	738	95	260	194	209	170	219	310	325	203
Mean Score	3.71	3.78	3.64	3.76	3.76	3.63	3.66	3.63	3.79	3.64	3.55	3.67	3.90	3.75	3.66
Standard Deviation	1.044	b	1.060	c	c	1.106	e						abdefi	e	
Standard Error	.023	.032	.034	.040	.040	.040	.026	.095	.061	.067	.091	.111	.075	.062	.079
Error variance	*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	453 23%	54 30% cefh	124 28% cefh	93 20%	55 24% e	32 16%	94 19%	271 25% cefh	182 20%	361 21%	9 19%	42 35% ab	26 33% a	3 26%	2 21%	82 31% a
Agree (4.0)	842 42%	73 40%	217 48% cfh	189 42%	99 43%	89 44%	176 36%	479 44% fh	364 39%	734 43% d	20 44%	49 42% d	21 27%	4 36%	5 53%	101 38%
Neither agree nor disagree (3.0)	440 22%	37 21%	65 14%	102 22% b	47 20%	56 28% bg	133 27% bdg	204 19% b	236 26% bg	381 22% c	11 24%	16 14%	17 22%	3 26%	3 26%	50 19%
Disagree (2.0)	163 8%	13 7%	34 8%	44 10%	16 7%	16 8%	39 8%	91 8%	72 8%	137 8%	3 7%	9 7%	10 13%	- -	- -	22 8%
Strongly disagree (1.0)	87 4%	2 1%	7 2%	17 4%	12 5% abg	9 4%	41 8% abcg	26 2%	61 7% abcg	79 5%	1 2%	2 2%	2 2%	1 12%	- -	6 2%
Don't know	22 1%	2 1%	1 *	11 2% bh	1 *	1 *	7 1% b	13 1%	9 1%	11 1%	2 5% a	1 1%	2 2%	- -	- -	5 2% a
NET: Agree	1295 65%	127 70% cefh	341 76% cdefgh	282 62% f	154 67% fh	122 60%	270 55%	749 69% cefh	546 59%	1095 64%	29 62%	91 77% ad	48 60%	8 62%	7 74%	182 69%
NET: Disagree	250 12%	15 8%	41 9%	61 13%	28 12%	25 12%	80 16% abg	117 11%	133 14% abg	216 13%	4 9%	11 9%	12 15%	1 12%	- -	28 11%
Base for stats	1985	178	447	445	229	203	483	1070	915	1691	45	118	77	12	10	261
Mean Score	3.71	3.92 cefh	3.93 cdefgh	3.67 f	3.74 f	3.59	3.51	3.82 cefh	3.58	3.69	3.73	4.03 a	3.78	3.65	3.94	3.88 a
Standard Deviation	1.044	.944	.934	1.031	1.067	.992	1.144	.985 cefh	1.096	1.042	.934	.968 a	1.123	1.256	.720	1.019 a
Standard Error	.023	.071	.045	.049	.071	.070	.052	.030 cefh	.036	.025	.142	.089 a	.129	.348	.228	.063 a
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.12	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	453 23%	273 22%	82 23%	76 25%	159 24%	24 26% i	31 26% i	174 27% dgi	45 19%	16 27% i	10 21%	23 18%	19 23% i	24 13%	86 21% i	55 26% i
Agree (4.0)	842 42%	503 41%	162 45%	143 47%	304 46%	41 44%	56 48% i	285 44% i	99 42%	23 38%	25 48%	60 47% i	37 44%	62 35%	154 38%	97 46% i
Neither agree nor disagree (3.0)	440 22%	277 22%	79 22%	54 18%	133 20%	15 16%	24 20%	124 19%	54 23%	13 21%	10 20%	36 28% achk	12 15%	52 29% achk	100 25% ch	39 19%
Disagree (2.0)	163 8%	109 9%	21 6%	25 8%	45 7%	9 9% g	4 3%	48 7%	27 11% bg	3 6%	3 6%	4 3%	10 12% bg	18 10% bg	37 9% bg	13 6%
Strongly disagree (1.0)	87 4%	60 5% c	17 5%	6 2%	23 3%	2 2%	1 1%	19 3%	10 4%	4 6%	3 5%	6 5%	2 2%	18 10% abcdhk	23 6% bck	3 2%
Don't know	22 1%	11 1%	1 *	1 *	3 *	1 1%	2 1%	5 1%	1 *	1 2%	- -	- -	4 5% cdgj	5 3% cdgj	3 1%	3 1%
NET: Agree	1295 65%	777 63%	244 67%	219 72% a	463 69% a	66 71% ij	87 74% dij	459 70% dij	144 61% i	39 65% i	35 69% i	83 64% i	57 67% i	86 48%	240 60% i	153 73% dij
NET: Disagree	250 12%	168 14% d	37 10%	31 10%	68 10%	11 12%	5 5%	67 10%	36 15% bcgk	7 12%	6 12%	10 7%	12 14% b	36 20% bcgk	60 15% bcgk	16 8%
Base for stats	1985	1222	361	303	664	92	116	649	234	58	51	128	81	175	400	208
Mean Score	3.71	3.67	3.76	3.85 a	3.80 a	3.84 i	3.96 dgij	3.84 dij	3.61 i	3.75 i	3.72 i	3.70 i	3.77 i	3.32	3.61 i	3.91 dij
Standard Deviation	1.044	1.067	1.016	.957	.990	1.007	.842	.998	1.049	1.118	1.035	.951	1.021	1.154	1.095	.918
Standard Error	.023	.029	.059	.061	.043	.107	.079	.039	.070	.147	.144	.083	.108	.086	.055	.065
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	453 23%	123 25%	96 27%	37 25%	13 28%	133 26%	136 25%	146 25%	78 29%	34 19%	9 29%	111 25%	154 25%	83 26%	246 22%	110 23%	15 19%	370 22%	
Agree (4.0)	842 42%	211 43%	172 47%	60 39%	17 36%	232 45%	228 43%	258 45%	120 45%	78 45%	6 20%	198 45%	264 43%	111 34%	481 43%	217 45%	34 42%	732 43%	
Neither agree nor disagree (3.0)	440 22%	103 21%	63 17%	32 21%	5 12%	94 18%	108 20%	113 20%	50 19%	34 20%	7 21%	85 19%	120 20%	78 24%	250 22%	97 20%	15 18%	363 22%	
Disagree (2.0)	163 8%	34 7%	25 7%	15 10%	4 10%	40 8%	38 7%	40 7%	15 6%	18 10%	6 18%	33 7%	46 8%	21 6%	89 8%	43 9%	10 12%	142 8%	
Strongly disagree (1.0)	87 4%	16 3%	6 2%	5 4%	5 10%	11 2%	20 4%	20 3%	4 1%	9 5%	2 6%	13 3%	21 4%	25 8%	45 4%	14 3%	4 5%	63 4%	
Don't know	22 1%	3 1%	1 *	2 2%	3 5%	3 1%	5 1%	3 *	- -	2 1%	2 6%	2 1%	5 1%	6 2%	9 1%	4 1%	3 4%	16 1%	
NET: Agree	1295 65%	335 68%	268 74%	97 64%	30 64%	365 71%	365 68%	404 70%	197 74%	111 64%	15 48%	309 70%	419 69%	193 60%	727 65%	327 67%	48 61%	1102 65%	
NET: Disagree	250 12%	50 10%	31 8%	20 13%	9 19%	51 10%	59 11%	60 10%	19 7%	27 15%	8 24%	45 10%	68 11%	46 14%	134 12%	57 12%	14 17%	204 12%	
Base for stats	1985	487	361	149	44	511	532	577	267	172	29	439	606	317	1111	481	77	1669	
Mean Score	3.71	3.81	3.90	3.73	3.66	3.85	3.79	3.81	3.95	3.63	3.50	3.82	3.80	3.65	3.71	3.76	3.59	3.72	
Standard Deviation	1.044	.998	.927	1.059	1.286	.970	1.025	1.001	.913	1.070	1.304	.988	1.018	1.164	1.024	.997	1.097	1.020	
Standard Error	.023	.046	.049	.087	.192	.043	.045	.042	.057	.082	.234	.048	.041	.063	.031	.047	.127	.025	
Error variance	*	*	*	.01	.04	*	*	*	*	.01	.05	*	*	*	*	*	.02	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	453 23%	90 23%	270 22%	56 21%	60 16%	26 24%	320 25% be	120 18%	16 20%	370 23%	83 21%	396 24% b	52 18%
Agree (4.0)	842 42%	163 42%	555 45%	98 37%	133 36%	33 31%	581 45% abcef	236 36%	23 29%	682 42%	160 40%	725 43% b	109 37%
Neither agree nor disagree (3.0)	440 22%	93 24%	254 20%	67 25% d	110 30% d	29 27% d	244 19%	177 27% d	27 34% d	350 22%	91 23%	348 21%	85 29% a
Disagree (2.0)	163 8%	26 7%	111 9%	27 10% d	42 11% d	9 9%	90 7%	69 11% d	8 10%	125 8%	38 10%	134 8%	25 9%
Strongly disagree (1.0)	87 4%	15 4%	44 4%	18 7% d	25 7% d	10 10% d	37 3%	46 7% d	5 7%	66 4%	22 5%	65 4%	20 7% a
Don't know	22 1%	3 1%	6 *	2 1%	4 1%	- -	11 1%	6 1%	- -	17 1%	5 1%	13 1%	5 2%
NET: Agree	1295 65%	253 65%	826 67%	154 57%	192 52%	58 55%	901 70% abcef	356 54%	39 49%	1052 65%	243 61%	1121 67% b	161 54%
NET: Disagree	250 12%	42 11%	155 12%	45 17% d	67 18% d	19 18% d	127 10%	115 18% d	13 17%	190 12%	60 15%	199 12%	45 15%
Base for stats	1985	388	1235	267	370	106	1271	648	80	1592	394	1669	291
Mean Score	3.71	3.74	3.73	3.55	3.43	3.51	3.83 abcef	3.49	3.45	3.73	3.62	3.75 b	3.51
Standard Deviation	1.044	1.017	1.016	1.131	1.095	1.220	.980	1.123	1.122	1.032	1.088	1.028	1.092
Standard Error	.023	.053	.029	.069	.057	.119	.028	.044	.125	.026	.055	.025	.063
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.4. It is important to me to exercise regularly: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	453 23%	22 6%	22 11%	33 12%	76 23%	62 26%	75 38%	43 46%	118 42%	194 19%	237 41%	208 32%	159 18%	81 20%	62 16%	94 18%	184 24%	109 36%
		a	a	abc	abci	abcdei	abcdei	abcdei	abcdei	abc	abcdei	bc					ab	abc
Agree (4.0)	842 42%	89 22%	79 41%	136 51%	170 51%	124 51%	88 44%	40 43%	117 42%	509 49%	245 43%	309 47%	329 37%	192 46%	151 39%	223 42%	344 46%	116 38%
		a	a	abhj	abhj	abhj	a	a	a	abhj	a	b	b	b			ad	
Neither agree nor disagree (3.0)	440 22%	132 33%	62 32%	72 27%	67 20%	37 15%	32 16%	8 9%	31 11%	238 23%	71 12%	109 17%	239 27%	82 20%	107 28%	126 24%	137 18%	57 19%
		defghij	defghij	efghj	ghj					efghj			ac		cd	c		
Disagree (2.0)	163 8%	83 21%	23 12%	18 7%	15 4%	13 6%	1 *	2 2%	8 3%	69 7%	11 2%	25 4%	91 10%	42 10%	33 9%	57 11%	60 8%	13 4%
		bcdefghij	cdefghij	fhj	fj	fj				fhj			a	a	d	d	d	
Strongly disagree (1.0)	87 4%	61 16%	7 4%	5 2%	5 1%	3 1%	3 2%	- -	2 1%	21 2%	5 1%	5 1%	64 7%	13 3%	26 7%	24 5%	24 3%	9 3%
		bcdefghij	hj										ac	a	cd			
Don't know	22 1%	9 2%	1 *	3 1%	2 1%	2 1%	1 *	- -	5 2%	7 1%	6 1%	2 *	8 1%	5 1%	3 1%	4 1%	4 1%	3 1%
		i																
NET: Agree	1295 65%	111 28%	101 52%	169 63%	246 74%	186 77%	163 82%	83 89%	235 84%	702 68%	481 84%	517 79%	488 55%	273 66%	213 56%	317 60%	528 70%	225 73%
		a	a	ab	abci	abci	abcdi	abcdei	abcdei	ab	abcdei	bc		b			ab	ab
NET: Disagree	250 12%	145 37%	31 16%	23 9%	19 6%	17 7%	4 2%	2 2%	9 3%	90 9%	15 3%	30 5%	155 17%	55 13%	59 15%	81 15%	83 11%	22 7%
		bcdefghij	cdefghij	fghj	fj	fj				fghj			a	a	cd	cd		
Base for stats	1985	387	194	264	332	240	199	93	276	1030	568	656	881	410	379	524	748	305
Mean Score	3.71	2.81	3.44	3.66	3.90	3.95	4.16	4.33	4.24	3.76	4.23	4.05	3.49	3.70	3.50	3.59	3.81	4.00
		a	a	ab	abci	abci	abcdei	abcdei	abcdei	ab	abcdei	bc		b			ab	abc
Standard Deviation	1.044	1.130	.972	.858	.855	.873	.824	.732	.807	.902	.802	.840	1.120	1.002	1.081	1.046	.997	.994
Standard Error	.023	.057	.070	.053	.047	.057	.059	.076	.048	.028	.034	.033	.038	.049	.055	.046	.037	.058
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	321 16%	159 16%	160 16%	111 18% c	113 17% c	97 13%	15 16%	43 16%	31 16%	30 14%	25 15%	30 13%	67 21% dfi	51 16%	28 14%
Agree (4.0)	706 35%	345 35%	357 35%	214 35%	247 38%	246 33%	29 30%	84 32%	67 34%	75 36%	58 34%	81 36%	120 38%	118 36%	75 37%
Neither agree nor disagree (3.0)	479 24%	228 23%	248 24%	135 22%	157 24%	187 25%	25 26%	67 25%	41 21%	50 24%	42 24%	53 24%	66 21%	84 26%	51 25%
Disagree (2.0)	313 16%	152 16%	161 16%	102 17%	91 14%	120 16%	22 23% cgi	43 16%	27 14%	36 17% g	33 19% g	37 16%	36 11%	52 16%	28 14%
Strongly disagree (1.0)	160 8%	79 8%	80 8%	30 5%	41 6%	88 12% ab	4 4%	25 9% a	25 13% agh	15 7%	13 8%	18 8%	21 7%	19 6%	20 10% a
Don't know	28 1%	16 2%	11 1%	13 2% c	10 1%	5 1%	2 2%	2 1%	5 2%	3 1%	1 1%	4 2%	7 2%	3 1%	3 1%
NET: Agree	1027 51%	504 51%	518 51%	325 54% c	360 55% c	342 46%	45 46%	127 48%	98 50%	105 50%	83 48%	110 50%	187 59% abdef	169 52%	103 50%
NET: Disagree	473 24%	231 24%	241 24%	133 22%	133 20%	208 28% ab	26 26% g	68 26% g	52 26% g	52 25%	46 27% g	54 24%	57 18%	71 22%	48 23%
Base for stats	1979	963	1007	593	649	737	95	261	191	207	171	218	310	324	202
Mean Score	3.36	3.37	3.35	3.46 c	3.46 c	3.19	3.32	3.29	3.28	3.33	3.28	3.31	3.57 abcdefi	3.40	3.32
Standard Deviation	1.165	1.171	1.160	1.130	1.123	1.210	1.112	1.199	1.266	1.149	1.165	1.148	1.151	1.111	1.169
Standard Error	.026	.037	.037	.046	.045	.044	.099	.075	.092	.077	.089	.085	.067	.060	.085
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264	
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	321 16%	45 25% cefg	83 19% efh	70 15%	42 18% efh	23 11%	57 12%	199 18% efh	122 13%	259 15%	7 15%	29 25% a	15 19%	4 31%	4 42%	58 22% a	
Agree (4.0)	706 35%	63 35%	182 41% efh	166 36%	79 34%	62 30%	155 32%	411 38% efh	296 32%	595 35%	22 47%	45 38%	28 35%	3 25%	4 41%	102 39%	
Neither agree nor disagree (3.0)	479 24%	41 23%	91 20%	103 23%	56 24%	59 29% bg	129 26% bg	235 22% bg	244 26% bg	410 24%	10 21%	26 22%	21 27%	5 38%	2 17%	63 24%	
Disagree (2.0)	313 16%	22 12%	72 16%	75 17%	38 16%	35 17%	71 15%	169 16%	144 16%	275 16% g	8 17%	14 12%	8 11%	- -	- -	30 11%	
Strongly disagree (1.0)	160 8%	7 4%	17 4%	33 7% b	13 6%	24 12% abdg	66 13% abcdg	57 5% abcdg	103 11% abcdg	147 9% bcg	- -	4 3%	3 4%	1 6%	- -	8 3%	
Don't know	28 1%	2 1%	4 1%	8 2%	2 1%	- -	12 2% be	14 1%	14 2%	17 1%	- -	1 1%	4 5% a	- -	- -	5 2%	
NET: Agree	1027 51%	109 60% efh	265 59% cefh	236 52% efh	121 53% efh	85 42%	212 43%	609 56% efh	418 45%	853 50%	29 62%	74 63% a	42 54%	7 56%	8 83%	161 60% a	
NET: Disagree	473 24%	29 16%	89 20%	108 24% a	51 22%	59 29% abg	137 28% abg	226 21%	248 27% abg	422 25% cdg	8 17%	17 15%	12 15%	1 6%	- -	38 14%	
Base for stats	1979	178	444	447	228	204	478	1070	909	1685	47	118	75	12	10	261	
Mean Score	3.36	3.67 cdefh	3.54 cefh	3.37 efh	3.43 efh	3.12	3.14	3.49 efh	3.21	3.32	3.60	3.70 a	3.56	3.76	4.25	3.67 a	
Standard Deviation	1.165	1.099	1.087	1.152	1.141	1.183	1.218	1.121	1.197	1.173	.941	1.066	1.064	1.115	.764	1.038	
Standard Error	.026	.083	.052	.054	.076	.083	.055	.034	.040	.029	.140	.099	.124	.309	.241	.064	
Error variance	*	.01	*	*	.01	.01	*	*	*	*	.02	.01	.02	.10	.06	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?

BASE: All respondents

		Children aged 15 or under in the household				Current employment status											
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204	
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	321	183	65	58	122	20	28	122	31	14	10	20	13	15	47	49
		16%	15%	18%	19%	18%	22%	24%	19%	13%	23%	19%	16%	15%	9%	12%	23%
							ij	dij	ij		ij	i	i			dij	
Agree	(4.0)	706	406	155	116	271	32	43	255	85	17	23	38	28	58	127	75
		35%	33%	43%	38%	41%	34%	37%	39%	36%	29%	44%	30%	33%	32%	32%	36%
				a	a				j								
Neither agree nor disagree	(3.0)	479	308	75	65	139	22	26	138	61	12	11	36	21	43	107	48
		24%	25%	21%	21%	21%	24%	22%	21%	26%	21%	22%	28%	25%	24%	27%	23%
															c		
Disagree	(2.0)	313	203	42	51	93	12	16	94	42	12	5	22	16	29	66	27
		16%	16%	11%	17%	14%	13%	13%	14%	18%	20%	11%	17%	19%	16%	16%	13%
			b														
Strongly disagree	(1.0)	160	118	21	12	33	6	4	39	15	4	2	10	2	26	52	9
		8%	10%	6%	4%	5%	6%	3%	6%	7%	4%	4%	8%	3%	14%	13%	4%
			bcd												abcdfhk	bcdhk	
Don't know		28	14	5	4	8	1	1	7	1	-	-	2	4	8	3	2
		1%	1%	1%	1%	1%	1%	1%	1%	*	-	-	1%	5%	5%	1%	1%
													cdjk	cdjk			
NET: Agree		1027	590	220	173	393	52	71	377	116	31	32	59	41	73	174	124
		51%	48%	61%	57%	59%	56%	61%	58%	49%	52%	64%	46%	48%	41%	43%	59%
			a	a	a		ij	dgij	dgij		gij					gij	
NET: Disagree		473	321	63	63	126	17	19	133	57	16	7	32	19	55	118	37
		24%	26%	17%	21%	19%	19%	17%	20%	24%	27%	14%	25%	22%	31%	29%	17%
			bd											abcfk	abcfk		
Base for stats		1979	1219	357	301	658	92	117	647	234	60	51	127	81	172	399	208
Mean Score		3.36	3.27	3.56	3.52	3.54	3.54	3.66	3.51	3.32	3.41	3.65	3.29	3.40	3.05	3.13	3.60
			a	a	a		ij	dgij	dij	i	i	ij	i	i		dgij	
Standard Deviation		1.165	1.190	1.097	1.099	1.097	1.153	1.089	1.130	1.113	1.244	1.035	1.170	1.075	1.216	1.209	1.117
Standard Error		.026	.033	.064	.070	.047	.123	.102	.045	.074	.162	.144	.103	.114	.092	.060	.079
Error variance		*	*	*	*	*	.02	.01	*	.01	.03	.02	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	321 16%	88 18%	74 20%	31 20%	9 20%	104 20%	97 18%	107 19%	60 23% c	24 14%	4 12%	85 19%	111 18%	56 17%	164 15%	88 18%	13 16%	265 16%	
Agree (4.0)	706 35%	170 35%	153 42% af	52 34%	20 43%	205 40%	191 36%	218 38%	107 40%	59 34%	10 33%	166 38%	228 37%	97 30%	421 38% a	166 34%	23 29%	610 36% a	
Neither agree nor disagree (3.0)	479 24%	110 22%	73 20%	37 25%	12 26%	110 22%	122 23%	118 20%	57 21%	50 28% af	8 24%	106 24%	126 21%	64 20%	278 25%	115 24%	23 29%	415 25% a	
Disagree (2.0)	313 16%	82 17%	46 13%	25 16%	4 9%	70 14%	86 16%	90 15%	32 12%	30 17%	8 25% b	62 14%	98 16%	54 17%	162 14%	80 17%	16 20%	259 15%	
Strongly disagree (1.0)	160 8%	36 7% be	12 3%	7 5%	1 3%	19 4%	37 7% be	41 7%	10 4%	9 5%	2 5%	19 4%	43 7%	44 14% bcde	84 8%	28 6%	4 4%	116 7%	
Don't know	28 1%	4 1%	3 1%	1 1%	- -	4 1%	4 1%	5 1%	1 *	2 1%	- -	3 1%	5 1%	7 2%	12 1%	7 2%	2 2%	21 1%	
NET: Agree	1027 51%	258 53%	227 63% af	82 54%	30 63%	309 60% af	288 54%	325 56%	167 63% c	84 48%	14 46%	251 57% c	339 56%	153 47%	585 52%	254 52%	35 45%	875 52%	
NET: Disagree	473 24%	118 24% be	58 16%	31 21%	5 12%	90 17% be	123 23% be	131 23% b	42 16%	39 22%	9 30% b	81 18%	140 23% b	99 31% bce	246 22%	108 22%	20 25%	374 22%	
Base for stats	1979	486	359	151	47	510	533	575	265	173	31	438	606	315	1109	477	78	1664	
Mean Score	3.36	3.40	3.64 af	3.49	3.69	3.60 af	3.42	3.45	3.66 acdf	3.35	3.23	3.54	3.44	3.21	3.38 a	3.43 a	3.32	3.39 a	
Standard Deviation	1.165	1.177	1.052	1.124	.987	1.075	1.163	1.169	1.070	1.089	1.124	1.087	1.166	1.310	1.131	1.142	1.115	1.134	
Standard Error	.026	.054	.056	.092	.144	.048	.051	.049	.068	.083	.196	.053	.047	.071	.034	.054	.128	.028	
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.04	*	*	.01	*	*	.02	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	321 16%	67 17%	192 15%	44 17%	44 12%	19 18%	214 17% b	95 15%	9 11%	264 16%	57 14%	287 17% b	31 11%
Agree (4.0)	706 35%	157 40%	437 35%	89 33%	110 30%	37 35%	474 37% be	211 32%	21 27%	569 35%	137 34%	607 36%	91 31%
Neither agree nor disagree (3.0)	479 24%	96 25%	305 25%	66 24%	98 26%	26 25%	298 23%	167 26%	22 28%	377 23%	102 26%	388 23%	84 28% a
Disagree (2.0)	313 16%	40 10%	211 17% a	40 15%	72 19% c	11 10%	198 15%	103 16%	17 21% c	249 15%	64 16%	261 16%	45 15%
Strongly disagree (1.0)	160 8%	26 7%	86 7%	25 9%	45 12% d	10 9%	84 7%	67 10% d	10 12% d	125 8%	35 9%	127 8%	31 11%
Don't know	28 1%	5 1%	10 1%	4 2%	4 1%	3 3%	15 1%	10 1%	1 1%	23 1%	5 1%	11 1%	13 4% a
NET: Agree	1027 51%	223 57% b	630 51%	134 50% b	155 41%	56 53% bf	687 54% bef	307 47%	30 38%	834 52%	194 49%	895 53% b	122 41%
NET: Disagree	473 24%	66 17%	297 24% a	65 24%	117 31% acd	21 20%	282 22%	171 26% d	27 33% cd	374 23%	99 25%	388 23%	77 26%
Base for stats	1979	385	1232	264	370	103	1267	644	79	1585	394	1671	283
Mean Score	3.36	3.51 b	3.36	3.33 bf	3.10	3.43 bf	3.42 bef	3.25 b	3.03	3.38	3.30	3.40 b	3.16
Standard Deviation	1.165	1.102	1.142	1.198	1.205	1.186	1.136	1.198	1.200	1.165	1.162	1.163	1.161
Standard Error	.026	.058	.033	.073	.063	.117	.032	.047	.135	.029	.058	.029	.068
Error variance	*	*	*	.01	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8.5. I feel guilty when I don't exercise: How much do you agree or disagree with each of these statements today?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	321 16%	28 7%	20 10%	33 12%	58 17%	44 18%	41 21%	24 25%	73 26%	154 15%	138 24%	149 23%	90 10%	78 19%	60 16%	66 12%	116 15%	77 25%
				a	ab	ab	abci	abci	abcdei	a	abcdi	b		b				abc
Agree (4.0)	706 35%	87 22%	72 37%	100 37%	147 44%	97 40%	84 42%	36 39%	84 30%	416 40%	204 36%	289 44%	250 28%	156 37%	133 35%	178 34%	283 38%	106 35%
			a	a	ahj	ah	ah	a	a	ah	a	bc		b				
Neither agree nor disagree (3.0)	479 24%	92 23%	55 28%	77 29%	63 19%	65 27%	40 20%	23 24%	64 23%	260 25%	127 22%	117 18%	264 30%	86 21%	86 23%	138 26%	184 24%	59 19%
			d	dfj	d				d			ac		d		d		
Disagree (2.0)	313 16%	85 21%	37 19%	43 16%	47 14%	27 11%	24 12%	11 11%	40 14%	154 15%	74 13%	82 12%	164 18%	62 15%	59 16%	101 19%	116 15%	30 10%
		defghij	ej									a		d	d	d		d
Strongly disagree (1.0)	160 8%	92 23%	9 5%	12 5%	16 5%	7 3%	9 5%	-	15 5%	44 4%	24 4%	19 3%	108 12%	27 7%	37 10%	39 7%	48 6%	31 10%
		bcdefghij	g	g	g	g	g		g	g	g	ac	a	c	c			c
Don't know	28 1%	13 3%	2 1%	3 1%	3 1%	2 1%	2 1%	-	4 1%	9 1%	6 1%	3 *	12 1%	6 1%	5 1%	7 1%	5 1%	3 1%
		deij						-	1	1	1	*	1	1	1	1	1	1
NET: Agree	1027 51%	115 29%	92 47%	133 50%	205 61%	141 58%	125 63%	60 64%	158 56%	570 55%	343 60%	437 66%	341 38%	234 56%	193 51%	244 46%	399 53%	184 60%
			a	a	abci	abc	abci	abc	a	ab	abc	bc		b			b	abc
NET: Disagree	473 24%	177 45%	46 24%	56 21%	63 19%	34 14%	33 17%	11 11%	54 19%	199 19%	98 17%	101 15%	272 31%	89 21%	97 25%	140 26%	164 22%	61 20%
		bcdefghij	egj	eg								ac	a	d		d		
Base for stats	1979	383	193	265	331	240	198	93	276	1029	567	655	877	409	376	521	747	304
Mean Score	3.36	2.67	3.30	3.37	3.55	3.60	3.63	3.78	3.59	3.47	3.63	3.71	3.06	3.48	3.32	3.25	3.41	3.55
			a	a	abc	abc	abc	abci	abc	ab	abci	bc		b			b	ab
Standard Deviation	1.165	1.263	1.040	1.044	1.085	1.004	1.085	.957	1.175	1.053	1.111	1.041	1.173	1.156	1.204	1.130	1.119	1.254
Standard Error	.026	.064	.075	.064	.060	.066	.078	.099	.070	.033	.047	.041	.039	.057	.062	.050	.041	.073
Error variance	*	*	.01	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A. SUMMARY: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I felt that I had the opportunity to be physically active	2007 100%	353 18%	884 44%	388 19%	225 11%	130 6%	27 1%	1238 62%	355 18%
It was important to me to exercise regularly	2007 100%	405 20%	823 41%	446 22%	200 10%	113 6%	21 1%	1228 61%	312 16%
I felt that I had the ability to be physically active	2007 100%	361 18%	863 43%	387 19%	243 12%	130 6%	23 1%	1224 61%	373 19%
I found exercise enjoyable and satisfying	2007 100%	348 17%	718 36%	486 24%	271 13%	151 8%	33 2%	1066 53%	422 21%
I felt guilty when I didn't exercise	2007 100%	320 16%	707 35%	432 22%	353 18%	171 9%	25 1%	1027 51%	523 26%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.1. I felt that I had the ability to be physically active: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	361 18%	192 20%	167 16%	124 21% c	128 19% c	109 15%	17 17%	49 18%	35 18%	29 14%	38 22% d	37 17%	69 22% dh	51 16%	37 18%
Agree (4.0)	863 43%	428 44%	434 43%	239 39%	284 43%	339 46% a	38 40%	97 37%	77 40%	93 44%	69 40%	98 44%	145 46% b	153 47% b	91 44%
Neither agree nor disagree (3.0)	387 19%	193 20%	192 19%	126 21% c	140 21% c	120 16%	21 22% f	56 21% f	44 22% f	39 19%	29 17%	29 13%	61 19%	65 20% f	42 20%
Disagree (2.0)	243 12%	95 10%	145 14% a	72 12%	70 11%	102 14%	17 17% gi	38 15% g	26 13% g	28 13% g	18 10%	38 17% gi	23 7%	36 11%	20 10%
Strongly disagree (1.0)	130 6%	58 6%	71 7%	31 5%	31 5%	68 9% ab	2 2%	22 8% ag	10 5%	17 8% ag	18 11% agh	18 8% ag	13 4%	15 5%	14 7%
Don't know	23 1%	12 1%	9 1%	14 2% bc	6 1%	4 1%	1 2%	1 *	3 1%	3 2%	- -	1 *	7 2%	5 2%	2 1%
NET: Agree	1224 61% b	621 63% b	601 59%	364 60%	412 63%	448 60%	55 57%	146 55%	112 57%	123 58%	107 62%	136 61%	214 68% abcd	204 63%	128 62%
NET: Disagree	373 19% a	153 16% a	216 21% a	102 17%	101 15%	170 23% ab	19 20% g	61 23% gh	36 19% g	45 21% g	36 21% g	56 25% ghi	35 11%	52 16%	33 16%
Base for stats	1984	966	1010	592	653	738	95	263	193	206	172	221	310	321	203
Mean Score	3.55	3.62 b	3.48	3.60 c	3.63 c	3.43	3.53	3.42	3.52	3.44	3.53	3.45	3.76 abcdefh	3.59	3.58
Standard Deviation	1.118	1.090	1.136	1.103	1.061	1.171	1.048	1.192	1.102	1.138	1.241	1.195	1.011	1.035	1.101
Standard Error	.025	.035	.036	.045	.043	.043	.093	.074	.080	.076	.095	.088	.059	.056	.079
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.1. I felt that I had the ability to be physically active: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264	
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	361 18%	52 29% bcdefgh	96 21% cfh	70 15%	43 19%	35 17%	65 13%	218 20% cfh	143 15%	290 17%	8 17%	31 26% a	19 24%	4 32%	2 24%	64 24% a	
Agree (4.0)	863 43%	73 40%	205 46% e	210 46% eh	103 45% e	66 32%	205 42% e	488 45% eh	375 41% e	755 44% g	15 31%	48 40%	28 35%	4 33%	5 49%	99 37%	
Neither agree nor disagree (3.0)	387 19%	29 16%	81 18%	92 20%	43 19%	52 26% abfg	90 18%	202 19%	185 20%	325 19%	14 31% a	22 18%	13 16%	2 20%	1 8%	52 20%	
Disagree (2.0)	243 12%	15 8%	51 11%	49 11%	26 11%	37 18% abcdg	66 13%	115 11%	128 14% ag	206 12%	9 19%	11 9% a	14 17%	1 7%	-	34 13%	
Strongly disagree (1.0)	130 6%	10 5%	14 3%	26 6% b	14 6%	13 6%	53 11% abcdg	50 5%	80 9% bg	115 7%	1 2%	5 4%	4 6%	1 8%	2 19%	13 5%	
Don't know	23 1%	2 1%	1 *	7 2% b	1 *	1 *	11 2% b	10 1%	13 1%	11 1%	- -	2 1%	2 2%	- -	- -	3 1%	
NET: Agree	1224 61%	125 69% efh	301 67% efh	281 62% efh	147 64% efh	101 49%	270 55%	706 65% efh	518 56%	1045 61%	23 49%	79 67% b	46 59%	8 65%	7 73%	163 61%	
NET: Disagree	373 19%	24 13%	65 14%	76 17%	40 17%	50 24% abcg	119 24% abcdg	165 15% abcg	208 23% abcg	321 19%	10 20%	16 13%	18 23%	2 15%	2 19%	47 18%	
Base for stats	1984	178	447	448	229	203	479	1073	911	1691	47	117	77	12	10	262	
Mean Score	3.55	3.80 cefh	3.71 cefh	3.56 efh	3.59 efh	3.36	3.34	3.66 efh	3.41	3.53	3.44	3.77 a	3.55	3.74	3.58	3.64	
Standard Deviation	1.118	1.113	1.023	1.067	1.105	1.148	1.199	1.060	1.169	1.115	1.049	1.074	1.204	1.266	1.447	1.132	
Standard Error	.025	.084	.049	.050	.073	.081	.054	.032	.039	.027	.156	.100	.138	.351	.457	.070	
Error variance	*	.01	*	*	.01	.01	*	*	*	*	.02	.01	.02	.12	.21	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.1. I felt that I had the ability to be physically active: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	361 18%	210 17%	69 19%	62 20%	131 20%	21 23% i	27 23% i	142 22% dgij	36 15%	11 19%	8 15%	17 14%	18 21% i	20 11%	61 15%	48 23% dgij
Agree (4.0)	863 43%	536 44%	156 43%	137 45%	293 44%	41 44% i	50 42%	299 46% hi	93 40%	28 47% i	21 40%	58 45% i	28 33%	57 32%	188 47% hi	91 43% i
Neither agree nor disagree (3.0)	387 19%	224 18%	77 21%	58 19%	134 20%	13 14%	22 19%	124 19% j	58 25% ajk	12 19%	12 24%	32 25% j	18 21%	41 23% j	55 14%	35 17%
Disagree (2.0)	243 12%	158 13%	38 10%	35 11%	73 11%	11 12%	17 14%	55 8% c	31 13% c	5 9%	7 13%	13 10% c	14 16% c	32 18% cg	59 15% c	28 13% c
Strongly disagree (1.0)	130 6%	93 8% d	21 6%	13 4%	33 5%	4 5%	2 1%	32 5%	15 6% b	4 6%	3 5%	8 6% c	2 2%	24 13% abcdghk	36 9% bchk	6 3%
Don't know	23 1%	12 1%	3 1%	- -	3 *	2 2% c	1 1%	2 * c	2 1%	- -	1 2% c	1 1% c	5 6% bcdgjk	6 3% cj	3 1%	3 1%
NET: Agree	1224 61%	747 61%	224 62%	199 65%	424 64%	62 67% di	76 65% i	441 67% dghi	129 55% i	39 65% i	28 55% i	75 58% i	46 54%	77 43%	249 62% i	139 66% di
NET: Disagree	373 19%	251 20% d	58 16%	48 16%	106 16%	15 17%	18 16%	88 13%	46 20% c	9 15%	9 19%	20 16%	15 18%	56 31% abcdgghk	95 24% ck	34 16%
Base for stats	1984	1221	359	305	664	91	117	652	234	60	50	127	80	174	399	208
Mean Score	3.55	3.50	3.59	3.66	3.63	3.70 i	3.71 dij	3.71 dgij	3.45 i	3.62 i	3.47 i	3.50 i	3.59 i	3.10 i	3.45 i	3.71 dij
Standard Deviation	1.118	1.144	1.087	1.056	1.073	1.104	1.020	1.054	1.098	1.090	1.085	1.049	1.085	1.233	1.183	1.055
Standard Error	.025	.031	.063	.067	.046	.118	.096	.041	.073	.142	.152	.092	.116	.093	.059	.074
Error variance	*	*	*	*	*	.01	.01	*	.01	.02	.02	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.1. I felt that I had the ability to be physically active: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	361 18%	95 19%	77 21%	29 19%	14 29%	106 21%	108 20%	118 20%	57 22%	28 16%	5 15%	86 19%	123 20%	55 17%	196 17%	98 20%	13 17%	307 18%	
Agree (4.0)	863 43%	226 46%	161 44%	67 44%	10 21%	227 44%	235 44%	264 46%	118 44%	68 39%	10 33%	186 42%	275 45%	122 38%	502 45%	209 43%	29 37%	741 44%	
Neither agree nor disagree (3.0)	387 19%	102 21%	64 18%	36 24%	10 22%	100 19%	112 21%	112 19%	58 22%	40 23%	5 16%	99 22%	117 19%	64 20%	213 19%	91 19%	20 25%	323 19%	
Disagree (2.0)	243 12%	43 9%	42 12%	17 11%	7 14%	59 11%	49 9%	49 8%	24 9%	31 18%	6 19%	55 12%	55 9%	40 12%	140 12%	54 11%	9 11%	203 12%	
Strongly disagree (1.0)	130 6%	24 5%	16 4%	4 2%	7 14%	19 4%	31 6%	34 6%	8 3%	5 3%	5 15%	13 3%	39 6%	34 10%	63 6%	27 6%	6 7%	96 6%	
Don't know	23 1%	1 *	3 1%	- -	- -	3 1%	1 *	2 *	1 *	2 1%	1 2%	3 1%	3 *	8 3%	6 1%	6 1%	3 4%	15 1%	
NET: Agree	1224 61%	320 65%	238 66%	95 63%	24 50%	333 65%	344 64%	382 66%	176 66%	96 55%	15 47%	272 62%	397 65%	176 55%	698 62%	307 63%	43 54%	1048 62%	
NET: Disagree	373 19%	67 14%	58 16%	20 13%	13 28%	78 15%	80 15%	83 14%	32 12%	36 21%	11 34%	68 15%	93 15%	74 23%	203 18%	81 17%	14 18%	299 18%	
Base for stats	1984	489	359	152	47	511	536	577	266	173	30	439	608	314	1114	479	77	1670	
Mean Score	3.55	3.66	3.67	3.66	3.38	3.67	3.64	3.66	3.73	3.48	3.13	3.63	3.64	3.39	3.56	3.62	3.46	3.57	
Standard Deviation	1.118	1.043	1.071	.988	1.402	1.046	1.080	1.074	.996	1.064	1.337	1.030	1.094	1.220	1.091	1.101	1.132	1.096	
Standard Error	.025	.048	.057	.081	.204	.047	.047	.045	.063	.081	.236	.050	.044	.066	.033	.052	.131	.027	
Error variance	*	*	*	.01	.04	*	*	*	*	.01	.06	*	*	*	*	*	.02	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.1. I felt that I had the ability to be physically active: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	361 18%	74 19%	224 18%	49 18% b	38 10%	23 21% b	259 20% be	93 14%	12 16%	295 18%	67 17%	325 19% b	33 11%
Agree (4.0)	863 43%	148 38%	578 47% a	83 31%	116 31%	34 32%	631 49% abcef	210 32%	18 22%	686 43%	177 44%	743 44%	114 39%
Neither agree nor disagree (3.0)	387 19%	105 27% b	207 17%	56 21%	76 20%	27 25% d	221 17%	145 22% d	13 16%	312 19%	75 19%	312 19%	68 23%
Disagree (2.0)	243 12%	39 10%	158 13%	51 19% cd	78 21% cd	9 9%	120 9%	116 18% cd	22 28% cde	192 12%	51 13%	192 11%	45 15%
Strongly disagree (1.0)	130 6%	22 6%	70 6%	29 11% d	60 16% ad	12 12% d	41 3%	83 13% d	14 18% d	107 7%	22 6%	101 6%	28 9% a
Don't know	23 1%	3 1%	5 *	2 1%	5 1%	2 2%	10 1%	6 1%	1 1%	17 1%	6 2%	8 *	8 3% a
NET: Agree	1224 61%	222 57%	803 65% a	131 49%	154 41%	56 53% bf	890 69% abcef	303 46%	30 38%	981 61%	243 61%	1068 64% b	147 50%
NET: Disagree	373 19%	61 16%	228 18%	80 30% d	138 37% cde	22 20% d	161 13%	199 30% cd	36 45% acde	299 19%	74 18%	294 17%	73 25% a
Base for stats	1984	387	1237	267	369	105	1272	647	79	1592	392	1674	288
Mean Score	3.55	3.55	3.59	3.27 bf	2.98	3.43 bf	3.74 abcef	3.18 b	2.90	3.55	3.55	3.60 b	3.28
Standard Deviation	1.118	1.084	1.096	1.262	1.263	1.257	.990	1.251	1.365	1.124	1.093	1.106	1.149
Standard Error	.025	.057	.031	.077	.066	.123	.028	.049	.154	.028	.055	.027	.067
Error variance	*	*	*	.01	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.1. I felt that I had the ability to be physically active: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	361 18%	20 5%	23 12%	30 11%	63 19%	52 22%	52 26%	29 32%	92 33%	168 16%	173 30%	163 25%	121 14%	72 17%	54 14%	66 12%	142 19%	97 32%
			a	a	abc	abci	abci	abcdi	abcdei	ac	abcdei	bc					ab	abc
Agree (4.0)	863 43%	114 29%	77 40%	132 49%	165 49%	109 45%	105 53%	43 47%	118 42%	483 47%	266 46%	301 46%	375 42%	179 43%	137 36%	215 41%	375 50%	130 42%
			a	ab	ab	a	abh	a	a	a	a						abd	
Neither agree nor disagree (3.0)	387 19%	87 22%	50 26%	58 22%	62 19%	51 21%	25 13%	14 15%	40 14%	221 21%	79 14%	119 18%	198 22%	60 14%	71 19%	123 23%	127 17%	51 17%
		fhj	fg hj	fhj	fhj	fhj				fhj			ac			cd		
Disagree (2.0)	243 12%	83 21%	33 17%	37 14%	35 10%	19 8%	13 7%	6 6%	18 7%	123 12%	37 6%	54 8%	113 13%	68 16%	67 17%	84 16%	75 10%	15 5%
		cdefghij	defghj	efghj	j					fhj			a	a	cd	cd	d	
Strongly disagree (1.0)	130 6%	83 21%	8 4%	11 4%	9 3%	7 3%	3 2%	1 1%	8 3%	34 3%	12 2%	18 3%	75 8%	33 8%	47 12%	39 7%	28 4%	13 4%
		bcdefghij											a	a	bcd	c		
Don't know	23 1%	9 2%	4 2%	1 *	1 *	3 1%	1 *	- -	5 2%	9 1%	6 1%	4 1%	8 1%	3 1%	7 2%	1 *	4 1%	1 *
		cdi	d												bc			
NET: Agree	1224 61%	134 34%	100 51%	162 60%	227 68%	162 67%	157 79%	73 78%	209 75%	650 63%	439 77%	464 71%	496 56%	252 61%	191 50%	281 53%	517 69%	227 74%
			a	a	abc	ab	abcdei	abcei	abci	ab	abcdei	bc					ab	ab
NET: Disagree	373 19%	166 42%	41 21%	48 18%	44 13%	26 11%	16 8%	6 7%	26 9%	158 15%	49 9%	72 11%	188 21%	101 24%	113 30%	123 23%	103 14%	28 9%
		bcdefghij	defghj	efghj	j					fhj			a	a	bcd	cd	d	
Base for stats	1984	387	190	267	333	238	199	93	276	1029	568	655	882	412	375	527	748	306
Mean Score	3.55	2.76	3.39	3.49	3.72	3.76	3.95	4.02	3.97	3.61	3.97	3.82	3.40	3.46	3.23	3.35	3.71	3.93
			a	a	abc	abci	abcdei	abcdei	abcdei	ab	abcdei	bc					ab	abc
Standard Deviation	1.118	1.233	1.035	1.002	.974	.976	.892	.890	1.006	1.003	.948	.988	1.131	1.188	1.253	1.116	1.008	1.030
Standard Error	.025	.062	.075	.061	.054	.064	.064	.092	.060	.031	.040	.039	.038	.058	.064	.049	.037	.059
Error variance	*	*	.01	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.2. I felt that I had the opportunity to be physically active: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	353 18%	199 20%	152 15%	112 18%	137 21%	105 14%	14 15%	37 14%	35 18%	37 18%	35 20%	37 17%	68 21%	58 18%	32 15%
		b		c	c								b		
Agree (4.0)	884 44%	434 44%	450 44%	254 42%	290 44%	340 46%	43 45%	108 41%	73 37%	94 45%	77 45%	98 44%	154 49%	145 44%	92 45%
													c		
Neither agree nor disagree (3.0)	388 19%	181 19%	202 20%	126 21%	123 19%	139 19%	18 19%	50 19%	52 26%	36 17%	29 17%	46 21%	55 17%	63 19%	39 19%
									deg						
Disagree (2.0)	225 11%	88 9%	135 13%	66 11%	66 10%	93 12%	16 16%	39 15%	24 12%	22 11%	21 12%	22 10%	20 6%	40 12%	21 10%
							g	g	g		g			g	
Strongly disagree (1.0)	130 6%	63 6%	67 7%	35 6%	36 5%	60 8%	4 4%	26 10%	10 5%	16 8%	9 5%	17 8%	16 5%	15 5%	18 9%
						b		agh							
Don't know	27 1%	12 1%	13 1%	14 2%	8 1%	5 1%	1 2%	4 1%	3 1%	4 2%	1 1%	2 1%	4 1%	4 1%	3 1%
				c											
NET: Agree	1238 62%	633 65%	601 59%	365 60%	427 65%	446 60%	58 60%	145 55%	108 55%	132 63%	112 65%	135 61%	222 70%	204 62%	124 61%
		b									b		abcfhi		
NET: Disagree	355 18%	152 15%	203 20%	101 17%	102 15%	153 21%	20 20%	65 25%	33 17%	38 18%	30 18%	39 18%	36 11%	55 17%	39 19%
			a			b	g	gh		g				g	g
Base for stats	1980	966	1006	592	651	737	95	260	193	206	171	220	312	322	202
Mean Score	3.56	3.64	3.48	3.58	3.65	3.46	3.51	3.35	3.51	3.56	3.63	3.53	3.76	3.59	3.49
		b			c						b		abcdfhi	b	
Standard Deviation	1.107	1.104	1.106	1.095	1.086	1.129	1.062	1.192	1.079	1.141	1.100	1.121	1.025	1.067	1.146
Standard Error	.025	.035	.035	.044	.044	.041	.094	.075	.078	.076	.084	.082	.060	.058	.083
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.2. I felt that I had the opportunity to be physically active: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	353 18%	50 28% bcdefgh	92 21% cefh	64 14%	45 20%	29 14%	74 15%	206 19%	147 16%	279 16%	8 17%	28 23%	25 32%	2 18%	2 24%	66 25% a
Agree (4.0)	884 44%	79 44%	218 49% efh	214 47% efh	108 47% ef	74 36%	192 39%	511 47% efh	373 40%	759 45%	22 47%	51 43%	31 39%	5 44%	5 49%	114 43%
Neither agree nor disagree (3.0)	388 19%	35 20%	72 16%	89 20%	42 18%	50 25% bg	99 20%	196 18%	192 21% b	327 19%	12 26%	24 20%	15 19%	2 19%	2 17%	54 20%
Disagree (2.0)	225 11%	9 5%	42 9%	56 12% a	20 9%	36 18% abdg	61 13% a	107 10% a	118 13% ag	201 12% g	5 10%	9 7% a	4 6% a	2 19%	-	20 8%
Strongly disagree (1.0)	130 6%	6 3%	23 5%	24 5%	12 5%	13 6%	52 11% abcdg	54 5% abcdg	77 8% abcg	119 7% g	-	6 5%	3 3%	-	1 10%	9 4%
Don't know	27 1%	1 1%	1 *	8 2% b	3 1%	2 1%	13 3% bg	10 1% bg	17 2% b	16 1%	-	2 1%	1 1%	-	-	3 1%
NET: Agree	1238 62%	129 72% cefh	310 69% cefh	278 61% ef	153 66% efh	102 50%	265 54%	717 66% efh	521 56%	1038 61%	30 64%	79 66%	56 71%	8 62%	7 73%	179 67% a
NET: Disagree	355 18%	15 8%	65 15% a	81 18% a	32 14%	49 24% abdg	113 23% abcdg	161 15% a	194 21% abdg	321 19% dg	5 10%	15 12%	7 9%	2 19%	1 10%	30 11%
Base for stats	1980	179	447	448	228	202	477	1074	907	1686	47	117	78	12	10	263
Mean Score	3.56	3.88 bcdefgh	3.70 cefh	3.53 ef	3.68 efh	3.34	3.37	3.66 cefh	3.44	3.52	3.71	3.73 a	3.93 a	3.60	3.77	3.78 a
Standard Deviation	1.107	.985	1.059	1.057	1.057	1.122	1.204	1.053	1.157	1.116	.884	1.061	1.025	1.033	1.181	1.021
Standard Error	.025	.074	.051	.050	.070	.079	.055	.032	.038	.027	.132	.098	.117	.287	.373	.063
Error variance	*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.08	.14	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.2. I felt that I had the opportunity to be physically active: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	353 18%	200 16%	63 17%	69 23% a	133 20%	21 23% i	27 23% ij	128 20% i	41 17%	17 29% dfghij	6 12%	21 16%	11 13%	21 12%	60 15%	49 23% hij
Agree (4.0)	884 44%	543 44%	171 47%	131 43%	302 45%	40 43%	43 37%	322 49% bdik	94 40%	28 46%	24 46%	53 42%	36 43%	64 36%	179 45% i	83 40%
Neither agree nor disagree (3.0)	388 19%	238 19%	75 21%	54 18%	129 19%	17 18%	32 27% cej	106 16%	58 25% ce	7 12%	12 23%	26 21%	17 19%	39 22%	74 18%	49 23% c
Disagree (2.0)	225 11%	157 13% bd	27 7%	30 10%	57 9%	9 9%	10 9%	57 9%	27 11%	7 12%	5 11%	15 12%	13 15% c	28 16% ck	53 13% c	19 9%
Strongly disagree (1.0)	130 6%	77 6%	25 7%	20 7%	45 7%	5 5%	4 4%	35 5%	15 6%	1 1%	4 8%	12 9% e	4 4%	19 11% bcek	33 8%	9 4%
Don't know	27 1%	17 1% d	1 *	- -	1 *	1 1%	2 1%	6 1%	2 1%	- -	- -	1 1% cdgj	4 5% cdj	7 4% cdj	3 1%	3 1%
NET: Agree	1238 62%	743 60%	234 65%	201 66% a	435 65%	61 66% i	70 60% i	450 69% dghij	135 57%	45 75% bdghij	30 58%	74 58%	48 56%	86 48%	239 59% i	132 63% i
NET: Disagree	355 18%	234 19%	52 14%	50 16%	102 15%	13 14%	14 12%	92 14%	41 17%	8 13%	10 19%	27 21% c	17 20%	48 27% abcdek	86 21% bck	28 13%
Base for stats	1980	1215	361	305	665	92	116	648	234	60	51	127	81	173	399	208
Mean Score	3.56	3.52	3.61	3.66	3.63	3.71 i	3.68 i	3.70 dgij	3.51 i	3.89 dfghij	3.43	3.44	3.47	3.23	3.45 i	3.69 gij
Standard Deviation	1.107	1.104	1.074	1.129	1.099	1.089	1.040	1.051	1.098	1.002	1.096	1.173	1.067	1.197	1.144	1.059
Standard Error	.025	.030	.063	.072	.047	.116	.098	.041	.073	.130	.152	.103	.113	.090	.057	.075
Error variance	*	*	*	.01	*	.01	.01	*	.01	.02	.02	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.2. I felt that I had the opportunity to be physically active: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	353 18%	90 18%	77 21%	30 19%	12 26%	106 21%	102 19%	114 20%	59 22%	30 17%	5 17%	89 20%	119 20%	53 17%	192 17%	97 20%	10 13%	300 18%	
Agree (4.0)	884 44%	242 49%	164 45%	69 45%	14 29%	233 45%	256 48%	272 47%	130 49%	74 42%	12 39%	205 46%	284 46%	129 40%	504 45%	215 44%	36 45%	755 45%	
Neither agree nor disagree (3.0)	388 19%	90 18%	52 14%	35 23%	12 26%	88 17%	102 19%	99 17%	42 16%	43 24%	7 22%	85 19%	106 17%	65 20%	219 20%	87 18%	16 21%	323 19%	
Disagree (2.0)	225 11%	36 7%	48 13%	10 6%	7 14%	58 11%	42 8%	57 10%	21 8%	17 10%	5 15%	38 9%	61 10%	38 12%	134 12%	45 9%	8 10%	187 11%	
Strongly disagree (1.0)	130 6%	29 6%	17 5%	6 4%	2 4%	24 5%	31 6%	35 6%	12 5%	8 5%	2 5%	20 5%	36 6%	31 9%	60 5%	33 7%	6 8%	100 6%	
Don't know	27 1%	4 1%	4 1%	2 1%	- -	5 1%	4 1%	4 1%	2 1%	2 1%	1 2%	5 1%	4 1%	7 2%	11 1%	6 1%	3 3%	19 1%	
NET: Agree	1238 62%	332 68%	241 66%	98 65%	26 56%	339 66%	358 67%	385 67%	189 71%	105 60%	17 55%	293 66%	403 66%	182 57%	696 62%	313 64%	46 58%	1055 63%	
NET: Disagree	355 18%	65 13%	66 18%	16 11%	9 18%	82 16%	73 14%	92 16%	33 12%	26 15%	6 20%	58 13%	98 16%	68 21%	194 17%	79 16%	14 18%	287 17%	
Base for stats	1980	486	359	150	47	508	533	576	264	173	30	437	606	315	1110	479	77	1665	
Mean Score	3.56	3.67	3.65	3.70	3.59	3.67	3.67	3.65	3.77	3.58	3.48	3.69	3.64	3.43	3.57	3.62	3.47	3.58	
Standard Deviation	1.107	1.047	1.103	.996	1.158	1.072	1.056	1.089	1.029	1.043	1.126	1.037	1.090	1.188	1.077	1.119	1.109	1.090	
Standard Error	.025	.048	.059	.082	.169	.048	.046	.045	.065	.080	.199	.051	.044	.064	.032	.053	.128	.027	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.04	*	*	*	*	*	.02	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.2. I felt that I had the opportunity to be physically active: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	353 18%	74 19%	217 17%	48 18% b	46 12%	19 18%	248 19% be	98 15%	12 14%	283 18%	71 18%	316 19% b	30 10%
Agree (4.0)	884 44%	160 41%	576 46%	91 34%	125 33%	42 40%	628 49% abef	230 35%	24 30%	701 44%	183 46%	767 46% b	113 38%
Neither agree nor disagree (3.0)	388 19%	92 24% b	215 17%	55 21%	80 22%	24 22%	224 17%	142 22% d	14 17%	307 19%	80 20%	301 18%	77 26% a
Disagree (2.0)	225 11%	32 8%	153 12% a	49 18% cd	75 20% cd	8 7%	113 9%	109 17% cd	22 28% cde	192 12% b	33 8%	188 11%	36 12%
Strongly disagree (1.0)	130 6%	26 7%	74 6%	25 9% d	42 11% d	11 10% d	57 4%	66 10% d	9 11% d	107 7%	24 6%	95 6%	34 11% a
Don't know	27 1%	6 1%	6 *	1 *	5 1%	3 2%	13 1%	8 1%	- -	18 1%	8 2%	14 1%	7 2% a
NET: Agree	1238 62%	235 60%	794 64%	139 52%	171 46%	62 58% b	876 68% abcef	328 50%	35 44%	984 61%	254 64%	1083 64% b	143 48%
NET: Disagree	355 18%	58 15%	227 18%	74 27% cd	117 31% cd	19 17%	170 13%	175 27% cd	31 38% cde	299 19% b	56 14%	283 17%	69 23% a
Base for stats	1980	385	1235	268	368	104	1269	645	80	1590	390	1668	289
Mean Score	3.56	3.59	3.58	3.33	3.15	3.50 bf	3.71 abef	3.29	3.09	3.54	3.63	3.61 b	3.24
Standard Deviation	1.107	1.096	1.097	1.227	1.217	1.182	1.023	1.210	1.263	1.118	1.064	1.089	1.158
Standard Error	.025	.058	.031	.075	.063	.116	.029	.048	.141	.028	.054	.027	.067
Error variance	*	*	*	.01	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.2. I felt that I had the opportunity to be physically active: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	353 18%	31 8%	24 12%	29 11%	59 18%	44 18%	48 24%	29 31%	90 32%	156 15%	166 29%	160 24%	119 13%	68 16%	51 13%	63 12%	143 19%	93 30%
				ac	ac	abci	abcdei	abcdei	abcdei	a	abcdei	bc					ab	abc
Agree (4.0)	884 44%	104 26%	77 40%	143 54%	172 52%	116 48%	101 51%	42 45%	128 46%	509 49%	272 47%	326 50%	377 42%	172 41%	147 38%	230 43%	367 49%	133 43%
			a	ab	ab	a	ab	a	a	ab	a	bc					a	
Neither agree nor disagree (3.0)	388 19%	97 24%	51 26%	51 19%	63 19%	46 19%	28 14%	14 15%	38 13%	211 20%	79 14%	93 14%	225 25%	60 14%	76 20%	116 22%	129 17%	54 18%
		fg hj	fg hj	j	j					fh j			ac			c		
Disagree (2.0)	225 11%	85 21%	28 15%	30 11%	23 7%	21 9%	18 9%	7 8%	12 4%	102 10%	38 7%	50 8%	107 12%	64 15%	56 15%	77 15%	78 10%	13 4%
		bcdefghij	dh j	h j		h	h			h j			a	a	cd	cd	d	
Strongly disagree (1.0)	130 6%	67 17%	13 6%	12 4%	15 4%	11 5%	3 2%	1 1%	8 3%	50 5%	13 2%	28 4%	54 6%	43 10%	47 12%	38 7%	31 4%	12 4%
		bcdefghij	fg j							f j			ab	ab	bcd	c		
Don't know	27 1%	12 3%	2 1%	2 1%	2 1%	3 1%	1 *	- -	5 2%	9 1%	6 1%	2 *	8 1%	8 2%	5 1%	4 1%	3 *	3 1%
		cd f j										a						
NET: Agree	1238 62%	135 34%	101 52%	173 64%	231 69%	160 66%	149 75%	71 76%	217 78%	665 64%	438 76%	486 74%	496 56%	240 58%	198 52%	293 55%	510 68%	226 74%
			a	ab	ab	ab	abci	abci	abcdei	ab	abcdei	bc					ab	ab
NET: Disagree	355 18%	152 38%	41 21%	42 16%	38 11%	32 13%	22 11%	9 9%	20 7%	153 15%	51 9%	78 12%	161 18%	107 26%	103 27%	115 22%	109 14%	25 8%
		bcdefghij	defghij	h j		h				h j			a	ab	cd	cd	d	
Base for stats	1980	384	193	266	332	238	199	93	276	1029	568	656	882	407	376	524	748	305
Mean Score	3.56	2.86	3.37	3.56	3.71	3.68	3.87	3.97	4.01	3.60	3.95	3.82	3.45	3.39	3.26	3.39	3.69	3.93
			a	a	ab	ab	abcei	abcdei	abcdei	ab	abcdei	bc					ab	abc
Standard Deviation	1.107	1.225	1.084	.980	.984	1.027	.941	.942	.956	1.018	.949	1.021	1.062	1.235	1.230	1.098	1.028	1.003
Standard Error	.025	.062	.078	.060	.055	.068	.067	.097	.057	.032	.040	.040	.036	.061	.063	.048	.038	.058
Error variance	*	*	.01	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.3. I found exercise enjoyable and satisfying: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	348 17%	198 20% b	149 15%	111 18%	129 20% c	109 15%	17 18%	39 15%	29 15%	33 16%	30 17%	39 18%	68 22% b	56 17%	36 17%
Agree (4.0)	718 36%	367 37%	347 34%	225 37%	249 38%	244 33%	38 39%	94 35%	72 37%	79 38%	53 31%	71 32%	127 40% e	114 35%	69 34%
Neither agree nor disagree (3.0)	486 24%	233 24%	253 25%	145 24%	155 24%	186 25%	25 26%	58 22%	47 24%	48 23%	45 26%	53 24%	69 22%	85 26%	55 27%
Disagree (2.0)	271 13%	104 11%	167 16% a	82 14%	80 12%	108 15%	14 15%	43 16% g	21 11%	27 13%	21 12%	37 17% g	32 10%	50 15%	25 12%
Strongly disagree (1.0)	151 8%	63 6%	87 9%	28 5%	36 6%	87 12% ab	2 2%	23 9% ag	24 12% agh	17 8% a	19 11% agh	17 8% a	14 4%	18 5%	18 9% a
Don't know	33 2%	14 1%	16 2%	16 3% c	10 1%	8 1%	1 1%	6 2%	3 1%	6 3%	4 2%	3 2%	5 2%	3 1%	2 1%
NET: Agree	1066 53%	565 58% b	496 49%	336 55% c	378 57% c	353 48%	55 57%	133 50%	101 52%	113 54%	83 48%	110 50%	196 62% bcefhi	170 52%	105 51%
NET: Disagree	422 21%	167 17%	254 25% a	110 18%	117 18%	195 26% ab	16 16%	66 25% g	45 23% g	43 21%	40 23% g	54 25% g	46 15%	67 21% g	43 21%
Base for stats	1974	964	1003	591	649	734	96	257	193	204	168	218	311	323	203
Mean Score	3.43	3.55 b	3.30	3.52 c	3.54 c	3.24	3.57 b	3.32	3.32	3.42	3.31	3.36	3.65 bcdefhi	3.44	3.39
Standard Deviation	1.154	1.125	1.168	1.089	1.109	1.219	1.006	1.183	1.221	1.151	1.233	1.186	1.070	1.111	1.171
Standard Error	.026	.036	.037	.044	.045	.045	.089	.074	.088	.077	.095	.087	.063	.060	.085
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.3. I found exercise enjoyable and satisfying: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Social Grade							Ethnicity								
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264	
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	348 17%	48 27% cefg	95 21% cefh	65 14% f	46 20% f	30 14% f	64 13% cfh	208 19% cfh	140 15% cfh	287 17% a	9 19% a	31 26% a	12 15% a	2 18% a	1 13% a	55 21% a	
Agree (4.0)	718 36%	75 41% fh	184 41% cefh	156 34% fh	94 41% fh	65 32% fh	144 29% fh	415 38% fh	303 33% fh	595 35% a	24 52% a	45 38% a	32 41% a	7 54% a	5 51% a	113 42% a	
Neither agree nor disagree (3.0)	486 24%	36 20%	92 21%	122 27% b	46 20% b	53 26% b	137 28% abd	250 23% bdg	236 26% b	419 25% a	8 17% a	24 21% a	19 24% a	4 29% a	3 27% a	57 22% a	
Disagree (2.0)	271 13%	15 9%	55 12%	75 17% a	25 11% a	38 19% abd	62 13% bdg	145 13% bdg	125 14% bdg	241 14% a	4 8% a	12 11% a	12 15% a	- - a	- - a	28 11% a	
Strongly disagree (1.0)	151 8%	5 3%	19 4%	24 5% a	16 7% a	16 8% ab	71 15% ab	47 4% abc	104 11% abcd	141 8% cg	1 2% cg	3 3% cg	3 4% cg	- - cg	- - cg	8 3% cg	
Don't know	33 2%	2 1%	3 1%	13 3% b	3 1% b	1 * b	12 2% b	18 2% b	16 2% b	19 1% b	1 2% b	3 2% b	1 1% b	- - b	1 9% b	5 2% b	
NET: Agree	1066 53%	123 68% cefg	279 62% cefh	221 49% f	140 61% cefh	95 46% f	208 42% f	623 58% cefh	443 48% f	882 52% a	33 71% a	75 64% a	44 56% a	9 71% a	6 64% a	167 63% a	
NET: Disagree	422 21%	20 11%	73 16%	99 22% ab	41 18% ab	55 27% abd	133 27% abd	193 18% a	229 25% abd	383 22% cg	5 10% cg	16 13% cg	15 19% cg	- - cg	- - cg	36 13% cg	
Base for stats	1974	178	445	443	227	203	478	1066	908	1683	46	116	78	12	9	260	
Mean Score	3.43	3.82 cdefgh	3.63 cefh	3.37 f	3.57 cefh	3.26 f	3.14 cefh	3.55 cefh	3.27 cefh	3.38 a	3.78 a	3.75 a	3.48 a	3.89 a	3.85 a	3.69 a	
Standard Deviation	1.154	1.012	1.076	1.093	1.142	1.164	1.243	1.085	1.213	1.170	.933	1.056	1.063	.700	.685	1.016	
Standard Error	.026	.076	.051	.052	.076	.082	.056	.033	.040	.029	.141	.099	.121	.194	.228	.063	
Error variance	*	.01	*	*	.01	.01	*	*	*	*	.02	.01	.01	.04	.05	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.3. I found exercise enjoyable and satisfying: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	348 17%	199 16%	66 18%	63 21%	130 19%	21 22%	30 26%	132 20%	39 16%	15 25%	8 15%	13 10%	13 15%	18 10%	60 15%	51 24%
						gi	dgij	gij		gij						dgij
Agree (4.0)	718 36%	413 34%	151 42%	118 39%	270 40%	35 38%	50 42%	265 41%	76 32%	19 32%	19 36%	54 42%	31 37%	48 27%	121 30%	85 40%
			a	a	a		ij	dij				ij				ij
Neither agree nor disagree (3.0)	486 24%	320 26%	85 24%	59 19%	144 22%	15 17%	22 19%	143 22%	68 29%	11 18%	18 36%	35 27%	21 25%	44 24%	109 27%	38 18%
		c						abck			abcek	k			ak	
Disagree (2.0)	271 13%	172 14%	33 9%	49 16%	82 12%	15 16%	13 11%	78 12%	34 14%	9 16%	4 7%	17 14%	11 13%	29 16%	61 15%	28 13%
		b		b												
Strongly disagree (1.0)	151 8%	106 9%	24 7%	15 5%	39 6%	4 5%	3 2%	29 4%	17 7%	5 8%	3 5%	9 7%	4 5%	33 18%	45 11%	7 3%
		cd												abcdghijk	bck	
Don't know	33 2%	23 2%	3 1%	- -	3 *	2 2%	- -	7 1%	3 1%	1 2%	- -	1 1%	5 6%	8 4%	7 2%	2 1%
		cd											bcdgjk	bcdk		
NET: Agree	1066 53%	612 50%	218 60%	182 60%	399 60%	56 60%	80 68%	397 61%	114 49%	34 57%	26 52%	66 52%	44 52%	66 37%	181 45%	136 65%
		a	a	a	a	ij	dghij	dij	i	i	i	i	i	i		dghij
NET: Disagree	422 21%	278 23%	57 16%	64 21%	120 18%	20 21%	16 13%	107 16%	50 21%	14 23%	6 12%	26 21%	15 18%	62 35%	106 26%	35 17%
		bd												abcdghijk	bcfk	
Base for stats	1974	1209	359	305	664	91	118	647	233	59	51	127	80	172	396	209
Mean Score	3.43	3.35	3.57	3.55	3.56	3.58	3.78	3.61	3.37	3.52	3.49	3.34	3.47	2.93	3.23	3.69
		a	a	a	a	ij	dghij	dgij	i	i	i	i	i	i	i	dgij
Standard Deviation	1.154	1.170	1.094	1.132	1.111	1.151	1.028	1.074	1.134	1.254	1.020	1.065	1.074	1.281	1.214	1.085
Standard Error	.026	.032	.064	.072	.048	.123	.096	.042	.076	.165	.141	.093	.114	.097	.061	.076

