

Sport England, Survey into adult physical activity attitudes and behaviour, 27th October 2020

Methodology: Savanta ComRes interviewed 2009 English adults (16+ online) on 23rd to 26th October. 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	
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BASE: All respondents	
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BASE: All respondents	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	979	979	-	303	342	333	42	136	101	95	75	114	166	141	108
	49%	100%	-	50%	52%	45%	43%	52%	51%	45%	43%	51%	53%	43%	53%
		b		c				h				eh		h	
Female	1018	-	1018	298	313	408	54	125	95	114	97	108	147	184	95
	51%	-	100%	49%	47%	55%	55%	48%	48%	54%	56%	49%	47%	56%	47%
			a			ab								bgi	
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Prefer not to say	12	-	-	6	5	1	2	2	1	3	2	-	-	1	1
	1%	-	-	1%	1%	*	2%	1%	1%	1%	1%	-	-	*	*
				c			g			g	g				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D1. Are you...?

BASE: All respondents

Significance Level: 95%

	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	
Unweighted Total	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	979	92	268	187	122	90	219	547	432	790	23	83	52	11	3	172
	49%	58%	55%	42%	53%	43%	45%	50%	47%	47%	48%	63%	65%	56%	34%	60%
		cefh	cefh	ce			ce					a	ab			a
Female	1018	65	214	252	108	121	259	531	487	887	23	49	28	9	4	112
	51%	41%	44%	57%	47%	57%	54%	49%	53%	53%	48%	37%	35%	44%	52%	39%
				abdg		abdg	ab		ab	cdg						
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Prefer not to say	12	2	1	5	-	-	4	8	4	5	2	1	-	-	1	4
	1%	1%	*	1%	-	-	1%	1%	*	*	4%	1%	-	-	13%	1%
											a					a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	979	580	192	150	341	37	70	374	94	35	34	54	49	52	181	107
	49%	47%	53%	50%	51%	46%	58%	58%	40%	68%	58%	45%	46%	27%	45%	53%
						i	dgij	adghij	i	adghij	dij	i	i		i	di
Female	1018	657	173	152	324	43	50	264	139	16	24	64	54	141	224	93
	51%	53%	47%	50%	49%	54%	41%	41%	59%	32%	42%	53%	52%	72%	55%	46%
						ce			bcefk			ce	ce	abcdefghjk	bcek	
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Prefer not to say	12	7	-	-	-	-	1	3	1	-	-	2	2	2	1	1
	1%	1%	-	-	-	-	1%	*	*	-	-	2%	2%	1%	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	979	266	214	82	18	296	284	160	112	23	272	308	144	530	251	53	834
	49%	51%	58%	61%	58%	59%	52%	60%	60%	46%	60%	52%	45%	48%	51%	58%	49%
			a		af			af	f		adf				a		
Female	1018	250	154	51	13	205	263	106	72	28	178	288	176	570	236	37	843
	51%	48%	42%	38%	42%	41%	48%	40%	39%	54%	39%	48%	54%	52%	48%	41%	50%
		bce				ce		bce		bce		bce	d	d			
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Prefer not to say	12	1	2	1	-	3	1	1	2	-	3	1	3	5	3	1	9
	1%	*	1%	1%	-	1%	*	*	1%	-	1%	*	1%	*	1%	1%	1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D1. 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	979	170	631	117	172	46	653	295	35	795	184	782	181
	49%	51%	49%	42%	47%	63%	50%	46%	45%	50%	45%	48%	54%
						abdef	a						a
Female	1018	163	657	162	192	26	657	337	43	799	219	857	150
	51%	49%	51%	58%	52%	36%	50%	53%	55%	50%	54%	52%	45%
				cd	c		c	c	c			b	
Other	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-
Prefer not to say	12	1	7	2	3	1	3	6	-	7	5	6	4
	1%	*	1%	1%	1%	1%	*	1%	-	*	1%	*	1%
								d					a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D1. Are you...?

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Male	979 49%	189 44%	94 44%	181 52%	164 49%	90 48%	88 51%	43 56%	130 54%	528 49%	261 53%	214 44%	258 45%	364 53%	117 54%	388 46%	387 49%	157 53%
				a				a	ab		ab			ab	ab			a
Female	1018 51%	237 55%	120 56%	168 48%	170 51%	99 52%	84 49%	33 44%	108 45%	557 51%	225 46%	269 55%	309 54%	322 47%	98 46%	451 54%	392 50%	136 46%
		hj	hj									cd	cd			c		
Other	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Prefer not to say	12 1%	6 1%	-	2 1%	1 *	-	-	-	3 1%	3 *	3 1%	4 1%	4 1%	1 *	-	2 *	5 1%	1 *
		i							i									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D1. Are you...?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Male

Female

Other

Prefer not to say

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Male	979	275	431	256	414	335
	49%	49%	52%	44%	51%	52%
		c	c			
Female	1018	278	395	331	402	305
	51%	50%	48%	56%	49%	48%
			ab			
Other	-	-	-	-	-	-
	-	-	-	-	-	-
Prefer not to say	12	4	3	1	3	1
	1%	1%	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	26	14	11	26	-	-	-	4	4	4	1	2	5	3	3
	1%	1%	1%	4%	-	-	-	1%	2%	2%	1%	1%	1%	1%	1%
				bc											
18-24	244	126	115	244	-	-	14	24	25	24	21	17	62	40	17
	12%	13%	11%	40%	-	-	14%	9%	13%	11%	12%	8%	20%	12%	8%
				bc									bcd efhi		
25-34	336	164	172	336	-	-	22	37	34	34	35	38	65	46	26
	17%	17%	17%	55%	-	-	22%	14%	17%	16%	20%	17%	21%	14%	13%
				bc			i						bhi		
35-44	316	171	143	-	316	-	15	40	37	29	27	27	63	48	28
	16%	17%	14%	-	48%	-	15%	15%	19%	14%	16%	12%	20%	15%	14%
					ac								f		
45-54	344	171	170	-	344	-	16	57	32	43	26	34	46	50	40
	17%	17%	17%	-	52%	-	17%	22%	16%	20%	15%	15%	15%	15%	20%
					ac			gh							
55-64	293	125	167	-	-	293	15	43	26	35	31	32	34	43	33
	15%	13%	16%	-	-	39%	16%	16%	13%	17%	18%	15%	11%	13%	16%
						ab		g		g	g				
65+	449	208	241	-	-	449	16	57	39	43	32	71	39	96	57
	22%	21%	24%	-	-	61%	16%	22%	20%	20%	18%	32%	12%	29%	28%
						ab		g	g	g		abcdeg		abcdeg	aeg
NET: 16-34	607	303	298	607	-	-	35	65	63	62	58	57	132	89	46
	30%	31%	29%	100%	-	-	36%	25%	32%	29%	33%	26%	42%	27%	23%
				bc			bi		i		bi		bcd efhi		
NET: 35-54	660	342	313	-	660	-	31	98	70	72	53	61	109	99	68
	33%	35%	31%	-	100%	-	32%	37%	35%	34%	31%	27%	35%	30%	33%
					ac			f							
NET: 55+	742	333	408	-	-	742	31	100	64	79	63	103	72	139	91
	37%	34%	40%	-	-	100%	32%	38%	33%	37%	36%	47%	23%	42%	44%
						ab		g	g	g	g	aceg		cg	acg
Base for stats	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
Mean Score	46.72	46.00	47.56	25.70	44.03	66.31	44.66	48.34	44.92	46.61	45.44	50.76	40.55	48.94	50.04
			a		a	ab	g	cg	g	g	g	acdeg		aceg	aceg
Standard Deviation	17.760	17.855	17.631	5.325	5.707	7.074	17.555	17.172	16.949	17.477	17.765	17.617	16.920	18.356	17.480
Standard Error	.396	.570	.553	.211	.219	.270	1.713	1.003	1.184	1.186	1.317	1.306	.924	1.039	1.310
Error variance	.16	.32	.31	.04	.05	.07	2.94	1.01	1.40	1.41	1.73	1.71	.85	1.08	1.72

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	26 1%	2 1%	1 *	15 3%	2 1%	2 1%	4 1%	18 2%	8 1%	11 1%	3 6%	5 4%	6 8%	-	-	14 5%
				bdfgh				b			a	a	a			a
18-24	244 12%	21 13%	58 12%	79 18%	33 14%	32 15%	22 4%	158 15%	86 9%	151 9%	12 24%	34 26%	30 37%	2 10%	2 25%	79 28%
		f	f	bfh	fh	fh		fh	f		a	a	a			a
25-34	336 17%	31 20%	97 20%	76 17%	42 18%	51 24%	39 8%	204 19%	132 14%	262 16%	11 22%	35 26%	16 20%	5 28%	1 9%	68 24%
		f	fh	f	f	cfh		fh	f			a				a
35-44	316 16%	38 24%	106 22%	70 16%	35 15%	32 15%	35 7%	214 20%	102 11%	245 15%	10 22%	36 27%	13 16%	3 17%	1 14%	63 22%
		cdefh	cdefh	fh	f	f		fh	f			a				a
45-54	344 17%	32 20%	91 19%	76 17%	51 22%	47 22%	47 10%	199 18%	145 16%	300 18%	6 13%	13 9%	10 13%	4 23%	3 40%	36 13%
		f	f	f	fh	fh		f	f		cg					
55-64	293 15%	19 12%	60 12%	79 18%	29 12%	38 18%	67 14%	159 15%	134 15%	275 16%	4 9%	5 4%	3 4%	1 6%	1 11%	15 5%
				b		b				cdg						
65+	449 22%	17 10%	69 14%	49 11%	39 17%	7 3%	268 56%	135 12%	314 34%	437 26%	2 4%	5 4%	2 3%	3 16%	-	12 4%
		e	e	e	ce		abcdegh	e	abcdeg	bcdg						
NET: 16-34	607 30%	54 34%	157 32%	170 38%	77 33%	85 41%	65 13%	380 35%	227 25%	425 25%	25 53%	74 56%	52 65%	7 37%	3 34%	161 56%
		fh	fh	fh	fh	bfh		fh	f		a	a	a			a
NET: 35-54	660 33%	69 44%	197 41%	146 33%	86 37%	80 38%	82 17%	413 38%	247 27%	545 32%	16 34%	48 36%	23 29%	8 40%	4 55%	100 35%
		cfh	cfh	fh	fh	fh		fh	f							
NET: 55+	742 37%	36 23%	130 27%	128 29%	68 29%	46 22%	335 70%	293 27%	449 49%	712 42%	6 13%	10 8%	5 6%	4 23%	1 11%	27 9%
				e			abcdegh		abcdeg	bcdg						
Base for stats	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
Mean Score	46.72	42.33	43.93	41.89	44.37	41.12	58.99	42.86	51.26	49.18	35.11	34.01	31.03	42.79	39.19	34.09
			e		e		abcdegh		abcdeg	bcdg						
Standard Deviation	17.760	15.760	16.075	16.758	16.819	14.568	16.954	16.327	18.308	17.395	14.713	13.092	13.697	15.228	14.738	13.943
Standard Error	.396	1.258	.744	.798	1.081	.971	.776	.500	.596	.427	2.021	1.106	1.522	3.323	5.211	.801
Error variance	.16	1.58	.55	.64	1.17	.94	.60	.25	.36	.18	4.08	1.22	2.32	11.04	27.15	.64

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	26 1%	10 1%	2 1%	8 3% a	10 2%	- -	- -	3 *	- -	1 2%	2 3%	1 1%	18 17%	1 1%	1 *	- -
										dk	cdjk	abcdefgijk				
18-24	244 12%	143 11%	47 13%	24 8% a	72 11%	6 8%	35 29%	46 7%	37 16%	3 6%	6 11%	21 18%	74 71%	13 7%	2 1%	41 20%
						j	acdefgij	j	cij	j	j	acij	abcdefgijk	j		aceij
25-34	336 17%	150 12%	85 23% a	86 28% a	171 26% a	23 29%	31 25%	154 24%	49 21%	6 11%	5 8%	27 22%	7 6%	34 18%	1 *	54 27%
						efhij	efhj	efhj	fhj	j	j	fhj	j	hj		efhij
35-44	316 16%	96 8%	92 25% a	111 37% ab	202 30% a	15 20%	27 22% hj	163 25%	40 17%	8 15%	6 11%	18 15%	3 3%	33 17%	1 *	43 21%
						hj	hj	dfghij	hj	hj	hj	hj	j	hj		hj
45-54	344 17%	173 14%	89 24% a	62 21% a	151 23% a	12 15%	16 13% hj	162 25%	43 18%	18 35%	9 16%	24 20%	3 3%	52 27%	5 1%	28 14%
						hj	hj	bdhjk	hj	abdfghjk	hj	hj		abdijk		hj
55-64	293 15%	240 19% bcd	39 11% cd	7 2%	46 7% c	12 16%	11 9% h	97 15%	29 12%	8 15%	16 27%	18 15%	- -	48 24%	54 13%	23 12%
						h	h	h	h	h	bcdhjk	h		bcdghjk	h	h
65+	449 22%	432 35% bcd	9 3%	4 1%	13 2%	10 13%	2 1%	16 2%	36 15%	7 15%	14 24%	10 8%	- -	13 7%	342 84%	12 6%
						bch			bchik	bchk	bcghik	bch		bch	abcdefghik	bch
NET: 16-34	607 30%	303 24%	135 37% a	118 39% a	252 38% a	29 36%	66 54%	203 32%	86 37%	10 20%	13 22%	49 41%	99 94%	49 25%	4 1%	95 47%
						ej	acdefgij	j	efij	j	j	cefij	abcdefgijk	j		cefij
NET: 35-54	660 33%	269 22%	181 50% a	173 57% a	354 53% a	28 35%	43 36%	325 51%	83 36%	25 50%	15 27%	42 35%	6 6%	85 44%	6 1%	71 35%
						hj	hj	abdfghjk	hj	fhj	hj	hj	j	fhj		hj

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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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 55+	742	672	49	11	60	23	12	112	65	15	30	28	-	61	396	35
	37%	54%	13%	4%	9%	29%	10%	18%	28%	30%	51%	24%	-	31%	98%	17%
		bcd	cd	c		bchk	h	bh	bchk	bchk	abcdeghik	bh		bchk	abcdeghik	h
Base for stats	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
Mean Score	46.72	52.04	39.72	36.96	38.47	44.41	35.03	41.59	43.20	47.21	49.92	40.99	21.14	46.10	68.88	38.73
		bcd	c			bhk	h	bhk	bhk	bcghk	bcdghk	bh		bcghk	abcdeghik	bh
Standard Deviation	17.760	18.597	12.667	10.013	11.615	16.897	12.439	12.141	16.127	14.908	17.059	15.775	6.483	14.848	7.723	15.042
Standard Error	.396	.509	.730	.628	.493	1.913	1.104	.476	1.066	2.108	2.221	1.378	.605	1.047	.402	1.051
Error variance	.16	.26	.53	.39	.24	3.66	1.22	.23	1.14	4.45	4.93	1.90	.37	1.10	.16	1.10

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
16-17	26 1%	2 *	- -	3 2% abf	- -	3 1% *	2 *	- -	2 1% af	- -	4 1% af	- -	1 *	7 1%	13 3% ab	6 6% abe	26 2%	
18-24	244 12%	52 10%	37 10%	25 18% abf	5 17%	62 12%	57 10%	50 9%	43 16% acf	17 9%	11 21% acf	60 13% a	60 10%	16 5% a	103 9% abe	91 19% abce	34 38% ab	228 14%
25-34	336 17%	120 23% c	86 23% c	20 15%	7 22%	106 21%	127 23% c	125 23%	68 26% c	32 17%	12 23%	100 22%	137 23%	42 13%	176 16%	105 21% ab	14 15%	295 17% a
35-44	316 16%	103 20%	96 26% af	30 22%	9 29%	126 25%	112 20%	116 21%	67 25%	41 22%	11 21%	108 24%	127 21%	33 10%	140 13% abde	133 27% abde	9 10%	282 17% ab
45-54	344 17%	120 23%	87 24%	23 17%	5 15%	111 22%	124 23%	136 25% c	58 22%	31 17%	7 14%	90 20%	143 24% c	47 15%	184 17%	98 20% a	15 17%	297 18%
55-64	293 15%	92 18% be	41 11%	15 11%	5 17%	56 11%	97 18% be	87 16% be	24 9%	28 15% b	11 21% be	51 11% be	98 16% be	57 18% cd	188 17% cde	41 8% cde	7 7% cde	236 14% c
65+	449 22%	29 6%	22 6%	20 15% abdef	- -	41 8%	29 5%	32 6% b	5 2%	36 19% abdef	- -	41 9% bdf	32 5% b	127 39% bcde	307 28% cde	9 2% cde	7 7% cde	322 19% cd
NET: 16-34	607 30%	174 34%	124 34%	47 35%	12 39%	171 34%	186 34%	175 32%	113 42% acf	51 27%	22 44% c	163 36% c	197 33%	59 18%	286 26% a	208 43% abe	54 59% abce	549 33% ab
NET: 35-54	660 33%	223 43%	183 50% c	53 40%	13 44%	236 47%	236 43%	252 46%	126 47%	72 39%	18 35%	197 44%	270 45%	80 25%	324 29% abde	231 47% abde	24 27% abde	580 34% ab
NET: 55+	742 37%	121 23% b	63 17%	34 26% b	5 17%	97 19%	126 23% b	119 22% b	29 11%	63 34% abef	11 21% b	92 20% b	130 22% b	184 57% bcde	494 45% cde	50 10% cde	13 14% cde	558 33% cd
Base for stats	2009	518	369	135	31	504	549	267	186	51	453	597	323	1105	490	91	1686	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	46.72	42.56	41.33	41.97	38.42	41.50	42.32	42.62	38.07	45.92	39.20	41.29	42.33	54.93	49.55	37.17	34.67	45.14
								b		abdef		b	b	bcde	cde			cd
Standard Deviation	7.760	13.690	12.993	16.338	13.028	13.950	13.676	13.280	11.950	16.566	13.997	14.537	13.365	17.419	17.521	12.743	17.890	17.393
Standard Error	.396	.599	.678	1.396	2.234	.621	.580	.563	.738	1.231	1.870	.691	.540	.943	.525	.592	1.886	.426
Error variance	.16	.36	.46	1.95	4.99	.39	.34	.32	.55	1.52	3.50	.48	.29	.89	.28	.35	3.56	.18

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	26 1%	1 *	21 2%	7 2% b	- -	2 3% b	14 1% b	9 1% b	- -	21 1%	6 1%	19 1%	4 1%
18-24	244 12%	52 16%	160 12%	47 17% bdf	28 8%	13 17% bf	143 11%	83 13% bf	4 5%	208 13% b	36 9%	169 10%	65 19% a
25-34	336 17%	72 22% b	215 17%	64 23% bdef	33 9%	16 22% b	226 17% b	103 16% b	8 11%	276 17%	60 15%	246 15%	84 25% a
35-44	316 16%	76 23% b	197 15%	54 19% b	39 11%	13 17%	213 16% b	92 14%	12 16%	267 17% b	48 12%	250 15%	59 18%
45-54	344 17%	56 17%	229 18%	62 22% bce	59 16%	7 10%	227 17%	104 16%	23 30% bcde	278 17%	67 16%	281 17%	61 18%
55-64	293 15%	29 9%	202 16% a	33 12%	74 20% ade	10 14%	193 15%	97 15%	19 24% ade	225 14%	67 17%	267 16% b	24 7%
65+	449 22%	47 14%	272 21% a	14 5%	135 37% acdef	13 18% a	295 22% a	150 23% a	11 14% a	325 20%	124 30% a	411 25% b	38 11%
NET: 16-34	607 30%	126 38% b	395 31%	118 42% bdef	62 17%	31 42% bdf	383 29% bf	195 31% bf	12 16%	505 32% b	102 25%	434 26%	153 46% a
NET: 35-54	660 33%	132 40% b	426 33%	116 41% bcde	98 27%	20 27%	441 34% b	196 31% bcde	36 46% bcde	545 34% b	115 28%	532 32%	120 36%
NET: 55+	742 37%	76 23%	474 37% a	47 17%	209 57% acdef	23 32% a	489 37% a	246 39% a	30 39% a	550 34% a	191 47% a	678 41% b	62 19%
Base for stats	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D2. How old are you?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Mean Score	46.72	41.79	46.37	39.60	54.39	42.39	47.01	47.04	50.64	45.67	50.85	48.42	39.74
			a		acde		ac	ac	ac		a	b	
Standard Deviation	17.760	16.247	17.529	15.397	17.167	17.615	17.464	18.236	16.033	17.385	18.615	17.621	16.465
Standard Error	.396	.903	.490	.895	.902	2.048	.484	.720	1.760	.433	.934	.438	.870
Error variance	.16	.81	.24	.80	.81	4.19	.23	.52	3.10	.19	.87	.19	.76

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D2. How old are you?

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
16-17	26 1%	6 1%	2 1%	6 2%	6 2%	4 2%	- -	- -	3 1%	18 2%	3 1%	6 1%	10 2%	4 1%	2 1%	6 1%	13 2%	5 2%
18-24	244 12%	23 5%	31 15%	55 16%	52 16%	33 17%	19 11%	10 13%	21 9%	171 16%	50 10%	55 11%	84 15%	67 10%	20 9%	69 8%	119 15%	34 11%
25-34	336 17%	43 10%	40 18%	75 21%	74 22%	35 19%	28 16%	9 12%	32 13%	224 21%	69 14%	69 14%	108 19%	122 18%	29 14%	122 14%	160 20%	43 15%
35-44	316 16%	50 12%	24 11%	48 14%	62 19%	33 17%	42 24%	17 23%	39 16%	167 15%	98 20%	74 15%	109 19%	90 13%	39 18%	121 14%	132 17%	51 17%
45-54	344 17%	85 20%	38 18%	48 14%	50 15%	34 18%	27 16%	13 17%	49 20%	171 16%	88 18%	110 23%	90 16%	107 16%	32 15%	143 17%	126 16%	62 21%
55-64	293 15%	76 18%	41 19%	42 12%	32 10%	23 12%	29 17%	10 13%	39 16%	138 13%	79 16%	78 16%	67 12%	113 16%	33 15%	127 15%	106 13%	44 15%
65+	449 22%	148 34%	39 18%	76 22%	58 17%	26 14%	27 16%	16 21%	58 24%	199 18%	102 21%	96 20%	103 18%	185 27%	60 28%	253 30%	128 16%	55 19%
NET: 16-34	607 30%	72 17%	73 34%	136 39%	132 40%	72 38%	47 27%	19 25%	56 23%	413 38%	122 25%	130 27%	202 35%	192 28%	51 24%	197 23%	292 37%	81 28%
NET: 35-54	660 33%	136 31%	62 29%	96 27%	112 34%	67 36%	68 40%	30 40%	88 36%	338 31%	186 38%	184 38%	200 35%	197 29%	71 33%	264 31%	258 33%	113 39%
NET: 55+	742 37%	224 52%	80 37%	118 34%	90 27%	49 26%	56 33%	26 35%	98 41%	337 31%	180 37%	174 36%	170 30%	298 43%	93 43%	380 45%	234 30%	99 34%
Base for stats	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
Mean Score	46.72	53.19	45.59	44.90	42.38	42.64	45.18	46.98	48.98	43.87	47.33	47.24	43.59	49.02	49.45	50.37	43.49	46.25
Standard Deviation	17.760	16.871	17.311	18.798	17.154	17.407	16.054	17.144	17.266	17.801	16.885	17.318	17.065	17.864	17.877	17.697	17.410	16.608
Standard Error	.396	.817	1.164	1.006	.939	1.263	1.221	1.954	1.117	.538	.764	.777	.708	.693	1.219	.631	.611	.931
Error variance	.16	.67	1.36	1.01	.88	1.59	1.49	3.82	1.25	.29	.58	.60	.50	.48	1.49	.40	.37	.87

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D2. How old are you?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

16-17

18-24

25-34

35-44

45-54

55-64

65+

NET: 16-34

NET: 35-54

NET: 55+

Base for stats

Mean Score

Standard Deviation

Standard Error

Error variance

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	Total	NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
16-17	26	10	8	7	8	7
	1%	2%	1%	1%	1%	1%
18-24	244	86	77	73	137	72
	12%	15%	9%	12%	17%	11%
		b			b	
25-34	336	125	117	90	166	140
	17%	22%	14%	15%	20%	22%
		bc				
35-44	316	95	116	99	186	92
	16%	17%	14%	17%	23%	14%
					b	
45-54	344	90	148	99	155	130
	17%	16%	18%	17%	19%	20%
55-64	293	59	149	83	98	98
	15%	11%	18%	14%	12%	15%
			ac			
65+	449	93	213	137	70	102
	22%	17%	26%	23%	9%	16%
			a	a		a
NET: 16-34	607	221	201	170	311	218
	30%	40%	24%	29%	38%	34%
		bc				
NET: 35-54	660	185	265	198	341	222
	33%	33%	32%	34%	42%	35%
					b	
NET: 55+	742	152	363	220	168	200
	37%	27%	44%	37%	20%	31%
			ac	a		a
Base for stats	2009	558	829	588	819	641
Mean Score	46.72	42.72	49.42	47.06	40.79	44.72
			ac	a		a
Standard Deviation	17.760	17.278	17.343	17.892	15.321	16.375
Standard Error	.396	.733	.604	.735	.532	.646
Error variance	.16	.54	.37	.54	.28	.42