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.3. I found exercise enjoyable and satisfying: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	*	*	.01	*	.02	.01	*	.01	.03	.02	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.3. I found exercise enjoyable and satisfying: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	348 17%	108 22%	68 19%	29 19%	12 25%	97 19%	120 22%	128 22%	57 21%	26 15%	3 8%	83 19%	131 21%	50 15%	197 18%	92 19%	10 12%	298 18%	
Agree (4.0)	718 36%	176 36%	148 41%	60 39%	15 31%	208 40%	190 35%	213 37%	114 43%	58 33%	11 36%	172 39%	224 37%	89 28%	410 37%	189 39%	29 37%	629 37%	
Neither agree nor disagree (3.0)	486 24%	120 25%	76 21%	39 25%	12 25%	114 22%	132 25%	131 23%	53 20%	56 32%	8 25%	110 25%	139 23%	97 30%	267 24%	96 20%	25 32%	389 23%	
Disagree (2.0)	271 13%	57 12%	49 13%	20 13%	3 7%	68 13%	60 11%	69 12%	31 12%	24 14%	4 13%	55 12%	73 12%	42 13%	145 13%	75 15%	9 12%	229 14%	
Strongly disagree (1.0)	151 8%	27 6%	17 5%	4 3%	3 7%	21 4%	31 6%	35 6%	9 3%	8 5%	3 10%	17 4%	38 6%	35 11%	85 8%	26 5%	4 6%	116 7%	
Don't know	33 2%	2 *	5 1%	1 1%	2 4%	6 1%	4 1%	4 1%	2 1%	3 2%	2 7%	5 1%	6 1%	8 3%	16 1%	8 2%	2 2%	25 1%	
NET: Agree	1066 53%	283 58%	216 60%	89 58%	27 57%	304 59%	310 58%	341 59%	171 64%	84 48%	14 44%	255 58%	355 58%	139 43%	607 54%	281 58%	39 49%	927 55%	
NET: Disagree	422 21%	84 17%	66 18%	24 16%	7 14%	89 17%	91 17%	103 18%	40 15%	32 18%	7 24%	72 16%	110 18%	78 24%	230 21%	101 21%	14 17%	344 20%	
Base for stats	1974	488	357	151	45	508	533	575	265	172	29	437	604	314	1105	477	78	1660	
Mean Score	3.43	3.57	3.56	3.60	3.64	3.57	3.58	3.58	3.68	3.41	3.20	3.57	3.56	3.24	3.44	3.51	3.39	3.46	
Standard Deviation	1.154	1.122	1.089	1.026	1.171	1.070	1.125	1.136	1.043	1.052	1.150	1.054	1.139	1.204	1.153	1.130	1.035	1.141	
Standard Error	.026	.051	.058	.084	.175	.048	.049	.047	.066	.081	.207	.051	.046	.065	.035	.054	.119	.028	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.04	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.3. I found exercise enjoyable and satisfying: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	348 17%	72 18%	220 18%	47 18% b	43 12%	19 18%	244 19% be	97 15%	9 11%	282 18%	65 16%	313 19% b	32 11%
Agree (4.0)	718 36%	160 41%	453 36%	82 31%	110 29%	41 39%	491 38% abe	205 31%	23 28%	586 36%	132 33%	618 37%	96 32%
Neither agree nor disagree (3.0)	486 24%	83 21%	287 23%	55 20%	96 26%	21 20%	309 24%	154 24%	18 22%	381 24%	106 27%	382 23%	93 32% a
Disagree (2.0)	271 13%	50 13%	176 14%	43 16%	66 18% d	12 12%	160 12%	106 16% d	16 19%	213 13%	58 15%	227 13%	42 14%
Strongly disagree (1.0)	151 8%	18 5%	95 8% a	38 14% d	53 14% d	9 8%	60 5%	83 13% d	14 17% d	123 8%	28 7%	122 7%	26 9%
Don't know	33 2%	7 2%	11 1%	3 1%	5 1%	3 3%	18 1%	9 1%	1 1%	24 1%	9 2%	20 1%	7 2%
NET: Agree	1066 53%	232 59%	673 54%	130 48%	153 41%	60 57% bef	735 57% abef	302 46%	32 40%	868 54%	198 50%	931 55% b	128 43%
NET: Disagree	422 21%	69 18%	271 22%	82 30% cd	120 32% cd	21 20%	220 17%	189 29% d	29 37% cd	336 21%	86 22%	349 21%	68 23%
Base for stats	1974	384	1231	266	368	103	1264	645	79	1584	389	1662	289
Mean Score	3.43	3.57 b	3.43	3.22	3.06	3.47 bef	3.55 abef	3.20	2.97	3.44	3.38	3.47 b	3.23
Standard Deviation	1.154	1.082	1.163	1.311	1.236	1.183	1.083	1.250	1.287	1.157	1.142	1.157	1.112
Standard Error	.026	.057	.033	.080	.064	.117	.031	.049	.145	.029	.058	.029	.065
Error variance	*	*	*	.01	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.3. I found exercise enjoyable and satisfying: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	348 17%	15 4%	15 8%	33 12%	59 18%	47 19%	56 28%	29 31%	92 33%	154 15%	178 31%	155 24%	122 14%	67 16%	46 12%	68 13%	143 19%	89 29%
		a	a	ab	abc	abcdei	abcdei	abcdei	abcdei	ab	abcdei	bc					ab	abc
Agree (4.0)	718 36%	44 11%	58 30%	110 41%	146 44%	105 44%	93 46%	46 49%	117 42%	419 40%	255 44%	280 43%	281 32%	149 36%	106 28%	178 34%	309 41%	118 39%
		a	a	ab	ab	ab	ab	ab	ab	ab	ab	bc					ab	a
Neither agree nor disagree (3.0)	486 24%	122 31%	69 35%	76 28%	74 22%	60 25%	30 15%	13 13%	42 15%	279 27%	85 15%	126 19%	254 29%	90 22%	98 26%	153 29%	166 22%	54 18%
		dfghj	defghij	fghj	hj	fghj				fghj			ac		d	cd		
Disagree (2.0)	271 13%	106 27%	34 18%	36 13%	36 11%	20 8%	15 8%	4 4%	19 7%	126 12%	39 7%	73 11%	127 14%	67 16%	74 20%	82 15%	89 12%	24 8%
		bcdefghij	defghij	ghj	gi					ghj			a		cd	d		
Strongly disagree (1.0)	151 8%	92 23%	16 8%	12 5%	14 4%	9 4%	4 2%	2 2%	3 1%	50 5%	9 2%	18 3%	94 11%	35 9%	50 13%	42 8%	36 5%	20 6%
		bcdefghij	efghj	hj	hj	h				hj			a	a	bcd	c		
Don't know	33 2%	16 4%	3 1%	1 *	5 1%	1 *	1 *	- -	7 2%	9 1%	8 1%	6 1%	11 1%	7 2%	7 2%	5 1%	8 1%	2 1%
		cdefgij							ci									
NET: Agree	1066 53%	59 15%	73 38%	143 54%	205 61%	152 63%	149 75%	75 80%	209 75%	573 55%	433 76%	435 66%	403 45%	216 52%	152 40%	246 47%	452 60%	208 68%
		a	a	ab	ab	abci	abcdei	abcdei	abcdei	ab	abcdei	bc		b		a	ab	abc
NET: Disagree	422 21%	198 50%	50 26%	48 18%	50 15%	28 12%	19 10%	6 6%	22 8%	176 17%	47 8%	91 14%	221 25%	102 25%	125 33%	124 23%	125 17%	44 14%
		bcdefghij	cdefghij	fghj	ghj					efghj			a	a	bcd	cd		
Base for stats	1974	380	192	267	329	241	199	93	273	1028	566	652	878	408	375	523	744	306
Mean Score	3.43	2.43	3.12	3.44	3.61	3.67	3.92	4.03	4.01	3.49	3.98	3.74	3.24	3.36	3.06	3.28	3.58	3.76
		a	a	ab	abc	abci	abcdei	abcdei	abcdei	ab	abcdei	bc		3.36		a	ab	abc
Standard Deviation	1.154	1.098	1.057	1.018	1.036	.997	.961	.900	.933	1.043	.938	1.031	1.181	1.187	1.230	1.122	1.077	1.148
Standard Error	.026	.056	.076	.062	.058	.065	.069	.093	.056	.033	.039	.041	.040	.058	.063	.049	.040	.066
Error variance	*	*	.01	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.4. It was important to me to exercise regularly: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	405 20%	214 22%	189 19%	137 23% c	137 21%	131 18%	17 18%	41 15%	42 22%	41 19%	30 18%	40 18%	74 23% b	78 24% b	42 21%
Agree (4.0)	823 41%	425 43% b	396 39%	246 41%	270 41%	307 41%	33 34%	111 42%	79 40%	95 45% a	65 38%	87 39%	147 47% ah	126 38%	80 39%
Neither agree nor disagree (3.0)	446 22%	195 20%	246 24% a	129 21%	152 23%	165 22%	27 28% dg	54 21%	44 22%	36 17%	44 26% d	55 25%	57 18%	81 25% dg	47 23%
Disagree (2.0)	200 10%	81 8%	119 12% a	57 9%	64 10%	78 11%	15 15% cgh	38 14% cgh	16 8%	20 10%	23 13% h	21 10%	25 8%	25 8%	17 8%
Strongly disagree (1.0)	113 6%	52 5%	61 6%	24 4%	30 5%	59 8% ab	2 2%	18 7% g	12 6%	16 8% ag	9 5%	17 8% ag	9 3%	14 4%	16 8% ag
Don't know	21 1%	11 1%	8 1%	13 2% c	7 1% c	2 *	2 2%	2 1%	3 1%	2 1%	2 1%	2 1%	4 1%	3 1%	2 1%
NET: Agree	1228 61%	639 65% b	585 57%	383 63%	407 62%	438 59%	50 52%	152 58%	121 62%	136 65% a	95 55%	127 57%	221 70% abefhi	204 62% a	122 60%
NET: Disagree	312 16%	133 14%	180 18% a	81 13%	94 14%	137 19% ab	17 18%	55 21% gh	28 14%	36 17% g	31 18% gh	38 17% g	34 11%	38 12%	33 16%
Base for stats	1986	967	1011	593	652	740	95	261	193	208	170	220	313	323	203
Mean Score	3.61	3.69 b	3.53	3.70 c	3.64 c	3.50	3.51	3.46	3.64	3.60	3.50	3.51	3.80 abdefi	3.71 bef	3.56
Standard Deviation	1.090	1.071	1.105	1.054	1.058	1.138	1.037	1.121	1.105	1.137	1.087	1.128	.988	1.048	1.146
Standard Error	.024	.034	.035	.043	.042	.042	.092	.070	.080	.076	.083	.083	.057	.057	.083
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

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Q8A.4. It was important to me to exercise regularly: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	405 20%	58 32% bcdefgh	101 23% efh	83 18%	53 23% ef	29 14%	81 17%	242 22% efh	163 18%	339 20%	7 14%	30 25%	17 22%	2 18%	2 24%	58 22%
Agree (4.0)	823 41%	77 43%	215 48% cfgh	166 36%	100 43%	83 41%	182 37%	459 42% cf	364 39%	693 41%	20 44%	54 46%	38 48%	6 53%	3 28%	122 46%
Neither agree nor disagree (3.0)	446 22%	30 17%	80 18%	114 25% ab	46 20%	53 26% ab	123 25% abg	224 21% ab	222 24% ab	392 23% cdg	12 26% d	16 14%	9 11%	1 7%	4 39%	41 16%
Disagree (2.0)	200 10%	11 6%	36 8%	64 14% abdfgh	18 8%	27 13% ab	44 9%	111 10%	88 10%	168 10%	5 11%	12 11%	11 14%	1 11%	1 9%	31 11%
Strongly disagree (1.0)	113 6%	3 2%	12 3%	21 5%	13 6%	11 5%	52 11% abcdeg	36 3% abcg	76 8%	105 6% g	1 3%	3 2% a	2 2% a	1 6% a	- - -	6 2%
Don't know	21 1%	1 1%	3 1%	8 2%	1 *	1 *	7 2%	12 1%	9 1%	6 *	1 3% a	3 3% a	2 3% a	1 6% a	- -	7 3% a
NET: Agree	1228 61%	135 75% cefg	316 71% cefg	249 55%	153 66% cefh	112 55%	263 54%	700 65% cefh	528 57%	1031 61%	27 58%	84 71% a	55 70%	9 71% a	5 51%	180 68% a
NET: Disagree	312 16%	14 8%	48 11%	85 19% abg	31 13%	38 19% ab	96 20% abdg	148 14% a	165 18% abg	273 16%	6 13%	15 13%	13 16%	2 16% a	1 9%	37 14%
Base for stats	1986	179	444	448	229	203	482	1072	914	1696	45	115	77	12	10	259
Mean Score	3.61	3.97 bcdefgh	3.80 cefh	3.50	3.71 cefh	3.46	3.41	3.71 cefh	3.49	3.58	3.58	3.83 a	3.76	3.70	3.65	3.75 a
Standard Deviation	1.090	.953	.970	1.090	1.080	1.066	1.189	1.034	1.142	1.101	.978	1.008	1.038	1.133	.992	1.013
Standard Error	.024	.072	.046	.051	.072	.075	.054	.032	.038	.027	.147	.094	.119	.327	.314	.063
Error variance	*	.01	*	*	.01	.01	*	*	*	*	.02	.01	.01	.11	.10	*

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Q8A.4. It was important to me to exercise regularly: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Children aged 15 or under in the household					Current employment status										
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	405 20%	229 19%	80 22%	75 25%	155 23%	22 24%	30 26%	153 23%	37 16%	13 21%	9 17%	22 17%	19 22%	22 12%	78 19%	52 25%
				a	a	i	di	di					i		i	di
Agree (4.0)	823 41%	496 40%	155 43%	132 43%	288 43%	41 44%	55 47%	288 44%	99 42%	26 43%	19 38%	49 38%	30 36%	57 32%	158 39%	96 46%
				a	a	i	i	i	i							i
Neither agree nor disagree (3.0)	446 22%	293 24%	71 20%	59 19%	130 20%	15 16%	27 23%	123 19%	60 26%	9 15%	14 27%	34 27%	20 24%	53 30%	90 22%	42 20%
			d						c					acek		
Disagree (2.0)	200 10%	125 10%	37 10%	27 9%	63 9%	10 11%	3 3%	64 10%	24 10%	4 6%	7 14%	13 10%	12 14%	17 9%	46 12%	13 6%
						b		b	b				bk	b	bk	
Strongly disagree (1.0)	113 6%	80 6%	19 5%	10 3%	29 4%	4 4%	2 2%	23 3%	13 5%	7 12%	2 4%	9 7%	1 1%	24 13%	29 7%	6 3%
										bchk		h		abcdhjk	bchk	
Don't know	21 1%	10 1%	-	1 *	1 *	1 1%	-	3 1%	3 1%	2 3%	-	1 1%	3 4%	6 4%	2 *	1 *
												bcjk	bcjk			
NET: Agree	1228 61%	724 59%	235 65%	207 68%	443 66%	63 68%	86 73%	441 67%	136 58%	38 64%	28 55%	71 56%	49 58%	79 44%	235 58%	149 71%
			a	a	a	i	defghij	dgij	i	i		i	i	i	i	dfghij
NET: Disagree	312 16%	205 17%	55 15%	37 12%	92 14%	13 15%	5 5%	87 13%	37 16%	11 18%	9 18%	21 17%	13 15%	41 23%	76 19%	19 9%
						b		b	bk	b	b	bk	b	bck	bck	
Base for stats	1986	1222	362	303	665	92	118	651	233	58	51	127	82	174	401	210
Mean Score	3.61	3.55	3.67	3.78	3.72	3.74	3.92	3.75	3.53	3.58	3.51	3.50	3.67	3.21	3.52	3.84
				a	a	i	defgij	dgij	i			i	i	i	i	dfgij
Standard Deviation	1.090	1.104	1.086	1.025	1.060	1.069	.866	1.033	1.052	1.247	1.056	1.102	1.024	1.209	1.144	.962
Standard Error	.024	.030	.063	.065	.046	.114	.081	.041	.070	.165	.146	.096	.108	.091	.057	.068
Error variance	*	*	*	*	*	.01	.01	*	*	.03	.02	.01	.01	.01	*	*

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Q8A.4. It was important to me to exercise regularly: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	405 20%	95 19%	93 26% af	35 23%	11 24%	128 25% af	106 20%	119 21%	78 29% acf	31 18%	4 13%	109 25%	123 20%	63 19%	227 20%	105 22%	11 13%	342 20%	
Agree (4.0)	823 41%	228 47%	158 44%	58 38%	18 37%	216 42%	246 46%	269 46% ce	120 45% c	57 33%	11 37%	177 40%	281 46% c	116 36%	469 42% a	206 42%	32 41%	707 42% a	
Neither agree nor disagree (3.0)	446 22%	99 20%	70 19%	33 22%	10 21%	103 20%	109 20%	112 19%	40 15%	53 31% abef	10 31% b	94 21% b	122 20%	73 23%	253 23%	103 21%	17 21%	373 22%	
Disagree (2.0)	200 10%	45 9%	30 8%	15 10%	6 12%	45 9%	50 9%	55 9%	17 6%	22 12% b	3 8%	39 9%	57 9%	37 11%	111 10%	42 9%	10 13%	163 10%	
Strongly disagree (1.0)	113 6%	21 4%	8 2%	9 6% b	2 5%	18 3%	24 4%	22 4%	9 3%	10 6%	2 8%	19 4%	25 4%	29 9% bce	53 5%	24 5%	6 7%	83 5%	
Don't know	21 1%	2 *	2 1%	2 2%	1 2%	4 1%	3 *	3 *	3 1%	2 1%	1 3%	4 1%	4 1%	5 1%	7 1%	5 1%	4 5% bce	16 1%	
NET: Agree	1228 61%	323 66%	252 69%	92 61%	29 61%	344 67%	352 66%	388 67% cd	198 74% acdef	88 51%	16 50%	286 65% c	404 66% c	178 55%	697 62% a	310 64% a	43 54%	1050 62% a	
NET: Disagree	312 16%	66 14%	38 11%	25 16%	8 17%	63 12%	74 14%	77 13%	26 10%	31 18% b	5 16%	58 13%	82 13%	66 21% bce	164 15%	66 14%	16 20%	246 15%	
Base for stats	1986	488	360	149	46	510	534	577	264	173	30	437	607	318	1113	479	76	1668	
Mean Score	3.61	3.68	3.83 acf	3.62	3.65	3.77	3.67	3.71 c	3.91 acdef	3.45	3.40	3.73 c	3.69 c	3.46	3.63 a	3.68 a	3.42	3.64 a	
Standard Deviation	1.090	1.028	.985	1.131	1.123	1.033	1.035	1.020	1.008	1.097	1.099	1.067	1.025	1.198	1.062	1.065	1.125	1.066	
Standard Error	.024	.047	.052	.093	.166	.046	.045	.043	.064	.084	.194	.052	.042	.065	.032	.050	.132	.026	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.04	*	*	*	*	*	.02	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.4. It was important to me to exercise regularly: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	405 20%	87 22%	245 20%	62 23% b	62 17%	20 19%	273 21% b	122 19%	16 20%	333 21%	72 18%	355 21% b	44 15%
Agree (4.0)	823 41%	173 44%	518 42%	85 32%	125 34%	42 39%	574 45% abef	226 35%	22 28%	663 41%	160 40%	714 42% b	103 35%
Neither agree nor disagree (3.0)	446 22%	79 20%	280 23%	62 23%	92 25%	26 24%	270 21%	156 24%	21 26%	352 22%	93 23%	356 21%	80 27% a
Disagree (2.0)	200 10%	25 6%	136 11% a	36 13% cd	47 13% d	7 6%	112 9%	79 12% d	10 13%	159 10%	40 10%	164 10%	34 12%
Strongly disagree (1.0)	113 6%	23 6%	57 5%	21 8% d	44 12% d	10 9% d	44 3%	63 10% d	9 11% d	87 5%	26 6%	84 5%	27 9% a
Don't know	21 1%	3 1%	6 *	3 1%	3 1%	2 2%	10 1%	7 1%	1 2%	14 1%	7 2%	9 1%	7 2% a
NET: Agree	1228 61%	260 67%	763 61%	147 55%	187 50%	62 58%	847 66% abef	348 53%	38 48%	995 62%	233 58%	1069 64% b	148 50%
NET: Disagree	312 16%	48 12%	192 16%	57 21% d	91 24% cd	16 15%	156 12%	142 22% d	19 24% d	246 15%	66 17%	248 15%	61 21% a
Base for stats	1986	387	1236	266	370	104	1272	647	79	1594	392	1673	289
Mean Score	3.61	3.71	3.61	3.49	3.31	3.54	3.72 abef	3.41	3.33	3.62	3.55	3.65 b	3.36
Standard Deviation	1.090	1.069	1.063	1.211	1.235	1.152	1.006	1.205	1.267	1.087	1.104	1.071	1.155
Standard Error	.024	.056	.030	.074	.064	.113	.028	.047	.142	.027	.056	.026	.067
Error variance	*	*	*	.01	*	.01	*	*	.02	*	*	*	*

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Q8A.4. It was important to me to exercise regularly: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	405 20%	27 7%	21 11%	33 12%	69 21%	52 21%	61 31%	36 38%	106 38%	175 17%	203 35%	168 26%	146 16%	83 20%	62 16%	82 15%	155 21%	104 34%
				a	abc	abc	abcdei	abcdei	abcdei	ab	abcdei	bc					b	abc
Agree (4.0)	823 41%	71 18%	70 36%	132 49%	167 50%	120 50%	101 51%	45 48%	116 42%	490 47%	263 46%	312 47%	324 36%	181 44%	130 34%	208 39%	350 47%	128 42%
			a	ab	abh	ab	ab	ab	a	ab	ab	b		b			ab	a
Neither agree nor disagree (3.0)	446 22%	120 30%	63 32%	63 23%	71 21%	53 22%	25 13%	9 9%	42 15%	251 24%	75 13%	117 18%	234 26%	81 19%	93 24%	145 27%	146 19%	49 16%
		defghij	cdefghij	fghj	fghj	fghj				fghj			ac		d	cd		
Disagree (2.0)	200 10%	97 24%	30 15%	27 10%	17 5%	10 4%	7 4%	4 4%	8 3%	84 8%	19 3%	43 7%	110 12%	41 10%	53 14%	64 12%	66 9%	13 4%
		bcdefghij	defghij	defhj						efhj			a		cd	d		d
Strongly disagree (1.0)	113 6%	73 18%	8 4%	13 5%	7 2%	4 2%	4 2%	- -	3 1%	32 3%	8 1%	15 2%	72 8%	25 6%	39 10%	27 5%	34 5%	11 4%
		bcdefghij	ghj	ghj						j			a	a	bcd			
Don't know	21 1%	9 2%	2 1%	- -	3 1%	2 1%	1 *	- -	5 2%	7 1%	6 1%	3 *	4 *	4 1%	6 1%	3 *	1 *	3 1%
		ci							c						c			
NET: Agree	1228 61%	97 25%	91 47%	165 62%	236 71%	172 71%	162 81%	81 87%	223 79%	665 64%	466 81%	480 73%	469 53%	265 64%	191 50%	289 55%	505 67%	232 75%
			a	ab	abci	abci	abcdei	abcdei	abcdei	ab	abcdei	bc		b			ab	abc
NET: Disagree	312 16%	170 43%	38 20%	40 15%	24 7%	15 6%	12 6%	4 4%	11 4%	116 11%	27 5%	58 9%	182 20%	65 16%	92 24%	91 17%	100 13%	24 8%
		bcdefghij	defghij	defghj						defghj			ac	a	bcd	d	d	
Base for stats	1986	387	193	268	331	240	199	93	276	1031	568	656	885	411	376	525	751	305
Mean Score	3.61	2.69	3.34	3.55	3.83	3.86	4.04	4.21	4.14	3.67	4.12	3.88	3.41	3.63	3.32	3.48	3.70	3.98
			a	ab	abci	abci	abcdei	abcdei	abcdei	ab	abcdei	bc		b		a	ab	abc
Standard Deviation	1.090	1.172	1.009	.994	.885	.864	.884	.770	.861	.954	.856	.943	1.143	1.095	1.204	1.055	1.036	1.003
Standard Error	.024	.059	.072	.061	.049	.057	.063	.079	.052	.030	.036	.037	.038	.054	.062	.046	.038	.058
Error variance	*	*	.01	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q8A.5. I felt guilty when I didn't exercise: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	320 16%	174 18%	144 14%	118 20%	107 16%	95 13%	15 16%	40 15%	29 15%	31 15%	24 14%	29 13%	63 20%	60 18%	30 14%
		b		c								f			
Agree (4.0)	707 35%	333 34%	372 37%	218 36%	254 39%	236 32%	28 29%	91 35%	67 34%	73 35%	60 35%	80 36%	127 40%	113 35%	68 33%
					c								a		
Neither agree nor disagree (3.0)	432 22%	213 22%	216 21%	125 21%	134 20%	173 23%	28 29%	55 21%	36 18%	49 23%	33 19%	51 23%	57 18%	72 22%	51 25%
							ceg								
Disagree (2.0)	353 18%	158 16%	194 19%	96 16%	110 17%	147 20%	18 19%	47 18%	37 19%	38 18%	35 20%	43 19%	44 14%	60 18%	31 15%
Strongly disagree (1.0)	171 9%	86 9%	82 8%	35 6%	49 7%	87 12%	5 5%	27 10%	22 11%	16 7%	18 10%	18 8%	23 7%	18 6%	23 11%
						ab		h	h		h				h
Don't know	25 1%	14 1%	9 1%	15 2%	6 1%	4 1%	1 2%	2 1%	4 2%	3 2%	3 1%	1 *	4 1%	4 1%	3 1%
				bc											
NET: Agree	1027 51%	507 52%	516 51%	336 55%	361 55%	331 45%	44 45%	131 50%	96 49%	104 50%	83 48%	109 49%	190 60%	173 53%	98 48%
				c	c								abcdefi		
NET: Disagree	523 26%	244 25%	276 27%	131 22%	159 24%	234 32%	23 24%	75 28%	59 30%	53 25%	53 31%	61 28%	66 21%	78 24%	54 26%
						ab		g	g		g				
Base for stats	1982	964	1009	591	653	738	95	261	192	206	169	221	313	322	202
Mean Score	3.33	3.36	3.30	3.49	3.40	3.14	3.32	3.26	3.23	3.32	3.21	3.26	3.52	3.42	3.25
				c	c								bcdefi		
Standard Deviation	1.190	1.208	1.171	1.154	1.164	1.219	1.118	1.224	1.252	1.158	1.229	1.159	1.172	1.153	1.217
Standard Error	.027	.038	.037	.047	.047	.045	.099	.076	.091	.077	.095	.085	.068	.063	.088
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

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Q8A.5. I felt guilty when I didn't exercise: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264	
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	320 16%	52 29%	85 19%	53 12%	40 17%	25 12%	65 13%	190 18%	130 14%	259 15%	8 17%	23 19%	16 21%	5 42%	5 51%	57 21%	
		bcdefgh	cefh		c			cfh								a	
Agree (4.0)	707 35%	65 36%	183 41%	169 37%	89 39%	61 30%	140 29%	417 39%	290 31%	594 35%	19 41%	48 41%	31 39%	4 32%	3 32%	105 40%	
			efh	fh	fh			efh									
Neither agree nor disagree (3.0)	432 22%	35 19%	88 20%	96 21%	45 19%	48 24%	120 25%	218 20%	213 23%	364 21%	12 25%	30 25%	15 19%	1 7%	1 9%	58 22%	
							g										
Disagree (2.0)	353 18%	17 10%	68 15%	91 20%	36 16%	47 23%	93 19%	177 16%	176 19%	314 18%	6 12%	12 10%	13 17%	2 13%	1 8%	33 13%	
				a		abdg	a	a	a	cg							
Strongly disagree (1.0)	171 9%	10 5%	22 5%	37 8%	19 8%	21 10%	62 13%	69 6%	102 11%	156 9%	2 5%	3 3%	3 4%	1 6%	- -	9 3%	
				b		bg	abcg	abg	abg	cg							
Don't know	25 1%	1 1%	3 1%	8 2%	2 1%	1 *	10 2%	12 1%	13 1%	15 1%	- -	2 2%	1 1%	- -	- -	3 1%	
NET: Agree	1027 51%	117 65%	268 60%	223 49%	129 56%	86 42%	204 42%	608 56%	419 45%	853 50%	27 58%	71 60%	47 60%	9 74%	8 83%	162 61%	
		cefgh	cefh	f	efh			cefh				a				a	
NET: Disagree	523 26%	27 15%	90 20%	128 28%	55 24%	69 34%	155 32%	245 23%	278 30%	470 28%	8 17%	15 13%	16 20%	2 19%	1 8%	42 16%	
				abg	a	abdg	abdg	a	abg	cg							
Base for stats	1982	179	445	447	228	203	480	1071	911	1687	47	116	78	12	10	262	
Mean Score	3.33	3.74	3.54	3.25	3.42	3.11	3.11	3.45	3.19	3.29	3.54	3.65	3.57	3.92	4.26	3.64	
		bcdefgh	cefh		efh			cefh				a	a			a	
Standard Deviation	1.190	1.141	1.109	1.155	1.186	1.201	1.238	1.148	1.223	1.200	1.072	.999	1.110	1.285	.975	1.061	
Standard Error	.027	.086	.053	.054	.079	.084	.056	.035	.040	.029	.160	.093	.126	.356	.308	.066	
Error variance	*	.01	*	*	.01	.01	*	*	*	*	.03	.01	.02	.13	.10	*	

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Q8A.5. I felt guilty when I didn't exercise: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	320 16%	174 14%	64 18%	61 20%	126 19%	14 15%	29 24%	124 19%	31 13%	16 26%	11 22%	17 13%	12 14%	13 7%	52 13%	43 20%
			a	a	a	i	dgij	ij		dgij	i					dij
Agree (4.0)	707 35%	397 32%	158 44%	126 41%	283 43%	33 35%	49 42%	263 40%	78 33%	19 32%	18 35%	42 32%	25 29%	54 30%	125 31%	82 39%
			a	a	a		ij	hij								
Neither agree nor disagree (3.0)	432 22%	287 23%	71 20%	44 15%	116 17%	21 22%	22 18%	123 19%	64 27%	10 17%	8 16%	39 31%	18 21%	36 20%	91 23%	42 20%
			cd						c			bcfik				
Disagree (2.0)	353 18%	237 19%	49 13%	51 17%	99 15%	17 19%	14 12%	93 14%	45 19%	13 21%	9 18%	20 16%	23 27%	37 21%	81 20%	31 15%
			bd									bcgk		bc	bc	
Strongly disagree (1.0)	171 9%	123 10%	19 5%	21 7%	40 6%	7 7%	4 3%	46 7%	16 7%	2 3%	4 7%	8 6%	4 5%	32 18%	49 12%	10 5%
			bd											abcdeghk	bcdehk	
Don't know	25 1%	14 1%	1 *	1 *	2 *	1 1%	1 1%	4 1%	2 1%	- -	1 2%	2 1%	3 4%	7 4%	4 1%	2 1%
												cd		cdjk		
NET: Agree	1027 51%	571 46%	222 61%	187 61%	409 61%	47 51%	78 66%	388 59%	110 47%	35 59%	29 57%	59 46%	37 43%	67 37%	177 44%	125 59%
			a	a	a	i	adghij	dghij		ij	i					dghij
NET: Disagree	523 26%	360 29%	68 19%	72 24%	140 21%	24 26%	17 15%	140 21%	60 26%	14 24%	13 25%	28 22%	27 32%	69 38%	130 32%	42 20%
			bd			b			b				bck	abcdegek	bcgk	
Base for stats	1982	1218	361	303	664	92	117	650	234	60	50	126	82	173	398	209
Mean Score	3.33	3.21	3.55	3.51	3.53	3.33	3.73	3.50	3.28	3.58	3.47	3.31	3.22	2.88	3.13	3.56
			a	a	a	i	acdghij	dhij	i	ij	i	i	i		i	dhij
Standard Deviation	1.190	1.205	1.092	1.190	1.137	1.169	1.056	1.162	1.121	1.178	1.237	1.092	1.161	1.254	1.233	1.122
Standard Error	.027	.033	.064	.076	.049	.125	.099	.046	.075	.153	.173	.096	.122	.094	.062	.079
Error variance	*	*	*	.01	*	.02	.01	*	.01	.02	.03	.01	.01	.01	*	.01

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Q8A.5. I felt guilty when I didn't exercise: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	320 16%	100 20%	67 19%	28 19%	6 13%	96 19%	106 20%	106 18%	64 24% cdf	27 16%	2 7%	91 21%	108 18%	53 16%	167 15%	90 19%	9 12%	267 16%	
Agree (4.0)	707 35%	168 34%	155 43% af	60 40%	19 41%	215 42% af	187 35%	216 37%	115 43%	61 35%	10 33%	177 40%	226 37%	95 29%	405 36% a	180 37% a	28 35%	612 36% a	
Neither agree nor disagree (3.0)	432 22%	102 21%	65 18%	36 24%	12 26%	101 20%	114 21%	120 21%	45 17%	40 23%	10 31% b	85 19%	130 21%	67 21%	251 22%	93 19%	22 27%	365 22%	
Disagree (2.0)	353 18%	79 16%	54 15%	21 14%	8 18%	74 14%	88 16%	88 15%	29 11%	40 23% abef	4 13%	69 16%	92 15%	65 20%	195 17%	79 16%	14 18%	288 17%	
Strongly disagree (1.0)	171 9%	40 8% e	18 5%	6 4%	1 2%	24 5%	40 8% e	48 8% bce	10 4%	6 3%	3 11% ce	16 4%	51 8% bce	36 11%	92 8%	38 8%	5 7%	135 8%	
Don't know	25 1%	2 *	3 1%	2 1%	- -	5 1%	2 *	2 *	3 1%	1 *	1 5% acef	4 1%	3 1%	7 2%	11 1%	5 1%	2 2%	17 1%	
NET: Agree	1027 51%	268 55% af	223 61% af	88 58%	25 54%	311 60% af	293 55%	322 56%	179 67% acdf	89 51%	12 40%	268 61% cd	334 55%	148 46%	572 51%	270 56% a	37 47%	879 52% a	
NET: Disagree	523 26%	119 24% e	72 20%	26 17%	9 19%	98 19%	128 24%	136 23% b	40 15%	45 26% b	8 24%	85 19%	143 23% b	101 31% bce	287 26%	117 24%	19 24%	423 25%	
Base for stats	1982	488	359	150	47	509	535	578	264	174	30	438	607	315	1110	480	78	1667	
Mean Score	3.33	3.43	3.56	3.56	3.46	3.56	3.43	3.42	3.73 acdf	3.37	3.12	3.59 acdf	3.41	3.20	3.32	3.43 a	3.28	3.35 a	
Standard Deviation	1.190	1.212	1.106	1.063	.992	1.092	1.193	1.189	1.070	1.096	1.125	1.093	1.187	1.263	1.171	1.193	1.109	1.175	
Standard Error	.027	.055	.059	.087	.145	.049	.052	.050	.068	.084	.202	.053	.048	.068	.035	.057	.127	.029	
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.04	*	*	*	*	*	.02	*	

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Q8A.5. I felt guilty when I didn't exercise: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	320 16%	74 19%	186 15%	50 18%	48 13%	21 19%	209 16%	103 16%	12 15%	267 17%	53 13%	287 17%	31 10%
Agree (4.0)	707 35%	154 39%	441 36%	80 30%	104 28%	41 38%	482 38%	200 31%	21 26%	567 35%	140 35%	613 36%	86 29%
Neither agree nor disagree (3.0)	432 22%	88 22%	270 22%	61 23%	85 23%	18 17%	267 21%	150 23%	13 16%	347 22%	84 21%	344 20%	81 27%
Disagree (2.0)	353 18%	44 11%	234 19%	41 15%	75 20%	11 11%	233 18%	109 17%	17 21%	275 17%	78 20%	293 17%	55 19%
Strongly disagree (1.0)	171 9%	27 7%	104 8%	33 12%	57 15%	12 11%	80 6%	82 12%	15 19%	134 8%	37 9%	133 8%	34 12%
Don't know	25 1%	4 1%	6 1%	4 1%	5 1%	3 3%	11 1%	9 1%	2 2%	18 1%	7 2%	12 1%	8 3%
NET: Agree	1027 51%	228 58%	627 50%	130 48%	152 41%	61 58%	690 54%	304 46%	33 41%	834 52%	193 48%	900 54%	117 40%
NET: Disagree	523 26%	70 18%	338 27%	74 27%	132 35%	23 22%	313 24%	191 29%	33 41%	409 25%	115 29%	426 25%	90 30%
Base for stats	1982	386	1235	265	368	103	1270	645	78	1590	392	1670	288
Mean Score	3.33	3.53	3.30	3.27	3.03	3.45	3.40	3.21	2.96	3.35	3.24	3.38	3.08
Standard Deviation	1.190	b	1.182	b	b	bf	bef	b	b	1.190	1.190	1.186	1.180
Standard Error	.027	.059	.034	.078	.066	.125	.032	.050	.156	.030	.060	.029	.069
Error variance	*	*	*	.01	*	.02	*	*	.02	*	*	*	*

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Q8A.5. I felt guilty when I didn't exercise: Thinking back specifically to the 'Stay At Home' phase of the coronavirus restrictions between 23rd March and 13th May, how much do you agree or disagree with each one of the following statements?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	320 16%	28 7%	19 10%	33 12%	58 17%	47 19%	40 20%	27 28%	70 25%	156 15%	136 24%	152 23%	94 11%	70 17%	68 18%	61 11%	106 14%	83 27%
				a	ab	abc	abc	abcdi	abcdi	ab	abcdi	bc		b	b			abc
Agree (4.0)	707 35%	73 18%	66 34%	100 37%	150 45%	101 42%	91 46%	36 39%	89 32%	417 40%	217 38%	278 42%	251 28%	168 40%	115 30%	203 38%	291 39%	94 31%
			a	a	abhj	ah	abh	a	a	ah	a	b		b		ad	ad	
Neither agree nor disagree (3.0)	432 22%	86 22%	50 26%	68 25%	63 19%	53 22%	36 18%	16 17%	60 21%	234 23%	112 19%	111 17%	235 26%	77 19%	73 19%	125 24%	160 21%	63 21%
				j									ac					
Disagree (2.0)	353 18%	106 27%	48 25%	50 19%	45 13%	31 13%	21 10%	14 15%	39 14%	173 17%	74 13%	84 13%	188 21%	72 17%	72 19%	95 18%	146 19%	34 11%
		cdefghij	defhij	fj						fj			a	a	d	d	d	
Strongly disagree (1.0)	171 9%	94 24%	9 5%	15 6%	15 4%	8 3%	11 6%	-	18 6%	47 5%	29 5%	27 4%	113 13%	25 6%	46 12%	41 8%	45 6%	32 10%
		bcdefghij	g	g	g	g	g		g	g	g		ac		bc			c
Don't know	25 1%	9 2%	3 1%	1 *	4 1%	2 1%	1 *	1 1%	4 2%	9 1%	6 1%	5 1%	8 1%	3 1%	8 2%	3 1%	3 *	2 1%
		ci													c			
NET: Agree	1027 51%	101 25%	85 44%	133 50%	208 62%	148 61%	131 66%	63 67%	159 57%	574 55%	353 62%	431 65%	345 39%	238 57%	183 48%	264 50%	397 53%	177 58%
			a	a	abci	abc	abci	abci	ab	ab	abci	bc		b				ab
NET: Disagree	523 26%	200 51%	57 29%	66 25%	59 18%	38 16%	32 16%	14 15%	57 20%	221 21%	102 18%	111 17%	301 34%	97 23%	119 31%	136 26%	192 25%	65 21%
		bcdefghij	defghij	defgj									ac	a	cd			
Base for stats	1982	387	192	267	330	240	199	92	276	1029	567	653	881	412	374	525	748	306
Mean Score	3.33	2.57	3.19	3.32	3.58	3.62	3.64	3.82	3.56	3.45	3.63	3.68	3.03	3.45	3.23	3.28	3.36	3.53
			a	a	abc	abci	abci	abci	abc	ab	abci	bc		b				abc
Standard Deviation	1.190	1.243	1.071	1.093	1.066	1.040	1.087	1.017	1.194	1.080	1.132	1.092	1.199	1.143	1.294	1.126	1.126	1.280
Standard Error	.027	.062	.077	.067	.059	.068	.078	.105	.072	.034	.048	.043	.040	.056	.066	.049	.041	.074
Error variance	*	*	.01	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9. SUMMARY: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I exercise to help manage my physical health during the outbreak	2007 100%	420 21%	904 45%	383 19%	207 10%	93 5%	1324 66%	590 29%
I exercise to help manage my mental health during the outbreak	2007 100%	392 20%	812 40%	449 22%	248 12%	106 5%	1203 60%	697 35%
I have more time now to be physically active	2007 100%	368 18%	813 40%	481 24%	227 11%	119 6%	1181 59%	707 35%
Since the outbreak I have found new ways to be active	2007 100%	289 14%	733 37%	589 29%	304 15%	92 5%	1022 51%	893 44%
I miss the types of physical activity I was able to do before the outbreak	2007 100%	371 18%	620 31%	566 28%	319 16%	131 7%	992 49%	884 44%
I have been encouraged to exercise by the Government's guidance	2007 100%	230 11%	677 34%	559 28%	411 20%	130 6%	907 45%	970 48%
I worry about leaving my home to exercise or be active	2007 100%	272 14%	574 29%	598 30%	481 24%	81 4%	846 42%	1079 54%
I feel guilty about wanting to exercise during the outbreak	2007 100%	161 8%	351 18%	708 35%	684 34%	102 5%	512 26%	1393 69%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	289 14%	155 16%	133 13%	130 21% bc	104 16% c	56 7%	13 13%	27 10%	25 13%	22 10%	31 18% bd	33 15%	75 24% abcdfhi	41 13%	23 11%
Tend to agree (3.0)	733 37%	372 38%	359 35%	257 42% c	249 38% c	227 31%	35 36%	92 35%	67 34%	79 38%	58 34%	70 31%	133 42% f	126 39%	73 36%
Tend to disagree (2.0)	589 29%	282 29%	306 30%	128 21%	193 29% a	269 36% ab	30 31% g	84 32% g	64 33% g	67 32% g	49 29% g	70 32% g	67 21%	97 30% g	61 30% g
Strongly disagree (1.0)	304 15%	134 14%	168 16%	57 9%	84 13%	163 22% ab	14 15%	48 18% g	32 16% g	33 16% g	28 16% g	36 16% g	30 9%	44 14%	38 19% g
Don't know	92 5%	36 4%	54 5%	34 6%	29 4%	28 4%	4 5%	13 5%	8 4%	10 5%	5 3%	12 6%	12 4%	19 6%	9 4%
NET: Agree	1022 51%	527 54% b	491 48%	387 64% bc	353 54% c	282 38%	48 49%	119 45%	92 47%	101 48%	89 52%	103 46%	208 66% abcdefhi	167 51%	96 47%
NET: Disagree	893 44%	416 42%	473 46%	185 31%	277 42% a	431 58% ab	45 46% g	132 50% g	96 49% g	99 47% g	78 45% g	107 48% g	97 31%	141 43% g	99 49% g
Base for stats	1915	943	965	572	630	714	92	250	188	200	167	209	304	308	196
Mean Score	2.53	2.58	2.47	2.80 bc	2.59 c	2.25	2.50	2.39	2.45	2.45	2.55	2.48	2.83 abcdefhi	2.53	2.41
Standard Deviation	.932	.925	.934	.902 bc	.916 c	.893	.921	.914	.925	.893	.983	.957	.912 abcdefhi	.899	.934
Standard Error	.021	.030	.031	.037	.037	.033	.083	.058	.068	.061	.076	.072	.054	.050	.069
Error variance	*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	*

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Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
Total		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total		2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total		2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	289 14%	51 28% bcdefgh	67 15% fh	69 15% fh	40 17% fh	25 12% fh	38 8% fh	187 17% fh	103 11% f	220 13%	8 17%	29 24% a	21 17% a	2 15%	3 33%	63 24% a
Tend to agree	(3.0)	733 37%	81 45% dfh	190 43% dfh	169 37% fh	79 34% f	76 37% f	138 28% f	440 41% fh	293 32% fh	600 35%	24 52% a	54 45% a	34 43% a	4 33%	5 49%	121 45% a
Tend to disagree	(2.0)	589 29%	32 18%	130 29% a	133 29% a	69 30% a	57 28% a	169 35% ag	294 27% a	295 32% ag	542 32% bcdg	6 13%	20 17%	12 16%	5 37%	1 8%	44 17%
Strongly disagree	(1.0)	304 15%	14 8%	51 11%	61 13%	31 13%	34 17% ag	112 23% abcdg	127 12% abcdg	177 19% abcdg	274 16% cg	3 7%	8 7%	9 11%	1 7%	1 10%	22 8%
Don't know		92 5%	3 1%	10 2%	23 5% ab	11 5% ab	12 6% ab	33 7% abg	36 3% abg	56 6% abg	65 4%	5 10% a	7 6%	2 3%	1 8%	- -	15 6%
NET: Agree		1022 51%	131 73% bcdefgh	257 57% fh	238 52% fh	118 51% fh	101 50% f	176 36% f	627 58% cefh	396 43% f	821 48%	33 70% a	83 70% a	55 70% a	6 48%	8 82%	184 69% a
NET: Disagree		893 44%	46 26% a	181 40% a	194 43% a	100 44% a	91 45% a	281 57% abcdegh	421 39% a	472 51% abcdg	816 48% bcdg	9 20%	28 24%	21 27%	5 44%	2 18%	66 25%
Base for stats		1915	177	438	432	219	192	457	1048	868	1637	42	111	76	11	10	250
Mean Score		2.53	2.95 bcdefgh	2.62 fh	2.57 fh	2.58 fh	2.48 f	2.22 f	2.66 efh	2.37 f	2.47	2.89 a	2.93 a	2.88 a	2.61	3.05	2.90 a
Standard Deviation		.932	.888	.880	.923	.946	.933	.911	.908	.937	.924	.806	.856	.954	.878	.949	.880
Standard Error		.021	.067	.042	.044	.064	.068	.042	.028	.032	.023	.126	.082	.109	.253	.300	.056
Error variance		*	*	*	*	*	*	*	*	*	*	.02	.01	.01	.06	.09	*

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Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204	
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	289	142	64	61	124	20	29	111	36	18	4	12	17	17	26	49
		14%	12%	18%	20%	19%	22%	25%	17%	15%	30%	8%	9%	19%	9%	6%	23%
			a	a	a	fgij	dfgij	gij	j	cdgij			gij				cdgij
Tend to agree	(3.0)	733	401	156	137	293	43	52	262	87	22	23	51	32	49	112	95
		37%	33%	43%	45%	44%	46%	44%	40%	37%	37%	46%	40%	37%	27%	28%	45%
			a	a	a	ij	ij	ij	ij	ij	ij	ij	ij	ij	ij	ij	ij
Tend to disagree	(2.0)	589	402	89	78	167	21	31	184	60	10	13	44	20	54	152	53
		29%	33%	25%	26%	25%	23%	27%	28%	26%	16%	25%	34%	24%	30%	38%	25%
			bcd									e		e	abcdehk		
Strongly disagree	(1.0)	304	229	38	23	61	5	6	79	34	8	9	16	8	45	94	11
		15%	19%	11%	7%	9%	6%	5%	12%	14%	14%	17%	13%	9%	25%	23%	5%
			bcd						bk	abk	bk	abk	bk		abcdghk	abcdghk	
Don't know		92	59	15	7	22	3	-	18	18	2	2	5	9	15	19	3
		5%	5%	4%	2%	3%	3%	-	3%	8%	3%	4%	4%	11%	8%	5%	2%
							b			bck		b	b	bcgjk	bck	b	
NET: Agree		1022	543	220	197	417	63	81	373	123	40	28	63	48	66	138	143
		51%	44%	61%	65%	63%	68%	68%	57%	52%	67%	54%	49%	56%	37%	34%	68%
				a	a	a	dgij	cdgij	ij	ij	gij	ij	ij	ij	ij	ij	cdghij
NET: Disagree		893	631	127	101	228	27	37	263	94	18	21	60	28	99	246	64
		44%	51%	35%	33%	34%	29%	32%	40%	40%	30%	42%	47%	33%	55%	61%	30%
			bcd						ak	k			abehk		abcdehk	abcdehghk	
Base for stats		1915	1174	347	298	645	89	118	636	217	58	49	123	76	165	384	207
Mean Score		2.53	2.39	2.71	2.79	2.75	2.87	2.88	2.64	2.58	2.85	2.47	2.48	2.75	2.23	2.18	2.87
				a	a	a	cdgij	cdgij	ij	ij	fgij	j	ij	gij			cdgij
Standard Deviation		.932	.933	.893	.853	.875	.831	.839	.911	.944	1.022	.889	.848	.917	.963	.879	.834
Standard Error		.021	.026	.053	.055	.038	.090	.078	.036	.065	.135	.126	.076	.101	.074	.045	.059
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	289 14%	76 15%	72 20%	34 22% af	8 17%	106 21% af	83 16%	93 16%	66 25% acf	27 15%	3 10%	92 21% f	97 16%	32 10%	152 14%	94 19% abe	11 14%	257 15% a	
Tend to agree (3.0)	733 37%	190 39%	151 42%	63 42%	19 40%	214 42% af	208 39%	219 38%	123 46% af	68 39%	13 42%	191 43% f	232 38%	96 30%	409 36% a	188 39% a	40 50% abe	637 38% a	
Tend to disagree (2.0)	589 29%	140 29%	98 27%	33 22%	11 24%	131 25% af	152 28%	164 28%	59 22%	49 28%	11 36%	109 25% b	175 29% b	93 29%	342 31% d	140 29% d	15 18%	497 29% d	
Strongly disagree (1.0)	304 15%	65 13%	38 10%	17 11%	7 15%	55 11% af	71 13%	84 15% be	18 7%	23 13% b	2 7%	41 9% b	86 14% be	82 26% bcde	168 15% c	46 9%	8 10%	221 13% c	
Don't know	92 5%	20 4% be	4 1%	4 3%	2 5% b	8 2% af	22 4% be	19 3% b	2 1%	7 4% b	2 7% b	9 2% b	21 3% b	19 6%	50 4%	17 3%	6 8%	73 4%	
NET: Agree	1022 51%	265 54% af	223 62% af	97 64% af	27 57%	320 62% af	292 54%	312 54%	188 71% acdf	95 54%	16 51%	283 64% acf	328 54%	129 40%	561 50% a	282 58% abe	51 64% ab	894 53% a	
NET: Disagree	893 44%	205 42%	136 37%	50 33%	18 38%	186 36% af	223 42%	248 43% be	77 29%	72 41% b	13 42%	149 34% be	261 43% be	175 54% bcde	510 46% cd	185 38%	23 29%	718 43% d	
Base for stats	1915	470	359	147	45	506	515	561	265	167	29	432	590	304	1070	468	73	1612	
Mean Score	2.53	2.59	2.72	2.77	2.62	2.73	2.59	2.57	2.89	2.59	2.58	2.77	2.57	2.26	2.51	2.71	2.73	2.58	
Standard Deviation	.932	.917	.904	.937	.958	.913	.919	.938	.853	.917	.783	.889	.930	.975	.921	.898	.853	.916	
Standard Error	.021	.043	.048	.078	.143	.041	.041	.040	.054	.071	.141	.044	.038	.054	.028	.043	.101	.023	
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	289	160	52	45	25	173	108	9	244	45	261	25
	14%	22%	13%	19%	12%	24%	13%	17%	11%	15%	11%	16%	8%
		b		bd		bdf						b	
Tend to agree	(3.0)	733	454	84	96	46	506	205	19	590	143	620	102
	37%	42%	37%	31%	26%	43%	39%	31%	23%	37%	36%	37%	35%
						abef	abef						
Tend to disagree	(2.0)	589	405	72	121	14	396	179	27	471	118	500	84
	29%	22%	33%	27%	32%	13%	31%	27%	33%	29%	30%	30%	28%
			a	c	c		c	c	c				
Strongly disagree	(1.0)	304	174	48	89	15	160	128	20	236	68	237	64
	15%	11%	14%	18%	24%	14%	12%	20%	25%	15%	17%	14%	22%
				d	cd			d	d			a	a
Don't know		92	49	12	22	7	47	34	6	67	24	64	21
	5%	3%	4%	5%	6%	6%	4%	5%	7%	4%	6%	4%	7%
													a
NET: Agree		1022	614	136	141	71	679	313	27	834	188	881	127
	51%	64%	49%	51%	38%	67%	53%	48%	34%	52%	47%	52%	43%
		b		bf		abdef	bef	bf				b	
NET: Disagree		893	579	121	210	29	556	306	47	707	186	738	148
	44%	33%	47%	45%	56%	27%	43%	47%	58%	44%	47%	44%	50%
			a	c	acde		c	c	acde				
Base for stats		1915	1192	257	351	100	1235	620	74	1541	374	1618	275
Mean Score		2.53	2.50	2.54	2.27	2.82	2.56	2.47	2.21	2.55	2.44	2.56	2.32
		b		bf		abdef	bf	bf				b	
Standard Deviation		.932	.900	1.017	.983	.981	.886	1.006	.980	.934	.924	.929	.930
Standard Error		.021	.026	.063	.052	.099	.025	.040	.114	.024	.048	.023	.055
Error variance		*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.1. Since the outbreak I have found new ways to be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	289 14%	14 3%	28 14%	29 11%	47 14%	54 22%	43 22%	23 25%	52 19%	157 15%	118 21%	164 25%	73 8%	48 12%	53 14%	57 11%	93 12%	84 27%
		a	a	a	abcdi	acdi	abcdi	ac	a	acdi	bc	b	abc					
Tend to agree (3.0)	733 37%	57 14%	43 22%	113 42%	158 47%	110 45%	94 47%	43 46%	116 41%	423 41%	253 44%	303 46%	270 30%	150 36%	97 25%	193 37%	314 42%	119 39%
		a	ab	abi	ab	ab	ab	ab	ab	ab	ab	bc	a	b	a	a	a	a
Tend to disagree (2.0)	589 29%	145 37%	86 44%	84 31%	87 26%	54 22%	42 21%	18 19%	74 27%	310 30%	135 23%	125 19%	321 36%	134 32%	118 31%	182 34%	223 30%	60 20%
		defghij	cdefghij	efgj						efgj		a	a	d	d	d		
Strongly disagree (1.0)	304 15%	147 37%	26 13%	35 13%	29 9%	13 6%	17 9%	7 7%	29 10%	103 10%	53 9%	45 7%	178 20%	74 18%	96 25%	74 14%	92 12%	37 12%
		bcdefghij	e	e						e	e	a	a	a	bcd			
Don't know	92 5%	33 8%	12 6%	7 3%	13 4%	11 5%	3 2%	2 3%	10 3%	44 4%	15 3%	22 3%	48 5%	9 2%	18 5%	22 4%	30 4%	7 2%
		cdfhij	fj									c						
NET: Agree	1022 51%	71 18%	70 36%	142 53%	205 61%	163 68%	138 69%	66 70%	168 60%	581 56%	371 65%	467 71%	343 39%	198 48%	150 39%	250 47%	407 54%	203 66%
		a	ab	abc	abcdi	abci	abci	abci	ab	ab	abci	bc	b	abc				
NET: Disagree	893 44%	292 74%	112 57%	118 44%	116 35%	67 28%	59 30%	25 27%	103 37%	413 40%	187 33%	170 26%	499 56%	208 50%	214 56%	256 49%	315 42%	97 32%
		bcdefghij	cdefghij	defgj					e	efgj		ac	a	bcd	cd	d		
Base for stats	1915	363	182	260	321	230	197	91	271	994	558	636	842	405	364	506	722	301
Mean Score	2.53	1.83	2.39	2.52	2.69	2.88	2.83	2.90	2.71	2.64	2.78	2.92	2.28	2.42	2.29	2.46	2.57	2.83
		a	a	abc	abcdhi	abci	abcdi	abc	ab	abci	bc	b	abc					
Standard Deviation	.932	.828	.915	.862	.829	.830	.872	.869	.898	.870	.886	.854	.894	.921	1.014	.877	.872	.974
Standard Error	.021	.043	.067	.053	.047	.056	.063	.091	.054	.028	.038	.034	.031	.045	.053	.039	.033	.057
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	368 18%	205 21% b	160 16%	136 22% c	137 21% c	95 13%	15 15%	45 17%	30 15%	34 16%	37 22%	32 14%	81 26% abcdghi	61 19%	33 16%
Tend to agree (3.0)	813 40%	413 42%	397 39%	247 41%	255 39%	310 42%	41 43%	106 40%	75 38%	89 43%	70 41%	79 35%	144 46% f	129 39%	78 38%
Tend to disagree (2.0)	481 24%	215 22%	265 26% a	133 22%	154 23%	194 26%	24 25%	71 27% g	50 25% g	46 22%	34 20%	69 31% deg	54 17%	82 25% g	50 24% g
Strongly disagree (1.0)	227 11%	101 10%	124 12%	49 8%	75 11%	103 14% a	10 10%	22 8%	26 13% g	28 13% g	22 13% g	28 13% g	22 7%	37 11%	32 16% bg
Don't know	119 6%	45 5%	72 7% a	41 7%	38 6%	40 5%	7 7%	19 7%	16 8%	13 6%	7 4%	14 6%	15 5%	17 5%	11 5%
NET: Agree	1181 59%	617 63% b	557 55%	383 63% c	392 60%	405 55%	56 58%	152 58%	105 53%	123 59%	108 63% f	110 50%	226 71% abcdghi	190 58%	111 54%
NET: Disagree	707 35%	316 32%	389 38% a	182 30%	228 35%	297 40% ab	34 35% g	93 35% g	75 38% g	74 35% g	57 33% g	97 44% eg	76 24%	119 37% g	82 40% g
Base for stats	1888	933	947	565	621	702	90	245	180	197	165	207	301	309	194
Mean Score	2.70	2.77 b	2.63 c	2.83 c	2.73 c	2.56	2.67	2.72	2.61	2.65	2.75	2.55	2.95 abcdefhi	2.69	2.58
Standard Deviation	.917	.911	.914	.892	.938	.900	.883	.868	.926	.926	.961	.909	.859	.922	.960
Standard Error	.021	.029	.030	.037	.039	.034	.081	.056	.070	.063	.075	.069	.051	.051	.071
Error variance	*	*	*	*	*	*	.01	*	*	*	.01	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																	
Unweighted Total		2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total		2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	368 18%	52 29% bcefg	81 18% f	86 19% f	50 22% fh	33 16% e	65 13% f	219 20% fh	149 16% g	287 17% a	14 30% a	28 24% a	24 30% a	3 21% e	3 32% f	72 27% g
Tend to agree	(3.0)	813 40%	81 45% e	201 45% ce	168 37% a	87 38% a	71 35% a	204 42% af	450 42% a	362 39% a	687 40% g	17 36% c	57 48% a	31 40% a	5 43% e	5 49% f	115 43% g
Tend to disagree	(2.0)	481 24%	30 16% a	114 25% a	114 25% a	55 24% a	61 30% af	107 22% af	258 24% a	222 24% a	427 25% cg	7 15% c	24 20% c	14 18% d	4 30% e	1 9% f	49 19% g
Strongly disagree	(1.0)	227 11%	14 8% a	40 9% a	52 11% a	25 11% a	30 15% abg	65 13% bg	106 10% bg	120 13% bg	206 12% cg	6 12% c	4 3% c	7 8% d	- - e	1 10% f	17 7% g
Don't know		119 6%	3 2% a	12 3% a	35 8% abg	13 6% a	8 4% a	48 10% abeg	50 5% a	69 8% abg	96 6% cg	4 8% c	5 4% c	3 3% d	1 6% e	- - f	12 5% g
NET: Agree		1181 59%	133 74% bcdefgh	282 63% cefh	254 56% a	138 60% a	105 51% a	269 55% a	669 62% a	511 55% a	973 57% cg	31 66% c	85 72% a	55 70% a	8 64% e	8 81% f	187 70% g
NET: Disagree		707 35%	44 24% a	154 34% a	167 37% a	80 35% a	91 45% abdfgh	172 35% a	364 34% a	343 37% a	633 37% cg	12 27% c	28 23% c	21 26% d	4 30% e	2 19% f	67 25% g
Base for stats		1888	177	436	421	217	196	442	1034	854	1607	43	113	76	12	10	254
Mean Score		2.70	2.97 bcdefgh	2.74 efh	2.68 e	2.75 e	2.55 e	2.61 e	2.76 efh	2.63 efh	2.66 cg	2.90 c	2.97 a	2.95 a	2.90 e	3.03 f	2.95 g
Standard Deviation		.917	.887	.865	.935	.940	.950	.912	.902	.930	.916	1.007	.781	.926	.765	.950	.866
Standard Error		.021	.067	.042	.045	.064	.068	.043	.028	.032	.023	.155	.074	.107	.221	.300	.055
Error variance		*	*	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.09	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204	
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	368	210	81	57	138	35	30	124	41	16	8	24	16	21	52	64
		18%	17%	22%	19%	21%	37%	25%	19%	17%	27%	17%	19%	19%	12%	13%	31%
			a				cdgfhij	ij	ij		ij						cdgfhij
Tend to agree	(3.0)	813	492	141	136	278	37	63	241	89	20	24	57	40	61	180	100
		40%	40%	39%	45%	42%	40%	53%	37%	38%	34%	48%	44%	47%	34%	45%	47%
								cdei					i		ci		cdi
Tend to disagree	(2.0)	481	299	90	71	161	13	19	179	66	12	10	24	14	44	100	32
		24%	24%	25%	23%	24%	14%	16%	27%	28%	20%	19%	18%	17%	24%	25%	15%
								abghk	abghk					ak	ak		
Strongly disagree	(1.0)	227	154	35	29	64	6	5	89	25	6	4	12	3	33	44	10
		11%	12%	10%	10%	10%	6%	4%	14%	10%	10%	7%	10%	4%	18%	11%	5%
								abhk	bhk					abdgghjk	bhk		
Don't know		119	77	14	12	25	2	2	20	15	5	5	11	12	21	26	4
		6%	6%	4%	4%	4%	2%	2%	3%	6%	8%	9%	9%	14%	12%	7%	2%
			d							bck	bck	bck	bck	abcdjk	abcjk	bck	
NET: Agree		1181	702	223	193	416	72	92	366	130	37	33	81	56	82	232	164
		59%	57%	62%	63%	62%	78%	78%	56%	55%	61%	64%	63%	66%	46%	58%	78%
					a		cdegij	cdeghij	i	i	i	i	i	i	i	i	cdefghij
NET: Disagree		707	453	125	100	225	18	24	268	91	18	13	36	17	76	144	42
		35%	37%	35%	33%	34%	20%	20%	41%	39%	31%	26%	28%	20%	42%	36%	20%
								abfghk	abghk					abfghk	abhk		
Base for stats		1888	1155	348	293	641	90	116	634	221	55	46	117	73	159	376	206
Mean Score		2.70	2.66	2.77	2.75	2.76	3.12	3.01	2.63	2.66	2.85	2.81	2.80	2.94	2.44	2.64	3.06
					a		cdgij	cdij	i	i	i	i	i	cdij	i	cdgij	
Standard Deviation		.917	.925	.920	.881	.902	.878	.765	.953	.907	.978	.835	.890	.765	.966	.863	.816
Standard Error		.021	.026	.055	.057	.039	.094	.072	.038	.062	.133	.122	.082	.086	.076	.044	.058
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	368 18%	75 15%	87 24% af	40 26% af	8 17%	127 25% af	83 15%	105 18%	69 26% acf	27 15%	7 23%	95 22%	112 18%	53 16%	199 18%	98 20%	18 23%	315 19%
Tend to agree (3.0)	813 40%	177 36%	156 43% a	55 36%	23 49%	211 41%	200 37%	203 35%	127 47% acf	65 37%	15 48%	192 43% af	218 36%	121 38%	455 41%	207 43%	29 37%	691 41%
Tend to disagree (2.0)	481 24%	130 27%	86 24%	37 24%	11 23%	123 24%	141 26%	160 28% b	51 19%	52 30% b	5 17%	103 23%	165 27% b	64 20%	287 26% a	111 23%	18 23%	417 25% a
Strongly disagree (1.0)	227 11%	79 16% be	28 8%	15 10%	4 9%	44 8%	83 15% be	89 15% bce	17 7%	16 9%	3 9%	34 8%	91 15% be	57 18% bcde	116 10%	49 10%	5 6%	170 10%
Don't know	119 6%	29 6% be	5 1%	5 3%	1 2%	10 2%	30 5% be	23 4% b	3 1%	15 8% abef	1 3%	17 4% b	23 4% b	27 9% bce	63 6% a	20 4% a	9 11% a	92 5% bce
NET: Agree	1181 59%	252 51%	243 67% af	94 62% af	31 66%	337 66% af	283 53% af	308 53%	195 73% acef	92 53%	22 71%	287 65% acf	330 54%	174 54%	654 58%	305 63% a	47 59%	1006 60%
NET: Disagree	707 35%	209 43% be	114 31%	52 35%	15 32%	166 32% be	224 42% be	248 43% be	69 26%	68 39% b	8 27%	137 31%	257 42% be	121 37%	403 36%	160 33%	23 29%	587 35%
Base for stats	1888	461	357	147	46	504	507	557	264	160	30	424	587	295	1058	465	71	1593
Mean Score	2.70	2.54	2.85 af	2.81 af	2.76	2.83 af	2.56	2.58	2.93 acf	2.64	2.86	2.82 acf	2.60	2.58	2.70 a	2.76 a	2.86 a	2.72 a
Standard Deviation	.917	.957	.882	.955	.854	.903	.950	.970	.847	.879	.894	.870	.968	.996	.899	.902	.890	.900
Standard Error	.021	.045	.047	.080	.126	.041	.043	.041	.054	.070	.158	.043	.040	.056	.028	.043	.108	.023
Error variance	*	*	*	.01	.02	*	*	*	*	*	.02	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space			
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305	
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	368	97	210	54	55	25	234	118	12	310	58	317	46
		18%	25%	17%	20%	15%	23%	18%	18%	15%	19%	14%	19%	15%
			b			b					b			
Tend to agree	(3.0)	813	172	499	91	124	47	550	233	24	645	168	687	117
		40%	44%	40%	34%	33%	44%	43%	36%	30%	40%	42%	41%	40%
							bf	abef						
Tend to disagree	(2.0)	481	78	332	65	97	17	312	158	19	384	96	414	62
		24%	20%	27%	24%	26%	16%	24%	24%	24%	24%	24%	25%	21%
				a		c								
Strongly disagree	(1.0)	227	34	129	38	74	15	118	106	18	175	52	179	45
		11%	9%	10%	14%	20%	14%	9%	16%	22%	11%	13%	11%	15%
					d	d			d	d			a	
Don't know		119	9	71	20	23	3	67	39	7	94	25	85	26
		6%	2%	6%	8%	6%	3%	5%	6%	9%	6%	6%	5%	9%
				a					c				a	
NET: Agree		1181	269	709	146	179	72	784	351	36	955	225	1004	163
		59%	69%	57%	54%	48%	68%	61%	54%	44%	59%	57%	60%	55%
			b			abef	abef							
NET: Disagree		707	113	461	103	171	32	431	264	37	559	148	593	107
		35%	29%	37%	38%	46%	30%	34%	40%	46%	35%	37%	35%	36%
				a		cd			cd	cd				
Base for stats		1888	382	1170	249	350	104	1215	615	72	1515	373	1597	270
Mean Score		2.70	2.87	2.67	2.65	2.46	2.79	2.74	2.59	2.41	2.72	2.62	2.72	2.60
			b		b		bf	bef	b					
Standard Deviation		.917	.897	.895	.988	.994	.964	.879	.985	1.039	.918	.908	.909	.957
Standard Error		.021	.047	.026	.063	.053	.095	.025	.040	.122	.024	.047	.023	.058
Error variance		*	*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.2. I have more time now to be physically active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	368 18%	34 9%	35 18%	40 15%	74 22%	64 26%	32 16%	23 24%	66 24%	213 21%	121 21%	198 30%	88 10%	78 19%	68 18%	73 14%	136 18%	87 28%
		a	a	ac	abcf	a	ac	acf	ac	ac	ac	bc		b			b	abc
Tend to agree (3.0)	813 40%	107 27%	75 39%	100 37%	162 49%	108 45%	93 47%	47 51%	120 43%	445 43%	260 45%	300 46%	346 39%	154 37%	131 34%	220 42%	336 45%	118 38%
		a	a	abc	a	ac	ac	a	a	a	ac	bc				a	a	
Tend to disagree (2.0)	481 24%	116 29%	50 26%	89 33%	69 21%	46 19%	46 23%	12 13%	51 18%	255 25%	110 19%	109 16%	250 28%	116 28%	97 25%	145 27%	179 24%	52 17%
		deghj	g	defghij		g	g			ghj			a	a	d	d	d	
Strongly disagree (1.0)	227 11%	98 25%	18 9%	27 10%	14 4%	19 8%	18 9%	9 10%	24 8%	77 7%	51 9%	36 5%	137 15%	50 12%	55 14%	66 13%	69 9%	34 11%
		bcdefghij	d	d		d	d	d	d	d	d		a	a	c	c		
Don't know	119 6%	41 10%	16 8%	12 5%	14 4%	5 2%	10 5%	2 2%	19 7%	47 5%	31 5%	16 2%	69 8%	18 4%	31 8%	24 5%	31 4%	16 5%
		cdefgjij	ei						e	e	e		ac		bc			
NET: Agree	1181 59%	141 36%	110 57%	140 52%	237 71%	172 71%	125 63%	70 75%	186 66%	658 63%	381 67%	498 76%	434 49%	232 56%	199 52%	293 55%	473 63%	205 67%
		a	a	abci	abci	ac	abcfi	abc	abc	abc	abc	bc		b			ab	ab
NET: Disagree	707 35%	214 54%	68 35%	116 43%	83 25%	65 27%	65 32%	21 23%	75 27%	332 32%	161 28%	144 22%	387 43%	166 40%	152 40%	211 40%	248 33%	86 28%
		bcdefghij	dgh	defghij						d			a	a	cd	cd		
Base for stats	1888	355	179	255	320	236	190	91	261	990	542	642	820	397	351	504	721	292
Mean Score	2.70	2.22	2.71	2.60	2.93	2.92	2.73	2.92	2.88	2.80	2.83	3.03	2.47	2.65	2.61	2.59	2.75	2.89
		a	a	abcfi	abcf	a	ac	ac	ac	ac	ac	bc		b			ab	abc
Standard Deviation	.917	.957	.900	.875	.785	.882	.853	.882	.895	.864	.880	.836	.894	.934	.973	.892	.871	.968
Standard Error	.021	.050	.067	.055	.044	.059	.063	.092	.055	.028	.038	.034	.031	.046	.052	.040	.033	.057
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	230 11%	134 14% b	94 9%	110 18% bc	83 13% c	37 5%	11 11%	22 8%	21 11%	29 14% bfi	24 14% bfi	15 7%	64 20% abcfhi	33 10%	11 5%
Tend to agree (3.0)	677 34%	345 35%	331 32%	197 33%	228 35%	252 34%	28 29%	78 30%	64 33%	78 37%	48 28%	77 35%	128 40% abe	108 33%	68 33%
Tend to disagree (2.0)	559 28%	246 25%	310 30% a	167 28%	174 26%	218 29%	32 33% g	77 29% g	55 28%	57 27%	47 27%	70 32% g	68 21%	92 28% g	60 29% g
Strongly disagree (1.0)	411 20%	201 21%	207 20%	86 14%	136 21% a	189 25% ab	19 20%	66 25% dg	40 21% g	33 16%	46 27% dg	46 21% g	42 13%	71 22% g	47 23% g
Don't know	130 6%	52 5%	78 8% a	46 8%	38 6%	47 6%	7 7%	21 8%	16 8%	12 6%	6 4%	13 6%	16 5%	23 7%	18 9%
NET: Agree	907 45%	479 49% b	425 42%	307 51% c	311 47% c	289 39%	39 40%	99 38%	85 43%	107 51% bi	72 42%	93 42%	192 61% abcdefhi	140 43%	79 39%
NET: Disagree	970 48%	447 46%	516 51% a	253 42%	310 47%	406 55% ab	51 53% g	143 54% dg	96 49% g	90 43% g	93 54% dg	116 52% g	109 35%	163 50% g	107 53% g
Base for stats	1877	927	941	560	621	695	90	243	180	198	165	209	301	304	187
Mean Score	2.39	2.44 b	2.33	2.59 bc	2.41 c	2.20	2.34	2.23	2.36	2.52 befhi	2.31	2.30	2.71 abcdefhi	2.33	2.23
Standard Deviation	.959	.986	.928	.972	.974	.899	.950	.950	.956	.942	1.032	.894	.954	.954	.898
Standard Error	.022	.032	.031	.041	.040	.034	.087	.062	.071	.064	.080	.067	.057	.053	.068
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264	
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	230 11%	45 25%	50 11%	50 11%	35 15%	20 10%	30 6%	145 13%	85 9%	168 10%	6 13%	31 26%	17 21%	2 14%	2 20%	57 22%
			bcdefgh	f	f	fh			fh	f			a	a		a	
Tend to agree	(3.0)	677 34%	67 37%	167 37%	147 32%	83 36%	65 32%	148 30%	381 35%	297 32%	569 33%	21 45%	47 40%	29 36%	3 27%	3 31%	103 39%
Tend to disagree	(2.0)	559 28%	45 25%	134 30%	140 31%	49 21%	59 29%	132 27%	319 29%	240 26%	492 29%	11 24%	30 26%	13 17%	4 36%	1 9%	60 23%
Strongly disagree	(1.0)	411 20%	22 12%	75 17%	77 17%	50 22%	49 24%	138 28%	174 16%	236 26%	371 22%	4 8%	4 3%	16 21%	2 13%	4 40%	29 11%
					ag	abcg	abcg		abcg	bcg				cg		c	
Don't know		130 6%	2 1%	21 5%	42 9%	14 6%	10 5%	42 9%	65 6%	65 7%	102 6%	4 9%	6 5%	4 5%	1 10%	-	15 6%
			a	abg	a	a	ab	a	a	a					-		
NET: Agree		907 45%	112 62%	216 48%	197 43%	118 51%	86 42%	179 36%	525 48%	382 41%	737 43%	27 58%	78 66%	45 58%	5 40%	5 51%	161 60%
			bcdefgh	fh	f	fh			fh			a	a	a		a	
NET: Disagree		970 48%	67 37%	210 47%	217 48%	99 43%	109 53%	269 55%	493 46%	476 52%	863 51%	15 32%	35 29%	29 37%	6 49%	5 49%	90 34%
				a	a	adg	abcdg	a	adg	bcdg							
Base for stats		1877	178	426	414	216	194	448	1018	858	1600	42	113	75	11	10	251
Mean Score		2.39	2.76	2.45	2.41	2.48	2.29	2.16	2.49	2.27	2.33	2.70	2.93	2.61	2.46	2.32	2.75
			bcdefgh	fh	fh	fh			efh	f		a	ad	a		a	
Standard Deviation		.959	.970	.915	.926	1.018	.963	.940	.937	.973	.947	.828	.832	1.065	.967	1.253	.940
Standard Error		.022	.073	.045	.045	.069	.069	.044	.029	.033	.024	.129	.079	.124	.279	.396	.060
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.08	.16	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household					Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204	
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	230	102	60	43	103	15	25	91	30	12	4	10	17	12	16	40
		11%	8%	16%	14%	15%	16%	21%	14%	13%	20%	8%	8%	20%	6%	4%	19%
			a	a	a	gij	dfgij	gij	ij	gij			gij			gij	
Tend to agree	(3.0)	677	403	132	113	245	32	48	233	77	18	19	37	28	46	138	81
		34%	33%	36%	37%	37%	35%	41%	36%	33%	31%	37%	29%	33%	26%	34%	38%
								gi	i						i	i	
Tend to disagree	(2.0)	559	376	84	75	159	23	31	187	67	17	12	32	17	43	129	54
		28%	31%	23%	25%	24%	25%	26%	29%	28%	28%	25%	25%	20%	24%	32%	26%
			bd												hi		
Strongly disagree	(1.0)	411	266	70	60	130	16	11	115	45	11	12	39	10	58	95	27
		20%	22%	19%	20%	20%	17%	9%	18%	19%	19%	23%	30%	12%	32%	23%	13%
								b	b		b	abcdhk		abcdehjk	bchk		
Don't know		130	85	17	12	29	6	3	29	16	2	4	10	13	22	25	9
		6%	7%	5%	4%	4%	7%	3%	4%	7%	3%	8%	8%	15%	12%	6%	4%
			d										bcdejkl	bcejkl			
NET: Agree		907	505	191	157	348	47	73	324	107	30	23	47	45	57	154	120
		45%	41%	53%	51%	52%	51%	62%	50%	46%	51%	44%	37%	53%	32%	38%	57%
			a	a	a	gij	cdgij	gij	i	i			gij			dgij	
NET: Disagree		970	643	154	136	290	39	42	301	112	28	24	71	27	101	224	81
		48%	52%	43%	45%	43%	42%	35%	46%	48%	46%	48%	55%	32%	56%	56%	38%
			bcd						bh	bh			bhk		abchk	abchk	
Base for stats		1877	1148	345	292	637	86	115	625	219	58	47	118	72	158	377	201
Mean Score		2.39	2.30	2.52	2.48	2.50	2.54	2.76	2.48	2.42	2.53	2.31	2.15	2.71	2.07	2.20	2.66
			a	a	a	gij	cdgij	gij	gij	gij			cdgij			cdgij	
Standard Deviation		.959	.923	1.002	.980	.991	.987	.902	.953	.965	1.026	.952	.978	.983	.974	.863	.943
Standard Error		.022	.026	.060	.064	.044	.108	.085	.038	.066	.136	.137	.089	.111	.077	.044	.068
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	230 11%	62 13%	62 17%	22 15%	8 17%	84 16%	70 13%	77 13%	55 21% acf	17 10%	5 16%	72 16%	82 13%	30 9%	116 10%	69 14% ab	15 19% ab	200 12%
Tend to agree	(3.0)	677 34%	157 32%	139 38%	53 35%	20 43%	192 37%	178 33%	184 32%	120 45% acdf	56 32%	7 23%	175 40% af	191 31%	104 32%	389 35%	160 33%	23 29%	573 34%
Tend to disagree	(2.0)	559 28%	142 29%	95 26%	49 32%	10 21%	145 28%	152 28%	170 29% b	56 21%	59 34% b	13 41% b	116 26%	183 30% b	77 24%	324 29%	135 28%	22 27%	481 29%
Strongly disagree	(1.0)	411 20%	97 20%	55 15%	24 16%	7 15%	80 16%	105 20%	115 20% be	33 12%	32 18%	5 18%	65 15%	120 20% be	80 25% ce	228 20%	90 18%	13 16%	331 20%
Don't know		130 6%	31 6% bce	11 3%	3 2%	2 4%	14 3%	33 6% be	35 6% be	2 1%	11 6% b	1 3%	13 3%	36 6% be	31 10% be	62 6%	30 6%	7 9%	100 6%
NET: Agree		907 45%	220 45%	201 55% af	75 49%	28 60% a	276 54% af	248 46%	260 45%	175 66% acdef	73 42%	12 39%	248 56% acf	272 45%	134 42%	505 45%	229 47%	38 48%	773 46%
NET: Disagree		970 48%	239 49% b	151 42%	73 48%	17 36%	224 44%	256 48%	284 49% be	89 33%	91 52% be	18 59% be	180 41%	303 50% be	158 49%	553 49%	225 46%	34 43%	812 48%
Base for stats	1877	459	352	148	45	500	504	545	264	164	30	428	575	292	1058	454	73	1585	
Mean Score	2.39	2.40	2.59 af	2.49	2.64	2.56 af	2.42	2.41	2.75 acdef	2.36	2.38	2.60 acf	2.41	2.29	2.37	2.46 a	2.56 a	2.41 a	
Standard Deviation	.959	.969	.954	.942	.964	.950	.970	.972	.927	.913	.976	.940	.972	.981	.941	.974	1.009	.955	
Standard Error	.022	.046	.051	.078	.144	.043	.044	.042	.059	.072	.173	.046	.041	.055	.029	.047	.121	.024	
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0) 230 11%	88 22% b	105 8%	33 12% f	34 9%	22 20% abdef	143 11%	80 12% f	4 5%	201 13% b	28 7%	198 12%	24 8%
Tend to agree	(3.0) 677 34%	153 39% b	408 33%	64 24%	106 28% f	43 40% abef	463 36% abef	197 30% f	14 18%	539 34%	138 35%	592 35% b	78 27%
Tend to disagree	(2.0) 559 28%	88 23%	380 31% a	71 26%	96 26%	22 21%	376 29%	165 25%	22 27%	445 28%	114 29%	466 28%	90 31%
Strongly disagree	(1.0) 411 20%	50 13%	271 22% a	83 31% cd	111 30% cd	16 15%	225 18%	171 26% cd	34 42% bcde	331 21%	80 20%	334 20%	74 25% a
Don't know	130 6%	11 3%	77 6% a	18 7%	27 7%	4 4%	75 6%	41 6%	7 9%	92 6%	38 10% a	92 5%	29 10% a
NET: Agree	907 45%	241 62% b	513 41%	97 36% f	140 38% f	64 61% abdef	606 47% abef	276 42% f	18 22%	740 46%	167 42%	790 47% b	103 35%
NET: Disagree	970 48%	138 35%	651 52% a	154 57% cd	206 55% cd	38 36%	601 47% c	336 51% c	55 69% bcde	776 48%	194 49%	800 48%	164 55% a
Base for stats	1877	379	1165	251	347	103	1207	613	73	1516	361	1590	267
Mean Score	2.39	2.74 b	2.30	2.19 f	2.18 f	2.68 abdef	2.43 abef	2.30 f	1.83	2.40	2.32	2.41 b	2.20
Standard Deviation	.959	.961	.926	1.040	.995	.980	.925	1.015	.915	.971	.906	.955	.947
Standard Error	.022	.051	.027	.066	.053	.097	.027	.041	.107	.025	.048	.024	.057
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.3. I have been encouraged to exercise by the Government's guidance: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	230 11%	13 3%	14 7%	33 12%	50 15%	32 13%	39 20%	13 14%	36 13%	128 12%	88 15%	128 20%	54 6%	46 11%	39 10%	45 9%	77 10%	68 22%
			a	a	ab	ab	abchi	a	a	ab	ab	bc		b				abc
Tend to agree (3.0)	677 34%	78 20%	67 34%	100 37%	138 41%	97 40%	69 35%	36 38%	93 33%	401 39%	198 35%	251 38%	278 31%	141 34%	103 27%	170 32%	285 38%	112 37%
			a	a	ahj	a	a	a	a	a	a	b						a
Tend to disagree (2.0)	559 28%	124 31%	58 30%	75 28%	91 27%	67 28%	56 28%	24 26%	63 23%	291 28%	144 25%	156 24%	274 31%	117 28%	110 29%	170 32%	209 28%	65 21%
													a	d	d	d	d	
Strongly disagree (1.0)	411 20%	142 36%	37 19%	49 18%	39 12%	30 12%	28 14%	19 20%	68 24%	155 15%	114 20%	99 15%	223 25%	81 20%	108 28%	109 21%	138 18%	49 16%
		bcdefghij	d	d				d	defi		dei		ac		bcd			
Don't know	130 6%	38 10%	19 10%	12 4%	16 5%	16 6%	8 4%	2 2%	20 7%	63 6%	29 5%	24 4%	60 7%	30 7%	22 6%	34 6%	43 6%	13 4%
		cdfgij	cdgj						g				a	a				
NET: Agree	907 45%	91 23%	81 42%	132 49%	187 56%	129 54%	108 54%	49 52%	129 46%	530 51%	286 50%	379 58%	332 37%	187 45%	142 37%	215 41%	362 48%	180 59%
			a	a	abh	ab	ab	a	a	ab	ab	bc		b				abc
NET: Disagree	970 48%	267 67%	95 49%	124 46%	130 39%	97 40%	84 42%	43 46%	131 47%	445 43%	258 45%	255 39%	497 56%	198 48%	218 57%	279 53%	346 46%	114 37%
		bcdefghij	d										ac	a	cd	cd	d	
Base for stats	1877	358	175	256	318	226	192	92	260	975	544	634	829	385	359	494	709	294
Mean Score	2.39	1.90	2.33	2.45	2.62	2.58	2.62	2.47	2.37	2.52	2.48	2.64	2.20	2.39	2.20	2.31	2.43	2.68
			a	a	abchj	abh	abh	a	a	abh	a	bc		b				abc
Standard Deviation	.959	.870	.896	.942	.892	.893	.967	.978	1.017	.912	.998	.974	.909	.949	.991	.916	.923	1.010
Standard Error	.022	.045	.067	.059	.051	.061	.071	.102	.063	.029	.043	.039	.032	.048	.052	.041	.035	.060
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	371 18%	188 19%	181 18%	152 25% bc	126 19% c	93 13%	15 15%	52 20%	38 19%	30 15%	29 17%	30 13%	85 27% abcdefhi	65 20%	27 13%
Tend to agree (3.0)	620 31%	311 32%	307 30%	222 37% c	225 34% c	173 23%	26 27%	85 32%	49 25%	71 34%	45 26%	60 27%	125 39% acefhi	101 31%	59 29%
Tend to disagree (2.0)	566 28%	279 28%	284 28%	119 20%	184 28% a	263 35% ab	35 36% bg	68 26% g	58 29% g	67 32% g	48 28% g	76 34% g	55 17%	98 30% g	61 30% g
Strongly disagree (1.0)	319 16%	147 15%	171 17%	69 11%	79 12%	171 23% ab	13 13%	41 16%	39 20% dgh	26 12%	37 21% dgh	44 20% dgh	34 11%	43 13%	42 21% dgh
Don't know	131 7%	53 5%	75 7%	44 7%	45 7%	41 6%	9 9%	17 7%	12 6%	16 8%	13 7%	12 5%	17 5%	20 6%	15 7%
NET: Agree	992 49%	499 51%	488 48%	374 62% bc	351 53% c	267 36%	41 42%	137 52% fi	87 44%	101 48%	74 43%	90 41%	210 66% abcdefhi	166 51% f	86 42%
NET: Disagree	884 44%	426 44%	455 45%	188 31%	263 40% a	434 58% ab	47 49% g	109 42% g	97 50% g	93 44% g	85 49% g	120 54% bdgh	89 28%	141 43% g	103 51% g
Base for stats	1876	925	944	562	614	700	88	246	184	194	159	210	299	306	189
Mean Score	2.56	2.58	2.53	2.81 bc	2.65 c	2.27	2.49	2.60 fi	2.46	2.55	2.42	2.36	2.87 abcdefhi	2.61 efi	2.37
Standard Deviation	.991	.984	.999	.970	.947	.976	.941	.999	1.046	.911	1.039	.967	.954	.972	.987
Standard Error	.023	.032	.033	.040	.039	.037	.087	.064	.078	.063	.082	.073	.057	.054	.074
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																	
Unweighted Total		2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total		2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	371 18%	54 30% bcefg	95 21% fh	75 16% f	56 24% cfh	40 19% f	51 10% f	224 21% fh	147 16% f	292 17%	11 24%	37 31% a	20 26% a	3 21%	1 9%	72 27% a
Tend to agree	(3.0)	620 31%	69 38% efh	162 36% efh	151 33% efh	80 35% efh	48 23% efh	110 23% efh	382 35% efh	239 26% efh	496 29%	20 43% a	54 46% a	26 33%	5 40%	7 72%	113 42% a
Tend to disagree	(2.0)	566 28%	35 20%	122 27% a	141 31% ad	50 22% ad	58 28% a	160 33% adg	298 28% a	267 29% ad	511 30% bcg	6 13%	17 15%	20 26%	4 33%	2 18%	50 19%
Strongly disagree	(1.0)	319 16%	18 10%	53 12%	52 11% abg	29 13% abg	38 18% abg	129 26% abcdegh	123 11% abcdegh	195 21% abcdg	301 18% cg	4 8%	3 2%	8 10% c	-	-	14 5%
Don't know		131 7%	4 2%	15 3% abg	37 8% abg	15 6% abg	21 10% abg	40 8% abg	56 5% abg	75 8% abg	102 6%	5 11%	7 6%	4 5%	1 6%	-	17 7%
NET: Agree		992 49%	122 68% bcefg	258 58% cefh	226 50% fh	137 59% cefh	88 43% f	162 33% f	606 56% cefh	386 42% f	788 46%	32 67% a	91 77% ad	47 59% a	7 61%	8 82%	185 69% a
NET: Disagree		884 44%	53 30%	175 39% a	193 42% ad	79 34% ad	96 47% adg	288 59% abcdegh	422 39% a	463 50% abcdg	812 48% bcdg	10 21%	20 17%	28 36% cg	4 33%	2 18%	64 24%
Base for stats		1876	176	433	419	216	183	450	1027	849	1600	41	111	75	12	10	248
Mean Score		2.56	2.90 bcefg	2.69 efh	2.59 fh	2.76 cefh	2.49 f	2.19 f	2.69 efh	2.40 f	2.49	2.94 a	3.13 ad	2.80 a	2.87	2.91	2.98 a
Standard Deviation		.991	.956	.949	.922	.989	1.049	.977	.944	1.024	.996	.899	.757	.963	.782	.548	.849
Standard Error		.023	.073	.046	.045	.068	.078	.046	.030	.035	.025	.142	.072	.112	.226	.173	.054
Error variance		*	.01	*	*	*	.01	*	*	*	*	.02	.01	.01	.05	.03	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d		a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204	
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	371	207	76	64	139	25	30	135	48	18	9	19	17	21	50	55
		18%	17%	21%	21%	21%	27%	25%	21%	21%	30%	17%	15%	19%	12%	12%	26%
					a		gij	gij	ij	ij	gij						gij
Tend to agree	(3.0)	620	340	132	118	250	35	46	237	74	13	19	37	29	40	90	80
		31%	28%	36%	39%	37%	37%	39%	36%	31%	23%	38%	29%	34%	22%	22%	38%
				a	a	a	ij	ej	ej	ij		ij		ij			ej
Tend to disagree	(2.0)	566	377	95	66	161	20	29	168	59	17	17	38	22	54	142	50
		28%	31%	26%	22%	24%	22%	25%	26%	25%	29%	33%	30%	26%	30%	35%	24%
			cd													abcdk	
Strongly disagree	(1.0)	319	233	37	41	77	8	7	84	31	8	5	28	7	50	92	14
		16%	19%	10%	13%	12%	9%	6%	13%	13%	13%	9%	21%	8%	28%	23%	7%
			bcd						bk	bk			abcdfhk		abcdfhk	abcdfhk	
Don't know		131	75	23	16	39	5	7	30	23	3	2	7	11	16	28	11
		7%	6%	6%	5%	6%	5%	6%	5%	10%	5%	3%	5%	13%	9%	7%	5%
									c				cgk		c		
NET: Agree		992	547	207	182	389	60	75	373	122	31	28	56	45	61	140	135
		49%	44%	57%	60%	58%	65%	64%	57%	52%	52%	55%	44%	53%	34%	35%	64%
				a	a	a	dgij	dgij	gij	ij	ij	ij		ij			dgij
NET: Disagree		884	610	131	107	238	28	36	252	90	25	21	66	29	104	234	64
		44%	50%	36%	35%	36%	30%	31%	39%	38%	42%	42%	51%	34%	58%	58%	30%
			bcd						k				abcdhk		abcdfhk	abcdfhk	
Base for stats		1876	1157	339	288	627	88	111	625	212	56	49	122	74	165	374	199
Mean Score		2.56	2.45	2.73	2.71	2.72	2.88	2.89	2.68	2.66	2.73	2.65	2.39	2.74	2.19	2.26	2.88
				a	a	a	gij	cdgij	gij	gij	gij	ij		gij			cdgij
Standard Deviation		.991	1.005	.929	.966	.946	.934	.872	.961	.988	1.062	.881	1.004	.918	1.013	.977	.897
Standard Error		.023	.028	.056	.063	.042	.102	.084	.039	.069	.143	.125	.090	.101	.078	.050	.065
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

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Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	371 18%	110 22%	86 24%	26 17%	10 21%	112 22%	119 22%	122 21%	73 27% c	27 16%	7 23%	100 23%	130 21%	57 18%	200 18%	102 21%	12 15%	315 19%	
Tend to agree (3.0)	620 31%	159 32%	138 38%	51 34%	19 40%	189 37%	178 33%	183 32%	112 42% af	58 33%	11 35%	170 39% af	194 32%	82 25%	325 29%	183 38% abe	31 39% a	538 32% a	
Tend to disagree (2.0)	566 28%	125 25%	91 25%	45 29%	12 25%	136 26%	137 25%	157 27%	56 21%	58 33% b	5 18%	114 26%	163 27%	94 29%	337 30% c	113 23%	21 26%	472 28%	
Strongly disagree (1.0)	319 16%	65 13%	33 9%	22 14%	5 10%	55 11%	69 13%	83 14% be	18 7%	20 11%	4 12%	38 9%	87 14% be	70 22% bcde	188 17% c	54 11%	7 9%	249 15% c	
Don't know	131 7%	31 6%	14 4%	9 6%	2 4%	23 4%	33 6%	33 6%	8 3%	11 6%	4 13% be	19 4%	37 6%	20 6%	70 6%	33 7%	8 10%	111 7%	
NET: Agree	992 49%	269 55%	224 62% ac	77 51%	29 61%	301 59%	297 55%	306 53%	184 69% acef	86 49%	18 58%	270 61% acf	324 53%	139 43%	525 47% abe	285 59% abe	43 54%	853 51% a	
NET: Disagree	884 44%	190 39%	124 34%	66 44% b	16 35%	190 37%	206 38%	240 41% be	74 28%	78 45% be	9 29%	152 34%	249 41% be	164 51% cde	525 47% ce	167 34%	28 36%	721 43% c	
Base for stats	1876	458	348	143	45	491	503	546	258	164	27	422	573	303	1050	452	71	1573	
Mean Score	2.56	2.68	2.79 c	2.57	2.75	2.73	2.69	2.63	2.92 acf	2.57	2.79	2.79 acf	2.64	2.42	2.51	2.74 abe	2.67	2.58 a	
Standard Deviation	.991	.990	.920	.958	.917	.936	.983	.994	.881	.909	.998	.908	.994	1.040	.995	.941	.885	.980	
Standard Error	.023	.047	.050	.081	.137	.043	.044	.043	.056	.071	.189	.045	.042	.057	.031	.046	.106	.025	
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.04	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	371	216	67	58	25	232	127	19	314	57	319	47
	18%	23%	17%	25%	16%	23%	18%	19%	24%	20%	14%	19%	16%
		b		bd						b			
Tend to agree	(3.0)	620	374	74	91	35	417	180	16	504	116	527	86
	31%	38%	30%	28%	24%	33%	33%	28%	21%	31%	29%	31%	29%
		b					bef						
Tend to disagree	(2.0)	566	377	65	107	28	376	178	21	449	117	474	84
	28%	22%	30%	24%	29%	26%	29%	27%	26%	28%	29%	28%	28%
			a										
Strongly disagree	(1.0)	319	197	43	86	13	184	123	15	240	78	264	52
	16%	12%	16%	16%	23%	13%	14%	19%	19%	15%	20%	16%	18%
					acd			d			a		
Don't know		131	78	19	31	5	72	46	8	101	30	97	27
	7%	5%	6%	7%	8%	5%	6%	7%	10%	6%	8%	6%	9%
													a
NET: Agree		992	589	142	149	60	649	307	36	818	173	847	133
	49%	61%	47%	53%	40%	56%	51%	47%	44%	51%	43%	50%	45%
		b		b		b	b	b		b			
NET: Disagree		884	574	108	193	41	561	301	36	689	195	738	136
	44%	34%	46%	40%	52%	39%	44%	46%	45%	43%	49%	44%	46%
			a		acd						a		
Base for stats		1876	1163	250	342	101	1210	608	72	1508	368	1585	269
Mean Score	2.56	2.76	2.52	2.66	2.35	2.71	2.58	2.51	2.55	2.59	2.41	2.57	2.48
		b		b		b	b	b		b			
Standard Deviation	.991	.958	.980	1.054	1.037	.987	.966	1.037	1.108	.989	.991	.991	.996
Standard Error	.023	.051	.029	.067	.056	.099	.028	.042	.132	.026	.051	.025	.060
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.5. I miss the types of physical activity I was able to do before the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	371 18%	39 10%	33 17%	59 22%	63 19%	43 18%	54 27%	25 27%	55 20%	198 19%	134 23%	182 28%	88 10%	98 24%	85 22%	87 17%	117 16%	79 26%
			a	a	a	a	abdei	ab	a	a	ai	b		b	bc			bc
Tend to agree (3.0)	620 31%	70 18%	62 32%	98 37%	126 38%	97 40%	70 35%	30 32%	68 24%	383 37%	168 29%	261 40%	214 24%	137 33%	99 26%	167 32%	249 33%	95 31%
			a	ahj	ahj	ahj	ah	a	a	ahj	a	bc		b			a	
Tend to disagree (2.0)	566 28%	113 28%	55 28%	73 27%	104 31%	71 30%	45 22%	23 25%	81 29%	304 29%	149 26%	139 21%	302 34%	113 27%	92 24%	167 32%	229 30%	70 23%
				f						f			ac	a		ad	ad	
Strongly disagree (1.0)	319 16%	128 32%	24 13%	26 10%	26 8%	21 9%	23 12%	12 13%	58 21%	98 9%	93 16%	52 8%	218 24%	42 10%	75 20%	78 15%	114 15%	49 16%
		bcdefghij							bcdefi		cdei		ac					
Don't know	131 7%	47 12%	20 10%	11 4%	15 4%	10 4%	8 4%	3 3%	18 7%	55 5%	29 5%	25 4%	68 8%	25 6%	31 8%	29 5%	43 6%	14 5%
		cdefghij	cdefgij										a					
NET: Agree	992 49%	109 27%	95 49%	157 59%	189 57%	140 58%	124 62%	55 59%	123 44%	581 56%	302 53%	442 67%	301 34%	235 57%	183 48%	254 48%	366 49%	174 57%
			a	abh	ah	ah	abhj	ah	a	ah	ah	bc		b			abc	
NET: Disagree	884 44%	240 61%	80 41%	100 37%	130 39%	92 38%	68 34%	35 38%	139 50%	402 39%	242 42%	191 29%	520 58%	155 37%	167 44%	245 46%	343 46%	119 39%
		bcdefghij							cdefij		f		ac	a		d	d	
Base for stats	1876	349	175	257	319	232	192	90	262	982	544	633	821	389	351	499	709	293
Mean Score	2.56	2.06	2.59	2.74	2.70	2.70	2.81	2.75	2.46	2.69	2.63	2.90	2.21	2.75	2.55	2.53	2.52	2.69
			a	ah	ah	ah	abhj	ah	a	ah	ah	bc		b			bc	
Standard Deviation	.991	1.007	.950	.929	.877	.875	.982	1.010	1.055	.904	1.034	.909	.954	.953	1.078	.957	.950	1.045
Standard Error	.023	.053	.071	.058	.050	.058	.072	.106	.065	.029	.044	.037	.033	.048	.057	.043	.036	.062
Error variance	*	*	.01	*	*	*	.01	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	272 14%	139 14%	132 13%	121 20% bc	89 13% c	62 8%	11 11%	32 12%	28 15%	28 13%	18 11%	29 13%	67 21% abdefhi	32 10%	26 13%
Tend to agree (3.0)	574 29%	270 28%	304 30%	208 34% bc	191 29% c	176 24%	19 20%	76 29%	51 26%	69 33% ah	49 29%	70 32% a	106 34% ahi	82 25%	51 25%
Tend to disagree (2.0)	598 30%	281 29%	314 31%	154 25%	205 31% a	240 32% a	39 40% bdfg	78 29%	66 34%	59 28%	51 29%	57 26%	86 27%	102 31%	62 30%
Strongly disagree (1.0)	481 24%	248 25%	232 23%	89 15%	150 23% a	242 33% ab	24 24% g	65 25% g	44 22% g	41 20%	49 28% dg	59 26% g	47 15%	97 30% dg	57 28% g
Don't know	81 4%	41 4%	37 4%	35 6% c	24 4%	22 3%	4 4%	13 5%	7 4%	12 6%	5 3%	7 3%	10 3%	13 4%	9 4%
NET: Agree	846 42%	408 42%	435 43%	329 54% bc	280 42% c	238 32%	31 32%	108 41%	79 40%	97 46% ah	67 39%	99 45% ah	174 55% abcefi	114 35%	78 38%
NET: Disagree	1079 54%	529 54%	546 54%	242 40%	355 54% a	482 65% ab	62 64% dfg	143 54% g	110 56% g	100 48%	100 58% dg	115 52% g	133 42%	199 61% dfg	118 58% dg
Base for stats	1926	937	981	571	635	720	93	251	189	197	167	214	306	313	196
Mean Score	2.33	2.32	2.34	2.63 bc	2.34 c	2.08	2.20	2.30	2.34 h	2.43 aeh	2.22	2.33	2.63 abcdefhi	2.16	2.24
Standard Deviation	1.002	1.021	.984	.984	.991	.960	.956	.994	.997	.975	.990	1.022	.989	.978	1.019
Standard Error	.023	.033	.032	.041	.040	.035	.086	.063	.073	.067	.077	.076	.058	.054	.075
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	.01

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Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

		Social Grade								Ethnicity							
Total		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total		2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total		2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	272 14%	45 25% bcefg	52 12%	52 11%	41 18% bcf	25 12%	59 12%	148 14%	124 13%	215 13%	8 17%	22 19%	21 27% a	1 8%	2 19%	54 20% a
Tend to agree	(3.0)	574 29%	53 30%	133 30%	139 31%	65 28%	59 29%	123 25%	326 30% f	248 27%	470 28%	20 43% a	44 37% a	26 33%	2 14%	5 51%	97 36% a
Tend to disagree	(2.0)	598 30%	42 24%	141 31%	145 32% a	57 25%	63 31%	150 31%	328 30%	270 29%	525 31% dg	13 27%	33 28%	13 16%	6 48%	1 9%	65 24%
Strongly disagree	(1.0)	481 24%	36 20%	116 26%	94 21%	55 24%	51 25%	130 26% c	246 23%	235 25%	435 26% cg	6 13%	12 10%	15 19%	3 22%	2 21%	38 14%
Don't know		81 4%	4 2%	6 1%	25 6% bg	12 5% b	6 3%	28 6% abg	35 3% b	46 5% bg	58 3%	- -	7 6%	4 5%	1 8%	- -	12 5%
NET: Agree		846 42%	98 54% bcefg	185 41%	191 42%	106 46% f	85 41%	182 37%	474 44% f	373 40%	684 40%	28 60% a	66 56% a	47 60% a	3 22%	7 70%	151 57% a
NET: Disagree		1079 54%	79 44%	257 57% ad	239 53% a	112 49%	113 56% a	279 57% ad	575 53% a	505 55% a	960 56% bcdg	18 40%	45 38%	28 35%	9 69%	3 30%	103 39%
Base for stats		1926	177	442	430	218	198	461	1048	877	1644	47	111	75	11	10	254
Mean Score		2.33	2.60 bcefg	2.27	2.34	2.42 f	2.30	2.24	2.36 f	2.30	2.28	2.65 a	2.69 a	2.71 a	2.10	2.68	2.66 a
Standard Deviation		1.002	1.078	.980	.952	1.060	.990	1.000	.991	1.015	.997	.923	.911	1.095	.904	1.070	.977
Standard Error		.023	.082	.047	.046	.072	.071	.046	.031	.034	.025	.138	.087	.127	.261	.338	.062
Error variance		*	.01	*	*	.01	.01	*	*	*	*	.02	.01	.02	.07	.11	*

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Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204	
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	272	144	65	40	105	13	25	91	40	10	4	21	11	19	39	38
		14%	12%	18%	13%	16%	14%	21%	14%	17%	17%	8%	16%	13%	10%	10%	18%
			a		a		cfij	j	j		j					ij	
Tend to agree	(3.0)	574	331	124	91	215	35	47	187	64	19	16	32	26	53	95	82
		29%	27%	34%	30%	32%	38%	40%	29%	27%	33%	31%	25%	30%	30%	24%	39%
			a		a		gj	cdgj								cdgj	
Tend to disagree	(2.0)	598	376	87	105	192	24	29	200	69	15	16	40	32	41	131	53
		30%	31%	24%	34%	29%	26%	25%	31%	29%	25%	32%	32%	37%	23%	32%	25%
			b		b			i					ik		i		
Strongly disagree	(1.0)	481	331	76	60	136	17	15	159	47	15	14	32	8	50	124	33
		24%	27%	21%	20%	20%	19%	13%	24%	20%	25%	27%	25%	9%	28%	31%	15%
			bcd					bhk	h	bh	bhk	bhk		bhk	abcdhk		
Don't know		81	50	10	9	19	3	2	17	16	-	1	3	9	17	14	5
		4%	4%	3%	3%	3%	3%	1%	3%	7%	-	2%	2%	11%	9%	3%	2%
									bcek				bcefgjk	bcefgjk			
NET: Agree		846	475	189	131	320	48	72	278	103	29	20	53	37	72	134	120
		42%	39%	52%	43%	48%	52%	61%	42%	44%	49%	39%	41%	43%	40%	33%	57%
			ac		a		j	cdghij	j	j	j					cdghij	
NET: Disagree		1079	708	163	165	328	41	45	359	116	30	30	72	39	92	254	86
		54%	57%	45%	54%	49%	45%	38%	55%	49%	51%	59%	56%	46%	51%	63%	41%
			bd		b			bk	b		bk	bk		bk	abcdhik		
Base for stats		1926	1183	352	296	648	90	116	637	220	60	50	125	76	163	389	206
Mean Score		2.33	2.24	2.51	2.37	2.45	2.49	2.70	2.33	2.44	2.41	2.20	2.34	2.53	2.25	2.13	2.61
			a		a		j	cdghij	j	j	j		j	fij		cfghij	
Standard Deviation		1.002	.994	1.026	.955	.996	.967	.955	1.004	1.019	1.050	.949	1.033	.867	1.019	.976	.964
Standard Error		.023	.028	.061	.062	.043	.104	.090	.040	.070	.137	.133	.091	.095	.079	.049	.068
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