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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%		a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	42	54	35	31	31	98	-	-	-	-	-	-	-	-
	5%	4%	5%	6%	5%	4%	100%	-	-	-	-	-	-	-	-
							bcdefghi								
North West	263	136	125	65	98	100	-	263	-	-	-	-	-	-	-
	13%	14%	12%	11%	15%	13%	-	100%	-	-	-	-	-	-	-
					a			acdefghi							
Yorkshire and the Humber	197	101	95	63	70	64	-	-	197	-	-	-	-	-	-
	10%	10%	9%	10%	11%	9%	-	-	100%	-	-	-	-	-	-
									abdefghi						
West Midlands	213	95	114	62	72	79	-	-	-	213	-	-	-	-	-
	11%	10%	11%	10%	11%	11%	-	-	-	100%	-	-	-	-	-
										abcefghi					
East Midlands	174	75	97	58	53	63	-	-	-	-	174	-	-	-	-
	9%	8%	10%	9%	8%	8%	-	-	-	-	100%	-	-	-	-
											abcdfghi				
East of England	222	114	108	57	61	103	-	-	-	-	-	222	-	-	-
	11%	12%	11%	9%	9%	14%	-	-	-	-	-	100%	-	-	-
						ab						abcdeghi			
London	313	166	147	132	109	72	-	-	-	-	-	-	313	-	-
	16%	17%	14%	22%	16%	10%	-	-	-	-	-	-	100%	-	-
				bc	c								abcdefhi		
South East	327	141	184	89	99	139	-	-	-	-	-	-	-	327	-
	16%	14%	18%	15%	15%	19%	-	-	-	-	-	-	-	100%	-
			a											abcdefgi	
South West	205	108	95	46	68	91	-	-	-	-	-	-	-	-	205
	10%	11%	9%	8%	10%	12%	-	-	-	-	-	-	-	-	100%
						a									abcdefgh
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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
2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
2009	979	1018	607	660	742	98	263	197	213	174	222	313	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: 23rd October - 26th October 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98 5%	10 6%	17 4%	18 4%	12 5%	16 8% bg	25 5%	45 4%	53 6%	85 5%	4 8% d	5 4%	1 1%	-	-	9 3%
North West	263 13%	19 12%	57 12%	64 14%	33 15%	26 12%	64 13%	140 13%	123 13%	231 14% dg	5 10%	13 10%	5 6%	1 4%	2 21%	25 9%
Yorkshire and the Humber	197 10%	8 5%	44 9%	38 8%	24 10%	26 12% ag	57 12% ag	90 8%	107 12% ag	175 10% dg	3 5%	13 9%	2 3%	1 4%	-	18 6%
West Midlands	213 11%	12 7%	45 9%	45 10%	26 11%	22 10%	63 13% g	102 9%	111 12%	171 10%	4 8%	20 15%	10 12%	2 8%	3 44%	38 13%
East Midlands	174 9%	12 7%	35 7%	39 9%	17 7%	26 12% bg	46 9%	86 8%	88 10%	152 9%	5 10%	8 6%	4 5%	1 7%	1 11%	19 7%
East of England	222 11%	11 7%	49 10%	52 12%	28 12%	19 9%	63 13% a	112 10%	110 12%	203 12% cg	2 5%	7 5%	5 7%	1 6%	-	16 6%
London	313 16%	46 29% cdefgh	104 22% cdefh	73 16% efh	28 12%	21 10%	40 8%	223 21% defh	89 10%	179 11%	17 35% a	48 36% a	43 54% abc	11 57%	1 14%	121 42% a
South East	327 16%	24 15%	85 18%	76 17%	36 16%	30 14%	76 16%	185 17%	142 15%	298 18% cdg	5 10%	10 8%	6 7%	3 14%	1 10%	24 8%
South West	205 10%	18 11%	47 10%	40 9%	26 11%	24 11%	50 10%	105 10%	100 11%	188 11% g	4 8%	9 6%	5 6%	-	-	17 6%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98 5%	59 5%	23 6%	9 3%	32 5%	2 3%	5 4%	31 5%	12 5%	1 3%	3 6%	7 6%	3 3%	16 8%	17 4%	8 4%
North West	263 13%	163 13%	48 13%	42 14%	90 13%	6 8%	13 11%	93 14%	31 13%	9 17%	5 8%	18 15%	8 7%	22 11%	58 14%	20 10%
Yorkshire and the Humber	197 10%	116 9%	50 14%	20 7%	70 11%	5 6%	8 7%	62 10%	18 8%	6 11%	7 12%	17 14%	18 17%	18 9%	40 10%	13 6%
West Midlands	213 11%	129 10%	35 10%	40 13%	75 11%	10 12%	14 12%	53 8%	30 13%	5 9%	5 8%	13 11%	12 12%	30 15%	42 10%	24 12%
East Midlands	174 9%	114 9%	30 8%	22 7%	52 8%	6 7%	12 10%	53 8%	15 6%	2 4%	8 15%	10 8%	9 9%	27 14%	32 8%	18 9%
East of England	222 11%	156 13%	24 7%	30 10%	54 8%	9 11%	13 11%	73 11%	25 11%	6 11%	2 4%	10 8%	5 5%	19 10%	61 15%	22 11%
London	313 16%	174 14%	59 16%	59 20%	118 18%	20 25%	29 24%	117 18%	33 14%	9 18%	10 17%	18 15%	28 26%	17 9%	32 8%	48 24%
South East	327 16%	213 17%	59 16%	43 14%	102 15%	15 19%	19 16%	96 15%	40 17%	6 13%	9 15%	19 16%	16 15%	30 15%	76 19%	34 17%
South West	205 10%	121 10%	37 10%	36 12%	74 11%	7 9%	8 6%	63 10%	31 13%	7 13%	9 15%	8 7%	7 6%	18 9%	48 12%	14 7%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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											
	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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	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: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98 5%	31 6% e	12 3%	4 3%	2 5%	16 3%	33 6% e	31 6% b	6 2%	10 5%	2 5%	16 4%	33 6% b	19 6%	53 5%	19 4%	7 7%	79 5%
North West	263 13%	74 14%	48 13%	15 11%	5 15%	63 13%	79 14%	80 15%	31 12%	25 13%	5 10%	56 12%	85 14%	39 12%	146 13%	67 14%	11 12%	224 13%
Yorkshire and the Humber	197 10%	43 8%	32 9%	17 13%	3 10%	49 10%	46 8%	44 8%	22 8%	24 13%	6 12%	46 10%	50 8%	31 10%	122 11% c	36 7%	8 8%	166 10%
West Midlands	213 11%	55 11%	27 7%	17 13% b	4 14%	45 9%	59 11%	48 9%	34 13%	15 8%	4 8%	49 11%	52 9%	36 11%	109 10%	55 11%	13 14%	177 10%
East Midlands	174 9%	46 9%	26 7%	12 9%	2 6%	38 8%	47 9%	46 8%	19 7%	13 7%	6 13%	32 7%	53 9%	30 9%	104 9%	32 6%	7 8%	143 9%
East of England	222 11%	60 12%	44 12%	11 8%	1 4%	55 11%	61 11%	58 11%	36 14%	18 9%	3 7%	54 12%	62 10%	38 12%	129 12%	47 10%	8 9%	184 11%
London	313 16%	63 12%	91 25% af	28 21% af	10 33% af	119 24% af	73 13% af	84 15%	59 22% a	30 16%	18 36% abcef	89 20%	102 17%	41 13%	151 14%	100 20% abe	21 23% ab	271 16%
South East	327 16%	85 16%	56 15%	19 14%	2 5%	75 15%	86 16%	94 17% d	41 15% d	25 14%	2 4%	66 15% d	96 16% d	53 16% d	181 16% d	85 17% d	7 8%	273 16% d
South West	205 10%	61 12%	34 9%	11 8%	2 7%	45 9%	63 11%	60 11%	18 7%	27 15% b	3 6%	45 10%	63 11%	35 11%	109 10%	49 10%	11 12%	170 10%
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	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: 23rd October - 26th October 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		
	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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98	14	61	13	24	5	56	38	5	78	20	74	20
	5%	4%	5%	5%	7%	7%	4%	6%	6%	5%	5%	5%	6%
North West	263	48	170	52	47	7	163	91	14	221	42	219	39
	13%	15%	13%	18%	13%	9%	12%	14%	19%	14%	10%	13%	12%
Yorkshire and the Humber	197	27	133	33	37	4	121	67	8	155	42	162	33
	10%	8%	10%	12%	10%	6%	9%	10%	10%	10%	10%	10%	10%
West Midlands	213	41	130	25	36	10	144	63	8	170	43	178	31
	11%	12%	10%	9%	10%	13%	11%	10%	10%	11%	10%	11%	9%
East Midlands	174	30	108	26	35	9	110	58	10	120	53	144	29
	9%	9%	8%	9%	10%	12%	8%	9%	13%	8%	13%	9%	9%
East of England	222	36	142	26	45	9	142	73	7	155	67	193	25
	11%	11%	11%	9%	12%	12%	11%	11%	9%	10%	16%	12%	7%
London	313	69	185	36	41	11	220	80	5	303	10	226	80
	16%	21%	14%	13%	11%	15%	17%	13%	6%	19%	2%	14%	24%
		b					bef			b		b	a
South East	327	36	230	45	65	8	218	103	15	258	69	274	51
	16%	11%	18%	16%	18%	11%	17%	16%	20%	16%	17%	17%	15%
		a											
South West	205	33	137	25	37	11	138	65	6	142	63	174	28
	10%	10%	11%	9%	10%	15%	10%	10%	8%	9%	15%	11%	8%
											a		
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-
	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	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: 23rd October - 26th October 2020

D3. Which of the following describes where you live?

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
North East	98 5%	22 5%	12 6%	18 5%	17 5%	11 6%	7 4%	1 1%	9 4%	58 5%	18 4%	27 5%	27 5%	30 4%	8 4%	4 *	78 10%	10 3%
North West	263 13%	58 14%	26 12%	42 12%	38 11%	24 13%	25 14%	14 18%	35 15%	130 12%	74 15%	73 15%	74 13%	79 11%	31 15%	15 2%	40 5%	205 70%
Yorkshire and the Humber	197 10%	48 11%	22 10%	37 10%	26 8%	13 7%	16 10%	3 4%	30 13%	98 9%	50 10%	54 11%	61 11%	51 7%	23 11%	39 5%	107 14%	45 15%
West Midlands	213 11%	48 11%	26 12%	33 9%	37 11%	27 15%	18 11%	6 8%	17 7%	124 11%	41 8%	44 9%	74 13%	69 10%	21 10%	90 11%	102 13%	9 3%
East Midlands	174 9%	39 9%	15 7%	37 10%	34 10%	9 5%	17 10%	6 7%	18 7%	95 9%	40 8%	41 8%	49 9%	63 9%	15 7%	76 9%	83 11%	4 1%
East of England	222 11%	62 14%	16 8%	35 10%	36 11%	23 12%	9 5%	9 11%	32 13%	110 10%	50 10%	55 11%	48 8%	84 12%	28 13%	137 16%	70 9%	3 1%
London	313 16%	44 10%	35 16%	55 16%	62 18%	34 18%	26 15%	20 26%	35 15%	187 17%	82 17%	81 17%	83 15%	111 16%	33 15%	34 4%	246 31%	16 5%
South East	327 16%	72 17%	36 17%	61 17%	48 14%	26 14%	29 17%	17 22%	38 16%	171 16%	84 17%	64 13%	104 18%	122 18%	32 15%	266 32%	43 6%	2 1%
South West	205 10%	37 9%	25 12%	33 9%	37 11%	20 11%	24 14%	1 1%	26 11%	116 11%	52 11%	49 10%	52 9%	78 11%	24 11%	181 21%	14 2%	-
Scotland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Wales	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D3. Which of the following describes where you live?

BASE: All respondents

Significance Level: 95%

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
North East	98	21	45	31	34	32
	5%	4%	5%	5%	4%	5%
North West	263	68	104	90	94	83
	13%	12%	13%	15%	11%	13%
Yorkshire and the Humber	197	47	88	57	74	65
	10%	8%	11%	10%	9%	10%
West Midlands	213	56	91	59	78	72
	11%	10%	11%	10%	9%	11%
East Midlands	174	48	69	53	74	53
	9%	9%	8%	9%	9%	8%
East of England	222	55	102	63	82	75
	11%	10%	12%	11%	10%	12%
London	313	108	103	96	179	73
	16%	19%	12%	16%	22%	11%
		b		b	b	
South East	327	99	139	84	131	106
	16%	18%	17%	14%	16%	17%
South West	205	57	89	55	73	81
	10%	10%	11%	9%	9%	13%
						a
Scotland	-	-	-	-	-	-
	-	-	-	-	-	-
Wales	-	-	-	-	-	-
	-	-	-	-	-	-
Northern Ireland	-	-	-	-	-	-
	-	-	-	-	-	-
Outside of the UK	-	-	-	-	-	-
	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D3.1. Which of the three COVID-19 tiers is the area where you live currently classed as? If you're not sure what Tier you are in, please read the information below. All areas not mentioned below are currently in tier 1 The following areas are currently in tier 2: Cheshire, Warrington, Derbyshire, Lancashire, West Yorkshire, York, North East, Tess Valley, West Midlands, Leicester, Nottingham, London and Essex The following areas are currently in tier 3: Blackburn with Darwen, Blackpool, Burnley, Chorley, Fylde, Greater Manchester, Hyndburn, Lancaster, Pendle, Preston, Ribble Valley, Rossendale, South Ribble, West Lancashire, Liverpool and Wyre, South Yorkshire Greater Manchester is Tier 3 as of Friday 23rd and South Yorkshire is Tier 3 as of Saturday 24th October.

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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Tier 1 - Medium	841 42%	388 40%	451 44%	197 33%	264 40%	380 51%	4 4%	15 6%	39 20%	90 42%	76 44%	137 62%	34 11%	266 81%	181 88%
			a		a	ab			abg	abcg	abcg	abcdeg	ab	abcdefg	abcdefg
Tier 2 - High	784 39%	387 40%	392 39%	292 48%	258 39%	234 32%	78 80%	40 15%	107 55%	102 48%	83 48%	70 31%	246 79%	43 13%	14 7%
				bc	c		bcdefhi	i	bfhi	bfhi	bfhi	bhi	bcdefhi	i	
Tier 3 - Very high	294 15%	157 16%	136 13%	81 13%	113 17%	99 13%	10 10%	205 78%	45 23%	9 4%	4 2%	3 1%	16 5%	2 1%	-
					c		defhi	acdefghi	adefghi	hi	i		fhi		-
Don't know	90 4%	47 5%	39 4%	36 6%	25 4%	29 4%	6 6%	2 1%	5 3%	11 5%	11 6%	12 6%	16 5%	15 5%	10 5%
							b			b	b	b	b	b	b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D3.1. Which of the three COVID-19 tiers is the area where you live currently classed as? If you're not sure what Tier you are in, please read the information below. All areas not mentioned below are currently in tier 1 The following areas are currently in tier 2: Cheshire, Warrington, Derbyshire, Lancashire, West Yorkshire, York, North East, Tess Valley, West Midlands, Leicester, Nottingham, London and Essex The following areas are currently in tier 3: Blackburn with Darwen, Blackpool, Burnley, Chorley, Fylde, Greater Manchester, Hyndburn, Lancaster, Pendle, Preston, Ribble Valley, Rossendale, South Ribble, West Lancashire, Liverpool and Wyre, South Yorkshire Greater Manchester is Tier 3 as of Friday 23rd and South Yorkshire is Tier 3 as of Saturday 24th October.

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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Tier 1 - Medium	841 42%	65 41%	210 43%	159 36%	100 44%	84 40%	222 46%	435 40%	407 44%	768 46%	13 27%	37 28%	14 17%	3 15%	3 42%	70 24%
			c				cg		c	bcdg						
Tier 2 - High	784 39%	68 43%	195 40%	187 42%	84 36%	80 38%	170 35%	450 41%	334 36%	603 36%	26 54%	76 57%	49 61%	13 67%	1 11%	165 57%
				fh			fh		a		a	a			a	
Tier 3 - Very high	294 15%	20 12%	66 14%	72 16%	38 17%	34 16%	64 13%	158 15%	136 15%	250 15%	5 11%	15 11%	11 13%	3 18%	3 34%	37 13%
Don't know	90 4%	6 4%	12 2%	26 6%	8 4%	13 6%	25 5%	44 4%	46 5%	61 4%	4 8%	5 4%	7 8%	-	1 13%	16 6%
				b		b	b		b			a				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D3.1. Which of the three COVID-19 tiers is the area where you live currently classed as? If you're not sure what Tier you are in, please read the information below. All areas not mentioned below are currently in tier 1 The following areas are currently in tier 2: Cheshire, Warrington, Derbyshire, Lancashire, West Yorkshire, York, North East, Tess Valley, West Midlands, Leicester, Nottingham, London and Essex The following areas are currently in tier 3: Blackburn with Darwen, Blackpool, Burnley, Chorley, Fylde, Greater Manchester, Hyndburn, Lancaster, Pendle, Preston, Ribble Valley, Rossendale, South Ribble, West Lancashire, Liverpool and Wyre, South Yorkshire Greater Manchester is Tier 3 as of Friday 23rd and South Yorkshire is Tier 3 as of Saturday 24th October.

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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Tier 1 - Medium	841	558	130	129	258	35	34	254	104	22	29	40	25	86	213	68
	42%	45%	36%	43%	39%	44%	28%	40%	45%	42%	49%	34%	24%	44%	53%	34%
		bd				bh		bh	bghk	h	bghk			bhk	bcghk	
Tier 2 - High	784	473	158	111	269	36	66	260	87	18	22	51	54	72	118	102
	39%	38%	43%	37%	40%	45%	55%	41%	37%	36%	38%	43%	51%	37%	29%	51%
						j	cdefij	j	j			j	cdij			cdij
Tier 3 - Very high	294	167	67	49	116	6	19	107	32	10	3	21	15	23	60	25
	15%	13%	18%	16%	17%	7%	15%	17%	14%	19%	5%	18%	14%	12%	15%	12%
			a		a			af		f		af			f	
Don't know	90	47	10	13	23	3	3	20	11	2	4	6	12	14	15	6
	4%	4%	3%	4%	3%	4%	2%	3%	5%	3%	7%	5%	11%	7%	4%	3%
												bcdjk		ck		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D3.1. Which of the three COVID-19 tiers is the area where you live currently classed as? If you're not sure what Tier you are in, please read the information below. All areas not mentioned below are currently in tier 1 The following areas are currently in tier 2: Cheshire, Warrington, Derbyshire, Lancashire, West Yorkshire, York, North East, Tess Valley, West Midlands, Leicester, Nottingham, London and Essex The following areas are currently in tier 3: Blackburn with Darwen, Blackpool, Burnley, Chorley, Fylde, Greater Manchester, Hyndburn, Lancaster, Pendle, Preston, Ribble Valley, Rossendale, South Ribble, West Lancashire, Liverpool and Wyre, South Yorkshire Greater Manchester is Tier 3 as of Friday 23rd and South Yorkshire is Tier 3 as of Saturday 24th October.

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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Tier 1 - Medium	841	223	131	57	8	188	231	227	95	82	14	177	241	155	465	189	33	686
	42%	43%	35%	42%	26%	37%	42%	42%	35%	44%	27%	39%	40%	48%	42%	39%	36%	41%
		b				b		d		d		d		cde				
Tier 2 - High	784	201	169	55	17	225	218	217	123	72	28	195	244	117	417	214	36	667
	39%	39%	46%	41%	55%	45%	40%	40%	46%	39%	54%	43%	41%	36%	38%	44%	40%	40%
			a								ac				ab			
Tier 3 - Very high	294	79	58	18	5	76	84	85	41	26	9	67	94	37	175	70	12	257
	15%	15%	16%	13%	17%	15%	15%	16%	15%	14%	18%	15%	16%	11%	16%	14%	14%	15%
			a												a			
Don't know	90	14	11	5	1	16	15	17	8	6	1	13	18	15	48	17	10	75
	4%	3%	3%	3%	3%	3%	3%	3%	3%	3%	1%	3%	3%	5%	4%	4%	11%	4%
																abce		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D3.1. Which of the three COVID-19 tiers is the area where you live currently classed as? If you're not sure what Tier you are in, please read the information below. All areas not mentioned below are currently in tier 1 The following areas are currently in tier 2: Cheshire, Warrington, Derbyshire, Lancashire, West Yorkshire, York, North East, Tess Valley, West Midlands, Leicester, Nottingham, London and Essex The following areas are currently in tier 3: Blackburn with Darwen, Blackpool, Burnley, Chorley, Fylde, Greater Manchester, Hyndburn, Lancaster, Pendle, Preston, Ribble Valley, Rossendale, South Ribble, West Lancashire, Liverpool and Wyre, South Yorkshire Greater Manchester is Tier 3 as of Friday 23rd and South Yorkshire is Tier 3 as of Saturday 24th October.

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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Tier 1 - Medium	841	108	570	111	166	28	563	270	33	618	224	719	119
	42%	32%	44%	39%	45%	39%	43%	42%	43%	39%	55%	44%	36%
			a								a	b	
Tier 2 - High	784	146	503	106	132	30	526	235	30	660	124	628	146
	39%	44%	39%	38%	36%	41%	40%	37%	39%	41%	30%	38%	44%
										b			
Tier 3 - Very high	294	65	183	50	58	11	176	106	12	257	37	244	43
	15%	19%	14%	18%	16%	15%	13%	17%	16%	16%	9%	15%	13%
		b								b			
Don't know	90	14	40	14	12	4	47	27	2	67	24	53	27
	4%	4%	3%	5%	3%	5%	4%	4%	2%	4%	6%	3%	8%
												a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D3.1. Which of the three COVID-19 tiers is the area where you live currently classed as? If you're not sure what Tier you are in, please read the information below. All areas not mentioned below are currently in tier 1 The following areas are currently in tier 2: Cheshire, Warrington, Derbyshire, Lancashire, West Yorkshire, York, North East, Tess Valley, West Midlands, Leicester, Nottingham, London and Essex The following areas are currently in tier 3: Blackburn with Darwen, Blackpool, Burnley, Chorley, Fylde, Greater Manchester, Hyndburn, Lancaster, Pendle, Preston, Ribble Valley, Rossendale, South Ribble, West Lancashire, Liverpool and Wyre, South Yorkshire Greater Manchester is Tier 3 as of Friday 23rd and South Yorkshire is Tier 3 as of Saturday 24th October.

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Tier 1 - Medium	841	188	97	152	133	70	67	25	109	451	202	184	227	328	95	841	-	-
	42%	44%	45%	43%	40%	37%	39%	34%	45%	41%	41%	38%	40%	48%	44%	100%	-	-
														ab		bc		
Tier 2 - High	784	148	75	146	136	85	75	34	85	442	194	196	242	254	77	-	784	-
	39%	34%	35%	42%	41%	45%	43%	45%	35%	41%	40%	40%	42%	37%	36%	-	100%	-
				a		abh	a			a							ac	
Tier 3 - Very high	294	69	32	43	46	29	25	14	37	149	75	88	80	84	33	-	-	294
	15%	16%	15%	12%	14%	15%	14%	18%	15%	14%	15%	18%	14%	12%	15%	-	-	100%
												c						ab
Don't know	90	26	11	10	20	5	6	2	10	46	18	19	23	22	11	-	-	-
	4%	6%	5%	3%	6%	2%	3%	3%	4%	4%	4%	4%	4%	3%	5%	-	-	-
		c																

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D3.1. Which of the three COVID-19 tiers is the area where you live currently classed as? If you're not sure what Tier you are in, please read the information below. All areas not mentioned below are currently in tier 1 The following areas are currently in tier 2: Cheshire, Warrington, Derbyshire, Lancashire, West Yorkshire, York, North East, Tess Valley, West Midlands, Leicester, Nottingham, London and Essex The following areas are currently in tier 3: Blackburn with Darwen, Blackpool, Burnley, Chorley, Fylde, Greater Manchester, Hyndburn, Lancaster, Pendle, Preston, Ribble Valley, Rossendale, South Ribble, West Lancashire, Liverpool and Wyre, South Yorkshire Greater Manchester is Tier 3 as of Friday 23rd and South Yorkshire is Tier 3 as of Saturday 24th October.