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Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	272 14%	59 12%	56 15%	32 21% af	13 28% abf	88 17% a	73 14%	67 12%	61 23% acf	19 11%	9 28% acf	80 18% acf	76 12%	51 16%	144 13%	64 13%	14 17%	222 13%
Tend to agree	(3.0)	574 29%	115 23%	130 36% af	52 34% af	14 30%	182 35% af	129 24%	145 25%	99 37% af	57 33% a	9 29%	157 35% af	154 25%	78 24%	326 29%	140 29%	30 37% a	496 29%
Tend to disagree	(2.0)	598 30%	161 33% ce	102 28%	31 21%	12 25%	133 26% ce	173 32% ce	181 31%	72 27%	52 30%	6 19%	124 28% ce	187 31%	83 26%	332 30%	158 33% a	24 30%	515 31%
Strongly disagree	(1.0)	481 24%	137 28% bde	66 18%	33 22%	6 13%	99 19% bde	143 27% bde	166 29% be	31 12% b	39 22% b	6 18%	69 16% be	172 28% be	92 28% cde	278 25% d	103 21% d	8 11% d	390 23% d
Don't know		81 4%	18 4%	9 2%	3 2%	2 4%	12 2% 4%	20 4%	20 3%	4 2%	8 5%	2 5%	12 3% 4%	21 4%	18 6%	40 4%	19 4%	4 5%	63 4%
NET: Agree		846 42%	174 36%	185 51% af	84 55% af	27 58% af	269 52% af	201 37% af	212 37%	160 60% acf	76 44%	18 57% af	236 53% acf	230 38%	129 40%	469 42%	204 42%	43 55% abce	717 43%
NET: Disagree		1079 54%	298 61% bcde	168 46%	64 42%	18 38%	233 45% bcde	316 59% bcde	347 60% bde	103 38%	91 52% b	12 37%	193 44% bde	359 59%	175 54% d	611 55% d	261 54% d	32 41%	904 54% d
Base for stats	1926	472	354	148	45	502	517	560	262	167	29	429	589	304	1080	466	76	1621	
Mean Score	2.33	2.20	2.49	2.56	2.76	2.51	2.25	2.20	2.72	2.34	2.71	2.57	2.23	2.29	2.31	2.36	2.64	2.34	
Standard Deviation	1.002	.999	.971	1.063	1.027	.999	1.013	.999	.948	.960	1.111	.970	1.010	1.070	.998	.974	.911	.989	
Standard Error	.023	.047	.052	.088	.153	.045	.045	.042	.060	.075	.200	.048	.042	.059	.030	.047	.106	.025	
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.04	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0) 272 14%	84 22%	132 11%	71 26%	76 20%	21 20%	125 10%	140 21%	23 29%	235 15%	37 9%	227 13%	43 14%
		b	d	d	d	d	d	d	d	b			
Tend to agree	(3.0) 574 29%	160 41%	321 26%	93 35%	117 31%	41 38%	329 26%	221 34%	28 35%	474 29%	100 25%	481 29%	85 29%
		b	d	d	d	d	d	d	d				
Tend to disagree	(2.0) 598 30%	87 22%	414 33%	54 20%	91 24%	25 23%	425 33%	156 24%	11 13%	482 30%	116 29%	511 30%	79 27%
			a		f		abcef	f					
Strongly disagree	(1.0) 481 24%	48 12%	330 27%	41 15%	75 20%	15 15%	361 28%	112 17%	17 21%	366 23%	115 29%	412 24%	65 22%
			a		a		abce				a		
Don't know	81 4%	11 3%	44 4%	9 3%	14 4%	4 4%	42 3%	26 4%	2 2%	51 3%	30 8%	51 3%	24 8%
											a		a
NET: Agree	846 42%	244 63%	453 36%	165 61%	193 52%	61 58%	454 35%	361 55%	50 63%	709 44%	137 34%	708 42%	128 43%
		b		bd	d	d		d	d	b			
NET: Disagree	1079 54%	135 35%	744 60%	96 36%	166 44%	40 38%	787 61%	267 41%	28 35%	848 53%	232 58%	923 55%	144 49%
			a		a		abcef					b	
Base for stats	1926	379	1197	260	359	102	1240	628	78	1557	369	1631	272
Mean Score	2.33	2.74	2.21	2.75	2.54	2.66	2.18	2.62	2.72	2.37	2.16	2.32	2.39
		b		bd	d	d		d	d	b			
Standard Deviation	1.002	.946	.969	1.028	1.045	.974	.964	1.019	1.113	1.003	.983	1.001	1.017
Standard Error	.023	.050	.028	.064	.055	.097	.027	.041	.126	.025	.051	.025	.061
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.6. I worry about leaving my home to exercise or be active: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	272 14%	53 13%	27 14%	36 13%	53 16%	33 13%	29 15%	11 12%	31 11%	148 14%	71 12%	121 18% b	81 9%	66 16% b	79 21% bc	58 11%	67 9%	66 22% bc
Tend to agree (3.0)	574 29%	104 26%	72 37% afhj	84 31% hj	105 32% hj	72 30%	49 25%	24 26%	63 22%	334 32% afhj	136 24%	214 33% b	222 25%	125 30% b	112 29%	173 33% c	188 25%	93 30%
Tend to disagree (2.0)	598 30%	102 26%	60 31%	76 29%	99 30%	77 32%	68 34% a	32 35%	83 30%	313 30%	183 32% a	174 26%	284 32% a	130 31%	104 27% d	169 32% d	261 35% ad	54 18%
Strongly disagree (1.0)	481 24%	104 26% bi	24 12% b	60 23% b	71 21% b	52 22% b	51 26% b	25 26% b	94 34% abcdei	207 20% b	170 30% bcdei	133 20%	262 29% ac	79 19%	68 18%	104 20% a	216 29% ab	90 29% ab
Don't know	81 4%	32 8% defghij	11 6% dfgj	12 5% df	6 2%	7 3%	2 1%	1 1%	10 4%	36 3%	13 2%	16 2%	40 5% a	14 3%	18 5% d	24 4% d	21 3%	4 1%
NET: Agree	846 42%	157 40%	100 51% afghj	119 44% hj	158 47% ahj	105 43% h	79 39%	35 38%	93 33%	482 46% ahj	207 36%	335 51% b	303 34%	192 46% b	192 50% c	231 44% c	255 34%	159 52% bc
NET: Disagree	1079 54%	207 52% b	84 43%	137 51%	170 51%	130 54% b	119 60% bi	57 61% bi	177 63% abcdei	520 50%	353 62% abcdei	307 47%	546 61% ac	210 51%	172 45%	273 52% a	476 63% abd	144 47%
Base for stats	1926	364	183	256	328	234	198	92	270	1001	560	642	849	401	364	504	731	304
Mean Score	2.33	2.29	2.56	2.37	2.43	2.36	2.28	2.24	2.11	2.42	2.19	2.50	2.14	2.45	2.56	2.37	2.15	2.45
Standard Deviation	1.002	1.037	.899	.993	1.000	.979	1.011	.985	1.012	.977	1.009	1.021	.966	.987	1.030	.937	.947	1.132
Standard Error	.023	.054	.066	.062	.056	.065	.073	.102	.061	.031	.043	.041	.033	.049	.054	.042	.035	.066
Error variance	*	*	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	161 8%	100 10% b	60 6% a	84 14% bc	62 9% c	16 2% a	5 5%	11 4%	12 6%	12 6%	7 4%	15 7%	65 21% abcdefhi	25 8%	8 4%
Tend to agree (3.0)	351 18%	208 21% b	139 14% a	165 27% bc	132 20% c	54 7% a	13 13%	51 19% f	27 14%	40 19% f	28 16%	26 12%	72 23% acf	55 17%	40 20% f
Tend to disagree (2.0)	708 35%	314 32%	394 39% a	186 31%	229 35%	294 40% a	34 35%	86 33%	77 39% g	76 36%	63 36%	80 36%	96 30%	124 38% g	72 35%
Strongly disagree (1.0)	684 34%	320 33%	363 36%	131 22%	201 30% a	352 47% ab	38 39% g	93 35% g	69 35% g	71 34% g	67 39% g	92 42% g	71 23% a	108 33% g	74 36% g
Don't know	102 5%	37 4% a	63 6% a	40 7% c	35 5% a	26 4% a	7 7%	22 9% gh	11 5%	10 5%	7 4%	9 4%	12 4%	13 4%	11 5%
NET: Agree	512 26%	308 32% b	199 20% a	249 41% bc	194 29% c	69 9% a	18 19%	62 23%	40 20%	52 25%	35 20%	41 18%	137 43% abcdefhi	81 25%	48 23%
NET: Disagree	1393 69%	633 65% a	756 74% a	317 52%	430 65% a	646 87% ab	72 74% g	179 68% g	146 74% g	147 70% g	130 76% g	172 78% bg	167 53% a	233 71% g	146 71% g
Base for stats	1905	942	956	566	624	715	90	241	185	199	165	213	304	313	194
Mean Score	1.99	2.09 b	1.89 a	2.36 bc	2.09 c	1.63 a	1.84	1.92	1.91	1.96	1.85	1.83	2.43 abcdefhi	1.99	1.91
Standard Deviation	.939	.988	.876	.995	.961	.719	.877	.883	.885	.892	.855	.897	1.071	.922	.863
Standard Error	.022	.032	.029	.041	.039	.027	.080	.057	.065	.061	.066	.067	.063	.051	.064
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	161 8%	41 23% bcdefgh	30 7% f	33 7% f	24 10% fh	19 9% f	15 3% f	104 10% fh	57 6% f	113 7%	4 8%	23 20% a	13 16% a	1 7%	2 20%	43 16% a
Tend to agree (3.0)	351 18%	50 28% bcdefgh	89 20% fh	72 16% f	60 26% cefh	34 17% f	47 10% f	211 19% fh	140 15% f	254 15%	24 51% acd	40 34% a	21 27% a	5 37%	2 21%	92 35% a
Tend to disagree (2.0)	708 35%	53 29%	160 36%	173 38% ad	65 28% ad	83 41% ad	175 36% ad	385 36% d	323 35%	633 37%	11 24%	26 22%	24 30%	5 38%	4 36%	69 26%
Strongly disagree (1.0)	684 34%	35 19%	151 34% a	148 32% a	70 31% a	57 28% a	223 46% abcdegh	333 31% a	351 38% acdeg	622 37% bcdg	6 13%	21 18%	19 24%	2 18%	2 23%	51 19%
Don't know	102 5%	2 1%	18 4%	30 7% a	11 5% a	11 5% a	30 6% a	50 5% a	52 6% a	81 5%	1 3%	7 6%	2 3%	-	-	11 4%
NET: Agree	512 26%	91 50% bcdefgh	119 27% fh	105 23% f	83 36% bcefh	53 26% f	62 13% f	315 29% cfh	198 21% f	367 22%	28 60% a	63 54% a	34 43% a	5 44%	4 41%	135 51% a
NET: Disagree	1393 69%	87 49%	311 69% ad	321 70% ad	136 59% a	140 69% ad	398 81% abcdegh	719 66% ad	674 73% adg	1254 74% bcdg	18 38%	47 40%	43 54%	7 56%	6 59%	120 45%
Base for stats	1905	178	430	425	219	193	459	1034	871	1621	45	111	76	12	10	255
Mean Score	1.99	2.54 bcdefgh	2.00 fh	1.98 f	2.17 bcfh	2.07 fh	1.68 f	2.08 fh	1.89 f	1.91	2.56 a	2.59 a	2.36 a	2.34	2.38	2.50 a
Standard Deviation	.939	1.048	.917	.911	1.001	.927	.785	.961	.903	.901	.838	1.030	1.033	.888	1.106	.994
Standard Error	.022	.079	.045	.044	.068	.067	.036	.030	.030	.022	.126	.098	.118	.246	.350	.062
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.06	.12	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204	
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	161 8%	68 5%	46 13%	35 11%	80 12%	12 13%	20 17%	73 11%	19 8%	12 20%	3 5%	3 3%	8 9%	2 1%	9 2%	32 15%
			a	a	a	gij	dfgij	gij	gij	dfgij			gij				dgij
Tend to agree	(3.0)	351 18%	161 13%	93 26%	68 22%	162 24%	27 29%	34 29%	144 22%	51 22%	9 15%	7 14%	21 17%	25 29%	17 9%	17 4%	61 29%
			a	a	a	fgij	efgij	ij	ij	j	j	ij	efgij	j			cefgij
Tend to disagree	(2.0)	708 35%	450 37%	110 30%	115 38%	225 34%	29 31%	40 34%	217 33%	95 40%	12 20%	17 34%	50 39%	27 31%	62 35%	158 39%	69 33%
			b					e	e			e		e		ce	
Strongly disagree	(1.0)	684 34%	501 41%	91 25%	71 23%	162 24%	21 23%	21 18%	201 31%	60 25%	25 42%	21 41%	47 37%	13 16%	76 42%	199 50%	42 20%
			bcd						bhk		abdhk	abdhk	abdhk		abcdhk	abcdghk	
Don't know		102 5%	53 4%	22 6%	15 5%	37 6%	4 4%	2 2%	20 3%	10 4%	2 4%	3 6%	6 5%	12 14%	23 13%	20 5%	6 3%
													abcdegjk	abcdegjk			
NET: Agree		512 26%	229 19%	139 38%	103 34%	242 36%	39 42%	55 46%	216 33%	70 30%	21 35%	10 19%	25 19%	33 38%	19 10%	26 6%	94 45%
				a	a	a	dfgij	cdfgij	fgij	gij	gij	j	ij	fgij			cdfgij
NET: Disagree		1393 69%	951 77%	201 56%	186 61%	388 58%	50 54%	61 52%	418 64%	155 66%	37 62%	38 75%	98 76%	40 47%	139 77%	357 89%	111 53%
			bcd						bhk	bhk		abhk	abcdehk		abcdehk	abcdehghk	
Base for stats	1905	1179	340	290	630	89	116	634	225	58	48	122	73	157	383	205	
Mean Score	1.99	1.83	2.28	2.23	2.25	2.34	2.47	2.14	2.13	2.13	1.83	1.84	2.37	1.65	1.57	2.41	
			a	a	a	fgij	cdfgij	fgij	fgij	ij	j	ij	cdfgij			cdfgij	
Standard Deviation	.939	.872	1.002	.956	.981	.990	.983	.992	.904	1.186	.893	.806	.914	.723	.688	.986	
Standard Error	.022	.024	.060	.062	.043	.107	.092	.040	.061	.157	.128	.072	.102	.057	.035	.070	
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	161 8%	54 11%	43 12%	17 11%	6 12%	60 12%	60 11%	51 9%	53 20%	7 4%	7 22%	60 13%	57 9%	20 6%	80 7%	52 11%	9 12%	141 8%
									c	acef		acf	c			ab			
Tend to agree	(3.0)	351 18%	93 19%	80 22%	38 25%	16 34%	118 23%	109 20%	94 16%	85 32%	40 23%	9 28%	125 28%	103 17%	39 12%	188 17%	101 21%	23 29%	312 19%
									acf	a		af			a	a	abe	a	
Tend to disagree	(2.0)	708 35%	171 35%	127 35%	46 30%	14 31%	172 34%	185 34%	205 35%	81 31%	64 36%	6 18%	145 33%	211 34%	97 30%	409 37%	173 36%	30 37%	611 36%
									d		d		d		a			a	
Strongly disagree	(1.0)	684 34%	151 31%	104 29%	46 30%	11 24%	150 29%	162 30%	211 36%	40 15%	55 31%	10 32%	95 22%	221 36%	149 46%	398 35%	123 25%	15 19%	536 32%
									be	be	b	b	be	bcde	cde			cd	
Don't know		102 5%	21 4%	9 2%	5 3%	- -	14 3%	21 4%	18 3%	7 3%	10 6%	- -	17 4%	18 3%	17 5%	47 4%	36 7%	2 3%	85 5%
																b			
NET: Agree		512 26%	148 30%	123 34%	55 36%	22 46%	178 35%	169 32%	145 25%	138 52%	47 27%	16 50%	184 42%	161 26%	59 18%	267 24%	153 32%	33 41%	453 27%
						af				acef		acf	acf		a	abe	abe	a	
NET: Disagree		1393 69%	321 66%	231 64%	92 60%	25 54%	323 63%	347 65%	416 72%	122 46%	118 68%	16 50%	240 54%	432 71%	246 76%	807 72%	296 61%	44 56%	1147 68%
									bde		be	b	bde	cde	cde			cd	
Base for stats	1905	469	354	147	47	500	516	561	259	165	31	425	592	305	1074	449	77	1600	
Mean Score	1.99	2.11	2.17	2.18	2.34	2.18	2.13	1.97	2.58	1.99	2.40	2.35	1.99	1.77	1.95	2.18	2.35	2.04	
									acef		acf	acf			a	abe	abe	ab	
Standard Deviation	.939	.987	.989	1.006	.978	.993	.988	.952	.983	.860	1.166	.979	.968	.910	.917	.965	.933	.939	
Standard Error	.022	.046	.053	.084	.143	.045	.044	.040	.063	.067	.203	.048	.040	.050	.028	.047	.108	.024	
Error variance	*	*	*	.01	.02	*	*	*	*	*	.04	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space			
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305	
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	161	66	68	27	28	19	88	66	4	141	20	139	17
		8%	17%	5%	10%	8%	18%	7%	10%	5%	9%	5%	8%	6%
			b			abdef		d		b				
Tend to agree	(3.0)	351	122	178	54	43	37	215	125	6	288	63	270	72
		18%	31%	14%	20%	12%	34%	17%	19%	8%	18%	16%	16%	24%
			b		bf		abdef	bf	bf				a	
Tend to disagree	(2.0)	708	107	489	78	124	23	490	199	24	567	141	614	88
		35%	27%	39%	29%	33%	21%	38%	30%	30%	35%	35%	37%	30%
				a		c		ace					b	
Strongly disagree	(1.0)	684	79	447	94	160	22	433	230	40	535	149	584	97
		34%	20%	36%	35%	43%	21%	34%	35%	50%	33%	37%	35%	33%
			a		c	acde		c	c	acde				
Don't know		102	16	59	17	17	5	55	34	6	76	26	74	21
		5%	4%	5%	6%	5%	5%	4%	5%	7%	5%	6%	4%	7%
NET: Agree		512	188	246	80	71	56	303	191	11	430	83	409	90
		26%	48%	20%	30%	19%	53%	24%	29%	13%	27%	21%	24%	30%
			b		bdf		abdef	f	bdf		b		a	
NET: Disagree		1393	187	936	172	285	45	924	429	64	1102	291	1198	185
		69%	48%	75%	64%	76%	42%	72%	66%	80%	69%	73%	71%	63%
				a	c	ace		ace	c	ace			b	
Base for stats		1905	374	1182	252	356	101	1227	620	74	1532	373	1607	275
Mean Score		1.99	2.46	1.89	2.05	1.83	2.53	1.97	2.04	1.66	2.02	1.87	1.98	2.04
			b		bf		abdef	bf	bf		b			
Standard Deviation		.939	1.013	.864	1.003	.928	1.041	.903	.998	.868	.952	.874	.937	.933
Standard Error		.022	.054	.025	.063	.049	.104	.026	.040	.101	.024	.045	.023	.056
Error variance		*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.7. I feel guilty about wanting to exercise during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	161 8%	11 3%	11 6%	21 8%	33 10%	26 11%	26 13%	9 10%	23 8%	91 9%	58 10%	102 16%	33 4%	23 6%	29 8%	30 6%	48 6%	52 17%
				a	a	a	ab	a	a	a	a	bc						abc
Tend to agree (3.0)	351 18%	22 6%	37 19%	61 23%	79 24%	54 22%	33 17%	17 18%	50 18%	230 22%	100 17%	153 23%	128 14%	66 16%	53 14%	110 21%	115 15%	66 21%
			a	a	aj	a	a	a	a	aj	a	bc				ac		ac
Tend to disagree (2.0)	708 35%	135 34%	82 42%	105 39%	107 32%	85 35%	73 37%	30 33%	90 32%	379 37%	194 34%	209 32%	328 37%	159 38%	126 33%	191 36%	295 39%	84 27%
			dhj										a	a		d	ad	
Strongly disagree (1.0)	684 34%	187 47%	54 28%	72 27%	95 28%	67 28%	64 32%	36 38%	111 39%	287 28%	210 37%	172 26%	351 39%	150 36%	145 38%	175 33%	261 35%	100 32%
		bcdefghij						ci	bcdei		bcdei		a	a				
Don't know	102 5%	41 10%	11 6%	9 3%	20 6%	10 4%	3 2%	2 2%	6 2%	50 5%	11 2%	22 3%	50 6%	16 4%	29 7%	20 4%	33 4%	6 2%
		cdefghij	fj		fhj					j			a		bcd			
NET: Agree	512 26%	33 8%	48 24%	81 30%	112 34%	80 33%	59 30%	26 28%	73 26%	321 31%	158 28%	256 39%	161 18%	89 22%	82 21%	141 27%	163 22%	118 38%
			a	a	abh	a	a	a	a	a	a	bc				c		abc
NET: Disagree	1393 69%	322 81%	136 70%	177 66%	202 60%	152 63%	137 69%	66 71%	201 72%	667 64%	404 70%	381 58%	678 76%	310 75%	271 71%	367 70%	556 74%	183 60%
		bcdefghij	d						dei		dei		a	a	d	d	d	
Base for stats	1905	355	184	258	314	232	196	92	274	988	562	637	840	399	353	508	719	301
Mean Score	1.99	1.60	2.03	2.12	2.16	2.17	2.11	1.99	1.95	2.13	2.01	2.29	1.81	1.91	1.90	1.99	1.93	2.23
			a	ah	ahj	ahj	a	a	a	ahj	a	bc						abc
Standard Deviation	.939	.746	.855	.908	.978	.973	1.009	.986	.964	.937	.984	1.035	.833	.876	.939	.896	.886	1.091
Standard Error	.022	.039	.063	.056	.056	.065	.073	.103	.058	.030	.042	.042	.029	.043	.050	.040	.033	.064
Error variance	*	*	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region									
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194	
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	420	227	190	141	143	135	20	55	32	40	36	46	85	64	41
		21%	23%	19%	23%	22%	18%	21%	21%	16%	19%	21%	21%	27%	20%	20%
			b		c								cdh			
Tend to agree	(3.0)	904	450	449	278	299	327	36	109	92	99	75	89	152	162	90
		45%	46%	44%	46%	45%	44%	37%	41%	47%	47%	44%	40%	48%	50%	44%
														a	abf	
Tend to disagree	(2.0)	383	164	218	116	132	135	25	51	40	38	37	44	49	62	37
		19%	17%	21%	19%	20%	18%	26%	19%	21%	18%	22%	20%	15%	19%	18%
								g								
Strongly disagree	(1.0)	207	102	104	42	53	112	10	32	23	17	18	32	22	26	26
		10%	10%	10%	7%	8%	15%	10%	12%	12%	8%	11%	14%	7%	8%	13%
							ab		g				dgh			g
Don't know		93	35	57	30	32	31	6	16	9	16	5	10	9	13	10
		5%	4%	6%	5%	5%	4%	6%	6%	5%	7%	3%	5%	3%	4%	5%
				a							eg					
NET: Agree		1324	677	639	419	442	463	56	164	124	139	111	136	237	226	131
		66%	69%	63%	69%	67%	62%	58%	62%	63%	66%	65%	61%	75%	69%	64%
			b		c									abcdefi	a	
NET: Disagree		590	266	322	157	185	248	35	84	63	55	56	76	71	88	63
		29%	27%	32%	26%	28%	33%	36%	32%	32%	26%	32%	34%	22%	27%	31%
				a			ab	g	g	g		g	g			g
Base for stats		1914	943	962	577	627	711	91	248	187	194	167	211	308	314	195
Mean Score		2.80	2.85	2.75	2.90	2.85	2.68	2.73	2.75	2.71	2.84	2.77	2.71	2.97	2.84	2.75
			b		c		c							abcefhi		
Standard Deviation		.902	.909	.893	.852	.868	.957	.933	.947	.889	.855	.914	.974	.850	.845	.939
Standard Error		.021	.029	.029	.035	.036	.036	.085	.061	.065	.059	.071	.073	.050	.046	.069
Error variance		*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	420 21%	54 30% cefh	107 24% efh	95 21% e	55 24% efh	28 14% e	81 17% efh	256 24% efh	164 18% a	335 20% bcg	8 16% -	39 33% ab	28 35% ab	2 13% -	1 13% -	77 29% a
Tend to agree (3.0)	904 45%	80 45%	222 50% fh	198 43%	103 45%	99 49%	202 41%	500 46%	404 44%	769 45%	25 53%	56 47%	28 36%	7 56%	8 77%	123 46%
Tend to disagree (2.0)	383 19%	28 16%	88 20%	86 19%	42 18%	45 22%	94 19%	202 19%	181 20%	330 19%	11 24%	15 13%	17 21%	4 31%	- -	46 17%
Strongly disagree (1.0)	207 10%	14 8%	21 5%	44 10% b	21 9% b	26 13% bg	82 17% abcdg	79 7% abcdg	128 14% abcg	194 11% bcg	- -	3 3%	6 7%	- -	1 10%	10 4%
Don't know	93 5%	4 2%	10 2%	33 7% abeg	9 4%	7 3%	31 6% ab	47 4%	47 5% b	74 4%	3 7%	5 4%	1 1%	- -	- -	9 4%
NET: Agree	1324 66%	134 74% cefh	329 73% cefh	293 64% f	158 69% fh	127 62%	283 58%	756 70% cefh	568 61%	1104 65%	32 69%	95 80% a	56 71%	8 69%	9 90%	200 75% a
NET: Disagree	590 29%	42 23%	109 24%	130 29%	63 27%	70 34% abg	176 36% abcdg	281 26% abg	309 33% abg	524 31% cg	11 24%	18 15%	22 28% c	4 31%	1 10%	56 21%
Base for stats	1914	176	438	423	221	197	459	1037	877	1628	43	113	78	12	10	256
Mean Score	2.80	2.99 cefh	2.95 cefh	2.81 efh	2.87 efh	2.66	2.62	2.90 efh	2.69	2.76	2.92	3.16 a	3.00 a	2.82	2.93	3.04 a
Standard Deviation	.902	.885	.797	.900	.897	.878	.975	.858	.939	.911	.660	.758	.929	.667	.766	.797
Standard Error	.021	.067	.038	.044	.060	.063	.045	.027	.032	.023	.102	.072	.106	.185	.242	.050
Error variance	*	*	*	*	*	*	*	*	*	*	.01	.01	.01	.03	.06	*

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Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204	
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	420	242	82	69	151	18	30	160	51	17	10	19	21	21	72	48
		21%	20%	23%	23%	23%	20%	25%	24%	22%	28%	21%	15%	25%	12%	18%	23%
								gi	gij	i	gi		i			i	
Tend to agree	(3.0)	904	539	186	142	328	50	64	288	101	23	28	65	37	64	185	113
		45%	44%	51%	47%	49%	54%	54%	44%	43%	38%	55%	51%	43%	36%	46%	54%
				a	a	i	cdei	i		i	i	i			i	cdei	
Tend to disagree	(2.0)	383	242	54	63	117	12	19	133	52	13	6	27	13	41	67	31
		19%	20%	15%	21%	18%	13%	16%	20%	22%	21%	12%	21%	15%	23%	17%	15%
									k								
Strongly disagree	(1.0)	207	152	28	20	48	7	3	54	20	4	5	11	8	35	61	11
		10%	12%	8%	7%	7%	8%	3%	8%	8%	6%	9%	8%	9%	19%	15%	5%
			bcd					b						abcdeghk	bcdgk		
Don't know		93	58	12	10	22	5	2	19	12	4	2	7	7	19	17	7
		5%	5%	3%	3%	3%	6%	1%	3%	5%	6%	3%	5%	8%	11%	4%	3%
													bc	bcdjk			
NET: Agree		1324	781	268	211	479	68	94	448	152	40	38	84	58	85	257	162
		66%	63%	74%	69%	72%	73%	80%	68%	65%	66%	75%	65%	68%	47%	64%	77%
				a	a	i	i	cdgij	i	i	i	i	i	i	i	cdgij	
NET: Disagree		590	393	82	83	165	20	22	187	72	16	11	38	20	75	128	42
		29%	32%	23%	27%	25%	21%	19%	29%	31%	28%	22%	29%	24%	42%	32%	20%
			bd					bk	bk			k		abcdfghjk	abk		
Base for stats		1914	1174	350	295	644	87	116	635	224	56	49	121	78	161	385	204
Mean Score		2.80	2.74	2.92	2.88	2.90	2.90	3.04	2.87	2.82	2.94	2.90	2.75	2.92	2.44	2.70	2.98
				a	a	a	i	dgij	ij	i	i	i	i	i	i	gij	
Standard Deviation		.902	.929	.838	.845	.841	.829	.736	.886	.885	.899	.850	.823	.907	.974	.951	.778
Standard Error		.021	.026	.050	.055	.037	.090	.069	.035	.060	.121	.120	.074	.098	.076	.048	.055
Error variance		*	*	*	*	*	.01	*	*	*	.01	.01	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	420	117	88	45	10	133	127	138	74	38	6	112	144	66	224	113	16	353	
	21%	24%	24%	30%	20%	26%	24%	24%	28%	22%	19%	25%	24%	21%	20%	23%	21%	21%	
Tend to agree (3.0)	904	202	185	59	20	244	222	243	140	74	12	215	255	135	510	219	40	769	
	45%	41%	51% acf	39%	44%	47% a	41%	42%	53% acf	43%	38%	49% af	42%	42%	45%	45%	50%	46%	
Tend to disagree (2.0)	383	102	66	33	10	99	112	120	43	39	8	82	128	51	219	100	12	332	
	19%	21%	18%	22%	21%	19%	21%	21%	16%	22%	25%	18%	21%	16%	20%	21%	16%	20%	
Strongly disagree (1.0)	207	46	20	9	5	29	51	56	8	14	3	22	59	52	117	32	6	155	
	10%	9% be	5%	6% b	11%	6% be	10% be	10% be	3% b	8% b	11% b	5% b	10% be	16% bcde	10% c	7% c	7% c	9% c	
Don't know	93	22	4	6	2	10	24	22	1	10	2	11	25	18	51	19	5	76	
	5%	5% be	1%	4% b	4%	2% be	4% be	4% b	* b	6% be	8% b	2% b	4% b	5% bcde	5% c	4% c	6% c	4% c	
NET: Agree	1324	319	273	104	30	376	349	381	214	112	18	327	399	201	733	333	56	1122	
	66%	65%	75% af	68%	64%	73% af	65%	66%	80% acdf	64%	57%	74% acdf	65%	62%	65%	69%	71%	67%	
NET: Disagree	590	148	86	42	15	128	164	176	51	53	11	104	187	104	336	133	18	487	
	29%	30% b	24%	28%	32%	25% be	30% be	30% be	19% b	30% b	35% b	24% b	31% be	32% bcde	30% c	27% c	23% c	29% c	
Base for stats	1914	468	359	146	45	504	513	557	266	165	29	431	586	305	1069	466	75	1609	
Mean Score	2.80	2.83	2.95	2.96	2.77	2.95	2.83	2.83	3.05	2.83	2.71	2.97	2.83	2.71	2.79	2.89	2.90	2.82	
			f			af			acdf			af			ab			a	
Standard Deviation	.902	.916	.805	.889	.920	.829	.916	.915	.751	.884	.939	.811	.915	.994	.897	.852	.834	.883	
Standard Error	.021	.043	.043	.074	.137	.037	.041	.039	.047	.069	.171	.040	.038	.055	.027	.041	.098	.022	
Error variance	*	*	*	.01	.02	*	*	*	*	*	.03	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	420	242	48	64	30	279	124	14	345	75	363	49
		21%	20%	18%	17%	28%	22%	19%	18%	21%	19%	22%	17%
		b		abe									
Tend to agree	(3.0)	904	583	110	140	36	620	256	28	724	180	783	113
		45%	47%	41%	38%	34%	48%	39%	35%	45%	45%	47%	38%
				abcef								b	
Tend to disagree	(2.0)	383	247	55	71	21	244	129	16	301	82	299	80
		19%	20%	20%	19%	19%	19%	20%	20%	19%	21%	18%	27%
				a								a	
Strongly disagree	(1.0)	207	117	41	76	16	93	108	19	167	40	172	32
		10%	9%	15%	20%	15%	7%	17%	23%	10%	10%	10%	11%
				d	d	d		d	d				
Don't know		93	52	15	21	4	46	36	4	72	21	65	22
		5%	4%	6%	6%	3%	4%	6%	5%	4%	5%	4%	7%
				a				d				a	
NET: Agree		1324	825	158	205	66	899	380	42	1069	255	1146	162
		66%	66%	59%	55%	62%	70%	58%	52%	66%	64%	68%	55%
				abef								b	
NET: Disagree		590	364	96	147	37	337	237	34	468	122	471	112
		29%	29%	36%	39%	34%	26%	36%	43%	29%	31%	28%	38%
				d	d			d	d			a	
Base for stats		1914	1189	254	352	103	1236	617	76	1536	377	1617	274
Mean Score		2.80	2.80	2.65	2.55	2.78	2.88	2.64	2.49	2.81	2.77	2.83	2.66
				b		abef						b	
Standard Deviation		.902	.875	.965	1.024	1.039	.842	.992	1.062	.905	.889	.898	.907
Standard Error		.021	.025	.060	.055	.103	.024	.040	.122	.023	.046	.022	.054
Error variance		*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.9. I exercise to help manage my physical health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	420 21%	21 5%	23 12%	33 12%	89 27%	58 24%	64 32%	31 33%	99 35%	204 20%	194 34%	198 30%	136 15%	79 19%	55 14%	85 16%	178 24%	96 31%
			a	a	abci	abc	abci	abci	abcdei	abc	abcdei	bc					ab	abc
Tend to agree (3.0)	904 45%	78 20%	89 46%	159 59%	169 50%	127 53%	102 51%	52 55%	128 46%	543 52%	282 49%	337 51%	364 41%	195 47%	154 40%	237 45%	366 49%	138 45%
			a	abdhij	a	a	a	a	a	a	a	b		b			a	
Tend to disagree (2.0)	383 19%	123 31%	54 28%	49 18%	58 17%	38 16%	23 12%	8 8%	30 11%	199 19%	61 11%	81 12%	200 23%	93 22%	89 23%	130 25%	124 17%	35 12%
		cdefghij	cdefghij	ghj	ghj	j				fghj			a	a	cd	cd	d	
Strongly disagree (1.0)	207 10%	131 33%	11 6%	21 8%	9 3%	11 5%	8 4%	2 2%	14 5%	52 5%	24 4%	23 4%	142 16%	35 8%	55 14%	58 11%	60 8%	29 9%
		bcdefghij		dgi									ac	a	cd			
Don't know	93 5%	42 11%	18 9%	5 2%	9 3%	7 3%	3 1%	1 1%	8 3%	39 4%	12 2%	19 3%	47 5%	12 3%	29 8%	18 3%	23 3%	9 3%
		cdefghij	cdefghij										a		bcd			
NET: Agree	1324 66%	100 25%	112 57%	192 72%	258 77%	185 77%	166 83%	83 89%	228 81%	747 72%	476 83%	536 81%	501 56%	274 66%	209 55%	322 61%	545 72%	234 76%
			a	ab	ab	ab	abci	abcdei	abci	ab	abcdei	bc		b			ab	ab
NET: Disagree	590 29%	254 64%	65 33%	70 26%	67 20%	49 20%	31 16%	10 10%	44 16%	251 24%	85 15%	104 16%	342 38%	128 31%	144 38%	188 36%	184 25%	64 21%
		bcdefghij	defghij	fghj	gj	g				fghj			ac	a	cd	cd		
Base for stats	1914	354	177	262	325	235	197	92	272	998	561	640	843	402	353	510	729	298
Mean Score	2.80	1.97	2.70	2.78	3.04	2.99	3.12	3.21	3.15	2.90	3.15	3.11	2.59	2.79	2.59	2.68	2.91	3.01
			a	a	abci	abc	abci	abcei	abcei	abc	abcdei	bc		b			ab	ab
Standard Deviation	.902	.913	.773	.767	.751	.776	.767	.681	.815	.776	.777	.756	.951	.858	.931	.882	.859	.910
Standard Error	.021	.048	.058	.047	.042	.052	.055	.071	.049	.025	.033	.030	.033	.042	.049	.039	.032	.053
Error variance	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	392 20%	210 21%	181 18%	132 22%	150 23%	110 15%	21 22%	52 20%	38 19%	35 17%	34 20%	36 16%	78 25%	61 19%	37 18%
		b		c	c								df		
Tend to agree (3.0)	812 40%	393 40%	415 41%	274 45%	270 41%	267 36%	30 31%	102 39%	78 40%	81 39%	56 33%	91 41%	156 49%	139 43%	78 38%
				c									abcdei	ae	
Tend to disagree (2.0)	449 22%	209 21%	238 23%	121 20%	147 22%	182 24%	30 30%	56 21%	47 24%	50 24%	54 32%	50 22%	44 14%	70 21%	48 23%
						a	gh	g	g	g	bfg	g		g	g
Strongly disagree (1.0)	248 12%	116 12%	131 13%	42 7%	59 9%	147 20%	11 11%	36 14%	25 13%	31 15%	19 11%	31 14%	27 8%	38 12%	30 15%
						ab		g		g					g
Don't know	106 5%	51 5%	53 5%	37 6%	33 5%	36 5%	6 6%	17 6%	7 4%	13 6%	8 5%	14 6%	12 4%	18 6%	11 5%
NET: Agree	1203 60%	603 62%	595 58%	407 67%	420 64%	377 51%	51 53%	154 58%	116 59%	116 55%	90 52%	127 57%	234 74%	201 61%	116 57%
				c	c								abcdefhi	e	
NET: Disagree	697 35%	325 33%	370 36%	163 27%	206 31%	328 44%	40 41%	93 35%	73 37%	81 39%	74 43%	81 36%	71 22%	108 33%	78 38%
						ab	g	g	g	g	gh	g		g	g
Base for stats	1901	928	965	569	626	706	91	247	188	197	163	208	305	308	194
Mean Score	2.71	2.75	2.67	2.87	2.82	2.48	2.67	2.69	2.68	2.61	2.64	2.63	2.94	2.73	2.64
				c	c								abcdefhi		
Standard Deviation	.938	.943	.933	.852	.905	.989	.959	.968	.945	.954	.938	.938	.866	.919	.966
Standard Error	.022	.031	.030	.035	.037	.037	.087	.062	.069	.065	.073	.071	.051	.051	.071
Error variance	*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	392 20%	48 27% efh	111 25% efh	93 20% fh	54 23% efh	32 16% efh	55 11% efh	252 23% efh	140 15% f	317 19%	6 13%	33 28% ab	24 30% ab	3 22%	2 24%	68 26% a
Tend to agree (3.0)	812 40%	87 48% cdfh	196 44% fh	178 39%	87 38%	83 41%	180 37%	461 43% fh	350 38%	681 40%	25 53%	54 46%	32 40%	5 45%	5 48%	121 46%
Tend to disagree (2.0)	449 22%	31 17%	96 21%	104 23%	52 23%	51 25%	116 24%	231 21%	219 24%	396 23%	11 23%	19 16%	14 17%	3 27%	2 18%	48 18%
Strongly disagree (1.0)	248 12%	10 5%	34 8%	47 10%	22 9%	31 15% abg	105 21% abcdgh	90 8%	158 17% abcdg	229 13% cg	3 7%	5 4%	5 6%	1 6%	1 10%	14 5%
Don't know	106 5%	4 2%	11 3%	34 7% abeg	15 7% ab	6 3%	35 7% abeg	50 5%	56 6% ab	79 5%	2 5%	8 6%	5 6%	- -	- -	15 6%
NET: Agree	1203 60%	136 75% cdefgh	306 68% cefh	271 59% fh	141 61% fh	115 57% f	234 48% cefh	713 66% cefh	491 53%	998 59%	31 66%	88 74% a	56 71% a	8 67%	7 72%	189 71% a
NET: Disagree	697 35%	40 22%	130 29%	151 33% a	74 32% a	82 40% abg	221 45% abcdg	321 30% a	376 41% abcdg	625 37% cdg	14 29%	23 20%	18 23%	4 33%	3 28%	62 23%
Base for stats	1901	176	437	421	215	197	455	1034	867	1624	45	111	74	12	10	251
Mean Score	2.71	2.99 cdefgh	2.88 cefh	2.75 efh	2.81 efh	2.59 f	2.41 efh	2.85 efh	2.55 f	2.67	2.76	3.05 ab	3.01 a	2.83	2.86	2.97 a
Standard Deviation	.938	.820	.879	.922	.928	.942	.971	.891	.967	.946	.780	.796	.878	.868	.942	.828
Standard Error	.022	.063	.042	.045	.063	.067	.045	.028	.033	.024	.119	.076	.103	.241	.298	.053
Error variance	*	*	*	*	*	*	*	*	*	*	.01	.01	.01	.06	.09	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204	
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	392	220	76	73	149	21	27	163	40	19	12	20	22	46	48	
	20%	18%	21%	24%	22%	23%	23%	25%	17%	32%	23%	15%	26%	12%	11%	23%	
				a	a	ij	ij	dgij	j	dgij	ij		gij			ij	
Tend to agree	(3.0)	812	460	180	138	317	45	62	267	93	22	20	59	31	65	148	107
	40%	37%	50%	45%	48%	48%	53%	41%	39%	37%	39%	46%	36%	36%	37%	51%	
			a	a	a	j	cdhij									cdhij	
Tend to disagree	(2.0)	449	293	62	64	126	15	22	141	65	11	13	27	15	35	104	37
	22%	24%	17%	21%	19%	16%	19%	22%	28%	19%	26%	21%	18%	19%	26%	18%	
		bd							ak						k		
Strongly disagree	(1.0)	248	188	30	24	54	8	4	62	23	4	2	17	8	42	80	12
	12%	15%	8%	8%	8%	9%	3%	9%	10%	6%	4%	13%	9%	23%	20%	5%	
		bcd						b	b			bk		abcdeghk	abcdeghk		
Don't know		106	71	15	7	21	3	3	22	14	3	4	6	9	16	25	7
	5%	6%	4%	2%	3%	4%	3%	3%	6%	5%	8%	5%	11%	9%	6%	3%	
		cd											bck	bck	c		
NET: Agree		1203	680	255	211	466	66	89	430	133	42	32	79	53	87	194	155
	60%	55%	71%	69%	70%	71%	75%	66%	56%	70%	62%	61%	62%	48%	48%	74%	
			a	a	a	dij	cdghij	dij	j	ij	ij	ij	ij			cdghij	
NET: Disagree		697	481	92	87	179	23	26	203	88	15	15	44	23	77	184	49
	35%	39%	25%	29%	27%	25%	22%	31%	37%	26%	30%	34%	27%	43%	46%	23%	
		bcd						bk	abk			bk		abcehk	abcdeghk		
Base for stats		1901	1161	347	298	645	89	115	633	221	57	47	122	76	164	378	204
Mean Score		2.71	2.61	2.87	2.87	2.87	2.89	2.98	2.84	2.68	3.00	2.89	2.67	2.89	2.41	2.42	2.94
			a	a	a	ij	ij	dgij	dij	ij	dgij	ij	ij	ij		dgij	
Standard Deviation		.938	.970	.851	.874	.861	.871	.745	.920	.890	.909	.843	.910	.952	1.010	.955	.802
Standard Error		.022	.027	.051	.056	.038	.094	.071	.037	.061	.121	.123	.081	.104	.078	.049	.057
Error variance		*	*	*	*	*	.01	.01	*	*	.01	.02	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	392 20%	107 22%	92 25%	40 26%	14 30%	132 26%	121 23%	142 25%	67 25%	31 18%	8 26%	99 22%	150 25%	63 19%	205 18%	101 21%	23 29%	329 20%
Tend to agree	(3.0)	812 40%	203 41%	158 44%	58 38%	17 37%	216 42%	220 41%	223 39%	140 53%	67 38%	7 23%	207 47%	230 38%	112 35%	457 41%	216 44%	26 33%	699 42%
Tend to disagree	(2.0)	449 22%	104 21%	83 23%	37 24%	10 21%	119 23%	114 21%	131 23%	44 17%	52 30%	10 32%	96 22%	141 23%	63 20%	268 24%	102 21%	16 20%	386 23%
Strongly disagree	(1.0)	248 12%	52 11%	23 6%	9 6%	5 11%	32 6%	57 11%	61 11%	12 5%	13 7%	2 7%	25 6%	63 10%	64 20%	133 12%	40 8%	11 14%	184 11%
Don't know		106 5%	24 5%	6 2%	8 5%	1 2%	14 3%	25 5%	22 4%	3 1%	12 7%	4 12%	15 3%	26 4%	20 6%	57 5%	26 5%	3 4%	86 5%
NET: Agree		1203 60%	310 63%	250 69%	98 64%	31 67%	348 68%	341 64%	366 63%	208 78%	98 56%	15 49%	306 69%	381 62%	175 54%	662 59%	316 65%	50 62%	1028 61%
NET: Disagree		697 35%	156 32%	106 29%	46 30%	15 32%	152 30%	171 32%	192 33%	56 21%	64 37%	12 39%	121 27%	204 33%	127 40%	401 36%	142 29%	27 33%	570 34%
Base for stats	1901	466	356	144	46	500	512	557	264	163	27	427	585	302	1064	459	76	1599	
Mean Score	2.71	2.78	2.90	2.89	2.87	2.90	2.79	2.80	3.00	2.72	2.77	2.89	2.80	2.57	2.69	2.82	2.81	2.73	
Standard Deviation	.938	.923	.860	.885	.985	.866	.928	.943	.779	.864	.974	.823	.944	1.043	.922	.873	1.029	.915	
Standard Error	.022	.043	.046	.075	.145	.039	.041	.040	.049	.068	.184	.041	.039	.058	.028	.042	.120	.023	
Error variance	*	*	*	.01	.02	*	*	*	*	*	.03	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	392	231	76	54	27	245	136	17	326	66	341	44
	20%	23%	19%	28%	15%	25%	19%	21%	21%	20%	17%	20%	15%
		b		bde		b	b	b				b	
Tend to agree	(3.0)	812	504	94	127	38	551	229	26	661	151	688	119
	40%	44%	41%	35%	34%	35%	43%	35%	33%	41%	38%	41%	40%
							abe						
Tend to disagree	(2.0)	449	296	48	82	23	301	138	13	350	99	372	73
	22%	21%	24%	18%	22%	22%	23%	21%	16%	22%	25%	22%	25%
							a						
Strongly disagree	(1.0)	248	147	37	87	14	127	114	19	201	47	205	40
	12%	8%	12%	14%	23%	14%	10%	17%	24%	13%	12%	12%	14%
					acde			d	ad				
Don't know		106	63	14	24	4	58	37	5	70	36	76	20
	5%	3%	5%	5%	6%	4%	5%	6%	6%	4%	9%	5%	7%
											a		
NET: Agree		1203	735	170	181	64	796	365	43	987	217	1029	163
	60%	68%	59%	63%	49%	60%	62%	56%	54%	61%	54%	61%	55%
		b		be		b	be	b		b		b	
NET: Disagree		697	443	85	168	38	428	252	32	552	146	577	113
	35%	29%	36%	32%	45%	36%	33%	39%	40%	34%	37%	34%	38%
			a		ade			ad					
Base for stats		1901	1178	255	350	102	1224	617	75	1538	363	1606	276
Mean Score		2.71	2.70	2.82	2.43	2.75	2.75	2.63	2.54	2.72	2.65	2.73	2.60
		b		bef		b	be	b				b	
Standard Deviation		.938	.924	1.018	1.027	1.001	.893	1.023	1.102	.942	.922	.938	.925
Standard Error		.022	.027	.064	.055	.100	.026	.041	.127	.024	.048	.024	.055
Error variance		*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q9.10. I exercise to help manage my mental health during the outbreak: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	392 20%	21 5%	24 12%	41 15%	76 23%	63 26%	56 28%	29 31%	83 30%	203 20%	168 29%	189 29%	114 13%	84 20%	64 17%	94 18%	144 19%	85 28%
			a	a	abc	abci	abci	abci	abcdi	ab	abcdi	bc		b				abc
Tend to agree (3.0)	812 40%	62 16%	82 42%	124 46%	164 49%	110 45%	99 50%	44 48%	126 45%	480 46%	270 47%	303 46%	333 37%	167 40%	129 34%	210 40%	341 45%	122 40%
			a	a	a	a	a	a	a	a	a	b					ab	
Tend to disagree (2.0)	449 22%	137 35%	44 23%	62 23%	71 21%	49 20%	31 16%	12 12%	43 15%	226 22%	86 15%	111 17%	238 27%	92 22%	100 26%	134 25%	155 21%	54 18%
		bcdefghij	ghj	fghj	j					ghj			a	a	cd	cd		
Strongly disagree (1.0)	248 12%	136 34%	22 11%	30 11%	12 4%	11 5%	11 6%	8 8%	17 6%	75 7%	36 6%	39 6%	153 17%	49 12%	63 16%	68 13%	79 10%	37 12%
		bcdefghij	defhj	defhij						d			ac	a	c			
Don't know	106 5%	40 10%	23 12%	11 4%	11 3%	8 3%	2 1%	1 1%	10 4%	53 5%	13 2%	16 2%	52 6%	22 5%	25 7%	22 4%	33 4%	10 3%
		cdefghij	cdefghij							fj			a	a	d			
NET: Agree	1203 60%	83 21%	106 54%	164 61%	240 72%	173 72%	155 78%	73 78%	210 75%	683 66%	438 76%	492 75%	446 50%	251 61%	193 51%	304 58%	485 65%	206 67%
			a	a	abci	abc	abci	abci	abci	ab	abci	bc		b		a	ab	ab
NET: Disagree	697 35%	274 69%	66 34%	92 34%	83 25%	60 25%	43 21%	19 21%	61 22%	301 29%	122 21%	150 23%	392 44%	142 34%	163 43%	202 38%	234 31%	91 30%
		bcdefghij	defghj	defghj						fhj			ac	a	cd	cd		
Base for stats	1901	356	172	256	323	233	198	92	270	985	560	642	838	393	356	506	719	298
Mean Score	2.71	1.91	2.63	2.68	2.94	2.97	3.01	3.02	3.02	2.82	3.02	3.00	2.49	2.73	2.55	2.65	2.77	2.85
			a	a	abci	abci	abci	abci	abci	abc	abci	bc		b			ab	ab
Standard Deviation	.938	.887	.878	.877	.777	.820	.820	.883	.853	.843	.845	.842	.942	.937	.981	.932	.895	.972
Standard Error	.022	.046	.067	.055	.044	.055	.059	.092	.052	.027	.036	.034	.032	.047	.052	.041	.033	.057
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q10AA. SUMMARY: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Total	Nothing	Some, but less than half an hour	Between half an hour and an hour	An hour or more	NET: Some
A typical weekday (outside of school hours)	667 100%	101 15%	249 37%	236 35%	81 12%	565 85%
A typical weekend day	667 100%	55 8%	159 24%	256 38%	196 29%	611 92%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q10AA.1. A typical weekday (outside of school hours): On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	f	g	h	i
Unweighted Total	542	264	277	223	283	36	27	65	55	65	47	45	111	81	46
Total	667	318	348	268	352	46	23	83	69	74	58	60	143	97	59
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	101	47	54	49	50	3	3	19	6	13	7	7	18	17	12
	15%	15%	16%	18%	14%	6%	15%	23%	9%	17%	13%	11%	13%	17%	20%
								c							
Some, but less than half an hour	249	117	131	106	123	20	13	26	30	20	25	15	68	32	21
	37%	37%	38%	39%	35%	44%	56%	31%	44%	26%	42%	24%	48%	33%	35%
									df				bdfh		
Between half an hour and an hour	236	122	114	88	132	15	4	27	26	32	21	24	47	36	19
	35%	38%	33%	33%	38%	33%	19%	32%	38%	43%	36%	40%	33%	37%	32%
An hour or more	81	32	48	25	48	8	3	12	6	10	5	15	10	12	8
	12%	10%	14%	9%	14%	17%	11%	14%	9%	14%	9%	24%	7%	13%	13%
												ceg			
NET: Some	565	271	293	219	303	44	19	64	63	62	51	54	125	80	47
	85%	85%	84%	82%	86%	94%	85%	77%	91%	83%	87%	89%	87%	83%	80%
									b						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q10AA.1. A typical weekday (outside of school hours): On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	542	68	154	128	73	66	53	350	192	440	18	46	29	2	2	97
Total	667	84	188	157	90	81	66	429	237	540	23	56	36	3	3	120
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	101	16	23	18	19	11	14	58	44	88	3	7	4	-	-	13
	15%	19%	12%	12%	21%	14%	21%	13%	18%	16%	11%	13%	10%	-	-	11%
Some, but less than half an hour	249	31	67	60	35	35	21	159	90	206	8	21	11	1	-	42
	37%	37%	36%	38%	39%	43%	31%	37%	38%	38%	33%	38%	32%	49%	-	34%
Between half an hour and an hour	236	29	73	59	27	26	23	160	76	181	9	24	16	1	3	53
	35%	34%	39%	37%	30%	32%	35%	37%	32%	34%	38%	43%	45%	51%	100%	44%
An hour or more	81	7	25	20	10	9	9	53	28	64	4	4	5	-	-	12
	12%	9%	13%	13%	11%	11%	14%	12%	12%	12%	17%	7%	13%	-	-	10%
NET: Some	565	68	165	139	71	70	53	372	193	451	20	49	32	3	3	107
	85%	81%	88%	88%	79%	86%	79%	87%	82%	84%	89%	87%	90%	100%	100%	89%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q10AA.1. A typical weekday (outside of school hours): On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
		*a	b	c	d	a	b	c	d	*e	*f	g	*h	i	*j	k
Significance Level: 95%																
Unweighted Total	542	-	295	247	542	34	50	236	86	21	15	34	18	40	8	84
Total	667	-	362	305	667	43	61	289	106	25	18	42	22	50	11	104
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	101	-	51	50	101	5	13	33	24	4	4	3	4	10	1	18
	15%	-	14%	17%	15%	12%	21%	12%	23%	18%	21%	6%	17%	20%	12%	17%
									cg							
Some, but less than half an hour	249	-	134	115	249	19	15	112	40	9	4	17	11	13	8	34
	37%	-	37%	38%	37%	44%	25%	39%	37%	38%	20%	40%	51%	27%	76%	33%
Between half an hour and an hour	236	-	126	110	236	14	29	106	31	5	9	18	7	18	-	43
	35%	-	35%	36%	35%	32%	47%	37%	29%	19%	47%	42%	32%	35%	-	41%
							d									
An hour or more	81	-	51	30	81	5	4	38	11	6	2	5	-	9	1	9
	12%	-	14%	10%	12%	12%	6%	13%	11%	25%	12%	11%	-	17%	12%	9%
NET: Some	565	-	311	254	565	38	48	256	82	21	14	39	19	40	9	86
	85%	-	86%	83%	85%	88%	79%	88%	77%	82%	79%	94%	83%	80%	88%	83%
								d				d				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q10AA.1. A typical weekday (outside of school hours): On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	*d	e	f	a	b	c	*d	e	f	*a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	542	186	135	52	19	187	205	193	129	63	8	192	201	5	246	255	36	537
Total	667	226	167	64	23	230	249	236	160	76	10	236	245	6	301	315	45	660
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	101	34	23	16	4	38	38	35	27	15	-	41	35	1	45	51	4	100
	15%	15%	14%	25%	18%	17%	15%	15%	17%	19%	-	18%	14%	18%	15%	16%	9%	15%
Some, but less than half an hour	249	76	57	28	12	85	88	87	50	31	5	81	92	4	115	110	20	245
	37%	33%	34%	44%	53%	37%	35%	37%	31%	40%	49%	34%	37%	61%	38%	35%	44%	37%
Between half an hour and an hour	236	87	68	13	4	81	91	87	59	25	2	83	89	1	100	116	19	234
	35%	38%	41%	21%	17%	35%	36%	37%	37%	32%	25%	35%	36%	21%	33%	37%	42%	35%
An hour or more	81	30	19	7	3	26	33	27	24	6	3	31	29	-	41	38	2	81
	12%	13%	12%	10%	12%	11%	13%	11%	15%	8%	26%	13%	12%	-	14%	12%	5%	12%
NET: Some	565	193	144	48	18	192	211	201	133	61	10	194	211	5	256	263	41	560
	85%	85%	86%	75%	82%	83%	85%	85%	83%	81%	100%	82%	86%	82%	85%	84%	91%	85%

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Q10AA.1. A typical weekday (outside of school hours): On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	542	176	347	86	68	36	358	170	18	465	77	479	61
Total	667	217	426	104	86	45	440	210	23	573	93	588	76
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	101	43	56	23	15	10	55	45	1	88	13	89	13
	15%	20%	13%	22%	18%	21%	13%	22%	6%	15%	14%	15%	17%
		b	d	d	d	d	d	d	d				
Some, but less than half an hour	249	98	141	39	30	25	158	84	9	208	41	216	32
	37%	45%	33%	37%	35%	56%	36%	40%	39%	36%	44%	37%	42%
		b				bd							
Between half an hour and an hour	236	57	168	29	31	9	167	63	6	207	29	214	20
	35%	26%	40%	28%	37%	20%	38%	30%	27%	36%	31%	36%	26%
			a				c						
An hour or more	81	19	61	14	9	1	60	17	6	71	10	70	11
	12%	9%	14%	13%	11%	3%	14%	8%	28%	12%	11%	12%	15%
NET: Some	565	174	370	81	70	35	385	165	21	485	80	500	63
	85%	80%	87%	78%	82%	79%	87%	78%	94%	85%	86%	85%	83%
			a				ae						

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Q10AA.1. A typical weekday (outside of school hours): On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	542	49	44	78	127	82	67	26	69	331	162	255	188	95	89	158	202	89
Total	667	59	55	96	154	103	84	32	84	407	200	315	231	115	110	194	247	110
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	101	19	15	11	18	17	5	-	16	61	21	42	36	22	16	35	32	15
	15%	33%	27%	11%	12%	17%	6%	-	19%	15%	11%	13%	16%	19%	15%	18%	13%	14%
		cdefij	cd	fij					f									
Some, but less than half an hour	249	18	25	43	56	41	36	7	23	165	66	126	76	47	42	83	92	31
	37%	30%	45%	45%	37%	39%	43%	23%	27%	40%	33%	40%	33%	41%	38%	43%	37%	28%
			h	h					h							d		
Between half an hour and an hour	236	15	9	36	57	36	36	19	28	138	83	111	90	34	38	57	93	46
	35%	25%	16%	38%	37%	35%	43%	58%	33%	34%	41%	35%	39%	29%	34%	30%	38%	42%
				b	b	b	ab		b	b	ab							
An hour or more	81	7	6	6	22	9	7	6	17	44	30	37	30	13	14	18	30	18
	12%	12%	11%	7%	14%	9%	8%	19%	21%	11%	15%	12%	13%	11%	13%	9%	12%	16%
									cefi									
NET: Some	565	40	40	85	136	85	79	32	68	347	179	274	195	94	94	158	215	95
	85%	67%	73%	89%	88%	83%	94%	100%	81%	85%	89%	87%	84%	81%	85%	82%	87%	86%
				ab	ab	a	abh			ab	ab							

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Q10AA.2. A typical weekend day: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	*a	b	c	d	e	f	g	h	i
Unweighted Total	542	264	277	223	283	36	27	65	55	65	47	45	111	81	46
Total	667	318	348	268	352	46	23	83	69	74	58	60	143	97	59
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	55 8%	23 7%	33 9%	24 9%	28 8%	3 7%	3 11%	10 12%	4 6%	14 19%	3 4%	4 7%	6 4%	8 8%	4 7%
Some, but less than half an hour	159 24%	73 23%	86 25%	73 27%	74 21%	11 25%	8 37%	17 20%	21 31%	10 14%	15 25%	8 13%	41 29%	20 21%	18 30%
Between half an hour and an hour	256 38%	134 42%	121 35%	104 39%	138 39%	15 32%	9 40%	29 35%	25 36%	24 32%	29 49%	20 33%	66 46%	36 37%	19 32%
An hour or more	196 29%	88 28%	108 31%	67 25%	112 32%	17 36%	2 11%	27 32%	19 28%	26 35%	13 21%	28 47%	30 21%	33 34%	18 30%
NET: Some	611 92%	295 93%	315 91%	244 91%	324 92%	43 93%	20 89%	72 88%	65 94%	61 81%	56 96%	56 93%	137 96%	89 92%	55 93%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q10AA.2. A typical weekend day: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	542	68	154	128	73	66	53	350	192	440	18	46	29	2	2	97
Total	667	84	188	157	90	81	66	429	237	540	23	56	36	3	3	120
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	55	6	9	13	10	8	9	28	27	46	3	4	2	-	-	9
	8%	7%	5%	9%	11%	10%	13%	7%	11%	9%	11%	8%	7%	-	-	8%
							b	bg								
Some, but less than half an hour	159	26	42	31	23	21	16	98	60	133	4	15	7	-	-	26
	24%	31%	22%	20%	26%	26%	24%	23%	25%	25%	16%	26%	21%	-	-	22%
Between half an hour and an hour	256	31	73	67	31	27	28	171	85	203	9	22	16	1	3	51
	38%	37%	39%	43%	34%	33%	41%	40%	36%	38%	38%	40%	45%	49%	100%	42%
An hour or more	196	22	64	46	26	25	14	131	65	158	8	15	10	1	-	34
	29%	26%	34%	29%	29%	31%	21%	31%	27%	29%	34%	26%	28%	51%	-	28%
NET: Some	611	79	179	144	80	73	58	401	210	494	20	52	34	3	3	111
	92%	93%	95%	91%	89%	90%	87%	93%	89%	91%	89%	92%	93%	100%	100%	92%
			fh				h									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q10AA.2. A typical weekend day: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
		*a	b	c	d	a	b	c	d	*e	*f	g	*h	i	*j	k
Significance Level: 95%																
Unweighted Total	542	-	295	247	542	34	50	236	86	21	15	34	18	40	8	84
Total	667	-	362	305	667	43	61	289	106	25	18	42	22	50	11	104
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	55	-	33	22	55	4	5	23	12	2	-	1	1	7	-	8
	8%	-	9%	7%	8%	9%	7%	8%	11%	9%	-	3%	6%	15%	-	8%
Some, but less than half an hour	159	-	87	71	159	10	16	65	24	4	4	11	10	11	4	26
	24%	-	24%	23%	24%	24%	26%	22%	23%	15%	20%	25%	45%	23%	37%	25%
Between half an hour and an hour	256	-	142	115	256	16	24	117	41	4	7	21	7	17	1	40
	38%	-	39%	38%	38%	38%	39%	41%	39%	17%	40%	51%	33%	34%	13%	38%
An hour or more	196	-	100	96	196	13	17	84	29	15	7	8	4	14	5	30
	29%	-	28%	32%	29%	30%	28%	29%	27%	59%	41%	20%	17%	28%	50%	29%
NET: Some	611	-	329	282	611	39	57	266	94	23	18	41	21	42	11	95
	92%	-	91%	93%	92%	91%	93%	92%	89%	91%	100%	97%	94%	85%	100%	92%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q10AA.2. A typical weekend day: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	*d	e	f	a	b	c	*d	e	f	*a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	542	186	135	52	19	187	205	193	129	63	8	192	201	5	246	255	36	537
Total	667	226	167	64	23	230	249	236	160	76	10	236	245	6	301	315	45	660
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	55 8%	21 9%	9 5%	8 13%	1 4%	17 7%	22 9%	20 8%	8 5%	12 16% b	- -	20 9%	20 8%	1 18%	25 8%	27 9%	2 5%	54 8%
Some, but less than half an hour	159 24%	46 20%	37 22%	19 30%	6 28%	56 24%	53 21%	44 18%	46 29% af	17 22%	2 25%	63 27%	46 19%	1 20%	77 26%	74 24%	6 14%	158 24%
Between half an hour and an hour	256 38%	81 36%	75 45%	22 35%	8 35%	97 42%	88 35%	97 41%	64 40%	23 30%	2 24%	87 37%	99 40%	4 62%	112 37%	116 37%	25 56% bce	253 38%
An hour or more	196 29%	78 35%	46 28%	14 22%	8 34%	60 26%	86 35%	75 32%	41 26%	25 33%	5 51%	66 28%	80 33%	- -	87 29%	98 31%	11 25%	196 30%
NET: Some	611 92%	205 91%	158 95%	56 87%	22 96%	213 93%	227 91%	216 92%	151 95% c	64 84%	10 100%	215 91%	225 92%	5 82%	276 92%	287 91%	43 95%	606 92%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q10AA.2. A typical weekend day: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%												
Unweighted Total	542	347	86	68	36	358	170	18	465	77	479	61
Total	667	426	104	86	45	440	210	23	573	93	588	76
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	55	33	16	3	5	30	22	1	54	1	49	6
	8%	8%	15%	3%	10%	7%	10%	6%	9%	1%	8%	8%
			bd						b			
Some, but less than half an hour	159	81	25	23	17	97	59	4	131	28	133	25
	24%	19%	24%	26%	37%	22%	28%	17%	23%	30%	23%	32%
					d							
Between half an hour and an hour	256	167	33	27	16	176	72	4	219	37	228	28
	38%	39%	32%	32%	36%	40%	34%	17%	38%	40%	39%	37%
An hour or more	196	146	30	33	7	137	57	14	169	27	179	17
	29%	34%	29%	39%	17%	31%	27%	61%	30%	29%	30%	23%
		a		c								
NET: Some	611	394	89	83	40	410	188	21	519	92	539	70
	92%	92%	85%	97%	90%	93%	90%	94%	91%	99%	92%	92%
				a		a				a		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q10AA.2. A typical weekend day: On average, how much physical activity and exercise does each child in your household do outside of school hours on a typical day at the moment? This might include walking, cycling, scootering, running, sport, ball games, trampolining, active play, dancing, online exercise classes or any other exercise done on their own or with others. If you have more than one child in your household, please select the average across the children.

BASE: All respondents who have children under 16

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	542	49	44	78	127	82	67	26	69	331	162	255	188	95	89	158	202	89
Total	667	59	55	96	154	103	84	32	84	407	200	315	231	115	110	194	247	110
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	55 8%	17 29%	9 16%	9 10%	7 5%	3 3%	4 5%	1 4%	5 6%	29 7%	10 5%	16 5%	25 11%	14 12%	11 10%	18 9%	16 7%	7 6%
		cdefhij	defij										a	a				
Some, but less than half an hour	159 24%	13 22%	17 32%	26 27%	35 23%	26 25%	19 22%	2 8%	20 24%	105 26%	41 21%	81 26%	56 24%	20 17%	26 24%	55 28%	56 22%	23 20%
Between half an hour and an hour	256 38%	14 24%	16 30%	37 39%	69 45%	41 40%	38 45%	11 35%	30 36%	164 40%	79 39%	123 39%	82 35%	50 44%	38 35%	77 40%	89 36%	49 44%
An hour or more	196 29%	15 26%	12 23%	23 24%	42 28%	32 31%	24 29%	18 54%	29 35%	110 27%	71 35%	95 30%	69 30%	31 27%	35 32%	44 23%	86 35%	32 29%
				a	a	a	a			a	a					b		
NET: Some	611 92%	42 71%	46 84%	87 90%	147 95%	99 97%	80 95%	31 96%	79 94%	379 93%	190 95%	299 95%	207 89%	101 88%	99 90%	175 91%	231 93%	103 94%
				a	ab	ab	ab		a	ab	ab	bc						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All respondents who have children under 16

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	542	264	277	223	283	36	27	65	55	65	47	45	111	81	46
Total	667	318	348	268	352	46	23	83	69	74	58	60	143	97	59
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	67	22	45	28	35	4	3	6	8	9	2	5	17	10	6
	10%	7%	13%	10%	10%	10%	15%	8%	11%	12%	4%	9%	12%	10%	11%
			a												
A bit more (4.0)	247	134	112	99	134	14	6	36	26	24	24	17	63	35	17
	37%	42%	32%	37%	38%	30%	26%	43%	38%	32%	40%	29%	44%	36%	28%
			b												
Neither more nor less (3.0)	240	109	131	92	126	22	7	24	28	31	25	23	41	35	26
	36%	34%	38%	34%	36%	49%	33%	29%	40%	42%	43%	38%	29%	36%	44%
A bit less (2.0)	70	31	39	30	36	4	4	6	6	6	3	9	18	12	5
	10%	10%	11%	11%	10%	9%	18%	8%	9%	8%	4%	16%	13%	13%	9%
A lot less (1.0)	28	11	17	10	18	-	2	6	1	2	2	3	3	4	5
	4%	3%	5%	4%	5%	-	7%	8%	2%	3%	4%	4%	2%	4%	9%
															g
Don't know	15	11	4	10	4	1	-	4	-	2	2	3	1	2	-
	2%	3%	1%	4%	1%	3%	-	5%	-	3%	4%	4%	1%	2%	-
NET: More	314	156	157	127	169	18	9	42	34	33	26	23	80	44	23
	47%	49%	45%	47%	48%	40%	41%	51%	49%	44%	45%	38%	56%	46%	39%
													f		
NET: Less	98	41	57	40	54	4	6	13	7	8	5	12	21	16	10
	15%	13%	16%	15%	15%	9%	26%	15%	11%	11%	8%	20%	14%	16%	17%
Base for stats	652	307	344	259	349	45	23	79	69	72	56	58	142	95	59
Mean Score	3.39	3.41	3.37	3.40	3.38	3.42	3.23	3.37	3.48	3.43	3.38	3.23	3.52	3.36	3.24
Standard Deviation	.959	.893	1.015	.958	.981	.794	1.166	1.026	.879	.933	.826	.993	.926	.964	1.057
Standard Error	.042	.056	.061	.065	.059	.134	.224	.130	.118	.118	.123	.152	.088	.108	.156
Error variance	*	*	*	*	*	.02	.05	.02	.01	.01	.02	.02	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All respondents who have children under 16

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	542	68	154	128	73	66	53	350	192	440	18	46	29	2	2	97	
Total	667	84	188	157	90	81	66	429	237	540	23	56	36	3	3	120	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	67 10%	13 15%	18 10%	10 6%	11 12%	12 15%	4 6%	41 9%	27 11%	54 10%	1 6%	8 15%	2 7%	-	-	12 10%	
A bit more (4.0)	247 37%	27 32%	71 38%	61 39%	42 46%	28 35%	18 27%	159 37%	88 37%	194 36%	9 40%	24 42%	15 41%	-	3 100%	50 42%	
Neither more nor less (3.0)	240 36%	24 29%	66 35%	60 38%	27 30%	32 40%	31 46%	150 35%	90 38%	198 37%	5 22%	18 32%	14 38%	3 100%	-	40 33%	
A bit less (2.0)	70 10%	15 18%	24 13%	13 8%	9 10%	4 5%	5 7%	52 12%	17 7%	56 10%	4 17%	5 9%	5 14%	-	-	14 11%	
A lot less (1.0)	28 4%	4 4%	7 4%	8 5%	1 1%	3 3%	6 10%	18 4%	10 4%	27 5%	-	1 2%	-	-	-	1 1%	
Don't know	15 2%	1 2%	1 1%	6 4%	1 1%	2 3%	3 4%	9 2%	6 3%	11 2%	3 15%	-	-	-	-	3 3%	
NET: More	314 47%	40 47%	90 48%	71 45%	52 58%	40 50%	22 33%	200 47%	114 48%	248 46%	10 46%	32 57%	17 47%	-	3 100%	62 52%	
NET: Less	98 15%	19 23%	31 16%	21 13%	9 11%	6 8%	11 17%	71 17%	27 11%	83 15%	4 17%	6 11%	5 14%	-	-	15 12%	
Base for stats	652	83	187	151	88	79	64	421	231	528	19	56	36	3	3	117	
Mean Score	3.39	3.35	3.37	3.34	3.60	3.55	3.13	3.36	3.45	3.36	3.41	3.59	3.40	3.00	4.00	3.50	
Standard Deviation	.959	1.088	.959	.915	.863	.924	.997	.968	.940	.977	.900	.926	.823	-	-	.873	
Standard Error	.042	.133	.078	.083	.102	.116	.140	.052	.069	.047	.232	.137	.153	-	-	.090	
Error variance	*	.02	.01	.01	.01	.01	.02	*	*	*	.05	.02	.02	-	-	.01	

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Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All respondents who have children under 16

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
		*a	b	c	d	a	b	c	d	*e	*f	g	*h	i	*j	k
Significance Level: 95%																
Unweighted Total	542	-	295	247	542	34	50	236	86	21	15	34	18	40	8	84
Total	667	-	362	305	667	43	61	289	106	25	18	42	22	50	11	104
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	67	36	31	67	1	5	27	14	1	4	5	3	5	3	7
	10%	-	10%	10%	10%	3%	9%	9%	13%	4%	20%	11%	11%	11%	25%	6%
A bit more	(4.0)	247	133	114	247	26	19	112	37	6	8	13	10	13	4	44
	37%	-	37%	37%	37%	61%	31%	39%	35%	24%	47%	31%	45%	25%	38%	43%
						bcdgi										
Neither more nor less	(3.0)	240	140	100	240	14	19	100	45	8	4	16	10	22	3	33
	36%	-	39%	33%	36%	33%	30%	34%	43%	33%	20%	38%	44%	45%	25%	32%
A bit less	(2.0)	70	35	35	70	1	12	32	4	8	2	4	-	4	1	14
	10%	-	10%	11%	10%	3%	20%	11%	4%	34%	14%	9%	-	8%	12%	13%
						ad										d
A lot less	(1.0)	28	10	19	28	-	3	13	4	-	-	5	-	3	-	3
	4%	-	3%	6%	4%	-	4%	5%	4%	-	-	12%	-	7%	-	2%
				b								ak				
Don't know		15	9	6	15	-	4	5	2	1	-	-	-	3	-	4
	2%	-	2%	2%	2%	-	6%	2%	2%	5%	-	-	-	5%	-	3%
NET: More		314	169	145	314	27	24	139	50	7	12	17	13	18	7	51
	47%	-	47%	48%	47%	64%	39%	48%	48%	28%	66%	42%	56%	36%	63%	49%
						bi										
NET: Less		98	44	53	98	1	15	45	8	8	2	9	-	7	1	16
	15%	-	12%	18%	15%	3%	25%	16%	8%	34%	14%	21%	-	14%	12%	16%
						ad						ad				
Base for stats		652	353	299	652	43	58	284	103	24	18	42	22	47	11	100
Mean Score		3.39	3.43	3.35	3.39	3.63	3.21	3.38	3.50	2.99	3.73	3.20	3.67	3.27	3.76	3.39
						b										
Standard Deviation		.959	.901	1.023	.959	.603	1.035	.968	.908	.907	.960	1.142	.683	1.018	1.009	.899
Standard Error		.042	.053	.066	.042	.103	.151	.064	.099	.203	.248	.196	.161	.165	.357	.100
Error variance		*	*	*	*	.01	.02	*	.01	.04	.06	.04	.03	.03	.13	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All respondents who have children under 16

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	542	186	135	52	19	187	205	193	129	63	8	192	201	5	246	255	36	537
Total	667	226	167	64	23	230	249	236	160	76	10	236	245	6	301	315	45	660
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	67 10%	27 12%	15 9%	4 6%	4 17%	19 8%	31 12%	22 9%	17 11%	7 10%	3 26%	25 10%	24 10%	1 20%	26 9%	37 12%	3 6%	66 10%
A bit more (4.0)	247 37%	74 32%	67 40%	21 33%	10 45%	88 38%	84 34%	87 37%	68 43%	16 21%	2 25%	84 36%	89 36%	4 58%	107 35%	123 39%	14 31%	243 37%
Neither more nor less (3.0)	240 36%	85 37%	56 34%	24 37%	4 20%	80 35%	89 36%	82 35%	50 31%	35 47%	4 37%	85 36%	86 35%	1 21%	123 41%	98 31%	17 38%	239 36%
A bit less (2.0)	70 10%	24 11%	20 12%	11 18%	3 13%	31 14%	27 11%	25 11%	20 13%	11 15%	1 12%	32 14%	27 11%	- -	30 10%	33 11%	6 14%	70 11%
A lot less (1.0)	28 4%	12 5%	4 2%	1 2%	1 5%	5 2%	13 5%	15 6%	1 1%	2 3%	- -	4 2%	15 6%	- -	8 3%	18 6%	1 3%	28 4%
Don't know	15 2%	5 2%	5 3%	2 4%	- -	7 3%	5 2%	5 2%	2 2%	4 5%	- -	6 3%	5 2%	- -	6 2%	5 2%	4 8%	15 2%
NET: More	314 47%	101 44%	82 49%	25 39%	14 62%	107 46%	115 46%	108 46%	85 53%	23 30%	5 51%	108 46%	113 46%	5 79%	133 44%	160 51%	17 37%	309 47%
NET: Less	98 15%	36 16%	24 14%	13 20%	4 18%	36 16%	40 16%	40 17%	22 14%	14 18%	1 12%	36 15%	41 17%	- -	39 13%	52 16%	8 17%	98 15%
Base for stats	652	222	162	61	23	223	244	231	157	72	10	229	241	6	295	310	41	646
Mean Score	3.39	3.36	3.42	3.25	3.55	3.38	3.38	3.33	3.51	3.20	3.65	3.41	3.34	3.99	3.38	3.41	3.24	3.39
Standard Deviation	.959	1.014	.907	.901	1.104	.907	1.022	1.007	.887	.939	1.052	.913	1.009	.705	.890	1.028	.914	.959
Standard Error	.042	.075	.079	.127	.253	.067	.072	.073	.079	.121	.372	.067	.072	.315	.057	.065	.159	.042
Error variance	*	.01	.01	.02	.06	*	.01	.01	.01	.01	.14	*	.01	.10	*	*	.03	*

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Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All respondents who have children under 16

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	542	176	347	86	68	36	358	170	18	465	77	479	61
Total	667	217	426	104	86	45	440	210	23	573	93	588	76
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 67 10%	23 11%	41 10%	13 12%	10 12%	4 8%	42 10%	23 11%	4 17%	59 10%	9 9%	62 11%	5 7%
A bit more	(4.0) 247 37%	99 46% b	141 33%	38 36%	34 40%	14 30%	164 37%	77 36%	9 38%	208 36%	39 42%	230 39% b	17 23%
Neither more nor less	(3.0) 240 36%	67 31%	167 39%	36 35%	26 31%	18 41%	158 36%	75 36%	5 22%	207 36%	33 35%	199 34%	39 51% a
A bit less	(2.0) 70 10%	18 8%	49 11%	6 5%	9 10%	8 17% a	50 11%	20 9%	1 5%	60 10%	10 10%	61 10%	9 12%
A lot less	(1.0) 28 4%	8 4%	19 5%	8 8%	5 6%	1 3%	15 3%	12 6%	2 11%	26 4%	3 3%	23 4%	5 7%
Don't know	15 2%	2 1%	10 2%	4 4%	1 2%	- -	11 2%	4 2%	1 6%	13 2%	1 1%	13 2%	1 2%
NET: More	314 47%	121 56% b	181 43%	50 48%	44 52%	17 38%	206 47%	99 47%	13 56%	267 47%	47 51%	292 50% b	22 29%
NET: Less	98 15%	26 12%	68 16%	14 13%	14 16%	9 20%	65 15%	32 15%	4 16%	86 15%	12 13%	84 14%	14 18%
Base for stats	652	214	416	101	84	45	429	206	21	560	92	575	75
Mean Score	3.39	3.52 b	3.32	3.40	3.42	3.23	3.39	3.38	3.48	3.38	3.45	3.43 b	3.11
Standard Deviation	.959	.924	.963	1.054	1.033	.941	.937	1.002	1.223	.968	.904	.957	.941
Standard Error	.042	.070	.052	.116	.126	.157	.050	.078	.297	.045	.104	.044	.121
Error variance	*	*	*	.01	.02	.02	*	.01	.09	*	.01	*	.01

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Q10c. In the past week, on average, do you think the child(ren) in your household have done more, less or the same amount of physical activity and exercise, compared to a typical week during the lockdown period from the end of March to the end of July?

BASE: All respondents who have children under 16

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	*g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	542	49	44	78	127	82	67	26	69	331	162	255	188	95	89	158	202	89
Total	667	59	55	96	154	103	84	32	84	407	200	315	231	115	110	194	247	110
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	67 10%	5 9%	6 10%	5 5%	8 5%	10 10%	12 14%	7 23%	14 17%	29 7%	33 17%	45 14%	12 5%	9 8%	12 11%	12 6%	26 11%	17 15%
A bit more (4.0)	247 37%	6 11%	12 21%	45 47%	68 44%	36 36%	37 44%	11 35%	31 37%	161 40%	79 40%	168 53%	47 20%	30 26%	39 35%	63 33%	102 41%	42 38%
Neither more nor less (3.0)	240 36%	34 57%	30 55%	30 31%	49 32%	36 35%	20 24%	11 35%	29 35%	146 36%	61 30%	68 22%	140 60%	32 28%	35 31%	84 43%	78 31%	40 36%
A bit less (2.0)	70 10%	4 7%	4 7%	11 11%	23 15%	11 11%	9 10%	1 4%	6 7%	49 12%	16 8%	24 8%	20 9%	25 22%	13 11%	18 9%	32 13%	8 7%
A lot less (1.0)	28 4%	6 10%	3 5%	5 5%	3 2%	4 4%	6 8%	- -	2 3%	14 3%	9 4%	6 2%	6 3%	16 14%	8 7%	13 6%	6 2%	3 2%
Don't know	15 2%	4 6%	1 2%	- -	3 2%	5 5%	- -	1 3%	1 2%	9 2%	2 1%	4 1%	6 3%	2 2%	5 4%	4 2%	4 2%	1 1%
NET: More	314 47%	11 19%	17 31%	50 52%	76 50%	46 45%	49 58%	19 58%	45 54%	190 47%	113 56%	213 68%	59 25%	39 34%	51 46%	76 39%	128 52%	59 54%
NET: Less	98 15%	10 17%	6 12%	16 16%	26 17%	15 15%	15 18%	1 4%	8 10%	63 15%	25 12%	30 10%	27 12%	41 36%	20 18%	30 16%	37 15%	10 9%
Base for stats	652	55	54	96	152	98	84	31	82	399	198	311	225	113	105	190	244	109
Mean Score	3.39	3.01	3.26	3.36	3.37	3.39	3.47	3.79	3.59	3.36	3.57	3.71	3.17	2.93	3.33	3.24	3.46	3.58
Standard Deviation	.959	1.004	.919	.937	.870	.954	1.097	.862	.949	.911	1.004	.876	.772	1.178	1.060	.948	.930	.918
Standard Error	.042	.148	.140	.106	.078	.108	.134	.172	.115	.051	.079	.055	.057	.122	.115	.076	.066	.098
Error variance	*	.02	.02	.01	.01	.01	.02	.03	.01	*	.01	*	*	.01	.01	.01	*	.01

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Q14. SUMMARY: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
I will feel safer exercising at home than in public places	2007 100%	488 24%	793 39%	415 21%	163 8%	149 7%	1281 64%	577 29%
I am worried about exercising close to other people	2007 100%	489 24%	778 39%	403 20%	215 11%	122 6%	1268 63%	617 31%
I intend to walk and cycle more often for everyday journeys such as to work or local shops and services	2007 100%	359 18%	794 40%	443 22%	270 13%	141 7%	1153 57%	713 36%
I intend to increase the amount of physical activity and exercise I do as we come out of lockdown	2007 100%	327 16%	783 39%	524 26%	195 10%	178 9%	1110 55%	719 36%
Coming out of lockdown will make it harder for me to be active	2007 100%	189 9%	489 24%	742 37%	432 22%	155 8%	677 34%	1174 59%

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Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Gender		Age			Region									
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194	
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	327	173	151	143	116	68	19	38	25	30	25	29	75	51	34
		16%	18%	15%	24%	18%	9%	20%	14%	13%	14%	15%	13%	24%	16%	17%
					bc	c								bcdefh		
Tend to agree	(3.0)	783	395	385	251	278	253	34	108	80	78	64	80	144	121	73
		39%	40%	38%	41%	42%	34%	35%	41%	41%	37%	37%	36%	46%	37%	36%
					c	c								afhi		
Tend to disagree	(2.0)	524	237	283	131	155	237	27	68	55	53	46	68	63	92	51
		26%	24%	28%	22%	24%	32%	28%	26%	28%	25%	27%	31%	20%	28%	25%
							ab			g		g		g	g	
Strongly disagree	(1.0)	195	99	97	30	51	115	6	25	21	19	25	26	13	31	29
		10%	10%	10%	5%	8%	15%	6%	10%	11%	9%	14%	12%	4%	9%	14%
					a	ab		g	g	g	g	ag	g	g	g	ag
Don't know		178	74	103	50	58	69	10	25	14	30	11	18	22	31	17
		9%	8%	10%	8%	9%	9%	11%	9%	7%	14%	7%	8%	7%	9%	8%
				a							ceg					
NET: Agree		1110	569	536	394	395	321	53	146	105	109	89	109	219	172	107
		55%	58%	53%	65%	60%	43%	55%	55%	54%	52%	52%	49%	69%	53%	52%
			b		c	c								abcdefhi		
NET: Disagree		719	336	379	161	206	352	34	93	76	72	71	94	76	123	81
		36%	34%	37%	27%	31%	47%	35%	35%	39%	34%	41%	43%	24%	38%	39%
						ab		g	g	g	g	g	g	g	g	g
Base for stats		1829	905	916	556	601	673	86	239	181	180	160	203	295	296	188
Mean Score		2.68	2.71	2.64	2.91	2.77	2.41	2.76	2.66	2.60	2.67	2.56	2.55	2.95	2.65	2.60
					bc	c		f						abcdefhi		
Standard Deviation		.889	.898	.878	.839	.858	.886	.880	.867	.868	.878	.935	.893	.801	.887	.960
Standard Error		.021	.030	.029	.035	.036	.034	.082	.057	.065	.063	.074	.068	.048	.050	.072
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	*	*	*	.01

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Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Social Grade							Ethnicity								
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264	
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	327 16%	50 28%	85 19%	78 17%	48 21%	25 12%	41 8%	213 20%	114 12%	240 14%	15 33%	34 28%	20 26%	3 28%	5 53%	78 29%
		bcefg	efh	fh	efh			efh	f		a	a	a			a	
Tend to agree	(3.0)	783 39%	79 44%	190 42%	193 42%	79 34%	87 43%	155 32%	462 43%	321 35%	654 38%	20 42%	62 52%	31 39%	4 33%	2 17%	118 44%
		dfh	dfh	dfh		fh		dfh					a				
Tend to disagree	(2.0)	524 26%	38 21%	115 26%	103 23%	61 26%	47 23%	160 33%	257 24%	267 29%	473 28%	9 18%	14 12%	17 21%	4 33%	3 29%	46 17%
							abceg		acg		cg						
Strongly disagree	(1.0)	195 10%	5 3%	27 6%	35 8%	18 8%	25 12%	86 18%	66 6%	129 14%	188 11%	- -	3 3%	3 4%	- -	- -	6 2%
				a	a	abg	abcdg		abcdg		bcg						
Don't know		178 9%	7 4%	31 7%	47 10%	24 10%	21 10%	48 10%	85 8%	93 10%	148 9%	3 7%	6 5%	8 10%	1 6%	- -	18 7%
				a	a	a	a	a	a	a							
NET: Agree	1110 55%	130 72%	275 61%	271 59%	127 55%	112 55%	195 40%	675 62%	434 47%	894 53%	35 75%	95 80%	51 64%	7 61%	7 71%	195 73%	
		bcddefgh	fh	fh	fh	fh		defh	f		a	ad	a			a	
NET: Disagree	719 36%	43 24%	141 32%	138 30%	79 34%	71 35%	246 50%	323 30%	397 43%	661 39%	9 18%	17 14%	20 25%	4 33%	3 29%	52 20%	
					a	a	abcdegh		abcdeg		bcdg						
Base for stats	1829	173	416	409	206	183	442	998	831	1555	43	112	71	12	10	248	
Mean Score	2.68	3.01	2.80	2.77	2.76	2.61	2.34	2.82	2.50	2.61	3.15	3.12	2.96	2.95	3.24	3.08	
		bcddefgh	efh	efh	fh	f		efh	f		a	a	a			a	
Standard Deviation	.889	.795	.836	.853	.912	.884	.895	.840	.914	.888	.732	.721	.842	.842	.927	.772	
Standard Error	.021	.061	.041	.042	.064	.066	.042	.027	.032	.023	.113	.068	.101	.243	.293	.049	
Error variance	*	*	*	*	*	*	*	*	*	*	.01	*	.01	.06	.09	*	

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Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	327 16%	169 14%	63 17%	63 21%	126 19%	22 24%	27 23%	128 20%	43 18%	17 29%	9 17%	22 17%	16 19%	16 9%	27 7%	49 23%
				a	a	ij	ij	ij	ij	ij	j	ij	ij			ij
Tend to agree (3.0)	783 39%	459 37%	152 42%	143 47%	294 44%	37 40%	55 47%	286 44%	90 38%	14 23%	20 40%	50 39%	36 42%	61 34%	134 33%	92 44%
				a	a	e	ej	ej	e			e	e			ej
Tend to disagree (2.0)	524 26%	336 27%	100 28%	62 20%	162 24%	21 23%	29 24%	148 23%	60 26%	19 32%	13 25%	31 25%	17 20%	46 25%	139 35%	50 24%
			c												abcdghik	
Strongly disagree (1.0)	195 10%	150 12%	21 6%	18 6%	39 6%	5 6%	3 3%	46 7%	16 7%	6 9%	3 5%	13 10%	3 3%	32 18%	69 17%	9 4%
		bcd										bk		abcdfghk	abcdfghk	
Don't know	178 9%	118 10%	26 7%	18 6%	44 7%	6 7%	4 3%	46 7%	26 11%	4 7%	6 12%	12 9%	14 16%	26 14%	34 8%	10 5%
		d							bk		b		abcjk	bcjk		
NET: Agree	1110 55%	629 51%	215 59%	206 68%	421 63%	60 64%	82 70%	414 63%	133 56%	31 52%	29 57%	72 57%	52 61%	77 43%	160 40%	142 67%
			a	ab	a	ij	degij	ij	ij		j	ij	ij			degij
NET: Disagree	719 36%	486 39%	121 33%	80 26%	202 30%	27 29%	32 27%	194 30%	77 33%	25 42%	16 31%	44 34%	20 23%	78 43%	208 52%	59 28%
		cd								hk				abcdhk	abcdfghk	
Base for stats	1829	1115	336	286	622	86	114	608	210	56	45	116	71	154	368	200
Mean Score	2.68	2.58	2.76	2.88	2.82	2.88	2.93	2.82	2.76	2.76	2.78	2.71	2.90	2.39	2.32	2.91
			a	a	a	ij	gij	ij	ij	ij	ij	ij	ij			gij
Standard Deviation	.889	.904	.827	.824	.827	.865	.777	.850	.867	1.005	.837	.903	.788	.930	.859	.814
Standard Error	.021	.026	.050	.054	.037	.095	.074	.035	.061	.135	.125	.083	.089	.074	.045	.058
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	327 16%	94 19%	78 22%	29 19%	13 27%	106 21%	107 20%	114 20%	66 25%	23 13%	11 35%	89 20%	125 20%	50 15%	166 15%	99 21%	11 14%	277 16%
Tend to agree (3.0)	783 39%	198 40%	173 48%	51 33%	15 32%	224 44%	213 40%	231 40%	127 48%	75 43%	9 29%	201 46%	240 39%	115 36%	431 38%	200 41%	37 47%	668 40%
Tend to disagree (2.0)	524 26%	117 24%	79 22%	48 32%	12 25%	127 25%	129 24%	138 24%	62 23%	45 26%	7 21%	107 24%	145 24%	80 25%	322 29%	103 21%	20 25%	444 26%
Strongly disagree (1.0)	195 10%	31 6%	14 4%	12 8%	7 14%	26 5%	38 7%	47 8%	4 1%	14 8%	3 9%	18 4%	50 8%	53 17%	108 10%	32 7%	2 3%	142 8%
Don't know	178 9%	49 10%	18 5%	12 8%	1 2%	30 6%	50 9%	50 9%	8 3%	18 10%	2 6%	26 6%	52 8%	25 8%	94 8%	50 10%	9 11%	153 9%
NET: Agree	1110 55%	293 60%	251 69%	79 52%	28 59%	330 64%	320 60%	345 60%	193 72%	97 56%	20 64%	290 66%	365 60%	164 51%	597 53%	300 62%	48 61%	945 56%
NET: Disagree	719 36%	148 30%	93 26%	60 40%	18 39%	153 30%	167 31%	185 32%	65 25%	59 34%	9 30%	125 28%	194 32%	133 41%	430 38%	135 28%	22 28%	586 35%
Base for stats	1829	441	344	140	46	484	487	530	258	157	29	415	559	297	1027	435	71	1532
Mean Score	2.68	2.81	2.91	2.68	2.73	2.85	2.80	2.78	2.99	2.68	2.95	2.87	2.79	2.54	2.64	2.85	2.82	2.71
Standard Deviation	.889	.852	.784	.898	1.034	.824	.870	.883	.745	.834	1.010	.793	.890	.972	.875	.858	.736	.869
Standard Error	.021	.041	.043	.077	.153	.038	.040	.038	.048	.067	.181	.040	.038	.054	.027	.043	.089	.022
Error variance	*	*	*	.01	.02	*	*	*	*	*	.03	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0) 327 16%	96 25% b	173 14%	51 19% b	43 12% b	28 26% bdef	208 16% b	108 16% b	8 10%	280 17% b	47 12%	272 16%	48 16%
Tend to agree	(3.0) 783 39%	164 42%	486 39%	98 36%	131 35%	39 36%	527 41% be	237 36%	29 37%	638 40%	144 36%	670 40%	105 36%
Tend to disagree	(2.0) 524 26%	88 22%	347 28% a	57 21%	109 29% a	23 22%	345 27%	168 26%	18 23%	410 25%	114 29%	445 26%	73 25%
Strongly disagree	(1.0) 195 10%	27 7%	112 9%	35 13% d	64 17% d	10 10%	93 7%	92 14% d	14 18% d	150 9%	46 11%	156 9%	39 13% a
Don't know	178 9%	15 4%	123 10% a	28 11%	26 7%	6 6%	109 9%	49 7%	10 12%	131 8%	47 12% a	140 8%	30 10%
NET: Agree	1110 55%	260 67% b	659 53%	148 55% b	175 47% b	66 62% bf	734 57% b	345 53% b	37 47%	918 57% b	192 48%	942 56%	153 52%
NET: Disagree	719 36%	115 29%	459 37% a	92 34%	173 46% acde	34 32%	438 34%	260 40% d	32 41%	559 35%	160 40% a	600 36%	112 38%
Base for stats	1829	375	1119	240	348	100	1173	605	70	1477	352	1542	265
Mean Score	2.68	2.88 b	2.64	2.68 b	2.44	2.84 bef	2.72 bef	2.60 b	2.45	2.71 b	2.55	2.69	2.61
Standard Deviation	.889	.876 b	.861	.965 b	.930	.950 bef	.845 bef	.950 b	.948	.888 b	.882	.878	.947
Standard Error	.021	.047 *	.026	.062 *	.050	.095	.025	.039	.114	.023 *	.047 *	.022 *	.057 *
Error variance		*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.1. I intend to increase the amount of physical activity and exercise I do as we come out of lockdown: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	327 16%	31 8%	34 17%	48 18%	58 17%	45 19%	46 23%	13 13%	53 19%	185 18%	111 19%	179 27%	64 7%	77 19%	63 16%	78 15%	105 14%	79 26%
		a	a	a	a	a	a	a	a	a	a	bc		b				abc
Tend to agree (3.0)	783 39%	98 25%	70 36%	111 41%	171 51%	111 46%	91 45%	36 38%	96 34%	463 45%	222 39%	315 48%	289 32%	170 41%	131 34%	215 41%	302 40%	126 41%
		a	a	abcghij	ab	ah	a	a	a	abhj	a	bc		b				
Tend to disagree (2.0)	524 26%	109 28%	60 31%	72 27%	65 19%	64 27%	45 23%	23 25%	85 30%	261 25%	154 27%	114 17%	292 33%	105 25%	102 27%	144 27%	226 30%	49 16%
		d	d	d	d	d			d	d	d		ac	a	d	d	d	
Strongly disagree (1.0)	195 10%	107 27%	6 3%	16 6%	12 4%	10 4%	8 4%	10 11%	27 10%	44 4%	44 8%	20 3%	139 16%	32 8%	47 12%	58 11%	57 8%	31 10%
		bcdefghij						bdefi	bdefi		bdi		ac	a	c	c		
Don't know	178 9%	52 13%	25 13%	20 8%	29 9%	11 4%	10 5%	12 12%	20 7%	84 8%	41 7%	30 5%	105 12%	30 7%	39 10%	34 7%	62 8%	21 7%
		cdefhij	efhij					ef					ac		b			
NET: Agree	1110 55%	128 32%	104 53%	159 59%	229 69%	156 65%	137 69%	48 52%	148 53%	648 62%	334 58%	495 75%	352 40%	248 60%	194 51%	292 55%	406 54%	205 67%
		a	a	abcghij	abgh	abghj	a	a	a	abgh	a	bc		b				abc
NET: Disagree	719 36%	216 54%	66 34%	89 33%	76 23%	74 31%	53 26%	33 36%	112 40%	306 29%	198 35%	133 20%	432 49%	137 33%	149 39%	201 38%	283 38%	81 26%
		bcdefghij	d	d		d		d	defi	d	d		ac	a	d	d	d	
Base for stats	1829	344	170	248	305	231	190	82	261	953	532	628	784	385	343	493	689	286
Mean Score	2.68	2.15	2.77	2.77	2.90	2.83	2.93	2.63	2.67	2.83	2.75	3.04	2.35	2.76	2.61	2.63	2.66	2.88
		a	a	aghj	ah	aghj	a	a	a	agh	a	bc		b				abc
Standard Deviation	.889	.964	.807	.836	.739	.790	.800	.890	.914	.791	.879	.770	.865	.867	.938	.884	.834	.936
Standard Error	.021	.051	.061	.053	.043	.053	.059	.098	.056	.026	.038	.031	.031	.044	.050	.040	.032	.056
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Gender		Age			Region									
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194	
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	359	184	173	146	129	84	12	43	31	31	31	87	53	41	
		18%	19%	17%	24%	20%	11%	12%	16%	16%	15%	18%	14%	27%	16%	20%
					c	c							abcdefh			
Tend to agree	(3.0)	794	403	387	256	263	275	41	106	73	91	74	79	128	128	74
		40%	41%	38%	42%	40%	37%	43%	40%	37%	43%	43%	36%	41%	39%	36%
					c											
Tend to disagree	(2.0)	443	199	241	109	149	185	25	62	51	43	35	60	54	70	43
		22%	20%	24%	18%	23%	25%	26%	24%	26%	20%	20%	27%	17%	21%	21%
					a	a		g		g		g				
Strongly disagree	(1.0)	270	130	140	57	68	145	10	35	27	27	27	33	27	50	34
		13%	13%	14%	9%	10%	20%	11%	13%	14%	13%	15%	15%	9%	15%	17%
					ab	ab						g	g		g	g
Don't know		141	62	77	38	49	53	8	18	14	17	6	19	20	26	13
		7%	6%	8%	6%	8%	7%	8%	7%	7%	8%	3%	8%	6%	8%	6%
					e	e				e		e		e	e	
NET: Agree		1153	587	560	402	392	359	53	149	104	123	105	110	215	180	115
		57%	60%	55%	66%	60%	48%	55%	56%	53%	58%	61%	50%	68%	55%	56%
			b		bc	c						f		abcdfhi		
NET: Disagree		713	329	382	166	217	330	36	97	78	70	61	93	82	120	77
		36%	34%	37%	27%	33%	44%	37%	37%	40%	33%	36%	42%	26%	37%	38%
					a	ab		g	g	g		g	g		g	g
Base for stats		1866	916	941	568	610	689	89	246	182	193	166	203	297	300	191
Mean Score		2.67	2.70	2.63	2.86	2.74	2.43	2.61	2.64	2.60	2.66	2.66	2.53	2.92	2.61	2.63
					bc	c								abcdefhi		
Standard Deviation		.947	.947	.949	.913	.915	.956	.862	.933	.938	.916	.960	.939	.917	.960	1.012
Standard Error		.022	.031	.031	.038	.038	.036	.079	.060	.070	.063	.074	.072	.055	.054	.075
Error variance		*	*	*	*	*	*	.01	*	*	*	.01	.01	*	*	.01

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Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	359 18%	55 31% bcdefgh	85 19% fh	87 19% fh	40 18% f	38 19% f	53 11% f	227 21% fh	132 14% fh	277 16% g	14 31% a	27 23% c	23 30% a	2 16% *e	4 41% *f	71 27% g
Tend to agree (3.0)	794 40%	63 35% acfh	201 45% acfh	170 37% acfh	86 37% acfh	95 47% acfh	180 37% acfh	434 40% acfh	361 39% acfh	677 40% g	17 37% acdg	55 46% c	32 40% d	5 39% *e	3 28% *f	111 42% g
Tend to disagree (2.0)	443 22%	37 21% e	99 22% e	110 24% e	58 25% e	33 16% e	106 22% e	246 23% e	196 21% e	392 23% bg	3 7% g	21 18% c	13 17% d	6 45% *e	2 21% *f	45 17% g
Strongly disagree (1.0)	270 13%	14 8% g	42 9% g	52 11% g	30 13% g	26 13% g	107 22% g	108 10% g	162 18% g	244 14% g	4 8% g	10 8% g	8 10% g	- - g	- - g	21 8% g
Don't know	141 7%	11 6% b	21 5% b	36 8% b	16 7% b	12 6% b	44 9% b	68 6% b	72 8% b	113 7% g	8 17% acdg	5 4% c	3 4% d	- - g	1 10% *f	17 6% g
NET: Agree	1153 57%	118 66% cdfh	286 64% cdfh	257 56% f	127 55% f	133 65% cdfh	233 48% cdfh	661 61% fh	493 53% f	954 56% g	32 68% g	82 69% c	55 70% d	7 55% *e	7 69% *f	182 69% g
NET: Disagree	713 36%	52 29% ae	141 31% ae	162 36% ae	87 38% ae	58 28% ae	213 44% abceg	354 33% abceg	359 39% abceg	635 37% g	7 15% g	31 26% c	21 27% d	6 45% *e	2 21% *f	67 25% g
Base for stats	1866	170	427	419	214	191	446	1015	851	1589	39	113	76	12	9	249
Mean Score	2.67	2.94 bcdh	2.77 fh	2.70 fh	2.64 f	2.76 fh	2.40 f	2.77 fh	2.54 f	2.62 g	3.08 a	2.88 a	2.93 a	2.71 *e	3.23 *f	2.93 g
Standard Deviation	.947	.941	.879	.936	.944	.923	.980	.916	.970	.944	.931	.877	.947	.759	.847	.900
Standard Error	.022	.073	.043	.046	.065	.067	.046	.029	.033	.024	.151	.083	.109	.210	.282	.057
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.04	.08	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204	
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	359	189	77	64	141	19	34	132	41	18	8	22	24	20	40	53
	18%	15%	21%	21%	21%	21%	21%	29%	20%	18%	30%	16%	17%	28%	11%	10%	25%
			a	a	a	ij	cdgij	ij	j	dgij	j	dij				ij	
Tend to agree	(3.0)	794	466	153	143	296	37	51	260	98	21	27	60	34	62	145	88
	40%	38%	42%	47%	44%	39%	43%	40%	42%	35%	54%	47%	40%	34%	34%	36%	42%
			a	a	a						ij	ij					
Tend to disagree	(2.0)	443	289	85	51	136	23	21	155	53	10	7	27	9	38	98	45
	22%	23%	24%	17%	20%	25%	21%	18%	24%	23%	17%	14%	21%	10%	21%	24%	21%
		c				h	h	h	h			h		h	h	h	h
Strongly disagree	(1.0)	270	198	29	28	57	8	9	68	26	7	4	14	9	36	90	17
	13%	16%	8%	9%	9%	8%	8%	10%	11%	12%	7%	11%	11%	20%	22%	22%	8%
		bcd												abcdfgk	abcdfghk		
Don't know		141	90	17	19	36	6	3	38	18	3	4	6	10	25	28	8
	7%	7%	5%	6%	5%	6%	2%	6%	7%	5%	9%	4%	12%	14%	7%	4%	4%
													bcgk	bcdgjk			
NET: Agree		1153	655	230	207	437	56	85	393	139	39	36	82	58	82	186	141
	57%	53%	64%	68%	66%	60%	72%	60%	59%	65%	70%	64%	68%	45%	46%	67%	67%
			a	a	a	ij	cdij	ij	ij	ij	ij	ij	ij			ij	
NET: Disagree		713	488	115	79	193	31	30	223	79	18	11	41	18	74	189	61
	36%	40%	32%	26%	29%	34%	26%	34%	33%	30%	21%	32%	21%	41%	47%	47%	29%
		bcd				h		h	h					bfhk	abcdefghk		
Base for stats		1866	1142	345	286	630	87	115	616	218	57	46	123	75	155	374	202
Mean Score		2.67	2.57	2.81	2.85	2.83	2.77	2.95	2.74	2.71	2.88	2.86	2.73	2.96	2.42	2.36	2.88
			a	a	a	ij	cdij	ij	ij	ij	ij	ij	cdij			ij	
Standard Deviation		.947	.961	.882	.876	.879	.897	.890	.920	.907	1.009	.804	.885	.960	.984	.965	.895
Standard Error		.022	.027	.053	.058	.039	.098	.084	.037	.062	.135	.117	.079	.106	.078	.050	.064
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	359 18%	104 21%	78 22%	32 21%	13 27%	110 21%	116 22%	113 19%	79 30% acf	25 14%	7 24%	104 24% c	120 20%	57 18%	187 17%	95 20%	21 26% b	302 18%	
Tend to agree (3.0)	794 40%	192 39%	160 44%	60 40%	15 31%	220 43%	207 39%	222 38%	123 46% af	70 40%	14 46%	193 44%	236 39%	125 39%	424 38%	213 44% b	32 41%	669 40%	
Tend to disagree (2.0)	443 22%	108 22%	76 21%	37 24%	12 25%	112 22%	120 22%	140 24% b	46 17%	45 26% bd	3 9%	91 21%	143 23% b	53 16%	280 25% ac	95 20%	14 18%	390 23% a	
Strongly disagree (1.0)	270 13%	51 10%	31 8%	14 9%	7 15%	45 9%	58 11%	64 11% b	13 5%	22 13% b	4 12%	35 8%	68 11% b	66 21% bcde	152 14% c	46 10%	6 8%	204 12%	
Don't know	141 7%	35 7%	18 5%	9 6%	1 2%	27 5%	36 7%	40 7% b	5 2%	13 8% b	2 8% b	19 4%	43 7% b	21 7%	78 7%	35 7%	6 8%	119 7%	
NET: Agree	1153 57%	296 60%	238 66%	92 61%	27 58%	330 64%	323 60%	335 58%	203 76% acef	95 54%	22 70%	297 67% acf	357 58%	182 56%	610 54%	308 64% abe	53 67% b	972 58%	
NET: Disagree	713 36%	159 32%	106 29%	51 34%	19 39%	157 31%	178 33%	204 35% be	59 22%	67 38% be	7 22%	126 28%	211 35% be	119 37% cd	432 39% cd	141 29%	20 25%	594 35% c	
Base for stats	1866	455	344	143	46	487	501	539	261	162	29	423	568	301	1043	449	73	1565	
Mean Score	2.67	2.77	2.83	2.77	2.72	2.81	2.76	2.71	3.03 acef	2.60	2.89	2.87 acf	2.72	2.57	2.62	2.79 abe	2.92 abe	2.68	
Standard Deviation	.947	.928	.881	.910	1.041	.889	.938	.930	.822	.908	.960	.880	.931	1.032	.941	.890	.901	.929	
Standard Error	.022	.044	.048	.077	.153	.041	.042	.040	.052	.072	.175	.044	.039	.057	.029	.044	.107	.024	
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0) 359 18%	88 23% b	208 17%	62 23% bd	53 14%	30 28% bde	217 17%	127 19% b	13 16%	318 20% b	41 10%	290 17%	64 22%
Tend to agree	(3.0) 794 40%	171 44%	475 38%	100 37%	125 34%	33 31%	539 42% bcef	234 36%	21 27%	643 40%	151 38%	689 41% b	98 33%
Tend to disagree	(2.0) 443 22%	70 18%	315 25% a	47 17%	80 21%	24 23%	300 23% a	131 20%	18 23%	337 21%	106 26% a	375 22%	62 21%
Strongly disagree	(1.0) 270 13%	44 11%	155 12%	40 15%	91 24% acde	16 15%	137 11%	124 19% d	18 23% d	197 12%	73 18% a	224 13%	42 14%
Don't know	141 7%	17 4%	89 7%	20 7%	24 6%	3 3%	88 7%	36 6%	9 11% ce	113 7%	27 7%	103 6%	30 10% a
NET: Agree	1153 57%	259 66% b	683 55%	162 60% bf	178 48%	63 59% bf	756 59% bf	362 55% bf	34 43%	961 60% b	192 48%	980 58%	162 55%
NET: Disagree	713 36%	114 29%	470 38% a	87 32%	171 46% ade	40 38%	438 34%	256 39% d	37 46% ad	534 33%	179 45% a	599 36%	104 35%
Base for stats	1866	373	1153	249	349	103	1194	617	71	1495	371	1579	266
Mean Score	2.67	2.81 b	2.64	2.74 bef	2.40	2.74 bf	2.70 bef	2.59 b	2.40	2.72 b	2.43	2.66	2.69
Standard Deviation	.947	.928	.928	1.008	1.034	1.048	.897	1.029	1.069	.943	.930	.936	1.007
Standard Error	.022	.050	.027	.064	.055	.103	.026	.041	.127	.024	.048	.024	.061
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.2. I intend to walk and cycle more often for everyday journeys such as to work or local shops and services: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d	
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302	
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	359 18%	30 7%	37 19%	49 18%	54 16%	49 20%	53 27%	27 29%	60 21%	189 18%	140 24%	199 30%	85 10%	67 16%	54 14%	97 18%	113 15%	93 30%
			a	a	a	a	acdi	acdi	a	a	adi	bc	b					abc	
Tend to agree	(3.0)	794 40%	98 25%	74 38%	112 42%	162 49%	117 48%	95 47%	27 29%	110 39%	465 45%	231 40%	302 46%	329 37%	156 38%	134 35%	194 37%	337 45%	122 40%
			a	ag	abghj	abghj	ag	a	ag	ag	bc							ab	
Tend to disagree	(2.0)	443 22%	97 24%	44 23%	65 24%	72 22%	50 21%	30 15%	22 23%	62 22%	231 22%	114 20%	97 15%	234 26%	103 25%	85 22%	135 26%	175 23%	43 14%
			f	f	f	f	f	f	f	f	f	f	a	a	a	d	d	d	
Strongly disagree	(1.0)	270 13%	125 32%	22 11%	27 10%	28 8%	16 7%	14 7%	6 6%	33 12%	93 9%	52 9%	37 6%	164 18%	64 16%	76 20%	64 12%	85 11%	40 13%
			bcdefghij	a	a	a	abcdghij	a	a	a	a	a	bc	a	a	bcd	a	a	
Don't know		141 7%	46 12%	18 9%	14 5%	18 5%	9 4%	8 4%	12 13%	15 6%	59 6%	35 6%	23 3%	78 9%	24 6%	33 9%	37 7%	42 6%	9 3%
			cdefhij	ef					cdefhij				a	a	d	d			
NET: Agree		1153 57%	128 32%	111 57%	161 60%	216 65%	165 69%	148 74%	54 58%	170 61%	654 63%	372 65%	501 76%	414 47%	223 54%	189 49%	291 55%	450 60%	215 70%
			a	a	a	ab	abcdghij	a	a	a	a	a	bc	a	b	a	a	a	
NET: Disagree		713 36%	222 56%	66 34%	92 34%	100 30%	67 28%	44 22%	27 29%	95 34%	324 31%	167 29%	134 20%	397 45%	167 40%	160 42%	200 38%	259 35%	83 27%
			bcdefghij	f	f				f	f			a	a	cd	d	d		
Base for stats	1866	350	176	253	316	232	192	81	265	978	538	635	812	390	349	490	709	298	
Mean Score	2.67	2.09	2.72	2.72	2.77	2.85	2.97	2.93	2.74	2.77	2.85	3.04	2.41	2.58	2.48	2.66	2.67	2.90	
			a	a	a	a	abcdhi	a	a	a	a	bc	a	b	a	a	a	abc	
Standard Deviation	.947	.986	.935	.898	.835	.830	.853	.937	.945	.870	.917	.836	.925	.958	.999	.941	.882	.994	
Standard Error	.022	.052	.070	.056	.047	.056	.062	.103	.058	.028	.040	.034	.032	.048	.053	.043	.033	.058	
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	488 24%	218 22%	268 26% a	176 29% c	165 25% c	147 20%	18 18%	61 23%	57 29% ai	53 25%	36 21%	49 22%	98 31% abefhi	78 24%	39 19%
Tend to agree (3.0)	793 39%	379 39%	408 40%	251 41%	249 38%	293 40%	42 44%	106 40%	68 35%	84 40%	65 38%	95 43%	133 42%	118 36%	81 40%
Tend to disagree (2.0)	415 21%	217 22%	198 19%	89 15%	156 24% a	169 23% a	24 25% g	53 20%	43 22%	41 19%	37 21%	40 18%	53 17%	74 23%	50 25% g
Strongly disagree (1.0)	163 8%	88 9%	73 7%	44 7%	53 8%	66 9%	8 8%	16 6%	14 7%	13 6%	19 11% g	25 11% bg	14 4%	35 11% bg	18 9%
Don't know	149 7%	76 8%	71 7%	46 8%	36 5%	66 9% b	5 5%	27 10%	13 7%	20 9%	15 9%	13 6%	18 6%	22 7%	17 8%
NET: Agree	1281 64%	597 61%	676 66% a	427 70% bc	414 63%	440 59%	60 62%	167 63%	125 64%	137 65%	101 59%	144 65%	231 73% abcehi	196 60%	120 59%
NET: Disagree	577 29%	305 31% b	271 27%	133 22%	209 32% a	235 32% a	32 33% g	69 26%	58 30% g	53 25%	56 32% g	65 29% g	67 21%	109 33% dg	68 33% g
Base for stats	1858	902	947	560	623	676	92	237	183	190	157	209	298	305	188
Mean Score	2.86	2.81	2.92 a	3.00 bc	2.84	2.77	2.76	2.90	2.92	2.93 i	2.75	2.80	3.06 abefhi	2.78	2.75
Standard Deviation	.904	.915	.892 a	.887 bc	.913	.899	.867	.866	.927	.872 i	.946	.934	.833 abefhi	.956	.892
Standard Error	.021	.030	.029	.037	.038	.034	.078	.057	.069	.061	.075	.070	.050	.053	.067
Error variance	*	*	*	*	*	*	.01	*	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Social Grade								Ethnicity						
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	488 24%	55 31% efh	120 27% efh	113 25%	58 25%	38 18%	104 21%	289 27% efh	200 22%	381 22%	12 25%	47 40% a	32 41% a	2 16%	5 47%	98 37% a
Tend to agree (3.0)	793 39%	69 39%	185 41%	173 38%	90 39%	81 40%	195 40%	427 39%	366 40%	683 40% d	20 44%	44 37%	23 29%	6 48%	4 36%	97 36%
Tend to disagree (2.0)	415 21%	40 22%	98 22%	92 20%	45 20%	45 22%	95 19%	230 21%	185 20%	369 22%	9 19%	18 15%	12 16%	3 23%	2 17%	44 17%
Strongly disagree (1.0)	163 8%	8 4%	26 6%	40 9%	23 10% ab	24 12% abg	42 9%	74 7%	89 10% abg	145 8%	2 4%	5 5%	5 7%	2 13%	-	14 5%
Don't know	149 7%	8 4%	19 4%	37 8% b	14 6%	17 8% b	54 11% abdg	63 6%	85 9% abg	125 7%	3 7%	4 3%	6 7%	-	-	13 5%
NET: Agree	1281 64%	125 69% eh	305 68% efh	287 63%	148 64%	118 58%	299 61%	716 66% eh	565 61%	1064 63%	32 69%	91 77% a	55 70%	8 64%	8 83%	194 73% a
NET: Disagree	577 29%	47 26%	124 28%	132 29%	68 30%	69 34%	137 28%	304 28%	273 30%	514 30% cg	11 23%	24 20%	18 23%	4 36%	2 17%	59 22%
Base for stats	1858	172	429	419	216	187	436	1020	839	1577	43	115	73	12	10	253
Mean Score	2.86	3.00 efh	2.93 eh	2.86	2.84	2.71	2.83	2.91 eh	2.81	2.82	2.97 a	3.16 a	3.12 a	2.67	3.29	3.10 a
Standard Deviation	.904	.857	.865	.925	.941	.932	.902	.889	.919	.901	.827	.860	.954	.931	.786	.885
Standard Error	.021	.066	.042	.045	.064	.068	.043	.028	.032	.023	.128	.081	.112	.258	.249	.056
Error variance	*	*	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.06	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204	
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	488	303	85	73	158	27	36	162	53	17	15	28	21	44	86	63
		24%	25%	24%	24%	24%	29%	30%	25%	22%	29%	29%	22%	24%	25%	21%	30%
								j									j
Tend to agree	(3.0)	793	486	142	130	272	40	52	266	92	16	17	50	33	68	158	92
		39%	39%	39%	43%	41%	43%	44%	41%	39%	26%	34%	39%	39%	38%	39%	44%
							e	e	e								e
Tend to disagree	(2.0)	415	239	84	66	151	17	21	137	62	18	9	30	11	25	85	38
		21%	19%	23%	22%	23%	18%	18%	21%	26%	31%	17%	23%	13%	14%	21%	18%
								i	hik	hik		i			i		
Strongly disagree	(1.0)	163	105	29	22	51	5	5	56	19	6	5	10	6	17	33	11
		8%	8%	8%	7%	8%	6%	4%	8%	8%	10%	11%	8%	7%	9%	8%	5%
Don't know		149	100	21	13	34	3	3	34	10	3	4	10	14	26	41	7
		7%	8%	6%	4%	5%	4%	3%	5%	4%	5%	8%	8%	16%	14%	10%	3%
			cd									k	abcdek	abcdek	abcdk		
NET: Agree		1281	789	228	203	431	67	88	428	145	33	32	78	54	112	244	155
		64%	64%	63%	67%	65%	72%	74%	65%	62%	55%	64%	61%	63%	62%	61%	74%
							ej	degij									cdegij
NET: Disagree		577	343	113	88	201	22	27	193	80	24	14	40	18	42	118	49
		29%	28%	31%	29%	30%	24%	23%	29%	34%	41%	28%	31%	21%	23%	29%	23%
									bhik	abhik							
Base for stats	1858	1133	341	291	632	89	114	620	225	57	47	118	71	154	362	204	
Mean Score	2.86	2.87	2.83	2.87	2.85	2.99	3.03	2.86	2.79	2.77	2.89	2.82	2.96	2.91	2.82	3.02	
							dj									cdgj	
Standard Deviation	.904	.912	.901	.874	.888	.860	.830	.907	.895	1.000	.994	.900	.896	.941	.898	.842	
Standard Error	.021	.026	.054	.057	.039	.093	.078	.037	.061	.134	.143	.082	.101	.075	.047	.060	
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	488 24%	114 23%	103 29%	37 24%	12 26%	140 27%	126 23%	145 25%	77 29%	34 19%	12 39%	111 25%	157 26%	84 26%	265 24%	123 25%	16 20%	404 24%
Tend to agree	(3.0)	793 39%	192 39%	150 41%	53 35%	21 45%	203 39%	214 40%	231 40%	109 41%	65 37%	11 35%	174 39%	242 40%	111 34%	450 40%	198 41%	34 43%	682 40%
Tend to disagree	(2.0)	415 21%	111 23%	71 19%	46 30%	8 17%	116 23%	119 22%	120 21%	61 23%	48 28%	4 12%	109 25%	124 20%	65 20%	233 21%	102 21%	16 20%	350 21%
Strongly disagree	(1.0)	163 8%	46 9%	26 7%	9 6%	4 9%	34 7%	50 9%	54 9%	17 6%	12 7%	3 9%	29 7%	57 9%	29 9%	95 8%	34 7%	5 7%	134 8%
Don't know		149 7%	27 6%	13 4%	8 5%	1 2%	21 4%	28 5%	29 5%	4 1%	15 9%	2 5%	19 4%	31 5%	34 11%	78 7%	28 6%	8 11%	114 7%
NET: Agree		1281 64%	306 62%	253 70%	90 59%	34 71%	343 67%	340 63%	376 65%	185 70%	99 57%	23 74%	285 64%	399 65%	195 60%	715 64%	321 66%	50 63%	1086 64%
NET: Disagree		577 29%	156 32%	96 27%	54 36%	12 26%	151 29%	169 31%	174 30%	77 29%	61 35%	7 21%	138 31%	181 30%	93 29%	328 29%	136 28%	21 26%	484 29%
Base for stats	1858	463	349	144	46	493	509	550	263	160	30	423	580	288	1042	457	71	1570	
Mean Score	2.86	2.81	2.95	2.82	2.90	2.91	2.82	2.85	2.93	2.76	3.09	2.87	2.86	2.87	2.85	2.90	2.86	2.86	
Standard Deviation	.904	.919	.890	.887	.907	.890	.918	.924	.880	.878	.967	.882	.927	.948	.906	.882	.855	.896	
Standard Error	.021	.043	.048	.074	.134	.040	.041	.039	.056	.070	.174	.044	.039	.054	.028	.043	.102	.023	
Error variance	*	*	*	.01	.02	*	*	*	*	*	.03	*	*	*	*	*	.01	*	