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Tier 1 - Medium

Tier 2 - High

Tier 3 - Very high

Don't know

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Tier 1 - Medium	841	237	361	238	311	294
	42%	43%	44%	40%	38%	46%
					a	
Tier 2 - High	784	229	314	232	360	230
	39%	41%	38%	39%	44%	36%
					b	
Tier 3 - Very high	294	70	113	108	124	85
	15%	13%	14%	18%	15%	13%
					ab	
Don't know	90	21	41	11	24	31
	4%	4%	5%	2%	3%	5%
		c	c			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D4. Do you have any children aged 15 or under currently living in your household? If so, how old are they? 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1244	580	657	303	269	672	59	163	116	129	114	156	174	213	121
	62%	59%	64%	50%	41%	91%	60%	62%	59%	61%	66%	71%	56%	65%	59%
			a	b	ab					g	cdgi		g		
Yes - children aged 0 to 12 months	67	34	33	47	21	-	1	7	8	3	9	7	13	12	7
	3%	3%	3%	8%	3%	-	1%	3%	4%	2%	5%	3%	4%	4%	3%
				bc	c										
Yes - children aged 13 months to 4 years old	175	76	99	103	67	4	9	22	17	19	22	13	30	24	18
	9%	8%	10%	17%	10%	1%	9%	8%	9%	9%	13%	6%	10%	7%	9%
				bc	c						f				
Yes - children aged 5 to 10 years old	300	164	135	112	168	20	19	38	33	40	20	26	49	43	31
	15%	17%	13%	18%	25%	3%	20%	14%	17%	19%	11%	12%	16%	13%	15%
		b		c	ac		e			e					
Yes - children aged 11 to 15 years old	328	169	159	75	212	41	10	51	26	43	17	31	60	45	44
	16%	17%	16%	12%	32%	6%	10%	20%	13%	20%	10%	14%	19%	14%	22%
				c	ac			ae		aceh			ae		aceh
Prefer not to answer	99	57	37	52	37	10	7	10	11	9	8	12	21	12	11
	5%	6%	4%	9%	6%	1%	7%	4%	6%	4%	5%	5%	7%	4%	5%
		b		bc	c										
NET: Yes	666	341	324	252	354	60	32	90	70	75	52	54	118	102	74
	33%	35%	32%	42%	54%	8%	33%	34%	36%	35%	30%	24%	38%	31%	36%
				c	ac			f	f	f			f		f

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D4. Do you have any children aged 15 or under currently living in your household? If so, how old are they? 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1244	84	270	255	133	107	396	608	636	1100	32	56	28	12	3	132
	62%	53%	56%	57%	58%	51%	82%	56%	69%	65%	67%	42%	35%	64%	46%	46%
						abcdegh		abcdegh		cdg	cdg					
Yes - children aged 0 to 12 months	67	11	16	13	6	9	11	41	27	55	1	7	2	-	-	10
	3%	7%	3%	3%	3%	4%	2%	4%	3%	3%	3%	5%	3%	-	-	4%
		cdfh														
Yes - children aged 13 months to 4 years old	175	10	54	37	26	22	25	101	74	138	5	19	11	-	-	35
	9%	6%	11%	8%	12%	11%	5%	9%	8%	8%	9%	15%	14%	-	-	12%
			f		f	f		f				a				a
Yes - children aged 5 to 10 years old	300	28	90	62	41	50	29	180	120	239	6	25	21	4	1	57
	15%	17%	19%	14%	18%	24%	6%	17%	13%	14%	12%	19%	27%	19%	14%	20%
		f	fh	f	fh	cfgh		fh	f				ab			a
Yes - children aged 11 to 15 years old	328	42	95	68	40	50	32	206	122	258	6	25	27	2	3	63
	16%	27%	20%	15%	17%	24%	7%	19%	13%	15%	13%	18%	33%	12%	45%	22%
		cdfgh	fh	f	f	cfh		fh	f				abcg			a
Prefer not to answer	99	11	15	36	12	9	17	62	37	53	3	17	7	2	1	31
	5%	7%	3%	8%	5%	4%	3%	6%	4%	3%	7%	13%	9%	12%	9%	11%
		b		bfh				b				a	a			a
NET: Yes	666	64	198	154	86	95	69	416	250	529	13	60	45	5	3	126
	33%	40%	41%	35%	37%	45%	14%	38%	27%	31%	27%	45%	56%	24%	45%	44%
		fh	cfh	fh	fh	cfh		fh	f			ab	abg			ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D4. Do you have any children aged 15 or under currently living in your household? If so, how old are they? 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											
	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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1244	1244	-	-	-	38	59	327	122	27	42	76	56	106	390	97
	62%	100%	-	-	-	48%	48%	51%	52%	54%	74%	64%	53%	54%	96%	48%
		bcd									abcdehik	abcdk			abcdeghik	
Yes - children aged 0 to 12 months	67	-	25	43	67	7	11	21	9	3	1	6	1	8	-	18
	3%	-	7%	14%	10%	9%	9%	3%	4%	7%	2%	5%	1%	4%	-	9%
			a	ab	a	chj	chj	j	j	hj	j	j	j	j		cdhj
Yes - children aged 13 months to 4 years old	175	-	78	97	175	13	9	53	36	4	5	15	7	29	3	23
	9%	-	21%	32%	26%	17%	8%	8%	15%	7%	9%	13%	7%	15%	1%	11%
			a	ab	a	bchj	j	j	bchj	j	j	j	j	chj		j
Yes - children aged 5 to 10 years old	300	-	110	190	300	16	28	141	43	5	1	16	14	30	6	44
	15%	-	30%	63%	45%	20%	23%	22%	18%	9%	2%	13%	14%	15%	1%	22%
			a	abd	ab	fj	efgj	efghij	fj	j		fj	fj	fj		efgj
Yes - children aged 11 to 15 years old	328	-	151	176	328	10	24	147	49	11	6	8	22	45	4	34
	16%	-	42%	58%	49%	13%	20%	23%	21%	22%	10%	7%	21%	23%	1%	17%
			a	abd	ab	j	gj	afgj	gj	gj	j	j	gj	fgj		gj
Prefer not to answer	99	-	-	-	-	7	11	27	12	4	4	9	14	6	6	18
	5%	-	-	-	-	9%	9%	4%	5%	7%	7%	7%	13%	3%	1%	9%
						cij	cij	j	j	j	j	j	cdij			cij
NET: Yes	666	-	364	301	666	34	52	287	100	20	11	34	35	83	10	86
	33%	-	100%	100%	100%	43%	43%	45%	43%	39%	19%	28%	34%	42%	2%	43%
			a	a	a	fgj	fgj	fghj	fgj	fj	j	j	j	fgj		fgj

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D4. Do you have any children aged 15 or under currently living in your household? If so, how old are they? 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1244	278	183	75	13	259	291	313	110	101	25	211	338	307	795	115	26	937
	62%	54%	50%	56%	41%	51%	53%	57%	41%	55%	48%	47%	57%	95%	72%	24%	28%	56%
								be		b		be	b	b	cde		cd	
Yes - children aged 0 to 12 months	67	20	19	2	2	21	22	16	15	9	3	24	19	1	25	35	6	66
	3%	4%	5%	2%	7%	4%	4%	3%	6%	5%	6%	5%	3%	*	2%	7%	7%	4%
															a	abe	ab	ab
Yes - children aged 13 months to 4 years old	175	54	36	13	-	50	54	49	34	19	2	53	51	-	67	91	18	175
	9%	10%	10%	10%	-	10%	10%	9%	13%	10%	4%	12%	9%	-	6%	19%	20%	10%
		d							f						a	abe	abe	ab
Yes - children aged 5 to 10 years old	300	109	77	15	6	92	115	104	66	31	6	97	110	2	97	167	33	297
	15%	21%	21%	11%	19%	18%	21%	19%	25%	17%	12%	21%	18%	1%	9%	34%	36%	18%
		c	c				c		cdf						a	abe	abe	ab
Yes - children aged 11 to 15 years old	328	111	81	29	5	110	116	112	76	31	10	107	121	2	97	200	28	325
	16%	21%	22%	22%	16%	22%	21%	20%	28%	17%	19%	24%	20%	1%	9%	41%	31%	19%
									acf						a	abe	abe	ab
Prefer not to answer	99	17	17	12	6	29	24	17	11	16	8	26	25	10	40	35	15	89
	5%	3%	5%	9%	20%	6%	4%	3%	4%	8%	16%	6%	4%	3%	4%	7%	16%	5%
				af	abef					af	abef	a				ab	abce	b
NET: Yes	666	222	169	47	12	217	234	216	146	69	18	215	234	6	270	339	50	660
	33%	43%	46%	35%	39%	43%	43%	40%	55%	37%	35%	48%	39%	2%	24%	69%	55%	39%
			c						acdf			acf			a	abde	abe	ab

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D4. Do you have any children aged 15 or under currently living in your household? If so, how old are they? 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1244	137	777	157	277	32	814	405	55	967	277	1032	204
	62%	41%	60%	56%	75%	44%	62%	63%	71%	60%	68%	63%	61%
			a		acde		ac	ac	ac		a		
Yes - children aged 0 to 12 months	67	24	40	17	15	-	38	28	4	60	7	51	16
	3%	7%	3%	6%	4%	-	3%	4%	5%	4%	2%	3%	5%
		b		cd						b			
Yes - children aged 13 months to 4 years old	175	54	119	33	27	6	111	59	6	143	33	148	27
	9%	16%	9%	12%	7%	8%	8%	9%	7%	9%	8%	9%	8%
		b											
Yes - children aged 5 to 10 years old	300	84	204	48	30	12	210	83	7	243	56	248	47
	15%	25%	16%	17%	8%	16%	16%	13%	9%	15%	14%	15%	14%
		b		b		b	b	b					
Yes - children aged 11 to 15 years old	328	71	245	54	30	15	226	88	10	283	44	285	39
	16%	21%	19%	19%	8%	20%	17%	14%	13%	18%	11%	17%	12%
				be		b	b	b		b		b	
Prefer not to answer	99	25	47	15	11	15	46	38	1	72	27	55	30
	5%	8%	4%	5%	3%	20%	3%	6%	2%	5%	7%	3%	9%
		b				abdef		bd					a
NET: Yes	666	171	472	110	80	27	452	195	21	561	105	557	101
	33%	51%	36%	39%	22%	36%	34%	31%	27%	35%	26%	34%	30%
		b		bef		b	b	b		b			

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D4. Do you have any children aged 15 or under currently living in your household? If so, how old are they? Please enter the number of children in each age group that live in your household.

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1244	312	145	211	179	104	94	46	155	638	294	312	344	433	137	558	473	167
	62%	72%	67%	60%	53%	55%	54%	61%	64%	59%	60%	64%	60%	63%	64%	66%	60%	57%
		cdefghij	defi						df							bc		
Yes - children aged 0 to 12 months	67	13	6	15	16	5	5	2	6	41	13	17	19	23	7	28	30	9
	3%	3%	3%	4%	5%	3%	3%	3%	3%	4%	3%	3%	3%	3%	3%	3%	4%	3%
Yes - children aged 13 months to 4 years old	175	32	20	33	45	15	8	8	13	114	30	45	57	58	13	59	80	29
	9%	7%	9%	9%	14%	8%	5%	11%	6%	10%	6%	9%	10%	9%	6%	7%	10%	10%
				afhj						fhj							a	
Yes - children aged 5 to 10 years old	300	35	28	51	59	38	35	15	37	177	87	63	93	109	28	117	118	55
	15%	8%	13%	15%	18%	20%	20%	20%	16%	16%	18%	13%	16%	16%	13%	14%	15%	19%
			a	a	a	a	a	a	a	a	a							a
Yes - children aged 11 to 15 years old	328	50	23	54	69	39	40	12	39	186	91	83	91	116	33	135	120	58
	16%	12%	11%	16%	21%	21%	23%	16%	16%	17%	19%	17%	16%	17%	16%	16%	15%	20%
				ab	ab	abc				ab	ab							
Prefer not to answer	99	16	10	15	20	13	10	3	12	58	25	22	28	18	14	25	42	11
	5%	4%	5%	4%	6%	7%	6%	4%	5%	5%	5%	5%	5%	3%	7%	3%	5%	4%
													c	c			a	
NET: Yes	666	105	60	124	136	71	68	27	74	392	169	154	200	236	64	258	269	116
	33%	24%	28%	35%	41%	38%	40%	35%	31%	36%	35%	32%	35%	34%	30%	31%	34%	39%
				a	abh	ab	ab	a		ab	a							a

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D4. Do you have any children aged 15 or under currently living in your household? If so, how old are they? Please enter the number of children in each age group that live in your household.

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

No children aged 15 or under

Yes - children aged 0 to 12 months

Yes - children aged 13 months to 4 years old

Yes - children aged 5 to 10 years old

Yes - children aged 11 to 15 years old

Prefer not to answer

NET: Yes

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
No children aged 15 or under	1244	316	544	370	437	375
	62%	57%	66%	63%	53%	59%
		a	a		a	
Yes - children aged 0 to 12 months	67	19	21	28	40	21
	3%	3%	3%	5%	5%	3%
			b			
Yes - children aged 13 months to 4 years old	175	53	68	52	86	63
	9%	10%	8%	9%	11%	10%
Yes - children aged 5 to 10 years old	300	103	113	82	161	106
	15%	18%	14%	14%	20%	17%
		bc				
Yes - children aged 11 to 15 years old	328	113	126	87	167	113
	16%	20%	15%	15%	20%	18%
		bc				
Prefer not to answer	99	28	29	26	39	31
	5%	5%	4%	4%	5%	5%
NET: Yes	666	214	255	192	344	234
	33%	38%	31%	33%	42%	37%
		bc		b		

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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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	159 8%	92 9%	65 6%	54 9%	69 10%	36 5%	10 11%	19 7%	8 4%	12 5%	12 7%	11 5%	46 15%	24 7%	18 9%
		b		c	c		c						bcddefh		
Social Grade B	483 24%	268 27%	214 21%	157 26%	197 30%	130 17%	17 17%	57 22%	44 22%	45 21%	35 20%	49 22%	104 33%	85 26%	47 23%
		b		c	c								abcddefhi		
Social Grade C1	444 22%	187 19%	252 25%	170 28%	146 22%	128 17%	18 18%	64 24%	38 19%	45 21%	39 23%	52 23%	73 23%	76 23%	40 19%
			a	bc	c										
Social Grade C2	230 11%	122 12%	108 11%	77 13%	86 13%	68 9%	12 12%	33 13%	24 12%	26 12%	17 10%	28 13%	28 9%	36 11%	26 13%
				c	c										
Social Grade D	211 10%	90 9%	121 12%	85 14%	80 12%	46 6%	16 16%	26 10%	26 13%	22 10%	26 15%	19 9%	21 7%	30 9%	24 12%
				c	c		g		g		g				
Social Grade E	482 24%	219 22%	259 25%	65 11%	82 12%	335 45%	25 26%	64 24%	57 29%	63 29%	46 26%	63 28%	40 13%	76 23%	50 24%
					ab		g	g	g	g	g	g		g	g
NET: ABC1	1086 54%	547 56%	531 52%	380 63%	413 63%	293 40%	45 46%	140 53%	90 46%	102 48%	86 49%	112 50%	223 71%	185 57%	105 51%
			c	c									abcddefhi	c	
NET: C2DE	923 46%	432 44%	487 48%	227 37%	247 37%	449 60%	53 54%	123 47%	107 54%	111 52%	88 51%	110 50%	89 29%	142 43%	100 49%
					ab		g	g	gh	g	g	g		g	g

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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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	159	159	-	-	-	-	-	159	-	118	5	15	13	4	-	37
	8%	100%	-	-	-	-	-	15%	-	7%	11%	11%	16%	21%	-	13%
		bcdefgh						bcdefh				a				a
Social Grade B	483	-	483	-	-	-	-	483	-	389	13	40	26	7	1	87
	24%	-	100%	-	-	-	-	44%	-	23%	28%	30%	32%	35%	17%	30%
			acdefgh					acdefh								a
Social Grade C1	444	-	-	444	-	-	-	444	-	358	12	38	17	2	2	71
	22%	-	-	100%	-	-	-	41%	-	21%	25%	29%	22%	11%	22%	25%
				abdefgh				abdefh				a				
Social Grade C2	230	-	-	-	230	-	-	-	230	192	6	13	13	1	1	34
	11%	-	-	-	100%	-	-	-	25%	11%	13%	10%	16%	4%	14%	12%
					abcefg				abcefg							
Social Grade D	211	-	-	-	-	211	-	-	211	177	6	12	8	3	1	29
	10%	-	-	-	-	100%	-	-	23%	11%	12%	9%	9%	13%	14%	10%
						abcdfgh			abcdfg							
Social Grade E	482	-	-	-	-	-	482	-	482	447	5	15	4	3	3	30
	24%	-	-	-	-	-	100%	-	52%	27%	11%	11%	5%	16%	33%	10%
							abcdegh		abcdeg	bcdg						
NET: ABC1	1086	159	483	444	-	-	-	1086	-	865	30	93	56	13	3	195
	54%	100%	100%	100%	-	-	-	100%	-	51%	63%	70%	70%	67%	39%	68%
		defh	defh	defh				defh				a	a			a
NET: C2DE	923	-	-	-	230	211	482	-	923	817	17	40	24	6	5	93
	46%	-	-	-	100%	100%	100%	-	100%	49%	37%	30%	30%	33%	61%	32%
					abcg	abcg	abcg		abcg	cdg						

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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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	159 8%	84 7%	23 6%	41 13% ab	64 10% a	6 8%	22 18% cdghij	63 10% dij	13 5%	15 30% acdfghijk	4 7%	6 5%	6 6%	10 5%	14 3%	28 14% dghij
Social Grade B	483 24%	270 22%	106 29%	93 31% a	198 30% a	24 30% ghij	40 33% ghij	233 36% deghij	66 28% ghij	9 18% ij	25 43% deghij	19 16% ij	18 17% ij	16 8%	34 8%	64 32% ghij
Social Grade C1	444 22%	255 20%	108 30% acd	46 15%	154 23% c	19 24% ij	28 23% ij	185 29% gij	71 30% gij	11 22% ij	13 23% ij	16 14% j	56 53% abcdefgijk	21 11%	25 6%	47 23% gij
Social Grade C2	230 11%	133 11%	41 11%	45 15% a	86 13%	15 19% dij	17 14%	82 13% j	24 10%	10 20% ij	7 12%	15 13%	11 10%	18 9%	32 8%	32 16% ij
Social Grade D	211 10%	107 9%	52 14% a	43 14% a	95 14% a	14 17% fgj	11 9% j	74 12% j	54 23% bcefgijk	4 8% j	3 6% j	7 6% j	9 9% j	28 14% gj	6 1%	25 13% j
Social Grade E	482 24%	396 32% bcd	35 10%	34 11%	69 10%	2 2%	4 3% c	5 1%	7 3% c	1 1%	6 10% abcdk	56 47% abcdefhk	5 5% c	103 53% abcdefhk	295 73% abcdefghk	5 3% c
NET: ABC1	1086 54%	608 49%	237 65% a	179 59% a	416 63% a	49 62% gij	90 74% gij	480 75% adgij	149 64% gij	36 70% gij	42 73% gij	41 34% ij	80 76% adgij	46 24%	73 18%	139 69% gij
NET: C2DE	923 46%	636 51% bcd	127 35%	122 41%	250 37%	30 38% ch	32 26%	161 25%	85 36% ch	15 30%	16 27%	78 66% abcdefhk	25 24%	149 76% abcdefghk	333 82% abcdefghk	62 31%

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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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	159 8%	38 7%	47 13%	23 17%	7 24%	70 14%	45 8%	37 7%	40 15%	31 16%	6 12%	71 16%	43 7%	17 5%	71 6%	62 13%	9 10%	141 8%
			af	af	af	af			af	af		af				abe		
Social Grade B	483 24%	146 28%	157 43%	50 37%	6 19%	207 41%	151 28%	183 34%	93 35%	71 38%	13 26%	164 36%	197 33%	63 19%	256 23%	147 30%	17 19%	421 25%
			adf	adf		adf										abde		a
Social Grade C1	444 22%	141 27%	122 33%	31 23%	5 18%	153 30%	146 27%	162 30%	74 28%	48 26%	10 20%	122 27%	172 29%	54 17%	260 24%	106 22%	24 26%	390 23%
			cf												a		a	a
Social Grade C2	230 11%	81 16%	26 7%	14 11%	4 14%	40 8%	85 16%	68 12%	30 11%	19 10%	12 23%	49 11%	80 13%	19 6%	128 12%	71 15%	12 13%	211 13%
		be				be					abcef				a	a	a	a
Social Grade D	211 10%	107 21%	15 4%	14 10%	3 11%	28 6%	110 20%	91 17%	28 11%	10 5%	7 14%	38 8%	98 16%	19 6%	123 11%	56 11%	13 14%	192 11%
		bce		b		bce		bce			c		bce		a	a	a	a
Social Grade E	482 24%	6 1%	3 1%	3 2%	5 15%	6 1%	10 2%	3 1%	3 1%	7 4%	3 5%	9 2%	6 1%	151 47%	267 24%	48 10%	17 18%	331 20%
					abcef					af	abf	a		bcede	ce		c	c
NET: ABC1	1086 54%	325 63%	326 88%	104 77%	19 60%	430 85%	343 63%	383 70%	207 77%	150 81%	30 58%	357 79%	412 69%	134 42%	587 53%	315 64%	50 55%	952 56%
			acdf	adf		acdf			adf	adf		adf			a	abe	a	a
NET: C2DE	923 46%	193 37%	44 12%	31 23%	12 40%	74 15%	206 37%	163 30%	60 23%	36 19%	22 42%	96 21%	184 31%	189 58%	517 47%	175 36%	41 45%	734 44%
		bce		be	bce	bce		bce			bce		bce	bcede	c		c	c

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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

	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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	159	46	93	31	22	10	99	59	4	120	39	137	20
	8%	14%	7%	11%	6%	14%	8%	9%	5%	7%	10%	8%	6%
		b		b		b							
Social Grade B	483	67	344	59	79	13	340	134	14	392	92	399	80
	24%	20%	27%	21%	21%	17%	26%	21%	18%	24%	22%	24%	24%
		a		a			e						
Social Grade C1	444	73	296	63	73	16	288	135	15	377	67	343	92
	22%	22%	23%	22%	20%	21%	22%	21%	19%	24%	16%	21%	28%
										b		a	
Social Grade C2	230	41	165	28	34	14	151	72	4	172	58	191	37
	11%	12%	13%	10%	9%	18%	11%	11%	5%	11%	14%	12%	11%
						abf							
Social Grade D	211	32	155	30	19	6	152	50	5	181	30	162	46
	10%	10%	12%	11%	5%	8%	12%	8%	6%	11%	7%	10%	14%
				b			be			b		a	
Social Grade E	482	75	243	71	141	15	282	187	36	359	123	413	60
	24%	22%	19%	25%	38%	21%	21%	29%	46%	22%	30%	25%	18%
					acde			d	acde		a	b	
NET: ABC1	1086	186	733	153	173	38	728	328	33	889	198	878	192
	54%	56%	57%	54%	47%	52%	55%	51%	42%	56%	48%	53%	57%
							bf			b			
NET: C2DE	923	147	563	128	195	35	585	309	45	712	211	766	143
	46%	44%	43%	46%	53%	48%	45%	49%	58%	44%	52%	47%	43%
					d			d		a			

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BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Social Grade A	159 8%	21 5%	17 8%	33 9% a	24 7%	12 6%	16 10% a	10 13% a	26 11% a	86 8% a	52 11% a	38 8%	52 9% c	39 6%	27 12% ac	65 8%	68 9%	20 7%
Social Grade B	483 24%	82 19%	50 24%	88 25% a	87 26% a	52 28% a	46 27% a	21 28%	57 24%	278 26% a	123 25% a	111 23%	150 26%	171 25%	45 21%	210 25%	195 25%	66 23%
Social Grade C1	444 22%	92 21% g	48 22% g	86 24% g	78 23% g	48 25% g	39 23% g	9 12% g	45 18% g	260 24% gj	92 19%	112 23% d	125 22% d	169 25% d	24 11%	159 19%	187 24% a	72 24% a
Social Grade C2	230 11%	50 12%	16 8%	38 11%	42 12%	23 12%	22 13%	10 14%	28 12%	119 11%	61 12%	50 10%	55 10%	81 12%	38 18% abc	100 12%	84 11%	38 13%
Social Grade D	211 10%	38 9% acd	34 16% dhj	36 10%	29 9%	24 13%	18 10%	10 13%	21 9%	123 11%	49 10%	54 11%	59 10%	70 10%	23 11%	84 10%	80 10%	34 12%
Social Grade E	482 24%	149 34% bcdefghij	49 23%	70 20%	75 22%	29 15%	30 18%	16 21%	65 27% cefi	222 20%	111 23% e	122 25%	131 23%	157 23%	59 27%	222 26% b	170 22%	64 22%
NET: ABC1	1086 54%	195 45% a	115 54% a	207 59% a	189 56% a	112 60% a	101 59% a	40 52%	127 53%	624 57% a	268 55% a	261 53% d	326 57% d	379 55% d	95 44%	435 52%	450 57% a	158 54%
NET: C2DE	923 46%	238 55% bcdefij	99 46%	143 41%	146 44%	76 40%	71 41%	36 48%	114 47%	464 43%	221 45%	227 47%	245 43%	308 45%	120 56% abc	407 48% b	334 43%	136 46%

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BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Social Grade A