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Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	488	281	89	103	38	275	193	27	396	92	422	58
		24%	23%	33%	28%	36%	21%	30%	34%	25%	23%	25%	20%
		b	d	d	d	d	d	d	d	b	b	b	b
Tend to agree	(3.0)	793	504	103	150	36	513	258	28	641	151	668	119
		39%	41%	38%	40%	34%	40%	39%	36%	40%	38%	40%	40%
Tend to disagree	(2.0)	415	266	39	59	22	301	108	11	334	80	346	65
		21%	21%	14%	16%	21%	23%	16%	14%	21%	20%	21%	22%
		abe	abe	abe	abe	abe	abe	abe	abe	abe	abe	abe	abe
Strongly disagree	(1.0)	163	102	18	32	8	106	52	6	120	43	136	23
		8%	8%	7%	9%	7%	8%	8%	7%	7%	11%	8%	8%
		a	a	a	a	a	a	a	a	a	a	a	a
Don't know		149	90	19	30	3	87	43	8	117	32	110	30
		7%	7%	7%	8%	3%	7%	7%	10%	7%	8%	7%	10%
		c	c	c	c	c	c	c	c	c	c	c	c
NET: Agree		1281	785	193	252	74	789	451	55	1037	244	1091	177
		64%	63%	72%	68%	69%	62%	69%	69%	64%	61%	65%	60%
		b	d	d	d	d	d	d	d	b	b	b	b
NET: Disagree		577	367	57	91	30	407	160	17	454	123	482	88
		29%	30%	21%	24%	28%	32%	24%	21%	28%	31%	29%	30%
		abef	abef	abef	abef	abef	abef	abef	abef	abef	abef	abef	abef
Base for stats		1858	1152	250	344	103	1195	610	72	1492	367	1572	265
Mean Score		2.86	2.84	3.05	2.94	3.00	2.80	2.97	3.06	2.88	2.80	2.88	2.80
		b	d	d	d	d	d	d	d	b	b	b	b
Standard Deviation		.904	.895	.898	.920	.940	.893	.913	.918	.893	.948	.905	.881
Standard Error		.021	.026	.057	.050	.093	.026	.037	.108	.023	.049	.023	.053
Error variance		*	*	*	*	.01	*	*	.01	*	*	*	*

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Q14.3. I will feel safer exercising at home than in public places: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	488 24%	76 19%	51 26%	57 21%	93 28%	69 29%	50 25%	25 26%	67 24%	270 26%	142 25%	225 34%	148 17%	104 25%	107 28%	112 21%	166 22%	97 32%
			a	a	ac					a	a	bc		b	bc		bc	bc
Tend to agree (3.0)	793 39%	144 36%	82 42%	105 39%	137 41%	97 40%	91 46%	41 44%	94 34%	422 41%	227 40%	245 37%	363 41%	176 43%	150 39%	208 39%	303 40%	125 41%
Tend to disagree (2.0)	415 21%	65 16%	42 22%	67 25%	68 20%	40 16%	36 18%	18 20%	78 28%	217 21%	133 23%	120 18%	202 23%	83 20%	63 16%	131 25%	168 22%	49 16%
				ae				ade	defi	ae			a		ad	ad		
Strongly disagree (1.0)	163 8%	49 12%	6 3%	18 7%	20 6%	20 8%	15 7%	7 7%	27 10%	64 6%	49 9%	36 5%	95 11%	30 7%	25 7%	42 8%	67 9%	26 8%
		bcdij			b			bi		b		5%	ac	7%	7%	8%	9%	8%
Don't know	149 7%	61 15%	13 7%	21 8%	16 5%	14 6%	7 4%	2 2%	13 5%	65 6%	23 4%	32 5%	81 9%	21 5%	36 9%	35 7%	48 6%	10 3%
		bcd	efghij	j									ac		d	d		
NET: Agree	1281 64%	221 56%	134 69%	161 60%	230 69%	167 69%	141 71%	66 71%	161 58%	692 67%	369 64%	470 71%	511 57%	281 68%	257 67%	320 61%	469 62%	222 72%
		ah	ah	ach	ach	ach	ah	ah	ah	ah	a	b		b	b		bc	bc
NET: Disagree	577 29%	114 29%	48 25%	85 32%	88 26%	60 25%	51 26%	25 27%	105 38%	281 27%	182 32%	156 24%	298 33%	113 27%	88 23%	173 33%	235 31%	75 24%
								abdefi		i			ac		ad	ad		
Base for stats	1858	335	182	246	318	227	192	91	267	973	550	626	808	393	346	493	704	297
Mean Score	2.86	2.74	2.98	2.81	2.95	2.95	2.92	2.92	2.76	2.92	2.84	3.05	2.70	2.90	2.98	2.79	2.81	2.99
			ach	ah	ah	ah	a			ah		bc		b	bc		bc	bc
Standard Deviation	.904	.972	.809	.870	.871	.917	.870	.880	.947	.872	.911	.884	.902	.878	.887	.890	.906	.918
Standard Error	.021	.052	.060	.055	.049	.062	.063	.092	.058	.028	.039	.036	.032	.044	.047	.040	.034	.054
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

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Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Gender		Age			Region									
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194	
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	189 9%	105 11% b	82 8%	97 16% bc	64 10% c	27 4%	9 9%	21 8%	18 9%	22 10% i	14 8%	14 6%	53 17% abcdefhi	29 9%	10 5%
Tend to agree	(3.0)	489 24%	255 26%	231 23%	209 34% bc	185 28% c	95 13%	20 21%	57 22%	54 28%	50 24%	36 21%	56 25%	101 32% abdehi	69 21%	45 22%
Tend to disagree	(2.0)	742 37%	343 35%	398 39%	167 28%	235 36% a	341 46% ab	39 40% g	108 41% cg	62 32%	86 41% cg	74 43% cg	78 35%	88 28%	126 38% g	81 40% g
Strongly disagree	(1.0)	432 22%	217 22%	213 21%	83 14%	131 20% a	218 29% ab	19 20%	58 22%	45 23%	33 16%	39 22%	55 25% dg	54 17%	74 23% d	55 27% dg
Don't know		155 8%	59 6%	95 9% a	50 8%	44 7%	61 8%	10 10%	20 8%	17 8%	19 9%	9 5%	19 9%	19 6%	29 9%	13 6%
NET: Agree		677 34%	359 37% b	313 31%	306 50% bc	249 38% c	122 16%	29 30%	77 29%	72 37% i	71 34%	50 29%	70 31%	154 49% abcdefhi	98 30%	55 27%
NET: Disagree		1174 59%	560 57%	611 60%	250 41%	366 55% a	559 75% ab	58 60% g	166 63% g	107 55% g	119 57% g	113 66% cg	133 60% g	143 45%	199 61% g	136 67% cdg
Base for stats	1852	919	924	556	615	681	87	243	179	190	163	203	297	297	192	
Mean Score	2.23	2.27	2.20	2.58 bc	2.30 c	1.90	2.22	2.16	2.25 i	2.32 i	2.16	2.14	2.52 abcdefhi	2.18	2.05	
Standard Deviation	.922	.948	.893	.945	.919	.781	.903	.886	.949	.892	.884	.896	.989	.915	.855	
Standard Error	.021	.031	.030	.040	.038	.030	.084	.057	.071	.062	.069	.069	.059	.052	.064	
Error variance	*	*	*	*	*	*	.01	*	.01	*	*	*	*	*	*	

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Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Social Grade							Ethnicity								
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264	
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	189 9%	38 21%	48 11%	37 8%	25 11%	16 8%	25 5%	123 11%	66 7%	140 8%	6 14%	20 17%	10 13%	2 20%	1 13%	40 15%
			bcdefgh	fh		f			fh			a					a
Tend to agree	(3.0)	489 24%	58 32%	126 28%	117 26%	68 30%	53 26%	67 14%	301 28%	187 20%	379 22%	16 34%	51 43%	30 38%	3 21%	5 49%	104 39%
			fh	fh	fh	fh	f		fh	f			a	a			a
Tend to disagree	(2.0)	742 37%	49 27%	179 40%	166 37%	73 32%	72 35%	204 42%	394 36%	348 38%	665 39%	14 30%	30 26%	21 27%	3 22%	4 38%	72 27%
				ad	a			adg	a	a	cdg						
Strongly disagree	(1.0)	432 22%	24 13%	79 18%	94 21%	44 19%	46 23%	144 29%	197 18%	234 25%	391 23%	6 13%	13 11%	12 15%	3 26%	- -	34 13%
					a		a	abcdg		abdg	cg						
Don't know		155 8%	11 6%	15 3%	42 9%	21 9%	17 8%	50 10%	67 6%	88 10%	128 7%	4 9%	4 3%	6 7%	1 11%	- -	15 6%
					bg	b	b	bg	b	bg							
NET: Agree		677 34%	96 54%	174 39%	153 34%	93 40%	69 34%	92 19%	424 39%	253 27%	519 30%	22 48%	71 60%	40 51%	5 41%	6 62%	145 54%
			bcdefgh	fh	fh	fh	f		cfh	f		a	a	a		a	
NET: Disagree		1174 59%	73 40%	258 58%	260 57%	117 51%	118 58%	348 71%	592 55%	583 63%	1056 62%	20 44%	43 37%	33 42%	6 48%	4 38%	106 40%
				a	a	a	a	abcdegh	a	acdg	bcdg						
Base for stats	1852	169	433	414	210	187	440	1016	836	1574	43	114	73	11	10	251	
Mean Score	2.23	2.65	2.33	2.23	2.35	2.20	1.94	2.34	2.10	2.17	2.53	2.69	2.53	2.40	2.75	2.60	
			bcdefgh	fh	fh	f		cfh	f		a	a	a			a	
Standard Deviation	.922	.984	.901	.901	.943	.913	.839	.926	.900	.903	.927	.893	.927	1.179	.707	.914	
Standard Error	.021	.076	.044	.044	.066	.067	.040	.029	.031	.023	.145	.084	.109	.340	.223	.058	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.12	.05	*	

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Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Children aged 15 or under in the household					Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204	
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	189	92	44	30	73	9	25	80	16	7	6	13	13	4	14	34
	9%	8%	12%	10%	11%	10%	22%	12%	7%	12%	12%	10%	15%	2%	4%	16%	
			a		a	ij	acdij	dij	i	ij	ij	ij	dij			dij	
Tend to agree	(3.0)	489	233	127	102	230	36	37	195	66	14	14	27	30	29	41	73
	24%	19%	35%	34%	34%	39%	31%	30%	28%	23%	27%	21%	35%	16%	10%	35%	
			a	a	a	egij	ij	gij	ij	j	j	j	gij	j		gij	
Tend to disagree	(2.0)	742	488	110	116	226	23	40	221	88	20	20	49	23	70	188	63
	37%	40%	30%	38%	34%	24%	34%	34%	37%	34%	39%	39%	27%	39%	47%	30%	
		bd							a			a		a	abcdhk		
Strongly disagree	(1.0)	432	315	61	42	103	15	10	121	50	16	9	29	7	51	125	25
	22%	26%	17%	14%	15%	16%	8%	18%	21%	27%	18%	22%	8%	28%	31%	12%	
		bcd						bhk	bhk	bhk	bhk	bhk		abchk	abcdhk		
Don't know		155	104	20	14	34	10	5	37	16	2	2	11	12	26	34	16
	8%	8%	5%	5%	5%	11%	5%	6%	7%	4%	4%	8%	14%	14%	9%	7%	
		cd											bcdef	bcdefjk			
NET: Agree		677	325	171	132	303	45	62	275	82	21	20	40	43	33	56	107
	34%	26%	47%	43%	45%	48%	53%	42%	35%	35%	40%	31%	51%	19%	14%	51%	
			a	a	a	dgij	cdegij	gij	ij	ij	ij	ij	dgij			cdegij	
NET: Disagree		1174	803	171	159	330	38	50	342	137	37	29	78	30	121	313	88
	59%	65%	47%	52%	49%	41%	43%	52%	58%	61%	57%	61%	35%	67%	78%	42%	
		bcd						ahk	abhk	abhk	h	abhk		abchk	abcdefghik		
Base for stats	1852	1128	342	291	633	83	112	618	220	57	49	118	73	154	368	195	
Mean Score	2.23	2.09	2.45	2.41	2.43	2.47	2.69	2.38	2.22	2.21	2.35	2.20	2.68	1.91	1.85	2.60	
			a	a	a	dij	cdefgij	dij	ij	ij	ij	cdefgij				cdefgij	
Standard Deviation	.922	.898	.928	.861	.897	.921	.922	.942	.882	.998	.939	.935	.875	.788	.765	.926	
Standard Error	.021	.026	.056	.056	.040	.104	.088	.038	.061	.132	.133	.085	.098	.063	.040	.068	
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	*	*	*	

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Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	189 9%	62 13%	41 11%	18 12%	12 26%	58 11%	74 14%	64 11%	46 17%	15 9%	5 16%	61 14%	70 11%	27 8%	94 8%	60 12%	7 9%	162 10%
						abcef				acf							b		
Tend to agree	(3.0)	489 24%	125 25%	130 36%	39 26%	14 30%	169 33%	139 26%	103 38%	44 25%	9 28%	147 33%	158 26%	64 20%	244 22%	151 31%	30 38%	425 25%	
				acf		af			acf			af			abe	abe	ab		
Tend to disagree	(2.0)	742 37%	164 34%	117 32%	64 42%	12 26%	181 35%	177 33%	83 31%	77 44%	11 35%	160 36%	203 33%	118 37%	430 38%	170 35%	24 31%	624 37%	
					bf				abf										
Strongly disagree	(1.0)	432 22%	108 22%	60 16%	25 17%	7 14%	85 17%	114 21%	32 12%	23 13%	5 16%	55 13%	144 24%	85 26%	262 23%	75 15%	10 13%	347 21%	
			be					bce				bce		cde	cd			c	
Don't know		155 8%	31 6%	15 4%	6 4%	2 4%	21 4%	33 6%	3 1%	15 8%	1 5%	18 4%	36 6%	29 9%	90 8%	29 6%	7 9%	127 8%	
								b		be		b							
NET: Agree		677 34%	187 38%	171 47%	56 37%	26 56%	227 44%	213 40%	149 56%	60 34%	14 45%	208 47%	227 37%	91 28%	339 30%	211 43%	37 47%	587 35%	
				acf		acf			acef			acf			abe	abe	ab		
NET: Disagree		1174 59%	272 56%	176 49%	89 59%	19 40%	266 52%	291 54%	115 43%	101 58%	16 51%	216 49%	347 57%	203 63%	691 62%	245 51%	35 44%	971 58%	
			d		bd			be		b		be		cd	cde		cd		
Base for stats	1852	459	347	146	45	493	504	545	264	160	30	424	575	294	1030	456	72	1558	
Mean Score	2.23	2.31	2.44	2.33	2.70	2.41	2.34	2.25	2.62	2.32	2.47	2.50	2.27	2.11	2.17	2.43	2.47	2.26	
					acef				acf			acf			abe	ab	ab		
Standard Deviation	.922	.978	.909	.904	1.027	.908	.988	.969	.912	.837	.980	.895	.970	.928	.912	.917	.866	.919	
Standard Error	.021	.046	.049	.076	.153	.041	.044	.042	.058	.067	.176	.044	.041	.052	.028	.045	.103	.024	
Error variance	*	*	*	.01	.02	*	*	*	*	*	.03	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305	
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	189 9%	67 17% 7%	88 7%	37 14% bd	31 8%	25 24% abdef	96 8%	82 13% bd	7 8%	159 10%	29 7%	160 10% 8%	22 8%
Tend to agree	(3.0)	489 24%	127 33% b	283 23%	70 26% bd	84 22%	37 35% bdf	302 24%	176 27% f	13 16%	386 24%	103 26%	408 24% b	75 25%
Tend to disagree	(2.0)	742 37%	126 32%	489 39% a	97 36% c	138 37% c	26 25%	503 39% ce	222 34% c	35 43% c	601 37%	142 36%	640 38% b	95 32%
Strongly disagree	(1.0)	432 22%	53 13%	288 23% a	45 17% c	83 22% c	14 13%	295 23% ace	125 19% c	16 20%	339 21%	92 23%	361 21% a	71 24%
Don't know		155 8%	18 5%	93 8%	20 7%	37 10% cd	4 4%	86 7%	50 8%	10 12% c	124 8%	32 8%	112 7%	33 11% a
NET: Agree		677 34%	194 50% b	371 30%	107 40% bdf	115 31%	62 59% abdef	398 31%	258 39% bdf	20 25%	545 34%	133 33%	568 34% a	97 33%
NET: Disagree		1174 59%	178 46%	777 63% a	142 53% c	221 59% ce	40 38%	798 62% ace	346 53% c	50 63% c	940 58%	234 59%	1002 60% a	166 56%
Base for stats	1852	372	1148	249	336	103	1196	604	70	1485	367	1570	263	
Mean Score	2.23	2.56	2.15	2.40	2.19	2.72	2.17	2.36	2.15	2.25	2.19	2.23	2.19	
Standard Deviation	.922	.943	.885	.952	.915	.983	.891	.956	.881	.926	.905	.919	.928	
Standard Error	.021	.050	.026	.060	.050	.097	.026	.039	.106	.024	.047	.023	.057	
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.4. Coming out of lockdown will make it harder for me to be active: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	189 9%	22 5%	22 11%	25 9%	34 10%	32 13%	20 10%	11 12%	23 8%	113 11%	54 9%	98 15%	43 5%	41 10%	38 10%	46 9%	50 7%	53 17%
			a		a	a	a	a		a	a	bc		b	c			abc
Tend to agree (3.0)	489 24%	70 18%	47 24%	80 30%	98 29%	60 25%	60 30%	12 13%	63 23%	284 27%	135 24%	211 32%	167 19%	103 25%	93 24%	141 27%	177 24%	67 22%
			g	agj	ag	ag	ag		g	ag	ag	bc		b				
Tend to disagree (2.0)	742 37%	134 34%	76 39%	97 36%	127 38%	91 38%	74 37%	41 44%	103 37%	391 38%	217 38%	204 31%	368 41%	159 38%	124 32%	221 42%	299 40%	94 30%
													a	a		ad	ad	
Strongly disagree (1.0)	432 22%	108 27%	28 14%	48 18%	59 18%	44 18%	40 20%	24 26%	80 29%	180 17%	144 25%	113 17%	227 26%	88 21%	87 23%	87 17%	177 24%	78 26%
		bcdei						bi	bcdefi		bcdei		a		b		b	b
Don't know	155 8%	63 16%	21 11%	18 7%	16 5%	15 6%	7 3%	5 5%	11 4%	70 7%	23 4%	33 5%	85 10%	24 6%	39 10%	32 6%	48 6%	16 5%
		cdefghij	dfhij							j			ac		bcd			
NET: Agree	677 34%	91 23%	68 35%	105 39%	131 39%	92 38%	80 40%	23 25%	86 31%	397 38%	189 33%	309 47%	210 24%	144 35%	131 34%	187 35%	227 30%	120 39%
			a	agh	agh	ag	agh		a	aghj	a	bc		b				c
NET: Disagree	1174 59%	242 61%	105 54%	145 54%	187 56%	135 56%	113 57%	65 70%	183 65%	571 55%	362 63%	316 48%	595 67%	247 60%	211 55%	308 58%	477 63%	172 56%
		i						bcdefi	bcdei		bcdi		ac	a			ad	
Base for stats	1852	333	173	250	318	227	193	88	269	968	551	625	805	391	342	495	704	292
Mean Score	2.23	2.02	2.36	2.33	2.33	2.35	2.31	2.12	2.11	2.34	2.18	2.47	2.03	2.25	2.24	2.29	2.14	2.32
			aghj	ahj	aghj	aghj	ah			aghj	a	bc		b		c		c
Standard Deviation	.922	.892	.901	.900	.901	.949	.915	.956	.930	.911	.933	.962	.839	.922	.959	.864	.876	1.059
Standard Error	.021	.048	.068	.057	.051	.064	.067	.101	.057	.029	.040	.039	.029	.046	.052	.039	.033	.063
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

Q14.5. I am worried about exercising close to other people: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Gender		Age			Region								
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	489 24%	193 20%	294 29% a	147 24%	167 25%	176 24%	19 19%	73 28% i	43 22%	46 22%	37 21%	57 26%	100 31% acdehi	78 24%	37 18%
Tend to agree (3.0)	778 39%	393 40%	382 38%	232 38%	253 38%	293 40%	38 39%	104 39%	76 39%	80 38%	61 36%	86 39%	129 41%	121 37%	84 41%
Tend to disagree (2.0)	403 20%	210 21%	190 19%	123 20%	138 21%	142 19%	21 22%	49 19%	36 19%	50 24% g	41 24% g	43 19%	47 15%	73 22% g	43 21%
Strongly disagree (1.0)	215 11%	128 13% b	87 9%	58 10%	62 9%	95 13% b	15 15% bdg	23 9%	26 13% g	17 8%	26 15% bdg	25 11%	23 7%	32 10%	29 14% g
Don't know	122 6%	55 6%	65 6%	47 8% c	39 6%	35 5%	5 5%	15 6%	14 7%	16 8%	7 4%	11 5%	18 6%	23 7%	13 6%
NET: Agree	1268 63%	586 60%	676 66% a	378 62%	420 64%	469 63%	56 58%	177 67% e	119 61%	126 60%	98 57%	143 65%	229 72% acdehi	198 61%	121 59%
NET: Disagree	617 31%	338 35% b	278 27%	180 30%	200 30%	237 32%	36 37% bg	72 27%	63 32% g	67 32% g	67 39% bg	67 30% g	69 22%	105 32% g	71 35% g
Base for stats	1885	924	954	559	620	707	92	249	182	194	165	210	298	303	192
Mean Score	2.82	2.71	2.93 a	2.84	2.85	2.78	2.65	2.91 aei	2.75	2.80	2.66	2.83 acdefhi	3.03	2.80	2.67
Standard Deviation	.947	.951	.932 a	.933	.931	.971	.982	.923	.980	.903	.993	.962 .891	.939	.954	
Standard Error	.022	.031	.031	.039	.038	.036	.089	.059	.073	.062	.077	.072	.053	.052	.071
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	.01

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Q14.5. I am worried about exercising close to other people: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Social Grade								Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white	
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																	
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264	
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	489 24%	62 35%	105 23%	107 23%	56 24%	41 20%	119 24%	274 25%	216 23%	403 24%	20 43%	34 29%	17 21%	2 20%	5 46%	78 29%
			bcdefgh								ad					a	
Tend to agree	(3.0)	778 39%	65 36%	197 44%	174 38%	90 39%	68 33%	185 38%	435 40%	343 37%	661 39%	12 25%	56 47%	31 40%	5 42%	4 37%	107 40%
				eh									b			b	
Tend to disagree	(2.0)	403 20%	34 19%	92 21%	101 22%	39 17%	50 25%	86 18%	228 21%	175 19%	356 21%	6 13%	17 15%	16 20%	2 18%	2 17%	44 16%
						f											
Strongly disagree	(1.0)	215 11%	11 6%	44 10%	41 9%	32 14%	30 15%	57 12%	95 9%	119 13%	194 11%	1 3%	7 6%	7 9%	2 20%	- -	17 7%
					acg	acg	a		acg		g						
Don't know		122 6%	8 4%	10 2%	33 7%	13 6%	15 8%	42 9%	51 5%	71 8%	89 5%	7 16%	4 4%	8 10%	- -	- -	20 7%
					b	b	b	bg	b	bg		ac					
NET: Agree		1268 63%	127 70%	301 67%	280 62%	146 64%	109 53%	304 62%	709 65%	559 61%	1063 62%	32 68%	90 76%	48 61%	8 62%	8 83%	185 70%
			cefh	eh	e	e		e	eh			ad				a	
NET: Disagree		617 31%	45 25%	136 30%	142 31%	71 31%	80 39%	143 29%	323 30%	294 32%	549 32%	8 16%	24 20%	23 29%	5 38%	2 17%	61 23%
						abcfgh					bcg						
Base for stats	1885	172	437	423	217	189	447	1032	853	1613	39	114	71	12	10	246	
Mean Score	2.82	3.04	2.83	2.82	2.78	2.63	2.82	2.86	2.77	2.79	3.29	3.03	2.81	2.61	3.29	3.00	
		bcdefgh	e	e		e	e	eh		ad	a				a		
Standard Deviation	.947	.905	.906	.922	.991	.995	.969	.915	.982	.952	.860	.830	.912	1.058	.775	.882	
Standard Error	.022	.070	.044	.045	.067	.073	.046	.029	.034	.024	.140	.078	.108	.293	.245	.056	
Error variance	*	*	*	*	*	.01	*	*	*	*	.02	.01	.01	.09	.06	*	

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Q14.5. I am worried about exercising close to other people: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	489 24%	306 25%	99 27%	63 21%	162 24%	31 34% dehi	42 36% cdeghij	161 25% h	50 21%	11 18%	14 27% h	30 23%	11 13%	38 21%	102 25% h	73 35% cdeghij
Tend to agree (3.0)	778 39%	494 40%	124 34%	129 42%	254 38%	34 37%	54 46%	241 37%	88 37%	25 41%	20 40%	50 39%	32 37%	67 37%	168 42%	88 42%
Tend to disagree (2.0)	403 20%	227 18%	83 23%	68 22%	151 23% a	15 17%	15 12%	151 23% bik	52 22% bik	8 13%	12 23% bik	30 24% bik	21 24% bik	24 13%	75 19%	30 14%
Strongly disagree (1.0)	215 11%	134 11%	38 10%	29 9%	67 10%	9 9%	5 4%	71 11% b	25 11% b	12 20% bcdfjk	3 5%	14 11%	8 10%	29 16% bcfjk	39 10%	14 7%
Don't know	122 6%	71 6%	17 5%	16 5%	33 5%	3 3%	2 2%	31 5% bck	20 8%	4 7%	3 5%	5 4%	13 15% abcgjk	22 12% abcgjk	20 5%	5 2%
NET: Agree	1268 63%	800 65%	224 62%	192 63%	416 62%	66 71% dhi	96 81% cdefghij	402 61% h	138 59%	35 59%	34 67%	79 62%	43 51%	105 58%	270 67% dhi	162 77% cdeghij
NET: Disagree	617 31%	361 29%	121 33%	96 32%	218 33%	24 26%	20 17%	222 34% bjk	78 33% bk	20 33% bk	14 28% bk	44 34% bk	29 34% bk	54 30% bk	113 28% b	44 21%
Base for stats	1885	1161	345	289	633	90	116	624	216	55	48	123	72	158	383	205
Mean Score	2.82	2.84	2.83	2.78	2.81	2.99 ehi	3.15 cdeghij	2.79	2.75	2.61	2.93	2.77	2.64	2.71	2.87 h	3.08 cdeghij
Standard Deviation	.947	.946	.970	.899	.938	.956	.810	.954	.942	1.041	.866	.944	.886	1.029	.921	.878
Standard Error	.022	.027	.058	.059	.041	.103	.076	.038	.065	.140	.124	.084	.100	.081	.047	.062
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

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Q14.5. I am worried about exercising close to other people: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	489 24%	106 22%	108 30% af	36 24%	14 30%	145 28% af	120 22%	153 26% c	73 28% c	33 19%	6 19%	106 24%	159 26% c	82 25%	281 25%	113 23%	13 16%	407 24%	
Tend to agree (3.0)	778 39%	182 37%	143 39%	60 39%	18 38%	203 39% af	200 37%	198 34%	121 45% af	69 39%	17 55% af	190 43% af	215 35%	110 34%	437 39%	194 40%	38 48% a	669 40% a	
Tend to disagree (2.0)	403 20%	113 23%	66 18%	35 23%	10 21%	101 20% d	123 23%	129 22% d	51 19%	42 24% d	2 6%	94 21% d	131 21% d	60 19%	216 19%	110 23%	16 20%	343 20%	
Strongly disagree (1.0)	215 11%	61 13% b	29 8%	15 10%	5 10%	45 9% b	66 12% b	69 12% be	16 6%	19 11%	6 20% be	35 8% be	75 12% be	41 13% c	127 11%	41 8%	6 7%	174 10%	
Don't know	122 6%	27 6%	15 4%	5 3%	1 2%	20 4% b	28 5% b	31 5% b	5 2%	12 7% b	- -	17 4% b	31 5% b	30 9% be	59 5%	27 6%	6 8%	92 5%	
NET: Agree	1268 63%	288 59%	251 69% af	96 63%	32 67%	347 68% af	320 60%	351 61%	194 73% acf	102 58%	23 75%	296 67% ac	374 61%	192 59%	718 64%	307 63%	51 64%	1076 64%	
NET: Disagree	617 31%	175 36% be	96 26%	50 33%	15 31%	146 28% be	189 35% be	198 34% b	67 25%	61 35% b	8 25%	129 29% b	205 34% b	101 31%	344 31%	151 31%	22 28%	516 31%	
Base for stats	1885	462	347	147	46	493	509	548	262	163	31	425	580	293	1062	458	73	1593	
Mean Score	2.82	2.72	2.95 af	2.80	2.89	2.91 af	2.73	2.79	2.96 acf	2.71	2.75	2.86	2.79	2.80	2.82	2.83	2.80	2.82	
Standard Deviation	.947	.963	.918	.935	.959	.925 af	.963	.986	.851 acf	.920	1.002	.886	.986	1.003	.958	.903	.826	.936	
Standard Error	.022	.045	.050	.078	.141	.042 af	.043	.042	.054 acf	.072	.174	.044	.041	.056	.029	.044	.098	.024	
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

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Q14.5. I am worried about exercising close to other people: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	489	288	81	115	36	277	195	27	415	75	417	67
		24%	23%	30%	31%	33%	22%	30%	33%	26%	19%	25%	23%
		b	d	d	d	d	d	d	d	b			
Tend to agree	(3.0)	778	499	101	140	33	512	245	28	614	164	671	102
		39%	40%	38%	37%	31%	40%	37%	36%	38%	41%	40%	35%
Tend to disagree	(2.0)	403	257	43	54	22	288	109	9	327	76	340	61
		20%	21%	16%	14%	21%	22%	17%	11%	20%	19%	20%	20%
							abef						
Strongly disagree	(1.0)	215	135	27	43	12	136	71	9	158	57	171	39
		11%	11%	10%	12%	11%	11%	11%	12%	10%	14%	10%	13%
											a		
Don't know		122	62	16	22	4	68	35	7	95	27	83	27
		6%	5%	6%	6%	4%	5%	5%	8%	6%	7%	5%	9%
													a
NET: Agree		1268	787	182	255	69	790	439	55	1029	239	1088	169
		63%	63%	68%	68%	64%	62%	67%	69%	64%	60%	65%	57%
					d			d				b	
NET: Disagree		617	392	71	97	34	424	179	18	485	133	511	99
		31%	32%	26%	26%	32%	33%	27%	23%	30%	33%	30%	34%
							abe						
Base for stats		1885	1179	253	352	102	1214	619	73	1513	372	1599	269
Mean Score		2.82	2.80	2.93	2.93	2.90	2.77	2.91	2.99	2.85	2.69	2.83	2.73
				d	d			d		b			
Standard Deviation		.947	.938	.961	.983	1.010	.928	.970	1.006	.941	.961	.935	.993
Standard Error		.022	.027	.060	.052	.100	.027	.039	.118	.024	.050	.023	.060
Error variance		*	*	*	*	.01	*	*	.01	*	*	*	*

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Q14.5. I am worried about exercising close to other people: Looking ahead to the next few months, to what extent do you agree or disagree with the following:

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Significance Level: 95%																		
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	489 24%	96 24%	58 30%	54 20%	81 24%	58 24%	58 29%	26 28%	58 21%	251 24%	143 25%	199 30%	154 17%	128 31%	108 28%	109 21%	170 23%	96 31%
			ch				ch					b		b	bc		bc	bc
Tend to agree (3.0)	778 39%	121 30%	69 35%	104 39%	147 44%	111 46%	77 39%	38 40%	113 40%	430 41%	228 40%	262 40%	352 40%	155 37%	150 39%	200 38%	305 41%	117 38%
				a	a	ab	a		a	a	a							
Tend to disagree (2.0)	403 20%	67 17%	47 24%	59 22%	71 21%	44 18%	37 19%	15 16%	63 22%	220 21%	116 20%	127 19%	188 21%	80 19%	58 15%	132 25%	160 21%	48 16%
			a													ad	ad	
Strongly disagree (1.0)	215 11%	70 18%	10 5%	37 14%	22 7%	16 7%	19 10%	6 7%	34 12%	85 8%	60 10%	44 7%	128 14%	39 9%	41 11%	52 10%	87 12%	33 11%
		bdefgij		bdei					bdei		b		ac					
Don't know	122 6%	42 11%	11 6%	14 5%	13 4%	13 5%	8 4%	8 8%	12 4%	52 5%	28 5%	26 4%	67 8%	13 3%	24 6%	34 6%	30 4%	13 4%
		cdefhij											ac					
NET: Agree	1268 63%	217 55%	127 65%	158 59%	228 68%	168 70%	135 68%	64 69%	171 61%	681 66%	370 65%	461 70%	506 57%	283 68%	258 68%	310 59%	475 63%	213 69%
		a	a		ac	ach	a	a		ac	a	b		b	b			b
NET: Disagree	617 31%	137 35%	57 29%	96 36%	93 28%	60 25%	57 28%	21 23%	97 35%	305 29%	175 31%	171 26%	317 36%	119 29%	100 26%	185 35%	247 33%	81 26%
		deg		degi					eg				ac			ad	ad	
Base for stats	1885	354	183	253	321	228	192	85	268	986	545	632	822	402	358	494	722	294
Mean Score	2.82	2.69	2.95	2.69	2.90	2.92	2.91	2.98	2.73	2.86	2.83	2.97	2.65	2.92	2.91	2.74	2.77	2.94
			ach		ach	ach	ach	ach		ach	a	b		b	bc		bc	bc
Standard Deviation	.947	1.076	.889	.965	.859	.852	.944	.888	.945	.896	.941	.892	.957	.952	.959	.920	.943	.968
Standard Error	.022	.056	.065	.060	.049	.057	.069	.096	.058	.029	.040	.036	.033	.047	.050	.041	.035	.057
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

BASE: All respondents

	Total	Gender		Age			Region									
		Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West	
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i	
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194	
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
0 - Not at all satisfied	(0.0)	55	27	28	19	21	15	4	9	3	5	4	8	4	12	6
		3%	3%	3%	3%	3%	2%	4%	3%	2%	3%	2%	3%	1%	4%	3%
1	(1.0)	24	10	15	6	6	12	1	7	4	2	2	2	1	5	-
		1%	1%	1%	1%	1%	2%	2%	3%	2%	1%	1%	1%	*	1%	-
2	(2.0)	55	29	27	10	18	28	2	9	6	8	3	7	7	6	7
		3%	3%	3%	2%	3%	4%	2%	3%	3%	4%	2%	3%	2%	2%	4%
3	(3.0)	99	38	59	36	26	37	4	14	9	12	6	11	15	13	14
		5%	4%	6%	6%	4%	5%	4%	5%	5%	6%	4%	5%	5%	4%	7%
4	(4.0)	148	72	75	59	47	43	5	26	19	13	3	22	25	24	12
		7%	7%	7%	10%	7%	6%	5%	10%	10%	6%	2%	10%	8%	7%	6%
5	(5.0)	262	119	138	86	88	87	18	24	25	25	27	31	38	44	30
		13%	12%	14%	14%	13%	12%	19%	9%	13%	12%	16%	14%	12%	13%	15%
6	(6.0)	266	114	151	86	101	79	13	34	25	30	23	23	42	47	30
		13%	12%	15%	14%	15%	11%	14%	13%	13%	14%	13%	10%	13%	14%	15%
7	(7.0)	396	188	208	104	136	155	23	62	28	51	36	40	52	69	35
		20%	19%	20%	17%	21%	21%	24%	23%	14%	24%	21%	18%	16%	21%	17%
8	(8.0)	356	201	154	79	110	167	17	38	39	30	35	47	53	53	43
		18%	21%	15%	13%	17%	23%	17%	14%	20%	14%	21%	21%	17%	16%	21%
9	(9.0)	158	80	79	43	47	69	4	21	12	17	13	20	30	28	13
		8%	8%	8%	7%	7%	9%	5%	8%	6%	8%	8%	9%	10%	8%	6%
10 - Completely satisfied	(10.0)	149	84	65	53	50	46	4	13	20	13	19	9	39	18	12
		7%	9%	6%	9%	8%	6%	5%	5%	10%	6%	11%	4%	12%	6%	6%
Don't know		25	11	14	18	4	4	1	4	4	3	1	1	5	5	1
		1%	1%	1%	3%	1%	*	2%	2%	2%	2%	*	1%	1%	2%	*
Prefer not to say		13	6	5	9	4	-	-	3	1	1	-	-	6	2	1
		1%	1%	1%	2%	1%	-	-	1%	*	*	-	-	2%	1%	*

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 0-3	234	104	129	70	71	93	11	39	22	28	15	28	27	36	28
	12%	11%	13%	11%	11%	13%	11%	15%	11%	13%	9%	13%	9%	11%	13%
NET: 4-6	676	305	364	231	237	208	36	84	69	67	53	75	104	115	72
	34%	31%	36%	38%	36%	28%	37%	32%	35%	32%	31%	34%	33%	35%	35%
NET: 7-10	1059	552	506	278	344	437	48	134	100	111	103	117	174	169	103
	53%	56%	50%	46%	52%	59%	50%	51%	51%	53%	60%	53%	55%	52%	51%
Base for stats	1969	961	999	579	651	738	95	257	191	206	171	220	306	320	203
Mean Score	6.33	6.48	6.20	6.19	6.32	6.44	6.11	6.04	6.37	6.25	6.72	6.18	6.70	6.25	6.24
Standard Deviation	2.326	2.344	2.305	2.367	2.300	2.312	2.243	2.428	2.392	2.308	2.226	2.354	2.262	2.312	2.285
Standard Error	.052	.075	.074	.097	.092	.084	.199	.153	.174	.155	.170	.173	.133	.126	.165
Error variance	*	.01	.01	.01	.01	.01	.04	.02	.03	.02	.03	.03	.02	.02	.03

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

BASE: All respondents

		Social Grade								Ethnicity							
		Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
			a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																	
Unweighted Total		2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total		2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all satisfied	(0.0)	55 3%	3 2%	5 1%	12 3%	4 2%	7 3%	24 5% bdg	20 2%	35 4% bg	49 3%	1 2%	1 1%	3 4%	-	-	5 2%
1	(1.0)	24 1%	3 2%	3 1%	8 2%	2 1%	1 1%	6 1%	15 1%	10 1%	22 1%	-	1 1%	-	1 6%	-	2 1%
2	(2.0)	55 3%	2 1%	9 2%	13 3%	6 3%	2 1%	23 5% abeg	24 2%	31 3%	50 3%	1 2%	4 3%	-	-	-	5 2%
3	(3.0)	99 5%	6 4%	16 4%	22 5%	10 4%	15 7%	29 6%	44 4%	54 6%	75 4%	2 5%	9 8%	5 7%	-	2 21%	19 7%
4	(4.0)	148 7%	16 9% d	41 9% dh	37 8% d	8 3%	13 6%	33 7%	94 9% dh	54 6%	125 7%	8 17% acd	7 6%	4 6%	3 21%	-	22 8%
5	(5.0)	262 13%	20 11%	54 12%	54 12%	37 16%	29 14%	68 14%	127 12%	134 15%	216 13%	3 6%	16 13%	17 22% ab	1 8%	2 19%	39 15%
6	(6.0)	266 13%	18 10%	65 14% f	65 14% f	29 13%	44 22% abcdfgh	45 9%	148 14% f	118 13% f	229 13%	8 18%	14 12%	11 15%	2 14%	-	35 13%
7	(7.0)	396 20%	30 17%	101 22%	85 19%	52 23%	36 18%	92 19%	215 20%	181 20%	341 20%	11 23%	22 19%	14 18%	3 25%	2 19%	52 20%
8	(8.0)	356 18%	38 21% e	85 19%	87 19%	35 15%	27 13%	85 17%	210 19% eh	146 16%	322 19% dg	5 11%	16 14%	7 9%	2 18%	1 9%	32 12%
9	(9.0)	158 8%	19 11%	36 8%	31 7%	23 10%	11 6%	38 8%	87 8%	72 8%	133 8%	4 8%	10 9%	5 7%	1 8%	2 24%	22 8%
10 - Completely satisfied	(10.0)	149 7%	23 13% bcfgh	31 7%	24 5%	24 10% c	15 7%	32 6%	78 7%	71 8%	119 7%	3 5%	15 13% a	7 8%	-	1 9%	25 9%
Don't know		25 1%	-	1 *	11 2% ab	1 *	3 1%	10 2% b	12 1%	14 1% b	17 1%	1 3%	1 1%	1 1%	-	-	3 1%
Prefer not to say		13 1%	-	2 *	7 1%	-	1 *	4 1%	8 1%	5 1%	4 *	-	2 1% a	3 3% a	-	-	4 2% a

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

BASE: All respondents

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 0-3	234	15	34	55	22	25	84	104	130	196	4	15	9	1	2	31
	12%	8%	7%	12%	9%	12%	17%	10%	14%	12%	9%	13%	11%	6%	21%	12%
			b			abcdg		abg								
NET: 4-6	676	55	159	157	74	86	146	370	306	569	19	37	33	5	2	96
	34%	30%	36%	34%	32%	42%	30%	34%	33%	33%	41%	31%	42%	43%	19%	36%
					adefgh											
NET: 7-10	1059	111	252	227	134	90	246	590	469	915	22	64	33	6	6	132
	53%	61%	56%	50%	58%	44%	50%	54%	51%	54%	48%	54%	42%	51%	60%	50%
		cefh	ce		ceh			e		d						
Base for stats	1969	180	445	438	229	200	476	1063	905	1680	45	116	75	12	10	259
Mean Score	6.33	6.78	6.53	6.21	6.64	6.16	6.01	6.44	6.20	6.34	6.17	6.52	6.12	6.06	6.60	6.32
		cefh	cefh		cefh			fh								
Standard Deviation	2.326	2.365	2.068	2.304	2.225	2.239	2.578	2.227	2.431	2.321	2.183	2.365	2.303	2.117	2.522	2.302
Standard Error	.052	.178	.099	.110	.147	.159	.117	.069	.081	.057	.329	.221	.268	.587	.797	.144
Error variance	*	.03	.01	.01	.02	.03	.01	*	.01	*	.11	.05	.07	.34	.64	.02

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

BASE: All respondents

		Children aged 15 or under in the household				Current employment status											
		Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204	
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
0 - Not at all satisfied	(0.0)	55 3%	39 3%	7 2%	5 2%	12 2%	4 4%	4 4%	15 2%	2 1%	1 1%	2 3%	10 8%	1 1%	9 5%	9 2%	8 4%
												cdhj		d			d
1	(1.0)	24 1%	14 1%	8 2%	1 *	9 1%	3 3%	1 1%	3 *	1 1%	1 1%	2 3%	1 1%	3 3%	3 2%	7 2%	4 2%
							c					c		cd			
2	(2.0)	55 3%	43 4%	10 3%	1 *	11 2%	1 1%	4 4%	12 2%	4 2%	-	4 8%	7 6%	1 1%	8 4%	14 4%	5 2%
			cd	c								acdeh	cd				
3	(3.0)	99 5%	64 5%	15 4%	9 3%	24 4%	6 6%	8 6%	23 3%	11 5%	3 5%	-	17 13%	3 3%	16 9%	13 3%	13 6%
													cdfhjk	cfj			
4	(4.0)	148 7%	84 7%	30 8%	25 8%	54 8%	7 8%	10 8%	48 7%	17 7%	7 11%	4 8%	15 12%	8 10%	11 6%	21 5%	17 8%
													j				
5	(5.0)	262 13%	153 12%	56 15%	37 12%	92 14%	11 11%	12 10%	81 12%	44 19%	7 12%	9 18%	11 9%	14 17%	30 17%	41 10%	23 11%
										cgjk				gj			
6	(6.0)	266 13%	155 13%	51 14%	50 16%	101 15%	16 18%	18 15%	91 14%	36 15%	9 15%	10 19%	16 12%	10 12%	22 12%	38 10%	34 16%
							j		j	j		j					j
7	(7.0)	396 20%	246 20%	73 20%	63 21%	136 20%	18 19%	16 14%	143 22%	45 19%	12 19%	9 17%	18 14%	13 16%	33 18%	90 22%	34 16%
									bg							bg	
8	(8.0)	356 18%	232 19%	42 12%	69 23%	111 17%	7 8%	16 14%	132 20%	34 14%	13 21%	8 15%	16 12%	14 16%	18 10%	99 25%	23 11%
			b		bd				adgik		aik					abdgik	
9	(9.0)	158 8%	98 8%	32 9%	23 7%	55 8%	14 15%	14 12%	39 6%	22 9%	2 3%	4 7%	8 6%	4 4%	13 7%	39 10%	28 13%
							ceghi	ch							c	ceghi	

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status												
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k		
Significance Level: 95%																	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204	
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
10 - Completely satisfied	(10.0)	149	82	34	21	55	5	13	56	15	6	1	4	8	11	29	18
		7%	7%	9%	7%	8%	6%	11%	9%	6%	10%	2%	3%	9%	6%	7%	9%
Don't know		25	14	4	1	5	1	2	8	2	-	-	5	2	5	1	3
		1%	1%	1%	*	1%	1%	1%	1%	1%	-	-	4%	3%	3%	*	1%
Prefer not to say		13	7	-	-	-	-	-	2	3	-	-	1	4	3	1	-
		1%	1%	-	-	-	-	-	*	1%	-	-	1%	5%	1%	*	-
NET: 0-3		234	161	39	16	56	13	17	53	18	4	7	35	8	36	42	30
		12%	13%	11%	5%	8%	14%	14%	8%	8%	7%	15%	27%	9%	20%	11%	14%
			cd	c				c				abcdehjk		cdehj		cd	
NET: 4-6		676	393	137	112	248	34	40	221	97	23	23	42	33	63	101	74
		34%	32%	38%	37%	37%	37%	34%	34%	41%	38%	44%	33%	38%	35%	25%	35%
					a		j	j	j	cj	j	j	j	j	j	j	j
NET: 7-10		1059	658	182	175	358	44	59	371	116	32	21	46	38	74	258	103
		53%	53%	50%	58%	54%	48%	50%	57%	49%	54%	41%	36%	45%	41%	64%	49%
								g	fghi	g	g				abcdfghik	g	
Base for stats	1969	1212	358	303	661	91	116	644	231	60	51	123	79	172	401	208	
Mean Score	6.33	6.28	6.32	6.66	6.47	6.14	6.35	6.54	6.41	6.50	5.76	5.24	6.25	5.70	6.64	6.26	
				a		g	gi	fgi	fgi	gi		g			fgi	gi	
Standard Deviation	2.326	2.368	2.334	1.990	2.188	2.490	2.571	2.171	2.041	2.159	2.367	2.656	2.303	2.547	2.283	2.532	
Standard Error	.052	.065	.137	.127	.094	.265	.242	.086	.137	.281	.328	.237	.248	.193	.114	.179	
Error variance	*	*	.02	.02	.01	.07	.06	.01	.02	.08	.11	.06	.06	.04	.01	.03	

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

BASE: All respondents

		Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
	Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
0 - Not at all satisfied	(0.0)	55 3%	10 2%	7 2%	2 2%	1 2%	10 2%	11 2%	12 2%	3 1%	4 2%	1 3%	7 2%	13 2%	21 6%	24 2%	10 2%	1 1%	34 2%
														bce					
1	(1.0)	24 1%	2 1%	2 1%	1 1%	2 3%	3 1%	4 1%	3 1%	- -	3 2%	- -	3 1%	3 1%	6 2%	8 1%	7 1%	4 4%	19 1%
						ae				b				be					
2	(2.0)	55 3%	8 2%	12 3%	4 2%	1 2%	16 3%	9 2%	8 1%	10 4%	5 3%	1 3%	15 3%	9 1%	18 6%	27 2%	7 1%	3 3%	37 2%
									af			a		bce					
3	(3.0)	99 5%	14 3%	16 4%	9 6%	2 5%	25 5%	16 3%	17 3%	12 5%	7 4%	3 9%	20 4%	20 3%	23 7%	48 4%	23 5%	3 4%	75 4%
														be					
4	(4.0)	148 7%	35 7%	30 8%	14 9%	4 8%	44 9%	38 7%	40 7%	20 8%	20 11%	3 8%	40 9%	42 7%	26 8%	79 7%	34 7%	9 11%	122 7%
5	(5.0)	262 13%	61 12%	44 12%	27 18%	9 19%	71 14%	70 13%	73 13%	33 12%	31 18%	5 16%	63 14%	78 13%	40 12%	146 13%	64 13%	13 16%	222 13%
6	(6.0)	266 13%	69 14%	49 13%	24 16%	8 17%	73 14%	77 14%	81 14%	34 13%	32 18%	4 13%	66 15%	85 14%	52 16%	130 12%	76 16%	8 10%	214 13%
														b		b			
7	(7.0)	396 20%	106 22%	78 22%	24 16%	9 19%	102 20%	115 21%	132 23%	50 19%	31 18%	3 10%	81 18%	135 22%	45 14%	243 22%	96 20%	12 15%	351 21%
														a	a			a	
8	(8.0)	356 18%	95 19%	65 18%	25 17%	5 11%	90 18%	100 19%	117 20%	50 19%	23 13%	4 14%	73 16%	122 20%	49 15%	207 19%	90 19%	9 12%	307 18%
									c				c						
9	(9.0)	158 8%	34 7%	31 9%	7 5%	5 11%	38 7%	39 7%	35 6%	29 11%	9 5%	5 16%	38 9%	40 6%	13 4%	97 9%	40 8%	8 9%	145 9%
									af		acf		a		a			a	

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self					
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																			
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658	
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
10 - Completely satisfied (10.0)	149	49	23	13	2	35	51	52	25	8	2	33	54	21	95	28	6	128	
	7%	10%	6%	8%	4%	7%	9%	9%	9%	5%	7%	8%	9%	6%	8%	6%	7%	8%	
Don't know	25	6	5	1	-	6	6	6	1	1	1	2	7	5	12	5	3	20	
	1%	1%	1%	1%	-	1%	1%	1%	*	1%	2%	1%	1%	2%	1%	1%	4%	1%	
																		bce	
Prefer not to say	13	2	1	-	-	1	2	3	1	-	-	1	3	3	5	5	1	10	
	1%	*	*	-	-	*	*	*	*	-	-	*	*	1%	*	1%	1%	1%	
NET: 0-3	234	34	37	16	6	53	40	41	25	19	5	44	45	68	108	47	10	165	
	12%	7%	10%	11%	12%	10%	7%	7%	9%	11%	15%	10%	7%	21%	10%	10%	13%	10%	
														bce					
NET: 4-6	676	165	123	66	20	189	185	194	86	83	11	169	205	118	355	173	30	558	
	34%	34%	34%	43%	43%	37%	34%	33%	32%	47%	36%	38%	34%	37%	32%	36%	38%	33%	
				a						abef									
NET: 7-10	1059	283	197	69	21	266	305	336	154	72	15	225	351	128	642	254	35	931	
	53%	58%	54%	46%	45%	52%	57%	58%	58%	41%	47%	51%	57%	40%	57%	52%	44%	55%	
		c					c	ce	c			c	ce		ad	a		ad	
Base for stats	1969	483	357	151	47	507	530	570	265	174	30	438	601	314	1104	475	75	1654	
Mean Score	6.33	6.66	6.39	6.20	6.07	6.33	6.61	6.62	6.65	5.92	6.26	6.36	6.60	5.60	6.53	6.39	6.03	6.47	
		ce					ce	c	c			c	c		a	a		a	
Standard Deviation	2.326	2.150	2.206	2.194	2.270	2.202	2.166	2.124	2.202	2.167	2.500	2.214	2.144	2.644	2.240	2.178	2.455	2.234	
Standard Error	.052	.099	.118	.180	.331	.098	.095	.089	.139	.165	.442	.108	.088	.143	.067	.104	.287	.055	
Error variance	*	.01	.01	.03	.11	.01	.01	.01	.02	.03	.20	.01	.01	.02	*	.01	.08	*	

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305	
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
0 - Not at all satisfied	(0.0)	55	8	25	20	19	2	23	31	7	44	11	36	19
		3%	2%	2%	7%	5%	2%	2%	5%	9%	3%	3%	2%	6%
					cd	d			d	cd			a	
1	(1.0)	24	5	12	5	9	4	6	15	2	17	7	20	4
		1%	1%	1%	2%	2%	3%	*	2%	2%	1%	2%	1%	1%
					d	d	d		d	d				
2	(2.0)	55	11	25	20	18	5	17	36	7	47	9	43	11
		3%	3%	2%	8%	5%	4%	1%	6%	8%	3%	2%	3%	4%
					d	d	d		d	d				
3	(3.0)	99	17	56	23	27	1	53	43	7	84	15	75	22
		5%	4%	5%	8%	7%	1%	4%	7%	9%	5%	4%	4%	8%
					cd	cd			cd	cd			a	
4	(4.0)	148	32	86	38	33	10	73	70	9	116	32	124	24
		7%	8%	7%	14%	9%	9%	6%	11%	12%	7%	8%	7%	8%
					bd	d			d	d				
5	(5.0)	262	61	155	38	55	26	144	103	13	208	54	210	47
		13%	16%	12%	14%	15%	24%	11%	16%	16%	13%	14%	12%	16%
							abde		d					
6	(6.0)	266	48	162	46	47	13	172	90	14	219	47	216	49
		13%	12%	13%	17%	13%	13%	13%	14%	17%	14%	12%	13%	17%
7	(7.0)	396	70	268	32	60	19	279	106	5	311	84	344	48
		20%	18%	22%	12%	16%	18%	22%	16%	7%	19%	21%	20%	16%
						f	f	abef	f					
8	(8.0)	356	61	241	20	60	13	265	82	8	281	75	324	30
		18%	16%	19%	7%	16%	12%	21%	13%	10%	17%	19%	19%	10%
						a		abcef	a				b	
9	(9.0)	158	40	105	10	23	2	122	32	2	126	33	141	14
		8%	10%	8%	4%	6%	2%	10%	5%	2%	8%	8%	8%	5%
								abcef					b	