Social Grade B

Social Grade C1

Social Grade C2

Social Grade D

Social Grade E

NET: ABC1

NET: C2DE

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	Total	NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Social Grade A	159	61	51	43	84	55
	8%	11%	6%	7%	10%	9%
		bc				
Social Grade B	483	150	177	152	275	150
	24%	27%	21%	26%	34%	23%
		b			b	
Social Grade C1	444	141	164	130	248	134
	22%	25%	20%	22%	30%	21%
		b			b	
Social Grade C2	230	58	120	49	87	98
	11%	10%	14%	8%	11%	15%
			ac			a
Social Grade D	211	54	96	60	80	101
	10%	10%	12%	10%	10%	16%
						a
Social Grade E	482	92	221	154	46	103
	24%	17%	27%	26%	6%	16%
			a	a		a
NET: ABC1	1086	352	392	325	606	339
	54%	63%	47%	55%	74%	53%
		bc		b	b	
NET: C2DE	923	205	436	263	213	302
	46%	37%	53%	45%	26%	47%
			ac	a		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	432 22%	189 19%	237 23% a	72 12%	136 21% a	224 30% ab	22 23% g	58 22% g	48 25% g	48 23% g	39 23% g	62 28% gi	44 14%	72 22% g	37 18%
1 day	214 11%	94 10%	120 12%	73 12%	62 9%	80 11%	12 12%	26 10%	22 11%	26 12%	15 9%	16 7%	35 11%	36 11%	25 12%
2 days	351 17%	181 18%	168 16%	136 22% bc	96 15%	118 16%	18 19%	42 16%	37 19%	33 16%	37 21%	35 16%	55 18%	61 19%	33 16%
3 days	335 17%	164 17%	170 17%	132 22% bc	112 17% c	90 12%	17 17%	38 14%	26 13%	37 17%	34 19%	36 16%	62 20%	48 15%	37 18%
4 days	188 9%	90 9%	99 10%	72 12% c	67 10% c	49 7%	11 11%	24 9%	13 7%	27 13% ce	9 5%	23 10%	34 11% e	26 8%	20 10%
5 days	172 9%	88 9%	84 8%	47 8%	68 10%	56 8%	7 8%	25 9% f	16 8%	18 9%	17 10% f	9 4%	26 8%	29 9% f	24 12% f
6 days	76 4%	43 4%	33 3%	19 3%	30 5%	26 4%	1 1%	14 5% ci	3 2%	6 3%	6 3%	9 4% i	20 6% acdi	17 5% ci	1 *
7 days	241 12%	130 13%	108 11%	56 9%	88 13% a	98 13% a	9 9%	35 13%	30 15% d	17 8%	18 10%	32 15% d	35 11%	38 12%	26 13%
NET: None (0 days)	432 22%	189 19%	237 23% a	72 12%	136 21% a	224 30% ab	22 23% g	58 22% g	48 25% g	48 23% g	39 23% g	62 28% gi	44 14%	72 22% g	37 18%
NET: Some (1-4 days)	1088 54%	528 54%	557 55%	413 68% bc	338 51% c	337 45%	58 59%	130 50%	98 50%	124 58%	95 54%	110 50%	187 60% bcf	171 52%	116 57%
NET: Most 5+ days	489 24%	261 27% b	225 22%	122 20%	186 28% a	180 24%	18 18%	74 28% ad	50 25%	41 19%	40 23%	50 22%	82 26%	84 26%	52 25%
Base for stats	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
Median	3	3	2	3	3	2	2	3	2	2	2	2	3	2	3
Mean Score	2.82	2.98	2.68	2.91	3.03	2.57	2.55	2.96	2.74	2.62	2.67	2.74	3.10	2.81	2.91
		b		c	c							ade			
Standard Deviation	2.282	2.299	2.248	1.989	2.331	2.436	2.137	2.383	2.414	2.133	2.206	2.424	2.177	2.313	2.231
Standard Error	.051	.073	.071	.079	.089	.093	.209	.139	.169	.145	.164	.180	.149	.131	.167
Error variance	*	.01	*	.01	.01	.01	.04	.02	.03	.02	.03	.03	.01	.01	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	432 22%	21 13%	82 17%	92 21% a	50 22% a	38 18%	149 31% abcdegh	195 18%	238 26% abcegh	392 23% cdg	9 18%	11 9%	6 7%	5 24%	3 38%	33 12%
1 day	214 11%	17 10%	50 10%	48 11%	16 7%	34 16% bcdfgh	49 10%	115 11%	99 11%	173 10%	6 12%	17 13%	10 12%	2 10%	1 9%	36 12%
2 days	351 17%	33 21%	88 18%	86 19% f	38 16%	36 17%	70 14%	207 19% fh	143 16%	283 17%	9 19%	26 20%	18 22%	5 24%	2 28%	59 21%
3 days	335 17%	24 15%	87 18%	78 18%	42 18%	29 14%	75 16%	189 17%	146 16%	271 16%	10 21%	26 20%	22 27% a	3 13%	- -	61 21% a
4 days	188 9%	12 8%	52 11% f	48 11% f	23 10% f	24 11% f	29 6%	112 10% f	76 8%	157 9%	4 8%	13 10%	9 11%	1 4%	1 14%	28 10%
5 days	172 9%	16 10%	46 10%	39 9%	22 10%	18 9%	30 6%	101 9% f	71 8%	133 8%	3 7%	23 17% a	8 10%	- -	- -	34 12% a
6 days	76 4%	10 6% c	21 4% c	9 2%	10 5%	10 5% c	16 3%	40 4%	36 4%	60 4%	1 2%	7 5%	4 6%	- -	1 10%	13 5%
7 days	241 12% c	26 16% c	57 12%	45 10%	28 12%	21 10%	65 13%	127 12%	114 12%	212 13% cdg	6 13%	8 6%	4 5%	5 25%	- -	23 8%
NET: None (0 days)	432 22%	21 13%	82 17%	92 21% a	50 22% a	38 18%	149 31% abcdegh	195 18%	238 26% abcegh	392 23% cdg	9 18%	11 9%	6 7%	5 24%	3 38%	33 12%
NET: Some (1-4 days)	1088 54%	86 54% fh	278 58% fh	260 58% fh	119 52%	123 59% fh	222 46%	624 57% fh	464 50%	884 53%	29 60%	83 63% a	58 72% a	10 51%	4 51%	184 64% a
NET: Most 5+ days	489 24% cefg	52 33% cefg	123 26% cefg	92 21% cefg	61 26% cefg	49 23% cefg	111 23% cefg	268 25% cefg	221 24% cefg	405 24% cefg	11 22% cefg	38 29% cefg	16 21% cefg	5 25% cefg	1 10% cefg	71 25% cefg
Base for stats	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
Median	3	3	3	2	3	2	2	3	2	2	3	3	3	2	2	3
Mean Score	2.82	3.30	3.00	2.71	2.96	2.79	2.55	2.93	2.70	2.79	2.85	3.13	2.99	2.87	1.85	2.99
Standard Deviation	2.282	2.327	2.209	2.159	2.300	2.221	2.427	2.214	2.354	2.321	2.245	1.931	1.790	2.680	2.105	2.008
Standard Error	.051	.186	.102	.103	.148	.148	.111	.068	.077	.057	.308	.163	.199	.595	.744	.115
Error variance	*	.03	.01	.01	.02	.02	.01	*	.01	*	.10	.03	.04	.34	.55	.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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	432 22%	312 25% bcd	62 17%	43 14%	105 16%	11 14%	11 9%	114 18% bk	41 17% bk	9 18%	8 13%	25 21% bk	13 12%	62 32% abcdeghk	139 34% abcdeghk	22 11%
1 day	214 11%	145 12%	31 9%	29 9%	60 9%	13 16% c	15 12%	54 8%	26 11%	7 13%	3 6%	15 13%	17 16% cfj	26 13% c	39 10%	28 14% c
2 days	351 17%	211 17%	77 21%	47 16%	124 19%	15 19%	27 22% j	110 17%	42 18%	8 16%	12 21%	29 24% j	16 15%	34 18%	56 14%	42 21% j
3 days	335 17%	179 14%	78 21% a	58 19% a	136 20% a	8 10%	23 19%	111 17% i	51 22% aij	8 15%	12 20%	17 14%	26 25% agijk	22 11%	57 14%	31 16%
4 days	188 9%	104 8%	27 7%	44 15% ab	71 11%	9 11% j	16 14% gij	75 12% ij	30 13% gij	4 7%	6 10%	7 6%	11 10% j	11 5%	20 5%	25 13% ij
5 days	172 9%	94 8%	34 9%	34 11% a	68 10%	6 8%	11 9%	72 11% ij	18 8%	4 7%	8 13% j	10 8%	9 8%	12 6%	22 5%	18 9%
6 days	76 4%	46 4%	12 3%	15 5%	27 4%	4 5% h	5 4% h	27 4% h	5 2%	2 3% h	5 8% dh	4 3% h	- -	7 4% h	16 4% h	9 4% h
7 days	241 12%	155 12%	42 12%	32 11%	74 11%	13 17% d	13 11%	77 12%	20 9%	11 21% d	5 8%	12 10%	13 13%	20 10%	56 14%	26 13%
NET: None (0 days)	432 22%	312 25% bcd	62 17%	43 14%	105 16%	11 14%	11 9%	114 18% bk	41 17% bk	9 18%	8 13%	25 21% bk	13 12%	62 32% abcdeghk	139 34% abcdeghk	22 11%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Some (1-4 days)	1088	638	214	178	392	45	81	350	149	26	33	68	70	93	172	126
	54%	51%	59%	59%	59%	57%	67%	55%	64%	51%	58%	57%	67%	47%	42%	63%
		a	a	a	j	cij	j	cij	j	j	j	cij	cij	cij	cij	cij
NET: Most 5+ days	489	294	88	81	169	23	30	177	44	16	17	26	22	40	94	53
	24%	24%	24%	27%	25%	29%	24%	28%	19%	31%	29%	22%	21%	20%	23%	26%
		d	di	d	d	d	di	di	d	d	d	d	d	d	d	d
Base for stats	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
Median	3	2	3	3	3	3	3	3	3	3	3	2	3	2	2	3
Mean Score	2.82	2.69	2.93	3.18	3.04	3.14	3.16	3.08	2.77	3.19	3.22	2.63	2.93	2.31	2.47	3.15
		a	a	a	ij	gij	gij	gij	i	i	ij	i	i	i	gij	gij
Standard Deviation	2.282	2.347	2.166	2.132	2.153	2.386	2.028	2.232	2.048	2.520	2.075	2.214	2.092	2.337	2.487	2.171
Standard Error	.051	.064	.125	.134	.091	.270	.180	.088	.135	.356	.270	.193	.195	.165	.129	.152
Error variance	*	*	.02	.02	.01	.07	.03	.01	.02	.13	.07	.04	.04	.03	.02	.02

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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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	432 22%	98 19%	55 15%	18 13%	4 14%	74 15%	102 19%	110 20%	23 9%	29 16%	7 14%	53 12%	117 20%	95 30%	243 22%	86 18%	8 8%	337 20%
								be		b			be	bcde	d	d		d
1 day	214 11%	53 10%	33 9%	7 5%	5 16%	40 8%	58 11%	54 10%	24 9%	16 8%	4 8%	39 9%	58 10%	43 13%	123 11%	41 8%	7 8%	172 10%
					c		c							c				
2 days	351 17%	73 14%	74 20%	35 26%	7 23%	109 22%	80 15%	83 15%	54 20%	42 22%	12 23%	96 21%	95 16%	56 17%	195 18%	80 16%	20 21%	295 17%
			af	af		af				af		af						
3 days	335 17%	87 17%	76 20%	27 20%	5 15%	103 20%	92 17%	91 17%	66 25%	32 17%	10 20%	98 22%	101 17%	40 12%	190 17%	83 17%	22 24%	295 17%
									af			a			a		a	a
4 days	188 9%	61 12%	45 12%	17 12%	3 11%	61 12%	65 12%	56 10%	40 15%	23 13%	5 11%	64 14%	62 10%	19 6%	98 9%	63 13%	10 10%	170 10%
									af							ab		a
5 days	172 9%	66 13%	33 9%	7 5%	2 7%	40 8%	68 12%	65 12%	28 10%	12 7%	2 4%	40 9%	67 11%	19 6%	84 8%	61 12%	8 8%	153 9%
		ce				ce		c								abe		
6 days	76 4%	18 4%	18 5%	4 3%	2 6%	23 4%	20 4%	19 3%	11 4%	7 4%	5 9%	18 4%	23 4%	10 3%	37 3%	22 4%	7 7%	65 4%
											a							
7 days	241 12%	62 12%	35 10%	20 15%	2 8%	55 11%	64 12%	69 13%	21 8%	25 13%	6 11%	46 10%	75 13%	41 13%	135 12%	54 11%	11 12%	200 12%
								b					b					
NET: None (0 days)	432 22%	98 19%	55 15%	18 13%	4 14%	74 15%	102 19%	110 20%	23 9%	29 16%	7 14%	53 12%	117 20%	95 30%	243 22%	86 18%	8 8%	337 20%
								be		b		be	be	bcde	d	d		d
NET: Some (1-4 days)	1088 54%	274 53%	227 61%	85 64%	20 66%	313 62%	295 54%	283 52%	184 69%	113 61%	32 62%	297 65%	315 53%	157 49%	606 55%	267 54%	58 64%	931 55%
			af	af		af			af	a		af			a		a	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	489	146	87	31	6	118	152	153	60	44	12	104	165	71	256	137	25	418
	24%	28%	24%	23%	20%	23%	28%	28%	22%	24%	24%	23%	28%	22%	23%	28%	27%	25%
Base for stats	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
Median	3	3	3	3	2	3	3	3	3	3	3	3	3	2	2	3	3	3
Mean Score	2.82	3.04	3.00	3.15	2.74	3.04	3.03	3.00	3.16	3.03	3.11	3.11	3.01	2.46	2.77	3.09	3.34	2.90
															a	ab	ab	a
Standard Deviation	2.282	2.260	2.092	2.158	2.079	2.108	2.250	2.296	1.879	2.205	2.175	2.018	2.285	2.390	2.281	2.207	2.062	2.254
Standard Error	.051	.099	.109	.184	.356	.094	.095	.097	.116	.164	.291	.096	.092	.129	.068	.102	.217	.055
Error variance	*	.01	.01	.03	.13	.01	.01	.01	.01	.03	.08	.01	.01	.02	*	.01	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	432	42	287	55	119	13	263	157	28	346	86	350	78
	22%	12%	22%	19%	32%	18%	20%	25%	36%	22%	21%	21%	23%
			a		acde			d	acde				
1 day	214	39	124	30	45	10	127	81	3	169	45	166	45
	11%	12%	10%	11%	12%	13%	10%	13%	4%	11%	11%	10%	13%
					f	f		df					
2 days	351	69	216	58	69	15	216	124	18	266	85	285	61
	17%	21%	17%	21%	19%	20%	16%	19%	23%	17%	21%	17%	18%
											a		
3 days	335	62	221	43	47	16	227	97	8	276	58	259	70
	17%	19%	17%	15%	13%	22%	17%	15%	10%	17%	14%	16%	21%
						bf	b						a
4 days	188	44	123	32	37	10	113	72	6	151	38	161	26
	9%	13%	9%	11%	10%	13%	9%	11%	7%	9%	9%	10%	8%
		b											
5 days	172	24	122	22	17	2	130	35	7	146	26	147	21
	9%	7%	9%	8%	5%	3%	10%	6%	9%	9%	6%	9%	6%
							be						
6 days	76	16	46	8	8	4	56	18	2	67	9	64	11
	4%	5%	4%	3%	2%	5%	4%	3%	2%	4%	2%	4%	3%
7 days	241	37	157	33	26	4	180	53	8	180	61	213	23
	12%	11%	12%	12%	7%	6%	14%	8%	10%	11%	15%	13%	7%
				b			bce				a	b	
NET: None (0 days)	432	42	287	55	119	13	263	157	28	346	86	350	78
	22%	12%	22%	19%	32%	18%	20%	25%	36%	22%	21%	21%	23%
			a		acde			d	acde				
NET: Some (1-4 days)	1088	214	684	163	198	50	683	374	34	862	226	871	202
	54%	64%	53%	58%	54%	68%	52%	59%	44%	54%	55%	53%	60%
		b		f		bdf		df					a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	489	78	325	63	51	10	366	107	16	393	96	424	55
	24%	23%	25%	22%	14%	14%	28%	17%	21%	25%	24%	26%	17%
				be			bce					b	
Base for stats	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
Median	3	3	3	2	2	2	3	2	2	3	2	3	2
Mean Score	2.82	3.06	2.85	2.82	2.13	2.57	3.00	2.46	2.33	2.83	2.82	2.90	2.43
				be			bef	b				b	
Standard Deviation	2.282	2.114	2.292	2.220	2.108	1.967	2.328	2.136	2.331	2.268	2.338	2.316	2.057
Standard Error	.051	.117	.064	.129	.111	.229	.064	.084	.256	.056	.117	.058	.109
Error variance	*	.01	*	.02	.01	.05	*	.01	.07	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 days	432 22%	432 100%	-	-	-	-	-	-	-	-	-	140 29%	117 20%	123 18%	40 19%	188 22%	148 19%	69 24%
		bcdefghij										bcd						
1 day	214 11%	-	214 100%	-	-	-	-	-	-	214 20%	-	58 12%	70 12%	64 9%	19 9%	97 11%	75 10%	32 11%
			acdefghij							acdefghij								
2 days	351 17%	-	-	351 100%	-	-	-	-	-	351 32%	-	80 16%	112 20%	113 16%	35 16%	152 18%	146 19%	43 15%
				abdefghij						abdefghij								
3 days	335 17%	-	-	-	335 100%	-	-	-	-	335 31%	-	76 16%	90 16%	132 19%	29 14%	133 16%	136 17%	46 16%
					abcefghij					abcefghij								
4 days	188 9%	-	-	-	-	188 100%	-	-	-	188 17%	-	41 8%	59 10%	67 10%	18 8%	70 8%	85 11%	29 10%
						abcdefghij				abcdefghij								
5 days	172 9%	-	-	-	-	-	172 100%	-	-	-	172 35%	33 7%	41 7%	67 10%	27 12%	67 8%	75 10%	25 8%
							abcdeghij				abcdeghi				ab			
6 days	76 4%	-	-	-	-	-	-	76 100%	-	-	76 15%	15 3%	18 3%	33 5%	11 5%	25 3%	34 4%	14 5%
								abcdefhij			abcdefhi							
7 days	241 12%	-	-	-	-	-	-	-	241 100%	-	241 49%	44 9%	63 11%	89 13%	37 17%	109 13%	85 11%	37 13%
									abcdefgij		abcdefgi			a	ab			
NET: None (0 days)	432 22%	432 100%	-	-	-	-	-	-	-	-	-	140 29%	117 20%	123 18%	40 19%	188 22%	148 19%	69 24%
		bcdefghij										bcd						
NET: Some (1-4 days)	1088 54%	-	214 100%	351 100%	335 100%	188 100%	-	-	-	1088 100%	-	256 52%	333 58%	375 55%	101 47%	451 54%	442 56%	149 51%
			afghj	afghj	afghj	afghj				afghj			d	d				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers			
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Most 5+ days	489	-	-	-	-	-	172	76	241	-	489	92	121	189	74	202	194	75
	24%	-	-	-	-	-	100%	100%	100%	-	100%	19%	21%	27%	34%	24%	25%	26%
							abcdei	abcdei	abcdei		abcdei			ab	ab			
Base for stats	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
Median	3	0	1	2	3	4	5	6	7	2	6	2	2	3	3	2	3	3
Mean Score	2.82	-	1.00	2.00	3.00	4.00	5.00	6.00	7.00	2.46	6.14	2.40	2.72	3.07	3.26	2.77	2.92	2.84
					i		di				dfi		a	ab	ab			
Standard Deviation	2.282	-	-	-	*	-	*	-	-	.995	.909	2.223	2.212	2.269	2.435	2.316	2.210	2.358
Standard Error	.051	-	-	-	*	-	*	-	-	.030	.041	.100	.092	.088	.166	.083	.078	.132
Error variance	*	-	-	-	*	-	*	-	-	*	*	.01	.01	.01	.03	.01	.01	.02

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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

0 days

1 day

2 days

3 days

4 days

5 days

6 days

7 days

NET: None (0 days)

NET: Some (1-4 days)

NET: Most 5+ days

Base for stats

Median

Mean Score

Standard Deviation

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	Total	NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
0 days	432	26	209	181	123	129
	22%	5%	25%	31%	15%	20%
			a	ab		a
1 day	214	41	85	85	87	64
	11%	7%	10%	14%	11%	10%
			ab			
2 days	351	97	128	121	155	113
	17%	17%	15%	21%	19%	18%
			b			
3 days	335	95	137	98	139	119
	17%	17%	17%	17%	17%	19%
4 days	188	79	66	42	92	69
	9%	14%	8%	7%	11%	11%
		bc				
5 days	172	77	66	27	79	62
	9%	14%	8%	5%	10%	10%
		bc	c			
6 days	76	37	31	8	39	17
	4%	7%	4%	1%	5%	3%
		bc	c		b	
7 days	241	105	106	25	106	68
	12%	19%	13%	4%	13%	11%
		bc	c			
NET: None (0 days)	432	26	209	181	123	129
	22%	5%	25%	31%	15%	20%
			a	ab		a
NET: Some (1-4 days)	1088	312	416	347	473	365
	54%	56%	50%	59%	58%	57%
		b		b		
NET: Most 5+ days	489	219	203	60	223	146
	24%	39%	24%	10%	27%	23%
		bc	c			
Base for stats	2009	558	829	588	819	641
Median	3	4	2	2	3	3
Mean Score	2.82	3.91	2.74	1.95	3.11	2.82
		bc	c		b	
Standard Deviation	2.282	2.092	2.358	1.878	2.224	2.188

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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

Standard Error

Error variance

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
Total	a	b	c	a	b	
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Standard Error	.051	.089	.082	.077	.077	.086
Error variance	*	.01	.01	.01	.01	.01

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Q2C1. Do you think you generally do more, less or the same amount of physical activity and exercise now compared to this time last year?

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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	177 9%	83 9%	90 9%	73 12% bc	55 8%	48 7%	11 11%	22 8%	14 7%	24 11% i	14 8%	17 8%	33 10% i	32 10%	11 5%
A bit more (4.0)	381 19%	192 20%	188 18%	148 24% bc	130 20% c	104 14%	10 10%	45 17%	33 17%	32 15%	34 20% a	38 17%	75 24% abcd	67 20% a	47 23% ad
About the same (3.0)	829 41%	431 44% b	395 39%	201 33%	265 40% a	363 49% ab	45 46% g	104 39%	88 45% g	91 43% g	69 40%	102 46% g	103 33%	139 42% g	89 43% g
A bit less (2.0)	305 15%	134 14%	171 17%	96 16%	90 14%	119 16%	18 19%	44 17%	27 14%	34 16%	22 13%	33 15%	51 16%	44 13%	31 15%
A lot less (1.0)	283 14%	122 12%	160 16% a	74 12%	108 16% a	101 14%	13 13%	46 18%	30 15%	25 12%	31 18%	30 13%	45 14%	40 12%	24 12%
Don't know	35 2%	17 2%	14 1%	15 2% c	13 2%	7 1%	2 2%	2 1%	4 2%	7 3% b	4 3%	2 1%	5 2%	5 1%	4 2%
NET: More	558 28%	275 28%	278 27%	221 36% bc	185 28% c	152 21%	21 21%	68 26%	47 24%	56 26%	48 28%	55 25%	108 35% abcdf	99 30%	57 28%
NET: Less	588 29%	256 26%	331 33% a	170 28%	198 30%	220 30%	31 31%	90 34% h	57 29%	59 28%	53 30%	63 28%	96 31%	84 26%	55 27%
Base for stats	1974	962	1004	592	647	735	96	261	192	206	169	220	308	322	201
Mean Score	2.93	2.98 b	2.88 bc	3.08 bc	2.90	2.84	2.88	2.82	2.86	2.98	2.87	2.90	3.00	3.02 b	2.95
Standard Deviation	1.129	1.092	1.158	1.184	1.157	1.044	1.127	1.166	1.105	1.128	1.171	1.084	1.193	1.116	1.036
Standard Error	.025	.035	.037	.047	.045	.040	.111	.068	.078	.078	.088	.081	.066	.064	.078
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q2C1. Do you think you generally do more, less or the same amount of physical activity and exercise now compared to this time last year?

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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	177 9%	25 16% bcdefgh	46 9%	41 9%	15 6%	14 6%	36 8%	112 10%	65 7%	143 9%	8 17% a	14 10%	5 7%	3 14%	1 10%	31 11%	
A bit more (4.0)	381 19%	36 23% fh	105 22% fh	99 22% fh	43 19% f	41 19% f	56 12% f	241 22% fh	140 15%	311 18%	11 22%	36 27% a	17 21%	1 5%	1 14%	65 23%	
About the same (3.0)	829 41%	51 32%	177 37%	164 37%	120 52% abcg	96 46% abcg	221 46% abcg	392 36% abcg	436 47% abcg	721 43% bcg	12 24%	43 32%	31 39%	7 36%	3 35%	95 33%	
A bit less (2.0)	305 15%	22 14%	79 16% d	65 15%	25 11%	33 16%	81 17% d	166 15%	139 15%	254 15%	9 18%	18 14%	15 19%	4 21%	2 24%	48 17%	
A lot less (1.0)	283 14%	21 13%	73 15%	65 15%	25 11%	27 13%	73 15%	159 15%	124 13%	234 14%	9 18%	19 14%	11 14%	4 20%	1 17%	43 15%	
Don't know	35 2%	4 2%	3 1%	9 2%	3 1%	1 *	15 3% beg	16 2%	18 2%	19 1%	- -	3 3%	1 1%	1 4%	- -	5 2%	
NET: More	558 28%	61 39% defh	150 31% fh	141 32% fh	58 25%	54 26% f	92 19%	352 32% defh	205 22%	454 27%	19 39% a	49 37% a	22 28%	4 19%	2 24%	96 33% a	
NET: Less	588 29%	43 27%	152 31% d	130 29% d	49 21%	60 28%	154 32% d	325 30% d	263 29% d	488 29%	17 36%	37 28%	26 33%	8 41%	3 41%	92 32%	
Base for stats	1974	155	480	435	227	210	467	1070	904	1663	48	130	79	19	8	283	
Mean Score	2.93	3.15 efh	2.94 f	2.97 f	3.00 f	2.91	2.79	2.98 fh	2.87	2.92	3.02	3.05	2.88	2.72	2.78	2.97	
Standard Deviation	1.129	1.242	1.171	1.166	.999	1.059	1.089	1.180	1.063	1.114	1.359	1.194	1.108	1.300	1.278	1.205	
Standard Error	.025	.100	.054	.056	.065	.071	.051	.036	.035	.027	.187	.102	.124	.291	.452	.070	
Error variance	*	.01	*	*	*	.01	*	*	*	*	.03	.01	.02	.08	.20	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q2C1. Do you think you generally do more, less or the same amount of physical activity and exercise now compared to this time last year?

BASE: All respondents

	Total	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
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%																
Unweighted Total	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	177 9%	98 8%	36 10%	30 10%	66 10%	11 14% dhj	20 17% cdhij	63 10% j	15 6%	3 6%	7 12%	16 14% dhij	5 5%	13 7%	23 6%	31 15% cdhij
A bit more (4.0)	381 19%	217 17%	67 18%	80 27% ab	148 22% a	25 32% efgij	28 23% gij	146 23% gij	54 23% gij	8 15%	8 13%	15 13% gij	25 24% gij	24 12%	48 12%	53 27% fgij
About the same (3.0)	829 41%	544 44% cd	147 40%	108 36%	255 38%	25 31%	40 33%	253 40%	97 41%	26 51% abhk	22 39%	45 38%	35 33%	83 43% k	202 50% abcdgkh	65 32%
A bit less (2.0)	305 15%	184 15%	65 18%	39 13%	104 16%	6 8%	19 16%	82 13%	41 18% a	10 20% a	9 16%	16 14%	17 16%	34 18% a	69 17% a	25 13%
A lot less (1.0)	283 14%	186 15%	47 13%	40 13%	88 13%	9 12%	12 10%	93 15%	26 11%	4 7%	9 16%	23 19% bdek	18 17%	34 17% k	55 14%	21 11%
Don't know	35 2%	14 1%	1 *	4 1%	5 1%	3 4% cd	2 2%	3 1%	1 *	- -	2 4% cd	3 3% c	5 5% cd	7 4% cd	9 2% c	5 2% c
NET: More	558 28%	316 25%	103 28%	111 37% ab	214 32% a	36 45% cdefghij	49 40% degij	209 33% ij	69 30% ij	11 21%	15 26%	32 26% j	30 29% ij	36 19%	71 17% cdefghij	84 42%
NET: Less	588 29%	370 30%	112 31%	80 26%	192 29%	16 20%	31 25%	175 27%	67 29%	14 27%	18 32%	39 33% ak	35 33% a	68 35% ack	125 31%	47 23%
Base for stats	1974	1230	363	298	661	76	120	638	233	51	55	116	100	188	397	196
Mean Score	2.93	2.88	2.94	3.07 a	3.00 a	3.28 dghij	3.22 dghij	3.01 ij	2.96 ij	2.93	2.90	2.87	2.83	2.72	2.78	3.24 cdghij
Standard Deviation	1.129	1.113	1.133	1.162	1.147	1.189	1.194	1.158	1.056	.943	1.227	1.276	1.147	1.107	1.020	1.189
Standard Error	.025	.031	.065	.073	.049	.137	.107	.046	.070	.133	.164	.113	.109	.080	.054	.084
Error variance	*	*	*	.01	*	.02	.01	*	*	.02	.03	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q2C1. Do you think you generally do more, less or the same amount of physical activity and exercise now compared to this time last year?

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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	177 9%	51 10%	42 11%	12 9%	3 8%	53 11%	54 10%	56 10%	28 10%	16 8%	6 12%	44 10%	62 10%	21 6%	100 9%	49 10%	7 8%	156 9%	
A bit more (4.0)	381 19%	125 24%	84 23%	21 16%	6 18%	105 21%	130 24%	121 22%	79 30%	32 17%	8 16%	111 25%	129 22%	55 17%	193 17%	117 24%	17 19%	327 19%	
About the same (3.0)	829 41%	209 40%	129 35%	63 47%	11 36%	192 38%	220 40%	222 41%	92 35%	79 42%	18 34%	171 38%	239 40%	131 41%	478 43%	186 38%	34 37%	697 41%	
A bit less (2.0)	305 15%	74 14%	55 15%	20 15%	6 19%	75 15%	79 14%	68 13%	42 16%	30 16%	11 22%	72 16%	80 13%	53 16%	167 15%	69 14%	17 18%	252 15%	
A lot less (1.0)	283 14%	59 11%	58 16%	18 13%	4 14%	76 15%	63 12%	77 14%	25 9%	28 15%	7 14%	53 12%	84 14%	57 18%	153 14%	62 13%	11 12%	227 13%	
Don't know	35 2%	1 *	2 *	- -	1 5%	2 *	2 *	1 *	1 *	1 1%	1 3%	2 *	2 *	7 2%	15 1%	7 1%	5 6%	28 2%	
NET: More	558 28%	176 34%	126 34%	33 24%	8 27%	159 31%	184 33%	177 32%	107 40%	48 26%	14 27%	155 34%	191 32%	75 23%	292 26%	166 34%	24 26%	482 29%	
NET: Less	588 29%	133 26%	113 31%	38 28%	10 33%	152 30%	143 26%	146 27%	67 25%	58 31%	18 36%	125 28%	164 27%	110 34%	320 29%	131 27%	28 31%	479 28%	
Base for stats	1974	517	368	135	30	502	546	545	266	185	50	451	594	316	1090	483	86	1658	
Mean Score	2.93	3.07	2.99	2.91	2.88	2.97	3.06	3.02	3.16	2.88	2.89	3.05	3.01	2.78	2.93	3.05	2.91	2.96	
Standard Deviation	1.129	1.110	1.212	1.092	1.164	1.181	1.113	1.154	1.108	1.129	1.200	1.124	1.157	1.128	1.120	1.142	1.120	1.127	
Standard Error	.025	.049	.063	.093	.206	.053	.047	.049	.069	.084	.163	.054	.047	.062	.034	.053	.122	.028	
Error variance	*	*	*	.01	.04	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q2C1. Do you think you generally do more, less or the same amount of physical activity and exercise now compared to this time last year?

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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	177 9%	46 14% b	106 8%	30 11%	24 7%	5 7%	122 9%	52 8%	7 9%	139 9%	38 9%	156 9% b	20 6%
A bit more (4.0)	381 19%	77 23%	240 19%	50 18% bf	41 11%	13 18%	274 21% bef	97 15%	7 9%	294 18%	87 21%	315 19%	64 19%
About the same (3.0)	829 41%	122 37%	551 43%	104 37%	166 45% a	30 41%	546 42%	260 41%	37 48%	657 41%	171 42%	693 42%	126 38%
A bit less (2.0)	305 15%	58 18%	190 15%	41 15%	64 17%	17 23% df	192 15%	111 17%	8 10%	256 16% b	49 12%	242 15%	60 18%
A lot less (1.0)	283 14%	26 8%	193 15% a	50 18% d	67 18% d	7 10%	164 12%	108 17% d	16 21% d	235 15%	48 12%	220 13%	57 17%
Don't know	35 2%	3 1%	16 1%	6 2%	5 1%	1 1%	15 1%	9 1%	3 4%	19 1%	16 4% a	17 1%	8 2% a
NET: More	558 28%	123 37% b	346 27%	80 29% b	65 18%	18 25%	395 30% bef	149 23% b	14 18%	433 27%	124 30%	471 29%	84 25%
NET: Less	588 29%	85 25%	383 30%	91 32% d	131 36% d	24 33%	355 27%	220 34% d	24 31%	491 31% b	97 24%	463 28%	117 35% a
Base for stats	1974	330	1280	275	363	73	1297	629	75	1582	393	1627	327
Mean Score	2.93	3.18 b	2.90	2.89 b	2.70	2.88	3.00 be	2.80	2.75	2.90	3.04 a	2.97 b	2.78
Standard Deviation	1.129	1.124 b	1.123	1.220 b	1.100	1.046	1.113 be	1.146	1.185	1.133	1.107 a	1.126 b	1.130
Standard Error	.025	.063 *	.032	.072 *	.058	.122	.031 *	.046 *	.133	.028 *	.057 *	.028 *	.060 *
Error variance	*	*	*	.01	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q2C1. Do you think you generally do more, less or the same amount of physical activity and exercise now compared to this time last year?

BASE: All respondents

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	b
Unweighted Total		2009	555	824	592	829	642
Total		2009	558	829	588	819	641
		100%	100%	100%	100%	100%	100%
A lot more	(5.0)	177	177	-	-	106	40
		9%	32%	-	-	13%	6%
			bc			b	
A bit more	(4.0)	381	381	-	-	202	110
		19%	68%	-	-	25%	17%
			bc			b	
About the same	(3.0)	829	-	829	-	233	333
		41%	-	100%	-	28%	52%
				ac		a	
A bit less	(2.0)	305	-	-	305	135	84
		15%	-	-	52%	16%	13%
					ab		
A lot less	(1.0)	283	-	-	283	138	61
		14%	-	-	48%	17%	10%
					ab	b	
Don't know		35	-	-	-	5	12
		2%	-	-	-	1%	2%
						a	
NET: More		558	558	-	-	308	150
		28%	100%	-	-	38%	23%
			bc			b	
NET: Less		588	-	-	588	273	145
		29%	-	-	100%	33%	23%
					ab	b	
Base for stats		1974	558	829	588	814	629
Mean Score		2.93	4.32	3.00	1.52	3.00	2.97
			c				
Standard Deviation		1.129	.466	-	.500	1.271	.977
Standard Error		.025	.020	-	.021	.044	.039
Error variance		*	*	-	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1097	501	592	266	358	473	50	141	102	102	101	124	171	191	116
	55%	51%	58%	44%	54%	64%	51%	54%	52%	48%	58%	56%	55%	59%	57%
			a		a	ab				d				d	
Running or jogging	342	200	141	163	145	35	9	33	27	33	26	32	87	52	42
	17%	20%	14%	27%	22%	5%	9%	13%	14%	16%	15%	14%	28%	16%	20%
		b		bc	c								abcdefh		ab
Cycling (either for leisure or travel)	265	172	92	98	108	59	9	34	27	28	25	17	64	36	25
	13%	18%	9%	16%	16%	8%	10%	13%	14%	13%	14%	8%	20%	11%	12%
		b		c	c				f		f		abdfhi		
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	263	133	129	105	88	70	10	39	22	16	26	25	58	39	27
	13%	14%	13%	17%	13%	9%	11%	15%	11%	8%	15%	11%	19%	12%	13%
				bc	c			d			d		cdfh		
Home activity, fitness or exercise class viewed online or on TV, DVD or video	254	103	150	117	90	47	14	30	23	25	17	19	69	39	18
	13%	10%	15%	19%	14%	6%	14%	11%	11%	12%	10%	8%	22%	12%	9%
			a	bc	c								bcdefhi		
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	237	138	99	125	74	38	9	30	18	21	17	22	58	40	22
	12%	14%	10%	21%	11%	5%	9%	12%	9%	10%	10%	10%	18%	12%	11%
		b		bc	c								abcdefhi		
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	177	92	84	76	68	34	6	20	15	22	17	16	36	27	17
	9%	9%	8%	12%	10%	5%	6%	8%	7%	11%	10%	7%	12%	8%	8%
				c	c										
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	154	85	69	69	66	19	8	16	15	17	14	13	30	28	12
	8%	9%	7%	11%	10%	3%	8%	6%	8%	8%	8%	6%	9%	9%	6%
				c	c										
Swimming	130	67	63	47	50	34	5	13	11	16	11	18	29	19	10
	6%	7%	6%	8%	8%	5%	5%	5%	6%	8%	6%	8%	9%	6%	5%
				c	c								b		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	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.)	118 6%	86 9%	30 3%	76 13%	36 5%	6 1%	5 5%	12 4%	12 6%	15 7%	10 6%	15 7%	26 8%	17 5%	8 4%
		b		bc	c										
Combat sports, martial arts or target sports (such as shooting, archery etc.)	74 4%	51 5%	24 2%	43 7%	27 4%	5 1%	4 4%	14 5%	6 3%	11 5%	6 3%	4 2%	18 6%	5 1%	8 4%
		b		bc	c			fh		h			fh		
Golf	66 3%	53 5%	14 1%	23 4%	23 4%	20 3%	4 4%	8 3%	6 3%	10 4%	3 2%	7 3%	8 3%	11 3%	9 4%
		b													
Racket sports (such as tennis, badminton, squash etc.)	66 3%	40 4%	26 3%	40 7%	20 3%	5 1%	2 2%	9 3%	4 2%	11 5%	5 3%	3 1%	20 6%	8 2%	5 2%
				bc	c					f			cfhi		
Gymnastics, trampolining or cheerleading	49 2%	26 3%	23 2%	32 5%	15 2%	3 *	1 1%	4 2%	5 3%	6 3%	5 3%	3 1%	15 5%	3 1%	6 3%
				bc	c								bfi		
Water sports (such as surfing, rowing, sailing etc.)	47 2%	28 3%	18 2%	26 4%	17 3%	4 *	1 1%	9 3%	3 2%	9 4%	4 2%	3 2%	8 3%	8 2%	2 1%
				c	c										
Other sport, exercise or physical activity	72 4%	38 4%	34 3%	14 2%	17 3%	41 6%	1 1%	9 3%	7 4%	8 4%	6 4%	9 4%	10 3%	12 4%	10 5%
						ab									
I have not done any physical activity in the past week	323 16%	149 15%	171 17%	61 10%	94 14%	168 23%	19 20%	48 18%	38 19%	37 17%	27 15%	48 22%	26 8%	51 16%	29 14%
					a	ab	g	g	g	g	g	g		g	g
NET: Home based activity	567 28%	269 27%	295 29%	227 37%	199 30%	140 19%	27 27%	73 28%	53 27%	53 25%	46 27%	53 24%	122 39%	87 27%	53 26%
				bc	c								abcdefhi		
NET: Any physical activity in the past week	1686 84%	830 85%	848 83%	546 90%	566 86%	574 77%	79 80%	215 82%	159 81%	176 83%	147 85%	174 78%	286 92%	275 84%	176 86%
				bc	c								abcdefhi		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1097	76	271	246	120	110	273	593	503	951	18	69	32	8	6	134
	55%	48%	56%	55%	52%	52%	57%	55%	55%	57% bdg	38%	52%	41%	40%	79%	47%
Running or jogging	342	38	97	93	46	50	18	228	115	255	12	45	16	5	2	80
	17%	24% fh	20% fh	21% fh	20% fh	24% fh	4% fh	21% fh	12% f	15% fh	25% ad	34% ad	20% a	27% a	25% a	28% a
Cycling (either for leisure or travel)	265	34	75	51	45	30	30	160	105	210	5	26	16	2	1	49
	13%	21% cfgh	16% fh	11% f	19% cfh	14% f	6% fh	15% fh	11% f	13% fh	10% a	19% a	20% a	9% a	10% a	17% a
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	263	24	88	54	33	23	40	166	97	206	6	26	20	1	1	54
	13%	15% f	18% cefh	12% fh	14% f	11% fh	8% fh	15% fh	11% fh	12% fh	12% a	20% a	25% a	8% a	10% a	19% a
Home activity, fitness or exercise class viewed online or on TV, DVD or video	254	38	73	61	26	20	35	173	81	179	10	34	16	9	3	72
	13%	24% bcdefgh	15% efh	14% fh	11% fh	10% fh	7% efh	16% efh	9% fh	11% fh	21% a	25% a	20% a	48% a	36% a	25% a
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	237	36	78	57	25	22	20	171	66	177	6	28	18	3	1	56
	12%	23% cdefgh	16% efh	13% fh	11% f	10% f	4% fh	16% efh	7% f	11% fh	13% a	21% a	23% a	15% a	10% a	20% a
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	177	31	47	36	19	18	25	114	63	139	5	22	8	1	1	37
	9%	20% bcdefgh	10% f	8% fh	8% fh	9% f	5% fh	11% fh	7% fh	8% fh	11% a	17% a	10% a	6% a	10% a	13% a
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	154	24	51	37	22	11	8	113	41	113	2	22	11	2	1	38
	8%	15% cefh	11% efh	8% fh	10% fh	5% f	2% efh	10% efh	4% f	7% fh	5% ab	16% a	14% a	12% a	10% a	13% a
Swimming	130	16	41	24	17	11	22	80	50	101	4	14	5	1	2	25
	6%	10% cfh	8% fh	5% fh	7% fh	5% fh	4% fh	7% fh	5% fh	6% fh	7% a	10% a	6% a	5% a	25% a	9% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	118 6%	20 12% bcfgh	29 6% f	27 6% f	21 9% fh	16 8% f	5 1% f	75 7% fh	42 5% f	68 4%	8 17% a	18 13% a	19 23% a	- -	1 10%	45 16% a
Combat sports, martial arts or target sports (such as shooting, archery etc.)	74 4%	20 12% bcdefgh	18 4% fh	20 5% fh	8 4% f	5 2%	3 1%	58 5% fh	17 2%	50 3%	3 5%	13 10% a	5 7%	1 4%	1 10%	23 8% a
Golf	66 3%	13 8% cefg	20 4% eh	13 3%	8 4%	3 1%	10 2%	45 4% efh	21 2%	54 3%	3 6%	3 2%	4 4%	- -	1 10%	10 3%
Racket sports (such as tennis, badminton, squash etc.)	66 3%	15 9% bcdefgh	20 4% fh	17 4% fh	8 3% fh	4 2% f	2 *	53 5% efh	13 1%	39 2%	4 8% a	12 9% a	7 9% a	- -	1 10%	24 8% a
Gymnastics, trampolining or cheerleading	49 2%	9 6% bcefh	12 2%	10 2%	6 3%	4 2%	8 2%	31 3% f	18 2%	27 2%	5 11% ac	4 3%	9 11% ac	1 4%	1 10%	20 7% a
Water sports (such as surfing, rowing, sailing etc.)	47 2%	13 8% bcefg	8 2%	9 2%	10 5% bfh	4 2%	3 1%	29 3% f	17 2%	28 2%	4 8% a	4 3%	8 10% ac	- -	1 10%	17 6% a
Other sport, exercise or physical activity	72 4%	5 3%	15 3%	16 4%	5 2%	5 2%	25 5%	37 3% f	35 4%	63 4%	- -	3 2%	3 4%	- -	1 17%	8 3%
I have not done any physical activity in the past week	323 16%	16 10%	48 10%	67 15% b	37 16% b	29 14%	126 26% abcdegh	131 12% f	192 21% abcefg	289 17% cdg	7 15%	9 7%	5 7%	2 9%	2 21%	25 9%
NET: Home based activity	567 28%	69 43% cdefgh	170 35% cefh	117 26% f	66 29% f	53 25%	92 19%	356 33% cefh	211 23%	436 26%	16 34%	59 45% a	34 42% a	12 62%	3 36%	124 43% a
NET: Any physical activity in the past week	1686 84%	142 90% fh	436 90% cdfh	377 85% fh	193 84% f	182 86% fh	356 74%	955 88% fh	731 79% f	1393 83%	41 85%	123 93% a	75 93% a	18 91%	6 79%	263 91% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1097	719	188	155	343	38	60	359	129	24	41	65	47	92	241	97
	55%	58%	51%	51%	51%	47%	49%	56%	55%	48%	71%	55%	45%	47%	59%	49%
		bd						hi			abcdeghik				bhik	
Running or jogging	342	155	86	81	167	19	38	157	56	5	11	13	21	15	7	57
	17%	12%	24%	27%	25%	24%	32%	25%	24%	10%	18%	11%	20%	8%	2%	28%
			a	a	a	egij	eghij	egij	egij	j	ij	j	gij	j		egij
Cycling (either for leisure or travel)	265	124	66	63	129	19	22	120	24	12	7	12	13	13	22	42
	13%	10%	18%	21%	19%	24%	18%	19%	10%	24%	11%	10%	12%	7%	5%	21%
			a	a	a	dghij	dij	dgij	j	dgij			j			dgij
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	263	152	49	55	104	11	22	103	26	6	6	18	17	15	39	33
	13%	12%	14%	18%	16%	14%	18%	16%	11%	12%	10%	15%	16%	8%	10%	16%
			a				ij	ij				i	ij			ij
Home activity, fitness or exercise class viewed online or on TV, DVD or video	254	124	57	60	117	9	23	101	35	7	6	15	19	19	21	31
	13%	10%	16%	20%	18%	11%	19%	16%	15%	13%	10%	12%	18%	10%	5%	16%
			a	a	a	j	ij	ij	j	j		j	ij	j		j
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	237	125	49	46	95	8	21	107	31	7	9	11	23	5	16	29
	12%	10%	13%	15%	14%	10%	17%	17%	13%	14%	15%	10%	22%	2%	4%	14%
			a	a		ij	ij	gij	ij	ij	ij	ij	adgij			ij
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	177	69	48	49	97	4	22	67	17	9	4	10	11	12	20	26
	9%	6%	13%	16%	15%	5%	18%	10%	7%	18%	7%	8%	11%	6%	5%	13%
			a	a	a		acdfgij		j	adgij			j			adj

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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											
	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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	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)	154 8%	63 5%	46 13%	39 13%	85 13%	6 8%	17 14%	73 11%	23 10%	7 15%	4 7%	3 3%	10 9%	3 1%	8 2%	23 12%
			a	a	a	ij	gij	gij	gij	gij	ij		gij			gij
Swimming	130 6%	64 5%	25 7%	32 11%	57 9%	7 9%	9 7%	50 8%	23 10%	5 10%	4 7%	5 4%	7 7%	5 3%	15 4%	16 8%
			a	a	a	i	i	ij	ij	i						ij
Team sports (such as football, cricket, rugby etc.)	118 6%	49 4%	32 9%	30 10%	61 9%	6 8%	19 16%	49 8%	10 4%	5 10%	1 1%	2 2%	18 17%	3 2%	4 1%	25 13%
			a	a	a	gij	cdfgij	gij	j	gij			cdfgij			cdfgij
Combat sports, martial arts or target sports (such as shooting, archery etc.)	74 4%	25 2%	22 6%	17 5%	38 6%	8 10%	14 11%	21 3%	12 5%	3 7%	-	-	10 10%	5 3%	-	22 11%
			a	a	a	cfgij	cdfgij	gi	gj	fgj			cfgij	j		cdfgij
Golf	66 3%	33 3%	15 4%	15 5%	29 4%	7 9%	8 6%	25 4%	4 2%	5 10%	1 1%	-	5 5%	2 1%	9 2%	15 7%
				a	a	cdgij	dgij	g		cdgij			g			cdgij
Racket sports (such as tennis, badminton, squash etc.)	66 3%	21 2%	17 5%	23 8%	40 6%	3 4%	12 10%	32 5%	5 2%	5 9%	1 1%	-	6 5%	3 2%	-	15 8%
			a	a	a	gi	cdfgij	gij	j	dgij	j		gj	j		dgij
Gymnastics, trampolining or cheerleading	49 2%	14 1%	11 3%	16 5%	26 4%	3 4%	7 5%	15 2%	5 2%	3 6%	4 6%	4 4%	6 5%	3 1%	-	10 5%
			a	a	a	j	ij	j	j	ij	ij	j	ij	j		cij
Water sports (such as surfing, rowing, sailing etc.)	47 2%	16 1%	13 4%	12 4%	26 4%	4 5%	5 4%	21 3%	4 2%	4 7%	1 2%	1 1%	5 5%	1 *	-	9 5%
			a	a	a	ij	ij	ij	j	dgij	j	j	ij			ij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	72	52	12	4	16	1	2	13	8	1	5	3	6	10	23	3
	4%	4%	3%	1%	2%	1%	2%	2%	3%	2%	8%	3%	6%	5%	6%	1%
		c									abck		ck	ck	ck	
I have not done any physical activity in the past week	323	232	46	23	69	6	8	76	25	4	3	20	10	54	117	14
	16%	19%	13%	8%	10%	8%	7%	12%	11%	8%	5%	17%	10%	28%	29%	7%
		bcd										bfk		abcdeghk	abcdeghk	
NET: Home based activity	567	300	120	123	243	20	54	210	61	20	14	34	37	43	74	74
	28%	24%	33%	41%	36%	25%	45%	33%	26%	40%	24%	29%	35%	22%	18%	37%
			a	a	a		acdfgij	ij	j	ij		j	ij		dij	
NET: Any physical activity in the past week	1686	1012	318	278	596	73	114	565	209	47	55	100	95	141	289	187
	84%	81%	87%	92%	90%	92%	93%	88%	89%	92%	95%	83%	90%	72%	71%	93%
			a	a	a	ij	gij	ij	ij	ij	gij	ij	ij		gij	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1097 55%	309 60% be	195 53%	70 52%	14 45%	265 53%	323 59% e	332 61% be	129 49%	101 54%	26 50%	231 51%	358 60% be	179 55%	628 57% cd	249 51%	41 45%	918 54%
Running or jogging	342 17%	127 25%	102 28% c	23 17%	7 22%	125 25%	134 24%	129 24%	82 31% acf	35 19%	13 26%	116 26%	142 24%	27 8%	172 16% a	119 24% abe	24 27% ab	316 19% ab
Cycling (either for leisure or travel)	265 13%	86 17%	61 17%	24 18%	4 14%	85 17%	91 17%	99 18%	47 18%	29 15%	6 12%	76 17%	105 18%	26 8%	134 12% a	90 18% abe	14 15%	238 14% a
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	263 13%	77 15%	63 17%	16 12%	2 6%	80 16%	79 14%	81 15% d	52 19% df	28 15% d	2 4%	79 18% d	83 14% d	34 11%	142 13%	75 15%	11 13%	229 14%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	254 13%	68 13%	73 20% af	22 16%	2 8%	95 19% af	70 13%	78 14%	57 21% acf	23 13%	8 16%	81 18%	86 14%	26 8%	125 11%	94 19% abde	9 9%	227 13% a
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	237 12%	82 16%	63 17%	21 16%	7 22%	84 17%	88 16%	83 15%	50 19%	27 14%	10 19%	76 17%	92 15%	27 8%	104 9%	84 17% abe	22 24% abe	210 12% ab
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	177 9%	49 9%	48 13%	18 13%	2 7%	66 13%	51 9%	42 8%	43 16% af	28 15% af	4 7%	72 16% af	46 8%	13 4%	89 8% a	63 13% ab	12 13% a	164 10% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	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)	154 8%	55 11%	41 11%	21 15%	2 7%	61 12%	57 10%	45 8%	46 17% af	25 13% af	5 10%	71 16% af	50 8%	14 4%	73 7%	58 12% abe	9 9% a	139 8%
Swimming	130 6%	46 9%	25 7%	15 11%	1 3%	40 8%	47 9%	43 8%	25 10%	18 9%	4 9%	43 9%	47 8%	16 5%	60 5%	50 10% abe	4 4%	114 7%
Team sports (such as football, cricket, rugby etc.)	118 6%	38 7%	32 9%	8 6%	1 4%	41 8%	39 7%	38 7%	32 12% acdf	9 5%	1 3%	41 9%	39 7%	5 1%	48 4% a	53 11% abe	12 13% abe	113 7% ab
Combat sports, martial arts or target sports (such as shooting, archery etc.)	74 4%	20 4%	18 5%	10 8%	2 5%	28 6%	22 4%	15 3%	19 7% adf	15 8% adf	- -	34 8% adf	15 3%	9 3%	31 3%	27 6% b	7 8% ab	65 4%
Golf	66 3%	20 4%	18 5%	4 3%	2 7%	21 4%	22 4%	19 4%	15 5%	5 3%	3 6%	20 4%	22 4%	9 3%	33 3%	20 4% a	4 5% a	57 3%
Racket sports (such as tennis, badminton, squash etc.)	66 3%	23 4%	23 6%	7 6%	- -	31 6%	23 4%	15 3%	29 11% acf	7 4%	3 5%	36 8% af	18 3%	4 1%	36 3% a	23 5% a	3 4% a	61 4% a
Gymnastics, trampolining or cheerleading	49 2%	10 2%	12 3%	7 5% a	3 10% af	19 4%	13 2%	9 2%	11 4% a	9 5% af	3 5%	21 5% af	12 2%	5 2%	22 2%	16 3% abe	6 6% abe	44 3%
Water sports (such as surfing, rowing, sailing etc.)	47 2%	7 1%	17 4% af	8 6% af	2 8% af	25 5% af	9 2%	6 1%	15 6% af	9 5% af	4 8% af	24 5% af	10 2%	3 1%	25 2% a	17 3% a	1 1% a	43 3%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	72 4%	16 3%	7 2%	5 4%	- -	12 2%	16 3%	13 2%	6 2%	8 4%	1 2%	14 3%	14 2%	13 4%	45 4%	12 3%	2 2%	59 3%
I have not done any physical activity in the past week	323 16%	61 12%	36 10%	7 5%	2 5%	44 9%	62 11%	66 12%	14 5%	19 10%	3 6%	33 7%	69 12%	70 22%	181 16%	61 12%	11 12%	253 15%
			c				c	be				be		bcde	c			
NET: Home based activity	567 28%	155 30%	144 39%	42 31%	7 22%	185 37%	162 30%	163 30%	115 43%	62 34%	11 22%	178 39%	174 29%	65 20%	305 28%	175 36%	21 23%	502 30%
			adf			af		acdf				adf		a	abde			a
NET: Any physical activity in the past week	1686 84%	457 88%	333 90%	127 95%	29 95%	460 91%	486 89%	480 88%	253 95%	167 90%	48 94%	420 93%	528 88%	253 78%	924 84%	429 88%	80 88%	1433 85%
				af				af				af		a	ab	a	a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1097	148	750	141	165	28	778	296	35	881	215	951	142
	55%	44%	58%	50%	45%	38%	59%	46%	44%	55%	53%	58%	42%
			a				abcef					b	
Running or jogging	342	67	235	54	34	12	245	92	8	287	55	275	65
	17%	20%	18%	19%	9%	16%	19%	14%	10%	18%	14%	17%	19%
				bf			bef	b		b			
Cycling (either for leisure or travel)	265	50	180	34	34	8	190	67	9	216	48	226	36
	13%	15%	14%	12%	9%	11%	14%	11%	11%	14%	12%	14%	11%
							be						
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	263	52	171	44	41	8	179	81	9	217	47	214	46
	13%	16%	13%	15%	11%	10%	14%	13%	12%	14%	11%	13%	14%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	254	64	154	42	36	7	172	74	10	216	38	201	50
	13%	19%	12%	15%	10%	10%	13%	12%	13%	13%	9%	12%	15%
		b		b						b			
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	237	52	150	34	20	13	171	61	6	204	33	201	31
	12%	16%	12%	12%	6%	18%	13%	10%	8%	13%	8%	12%	9%
		b		b		be	be	b		b			
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	177	48	110	32	31	7	105	66	3	153	24	157	19
	9%	15%	9%	11%	8%	9%	8%	10%	4%	10%	6%	10%	6%
		b		f						b		b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	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)	154 8%	46 14% b	85 7%	32 11% d	29 8%	5 7%	92 7%	59 9%	7 9%	129 8%	25 6%	125 8%	27 8%
Swimming	130 6%	37 11% b	72 6%	22 8%	18 5%	8 10%	84 6%	42 7%	5 7%	104 7%	26 6%	109 7%	19 6%
Team sports (such as football, cricket, rugby etc.)	118 6%	33 10% b	74 6%	19 7% f	15 4%	6 9% f	73 6%	39 6% f	1 1%	96 6%	22 5%	92 6%	26 8%
Combat sports, martial arts or target sports (such as shooting, archery etc.)	74 4%	28 8% b	36 3%	17 6% bd	9 3%	6 9% bd	45 3%	29 5%	4 5%	58 4%	16 4%	61 4%	13 4%
Golf	66 3%	20 6% b	37 3%	14 5%	13 4%	4 5%	37 3%	25 4%	4 6%	50 3%	16 4%	56 3%	9 3%
Racket sports (such as tennis, badminton, squash etc.)	66 3%	33 10% b	28 2%	10 4%	11 3%	4 5%	38 3%	25 4%	1 1%	56 3%	10 2%	51 3%	14 4%
Gymnastics, trampolining or cheerleading	49 2%	15 4% b	24 2%	9 3%	10 3%	4 5%	24 2%	21 3% d	2 2%	37 2%	12 3%	35 2%	11 3%
Water sports (such as surfing, rowing, sailing etc.)	47 2%	18 6% b	21 2%	8 3%	9 3%	7 9% abde	22 2%	21 3% d	2 3%	34 2%	13 3%	30 2%	17 5% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other sport, exercise or physical activity	72	8	49	10	18	3	43	23	6	56	16	67	2
	4%	2%	4%	4%	5%	4%	3%	4%	8%	4%	4%	4%	1%
									d			b	
I have not done any physical activity in the past week	323	40	205	38	99	14	185	127	22	241	82	254	60
	16%	12%	16%	13%	27%	19%	14%	20%	28%	15%	20%	15%	18%
					ade			ad	ad		a		
NET: Home based activity	567	124	360	88	82	16	383	167	17	471	96	465	96
	28%	37%	28%	31%	22%	22%	29%	26%	21%	29%	24%	28%	29%
		b		b			b			b			
NET: Any physical activity in the past week	1686	293	1091	244	269	60	1128	511	56	1359	326	1390	275
	84%	88%	84%	87%	73%	81%	86%	80%	72%	85%	80%	85%	82%
				bef			bef	b		b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1097	138	106	200	190	123	115	49	177	619	340	260	293	420	110	509	405	146
	55%	32%	49%	57%	57%	65%	67%	64%	73%	57%	70%	53%	51%	61%	51%	61%	52%	50%
			a	a	a	abi	abcdi	ab	abcdi	ab	abcdi			abd		bc		
Running or jogging	342	2	24	63	90	50	49	21	44	226	114	72	85	134	47	135	153	42
	17%	1%	11%	18%	27%	27%	29%	28%	18%	21%	23%	15%	15%	19%	22%	16%	20%	14%
			a	ab	abchi	abch	abchi	abc	ab	ab	ab			ab	ab		c	
Cycling (either for leisure or travel)	265	7	22	42	53	28	41	19	52	145	113	44	65	111	40	97	117	41
	13%	2%	10%	12%	16%	15%	24%	26%	22%	13%	23%	9%	11%	16%	19%	12%	15%	14%
			a	a	a	a	abcdei	abcdei	abci	a	abcdei			ab	ab		a	
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	263	8	22	50	54	31	40	18	39	157	98	58	72	97	30	101	105	47
	13%	2%	10%	14%	16%	16%	23%	24%	16%	14%	20%	12%	13%	14%	14%	12%	13%	16%
			a	a	a	a	abcdi	abci	a	a	abci							
Home activity, fitness or exercise class viewed online or on TV, DVD or video	254	9	21	46	49	38	34	19	38	153	91	69	64	86	31	94	123	33
	13%	2%	10%	13%	15%	20%	20%	24%	16%	14%	19%	14%	11%	12%	14%	11%	16%	11%
			a	a	a	abci	abci	abcdi	ab	a	abci						a	
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	237	3	12	35	55	43	41	16	34	144	90	47	71	79	37	93	100	34
	12%	1%	5%	10%	16%	23%	24%	21%	14%	13%	18%	10%	12%	11%	17%	11%	13%	12%
			a	a	abc	abchi	abcdhi	abc	ab	ab	abci				ac			
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	177	12	14	39	31	27	22	11	21	110	54	42	56	58	18	65	77	30
	9%	3%	7%	11%	9%	14%	13%	15%	9%	10%	11%	9%	10%	8%	8%	8%	10%	10%
			a	a	a	ab	ab	ab	a	a	a							
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	154	4	10	35	30	29	13	12	21	103	47	29	53	53	15	61	58	27
	8%	1%	4%	10%	9%	15%	8%	16%	9%	9%	10%	6%	9%	8%	7%	7%	7%	9%
			a	ab	ab	abdfhij	a	ab	a	ab	ab		a					
Swimming	130	5	9	21	23	21	20	9	23	73	52	25	34	47	22	54	58	14
	6%	1%	4%	6%	7%	11%	12%	12%	10%	7%	11%	5%	6%	7%	10%	6%	7%	5%
			a	a	a	abci	abci	ab	ab	a	abci				ab			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	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.)	118	3	14	24	31	10	13	7	16	79	36	22	31	41	21	35	60	15
	6%	1%	6%	7%	9%	5%	7%	10%	7%	7%	7%	5%	5%	6%	10%	4%	8%	5%
			a	a	a	a	a	a	a	a	a				abc		a	
Combat sports, martial arts or target sports (such as shooting, archery etc.)	74	-	6	16	14	12	6	5	16	48	26	17	24	22	10	22	35	15
	4%	-	3%	5%	4%	6%	3%	6%	6%	4%	5%	3%	4%	3%	4%	3%	5%	5%
			a	a	a	a	a	a	a	a	a						a	a
Golf	66	-	7	14	12	6	9	6	12	39	27	16	12	24	13	34	20	12
	3%	-	3%	4%	3%	3%	6%	7%	5%	4%	6%	3%	2%	3%	6%	4%	3%	4%
			a	a	a	a	a	a	a	a	a				b			
Racket sports (such as tennis, badminton, squash etc.)	66	1	5	15	15	11	9	5	6	45	20	13	23	21	7	13	37	14
	3%	*	2%	4%	4%	6%	5%	6%	2%	4%	4%	3%	4%	3%	3%	2%	5%	5%
			a	a	a	a	a	a	a	a	a						a	a
Gymnastics, trampolining or cheerleading	49	1	1	12	13	5	6	2	9	31	17	7	14	13	10	17	26	2
	2%	*	1%	4%	4%	3%	4%	2%	4%	3%	4%	1%	2%	2%	5%	2%	3%	1%
				ab	ab	a	ab	a	ab	a	ab				ac		c	
Water sports (such as surfing, rowing, sailing etc.)	47	-	6	16	10	6	1	1	7	38	9	11	17	10	6	10	23	11
	2%	-	3%	5%	3%	3%	*	1%	3%	3%	2%	2%	3%	2%	3%	1%	3%	4%
			a	afj	a	a		a	a	af	a						a	a
Other sport, exercise or physical activity	72	3	8	13	12	10	8	4	14	43	26	15	15	30	6	31	27	12
	4%	1%	4%	4%	4%	5%	5%	5%	6%	4%	5%	3%	3%	4%	3%	4%	3%	4%
			a	a	a	a	a	a	a	a	a							
I have not done any physical activity in the past week	323	263	17	13	15	5	3	-	6	51	9	88	97	84	38	125	114	58
	16%	61%	8%	4%	5%	3%	2%	-	2%	5%	2%	18%	17%	12%	18%	15%	15%	20%
		bcdefghij	cefg hij	j						j		c	c		c			b
NET: Home based activity	567	27	50	110	113	76	76	36	78	349	191	141	156	197	63	222	241	88
	28%	6%	23%	31%	34%	40%	44%	48%	33%	32%	39%	29%	27%	29%	29%	26%	31%	30%
			a	ab	ab	abci	abcdhi	abcdhi	ab	ab	abci							
NET: Any physical activity in the past week	1686	169	197	337	319	183	169	76	235	1037	480	400	474	603	177	716	670	236
	84%	39%	92%	96%	95%	97%	98%	100%	98%	95%	98%	82%	83%	88%	82%	85%	85%	80%
			a	ab	a	ab	ab	ab	ab	ab	abdi			abd			c	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Walking (either for leisure or travel)