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

BASE: All respondents

	Total	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
		Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
10 - Completely satisfied	149	35	89	15	20	10	108	37	6	125	23	132	16
	7%	9%	7%	5%	5%	9%	8%	6%	7%	8%	6%	8%	5%
Don't know	25	3	13	2	2	2	14	5	-	20	6	14	7
	1%	1%	1%	1%	*	2%	1%	1%	-	1%	1%	1%	2%
Prefer not to say	13	1	4	1	1	1	5	2	-	10	3	4	4
	1%	*	*	*	*	1%	*	*	-	1%	1%	*	1%
NET: 0-3	234	40	117	68	72	11	99	125	23	192	41	174	56
	12%	10%	9%	25%	19%	10%	8%	19%	29%	12%	10%	10%	19%
				cde	cd			cd	cde				a
NET: 4-6	676	141	403	122	136	49	388	263	36	543	133	550	120
	34%	36%	32%	45%	36%	46%	30%	40%	45%	34%	33%	33%	41%
				bd	d	d		d	d				a
NET: 7-10	1059	205	703	76	163	43	775	258	21	844	215	941	108
	53%	53%	57%	28%	44%	41%	60%	39%	26%	52%	54%	56%	37%
				af	af	af	abcef	af				b	
Base for stats	1969	386	1224	266	371	104	1262	646	80	1579	389	1664	284
Mean Score	6.33	6.41	6.51	5.07	5.73	5.93	6.73	5.59	4.95	6.33	6.33	6.47	5.57
					af	af	abcef	af				b	
Standard Deviation	2.326	2.324	2.193	2.572	2.553	2.309	2.118	2.509	2.732	2.336	2.287	2.263	2.515
Standard Error	.052	.122	.063	.157	.133	.228	.060	.099	.305	.059	.115	.056	.147
Error variance	*	.01	*	.02	.02	.05	*	.01	.09	*	.01	*	.02

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all satisfied	(0.0)	55 3%	27 7%	1 1%	8 3%	6 2%	4 2%	1 1%	4 4%	5 2%	19 2%	10 2%	24 3%	17 4%	55 14%	-	-	-
			bcdefhij						bf				a	bcd				
1	(1.0)	24 1%	9 2%	4 2%	6 2%	3 1%	1 *	1 1%	-	1 *	13 1%	2 *	11 2%	11 1%	2 1%	24 6%	-	-
			hj	j	j										bcd			
2	(2.0)	55 3%	22 6%	11 5%	6 2%	7 2%	4 1%	1 *	3 3%	3 1%	27 3%	6 1%	14 2%	26 3%	15 4%	55 15%	-	-
			cdefhij	defhij							j				bcd			
3	(3.0)	99 5%	27 7%	21 11%	11 4%	12 4%	7 3%	10 5%	2 2%	7 3%	52 5%	19 3%	28 4%	32 4%	34 8%	99 26%	-	-
			ehj	cdefghij											ab	bcd		
4	(4.0)	148 7%	36 9%	17 9%	20 8%	35 11%	16 6%	9 4%	5 6%	10 4%	88 8%	24 4%	40 6%	68 8%	37 9%	148 39%	-	-
			fhj	hj	j	fhj					hj					bcd		
5	(5.0)	262 13%	61 15%	30 16%	30 11%	44 13%	26 11%	26 13%	6 6%	39 14%	130 13%	71 12%	69 11%	130 15%	52 13%	-	262 50%	-
			g	g										a	acd			
6	(6.0)	266 13%	52 13%	15 8%	45 17%	45 13%	42 17%	25 13%	14 15%	29 10%	146 14%	68 12%	94 14%	101 11%	69 17%	-	266 50%	-
					bh	b	bhj				b				b	acd		
7	(7.0)	396 20%	62 16%	42 22%	53 20%	75 22%	51 21%	42 21%	17 19%	54 19%	220 21%	114 20%	127 19%	185 21%	80 19%	-	-	396 53%
					a					a	a	a				abd		
8	(8.0)	356 18%	52 13%	23 12%	45 17%	58 17%	45 19%	47 24%	20 21%	65 23%	172 17%	132 23%	116 18%	177 20%	59 14%	-	-	356 47%
							abi	b	abi		abci			c		abd		
9	(9.0)	158 8%	18 5%	15 8%	23 9%	24 7%	23 10%	16 8%	15 16%	24 8%	85 8%	55 10%	67 10%	64 7%	25 6%	-	-	158 52%
					a	a	abcdfhi	a	a	a	a		bc			abc		
10 - Completely satisfied	(10.0)	149 7%	21 5%	12 6%	16 6%	21 6%	19 8%	19 10%	7 7%	34 12%	68 7%	60 11%	72 11%	58 7%	15 4%	-	-	149 48%
							a		abcdi		acdi		bc	c		abc		

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Q15. On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

BASE: All respondents

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d	
Significance Level: 95%																		
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Don't know	25	5	2	6	3	3	1	1	4	14	6	6	10	5	-	-	-	-
	1%	1%	1%	2%	1%	1%	*	1%	1%	1%	1%	1%	1%	1%	-	-	-	-
Prefer not to say	13	4	2	-	1	1	1	-	5	3	6	2	3	4	-	-	-	-
	1%	1%	1%	-	*	*	1%	-	2%	*	1%	*	*	1%	-	-	-	-
NET: 0-3	234	85	37	30	28	15	13	9	16	111	38	63	93	69	234	-	-	-
	12%	21%	19%	11%	9%	6%	7%	9%	6%	11%	7%	10%	10%	17%	61%	-	-	-
		cdefghij	cdefghij	hj						hj				ab	bcd			
NET: 4-6	676	149	62	95	123	84	60	25	78	364	163	204	299	158	148	528	-	-
	34%	38%	32%	35%	37%	35%	30%	27%	28%	35%	28%	31%	34%	38%	39%	100%	-	-
		ghj		j	hj					hj				a	cd	acd		
NET: 7-10	1059	153	91	137	178	139	125	59	177	545	361	383	484	179	-	-	752	307
	53%	39%	47%	51%	53%	57%	62%	63%	63%	53%	63%	58%	54%	43%	-	-	100%	100%
		a	a	ab	abcdi	abci	abcdi	abcdi	a	abcdi	abcdi	c	c				ab	ab
Base for stats	1969	386	191	261	330	238	198	92	272	1020	562	650	877	406	382	528	752	307
Mean Score	6.33	5.47	5.91	6.29	6.36	6.71	6.87	6.79	6.98	6.34	6.91	6.68	6.34	5.82	2.68	5.50	7.47	9.48
				a	ab	abcdi	abcdi	ab	abcdi	ab	abcdi	bc	c			a	ab	abc
Standard Deviation	2.326	2.621	2.350	2.307	2.150	2.056	1.979	2.368	2.112	2.221	2.108	2.290	2.283	2.329	1.413	.500	.500	.501
Standard Error	.052	.131	.170	.142	.120	.136	.142	.246	.128	.070	.089	.091	.077	.115	.072	.022	.018	.029
Error variance	*	.02	.03	.02	.01	.02	.02	.06	.02	*	.01	.01	.01	.01	.01	*	*	*

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D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	786 39%	462 47%	323 32%	272 45%	384 58%	130 18%	33 34%	97 37%	79 40%	75 36%	58 34%	82 37%	169 53%	128 39%	66 32%
		b		c	ac							abcdefhi			
Working part time- working between 8 and 29 hours per week	288 14%	86 9%	200 20%	101 17%	109 17%	78 10%	14 15%	30 11%	28 14%	32 15%	27 16%	32 14%	48 15%	50 15%	28 14%
		a		c	c										
Self-employed- working 30 hours per week or more	66 3%	43 4%	21 2%	25 4%	22 3%	19 3%	4 4%	6 2%	4 2%	5 2%	4 2%	11 5%	13 4%	12 4%	9 4%
		b													
Self-employed- working between 8 and 29 hours per week	75 4%	39 4%	36 4%	34 6%	22 3%	20 3%	3 3%	6 2%	6 3%	10 5%	10 6%	6 3%	11 3%	14 4%	9 5%
				c											
Not working but seeking work or temporarily unemployed or sick	125 6%	57 6%	66 6%	49 8%	47 7%	30 4%	10 11%	20 7%	12 6%	11 5%	9 5%	8 4%	22 7%	18 6%	14 7%
				c	c		f								
Student	90 5%	59 6%	30 3%	81 13%	6 1%	3 *	3 3%	18 7%	10 5%	10 5%	5 3%	7 3%	19 6%	10 3%	9 4%
		b		bc				h							
Not working and not seeking work	168 8%	36 4%	131 13%	40 7%	68 10%	60 8%	10 10%	29 11%	17 9%	26 12%	16 9%	16 7%	11 4%	27 8%	16 8%
			a		a		g	g	g	g	g			g	g
Retired	409 20%	197 20%	212 21%	5 1%	2 *	402 54%	20 21%	58 22%	41 21%	43 20%	42 25%	60 27%	23 7%	67 21%	53 26%
						ab	g	g	g	g	g	g		g	g

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D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	786 39%	119 66% bcdefgh	251 56% defh	229 50% efh	108 47% efh	70 34% fh	10 2% f	599 55% defh	187 20% f	663 39%	25 53%	50 42%	29 37%	5 40%	7 75%	116 44%
Working part time- working between 8 and 29 hours per week	288 14%	18 10% f	68 15% f	83 18% afh	40 17% af	71 35% abcdfgh	8 2% f	169 16% f	119 13% f	234 14%	9 20%	19 16%	18 23% a	1 8%	-	47 18%
Self-employed- working 30 hours per week or more	66 3%	10 6% fh	20 4% fh	18 4% fh	10 4% fh	6 3% f	2 * f	48 4% fh	18 2% f	48 3%	-	7 6%	7 9% ab	-	-	14 5% a
Self-employed- working between 8 and 29 hours per week	75 4%	7 4% f	26 6% fh	18 4% f	12 5% f	11 6% fh	2 * fh	51 5% fh	25 3% f	49 3%	2 4%	13 11% a	8 11% a	2 13%	-	25 9% a
Not working but seeking work or temporarily unemployed or sick	125 6%	5 3%	11 3%	9 2%	12 5% cg	10 5% cg	77 16% abcdegh	25 2% f	100 11% abcdeg	109 6%	2 3%	6 5%	3 4%	2 18%	1 9%	13 5%
Student	90 5%	7 4%	12 3%	43 9% abdfgh	8 3%	11 6% f	10 2% f	61 6% bfh	29 3% f	52 3%	4 9% a	15 13% a	9 11% a	2 12%	1 9%	31 12% a
Not working and not seeking work	168 8%	3 2%	17 4%	14 3%	20 9% abcg	16 8% abcg	98 20% abcdegh	33 3% f	134 15% abcdeg	147 9%	4 9%	6 5%	3 4%	-	1 8%	14 5%
Retired	409 20%	11 6%	43 10% e	43 9% e	20 9% e	8 4% f	283 58% abcdegh	98 9% e	311 34% abcdeg	400 24% bcdg	1 2%	3 3%	1 1%	1 8%	-	6 2%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	786	383	209	155	364	72	60	611	16	8	3	8	-	1	4	133
	39%	31%	58%	51%	55%	78%	51%	93%	7%	14%	6%	7%	-	1%	1%	63%
		a	a	a	bdefghijk	defghij	abdefghijk	hij	hij	hij	hij	hij				bdefghij
Working part time- working between 8 and 29 hours per week	288	145	66	65	131	17	43	18	189	1	8	7	2	1	3	60
	14%	12%	18%	21%	20%	18%	36%	3%	80%	1%	16%	5%	2%	1%	1%	28%
		a	a	a	ceghij	acefghij	j	abcefg hijk			ceghij	ij				ceghij
Self-employed- working 30 hours per week or more	66	43	13	8	21	1	4	13	6	33	6	2	-	-	1	5
	3%	3%	4%	2%	3%	1%	3%	2%	3%	55%	12%	1%	-	-	*	3%
							ij	j	ij	abcdefghijk	abcdghijk					ij
Self-employed- working between 8 and 29 hours per week	75	44	12	12	24	1	6	7	15	9	28	6	1	2	-	8
	4%	4%	3%	4%	4%	1%	5%	1%	6%	16%	54%	5%	1%	1%	-	4%
						j	cij	j	cij	abcdghijk	abcdeghijk	cij	j	j		cj
Not working but seeking work or temporarily unemployed or sick	125	72	16	26	42	1	2	2	5	5	3	90	1	14	1	3
	6%	6%	4%	8%	6%	1%	2%	*	2%	8%	5%	70%	2%	8%	*	2%
							cj		cj	acdjk	cj	abcde f h i j k		abcdh j k		c
Student	90	52	13	11	23	-	1	-	2	4	1	2	80	1	1	1
	5%	4%	3%	3%	3%	-	1%	-	1%	7%	2%	1%	93%	1%	*	*
							c		c	abcdg i j k	c	c	abcde f g i j k	c		
Not working and not seeking work	168	103	26	25	50	-	1	1	1	-	3	10	1	148	3	1
	8%	8%	7%	8%	8%	-	1%	*	1%	-	6%	8%	1%	82%	1%	*
											abcdjk	abcde h j k		abcde f g h j k		

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D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Current employment status											
	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	
Total	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Retired	409	391	8	4	12	-	-	2	1	-	-	3	1	12	389	-
	20%	32%	2%	1%	2%	-	-	*	*	-	-	3%	1%	7%	97%	-
		bcd										ck		abcdehk	abcdefghik	

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D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	786 39%	348 71% cde	252 69% cde	51 34%	23 49%	302 59% c	371 69% cde	439 76% bcde	161 61% cde	60 34%	12 38%	221 50% c	451 74% bcde	104 32%	438 39% ad	223 46% abde	21 27%	682 40% ad
Working part time- working between 8 and 29 hours per week	288 14%	119 24%	71 20%	37 24%	12 25%	108 21%	131 24%	117 20%	72 27% af	44 25%	5 17%	116 26% af	122 20%	27 8%	159 14% a	90 19% ab	12 15%	261 16% a
Self-employed- working 30 hours per week or more	66 3%	12 2%	16 5%	25 17% abef	3 6%	42 8% abf	15 3%	12 2%	18 7% af	25 14% abf	3 9% af	43 10% af	15 2%	10 3%	37 3%	14 3%	5 6%	56 3%
Self-employed- working between 8 and 29 hours per week	75 4%	8 2%	13 4%	31 20% abef	4 9% af	44 9% abf	12 2%	7 1%	8 3%	37 21% abef	6 20% abf	45 10% abf	14 2%	11 3%	43 4%	15 3%	6 8%	65 4%
Not working but seeking work or temporarily unemployed or sick	125 6%	1 *	5 1% a	6 4% af	4 7% abef	11 2% a	4 1%	2 *	5 2% a	6 3% af	3 8% abef	11 2% af	4 1%	29 9% be	51 5% 5	32 7% 7	12 16% bce	96 6%
Student	90 5%	1 *	1 *	1 1%	2 4% abef	2 * *	3 *	2 *	1 *	1 1%	2 5% abcef	2 * 1%	4 1%	6 2%	34 3%	40 8% abe	10 13% abe	84 5% ab
Not working and not seeking work	168 8%	1 *	3 1%	- -	- -	3 1% *	1 *	- -	- -	2 1% af	1 2% abf	2 1%	1 *	31 10%	80 7%	47 10%	9 11%	136 8%
Retired	409 20%	- -	- -	1 1%	- -	1 * -	- -	- -	1 * -	- -	- -	1 * -	- -	104 32% bcde	278 25% cde	23 5%	4 5%	304 18% cd

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D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	786 39%	175 45%	493 40%	81 30%	89 24%	37 35%	584 46%	183 28%	20 25%	671 42%	115 29%	669 40%	113 38%
						b	abcef			b			
Working part time- working between 8 and 29 hours per week	288 14%	70 18%	188 15%	38 14%	43 12%	17 16%	187 15%	91 14%	6 8%	233 14%	55 14%	250 15%	36 12%
Self-employed- working 30 hours per week or more	66 3%	16 4%	40 3%	9 3%	7 2%	8 7%	43 3%	21 3%	1 1%	47 3%	19 5%	51 3%	13 5%
						bde							
Self-employed- working between 8 and 29 hours per week	75 4%	22 6%	35 3%	14 5%	18 5%	10 9%	35 3%	38 6%	3 4%	50 3%	26 6%	56 3%	17 6%
		b		d		d		d			a		a
Not working but seeking work or temporarily unemployed or sick	125 6%	26 7%	65 5%	33 12%	30 8%	7 7%	56 4%	62 10%	7 9%	105 7%	20 5%	93 6%	28 10%
				d	d			d				a	a
Student	90 5%	4 1%	68 5%	19 7%	9 3%	4 3%	51 4%	29 4%	4 5%	73 5%	17 4%	63 4%	16 5%
			a	bd									
Not working and not seeking work	168 8%	43 11%	89 7%	54 20%	56 15%	10 9%	65 5%	90 14%	28 35%	136 8%	32 8%	129 8%	35 12%
		b		cde	d			d	abcde				a
Retired	409 20%	34 9%	264 21%	19 7%	121 32%	14 13%	261 20%	140 21%	11 14%	294 18%	114 29%	370 22%	37 13%
			a		acdef		a	a	a		a	b	

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D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	786 39%	106 27%	75 39%	105 39%	164 49%	95 39%	92 46%	38 41%	110 39%	439 42%	241 42%	326 50%	308 35%	149 36%	126 33%	206 39%	314 42%	129 42%
			a	a	abcehij	a	a	a	a	a	a	bc					a	a
Working part time- working between 8 and 29 hours per week	288 14%	42 11%	30 16%	42 16%	47 14%	49 20%	28 14%	14 16%	35 12%	168 16%	78 14%	133 20%	107 12%	46 11%	51 13%	87 16%	101 13%	46 15%
					ahj					a		bc						
Self-employed- working 30 hours per week or more	66 3%	5 1%	8 4%	7 3%	19 6%	5 2%	6 3%	8 8%	8 3%	39 4%	22 4%	19 3%	29 3%	17 4%	16 4%	20 4%	20 3%	11 3%
			a		ae			acehi		a	a							
Self-employed- working between 8 and 29 hours per week	75 4%	12 3%	5 3%	15 6%	16 5%	15 6%	5 3%	3 3%	5 2%	51 5%	13 2%	12 2%	36 4%	23 6%	16 4%	31 6%	24 3%	3 1%
				hj	hj	ahj				hj			a	a	d	cd		
Not working but seeking work or temporarily unemployed or sick	125 6%	33 8%	12 6%	11 4%	16 5%	9 4%	12 6%	7 7%	25 9%	49 5%	44 8%	30 5%	51 6%	38 9%	42 11%	34 6%	29 4%	14 5%
		cei						cdei		ei		ab		ab	bcd	c		
Student	90 5%	13 3%	9 5%	20 8%	10 3%	18 7%	8 4%	3 3%	10 4%	57 6%	20 4%	35 5%	26 3%	23 5%	16 4%	28 5%	27 4%	12 4%
				adj		adj						b		b				
Not working and not seeking work	168 8%	53 13%	16 8%	27 10%	18 5%	14 6%	13 7%	6 7%	21 7%	75 7%	40 7%	43 6%	90 10%	30 7%	50 13%	45 8%	46 6%	19 6%
		defhij		d								a		bcd				
Retired	409 20%	133 34%	38 20%	40 15%	44 13%	37 16%	34 17%	15 16%	66 24%	160 15%	115 20%	59 9%	242 27%	90 22%	65 17%	78 15%	190 25%	73 24%
		bcdefghij	d						cdei		di		ac	a			ab	ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	93 5%	46 5%	46 5%	30 5%	41 6%	21 3%	1 1%	9 4%	5 3%	10 5%	8 5%	9 4%	25 8%	18 6%	7 4%
				c	c								abc		
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	118 6%	66 7%	52 5%	55 9%	46 7%	17 2%	4 4%	19 7%	11 6%	15 7%	5 3%	6 3%	34 11%	21 7%	4 2%
				c	c			fi	i	fi			acefi	fi	
Working full time- working 30 hours per week or more	654 33%	376 38%	278 27%	221 36%	327 50%	106 14%	32 33%	77 29%	69 35%	62 30%	53 31%	70 32%	129 41%	104 32%	58 28%
		b		c	ac								bdefhi		
Working part time- working between 8 and 29 hours per week	235 12%	75 8%	158 15%	89 15%	87 13%	59 8%	15 15%	20 7%	19 10%	23 11%	21 12%	30 14%	36 11%	41 13%	31 15%
			a	c	c		b					b		b	b
Self-employed- working 30 hours per week or more	60 3%	38 4%	20 2%	27 5%	18 3%	14 2%	3 3%	9 3%	1 *	4 2%	4 3%	9 4%	15 5%	9 3%	5 2%
		b		c			c				c	c	c		
Self-employed- working between 8 and 29 hours per week	51 3%	26 3%	24 2%	17 3%	15 2%	19 3%	1 1%	5 2%	5 2%	9 4%	5 3%	3 1%	6 2%	12 4%	5 3%
										f					
Not working but seeking work or temporarily unemployed or sick	128 6%	57 6%	70 7%	47 8%	47 7%	34 5%	9 10%	18 7%	15 8%	11 5%	15 9%	13 6%	14 5%	17 5%	15 7%
				c	c		g								
Student	85 4%	58 6%	25 2%	77 13%	6 1%	2 *	2 2%	17 6%	11 6%	8 4%	4 2%	6 3%	22 7%	8 2%	8 4%
		b		bc				h	h				aefh		
Not working and not seeking work	180 9%	44 5%	135 13%	39 6%	68 10%	73 10%	10 11%	30 11%	16 8%	24 12%	16 9%	16 7%	14 4%	34 10%	19 9%
			a		a	a	g	g		g	g			g	g
Retired	403 20%	192 20%	211 21%	2 *	3 *	398 54%	20 20%	59 22%	43 22%	43 21%	40 23%	59 27%	23 7%	62 19%	52 26%
						ab	g	g	g	g	g	gh		g	g

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic

	Gender		Age			Region								
	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
	a	b	a	b	c	a	b	c	d	e	f	g	h	i
2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
211	113	98	85	87	38	5	28	16	25	13	15	59	39	11
10%	12%	10%	14%	13%	5%	5%	11%	8%	12%	7%	7%	19%	12%	5%
			c	c			i		ai			abcdefhi	ai	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	93	19	16	25	14	18	1	60	33	80	1	5	4	-	1	11
	5%	11%	4%	5%	6%	9%	*	6%	4%	5%	3%	4%	5%	-	13%	4%
		bcfgh	f	f	f	bhf		fh	f							
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	118	25	38	26	14	11	4	89	29	82	9	9	11	-	2	31
	6%	14%	8%	6%	6%	5%	1%	8%	3%	5%	19%	8%	14%	-	24%	12%
		bcdefgh	fh	fh	fh	f		fh	f		ac		a			a
Working full time- working 30 hours per week or more	654	79	215	205	90	60	6	499	155	548	21	44	30	5	2	101
	33%	44%	48%	45%	39%	29%	1%	46%	17%	32%	44%	37%	38%	40%	21%	38%
		efh	defh	efh	efh	fh		efh	f							
Working part time- working between 8 and 29 hours per week	235	21	59	61	37	52	6	141	94	196	4	14	17	1	-	35
	12%	12%	13%	13%	16%	26%	1%	13%	10%	12%	9%	12%	21%	8%	-	13%
		f	f	f	fh	abcdfgh		f	f				a			
Self-employed- working 30 hours per week or more	60	9	17	16	11	6	1	42	17	41	-	9	5	2	1	16
	3%	5%	4%	4%	5%	3%	*	4%	2%	2%	-	7%	6%	13%	9%	6%
		fh	fh	f	fh	f		fh	f			a				a
Self-employed- working between 8 and 29 hours per week	51	5	20	11	6	8	1	36	15	41	1	6	1	-	-	8
	3%	3%	5%	2%	3%	4%	*	3%	2%	2%	2%	5%	1%	-	-	3%
		f	fh	f	f	fh		fh	f							
Not working but seeking work or temporarily unemployed or sick	128	3	13	16	12	14	71	31	97	110	2	8	1	3	2	15
	6%	2%	3%	4%	5%	7%	14%	3%	10%	6%	3%	6%	2%	23%	17%	6%
						abg	abcdegh		abcdg							
Student	85	5	9	42	7	11	11	56	29	49	5	16	7	1	1	29
	4%	3%	2%	9%	3%	5%	2%	5%	3%	3%	11%	13%	8%	7%	9%	11%
				abdfgh		bf		bhf			a	a	a			a
Not working and not seeking work	180	3	17	14	19	18	109	35	146	159	3	6	4	-	1	13
	9%	2%	4%	3%	8%	9%	22%	3%	16%	9%	7%	5%	5%	-	9%	5%
				abcg	abcg	abcdegh		abcdegh		g						
Retired	403	10	43	40	21	7	281	93	309	395	1	2	1	1	-	5
	20%	5%	10%	9%	9%	3%	57%	9%	33%	23%	2%	2%	1%	8%	-	2%
			e	e	e		abcdegh	e	abcdegh	bcdegh						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic

Total	Social Grade								Ethnicity						
	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
211	45	54	51	28	29	5	149	61	162	10	15	14	-	4	43
10%	25%	12%	11%	12%	14%	1%	14%	7%	10%	22%	12%	18%	-	36%	16%
	bcdelgh	fh	fh	fh	fh		fh	f		a		a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time- working 30 hours per week or more	Working part time- working between 8 and 29 hours per week	Self-employed- working 30 hours per week or more	Self-employed- working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d		a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	93	39	30	12	43	93	-	-	-	-	-	-	-	-	-	93
	5%	3%	8%	4%	6%	100%	-	-	-	-	-	-	-	-	-	44%
			ac		a	bcdefghijk										bcdefghij
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	118	50	36	25	61	-	118	-	-	-	-	-	-	-	-	118
	6%	4%	10%	8%	9%	-	100%	-	-	-	-	-	-	-	-	56%
			a	a	a		acdefghijk									acdefghij
Working full time- working 30 hours per week or more	654	335	157	133	289	-	-	654	-	-	-	-	-	-	-	-
	33%	27%	43%	44%	43%	-	-	100%	-	-	-	-	-	-	-	-
			a	a	a			abdefghijk								
Working part time- working between 8 and 29 hours per week	235	116	55	51	106	-	-	-	235	-	-	-	-	-	-	-
	12%	9%	15%	17%	16%	-	-	-	100%	-	-	-	-	-	-	-
			a	a	a				abcefgghijk							
Self-employed- working 30 hours per week or more	60	32	11	14	25	-	-	-	-	60	-	-	-	-	-	-
	3%	3%	3%	5%	4%	-	-	-	-	100%	-	-	-	-	-	-
										abcdefghijk						
Self-employed- working between 8 and 29 hours per week	51	30	8	10	18	-	-	-	-	-	51	-	-	-	-	-
	3%	2%	2%	3%	3%	-	-	-	-	-	100%	-	-	-	-	-
											abcdefghijk					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Not working but seeking work or temporarily unemployed or sick	128	78	22	20	42	-	-	-	-	-	-	128	-	-	-	-
	6%	6%	6%	7%	6%	-	-	-	-	-	-	100%	-	-	-	-
												abcdehijk				
Student	85	48	14	9	22	-	-	-	-	-	-	-	85	-	-	-
	4%	4%	4%	3%	3%	-	-	-	-	-	-	-	100%	-	-	-
													abcdehijk			
Not working and not seeking work	180	116	23	27	50	-	-	-	-	-	-	-	-	180	-	-
	9%	9%	6%	9%	7%	-	-	-	-	-	-	-	-	100%	-	-
														abcdehijk		
Retired	403	388	7	4	11	-	-	-	-	-	-	-	-	-	403	-
	20%	31%	2%	1%	2%	-	-	-	-	-	-	-	-	-	100%	-
		bcd													abcdehijk	
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	211	89	66	37	104	93	118	-	-	-	-	-	-	-	-	211
	10%	7%	18%	12%	16%	100%	100%	-	-	-	-	-	-	-	-	100%
			a	a	a	cdefghij	cdefghij									cdefghij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	93 5%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	14 4%	52 5%	25 5%	1 2%	78 5%
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	118 6%	38 8%	57 16% acf	13 9%	4 8%	70 14% af	42 8%	26 4%	62 23% acdf	21 12% af	2 7%	84 19% acf	28 5%	12 4%	65 6%	37 8% a	4 5%	106 6%
Working full time- working 30 hours per week or more	654 33%	323 66% cde	223 61% ce	56 37%	22 47%	279 54% c	345 64% cde	418 72% bcde	131 49% c	59 34%	16 50%	190 43% c	434 71% bcde	80 25%	367 33% a	188 39% abd	20 25%	574 34% a
Working part time- working between 8 and 29 hours per week	235 12%	108 22% b	58 16%	39 25% b	13 27%	97 19% b	121 22% b	118 20%	47 18%	49 28% abdf	4 11%	96 22%	121 20%	26 8%	131 12%	63 13% a	16 20% abe	210 12% a
Self-employed- working 30 hours per week or more	60 3%	10 2%	13 4%	27 18% abef	5 10% af	40 8% abf	15 3%	11 2%	17 6% af	24 13% abf	7 24% abef	40 9% af	19 3%	10 3%	27 2%	21 4% b	3 4%	50 3%
Self-employed- working between 8 and 29 hours per week	51 3%	11 2%	11 3%	18 12% abef	4 9% abf	28 6% af	15 3%	7 1%	9 4% a	22 13% abef	2 8% af	32 7% af	9 2%	5 2%	28 2%	12 3% abce	6 7% abce	46 3%
Not working but seeking work or temporarily unemployed or sick	128 6%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	28 9% be	57 5%	31 6% bce	11 14% bce	100 6%
Student	85 4%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	7 2%	31 3%	38 8% abe	9 11% abe	78 5% ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Not working and not seeking work	180 9%	-	-	-	-	-	-	-	-	-	-	-	-	38 12%	87 8%	48 10%	7 9%	142 8%
														be				
Retired	403 20%	-	-	-	-	-	-	-	-	-	-	-	-	102 32%	276 25%	21 4%	4 5%	301 18%
														bcd	cde			cd
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	211 10%	38 8%	57 16%	13 9%	4 8%	70 14%	42 8%	26 4%	62 23%	21 12%	2 7%	84 19%	28 5%	27 8%	117 10%	62 13%	5 6%	184 11%
			acf			af			acdf	af		acf				a		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	93	29	49	14	14	7	58	31	3	80	13	78	15
	5%	7%	4%	5%	4%	7%	5%	5%	4%	5%	3%	5%	5%
		b											
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	118	41	63	14	16	10	81	36	3	101	17	92	24
	6%	10%	5%	5%	4%	10%	6%	5%	4%	6%	4%	5%	8%
		b				b							
Working full time- working 30 hours per week or more	654	141	420	72	73	32	480	158	15	548	106	558	90
	33%	36%	34%	27%	20%	30%	37%	24%	19%	34%	27%	33%	30%
				b		b	abef			b			
Working part time- working between 8 and 29 hours per week	235	55	149	28	31	18	153	73	4	181	54	200	34
	12%	14%	12%	10%	8%	17%	12%	11%	5%	11%	14%	12%	12%
						bf							
Self-employed- working 30 hours per week or more	60	11	35	9	11	7	37	22	2	42	18	48	12
	3%	3%	3%	3%	3%	6%	3%	3%	2%	3%	5%	3%	4%
						d					a		
Self-employed- working between 8 and 29 hours per week	51	16	27	10	13	2	27	23	2	41	10	41	7
	3%	4%	2%	4%	3%	2%	2%	4%	2%	3%	2%	2%	2%
		b											
Not working but seeking work or temporarily unemployed or sick	128	21	75	30	28	4	64	55	6	107	21	96	29
	6%	5%	6%	11%	8%	4%	5%	8%	8%	7%	5%	6%	10%
				cd				d					a
Student	85	5	62	18	6	5	48	27	2	71	14	60	15
	4%	1%	5%	7%	2%	5%	4%	4%	2%	4%	4%	4%	5%
			a	bd			b	b					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Not working and not seeking work	180	38	98	56	60	9	77	91	31	147	33	142	34
	9%	10%	8%	21%	16%	9%	6%	14%	39%	9%	8%	8%	12%
				cde	d			d	abcde				
Retired	403	34	262	19	122	12	257	137	12	290	112	367	35
	20%	9%	21%	7%	33%	11%	20%	21%	15%	18%	28%	22%	12%
			a		acdef		ac	ac	a		a	b	
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	211	70	112	28	30	17	139	67	6	180	30	170	39
	10%	18%	9%	10%	8%	16%	11%	10%	8%	11%	8%	10%	13%
		b				b			b				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	93 5%	15 4%	10 5%	14 5%	25 7%	9 4%	7 3%	2 2%	11 4%	57 6%	20 4%	51 8%	26 3%	13 3%	20 5%	27 5%	25 3%	19 6%
					aj							bc						c
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	118 6%	12 3%	14 7%	11 4%	30 9%	21 9%	13 6%	8 9%	9 3%	75 7%	30 5%	53 8%	40 4%	23 6%	27 7%	30 6%	32 4%	27 9%
			a		achj	ach		ah		ah		b						c
Working full time- working 30 hours per week or more	654 33%	90 23%	60 31%	90 34%	138 41%	81 34%	77 38%	30 32%	87 31%	370 36%	194 34%	255 39%	265 30%	133 32%	102 27%	172 33%	275 37%	95 31%
			a	a	abchj	a	a		a	a	a	bc				a	a	
Working part time- working between 8 and 29 hours per week	235 12%	34 9%	29 15%	35 13%	32 10%	40 16%	22 11%	15 16%	29 10%	136 13%	66 11%	90 14%	92 10%	47 11%	35 9%	80 15%	79 10%	37 12%
			a			adh		a		a		b				ac		
Self-employed- working 30 hours per week or more	60 3%	5 1%	6 3%	8 3%	11 3%	6 3%	6 3%	8 8%	10 4%	31 3%	24 4%	18 3%	27 3%	14 3%	11 3%	16 3%	24 3%	8 3%
								abcdefi	a		a							
Self-employed- working between 8 and 29 hours per week	51 3%	11 3%	2 1%	7 3%	8 3%	9 4%	5 2%	2 2%	8 3%	26 2%	14 2%	14 2%	27 3%	7 2%	11 3%	19 4%	16 2%	5 2%
Not working but seeking work or temporarily unemployed or sick	128 6%	32 8%	14 7%	16 6%	15 4%	9 4%	17 8%	6 6%	21 7%	53 5%	43 8%	32 5%	54 6%	38 9%	50 13%	27 5%	34 4%	12 4%
						e					e			a	bcd			
Student	85 4%	12 3%	9 5%	21 8%	7 2%	17 7%	6 3%	1 1%	13 5%	54 5%	20 3%	33 5%	26 3%	18 4%	16 4%	24 5%	27 4%	11 4%
				adfgj		adgj				d		b						
Not working and not seeking work	180 9%	53 13%	15 8%	29 11%	23 7%	15 6%	13 7%	6 6%	25 9%	83 8%	44 8%	48 7%	95 11%	33 8%	46 12%	52 10%	50 7%	23 8%
													a	cd	c			
Retired	403 20%	132 33%	37 19%	38 14%	44 13%	34 14%	35 18%	16 17%	67 24%	153 15%	118 21%	63 10%	236 27%	88 21%	63 17%	80 15%	189 25%	68 22%
		bcdefghij							cdei		cdei		ac	a		ab	b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6B. Please indicate which of the following best describes your work status today taking into account any changes due to the impact of the Coronavirus pandemic.

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic

Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
211	28	23	25	54	31	20	10	21	132	50	104	66	36	47	57	57	46
10%	7%	12%	9%	16%	13%	10%	11%	7%	13%	9%	16%	7%	9%	12%	11%	8%	15%
		a		acfhj	ah				ahj		bc			c	c		c

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6C. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1103	587	511	417	466	220	71	125	102	120	88	100	204	197	96
Total	1118	581	532	410	494	214	54	130	104	113	89	118	219	188	103
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	490 44%	253 43%	236 44%	148 36%	236 48% a	106 49% a	24 44% g	65 50% g	51 49% g	54 48% g	35 40% g	59 50% g	68 31%	77 41% g	56 54% egh
I mostly travelled to work pre-Covid-19, but now I work more from home	362 32%	192 33%	170 32%	149 36% c	157 32%	56 26%	16 30%	39 30%	32 31%	32 28%	27 30%	32 27%	97 44% abcdefi	68 36% i	20 19%
I mostly worked from home pre-Covid-19, and this is mostly still the case	152 14%	73 13%	77 15%	57 14%	60 12%	34 16%	7 12%	11 8%	12 12%	12 11%	18 20% b	20 17% b	30 14%	25 13%	16 15%
I mostly worked from home pre-Covid-19, but now I travel to work more	47 4%	26 4%	18 3%	23 6%	19 4%	5 2%	6 11% fhi	8 6% h	4 4%	6 6% h	3 3%	2 2%	13 6% h	3 2%	2 2%
None of the above	67 6%	37 6%	30 6%	32 8% b	22 5%	13 6%	1 3%	8 6%	5 5%	9 8%	6 6%	5 4%	10 5%	15 8%	9 9%
NET: Working from home more during COVID-19	514 46%	265 46%	248 47%	207 50% c	217 44%	90 42%	23 43%	50 38%	44 42%	44 39%	45 51% i	52 44%	127 58% abcdfi	93 49% i	35 35%
NET: Mostly travelling to work during COVID-19	537 48%	278 48%	255 48%	171 42%	255 52% a	111 52% a	30 55% g	72 56% gh	55 53% g	61 54% g	38 43% g	61 52% g	82 37%	80 43%	58 57% gh

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6C. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	*f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	1103	137	341	317	153	137	18	795	308	896	32	80	61	8	5	186
Total	1118	140	349	319	157	136	17	808	310	907	34	82	62	8	5	191
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	490 44%	35 25%	144 41%	127 40%	95 60%	88 65%	2 11%	305 38%	185 59%	422 46%	12 36%	27 33%	17 27%	3 43%	1 17%	61 32%
		a	a	abcg	abcg		a	abcg		cdg						
I mostly travelled to work pre-Covid-19, but now I work more from home	362 32%	62 44%	130 37%	123 39%	22 14%	20 14%	6 35%	315 39%	47 15%	287 32%	14 41%	26 32%	27 44%	2 22%	4 83%	74 39%
		deh	deh	deh			deh						a			
I mostly worked from home pre-Covid-19, and this is mostly still the case	152 14%	31 22%	54 15%	36 11%	20 12%	9 6%	3 16%	121 15%	31 10%	115 13%	3 10%	19 23%	12 19%	1 12%	- -	35 18%
		cdegh	eh				eh					a				a
I mostly worked from home pre-Covid-19, but now I travel to work more	47 4%	8 6%	16 5%	12 4%	6 4%	2 2%	4 23%	35 4%	12 4%	32 4%	3 9%	4 5%	3 5%	2 23%	- -	13 7%
None of the above	67 6%	5 3%	6 2%	21 7%	15 10%	18 13%	3 15%	32 4%	36 11%	52 6%	1 4%	5 6%	3 5%	- -	- -	10 5%
				bg	abg	abcg		b	abcg							
NET: Working from home more during COVID-19	514 46%	93 66%	184 53%	159 50%	41 26%	28 21%	9 51%	436 54%	78 25%	401 44%	18 51%	45 55%	39 62%	3 34%	4 83%	109 57%
		bcddegh	deh	deh			deh						a			a
NET: Mostly travelling to work during COVID-19	537 48%	43 31%	159 46%	138 43%	100 64%	90 66%	6 34%	341 42%	196 63%	454 50%	16 45%	31 38%	20 32%	5 66%	1 17%	73 38%
		a	a	abcg	abcg		a	abcg		cdg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6C. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	b	c	d	e	f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	1103	633	219	189	408	-	115	649	228	59	52	-	-	-	-	115
Total	1118	564	267	233	499	-	118	654	235	60	51	-	-	-	-	118
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	-	-	-	-	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	490	244	114	112	226	-	38	323	108	10	11	-	-	-	-	38
	44%	43%	43%	48%	45%	-	32%	49%	46%	17%	22%	-	-	-	-	32%
							e	befk	befk							e
I mostly travelled to work pre-Covid-19, but now I work more from home	362	181	95	72	167	-	57	223	58	13	11	-	-	-	-	57
	32%	32%	35%	31%	33%	-	49%	34%	25%	23%	21%	-	-	-	-	49%
							cdef	d								cdef
I mostly worked from home pre-Covid-19, and this is mostly still the case	152	77	38	25	64	-	13	56	39	27	18	-	-	-	-	13
	14%	14%	14%	11%	13%	-	11%	9%	16%	45%	35%	-	-	-	-	11%
									c	bcdk	bcdk					
I mostly worked from home pre-Covid-19, but now I travel to work more	47	21	10	13	23	-	4	22	13	5	4	-	-	-	-	4
	4%	4%	4%	6%	5%	-	3%	3%	5%	8%	8%	-	-	-	-	3%
None of the above	67	41	10	10	20	-	6	31	18	5	7	-	-	-	-	6
	6%	7%	4%	4%	4%	-	5%	5%	8%	8%	14%	-	-	-	-	5%
		d									bck					
NET: Working from home more during COVID-19	514	257	133	97	230	-	70	279	97	40	28	-	-	-	-	70
	46%	46%	50%	42%	46%	-	60%	43%	41%	67%	56%	-	-	-	-	60%
							cd			cd						cd
NET: Mostly travelling to work during COVID-19	537	265	124	125	249	-	42	345	121	15	15	-	-	-	-	42
	48%	47%	46%	54%	50%	-	35%	53%	51%	25%	30%	-	-	-	-	35%
								befk	befk							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6C. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	1103	479	357	150	47	507	577	252	173	33	425	610	148	618	292	45	955	
Total	1118	490	362	152	47	514	579	267	175	31	441	611	133	617	321	48	985	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
I mostly travelled to work pre-Covid-19, and this is mostly still the case	490 44%	490 100%	- -	- -	- -	490 91%	389 67%	60 23%	32 18%	4 14%	92 21%	393 64%	59 45%	258 42%	159 50%	13 28%	431 44%	
		bcdef				bcde	bcde				bcde				bd		d	
I mostly travelled to work pre-Covid-19, but now I work more from home	362 32%	- -	362 100%	- -	- -	362 70%	144 25%	160 60%	49 28%	5 15%	209 47%	149 24%	39 30%	211 34%	99 31%	13 27%	323 33%	
			acdef			acdf		acdef			acdf							
I mostly worked from home pre-Covid-19, and this is mostly still the case	152 14%	- -	- -	152 100%	- -	152 30%	28 5%	38 14%	74 42%	5 17%	112 25%	34 6%	17 13%	89 15%	33 10%	11 24%	134 14%	
				abdef		abdf		af	abdef		abf						c	
I mostly worked from home pre-Covid-19, but now I travel to work more	47 4%	- -	- -	- -	47 100%	- 9%	10 2%	6 2%	15 9%	14 44%	21 5%	23 4%	3 2%	24 4%	14 4%	6 13%	44 4%	
					abcef	abce			abf	abcef	a	a					abce	
None of the above	67 6%	- -	- -	- -	- -	- -	9 1%	2 1%	6 3%	3 10%	7 2%	12 2%	14 11%	34 6%	15 5%	4 8%	53 5%	
									b	abef			bce					
NET: Working from home more during COVID-19	514 46%	- -	362 100%	152 100%	- -	514 100%	172 30%	198 74%	122 70%	10 31%	321 73%	182 30%	57 43%	300 49%	133 41%	24 50%	457 46%	
			adf	adf		adf		adf	adf	adf	adf			c				
NET: Mostly travelling to work during COVID-19	537 48%	490 100%	- -	- -	47 100%	- 100%	399 69%	67 25%	47 27%	18 58%	114 26%	417 68%	62 47%	282 46%	173 54%	20 42%	475 48%	
		bce			bce	bce	bce			bce	bce	bce			b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D6C. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	1103	245	684	133	142	69	763	311	25	897	206	920	170
Total	1118	264	695	133	144	69	778	312	26	913	205	940	167
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	490 44%	91 35%	331 48% a	36 27%	56 39% a	21 31%	377 48% abce	102 33%	10 39%	409 45%	81 39%	424 45%	66 39%
I mostly travelled to work pre-Covid-19, but now I work more from home	362 32%	91 35%	225 32%	46 35%	43 30%	24 34%	254 33%	103 33%	7 26%	313 34% b	49 24%	312 33%	48 28%
I mostly worked from home pre-Covid-19, and this is mostly still the case	152 14%	50 19% b	80 11%	30 23% d	25 18% d	16 23% d	81 10%	66 21% d	5 19%	109 12%	43 21% a	122 13%	30 18%
I mostly worked from home pre-Covid-19, but now I travel to work more	47 4%	17 6%	24 4%	9 7%	4 3%	6 9% d	26 3%	19 6% d	- -	31 3%	16 8% a	35 4%	8 5%
None of the above	67 6%	15 6%	34 5%	12 9%	15 10% cd	2 2%	41 5%	23 7%	4 16%	51 6%	16 8%	48 5%	16 10% a
NET: Working from home more during COVID-19	514 46%	141 53% b	305 44%	76 57% d	69 48%	40 57% d	335 43%	169 54% d	12 45%	421 46%	93 45%	434 46%	78 46%
NET: Mostly travelling to work during COVID-19	537 48%	108 41%	355 51% a	45 34%	61 42%	28 40%	403 52% abe	121 39%	10 39%	441 48%	96 47%	458 49%	74 44%

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D6C. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1103	158	109	153	212	148	118	62	143	622	323	411	453	227	188	315	418	165
Total	1118	152	110	151	220	157	122	63	143	638	328	431	452	225	186	317	427	173
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	490 44%	75 49%	44 40%	71 47%	90 41%	67 43%	52 42%	24 37%	69 48%	271 43%	144 44%	189 44%	216 48%	85 38%	69 37%	130 41%	201 47%	83 48%
			ae		ae								c				a	a
I mostly travelled to work pre-Covid-19, but now I work more from home	362 32%	41 27%	35 32%	47 31%	79 36%	53 33%	43 35%	28 44%	38 26%	213 33%	108 33%	159 37%	125 28%	77 34%	67 36%	93 29%	143 34%	54 31%
							ah					b						
I mostly worked from home pre-Covid-19, and this is mostly still the case	152 14%	20 13%	16 14%	16 10%	30 14%	27 17%	12 10%	7 11%	24 17%	88 14%	43 13%	46 11%	68 15%	34 15%	30 16%	51 16%	49 12%	20 11%
I mostly worked from home pre-Covid-19, but now I travel to work more	47 4%	3 2%	8 7%	6 4%	15 7%	3 2%	7 6%	2 3%	4 3%	31 5%	13 4%	16 4%	14 3%	14 6%	9 5%	17 5%	14 3%	7 4%
			ae		ae													
None of the above	67 6%	13 9%	8 7%	11 7%	7 3%	8 5%	9 7%	3 4%	9 6%	34 5%	20 6%	22 5%	28 6%	15 7%	10 6%	26 8%	19 5%	10 6%
				d												c		
NET: Working from home more during COVID-19	514 46%	61 40%	51 46%	63 41%	109 49%	79 50%	55 45%	35 56%	62 43%	301 47%	152 46%	205 48%	194 43%	111 49%	97 52%	144 46%	192 45%	73 42%
							a											
NET: Mostly travelling to work during COVID-19	537 48%	78 51%	51 47%	77 51%	104 47%	70 44%	59 48%	25 40%	72 51%	302 47%	157 48%	204 47%	230 51%	99 44%	78 42%	147 46%	215 50%	90 52%

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D6D. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1103	587	511	417	466	220	71	125	102	120	88	100	204	197	96
Total	1118	581	532	410	494	214	54	130	104	113	89	118	219	188	103
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	579 52%	289 50%	290 54%	168 41%	288 58% a	124 58% a	31 58% g	72 56% g	64 61% g	59 52% g	43 49% g	74 63% g	75 34%	103 55%	58 57% g
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	267 24%	146 25%	121 23%	129 31% bc	110 22% c	28 13%	10 18%	30 23% f	17 17%	31 27% f	19 21%	15 13%	90 41% abcdefhi	33 18%	22 21%
I mostly worked flexible hours pre-Covid-19, and this is still the case	175 16%	94 16%	79 15%	64 16%	66 13%	45 21% b	8 15%	19 15%	17 16%	15 13%	19 21%	20 17%	32 15%	34 18%	11 11%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	31 3%	17 3%	12 2%	21 5% bc	7 1%	2 1%	4 7% f	2 2%	2 2%	3 2%	2 2%	1 1%	9 4%	5 2%	4 4%
None of the above	66 6%	34 6%	32 6%	28 7%	24 5%	14 7%	2 3%	6 4%	5 4%	6 5%	6 7%	8 7%	13 6%	13 7%	7 7%
NET: Working more flexible hours during COVID-19	441 39%	240 41%	199 37%	193 47% bc	176 36%	73 34%	17 32%	49 38%	34 33%	45 40%	37 42%	35 30%	123 56% abcdefhi	68 36%	33 32%
NET: Mostly working standard hours during COVID 19	611 55%	306 53%	301 57%	189 46%	295 60% a	127 59% a	35 65% g	75 58% g	66 63% g	62 55% g	45 51% g	75 64% g	84 38%	107 57% g	62 61% g

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D6D. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	*f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	1103	137	341	317	153	137	18	795	308	896	32	80	61	8	5	186
Total	1118	140	349	319	157	136	17	808	310	907	34	82	62	8	5	191
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	579 52%	53 38%	185 53%	171 54%	88 56%	79 58%	3 21%	409 51%	170 55%	508 56%	13 38%	24 29%	21 34%	4 48%	2 39%	64 33%
		a	a	a	a	a	a	a	a	bcdg						
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	267 24%	52 37%	88 25%	69 22%	33 21%	23 17%	2 12%	209 26%	58 19%	186 21%	13 39%	35 43%	25 40%	1 17%	3 61%	78 41%
		bcdg	eh				eh				a	a	a			a
I mostly worked flexible hours pre-Covid-19, and this is still the case	175 16%	24 17%	62 18%	51 16%	20 13%	15 11%	4 24%	136 17%	39 13%	143 16%	4 11%	14 17%	11 17%	1 10%	- -	29 15%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	31 3%	4 3%	8 2%	12 4%	3 2%	3 2%	2 9%	24 3%	7 2%	20 2%	- -	5 6%	3 4%	2 25%	- -	10 5%
			a									a				a
None of the above	66 6%	7 5%	6 2%	16 5%	13 8%	17 13%	6 35%	30 4%	36 12%	50 6%	4 13%	4 5%	3 4%	- -	- -	11 6%
		b		b	bg	abcg			abcg							
NET: Working more flexible hours during COVID-19	441 39%	76 54%	150 43%	119 37%	53 34%	37 27%	6 35%	345 43%	97 31%	330 36%	17 49%	49 60%	36 57%	2 27%	3 61%	107 56%
		bcdg	eh	e			deh					a	a			a
NET: Mostly working standard hours during COVID 19	611 55%	57 41%	193 55%	183 57%	91 58%	81 60%	5 30%	433 54%	177 57%	528 58%	13 38%	29 35%	24 39%	6 73%	2 39%	74 38%
		a	a	a	a	a	a	a	a	bcdg						

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D6D. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	*a	b	c	d	e	f	*g	*h	*i	*j	k	
Significance Level: 95%																
Unweighted Total	1103	633	219	189	408	-	115	649	228	59	52	-	-	-	-	115
Total	1118	564	267	233	499	-	118	654	235	60	51	-	-	-	-	118
	100%	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	-	-	-	-	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	579	324	127	109	236	-	26	418	118	11	7	-	-	-	-	26
	52%	57%	48%	47%	47%	-	22%	64%	50%	19%	14%	-	-	-	-	22%
		bcd						bdefk	befk							
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	267	96	90	69	160	-	62	131	47	17	9	-	-	-	-	62
	24%	17%	34%	30%	32%	-	53%	20%	20%	28%	19%	-	-	-	-	53%
			a	a	a		cdef									cdef
I mostly worked flexible hours pre-Covid-19, and this is still the case	175	89	33	43	76	-	21	59	49	24	22	-	-	-	-	21
	16%	16%	12%	19%	15%	-	18%	9%	21%	39%	44%	-	-	-	-	18%
							c		c	bcdk	bcdk					c
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	31	17	6	4	10	-	2	16	4	7	2	-	-	-	-	2
	3%	3%	2%	2%	2%	-	2%	2%	2%	12%	5%	-	-	-	-	2%
										bcdk						
None of the above	66	38	11	8	18	-	6	30	19	1	10	-	-	-	-	6
	6%	7%	4%	3%	4%	-	5%	5%	8%	1%	19%	-	-	-	-	5%
		d									bcdk					
NET: Working more flexible hours during COVID-19	441	186	123	112	236	-	84	190	96	40	32	-	-	-	-	84
	39%	33%	46%	48%	47%	-	71%	29%	41%	67%	62%	-	-	-	-	71%
			a	a	a		cd		c	cd	cd					cd
NET: Mostly working standard hours during COVID 19	611	340	133	112	245	-	28	434	121	19	9	-	-	-	-	28
	55%	60%	50%	48%	49%	-	24%	66%	51%	31%	18%	-	-	-	-	24%
		bcd						bdefk	befk							

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D6D. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Nature of working location						Nature of working hours						Number of people in household including self				
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Significance Level: 95%																	
Unweighted Total	1103	479	357	150	47	507	577	252	173	33	425	610	148	618	292	45	955
Total	1118	490	362	152	47	514	579	267	175	31	441	611	133	617	321	48	985
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	579 52%	389 79%	144 40%	28 19%	10 20%	172 34%	399 74%	579 100%	-	-	-	579 95%	75 57%	339 55%	150 47%	16 33%	504 51%
		bcde	cd			c	bcde	bcdef				bcde	d	cd			d
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	267 24%	60 12%	160 44%	38 25%	6 14%	198 39%	67 12%	-	267 100%	-	-	267 60%	25 19%	139 23%	94 29%	8 17%	241 24%
			acdf	af		acdf			acdef			acdf			ab		
I mostly worked flexible hours pre-Covid-19, and this is still the case	175 16%	32 6%	49 13%	74 49%	15 32%	122 24%	47 9%	-	-	175 100%	-	175 40%	19 14%	88 14%	55 17%	13 28%	156 16%
			af	abdef	abf	abf	abf			abdef		abdf				abe	
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	31 3%	4 1%	5 1%	5 3%	14 29%	10 2%	18 3%	-	-	-	31 100%	-	3 2%	16 3%	8 3%	5 10%	29 3%
				a	abcef		a				abcef	abce				abce	
None of the above	66 6%	4 1%	5 1%	6 4%	2 5%	11 2%	7 1%	-	-	-	-	-	11 8%	35 6%	14 4%	6 12%	55 6%
			abf	a			c									c	
NET: Working more flexible hours during COVID-19	441 39%	92 19%	209 58%	112 74%	21 46%	321 62%	114 21%	-	267 100%	175 100%	-	441 100%	44 33%	227 37%	149 46%	22 45%	397 40%
			af	abdef	af	adf			adf	adf		adf			ab		
NET: Mostly working standard hours during COVID 19	611 55%	393 80%	149 41%	34 22%	23 50%	182 35%	417 78%	579 100%	-	-	31 100%	-	611 58%	354 57%	158 49%	20 42%	533 54%
		bcde	c		c	c	bcde	bce			bce	bce		cd			

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D6D. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	*f	a	b	a	b
Unweighted Total	1103	245	684	133	142	69	763	311	25	897	206	920	170
Total	1118	264	695	133	144	69	778	312	26	913	205	940	167
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	579 52%	96 36%	399 57% a	49 37%	60 41%	22 32%	449 58% abce	117 37%	12 44%	474 52%	106 52%	499 53%	80 48%
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	267 24%	100 38% b	139 20%	34 25%	37 26%	26 37% d	172 22%	93 30% d	2 8%	237 26% b	30 14%	229 24%	37 22%
I mostly worked flexible hours pre-Covid-19, and this is still the case	175 16%	43 16%	107 15%	31 24% d	31 22% d	13 18%	103 13%	67 22% d	6 24%	128 14%	47 23% a	143 15%	28 17%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	31 3%	13 5% b	14 2%	7 5% d	7 5% d	6 9% d	12 2% d	17 6% d	2 8%	21 2%	10 5%	18 2% a	9 6% a
None of the above	66 6%	13 5%	36 5%	12 9%	9 6%	3 4%	43 6%	18 6%	4 16%	53 6%	13 6%	50 5%	13 8%
NET: Working more flexible hours during COVID-19	441 39%	142 54% b	246 35%	65 49% d	68 47% d	38 55% d	274 35%	160 51% d	8 32%	365 40%	77 37%	372 40%	66 39%
NET: Mostly working standard hours during COVID 19	611 55%	109 41%	413 59% a	56 42%	67 47%	29 41%	461 59% abce	134 43%	14 52%	495 54%	116 56%	518 55%	89 53%

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D6D. Which, if any, of these statements best describes how you used to work pre-Covid and how you work now?