Running or jogging

Cycling (either for leisure or travel)

Home activity, fitness or exercise class not viewed online or on TV, DVD or video

Home activity, fitness or exercise class viewed online or on TV, DVD or video

Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)

Informal active play/games in the house or garden (e.g. throwing, catching, running games)

Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)

Swimming

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	Total	NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Walking (either for leisure or travel)	1097	335	435	322	472	326
	55%	60%	52%	55%	58%	51%
		b			b	
Running or jogging	342	168	110	63	205	111
	17%	30%	13%	11%	25%	17%
		bc			b	
Cycling (either for leisure or travel)	265	120	101	42	139	90
	13%	21%	12%	7%	17%	14%
		bc	c			
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	263	114	91	58	147	73
	13%	20%	11%	10%	18%	11%
		bc			b	
Home activity, fitness or exercise class viewed online or on TV, DVD or video	254	117	72	62	152	66
	13%	21%	9%	11%	19%	10%
		bc			b	
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	237	101	88	47	135	76
	12%	18%	11%	8%	17%	12%
		bc			b	
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	177	60	65	51	90	57
	9%	11%	8%	9%	11%	9%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	154	61	50	42	93	48
	8%	11%	6%	7%	11%	7%
		bc			b	
Swimming	130	54	56	18	55	56
	6%	10%	7%	3%	7%	9%
		bc	c			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Team sports (such as football, cricket, rugby etc.)

Combat sports, martial arts or target sports (such as shooting, archery etc.)

Golf

Racket sports (such as tennis, badminton, squash etc.)

Gymnastics, trampolining or cheerleading

Water sports (such as surfing, rowing, sailing etc.)

Other sport, exercise or physical activity

I have not done any physical activity in the past week

NET: Home based activity

NET: Any physical activity in the past week

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	Total	NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Team sports (such as football, cricket, rugby etc.)	118	52	42	23	62	47
	6%	9%	5%	4%	8%	7%
		bc				
Combat sports, martial arts or target sports (such as shooting, archery etc.)	74	30	30	14	44	23
	4%	5%	4%	2%	5%	4%
		c				
Golf	66	28	32	6	38	19
	3%	5%	4%	1%	5%	3%
		c				
Racket sports (such as tennis, badminton, squash etc.)	66	28	19	19	42	19
	3%	5%	2%	3%	5%	3%
		b			b	
Gymnastics, trampolining or cheerleading	49	22	15	12	26	15
	2%	4%	2%	2%	3%	2%
		b				
Water sports (such as surfing, rowing, sailing etc.)	47	15	24	7	18	26
	2%	3%	3%	1%	2%	4%
			c			a
Other sport, exercise or physical activity	72	23	32	16	26	17
	4%	4%	4%	3%	3%	3%
I have not done any physical activity in the past week	323	15	165	125	75	107
	16%	3%	20%	21%	9%	17%
		a	a			a
NET: Home based activity	567	234	190	138	304	165
	28%	42%	23%	24%	37%	26%
		bc			b	
NET: Any physical activity in the past week	1686	542	663	463	744	533
	84%	97%	80%	79%	91%	83%
		bc			b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	1088	493	591	279	369	440	51	159	105	103	104	102	183	182	99
Total	1097	501	592	266	358	473	50	141	102	102	101	124	171	191	116
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	674 61%	327 65%	346 58%	140 53%	214 60%	319 68%	34 69%	91 65%	55 54%	57 55%	63 62%	74 60%	99 58%	131 68%	71 61%
		b				ab								cdg	
To get to/from shops or supermarkets	544 50%	254 51%	288 49%	133 50%	167 47%	244 52%	24 49%	64 45%	51 50%	44 44%	51 51%	70 57%	93 55%	96 50%	50 43%
To visit friends or family	202 18%	101 20%	100 17%	89 33%	56 16%	57 12%	5 10%	20 14%	20 20%	17 17%	19 19%	19 15%	40 23%	40 21%	22 19%
				bc									ab		
For personal business, e.g. running errands or visiting the doctor	179 16%	82 16%	96 16%	57 22%	60 17%	62 13%	6 12%	26 19%	19 19%	10 10%	18 18%	19 16%	37 22%	29 15%	14 12%
				c									d		
To get to/from my place of work	167 15%	82 16%	84 14%	58 22%	69 19%	40 8%	9 19%	18 13%	13 12%	17 17%	10 10%	19 16%	35 20%	27 14%	19 16%
				c	c								e		
For journeys made as part of my work	130 12%	74 15%	55 9%	45 17%	55 15%	29 6%	7 14%	18 13%	6 6%	11 11%	14 14%	11 9%	30 18%	21 11%	11 10%
		b		c	c								c		
To get to/from school or place of education (including escorting others)	103 9%	46 9%	57 10%	46 17%	53 15%	3 1%	4 9%	11 8%	11 10%	12 11%	6 6%	5 4%	26 15%	18 9%	11 10%
				c	c					f			bef		
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	80 7%	52 10%	28 5%	34 13%	25 7%	20 4%	4 7%	10 7%	5 5%	7 7%	7 7%	9 7%	21 13%	8 4%	9 8%
		b		bc									ch		
To volunteer or provide support to others	42 4%	24 5%	18 3%	11 4%	16 5%	15 3%	1 3%	10 7%	1 1%	3 3%	4 4%	5 4%	10 6%	6 3%	2 2%
								c							
For another purpose	104 10%	43 9%	60 10%	9 3%	40 11%	55 12%	6 12%	18 13%	10 10%	10 10%	10 10%	17 14%	7 4%	10 5%	16 14%
					a	a	g	gh	g		g	gh			gh

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

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	1088	493	591	279	369	440	51	159	105	103	104	102	183	182	99
Total	1097	501	592	266	358	473	50	141	102	102	101	124	171	191	116
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	689	330	357	181	229	278	28	85	65	57	63	78	128	117	68
	63%	66%	60%	68%	64%	59%	57%	60%	64%	56%	62%	63%	75%	61%	58%
				c									abdefhi		
NET: Leisure, fitness & recreation and travel/utility	376	197	179	88	123	165	18	49	31	26	32	44	70	72	35
	34%	39%	30%	33%	34%	35%	35%	35%	31%	26%	32%	35%	41%	38%	30%
		b											d	d	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	1088	76	257	245	125	116	269	578	510	937	21	71	32	8	6	138
Total	1097	76	271	246	120	110	273	593	503	951	18	69	32	8	6	134
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	674 61%	53 69% de	181 67% deh	151 61% d	60 50%	60 54%	169 62% d	385 65% deh	289 57%	602 63% cg	10 53%	30 43%	20 61%	5 59%	3 52%	67 50%
To get to/from shops or supermarkets	544 50%	33 43%	132 49%	127 52%	52 44%	60 54%	140 51%	292 49%	252 50%	473 50%	12 63%	34 49%	17 52%	3 33%	3 47%	68 51%
To visit friends or family	202 18%	19 25% b	38 14%	47 19%	27 23% b	26 23% b	45 16%	105 18%	98 19%	169 18%	4 21%	17 25%	8 26%	- -	2 31%	32 24%
For personal business, e.g. running errands or visiting the doctor	179 16%	21 28% cefh	50 19% f	40 16%	20 16%	14 13%	34 12%	112 19% fh	67 13%	147 16%	6 30%	17 25% a	6 18%	1 10%	1 13%	30 23% a
To get to/from my place of work	167 15%	13 17% f	50 18% fh	42 17% f	24 20% fh	32 29% bcfgh	5 2%	105 18% fh	61 12% f	134 14%	2 9%	18 26% a	9 27% a	- -	3 49%	31 23% a
For journeys made as part of my work	130 12%	5 7%	44 16% afh	35 14% fh	19 16% afh	19 17% afh	6 2%	85 14% fh	45 9% f	104 11%	2 9%	16 23% a	4 13%	1 13%	1 13%	24 18% a
To get to/from school or place of education (including escorting others)	103 9%	11 14% fh	29 11% f	29 12% fh	13 11% f	12 11% f	9 3%	69 12% fh	34 7%	71 7%	1 4%	18 26% a	8 25% a	2 28%	2 27%	31 23% a
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	80 7%	11 15% defh	26 10% fh	18 7%	6 5%	6 6%	13 5%	55 9% fh	25 5%	56 6%	6 31%	10 15% a	6 18% a	- -	1 13%	23 17% a
To volunteer or provide support to others	42 4%	7 9% cdeh	17 6% cdeh	4 2%	1 1%	1 1%	12 5% d	29 5% cde	14 3%	33 3%	- -	4 6%	4 11% a	- -	1 13%	9 7%
For another purpose	104 10%	6 8%	18 7%	23 9%	12 10%	7 6%	38 14% beg	48 8%	57 11% b	99 10% cg	2 9%	1 2%	- -	- -	1 17%	4 3%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	1088	76	257	245	125	116	269	578	510	937	21	71	32	8	6	138
Total	1097	76	271	246	120	110	273	593	503	951	18	69	32	8	6	134
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	689	48	171	158	79	78	154	377	312	585	14	51	26	4	4	98
	63%	63%	63%	64%	66%	71%	56%	64%	62%	62%	78%	74%	79%	47%	65%	73%
					f	f		f			a	a			a	
NET: Leisure, fitness & recreation and travel/utility	376	29	106	88	34	36	83	224	153	330	8	19	15	2	2	45
	34%	38%	39%	36%	28%	32%	30%	38%	30%	35%	44%	27%	45%	20%	31%	33%
			dfh					fh								

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	1088	762	154	131	285	38	63	362	122	23	41	70	52	94	223	101
Total	1097	719	188	155	343	38	60	359	129	24	41	65	47	92	241	97
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	674 61%	463 64%	112 60%	83 54%	195 57%	20 54%	37 61%	225 63%	74 57%	19 80%	28 68%	36 55%	19 39%	54 59%	162 67%	57 58%
		cd					h	h	h		h			h	h	h
To get to/from shops or supermarkets	544 50%	359 50%	92 49%	70 45%	163 48%	24 63%	33 55%	162 45%	67 52%	14 60%	17 42%	33 50%	27 58%	50 54%	117 49%	57 58%
					c										c	c
To visit friends or family	202 18%	114 16%	42 22%	38 24%	80 23%	9 25%	18 31%	59 16%	23 18%	3 13%	6 14%	14 22%	23 49%	16 17%	30 13%	28 28%
			a	a	a	j	cdij					j	abcdfgijk			cj
For personal business, e.g. running errands or visiting the doctor	179 16%	114 16%	22 12%	33 21%	56 16%	10 28%	14 23%	57 16%	17 13%	4 16%	7 16%	13 20%	13 26%	16 17%	29 12%	25 25%
				b		dj	j						dj			cdj
To get to/from my place of work	167 15%	88 12%	36 19%	36 23%	72 21%	6 16%	13 22%	89 25%	36 28%	3 11%	4 10%	3 4%	8 16%	2 2%	4 2%	19 20%
			a	a	a	gij	gij	fgij	fgij		ij		gij			gij
For journeys made as part of my work	130 12%	68 9%	33 18%	22 14%	55 16%	8 22%	9 15%	65 18%	23 18%	5 21%	5 13%	3 4%	7 15%	1 1%	3 1%	17 18%
			a		a	gij	gij	gij	gij		ij		gij			gij
To get to/from school or place of education (including escorting others)	103 9%	24 3%	25 13%	47 30%	72 21%	5 14%	5 9%	33 9%	17 13%	1 4%	2 4%	4 6%	23 49%	13 14%	- -	10 11%
			a	abd	ab	j	j	j	j		j	j	abcdfgijk	j		j

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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	1088	762	154	131	285	38	63	362	122	23	41	70	52	94	223	101
Total	1097	719	188	155	343	38	60	359	129	24	41	65	47	92	241	97
	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.	80 7%	46 6%	11 6%	18 12% a	29 8%	3 7%	9 15% ij	30 8% j	11 8%	- -	3 8%	4 6%	8 18% cgij	2 3%	10 4%	11 12% ij
To volunteer or provide support to others	42 4%	18 2%	11 6% a	9 6% a	21 6% a	4 9%	3 4%	12 3%	5 4%	- -	2 6%	3 4%	2 4%	4 5%	8 3%	6 6%
For another purpose	104 10%	71 10%	16 9%	15 9%	31 9%	4 12%	4 7%	27 8%	10 7%	2 10%	2 5%	9 13% h	1 2%	9 10%	36 15% cdh	8 9%
NET: Travel/utility	689 63%	433 60%	122 65%	106 68%	228 67%	29 77% j	43 72% j	227 63% j	90 69% j	18 74%	25 61%	40 62%	33 69% j	55 60%	129 54%	72 74% ij
NET: Leisure, fitness & recreation and travel/utility	376 34%	244 34%	68 36%	52 34%	120 35%	16 43%	23 39%	121 34%	47 36%	14 58%	14 34%	24 36%	12 26%	26 28%	79 33%	39 41%

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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

	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	1088	310	192	68	15	260	325	334	129	95	27	224	361	189	629	231	39	899
Total	1097	309	195	70	14	265	323	332	129	101	26	231	358	179	628	249	41	918
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	674 61%	182 59%	136 70% af	49 70%	3 23%	185 70% af	185 57%	210 63%	77 60%	74 73% bf	9 36%	151 66%	219 61%	99 55%	413 66% ac	140 56%	23 55%	575 63%
To get to/from shops or supermarkets	544 50%	156 50%	90 46%	33 47%	6 47%	123 46%	162 50%	154 46%	63 49%	53 52%	12 48%	116 50%	166 46%	101 57% be	304 48%	120 48%	19 45%	443 48%
To visit friends or family	202 18%	59 19%	35 18%	11 15%	1 9%	45 17%	60 19%	57 17%	29 22%	19 19%	4 17%	47 21%	61 17%	32 18%	98 16%	57 23% b	16 38% abe	171 19%
For personal business, e.g. running errands or visiting the doctor	179 16%	42 13%	39 20% f	9 14%	2 11%	48 18%	43 13%	49 15%	20 15%	20 20%	3 12%	40 18%	52 15%	35 20% b	79 13%	53 21% be	13 31% be	144 16%
To get to/from my place of work	167 15%	101 33% bce	32 16% c	1 1%	4 32%	33 12% c	106 33% bce	93 28% ce	29 23% c	9 9%	7 28%	38 17%	100 28% ce	18 10%	85 14%	52 21% ab	11 27% ab	149 16% a
For journeys made as part of my work	130 12%	74 24% bce	21 11%	6 9%	3 22%	27 10%	77 24% bce	62 19%	22 17%	14 14%	6 23%	36 16%	68 19%	14 8%	68 11%	36 15% a	12 28% abce	116 13%
To get to/from school or place of education (including escorting others)	103 9%	27 9%	21 11%	6 8%	- -	27 10%	27 8%	30 9%	15 11%	8 8%	1 4%	23 10%	31 9%	7 4%	33 5%	54 22% abe	9 21% abe	96 10% ab

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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

	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	1088	310	192	68	15	260	325	334	129	95	27	224	361	189	629	231	39	899
Total	1097	309	195	70	14	265	323	332	129	101	26	231	358	179	628	249	41	918
	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.	80 7%	26 8%	19 10%	6 8%	1 7%	25 9%	27 8%	27 8%	12 9%	11 11%	3 10%	23 10%	29 8%	15 8%	33 5%	24 10% b	8 19% abe	65 7%
To volunteer or provide support to others	42 4%	10 3%	6 3%	2 3%	2 13%	9 3%	12 4%	10 3%	5 4%	5 5%	2 7%	10 4%	11 3%	11 6% b	15 2% b	15 6% b	1 3%	31 3%
For another purpose	104 10%	24 8%	15 8%	5 7%	1 8%	20 8%	25 8%	30 9%	6 5%	8 8%	- -	14 6%	30 9%	18 10%	64 10%	20 8%	2 6%	86 9%
NET: Travel/utility	689 63%	219 71% bce	118 61%	38 54%	10 75%	156 59%	229 71% bce	207 62%	93 72% a	65 65%	18 69%	159 69%	224 63%	119 66%	373 59%	169 68% b	28 69%	570 62%
NET: Leisure, fitness & recreation and travel/utility	376 34%	110 36%	75 39%	28 40%	1 6%	103 39%	111 34%	113 34%	50 39%	46 46% af	3 13%	96 42% f	116 32%	57 32%	218 35%	86 35%	16 38%	320 35%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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
	a	b		a	b	*c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	1088	146	732	150	162	28	766	298	38	880	208	931	153
Total	1097	148	750	141	165	28	778	296	35	881	215	951	142
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	674	87	477	72	100	12	496	164	19	531	143	607	66
	61%	59%	64%	51%	60%	44%	64%	55%	55%	60%	66%	64%	46%
							ae					b	
To get to/from shops or supermarkets	544	68	362	67	78	12	390	140	15	457	87	460	81
	50%	46%	48%	48%	47%	43%	50%	47%	43%	52%	40%	48%	57%
										b		a	
To visit friends or family	202	42	122	40	29	6	128	71	4	173	30	168	34
	18%	29%	16%	28%	18%	22%	16%	24%	11%	20%	14%	18%	24%
				bdf				d					
For personal business, e.g. running errands or visiting the doctor	179	21	121	31	28	6	121	54	11	162	17	146	33
	16%	14%	16%	22%	17%	21%	16%	18%	31%	18%	8%	15%	23%
								d		b		a	
To get to/from my place of work	167	27	118	25	14	7	121	42	3	155	12	135	31
	15%	18%	16%	18%	8%	24%	16%	14%	9%	18%	6%	14%	22%
				b			b			b		a	
For journeys made as part of my work	130	19	90	21	15	3	95	33	5	113	17	108	21
	12%	13%	12%	15%	9%	9%	12%	11%	13%	13%	8%	11%	15%
										b			
To get to/from school or place of education (including escorting others)	103	21	73	22	11	3	67	32	3	88	15	90	13
	9%	14%	10%	16%	7%	11%	9%	11%	10%	10%	7%	9%	9%
				bd									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	
Significance Level: 95%	a	b	a	b	*c	d	e	f	a	b	a	b	
Unweighted Total	1088	146	732	150	162	28	766	298	38	880	208	931	153
Total	1097	148	750	141	165	28	778	296	35	881	215	951	142
	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.	80	15	50	16	10	5	51	26	5	70	9	65	15
	7%	10%	7%	12%	6%	17%	7%	9%	14%	8%	4%	7%	10%
To volunteer or provide support to others	42	13	18	5	3	3	31	10	1	36	7	33	9
	4%	9%	2%	4%	2%	10%	4%	3%	2%	4%	3%	4%	6%
For another purpose	104	10	76	14	23	1	74	29	7	78	26	99	6
	10%	7%	10%	10%	14%	3%	9%	10%	21%	9%	12%	10%	4%
NET: Travel/utility	689	89	465	88	91	21	492	180	17	584	104	580	106
	63%	60%	62%	62%	55%	75%	63%	61%	50%	66%	48%	61%	75%
NET: Leisure, fitness & recreation and travel/utility	376	46	265	37	50	8	278	88	6	319	57	332	44
	34%	31%	35%	26%	30%	30%	36%	30%	19%	36%	27%	35%	31%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	1088	135	110	194	187	125	114	48	175	616	337	267	293	405	109	473	419	160
Total	1097	138	106	200	190	123	115	49	177	619	340	260	293	420	110	509	405	146
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	674 61%	49 36%	51 48%	117 58%	130 68%	79 64%	81 71%	37 75%	131 74%	376 61%	249 73%	144 55%	167 57%	280 67%	74 67%	324 64%	232 57%	96 66%
				a	abc	ab	abci	abci	abci	ab	abci			ab	a	b		
To get to/from shops or supermarkets	544 50%	71 51%	50 47%	93 47%	103 54%	56 45%	64 56%	23 47%	85 48%	302 49%	172 51%	123 47%	157 53%	211 50%	46 42%	243 48%	206 51%	77 52%
													d					
To visit friends or family	202 18%	16 12%	19 18%	41 21%	36 19%	24 19%	23 20%	13 27%	30 17%	120 19%	66 19%	41 16%	64 22%	68 16%	24 21%	97 19%	76 19%	22 15%
				a				a		a								
For personal business, e.g. running errands or visiting the doctor	179 16%	21 15%	11 11%	33 16%	33 17%	26 21%	14 12%	11 22%	30 17%	103 17%	55 16%	49 19%	43 15%	69 16%	16 14%	71 14%	83 20%	24 16%
						b										a		
To get to/from my place of work	167 15%	20 15%	11 11%	26 13%	32 17%	26 21%	21 18%	8 15%	22 13%	96 15%	51 15%	40 15%	52 18%	51 12%	20 18%	68 13%	71 17%	22 15%
						bh							c					
For journeys made as part of my work	130 12%	10 7%	15 14%	15 8%	24 12%	26 21%	11 10%	5 11%	24 14%	79 13%	40 12%	24 9%	44 15%	49 12%	11 10%	50 10%	55 14%	19 13%
						acdfij							a					
To get to/from school or place of education (including escorting others)	103 9%	9 7%	6 5%	15 8%	20 10%	21 17%	10 9%	7 13%	15 9%	62 10%	32 9%	17 7%	32 11%	43 10%	8 7%	38 8%	47 12%	13 9%
						abchij										a		
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	80 7%	6 4%	2 2%	17 9%	15 8%	17 14%	9 8%	8 17%	5 3%	52 8%	23 7%	20 8%	20 7%	26 6%	12 10%	35 7%	35 9%	8 6%
				bh	bh	abhj		abhij		bh								
To volunteer or provide support to others	42 4%	2 1%	1 1%	8 4%	8 4%	2 1%	9 8%	6 12%	7 4%	18 3%	23 7%	11 4%	8 3%	17 4%	6 5%	13 3%	19 5%	8 6%
							abe	abcdehi		abe								
For another purpose	104 10%	20 14%	7 7%	14 7%	11 6%	9 7%	13 12%	3 5%	28 16%	41 7%	44 13%	33 13%	18 6%	43 10%	10 9%	51 10%	34 8%	17 12%
		cdi							bcd		cdi	b						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0 a	1 b	2 c	3 d	4 e	5 f	6 g	7 h	NET 1-4 days i	NET 5 + days j	0-4 (low) a	5-6 (medium) b	7-8 (high) c	9-10 (very high) d	Tier 1 - Medium a	Tier 2 - High b	Tier 3 - Very high c
Significance Level: 95%																		
Unweighted Total	1088	135	110	194	187	125	114	48	175	616	337	267	293	405	109	473	419	160
Total	1097	138	106	200	190	123	115	49	177	619	340	260	293	420	110	509	405	146
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	689	87	65	120	127	81	78	31	100	393	209	167	190	260	64	296	274	96
	63%	63%	61%	60%	67% h	66%	68% h	63%	57%	64%	62%	64%	65%	62%	58%	58%	68% a	66%
NET: Leisure, fitness & recreation and travel/utility	376	19	20	63	78	51	53	19	73	213	145	78	96	155	42	167	143	56
	34%	14%	19%	31% ab	41% abc	42% ab	46% abci	38% ab	41% abc	34% ab	43% abci	30%	33%	37% c	38% d	33%	35% b	38% c

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Significance Level: 95%						
Unweighted Total	1088	335	424	324	474	322
Total	1097	335	435	322	472	326
	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	674	241	263	170	299	192
	61%	72%	60%	53%	63%	59%
		bc	c			
To get to/from shops or supermarkets	544	162	210	169	237	146
	50%	48%	48%	53%	50%	45%
To visit friends or family	202	75	79	48	97	61
	18%	22%	18%	15%	21%	19%
		c				
For personal business, e.g. running errands or visiting the doctor	179	62	50	64	87	49
	16%	19%	12%	20%	19%	15%
		b		b		
To get to/from my place of work	167	62	61	44	93	68
	15%	18%	14%	14%	20%	21%
For journeys made as part of my work	130	48	52	30	67	58
	12%	14%	12%	9%	14%	18%
		c				
To get to/from school or place of education (including escorting others)	103	40	30	33	62	22
	9%	12%	7%	10%	13%	7%
		b			b	
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	80	34	21	25	46	25
	7%	10%	5%	8%	10%	8%
		b				
To volunteer or provide support to others	42	20	15	7	24	12
	4%	6%	3%	2%	5%	4%
		c				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

Unweighted Total

Total

For another purpose

NET: Travel/utility

NET: Leisure, fitness & recreation and travel/utility

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
	NET: More	About the same	NET: Less	Yes	No
	a	b	c	a	b
Unweighted Total	1088	335	424	324	474
Total	1097	335	435	322	472
	100%	100%	100%	100%	100%
For another purpose	104	22	51	31	41
	10%	7%	12%	10%	9%
		a			
NET: Travel/utility	689	199	271	215	303
	63%	59%	62%	67%	64%
		a			
NET: Leisure, fitness & recreation and travel/utility	376	128	154	94	173
	34%	38%	35%	29%	37%
		c			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	264	170	93	102	106	56	10	36	27	28	28	14	64	35	22
Total	265	172	92	98	108	59	9	34	27	28	25	17	64	36	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	175 66%	119 70%	56 61%	49 50%	81 75%	45 77%	8 87%	27 80%	20 73%	16 59%	18 72%	8 48%	41 65%	23 65%	13 53%
To get to/from shops or supermarkets	62 23%	37 22%	24 26%	24 24%	27 25%	11 18%	2 22%	7 21%	5 18%	8 27%	6 24%	4 21%	15 24%	12 33%	3 13%
To get to/from my place of work	55 21%	40 24%	13 15%	27 27%	23 21%	5 8%	2 21%	6 18%	5 17%	5 17%	8 32%	1 6%	20 31%	4 11%	4 18%
To visit friends or family	52 20%	36 21%	15 16%	25 26%	21 19%	6 11%	- -	5 14%	3 12%	6 21%	6 23%	4 21%	13 20%	10 27%	7 27%
For personal business, e.g. running errands or visiting the doctor	33 12%	23 13%	10 10%	14 14%	16 15%	3 5%	- -	5 14%	3 11%	2 9%	2 6%	2 14%	11 17%	5 15%	2 9%
For journeys made as part of my work	29 11%	19 11%	10 11%	11 11%	15 14%	3 5%	1 9%	3 9%	1 4%	3 11%	3 11%	2 14%	9 15%	5 14%	1 5%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	29 11%	18 10%	11 12%	17 18%	9 9%	2 3%	- -	2 7%	2 7%	2 7%	2 6%	3 20%	11 17%	2 4%	5 19%
To get to/from school or place of education (including escorting others)	20 8%	12 7%	9 10%	11 11%	9 9%	- -	- -	5 15%	2 7%	1 5%	1 3%	1 8%	8 12%	3 7%	- -
To volunteer or provide support to others	20 8%	14 8%	7 7%	10 10%	10 9%	1 2%	- -	3 8%	2 8%	4 16%	1 3%	3 16%	6 9%	1 2%	1 4%
For another purpose	4 2%	1 1%	3 3%	- -	1 1%	3 5%	- -	1 3%	1 4%	- -	- -	- -	1 2%	1 2%	- -

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	264	170	93	102	106	56	10	36	27	28	28	14	64	35	22
Total	265	172	92	98	108	59	9	34	27	28	25	17	64	36	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	125	81	43	55	52	19	4	12	13	13	13	10	34	18	10
	47%	47%	47%	56%	48%	31%	38%	36%	47%	47%	51%	58%	53%	49%	39%
				c	c										
NET: Leisure, fitness & recreation and travel/utility	52	38	15	16	29	7	2	6	6	3	7	1	14	10	2
	20%	22%	16%	16%	27%	13%	25%	19%	23%	11%	29%	6%	22%	27%	8%
					c										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	264	34	72	49	45	32	32	155	109	210	5	26	15	2	1	49
Total	265	34	75	51	45	30	30	160	105	210	5	26	16	2	1	49
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	175 66%	22 67%	56 75%	29 57%	24 54%	20 66%	23 79%	108 67%	68 64%	148 70%	2 34%	11 43%	8 48%	2 100%	1 100%	23 47%
To get to/from shops or supermarkets	62 23%	11 34%	13 17%	13 26%	11 25%	5 16%	8 27%	37 23%	24 23%	46 22%	2 48%	9 35%	2 13%	1 48%	1 100%	15 30%
To get to/from my place of work	55 21%	6 19%	18 24%	11 22%	10 22%	9 29%	1 3%	36 22%	19 18%	39 19%	1 17%	9 34%	3 19%	-	1 100%	14 28%
To visit friends or family	52 20%	8 23%	10 13%	14 27%	8 18%	7 25%	5 17%	32 20%	21 20%	35 16%	1 25%	8 30%	7 42%	-	1 100%	16 34%
For personal business, e.g. running errands or visiting the doctor	33 12%	5 15%	10 13%	8 15%	6 14%	-	4 12%	23 14%	10 10%	17 8%	-	8 31%	5 30%	-	1 100%	14 28%
For journeys made as part of my work	29 11%	7 21%	5 7%	6 12%	5 12%	4 14%	1 3%	18 11%	10 10%	18 8%	-	2 9%	6 36%	-	1 100%	9 18%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	29 11%	6 19%	3 3%	8 16%	7 16%	2 6%	3 9%	17 11%	12 11%	18 8%	1 25%	5 21%	2 15%	-	1 100%	10 20%
To get to/from school or place of education (including escorting others)	20 8%	2 6%	6 8%	6 12%	4 8%	1 4%	1 5%	14 9%	6 6%	9 4%	-	5 18%	3 19%	-	1 100%	8 17%
To volunteer or provide support to others	20 8%	4 13%	5 6%	4 9%	4 9%	1 3%	2 6%	13 8%	7 7%	13 6%	-	3 12%	2 15%	-	1 100%	6 13%
For another purpose	4 2%	1 3%	-	-	-	-	3 10%	1 1%	3 3%	4 2%	-	-	-	-	-	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	264	34	72	49	45	32	32	155	109	210	5	26	15	2	1	49
Total	265	34	75	51	45	30	30	160	105	210	5	26	16	2	1	49
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	125	17	33	27	25	14	9	77	48	91	3	18	9	1	1	31
	47%	49%	44%	54%	56%	47%	31%	48%	46%	43%	66%	69%	54%	48%	100%	63%
			f	f												a
NET: Leisure, fitness & recreation and travel/utility	52	8	18	9	7	5	6	35	17	43	-	3	2	1	1	7
	20%	24%	24%	18%	16%	15%	19%	22%	16%	21%	-	12%	14%	48%	100%	14%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	264	142	55	53	108	18	23	118	25	12	7	12	14	14	21	41
Total	265	124	66	63	129	19	22	120	24	12	7	12	13	13	22	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	175 66%	86 69%	41 63%	40 64%	82 64%	11 56%	16 71%	76 63%	17 70%	10 83%	5 76%	8 69%	5 42%	9 66%	18 82%	27 64%
To get to/from shops or supermarkets	62 23%	22 18%	19 30%	14 23%	34 26%	6 30%	5 23%	25 21%	4 17%	5 39%	2 31%	4 35%	4 33%	4 29%	3 13%	11 27%
To get to/from my place of work	55 21%	19 15%	19 29%	14 23%	33 26%	5 27%	3 13%	31 26%	8 32%	3 26%	- -	- -	4 30%	1 6%	- -	8 20%
To visit friends or family	52 20%	16 13%	17 25%	16 26%	33 26%	4 20%	4 17%	23 19%	3 13%	2 19%	- -	3 25%	7 54%	3 22%	4 17%	8 19%
For personal business, e.g. running errands or visiting the doctor	33 12%	9 7%	9 13%	14 22%	23 18%	1 7%	1 6%	18 15%	1 5%	3 22%	1 12%	2 19%	3 22%	1 6%	2 9%	3 6%
For journeys made as part of my work	29 11%	9 8%	7 11%	10 17%	18 14%	- -	3 12%	17 14%	2 8%	2 16%	2 25%	- -	2 15%	1 6%	1 6%	3 6%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	29 11%	9 7%	8 12%	9 14%	17 13%	1 5%	2 9%	12 10%	3 12%	1 9%	- -	1 10%	6 48%	2 12%	1 5%	3 7%
To get to/from school or place of education (including escorting others)	20 8%	5 4%	8 12%	5 7%	13 10%	1 4%	- -	9 8%	1 5%	2 16%	- -	- -	5 37%	3 21%	- -	1 2%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	264	142	55	53	108	18	23	118	25	12	7	12	14	14	21	41
Total	265	124	66	63	129	19	22	120	24	12	7	12	13	13	22	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To volunteer or provide support to others	20	4	8	6	14	1	2	10	-	2	-	1	2	1	1	3
	8%	3%	13%	10%	11%	7%	7%	8%	-	20%	-	10%	15%	6%	5%	7%
			a	a	a											
For another purpose	4	3	1	-	1	-	-	1	-	-	-	-	-	2	1	-
	2%	2%	2%	-	1%	-	-	1%	-	-	-	-	-	15%	5%	-
NET: Travel/utility	125	46	39	34	73	13	10	59	11	5	4	7	7	4	5	23
	47%	37%	59%	53%	56%	68%	45%	49%	47%	39%	67%	56%	54%	29%	23%	56%
			a	a	a											
NET: Leisure, fitness & recreation and travel/utility	52	16	18	15	33	6	3	21	7	3	3	3	2	2	3	9
	20%	13%	28%	24%	26%	30%	15%	17%	29%	22%	43%	25%	15%	15%	13%	22%
			a	a	a											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	264	86	60	25	5	85	91	98	45	29	7	74	105	30	139	83	12	234
Total	265	86	61	24	4	85	91	99	47	29	6	76	105	26	134	90	14	238
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	175	58	41	20	2	62	60	68	26	22	5	48	73	20	91	58	6	155
	66%	67%	67%	84%	36%	72%	66%	69%	56%	77%	86%	64%	70%	76%	68%	64%	44%	65%
To get to/from shops or supermarkets	62	19	16	3	2	19	20	14	12	9	2	21	17	7	27	24	4	54
	23%	21%	25%	14%	37%	22%	22%	15%	25%	33%	42%	28%	16%	28%	20%	26%	27%	23%
To get to/from my place of work	55	28	14	2	-	16	28	27	11	6	-	16	27	6	27	18	4	49
	21%	32%	23%	8%	-	19%	31%	27%	22%	20%	-	21%	26%	24%	20%	20%	26%	20%
To visit friends or family	52	15	11	3	1	14	15	19	9	3	-	12	19	5	23	18	6	47
	20%	17%	18%	14%	18%	17%	17%	19%	18%	11%	-	16%	18%	19%	17%	20%	45%	20%
For personal business, e.g. running errands or visiting the doctor	33	8	11	3	-	14	8	9	10	3	-	14	9	4	10	16	2	29
	12%	9%	18%	11%	-	16%	9%	9%	22%	12%	-	18%	8%	14%	7%	18%	18%	12%
For journeys made as part of my work	29	13	7	2	1	8	14	14	7	3	1	10	15	3	12	13	1	26
	11%	15%	11%	7%	18%	10%	15%	14%	15%	10%	14%	13%	14%	10%	9%	14%	9%	11%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	29	8	7	1	1	8	10	6	9	2	-	12	6	2	14	10	2	27
	11%	10%	12%	3%	28%	9%	11%	6%	19%	9%	-	15%	6%	7%	11%	12%	15%	11%
To get to/from school or place of education (including escorting others)	20	5	6	1	-	7	5	4	6	1	-	7	4	2	8	8	2	19
	8%	5%	9%	3%	-	8%	5%	4%	13%	3%	-	9%	4%	7%	6%	9%	15%	8%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	264	86	60	25	5	85	91	98	45	29	7	74	105	30	139	83	12	234
Total	265	86	61	24	4	85	91	99	47	29	6	76	105	26	134	90	14	238
	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	20	4	7	1	-	8	4	6	6	2	-	7	6	4	6	8	2	17
	8%	5%	12%	4%	-	10%	5%	6%	12%	6%	-	10%	6%	14%	5%	9%	18%	7%
For another purpose	4	-	1	-	-	1	-	-	-	1	-	1	-	-	2	2	-	4
	2%	-	2%	-	-	1%	-	-	-	4%	-	2%	-	-	1%	2%	-	2%
NET: Travel/utility	125	45	32	5	2	37	48	43	26	13	3	40	47	13	54	52	6	112
	47%	52%	53%	19%	54%	43%	52%	44%	56%	46%	55%	52%	45%	51%	40%	58%	45%	47%
															b			
NET: Leisure, fitness & recreation and travel/utility	52	21	12	3	2	15	22	17	8	9	2	17	19	8	20	22	2	45
	20%	24%	20%	11%	36%	17%	24%	17%	17%	30%	41%	22%	19%	30%	15%	25%	18%	19%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	264	48	177	36	35	8	187	69	9	217	47	222	39
Total	265	50	180	34	34	8	190	67	9	216	48	226	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	175	30	121	26	22	3	128	43	8	142	33	155	21
	66%	60%	67%	75%	63%	41%	67%	64%	92%	66%	69%	69%	56%
To get to/from shops or supermarkets	62	13	40	15	9	4	39	22	5	53	9	56	5
	23%	26%	22%	44%	26%	47%	20%	33%	57%	24%	19%	25%	15%
To get to/from my place of work	55	10	37	7	4	3	42	13	1	53	2	46	9
	21%	21%	21%	19%	12%	41%	22%	19%	17%	24%	4%	20%	25%
To visit friends or family	52	11	37	10	8	3	30	20	2	46	6	39	13
	20%	21%	20%	29%	23%	41%	16%	29%	20%	21%	12%	17%	35%
For personal business, e.g. running errands or visiting the doctor	33	10	17	7	6	2	19	13	2	28	5	22	10
	12%	19%	9%	21%	18%	24%	10%	19%	20%	13%	10%	10%	27%
For journeys made as part of my work	29	4	21	4	3	2	21	8	1	23	6	22	7
	11%	8%	12%	11%	8%	27%	11%	12%	8%	11%	11%	10%	19%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	29	12	13	5	3	3	18	11	1	24	5	20	9
	11%	25%	7%	16%	8%	41%	9%	16%	8%	11%	9%	9%	25%
To get to/from school or place of education (including escorting others)	20	10	8	5	6	1	11	8	3	18	3	13	7
	8%	20%	4%	15%	16%	10%	6%	12%	31%	8%	6%	6%	19%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	264	48	177	36	35	8	187	69	9	217	47	222	39
Total	265	50	180	34	34	8	190	67	9	216	48	226	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
To volunteer or provide support to others	20	9	6	4	4	1	12	9	1	18	3	17	3
	8%	19%	3%	11%	13%	14%	6%	13%	8%	8%	5%	8%	9%
		b											
For another purpose	4	1	3	1	1	-	3	1	1	3	1	4	-
	2%	2%	2%	3%	3%	-	2%	2%	13%	1%	2%	2%	-
NET: Travel/utility	125	25	82	20	16	6	88	36	6	108	18	105	19
	47%	51%	46%	58%	48%	73%	46%	53%	66%	50%	37%	46%	52%
NET: Leisure, fitness & recreation and travel/utility	52	9	35	14	6	1	36	16	5	47	5	44	9
	20%	18%	19%	42%	17%	14%	19%	24%	58%	22%	10%	19%	25%
				bd									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		*a	*b	c	d	*e	f	*g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	264	8	24	41	51	27	41	20	52	143	113	45	67	106	41	93	118	43
Total	265	7	22	42	53	28	41	19	52	145	113	44	65	111	40	97	117	41
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	175 66%	3 43%	10 47%	24 58%	37 71%	17 60%	26 64%	14 69%	43 83% cfi	89 62%	83 74% i	30 68%	39 59%	77 69%	26 66%	66 68%	73 63%	30 74%
To get to/from shops or supermarkets	62 23%	2 21%	4 19%	9 22%	8 15%	8 30%	7 16%	6 29%	18 34% d	30 21%	30 27%	12 27%	14 22%	23 21%	10 26%	24 24%	27 23%	9 23%
To get to/from my place of work	55 21%	4 49%	3 12%	8 19%	12 23%	5 17%	10 23%	5 26%	9 18%	27 19%	24 21%	13 30% c	16 24%	16 15%	8 21%	14 15%	34 29% ac	4 11%
To visit friends or family	52 20%	1 12%	5 22%	12 29%	11 21%	2 7%	10 24%	3 16%	9 16%	30 21%	21 19%	7 17%	14 21%	18 16%	10 25%	23 24%	18 15%	6 15%
For personal business, e.g. running errands or visiting the doctor	33 12%	1 11%	5 22%	6 14%	4 8%	2 7%	6 14%	4 22%	5 10%	17 12%	15 13%	5 11%	5 8%	14 13%	7 17%	10 10%	15 13%	6 15%
For journeys made as part of my work	29 11%	1 11%	2 9%	5 11%	4 8%	3 10%	4 9%	4 21%	6 12%	13 9%	14 13%	3 6%	3 5%	13 11%	9 23% ab	10 10%	13 11%	3 7%
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	29 11%	1 19%	1 4%	7 18%	6 12%	2 7%	3 8%	4 23%	3 6%	17 11%	11 10%	4 9%	4 6%	11 10%	8 19% b	7 7%	16 14%	4 10%
To get to/from school or place of education (including escorting others)	20 8%	- -	2 7%	2 5%	5 10%	3 9%	3 8%	4 19%	2 3%	12 8%	9 8%	3 6%	1 1%	9 8% b	6 14% b	4 4%	11 10%	5 12%
To volunteer or provide support to others	20 8%	- -	- -	9 22% dhij	1 2%	1 4%	4 10%	3 16%	2 3%	11 8%	9 8%	2 5%	4 7%	6 6% b	6 15%	6 6%	9 7%	4 9%
For another purpose	4 2%	- -	1 4%	- -	- -	1 4%	1 3%	- -	1 2%	2 1%	2 2%	2 5%	1 1%	1 1%	- -	- -	3 3%	1 2%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers			
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		*a	*b	c	d	*e	f	*g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	264	8	24	41	51	27	41	20	52	143	113	45	67	106	41	93	118	43
Total	265	7	22	42	53	28	41	19	52	145	113	44	65	111	40	97	117	41
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Travel/utility	125	4	12	19	22	12	20	11	25	65	56	22	33	47	21	40	65	15
	47%	59%	53%	46%	41%	44%	49%	57%	47%	45%	50%	50%	51%	42%	54%	41%	56%	37%
																	ac	
NET: Leisure, fitness & recreation and travel/utility	52	2	3	4	12	3	7	7	16	22	29	10	11	21	10	16	29	6
	20%	21%	12%	10%	22%	12%	16%	34%	30%	15%	26%	22%	17%	19%	25%	16%	25%	15%
									ci		ci							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	264	117	103	43	137	90
Total	265	120	101	42	139	90
	100%	100%	100%	100%	100%	100%
For leisure, fitness, or recreation	175	92	56	27	96	52
	66%	77%	55%	64%	69%	58%
		b				
To get to/from shops or supermarkets	62	28	20	12	40	10
	23%	24%	20%	27%	29%	11%
				b		
To get to/from my place of work	55	26	21	8	32	21
	21%	22%	21%	18%	23%	23%
To visit friends or family	52	19	23	10	24	18
	20%	16%	22%	24%	17%	21%
For personal business, e.g. running errands or visiting the doctor	33	15	15	3	16	12
	12%	12%	14%	8%	11%	13%
For journeys made as part of my work	29	16	11	1	15	11
	11%	14%	11%	2%	11%	12%
		c				
To get to/from entertainment venues or attractions, e.g. cinemas, museums, pubs and restaurants, sports facilities etc.	29	12	15	2	13	11
	11%	10%	15%	5%	10%	13%
To get to/from school or place of education (including escorting others)	20	11	9	1	10	6
	8%	9%	9%	2%	7%	7%
To volunteer or provide support to others	20	12	4	4	8	10
	8%	10%	4%	10%	6%	11%
For another purpose	4	3	1	-	1	2
	2%	3%	1%	-	1%	2%
NET: Travel/utility	125	54	49	21	69	41
	47%	45%	48%	50%	50%	45%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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: Leisure, fitness & recreation and travel/utility