BASE: All respondents that are employed or self-employed during the coronavirus pandemic

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1103	158	109	153	212	148	118	62	143	622	323	411	453	227	188	315	418	165
Total	1118	152	110	151	220	157	122	63	143	638	328	431	452	225	186	317	427	173
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	579 52%	94 62% cdegi	60 55%	67 44%	108 49%	69 44%	69 57% ce	27 43%	84 59% cegi	304 48%	181 55% cei	206 48%	241 53%	132 59% a	80 43%	154 49%	249 58% ab	87 50%
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	267 24%	13 9%	21 20%	49 32% abhj	61 28% a	48 31% abh	29 23% a	17 27% a	28 20% a	179 28% ah	74 23% a	143 33% bc	92 20% c	29 13%	45 24%	66 21%	100 23%	54 31% b
I mostly worked flexible hours pre-Covid-19, and this is still the case	175 16%	31 20%	14 13%	19 13%	34 15%	28 18%	16 13%	12 19%	21 14%	96 15%	49 15%	48 11%	83 18% a	42 19% a	39 21% cd	63 20% cd	54 13%	18 10%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	31 3%	2 1%	7 6% afhj	4 3% afhj	11 5% afhj	3 2%	1 1%	3 4%	1 1%	25 4% j	5 1%	12 3%	8 2%	7 3%	7 4%	9 3%	7 2%	7 4%
None of the above	66 6%	13 8% d	7 6%	11 8% d	7 3%	9 6%	7 6%	4 6%	9 6%	34 5%	19 6%	22 5%	27 6%	15 7%	14 8%	25 8% c	16 4%	7 4%
NET: Working more flexible hours during COVID-19	441 39%	44 29%	36 33%	68 45% ab	95 43% a	76 48% abhj	44 36%	29 47% a	49 34%	275 43% ab	123 37%	190 44% c	175 39%	71 32%	84 45% c	129 41%	154 36%	71 41%
NET: Mostly working standard hours during COVID 19	611 55%	96 63% cegi	67 61% ce	71 47%	118 54%	72 46%	70 58%	30 48%	86 60% ce	329 52%	186 57% e	218 51%	249 55%	138 62% a	88 47%	163 51%	256 60% ab	94 54%

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D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	322	174	146	55	83	184	17	53	30	33	19	30	58	50	34
	16%	18%	14%	9%	13%	25%	17%	20%	15%	16%	11%	13%	18%	15%	16%
		b			a	ab		e				e			
2-3	1120	517	600	290	343	487	59	132	115	108	109	142	144	183	130
	56%	53%	59%	48%	52%	66%	60%	50%	59%	51%	63%	64%	45%	56%	63%
		a				ab	g		g		bdg	bdg		g	bdg
4-5	485	240	243	214	213	58	17	64	45	53	36	41	103	87	39
	24%	25%	24%	35%	32%	8%	18%	24%	23%	25%	21%	18%	33%	27%	19%
				c	c								abcefi	afi	
6+	80	48	30	48	20	12	4	14	6	16	8	9	12	7	3
	4%	5%	3%	8%	3%	2%	4%	5%	3%	8%	5%	4%	4%	2%	1%
		b		bc				hi		hi					
NET: Lives with others	1685	804	873	551	576	558	80	210	166	177	153	192	259	277	171
	84%	82%	86%	91%	87%	75%	83%	80%	85%	84%	89%	87%	82%	85%	84%
			a	bc	c						bg				
Base for stats	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
Mean Score	2.94	3.07	2.81	3.71	3.11	2.17	2.77	2.92	2.80	3.30	2.89	2.72	3.32	2.78	2.77
		b		bc	c					h			fh		
Standard Deviation	2.815	3.370	2.145	3.929	2.048	2.004	2.053	3.065	1.577	4.279	1.485	1.821	3.818	1.528	3.243
Standard Error	.063	.106	.068	.157	.082	.073	.181	.190	.113	.283	.113	.133	.221	.082	.233
Error variance	*	.01	*	.02	.01	.01	.03	.04	.01	.08	.01	.02	.05	.01	.05

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Total	Social Grade							Ethnicity							
		Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	322	15	45	78	23	25	136	137	185	282	8	5	16	1	3	33
	16%	8%	10%	17%	10%	12%	28%	13%	20%	17%	16%	4%	21%	7%	27%	12%
				abdg			abcdegh		abdeg	c	c		c			c
2-3	1120	81	252	251	141	107	288	584	536	1000	20	47	27	5	4	102
	56%	45%	56%	55%	61%	53%	59%	54%	58%	59%	43%	39%	34%	38%	42%	39%
			a	a	ag		a	a	a	bcdg						
4-5	485	74	132	105	60	64	51	311	174	369	17	53	29	3	3	105
	24%	41%	29%	23%	26%	31%	10%	29%	19%	22%	36%	45%	37%	28%	31%	40%
		bcdefgh	cfh	f	fh	cfh		cfh	f		a	a	a			a
6+	80	11	18	22	6	8	15	51	29	51	2	14	6	3	-	25
	4%	6%	4%	5%	3%	4%	3%	5%	3%	3%	5%	11%	7%	26%	-	9%
												a	a			a
NET: Lives with others	1685	165	403	378	207	178	353	946	739	1420	39	113	62	11	7	233
	84%	92%	90%	83%	90%	88%	72%	87%	80%	83%	84%	96%	79%	93%	73%	88%
		cfh	cfh	f	cfh	fh		cfh	f			abdg				
Base for stats	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
Mean Score	2.94	3.66	3.28	2.93	2.98	3.01	2.34	3.19	2.65	2.73	3.49	4.12	4.40	5.04	2.46	4.07
		cdefh	fh	fh	fh	fh		fh	f		a	a	a			a
Standard Deviation	2.815	3.159	3.509	2.866	2.044	1.367	2.563	3.202	2.244	2.050	3.166	2.998	7.485	4.820	1.252	4.839
Standard Error	.063	.237	.167	.134	.135	.096	.115	.098	.074	.050	.472	.276	.848	1.337	.396	.298
Error variance	*	.06	.03	.02	.02	.01	.01	.01	.01	*	.22	.08	.72	1.79	.16	.09

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	322	307	4	3	6	14	12	80	26	10	5	28	7	38	102	27
	16%	25%	1%	1%	1%	15%	10%	12%	11%	16%	10%	22%	8%	21%	25%	13%
		bcd										bcdhk		bcdhk	abcdfhk	
2-3	1120	759	271	30	301	52	65	367	131	27	28	57	31	87	276	117
	56%	62%	75%	10%	45%	56%	55%	56%	55%	45%	54%	45%	37%	48%	69%	56%
		cd	acd		c	h	h	gh	gh		h				abcdefghik	gh
4-5	485	147	76	239	315	25	37	188	63	21	12	31	38	48	21	62
	24%	12%	21%	78%	47%	27%	31%	29%	27%	35%	24%	24%	45%	27%	5%	29%
			a	abd	ab	j	j	j	j	j	j	j	abcdfgijk	j		j
6+	80	19	12	33	45	1	4	20	16	3	6	11	9	7	4	5
	4%	2%	3%	11%	7%	1%	3%	3%	7%	5%	11%	9%	10%	4%	1%	2%
				abd	ab			j	cjk	j	abcijk	acjk	abcijk	j		
NET: Lives with others	1685	926	358	302	660	78	106	574	210	50	46	100	78	142	301	184
	84%	75%	99%	99%	99%	85%	90%	88%	89%	84%	90%	78%	92%	79%	75%	87%
			a	a	a	j	gij	gij	gij		j		gij			gij
Base for stats	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
Mean Score	2.94	2.27	3.33	4.67	3.94	2.80	3.46	3.06	3.45	3.33	4.06	2.90	3.75	2.94	1.97	3.17
			a	abd	ab	j	j	j	j	j	cj	j	acgij	j		j
Standard Deviation	2.815	1.813	1.865	3.632	2.891	1.190	4.357	2.598	3.529	2.575	6.456	1.602	1.702	3.558	.862	3.363
Standard Error	.063	.049	.109	.231	.124	.126	.406	.102	.234	.335	.895	.139	.176	.262	.043	.235
Error variance	*	*	.01	.05	.02	.02	.17	.01	.05	.11	.80	.02	.03	.07	*	.06

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Total	Nature of working location						Nature of working hours						Number of people in household including self				
		I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
		a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	322	59	39	17	3	57	62	75	25	19	3	44	78	322	-	-	-	-
	16%	12%	11%	12%	6%	11%	12%	13%	9%	11%	8%	10%	13%	100%	-	-	-	-
														bcde				
2-3	1120	258	211	89	24	300	282	339	139	88	16	227	354	-	1120	-	-	1120
	56%	53%	58%	59%	50%	58%	52%	58%	52%	50%	51%	51%	58%	-	100%	-	-	67%
								e					e		acde			acd
4-5	485	159	99	33	14	133	173	150	94	55	8	149	158	-	-	485	-	485
	24%	32%	27%	22%	30%	26%	32%	26%	35%	32%	26%	34%	26%	-	-	100%	-	29%
		ce				ce			af			af			abde			abd
6+	80	13	13	11	6	24	20	16	8	13	5	22	20	-	-	-	80	80
	4%	3%	4%	7%	13%	5%	4%	3%	3%	8%	15%	5%	3%	-	-	-	100%	5%
				af	abef					abf	abef						abce	abc
NET: Lives with others	1685	431	323	134	44	457	475	504	241	156	29	397	533	-	1120	485	80	1685
	84%	88%	89%	88%	94%	89%	88%	87%	91%	89%	92%	90%	87%	-	100%	100%	100%	100%
															a	a	a	a
Base for stats	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
Mean Score	2.94	2.98	3.31	3.23	5.18	3.28	3.18	2.84	3.60	3.35	6.18	3.50	3.01	1.00	2.39	4.31	10.32	3.31
					abcef				af	a	abcef	af				be	bce	b
Standard Deviation	2.815	1.308	3.852	2.497	7.409	3.504	2.581	1.271	4.305	2.608	10.869	3.725	2.813	-	.487	.462	10.540	2.929
Standard Error	.063	.060	.204	.204	1.081	.156	.113	.053	.271	.198	1.892	.181	.114	-	.014	.022	1.193	.072
Error variance	*	*	.04	.04	1.17	.02	.01	*	.07	.04	3.58	.03	.01	-	*	*	1.42	.01

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D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	322	-	-	40	88	10	192	117	18	266	56	233	85
	16%	-	-	15%	24%	10%	15%	18%	22%	17%	14%	14%	29%
					acde			c	c				a
2-3	1120	216	875	138	200	62	734	350	43	885	236	960	148
	56%	55%	70%	51%	54%	58%	57%	54%	54%	55%	59%	57%	50%
			a									b	
4-5	485	147	320	78	71	25	317	151	18	388	96	427	50
	24%	38%	26%	29%	19%	23%	25%	23%	22%	24%	24%	25%	17%
		b		b			b					b	
6+	80	27	47	13	14	10	38	35	1	69	11	62	13
	4%	7%	4%	5%	4%		9%	5%	2%	4%	3%	4%	4%
		b				bdf		d					
NET: Lives with others	1685	390	1241	229	285	96	1090	537	62	1342	343	1449	211
	84%	100%	100%	85%	76%	90%	85%	82%	78%	83%	86%	86%	71%
				b		bef	b	b				b	
Base for stats	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
Mean Score	2.94	4.04	3.05	3.35	2.74	3.72	2.82	3.18	2.57	2.94	2.96	2.93	2.66
		b		bd		bdf		d					
Standard Deviation	2.815	4.936	1.761	4.096	3.353	4.920	1.878	4.132	1.286	2.622	3.489	2.296	3.075
Standard Error	.063	.257	.050	.249	.173	.478	.053	.161	.144	.065	.174	.056	.176
Error variance	*	.07	*	.06	.03	.23	*	.03	.02	*	.03	*	.03

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D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	322	111	37	28	33	24	21	13	55	122	90	75	164	75	95	91	94	34
	16%	28%	19%	10%	10%	10%	11%	14%	20%	12%	16%	11%	18%	18%	25%	17%	12%	11%
		bcdefghij	cdefi					cdefi		cdei			a	a	bcd	cd		
2-3	1120	221	115	149	196	126	123	51	139	587	313	348	515	239	186	276	450	192
	56%	56%	59%	56%	59%	52%	62%	55%	49%	57%	55%	53%	58%	57%	49%	52%	60%	62%
			h		h		h			h							ab	ab
4-5	485	57	37	78	85	76	47	28	77	276	152	205	184	83	81	139	186	68
	24%	14%	19%	29%	25%	32%	24%	30%	28%	27%	26%	31%	21%	20%	21%	26%	25%	22%
				ab	a	ab	a	ab	ab	ab	ab	bc						
6+	80	8	6	12	20	15	8	1	10	53	19	30	27	18	19	21	22	13
	4%	2%	3%	5%	6%	6%	4%	1%	3%	5%	3%	5%	3%	4%	5%	4%	3%	4%
				a	ag	agj				a								
NET: Lives with others	1685	285	158	240	301	218	179	80	225	916	484	583	726	340	287	436	658	273
	84%	72%	81%	90%	90%	90%	89%	86%	80%	88%	84%	89%	82%	82%	75%	83%	88%	89%
			a	abhj	abhj	abhj	abh	a	a	abhj	a	bc				a	ab	ab
Base for stats	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
Mean Score	2.94	2.30	2.64	3.39	3.28	3.17	3.15	3.26	2.78	3.16	2.99	3.24	2.65	2.97	2.77	2.94	2.86	3.19
			a	abh	abh	abh	a	a	a	abh	a	b		b				
Standard Deviation	2.815	1.281	1.686	4.129	3.257	1.661	3.927	4.636	1.450	3.006	3.144	2.787	1.842	3.639	2.230	2.459	2.167	4.131
Standard Error	.063	.063	.120	.251	.180	.109	.280	.478	.086	.094	.131	.110	.062	.177	.113	.107	.079	.238
Error variance	*	*	.01	.06	.03	.01	.08	.23	.01	.01	.02	.01	*	.03	.01	.01	.01	.06

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D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	1658	811	839	563	533	562	106	202	162	189	152	161	238	288	160
Total	1685	804	873	551	576	558	80	210	166	177	153	192	259	277	171
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	390	187	200	170	151	69	14	44	40	40	37	31	91	55	38
	23%	23%	23%	31%	26%	12%	17%	21%	24%	23%	24%	16%	35%	20%	22%
				c	c								abcdefhi		
No	1241	585	653	349	413	480	63	162	120	132	107	153	156	215	132
	74%	73%	75%	63%	72%	86%	79%	77%	72%	75%	70%	80%	60%	78%	77%
					a	ab	g	g	g	g	g	eg		g	g
Prefer not to say	53	32	19	32	12	9	3	4	6	4	8	7	13	7	1
	3%	4%	2%	6%	2%	2%	4%	2%	3%	2%	5%	4%	5%	3%	1%
		b		bc							i	i	i		

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D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	1658	160	390	376	204	174	354	926	732	1396	37	112	60	12	7	228
Total	1685	165	403	378	207	178	353	946	739	1420	39	113	62	11	7	233
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	390	65	76	85	60	38	66	226	164	293	15	47	25	2	2	90
	23%	39%	19%	22%	29%	21%	19%	24%	22%	21%	38%	41%	40%	17%	26%	39%
		bcddefgh		bfg		f			a							a
No	1241	95	324	275	144	133	271	694	548	1100	21	60	35	9	4	130
	74%	58%	80%	73%	69%	75%	77%	73%	74%	77%	53%	53%	57%	77%	62%	56%
		acdgh	a	a	a	a	a	a	a	bcdg						
Prefer not to say	53	6	3	18	3	8	16	26	27	27	3	6	2	1	1	13
	3%	3%	1%	5%	1%	4%	5%	3%	4%	2%	9%	5%	4%	6%	12%	6%
		b		bd		b	bd	b	b		a	a				a

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D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

Significance Level: 95%

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total	1658	1009	292	245	537	73	102	558	200	49	46	101	86	142	301	175
Total	1685	926	358	302	660	78	106	574	210	50	46	100	78	142	301	184
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	390	140	123	94	217	29	41	141	55	11	16	21	5	38	34	70
	23%	15%	34%	31%	33%	37%	38%	24%	26%	22%	36%	21%	6%	27%	11%	38%
		a	a	a	cghj	cdeghj	hj	hj	hj	hj	hj	hj		hj		cdeghij
No	1241	769	229	197	426	49	63	420	149	35	27	75	62	98	262	112
	74%	83%	64%	65%	65%	63%	60%	73%	71%	70%	60%	75%	79%	69%	87%	61%
		bcd						bk	bk			bk	abfk		abcdefgik	
Prefer not to say	53	17	6	11	17	-	2	14	5	4	2	4	11	6	5	2
	3%	2%	2%	4%	3%	-	2%	2%	3%	8%	4%	4%	15%	4%	2%	1%
										acjk			abcdgijk			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	*a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	1658	412	313	132	44	445	456	492	225	152	30	377	522	-	1129	451	78	1658
Total	1685	431	323	134	44	457	475	504	241	156	29	397	533	-	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Yes	390	91	91	50	17	141	108	96	100	43	13	142	109	-	216	147	27	390
	23%	21%	28%	37%	38%	31%	23%	19%	41%	27%	46%	36%	20%	-	19%	30%	34%	23%
		a	af	af	af	af	af		acf	a	acf	af	af	-	be	be	b	b
No	1241	331	225	80	24	305	355	399	139	107	14	246	413	-	875	320	47	1241
	74%	77%	70%	59%	55%	67%	75%	79%	58%	68%	48%	62%	77%	-	78%	66%	59%	74%
		bcd	c			cde	cde	bcde	58%	bd		bcde	bcde	-	cde		cd	cd
Prefer not to say	53	9	6	5	3	11	11	10	3	7	1	9	11	-	30	17	6	53
	3%	2%	2%	3%	6%	2%	2%	2%	1%	4%	5%	2%	2%	-	3%	4%	8%	3%
									b	b				-	be	be	be	be

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space	
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
Total	a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	1658	1235	226	280	95	1069	528	61	1315	343	1416	213
Total	1685	1241	229	285	96	1090	537	62	1342	343	1449	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	390	-	90	85	68	164	217	21	323	67	340	46
	23%	-	39%	30%	71%	15%	40%	33%	24%	20%	23%	22%
		b	bd	d	abdef		bd	d				
No	1241	1241	134	191	25	902	306	39	978	263	1081	153
	74%	100%	59%	67%	26%	83%	57%	63%	73%	77%	75%	73%
		a	c	ce		abcef	c	c				
Prefer not to say	53	-	5	9	3	24	14	2	41	12	28	11
	3%	-	2%	3%	3%	2%	3%	4%	3%	4%	2%	5%
		-										a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D9. In your household, do you currently look after or care for a friend or family member who cannot fully look after themselves without your support? You indicated you have children aged 15 or under in your household, please note this should exclude them.

BASE: All who live with at least one other person

	Total	Number of days active									Amount of activity in the past week compared to previous week			Life satisfaction score				
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	1658	291	157	238	290	207	173	79	223	892	475	556	720	342	284	428	647	265
Total	1685	285	158	240	301	218	179	80	225	916	484	583	726	340	287	436	658	273
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	390 23%	43 15%	32 21%	56 23%	85 28%	73 34%	38 21%	17 21%	45 20%	247 27%	100 21%	178 30%	142 20%	64 19%	72 25%	109 25%	131 20%	74 27%
				a	ahj	abcfghj				ahj		bc			c		c	
No	1241 74%	231 81%	120 76%	177 74%	207 69%	136 63%	135 76%	62 78%	172 76%	641 70%	370 76%	398 68%	564 78%	261 77%	203 71%	317 73%	509 77%	194 71%
		dei	e	e		e	e	e	e	e	dei	a	a	a	a	a	ad	
Prefer not to say	53 3%	11 4%	5 3%	6 3%	9 3%	8 4%	5 3%	1 1%	8 3%	28 3%	14 3%	8 1%	20 3%	15 4%	12 4%	10 2%	18 3%	5 2%
														a				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	269 13%	121 12%	147 14%	121 20% bc	97 15% c	51 7%	15 15%	43 16%	25 13%	28 14%	21 12%	28 12%	34 11%	47 14%	28 14%
Yes - physical condition or illness	373 19%	176 18%	196 19%	70 12%	100 15%	203 27% ab	19 20%	58 22% dg	40 20%	28 13%	29 17%	56 25% dgi	45 14%	63 19%	35 17%
Yes - other	106 5%	54 6%	50 5%	50 8% bc	32 5%	25 3%	5 6%	9 4%	13 7%	14 7%	11 7%	11 5%	17 5%	12 4%	13 6%
No	1282 64%	628 64%	650 64%	355 59%	446 68% a	481 65% a	58 60%	163 62%	119 61%	143 68% f	109 63%	129 58%	218 69% f	214 66%	129 63%
Prefer not to say	71 4%	35 4%	34 3%	36 6% bc	19 3%	17 2%	5 5%	7 3%	8 4%	3 2%	8 5%	10 5%	15 5%	7 2%	8 4%
NET: Longstanding condition or illness	654 33%	316 32%	334 33%	215 36% b	194 29%	244 33%	34 35%	93 35% g	69 35% g	63 30%	55 32%	82 37% g	84 27%	105 32%	68 33%
NET: Longstanding physical and mental condition or illness	80 4%	30 3%	50 5% a	21 3%	31 5%	28 4%	4 4%	15 6%	8 4%	7 3%	5 3%	11 5%	8 2%	14 4%	8 4%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
		a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	269	29	45	56	26	31	82	130	139	230	9	14	13	-	-	35
	13%	16%	10%	12%	11%	15%	17%	12%	15%	14%	19%	12%	16%	-	-	13%
		b					bcg		bg							
Yes - physical condition or illness	373	34	50	67	40	37	145	151	222	330	7	16	16	-	2	40
	19%	19%	11%	15%	17%	18%	30%	14%	24%	19%	14%	13%	20%	-	17%	15%
		b			b	b	abcdegh		bcdg							
Yes - other	106	18	17	26	11	9	26	61	46	82	3	9	6	3	-	22
	5%	10%	4%	6%	5%	5%	5%	6%	5%	5%	7%	8%	8%	28%	-	8%
		bcddefgh							a							
No	1282	105	338	302	150	128	260	744	538	1090	28	81	43	9	7	168
	64%	58%	75%	66%	65%	63%	53%	69%	58%	64%	59%	69%	55%	72%	75%	63%
			acdefgh	fh	f	f		afh				d				
Prefer not to say	71	3	8	20	11	9	21	30	41	51	3	1	3	-	1	8
	4%	1%	2%	4%	5%	5%	4%	3%	4%	3%	7%	1%	3%	-	9%	3%
				b	b	b	b		bg		c					
NET: Longstanding condition or illness	654	73	102	134	69	67	209	309	345	560	16	36	33	3	2	90
	33%	40%	23%	29%	30%	33%	43%	29%	37%	33%	33%	30%	42%	28%	17%	34%
		bcdg		b	b	b	bcdeg	b	bcdg							
NET: Longstanding physical and mental condition or illness	80	5	9	13	6	10	37	27	53	70	4	2	2	-	-	7
	4%	3%	2%	3%	3%	5%	7%	2%	6%	4%	8%	1%	3%	-	-	3%
						bg	abcdg		bcdg		c					

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D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	269 13%	147 12%	54 15%	50 17%	104 16%	14 15%	14 12%	72 11%	28 12%	9 15%	10 20%	30 23%	18 21%	56 31%	19 5%	28 13%
			a	a	j	j	j	j	j	j	j	bcdjk	cdj	abcdejk		j
Yes - physical condition or illness	373 19%	268 22%	45 12%	41 13%	86 13%	14 15%	16 14%	73 11%	31 13%	11 18%	13 25%	28 22%	6 7%	60 33%	122 30%	30 14%
		bcd								h	cdh	cdh		abcdeghk	abcdhk	
Yes - other	106 5%	50 4%	27 8%	17 6%	45 7%	7 8%	10 9%	32 5%	18 8%	7 12%	2 4%	4 3%	5 6%	9 5%	12 3%	17 8%
		a	a	a	j	j	j	j	cgj							j
No	1282 64%	795 65%	235 65%	205 67%	440 66%	58 63%	81 68%	480 73%	153 65%	37 62%	27 53%	64 50%	48 56%	77 43%	257 64%	139 66%
					i	gi	adfg hijk	gi	i				i		gi	gi
Prefer not to say	71 4%	38 3%	11 3%	6 2%	17 3%	3 4%	2 1%	16 2%	10 4%	- -	1 2%	10 7%	10 12%	12 7%	9 2%	5 2%
												bcej k	abcde fjk	bcej k		
NET: Longstanding condition or illness	654 33%	399 32%	116 32%	94 31%	210 31%	31 34%	36 30%	158 24%	73 31%	22 38%	23 45%	55 43%	27 32%	91 51%	137 34%	67 32%
									c	c	c	bcdk		abcdhjk	c	c
NET: Longstanding physical and mental condition or illness	80 4%	55 4%	10 3%	13 4%	23 3%	3 3%	3 3%	15 2%	4 2%	2 3%	2 4%	6 5%	2 2%	31 17%	12 3%	6 3%
														abcde fghjk		

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D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self				
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e
Significance Level: 95%																	
Unweighted Total	2007	479	357	150	47	507	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	269	36	46	30	9	76	49	34	31	7	65	56	40	138	78	13	229
	13%	7%	13%	20%	19%	15%	8%	13%	18%	22%	15%	9%	12%	12%	16%	16%	14%
			af	abf	af	af			af	af	af				b		
Yes - physical condition or illness	373	56	43	25	4	69	60	37	31	7	68	67	88	200	71	14	285
	19%	12%	12%	17%	9%	13%	10%	14%	18%	24%	15%	11%	27%	18%	15%	17%	17%
									af	af	af		bce				
Yes - other	106	21	24	16	6	40	22	26	13	6	38	29	10	62	25	10	96
	5%	4%	7%	11%	14%	8%	4%	10%	7%	20%	9%	5%	3%	5%	5%	12%	6%
				af	af	a		af		acef	af					abce	
No	1282	377	254	81	26	335	449	172	103	12	274	461	192	734	317	38	1090
	64%	77%	70%	53%	55%	65%	77%	64%	59%	39%	62%	75%	60%	66%	65%	48%	65%
		bcd	cd			c	bcd	d	d		d	bcd		ad	d		d
Prefer not to say	71	11	6	5	3	11	14	2	5	2	7	16	13	36	17	6	58
	4%	2%	2%	3%	5%	2%	2%	1%	3%	5%	2%	3%	4%	3%	3%	7%	3%
										b							
NET: Longstanding condition or illness	654	102	103	66	19	169	117	93	67	17	160	134	117	350	151	35	537
	33%	21%	28%	43%	40%	33%	20%	35%	38%	56%	36%	22%	36%	31%	31%	44%	32%
			af	abef	af	af		af	af	abef	af					bce	
NET: Longstanding physical and mental condition or illness	80	10	7	5	-	12	12	2	6	2	8	14	18	43	18	1	62
	4%	2%	2%	3%	-	2%	2%	1%	4%	7%	2%	2%	5%	4%	4%	2%	4%
									b	b							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b	a	b	c	d	e	f	a	b	a	b	
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	269	90	134	269	80	12	-	269	80	219	50	216	50
	13%	23%	11%	100%	21%	11%	-	41%	100%	14%	13%	13%	17%
		b		bcde	cd	d		bcd	bcde				
Yes - physical condition or illness	373	85	191	80	373	9	-	373	80	288	85	308	64
	19%	22%	15%	30%	100%	9%	-	57%	100%	18%	21%	18%	22%
		b		cd	acde	d		acd	acde				
Yes - other	106	68	25	12	9	106	-	106	6	82	24	90	14
	5%	17%	2%	4%	3%	100%	-	16%	8%	5%	6%	5%	5%
		b		d	d	abdef		abd	bd				
No	1282	164	902	-	-	-	1282	-	-	1041	241	1093	177
	64%	42%	73%	-	-	-	100%	-	-	65%	60%	65%	60%
			a				abcef						
Prefer not to say	71	9	34	-	-	-	-	-	-	58	13	47	13
	4%	2%	3%	-	-	-	-	-	-	4%	3%	3%	4%
NET: Longstanding condition or illness	654	217	306	269	373	106	-	654	80	509	145	542	106
	33%	56%	25%	100%	100%	100%	-	100%	100%	32%	36%	32%	36%
		b		d	d	d		d	d				
NET: Longstanding physical and mental condition or illness	80	21	39	80	80	6	-	80	80	68	12	61	18
	4%	5%	3%	30%	21%	6%	-	12%	100%	4%	3%	4%	6%
				bcde	cde	d		d	abcde				a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D10. Do you have a longstanding physical or mental condition or illness that has lasted or is likely to last 12 months and which has a substantial adverse effect on your ability to carry out day-to-day activities?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	269 13%	61 15%	31 16%	43 16%	47 14%	26 11%	20 10%	12 13%	29 10%	147 14%	61 11%	99 15%	109 12%	56 13%	106 28%	84 16%	52 7%	24 8%
		j	j	hj						j					bcd	cd		
Yes - physical condition or illness	373 19%	136 34%	39 20%	51 19%	39 12%	27 11%	23 11%	13 14%	45 16%	156 15%	81 14%	90 14%	189 21%	87 21%	106 28%	102 19%	120 16%	43 14%
		bcdefghij	defj	def									a	a	bcd	d		
Yes - other	106 5%	10 3%	14 7%	19 7%	22 7%	13 6%	14 7%	3 3%	11 4%	68 7%	28 5%	41 6%	43 5%	18 4%	21 5%	39 7%	32 4%	12 4%
		a	a	a	a	a	a			a						cd		
No	1282 64%	202 51%	115 59%	163 61%	224 67%	176 73%	142 71%	66 71%	195 70%	677 65%	403 70%	436 66%	563 63%	263 64%	172 45%	316 60%	544 72%	230 75%
		a	a	a	a	abci	abc	a	abc	a	abci					a	ab	ab
Prefer not to say	71 4%	19 5%	6 3%	8 3%	15 4%	2 1%	8 4%	2 2%	12 4%	31 3%	21 4%	20 3%	29 3%	12 3%	15 4%	19 4%	19 3%	7 2%
		e			e				e		e							
NET: Longstanding condition or illness	654 33%	175 44%	74 38%	97 36%	96 29%	63 26%	50 25%	25 27%	74 26%	330 32%	149 26%	202 31%	298 33%	139 33%	195 51%	193 37%	188 25%	70 23%
		cdefghij	defhj	defhj						j					bcd	cd		
NET: Longstanding physical and mental condition or illness	80 4%	29 7%	9 5%	12 4%	9 3%	4 2%	4 2%	2 3%	11 4%	33 3%	18 3%	21 3%	39 4%	18 4%	32 8%	27 5%	13 2%	7 2%
		defij													bcd	c		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1702	807	893	433	556	713	90	232	175	171	147	202	197	296	191
	85%	82%	88%	71%	84%	96%	93%	88%	89%	82%	86%	91%	62%	91%	93%
			a		a	ab	deg	g	dg	g	g	dg		dg	deg
Mixed	47	24	22	21	21	5	1	8	3	1	1	2	23	4	4
	2%	2%	2%	4%	3%	1%	1%	3%	1%	*	*	1%	7%	1%	2%
				c	c			d					abcdefhi		
Asian	118	65	51	69	42	7	2	12	7	23	15	5	40	12	3
	6%	7%	5%	11%	6%	1%	2%	5%	4%	11%	9%	2%	13%	4%	1%
				bc	c					abcghi	acghi		abcghi		
Black	79	48	29	52	19	7	1	8	6	11	7	6	28	7	5
	4%	5%	3%	9%	3%	1%	1%	3%	3%	5%	4%	3%	9%	2%	2%
		b		bc	c					a			abceghi		
Chinese	12	6	5	4	6	2	1	1	1	1	-	1	6	1	-
	1%	1%	1%	1%	1%	*	1%	*	1%	*	-	*	2%	*	-
													h		
Other ethnic group	10	8	2	4	4	2	-	1	1	1	-	-	6	-	1
	*	1%	*	1%	1%	*	-	*	*	*	-	-	2%	-	1%
		b											h		
Prefer not to answer	39	21	15	22	11	6	2	3	3	2	2	6	15	6	1
	2%	2%	1%	4%	2%	1%	2%	1%	1%	1%	1%	3%	5%	2%	*
				bc									bcdehi		
NET: Non-white	266	151	110	151	92	23	5	29	18	36	23	14	104	24	13
	13%	15%	11%	25%	14%	3%	5%	11%	9%	17%	13%	6%	33%	7%	6%
		b		bc	c					abcghi	afhi		abcdefhi		

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D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1702	135	365	366	196	179	461	867	836	1702	-	-	-	-	-	-
	85%	75%	81%	80%	85%	88%	94%	80%	90%	100%	-	-	-	-	-	-
				a	acg	abcdegh		abcdg		bcdg						
Mixed	47	8	12	19	1	1	5	39	8	-	47	-	-	-	-	47
	2%	5%	3%	4%	*	1%	1%	4%	1%	-	100%	-	-	-	-	18%
		defh	dh	defh				defh			acd					acd
Asian	118	15	37	33	15	13	5	86	33	-	-	118	-	-	-	118
	6%	8%	8%	7%	6%	6%	1%	8%	4%	-	-	100%	-	-	-	45%
		fh	fh	fh	fh	f		fh	f			abdg				abd
Black	79	14	23	20	11	7	3	57	21	-	-	-	79	-	-	79
	4%	8%	5%	4%	5%	3%	1%	5%	2%	-	-	-	100%	-	-	30%
		efh	fh	fh	fh	f		fh	f			abcg				abc
Chinese	12	2	5	2	1	-	2	9	3	-	-	-	-	12	-	12
	1%	1%	1%	*	*	-	*	1%	*	-	-	-	-	100%	-	5%
			h													ac
Other ethnic group	10	2	2	3	1	-	2	7	3	-	-	-	-	-	10	10
	*	1%	*	1%	*	-	*	1%	*	-	-	-	-	-	100%	4%
																ac
Prefer not to answer	39	3	3	13	5	5	12	18	21	-	-	-	-	-	-	-
	2%	1%	1%	3%	2%	2%	2%	2%	2%	-	-	-	-	-	-	-
				b			b		b							
NET: Non-white	266	42	80	77	29	21	17	199	67	-	47	118	79	12	10	266
	13%	23%	18%	17%	13%	10%	4%	18%	7%	-	100%	100%	100%	100%	100%	100%
		defh	efh	efh	fh	f		defh	f		a	a	a			a

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D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1702	1094	287	252	540	80	82	548	196	41	41	110	49	159	395	162
	85%	89%	79%	83%	81%	87%	69%	84%	83%	69%	80%	86%	58%	88%	98%	77%
		bcd				beh		behk	beh		h	behk		behk	abcdefghik	h
Mixed	47	23	11	12	23	1	9	21	4	-	1	2	5	3	1	10
	2%	2%	3%	4%	3%	1%	8%	3%	2%	-	2%	1%	6%	2%	*	5%
				a			acdegij	j	j				dgj	j		j
Asian	118	51	34	22	56	5	9	44	14	9	6	8	16	6	2	15
	6%	4%	10%	7%	8%	6%	8%	7%	6%	15%	12%	6%	19%	3%	1%	7%
			a	a	a	j	j	j	j	cdgij	ij	j	abcdgijk	j		j
Black	79	33	22	14	36	4	11	30	17	5	1	1	7	4	1	14
	4%	3%	6%	4%	5%	4%	9%	5%	7%	8%	2%	1%	8%	2%	*	7%
			a	a	a	j	cgij	j	gij	gij			gij	j		gij
Chinese	12	7	3	-	3	-	-	5	1	2	-	3	1	-	1	-
	1%	1%	1%	-	*	-	-	1%	*	3%	-	2%	1%	-	*	-
										ijk		ijk				
Other ethnic group	10	6	1	1	3	1	2	2	-	1	-	2	1	1	-	4
	*	1%	*	*	*	1%	2%	*	-	2%	-	1%	1%	*	-	2%
						j	cdj			j		j	j			cdj
Prefer not to answer	39	17	3	4	7	1	5	5	4	3	2	3	7	7	2	6
	2%	1%	1%	1%	1%	1%	4%	1%	2%	4%	5%	2%	8%	4%	*	3%
							cj			cj	cj	j	acdjk	cj		cj
NET: Non-white	266	121	72	49	120	11	31	101	35	16	8	15	29	13	5	43
	13%	10%	20%	16%	18%	12%	27%	15%	15%	27%	15%	12%	34%	7%	1%	20%
			a	a	a	j	acdij	ij	ij	acdij	j	j	acdij	j		gij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1702	422	287	115	32	401	454	508	186	143	20	330	528	282	1000	369	51	1420
	85%	86%	79%	76%	68%	78%	85%	88%	70%	82%	64%	75%	86%	88%	89%	76%	64%	84%
		bcd				bcd	bde	bde	af	bd		bde	bde	cd	cde	d	cd	cd
Mixed	47	12	14	3	3	18	16	13	13	4	-	17	13	8	20	17	2	39
	2%	3%	4%	2%	7%	3%	3%	2%	5%	2%	-	4%	2%	2%	2%	3%	3%	2%
									af							b		
Asian	118	27	26	19	4	45	31	24	35	14	5	49	29	5	47	53	14	113
	6%	5%	7%	13%	10%	9%	6%	4%	13%	8%	16%	11%	5%	2%	4%	11%	17%	7%
				af		a			af		af	af			a	abe	abe	ab
Black	79	17	27	12	3	39	20	21	25	11	3	36	24	16	27	29	6	62
	4%	4%	8%	8%	7%	8%	4%	4%	9%	6%	9%	8%	4%	5%	2%	6%	7%	4%
			af	af		af			af			af		b		be	b	
Chinese	12	3	2	1	2	3	5	4	1	1	2	2	6	1	5	3	3	11
	1%	1%	*	1%	4%	*	1%	1%	*	*	6%	*	1%	*	*	1%	4%	1%
					abe						abcef					abce		
Other ethnic group	10	1	4	-	-	4	1	2	3	-	-	3	2	3	4	3	-	7
	*	*	1%	-	-	1%	*	*	1%	-	-	1%	*	1%	*	1%	-	*
Prefer not to answer	39	8	2	2	2	4	10	8	2	3	2	5	10	7	18	11	3	32
	2%	2%	1%	1%	5%	1%	2%	1%	1%	2%	5%	1%	2%	2%	2%	2%	4%	2%
					be						be							
NET: Non-white	266	61	74	35	13	109	73	64	78	29	10	107	74	33	102	105	25	233
	13%	12%	20%	23%	27%	21%	14%	11%	29%	16%	31%	24%	12%	10%	9%	22%	32%	14%
			af	af	af	af			acf		acf	acf				abe	abe	b

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D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b	a	b	c	d	e	f	a	b	a	b	
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1702	293	1100	230	330	82	1090	560	70	1348	355	1460	234
	85%	75%	89%	86%	88%	77%	85%	86%	88%	84%	89%	87%	79%
			a		c		c	c			a	b	
Mixed	47	15	21	9	7	3	28	16	4	44	3	40	5
	2%	4%	2%	3%	2%	3%	2%	2%	4%	3%	1%	2%	2%
		b								b			
Asian	118	47	60	14	16	9	81	36	2	103	16	96	19
	6%	12%	5%	5%	4%	8%	6%	6%	2%	6%	4%	6%	6%
		b											
Black	79	25	35	13	16	6	43	33	2	68	11	50	23
	4%	6%	3%	5%	4%	6%	3%	5%	2%	4%	3%	3%	8%
		b										a	
Chinese	12	2	9	-	-	3	9	3	-	8	5	9	3
	1%	*	1%	-	-	3%	1%	1%	-	*	1%	1%	1%
						abde							
Other ethnic group	10	2	4	-	2	-	7	2	-	10	-	7	2
	*	*	*	-	*	-	1%	*	-	1%	-	*	1%
Prefer not to answer	39	7	12	3	3	2	23	4	2	29	10	19	8
	2%	2%	1%	1%	1%	2%	2%	1%	3%	2%	3%	1%	3%
							e	e	e			a	a
NET: Non-white	266	90	130	35	40	22	168	90	7	232	34	203	54
	13%	23%	10%	13%	11%	21%	13%	14%	9%	14%	9%	12%	18%
		b				bdf				b		a	a

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D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

	Total	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1702	366	170	218	264	191	170	80	244	842	494	526	804	343	321	444	663	252
	85%	92%	87%	82%	79%	79%	85%	86%	87%	81%	86%	80%	90%	83%	84%	84%	88%	82%
		bcdefhij	dei						dei		dei		ac				bd	
Mixed	47	5	5	8	8	6	6	4	5	27	15	21	11	12	12	11	16	6
	2%	1%	3%	3%	2%	3%	3%	5%	2%	3%	3%	3%	1%	3%	3%	2%	2%	2%
							a					b		b				
Asian	118	10	5	23	34	17	12	1	16	80	28	55	36	25	23	29	39	25
	6%	2%	3%	9%	10%	7%	6%	1%	6%	8%	5%	8%	4%	6%	6%	6%	5%	8%
				abgj	abghj	abg	a		a	abgj	a	b						
Black	79	6	8	12	19	15	7	7	5	54	18	35	22	19	13	29	22	12
	4%	1%	4%	4%	6%	6%	3%	8%	2%	5%	3%	5%	2%	5%	3%	5%	3%	4%
			a	a	ah	ahj		ahj		ah		b		b		c		
Chinese	12	-	3	2	3	2	2	-	1	10	2	2	3	6	3	3	5	1
	1%	-	1%	1%	1%	1%	1%	-	*	1%	*	*	*	1%	1%	1%	1%	*
			a							a				ab				
Other ethnic group	10	1	-	1	2	3	1	-	2	6	3	5	4	-	2	2	3	3
	*	*	-	*	1%	1%	*	-	1%	1%	*	1%	*	-	1%	*	*	1%
Prefer not to answer	39	9	3	4	4	7	4	-	8	18	12	14	8	11	8	10	5	7
	2%	2%	2%	1%	1%	3%	2%	-	3%	2%	2%	2%	1%	3%	2%	2%	1%	2%
												b		b	c			c
NET: Non-white	266	22	22	46	66	44	26	13	28	177	67	119	77	62	53	74	84	48
	13%	5%	11%	17%	20%	18%	13%	14%	10%	17%	12%	18%	9%	15%	14%	14%	11%	16%
			a	ahj	abhj	abhj	a	a	a	abhj	a	b		b				

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D12. Which of the following best describes where you live?

BASE: All respondents

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Significance Level: 95%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	745	418	324	263	276	205	26	95	62	76	60	52	228	84	62
	37%	43%	32%	43%	42%	28%	27%	36%	31%	36%	35%	23%	72%	26%	31%
		b		c	c			fh		fh	fh		abcdefhi		
Urban - Town and Fringe	864	375	486	235	283	345	50	127	81	104	67	100	73	169	93
	43%	38%	48%	39%	43%	47%	51%	48%	41%	49%	39%	45%	23%	52%	45%
		a				a	eg	g	g	eg	g	g		ceg	g
Rural - Village	352	164	183	99	89	163	16	35	48	27	42	61	14	68	41
	18%	17%	18%	16%	14%	22%	16%	13%	25%	13%	24%	28%	4%	21%	20%
						ab	g	g	bdg	g	bdg	abdg		bdg	g
Rural - Hamlet and Isolated Dwelling	47	21	25	9	10	28	6	6	5	3	3	8	2	6	9
	2%	2%	2%	1%	2%	4%	6%	2%	2%	1%	2%	4%	1%	2%	4%
						ab	dgh				g				g
NET: Urban	1608	793	810	499	560	550	75	222	143	180	127	152	300	253	155
	80%	81%	80%	82%	85%	74%	78%	84%	73%	86%	74%	69%	95%	77%	76%
				c	c			cefhi		cefhi			abcdefhi	f	
NET: Rural	399	185	208	108	99	192	21	41	53	30	44	69	16	74	50
	20%	19%	20%	18%	15%	26%	22%	16%	27%	14%	26%	31%	5%	23%	24%
						ab	g	g	bdg	g	bdg	bdgh		bdg	bdg

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Social Grade								Ethnicity							
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	745	97	174	171	88	81	134	442	303	587	27	63	39	6	8	141
	37%	54%	39%	38%	38%	40%	27%	41%	33%	34%	57%	53%	49%	47%	77%	53%
		bcddefgh	fh	f	f	f	fh	f	f		a	a	a		a	a
Urban - Town and Fringe	864	54	174	214	91	92	237	443	421	760	17	40	29	2	2	91
	43%	30%	39%	47%	40%	45%	48%	41%	46%	45%	37%	34%	37%	16%	23%	34%
		a	abg	a	a	abdg	a	abg	abg	cg						
Rural - Village	352	25	93	62	42	30	101	180	172	317	3	13	9	4	-	28
	18%	14%	21%	14%	18%	14%	21%	17%	19%	19%	6%	11%	11%	32%	-	11%
		ac	ac				c		c	bcg						
Rural - Hamlet and Isolated Dwelling	47	4	7	8	9	1	18	19	28	37	-	3	2	1	-	6
	2%	2%	2%	2%	4%	*	4%	2%	3%	2%	-	2%	2%	6%	-	2%
				eg			beg		e							
NET: Urban	1608	151	348	385	179	174	371	884	724	1348	44	103	68	8	10	232
	80%	84%	78%	85%	78%	85%	76%	82%	78%	79%	94%	87%	86%	63%	100%	87%
		f		bdfh		bfh		f	f		a				a	a
NET: Rural	399	29	100	70	51	30	119	199	200	355	3	16	11	5	-	34
	20%	16%	22%	15%	22%	15%	24%	18%	22%	21%	6%	13%	14%	37%	-	13%
			ce		c		aceg		ce	bg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	745	418	160	126	286	46	54	282	88	27	19	49	36	53	90	100
	37%	34%	44%	41%	43%	50%	46%	43%	37%	45%	38%	38%	42%	29%	22%	48%
		a	a	a	dij	ij	ij	j	ij	j	j	ij			dij	
Urban - Town and Fringe	864	535	151	137	288	34	46	266	93	15	22	59	35	94	200	80
	43%	43%	42%	45%	43%	36%	39%	41%	40%	24%	43%	46%	41%	52%	50%	38%
			e	e	e	e	e	e	e	e	e	e	abcdek	abcdek		
Rural - Village	352	245	47	39	86	13	14	96	52	13	7	20	11	31	94	27
	18%	20%	13%	13%	13%	14%	12%	15%	22%	22%	14%	15%	13%	17%	23%	13%
		bcd							bck						bcd	
Rural - Hamlet and Isolated Dwelling	47	34	4	3	7	-	3	10	3	5	2	1	3	2	18	3
	2%	3%	1%	1%	1%	-	2%	1%	1%	8%	5%	1%	3%	1%	5%	1%
		d								acdgi	a				acdik	
NET: Urban	1608	954	311	263	573	80	101	548	181	42	41	107	71	147	290	180
	80%	77%	86%	86%	86%	86%	85%	84%	77%	70%	81%	84%	83%	82%	72%	86%
		a	a	a	ej	ej	dej				ej	j	j		dej	
NET: Rural	399	279	51	42	93	13	17	106	54	18	10	21	14	33	112	30
	20%	23%	14%	14%	14%	14%	15%	16%	23%	30%	19%	16%	17%	18%	28%	14%
		bcd							ck	abcgk					abcghik	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	745 37%	196 40%	167 46%	60 39%	18 38%	227 44%	214 40%	227 39%	130 49% af	71 40%	10 34%	201 45% af	237 39%	119 37%	401 36%	190 39%	34 43%	626 37%
Urban - Town and Fringe	864 43%	213 44% c	146 40%	49 32%	14 29%	194 38%	227 42% c	247 43% c	107 40%	57 33%	11 35%	164 37%	258 42% c	147 46%	483 43%	198 41%	35 44%	716 43%
Rural - Village	352 18%	74 15%	44 12%	39 25% abef	11 24% b	83 16%	85 16%	98 17% b	27 10%	40 23% be	6 18%	68 15%	104 17% b	49 15%	206 18%	89 18%	8 11%	303 18%
Rural - Hamlet and Isolated Dwelling	47 2%	7 1%	5 1%	5 3%	4 9% abef	10 2%	11 2%	8 1%	2 1%	7 4% ab	4 14% abcef	9 2%	12 2%	7 2%	30 3%	8 2%	2 3%	40 2%
NET: Urban	1608 80%	409 84% cd	313 86% cd	109 72%	31 67%	421 82% cd	441 82% cd	474 82% c	237 89% acdef	128 73%	21 68%	365 83% cd	495 81% c	266 83%	885 79%	388 80%	69 86%	1342 80%
NET: Rural	399 20%	81 16%	49 14%	43 28% abef	16 33% abef	93 18%	96 18%	106 18% b	30 11%	47 27% abef	10 32% be	77 17% b	116 19% b	56 17%	236 21%	96 20%	11 14%	343 20%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Total	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No
	a	b		a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	745	160	446	99	116	44	501	221	32	745	-	594	142
	37%	41%	36%	37%	31%	42%	39%	34%	40%	46%	-	35%	48%
						b	be			b			a
Urban - Town and Fringe	864	163	533	120	172	38	541	288	36	864	-	750	105
	43%	42%	43%	45%	46%	35%	42%	44%	45%	54%	-	45%	35%
					c					b		b	
Rural - Village	352	61	234	44	73	20	216	125	11	-	352	299	47
	18%	16%	19%	17%	20%	19%	17%	19%	14%	-	88%	18%	16%
											a		
Rural - Hamlet and Isolated Dwelling	47	6	29	5	12	4	24	19	1	-	47	38	2
	2%	2%	2%	2%	3%	4%	2%	3%	1%	-	12%	2%	1%
											a	b	
NET: Urban	1608	323	978	219	288	82	1041	509	68	1608	-	1344	247
	80%	83%	79%	81%	77%	77%	81%	78%	85%	100%	-	80%	83%
										b			
NET: Rural	399	67	263	50	85	24	241	145	12	-	399	338	49
	20%	17%	21%	19%	23%	23%	19%	22%	15%	-	100%	20%	17%
											a		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Number of days active										Amount of activity in the past week compared to previous week			Life satisfaction score				
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
	a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d	
Significance Level: 95%																		
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	745 37%	126 32%	68 35%	95 36%	119 36%	102 42%	89 44%	36 39%	110 39%	384 37%	235 41%	296 45%	302 34%	133 32%	128 34%	201 38%	270 36%	132 43%
Urban - Town and Fringe	864 43%	190 48%	80 41%	121 45%	148 44%	92 38%	79 40%	44 47%	110 39%	441 42%	233 41%	260 39%	394 44%	192 46%	181 47%	226 43%	323 43%	119 39%
Rural - Village	352 18%	74 19%	34 17%	46 17%	63 19%	44 18%	28 14%	11 12%	53 19%	187 18%	91 16%	91 14%	171 19%	82 20%	65 17%	92 17%	142 19%	47 15%
Rural - Hamlet and Isolated Dwelling	47 2%	6 2%	12 6%	5 2%	5 1%	4 2%	4 2%	2 2%	8 3%	26 3%	14 3%	11 2%	23 3%	9 2%	9 2%	9 2%	17 2%	9 3%
NET: Urban	1608 80%	316 80%	148 76%	216 81%	267 80%	193 80%	168 84%	80 86%	219 78%	825 79%	467 82%	556 84%	696 78%	325 78%	309 81%	427 81%	592 79%	251 82%
NET: Rural	399 20%	80 20%	46 24%	51 19%	67 20%	48 20%	32 16%	13 14%	61 22%	213 21%	106 18%	103 16%	193 22%	90 22%	73 19%	101 19%	159 21%	56 18%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

Significance Level: 95%

	Gender		Age			Region									
	Total	Male	Female	16-34	35-54	55+	North East	North West	Yorkshire and the Humber	West Midlands	East Midlands	East of England	London	South East	South West
Unweighted Total	2007	1006	991	626	627	754	129	259	194	228	172	187	299	345	194
Total	2007	979	1018	606	659	742	97	264	196	210	172	222	317	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1682	810	868	461	566	655	82	223	167	186	154	195	245	266	163
	84%	83%	85%	76%	86%	88%	85%	85%	85%	89%	90%	88%	77%	82%	79%
					a	a		g	g	ghi	ghi	ghi			
No	296	151	142	122	89	85	13	36	26	19	15	26	64	56	41
	15%	15%	14%	20%	14%	11%	13%	14%	13%	9%	9%	12%	20%	17%	20%
				bc									bdef	de	def
Prefer not to say	29	18	8	23	4	3	2	5	2	5	2	-	8	4	1
	1%	2%	1%	4%	1%	*	3%	2%	1%	2%	1%	-	2%	1%	*
		b		bc			f		f				f		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

	Social Grade									Ethnicity						
	Total	Social Grade A	Social Grade B	Social Grade C1	Social Grade C2	Social Grade D	Social Grade E	NET: ABC1	NET: C2DE	White	Mixed	Asian	Black	Chinese	Other ethnic group	NET: Non-white
	a	b	c	d	e	f	g	h	a	b	c	d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	2007	177	440	460	229	203	498	1077	930	1701	45	118	78	13	10	264
Total	2007	180	448	455	230	204	490	1083	924	1702	47	118	79	12	10	266
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1682	160	388	371	193	169	400	919	763	1460	40	96	50	9	7	203
	84%	89%	87%	82%	84%	83%	82%	85%	83%	86%	86%	81%	64%	72%	75%	76%
		cfh	cf							dg	d	d				d
No	296	18	57	74	33	34	80	149	147	234	5	19	23	3	2	54
	15%	10%	13%	16%	15%	16%	16%	14%	16%	14%	12%	16%	30%	28%	25%	20%
				a			a		a			abc				a
Prefer not to say	29	3	3	10	3	1	9	16	14	8	1	3	5	-	-	9
	1%	2%	1%	2%	1%	*	2%	1%	1%	*	2%	2%	7%	-	-	3%
				b								a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

Significance Level: 95%

	Children aged 15 or under in the household				Current employment status											
	Total	None	1 child	2 or more children	NET: Yes	Currently furloughed	Reduced hours/ employers imposed temporary leave of absence because of the Coronavirus	Working full time-working 30 hours per week or more	Working part time-working between 8 and 29 hours per week	Self-employed-working 30 hours per week or more	Self-employed-working between 8 and 29 hours per week	Not working but seeking work or temporarily unemployed or sick	Student	Not working and not seeking work	Retired	NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic
	a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Unweighted Total	2007	1342	295	247	542	89	115	649	228	59	52	132	94	184	405	204
Total	2007	1232	362	305	667	93	118	654	235	60	51	128	85	180	403	211
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1682	1025	318	270	588	78	92	558	200	48	41	96	60	142	367	170
	84%	83%	88%	89%	88%	84%	78%	85%	85%	80%	81%	75%	70%	79%	91%	81%
			a	a	a	h		bghi	gh						abcdeghik	
No	296	195	44	33	76	15	24	90	34	12	7	29	15	34	35	39
	15%	16%	12%	11%	11%	16%	21%	14%	14%	20%	14%	23%	17%	19%	9%	19%
		cd				j	j	j	j	j		cdj	j	j	j	j
Prefer not to say	29	12	-	2	2	-	1	6	1	-	2	3	10	4	1	1
	1%	1%	-	1%	*	-	1%	1%	*	-	5%	3%	12%	2%	*	1%
											acdjk	j	abcdegijk	j		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

	Nature of working location						Nature of working hours						Number of people in household including self					
	I mostly travelled to work pre-Covid-19, and this is mostly still the case	I mostly travelled to work pre-Covid-19, but now I work more from home	I mostly worked from home pre-Covid-19, and this is mostly still the case	I mostly worked from home pre-Covid-19, but now I travel to work more	NET: Working from home more during COVID-19	NET: Mostly travelling to work during COVID-19	I mostly worked standard hours pre-Covid-19 and this is still the case	I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	I mostly worked flexible hours pre-Covid-19, and this is still the case	I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	NET: Working more flexible hours during COVID-19	NET: Mostly working standard hours during COVID-19	Lives alone	2-3	4-5	6+	NET: Lives with others	
Total	a	b	c	d	e	f	a	b	c	d	e	f	a	b	c	d	e	
Significance Level: 95%																		
Unweighted Total	2007	479	357	150	47	507	526	577	252	173	33	425	610	349	1129	451	78	1658
Total	2007	490	362	152	47	514	537	579	267	175	31	441	611	322	1120	485	80	1685
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1682	424	312	122	35	434	458	499	229	143	18	372	518	233	960	427	62	1449
	84%	86%	86%	80%	73%	84%	85%	86%	86%	82%	59%	84%	85%	72%	86%	88%	78%	86%
		d	d			d	d	d	d	d		d	d		a	ad		ad
No	296	66	48	30	8	78	74	80	37	28	9	66	89	85	148	50	13	211
	15%	13%	13%	20%	17%	15%	14%	14%	14%	16%	30%	15%	15%	26%	13%	10%	16%	13%
											abef			bce				
Prefer not to say	29	1	3	-	4	3	5	1	-	3	3	3	4	4	13	7	5	25
	1%	*	1%	-	9%	*	1%	*	-	2%	11%	1%	1%	1%	1%	1%	6%	1%
					abcef					ab	abcef						abce	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

Significance Level: 95%

	Care responsibilities in household not including children		Longstanding condition or illness						Area		Access to private outdoor space		
	Yes	No	Mental condition or illness	Physical condition or illness	Other	No	NET: Yes longstanding condition or illness	NET: Longstanding physical and mental condition or illness	Urban	Rural	Yes	No	
Total	a	b	a	b	c	d	e	f	a	b	a	b	
Unweighted Total	2007	368	1235	271	374	106	1277	655	80	1604	403	1668	305
Total	2007	390	1241	269	373	106	1282	654	80	1608	399	1682	296
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1682	340	1081	216	308	90	1093	542	61	1344	338	1682	-
	84%	87%	87%	80%	82%	85%	85%	83%	76%	84%	85%	100%	-
							af					b	
No	296	46	153	50	64	14	177	106	18	247	49	-	296
	15%	12%	12%	19%	17%	13%	14%	16%	23%	15%	12%	-	100%
				d				d	d			a	
Prefer not to say	29	4	7	3	2	3	12	6	1	17	12	-	-
	1%	1%	1%	1%	*	3%	1%	1%	1%	1%	3%	-	-
						b				a			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 11th September - 14th September 2020

D12B. In your home, do you have access to a garden or your own other outdoor space you can use for exercise?

BASE: All respondents

	Total	Number of days active									Amount of activity in the past week compared to previous week			Life satisfaction score				
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	NET: More	No more or less	NET: Less	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)
Significance Level: 95%		a	b	c	d	e	f	g	h	i	j	a	b	c	a	b	c	d
Unweighted Total	2007	409	196	270	326	233	196	94	283	1025	573	638	897	423	387	526	749	302
Total	2007	396	194	268	334	241	200	93	280	1038	573	658	889	415	382	528	752	307
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1682	311	151	219	290	213	175	86	237	873	498	567	755	333	297	426	668	273
	84%	78%	77%	82%	87%	88%	88%	92%	85%	84%	87%	86%	85%	80%	78%	81%	89%	89%
				ab	abc	ab	abci	ab	ab	ab	ab	c	c				ab	ab
No	296	78	40	46	39	26	22	6	39	151	67	83	131	73	80	96	78	30
	15%	20%	21%	17%	12%	11%	11%	7%	14%	15%	12%	13%	15%	18%	21%	18%	10%	10%
		defgij	defgij	efgj					g			a		a	cd	cd		
Prefer not to say	29	8	4	2	4	3	3	1	4	13	8	9	3	9	4	6	6	4
	1%	2%	2%	1%	1%	1%	2%	1%	1%	1%	1%	1%	*	2%	1%	1%	1%	1%
												b		b				