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
Total	a	b	c	a	b	
Unweighted Total	264	117	103	43	137	90
Total	265	120	101	42	139	90
	100%	100%	100%	100%	100%	100%
NET: Leisure, fitness & recreation and travel/utility	52	30	15	8	31	14
	20%	25%	15%	18%	22%	16%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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)	1097 100%	629 57%	399 36%	147 13%	468 43%
Cycling (either for leisure or travel)	265 100%	185 70%	58 22%	33 13%	79 30%
Running or jogging	342 100%	253 74%	72 21%	27 8%	89 26%
Home activity, fitness or exercise class viewed online or on TV, DVD or video	254 100%	185 73%	53 21%	25 10%	69 27%
Home activity, fitness or exercise class not viewed online or on TV, DVD or video	263 100%	186 71%	62 23%	24 9%	77 29%
Informal active play/games in the house or garden (e.g. throwing, catching, running games)	177 100%	53 30%	75 42%	73 41%	124 70%
Informal active play/games away from home (e.g. throwing, catching, running games in the park or other open spaces)	154 100%	38 25%	75 49%	58 38%	115 75%
Team sports (such as football, cricket, rugby etc.)	118 100%	23 19%	87 73%	17 14%	95 81%
Racket sports (such as tennis, badminton, squash etc.)	66 100%	16 24%	41 62%	13 20%	50 76%
Golf	66 100%	13 19%	49 74%	7 11%	53 81%
Gym, fitness or exercise class away from home (e.g. at a gym, leisure centre or community centre)	237 100%	133 56%	94 40%	17 7%	104 44%
Swimming	130 100%	75 57%	45 35%	22 17%	55 43%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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.)	74 100%	28 37%	42 57%	10 13%	47 63%
Water sports (such as surfing, rowing, sailing etc.)	47 100%	18 39%	27 57%	7 15%	28 61%
Gymnastics, trampolining or cheerleading	49 100%	19 39%	23 46%	11 23%	30 61%
Other sport, exercise or physical activity	72 100%	42 58%	28 39%	3 4%	30 42%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	1088	493	591	279	369	440	51	159	105	103	104	102	183	182	99
Total	1097	501	592	266	358	473	50	141	102	102	101	124	171	191	116
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	629	305	322	156	199	274	28	71	61	60	51	75	105	110	67
	57%	61%	54%	59%	56%	58%	57%	51%	60%	59%	51%	60%	61%	58%	57%
		b											b		
With another adult or adults	399	175	222	85	123	190	17	58	31	34	44	42	51	75	48
	36%	35%	38%	32%	34%	40%	33%	41%	31%	33%	43%	34%	30%	39%	41%
		a				a		g			g				g
With a child or children	147	53	94	46	77	24	7	18	17	15	20	11	23	24	13
	13%	11%	16%	17%	21%	5%	14%	12%	17%	14%	20%	9%	13%	12%	11%
		a		c	c						f				
NET: With somebody else	468	196	270	110	159	199	21	69	41	42	49	49	66	81	50
	43%	39%	46%	41%	44%	42%	43%	49%	40%	41%	49%	40%	39%	42%	43%
		a						g							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	1088	76	257	245	125	116	269	578	510	937	21	71	32	8	6	138
Total	1097	76	271	246	120	110	273	593	503	951	18	69	32	8	6	134
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	629	40	148	143	69	66	163	330	298	533	15	47	20	4	4	89
	57%	52%	55%	58%	58%	60%	60%	56%	59%	56%	80%	67%	61%	52%	69%	67%
																a
With another adult or adults	399	33	106	89	36	35	100	228	171	362	4	20	7	2	2	34
	36%	43%	39%	36%	30%	31%	37%	38%	34%	38%	20%	29%	21%	23%	31%	25%
										dg						
With a child or children	147	13	41	31	23	21	18	85	62	128	-	5	8	2	2	17
	13%	17%	15%	13%	19%	19%	7%	14%	12%	13%	-	7%	26%	25%	31%	12%
		f	f	f	f	f	f	f	f				c			
NET: With somebody else	468	37	123	103	51	44	110	263	205	418	4	23	13	4	2	45
	43%	48%	45%	42%	42%	40%	40%	44%	41%	44%	20%	33%	39%	48%	31%	33%
										g						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	1088	762	154	131	285	38	63	362	122	23	41	70	52	94	223	101
Total	1097	719	188	155	343	38	60	359	129	24	41	65	47	92	241	97
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	629	442	95	74	169	21	35	202	75	15	23	48	24	42	143	56
	57%	61%	51%	47%	49%	56%	58%	56%	58%	62%	57%	74%	50%	46%	59%	58%
		bcd									cdhijk			i		
With another adult or adults	399	273	62	54	115	15	20	133	42	8	16	12	18	38	97	34
	36%	38%	33%	35%	34%	39%	33%	37%	33%	33%	40%	19%	38%	42%	40%	35%
						g		g	g		g		g	g	g	g
With a child or children	147	17	61	60	121	3	8	59	25	3	1	7	9	26	5	11
	13%	2%	32%	39%	35%	8%	13%	16%	19%	14%	3%	11%	18%	29%	2%	11%
			a	a	a	j	j	fj	fj		j	fj	abcfjk		j	
NET: With somebody else	468	278	92	81	174	16	25	157	54	9	17	17	24	50	98	41
	43%	39%	49%	53%	51%	44%	42%	44%	42%	38%	43%	26%	50%	54%	41%	42%
			a	a	a			g	g				g	gj	g	g

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	1088	310	192	68	15	260	325	334	129	95	27	224	361	189	629	231	39	899
Total	1097	309	195	70	14	265	323	332	129	101	26	231	358	179	628	249	41	918
	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	629	186	105	34	11	139	197	200	69	50	16	119	216	149	322	135	23	480
	57%	60%	54%	49%	81%	52%	61%	60%	53%	50%	62%	52%	60%	83%	51%	54%	56%	52%
						e						e		bcd				
With another adult or adults	399	101	75	31	3	106	104	111	47	46	8	93	118	30	269	86	13	369
	36%	33%	38%	44%	19%	40%	32%	33%	37%	45%	29%	40%	33%	17%	43%	35%	32%	40%
										af				ac	a	a	a	a
With a child or children	147	49	32	11	1	42	49	52	22	15	5	36	57	3	67	68	9	144
	13%	16%	16%	15%	5%	16%	15%	16%	17%	15%	19%	16%	16%	2%	11%	27%	23%	16%
															a	abe	ab	ab
NET: With somebody else	468	123	90	36	3	126	126	132	61	51	10	111	142	30	306	114	18	438
	43%	40%	46%	51%	19%	48%	39%	40%	47%	50%	38%	48%	40%	17%	49%	46%	44%	48%
						f						f			a	a	a	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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
	a	b		a	b	*c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	1088	146	732	150	162	28	766	298	38	880	208	931	153
Total	1097	148	750	141	165	28	778	296	35	881	215	951	142
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	629	79	388	80	88	15	457	158	23	511	118	539	86
	57%	54%	52%	57%	53%	55%	59%	53%	65%	58%	55%	57%	61%
With another adult or adults	399	52	311	51	70	11	267	124	8	312	87	352	47
	36%	35%	41%	36%	42%	40%	34%	42%	22%	35%	40%	37%	33%
					f			df					
With a child or children	147	21	119	25	19	1	105	39	6	121	26	133	14
	13%	14%	16%	17%	12%	4%	13%	13%	18%	14%	12%	14%	10%
NET: With somebody else	468	69	362	61	77	12	321	139	12	370	98	412	56
	43%	46%	48%	43%	47%	45%	41%	47%	35%	42%	45%	43%	39%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	1088	135	110	194	187	125	114	48	175	616	337	267	293	405	109	473	419	160
Total	1097	138	106	200	190	123	115	49	177	619	340	260	293	420	110	509	405	146
	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	629	81	65	110	102	71	64	28	107	347	200	163	170	230	59	285	235	81
	57%	59%	61%	55%	54%	58%	56%	58%	61%	56%	59%	63%	58%	55%	53%	56%	58%	55%
With another adult or adults	399	46	39	84	70	44	38	17	61	236	116	83	101	166	44	205	131	55
	36%	34%	36%	42%	37%	36%	33%	35%	35%	38%	34%	32%	34%	40%	40%	40%	32%	38%
														a		b		
With a child or children	147	24	9	23	28	17	19	6	21	77	46	27	46	59	13	66	61	17
	13%	18%	8%	12%	15%	14%	16%	12%	12%	12%	13%	10%	16%	14%	12%	13%	15%	11%
		b																
NET: With somebody else	468	57	41	90	88	52	50	20	69	271	140	98	123	189	51	224	170	65
	43%	41%	39%	45%	46%	42%	44%	42%	39%	44%	41%	37%	42%	45%	47%	44%	42%	45%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

Unweighted Total

Total

Nobody, I did this on my own

With another adult or adults

With a child or children

NET: With somebody else

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
Total	a	b	c	a	b	
Unweighted Total	1088	335	424	324	474	322
Total	1097	335	435	322	472	326
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	629	186	257	182	264	190
	57%	55%	59%	56%	56%	58%
With another adult or adults	399	127	155	117	171	115
	36%	38%	36%	36%	36%	35%
With a child or children	147	48	53	46	79	47
	13%	14%	12%	14%	17%	14%
NET: With somebody else	468	149	178	140	208	136
	43%	45%	41%	44%	44%	42%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	264	170	93	102	106	56	10	36	27	28	28	14	64	35	22
Total	265	172	92	98	108	59	9	34	27	28	25	17	64	36	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	185	122	62	73	69	43	7	20	23	21	19	14	38	23	20
	70%	71%	68%	75%	64%	73%	69%	60%	85%	74%	77%	84%	60%	63%	81%
With another adult or adults	58	41	17	20	24	14	3	8	3	4	4	3	19	10	5
	22%	24%	19%	21%	22%	23%	31%	24%	11%	14%	18%	16%	30%	27%	19%
With a child or children	33	18	16	8	22	4	-	7	1	3	1	-	12	5	3
	13%	10%	17%	8%	20%	6%	-	21%	4%	12%	5%	-	19%	15%	11%
					ac										
NET: With somebody else	79	49	30	25	38	16	3	13	4	7	6	3	25	13	5
	30%	29%	32%	25%	36%	27%	31%	40%	15%	26%	23%	16%	40%	37%	19%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	264	34	72	49	45	32	32	155	109	210	5	26	15	2	1	49
Total	265	34	75	51	45	30	30	160	105	210	5	26	16	2	1	49
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	185	17	55	36	33	25	19	108	78	150	4	20	9	1	-	33
	70%	51%	73%	70%	74%	83%	64%	68%	74%	71%	75%	76%	54%	52%	-	66%
		a	a	a	a	a	a	a	a							
With another adult or adults	58	13	18	12	6	2	7	44	14	43	1	5	6	-	1	13
	22%	39%	24%	25%	14%	6%	22%	27%	14%	20%	25%	20%	38%	-	100%	27%
		deh	e	e			eh	eh								
With a child or children	33	7	6	6	6	3	5	19	14	25	1	2	4	1	1	8
	13%	21%	8%	12%	13%	11%	17%	12%	14%	12%	25%	7%	22%	48%	100%	17%
NET: With somebody else	79	17	20	15	11	5	11	52	27	61	1	6	7	1	1	16
	30%	49%	27%	30%	26%	17%	36%	32%	26%	29%	25%	24%	46%	48%	100%	34%
		bdeh														

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	264	142	55	53	108	18	23	118	25	12	7	12	14	14	21	41
Total	265	124	66	63	129	19	22	120	24	12	7	12	13	13	22	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	185	93	46	36	83	15	16	82	18	10	3	10	8	8	16	31
	70%	75%	70%	58%	64%	76%	71%	68%	73%	84%	44%	86%	63%	63%	72%	74%
		c														
With another adult or adults	58	30	8	18	27	5	4	28	3	2	4	1	5	2	5	9
	22%	24%	13%	29%	21%	24%	20%	23%	13%	16%	56%	6%	37%	13%	23%	22%
			b													
With a child or children	33	3	14	15	29	-	2	18	5	-	-	1	2	4	1	2
	13%	2%	21%	25%	23%	-	9%	15%	19%	-	-	9%	18%	30%	5%	5%
			a	a	a											
NET: With somebody else	79	31	19	26	46	5	6	39	7	2	4	2	5	5	6	11
	30%	25%	30%	42%	36%	24%	29%	32%	27%	16%	56%	14%	37%	37%	28%	26%
			a													

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	264	86	60	25	5	85	91	98	45	29	7	74	105	30	139	83	12	234	
Total	265	86	61	24	4	85	91	99	47	29	6	76	105	26	134	90	14	238	
	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	185	63	39	14	4	53	67	72	29	19	4	49	76	23	92	59	11	162	
	70%	73%	64%	59%	82%	62%	73%	73%	62%	67%	73%	64%	73%	bce	89%	69%	65%	82%	68%
With another adult or adults	58	16	15	9	1	24	16	19	12	7	1	19	20	3	30	24	1	55	
	22%	18%	25%	37%	18%	28%	18%	20%	26%	25%	14%	25%	19%	11%	22%	26%	9%	23%	
With a child or children	33	12	11	2	-	13	12	14	7	3	1	10	15	-	15	17	1	33	
	13%	13%	19%	9%	-	16%	13%	14%	14%	12%	14%	13%	14%	-	11%	19%	9%	14%	
															a	a		a	
NET: With somebody else	79	23	22	10	1	32	24	27	18	10	2	27	28	3	42	32	3	76	
	30%	27%	36%	41%	18%	38%	27%	27%	38%	33%	27%	36%	27%	11%	31%	35%	18%	32%	
															a	a		a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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
Significance Level: 95%		a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	264	48	177	36	35	8	187	69	9	217	47	222	39
Total	265	50	180	34	34	8	190	67	9	216	48	226	36
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	185	30	128	22	21	5	137	44	5	146	40	157	26
	70%	59%	71%	64%	62%	61%	72%	65%	53%	67%	82%	69%	72%
											a		
With another adult or adults	58	14	38	10	13	3	34	21	4	49	9	49	9
	22%	28%	21%	29%	38%	39%	18%	32%	47%	23%	18%	22%	25%
					d			d					
With a child or children	33	7	25	5	2	-	28	5	2	33	-	31	2
	13%	14%	14%	15%	5%	-	15%	7%	21%	15%	-	14%	6%
										b			
NET: With somebody else	79	21	52	12	13	3	53	24	4	70	9	69	10
	30%	41%	29%	36%	38%	39%	28%	35%	47%	33%	18%	31%	28%
										b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
Significance Level: 95%		*a	*b	c	d	*e	f	*g	h	i	j	a	b	c	d	a	b	c
Unweighted Total	264	8	24	41	51	27	41	20	52	143	113	45	67	106	41	93	118	43
Total	265	7	22	42	53	28	41	19	52	145	113	44	65	111	40	97	117	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	185	5	19	28	42	17	28	12	35	106	75	39	49	72	23	73	82	23
	70%	69%	85%	68%	79%	61%	68%	60%	67%	73%	66%	88%	75%	65%	58%	75%	71%	55%
												cd				c		
With another adult or adults	58	2	3	12	5	8	11	5	11	29	27	5	12	26	13	18	25	13
	22%	31%	15%	30%	10%	28%	26%	27%	21%	20%	24%	12%	18%	23%	32%	19%	21%	30%
				d		d					d			a				
With a child or children	33	1	-	4	7	4	5	4	8	15	17	-	6	19	8	12	15	7
	13%	19%	-	8%	14%	15%	11%	22%	16%	10%	15%	-	9%	17%	19%	12%	13%	17%
													a	a	a			
NET: With somebody else	79	2	3	14	11	11	13	8	17	39	38	5	17	38	17	24	34	19
	30%	31%	15%	32%	21%	39%	32%	40%	33%	27%	34%	12%	25%	35%	42%	25%	29%	45%
														a	a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

Unweighted Total

Total

Nobody, I did this on my own

With another adult or adults

With a child or children

NET: With somebody else

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
Total	a	b	c	a	b	
Unweighted Total	264	117	103	43	137	90
Total	265	120	101	42	139	90
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	185	80	76	30	93	70
	70%	67%	75%	70%	67%	78%
With another adult or adults	58	28	21	9	34	16
	22%	23%	21%	22%	24%	17%
With a child or children	33	21	8	3	19	9
	13%	17%	8%	8%	14%	10%
		b				
NET: With somebody else	79	40	25	13	46	20
	30%	33%	25%	30%	33%	22%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	348	205	142	171	144	33	10	38	28	35	28	26	93	52	38
Total	342	200	141	163	145	35	9	33	27	33	26	32	87	52	42
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	253	149	104	125	101	27	6	25	22	23	19	25	64	39	32
	74%	74%	73%	77%	70%	78%	61%	75%	79%	68%	72%	77%	73%	75%	77%
With another adult or adults	72	42	30	31	36	5	3	8	4	8	6	6	20	8	8
	21%	21%	21%	19%	25%	15%	30%	25%	16%	25%	24%	19%	23%	16%	18%
With a child or children	27	16	10	13	12	2	1	1	1	2	5	1	7	7	2
	8%	8%	7%	8%	8%	7%	9%	2%	4%	7%	18%	3%	8%	13%	5%
NET: With somebody else	89	52	38	38	44	7	4	8	6	11	7	7	24	13	10
	26%	26%	27%	23%	30%	22%	39%	25%	21%	32%	28%	23%	27%	25%	23%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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
	a	b	c	d	e	*f	g	h	a	*b	c	*d	*e	*f	g	
Significance Level: 95%																
Unweighted Total	348	38	98	90	50	52	20	226	122	255	13	47	17	6	2	85
Total	342	38	97	93	46	50	18	228	115	255	12	45	16	5	2	80
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	253	25	77	66	31	39	16	167	86	193	10	33	9	4	1	56
	74%	65%	79%	71%	68%	77%	85%	73%	75%	76%	83%	73%	54%	70%	58%	70%
With another adult or adults	72	11	16	25	10	8	3	52	20	50	2	9	8	1	1	20
	21%	29%	16%	27%	21%	15%	15%	23%	18%	20%	17%	20%	46%	14%	42%	25%
With a child or children	27	3	7	4	7	5	1	14	13	17	1	4	2	1	1	8
	8%	8%	7%	5%	15%	9%	4%	6%	11%	7%	9%	8%	12%	16%	42%	10%
				cg												
NET: With somebody else	89	13	20	27	15	11	3	60	29	62	2	12	8	2	1	24
	26%	35%	21%	29%	32%	23%	15%	27%	25%	24%	17%	27%	46%	30%	42%	30%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	348	185	71	68	139	20	40	158	53	5	12	15	23	15	7	60
Total	342	155	86	81	167	19	38	157	56	5	11	13	21	15	7	57
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	253	125	65	51	116	15	27	117	39	4	5	13	15	12	6	42
	74%	80%	75%	64%	70%	80%	70%	74%	70%	75%	49%	100%	70%	81%	85%	74%
		cd														
With another adult or adults	72	28	18	20	38	4	8	37	10	-	5	-	4	2	1	12
	21%	18%	21%	24%	23%	20%	22%	24%	17%	-	51%	-	21%	13%	15%	21%
With a child or children	27	4	8	11	19	-	4	8	8	1	-	-	3	2	-	4
	8%	3%	10%	13%	11%	-	10%	5%	15%	25%	-	-	14%	12%	-	7%
		a	a	a	a				c							
NET: With somebody else	89	30	22	29	51	4	11	40	17	1	5	-	6	3	1	15
	26%	20%	25%	36%	30%	20%	30%	26%	30%	25%	51%	-	30%	19%	15%	26%
			a	a	a											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	348	126	103	23	7	126	133	130	80	33	15	113	145	32	177	115	24	316
Total	342	127	102	23	7	125	134	129	82	35	13	116	142	27	172	119	24	316
	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	253	92	77	13	5	91	97	98	58	24	9	82	107	21	135	81	17	232
	74%	72%	76%	58%	74%	72%	72%	76%	71%	70%	66%	70%	75%	78%	78%	68%	69%	74%
															c			
With another adult or adults	72	27	21	7	2	28	29	26	18	7	4	25	30	5	31	32	4	67
	21%	22%	20%	32%	26%	22%	22%	20%	22%	20%	28%	22%	21%	19%	18%	27%	18%	21%
With a child or children	27	12	6	2	-	9	12	11	6	4	2	9	12	1	11	12	3	26
	8%	9%	6%	10%	-	7%	9%	8%	7%	10%	14%	8%	9%	3%	6%	10%	13%	8%
NET: With somebody else	89	35	25	10	2	35	37	31	24	10	5	34	35	6	37	39	7	83
	26%	28%	24%	42%	26%	28%	28%	24%	29%	30%	34%	30%	25%	22%	22%	32%	31%	26%
															b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	348	64	238	54	34	11	250	91	8	293	55	275	70
Total	342	67	235	54	34	12	245	92	8	287	55	275	65
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	253	36	190	39	17	4	194	56	5	210	43	204	47
	74%	54%	81%	73%	50%	36%	79%	61%	62%	73%	78%	74%	72%
			a	b			be						
With another adult or adults	72	22	40	11	10	8	43	26	2	63	9	57	15
	21%	32%	17%	21%	29%	64%	18%	29%	28%	22%	16%	21%	23%
		b					d						
With a child or children	27	13	10	4	8	-	16	11	2	21	6	23	3
	8%	19%	4%	7%	24%	-	7%	11%	20%	7%	10%	8%	5%
		b			ad								
NET: With somebody else	89	31	46	14	17	8	51	36	3	77	12	71	18
	26%	46%	19%	27%	50%	64%	21%	39%	38%	27%	22%	26%	28%
		b			ad			d					

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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										Life satisfaction score				COVID-19 tiers			
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c
Unweighted Total	348	3	24	64	89	51	51	22	44	228	117	72	90	132	48	129	160	46
Total	342	2	24	63	90	50	49	21	44	226	114	72	85	134	47	135	153	42
	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	253	2	18	44	68	31	38	16	35	161	90	55	64	99	33	101	117	27
	74%	100%	75%	70%	76%	62%	79%	75%	81%	71%	79%	76%	75%	74%	70%	75%	76%	65%
With another adult or adults	72	-	3	17	13	17	10	5	7	50	22	12	18	28	11	25	29	14
	21%	-	13%	28%	15%	33%	20%	25%	15%	22%	19%	17%	21%	21%	24%	19%	19%	33%
				d		dhj												ab
With a child or children	27	-	3	6	8	3	2	2	3	20	6	5	7	8	6	9	15	2
	8%	-	12%	9%	9%	7%	3%	10%	6%	9%	6%	7%	8%	6%	13%	7%	10%	5%
NET: With somebody else	89	-	6	19	22	19	11	5	9	65	24	17	22	35	14	34	36	15
	26%	-	25%	30%	24%	38%	21%	25%	19%	29%	21%	24%	25%	26%	30%	25%	24%	35%
						j												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

Unweighted Total

Total

Nobody, I did this on my own

With another adult or adults

With a child or children

NET: With somebody else

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
Total	a	b	c	a	b	
Unweighted Total	348	172	112	63	209	110
Total	342	168	110	63	205	111
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	253	124	83	45	154	79
	74%	74%	75%	72%	75%	72%
With another adult or adults	72	36	22	14	37	27
	21%	21%	20%	23%	18%	24%
With a child or children	27	13	9	4	17	8
	8%	8%	8%	7%	9%	7%
NET: With somebody else	89	44	28	17	50	31
	26%	26%	25%	28%	25%	28%

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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	255	104	150	122	90	43	15	32	23	26	17	15	73	39	15
Total	254	103	150	117	90	47	14	30	23	25	17	19	69	39	18
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	185	62	122	87	63	36	11	17	18	22	13	10	50	31	13
	73%	60%	81%	74%	70%	76%	81%	57%	81%	88%	77%	52%	72%	78%	71%
			a												
With another adult or adults	53	31	22	24	18	11	1	11	3	3	2	5	17	7	4
	21%	30%	15%	20%	20%	24%	5%	37%	14%	12%	11%	26%	25%	19%	21%
			b												
With a child or children	25	15	10	10	15	-	2	5	1	2	2	5	3	2	3
	10%	15%	7%	9%	17%	-	14%	16%	5%	9%	12%	29%	5%	5%	15%
			b	c	c										
NET: With somebody else	69	41	28	30	27	11	3	13	4	3	4	9	19	9	5
	27%	40%	19%	26%	30%	24%	19%	43%	19%	12%	23%	48%	28%	22%	29%
			b												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	255	38	74	60	29	21	33	172	83	178	11	34	16	10	3	74
Total	254	38	73	61	26	20	35	173	81	179	10	34	16	9	3	72
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	185	25	54	42	15	19	30	121	64	129	9	23	11	7	2	54
	73%	66%	73%	69%	58%	94%	86%	70%	79%	72%	92%	69%	72%	81%	71%	75%
With another adult or adults	53	11	14	16	7	1	4	41	12	39	1	8	3	2	1	14
	21%	29%	19%	27%	26%	6%	11%	24%	14%	22%	8%	24%	16%	19%	29%	20%
With a child or children	25	4	7	6	6	-	2	17	8	17	-	4	3	-	1	8
	10%	12%	9%	10%	24%	-	5%	10%	10%	9%	-	12%	19%	-	29%	11%
NET: With somebody else	69	13	20	19	11	1	5	52	17	50	1	10	4	2	1	18
	27%	34%	27%	31%	42%	6%	14%	30%	21%	28%	8%	31%	28%	19%	29%	25%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	255	140	48	51	99	9	24	103	32	7	6	16	21	18	19	33
Total	254	124	57	60	117	9	23	101	35	7	6	15	19	19	21	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	185	96	44	35	79	6	17	66	26	7	3	11	14	17	18	23
	73%	78%	77%	58%	67%	66%	77%	65%	74%	100%	54%	79%	74%	90%	85%	74%
		c	c													
With another adult or adults	53	25	9	15	25	3	3	28	6	-	2	2	3	2	3	6
	21%	20%	16%	26%	21%	34%	14%	28%	18%	-	32%	17%	14%	10%	15%	19%
With a child or children	25	3	6	16	22	-	2	13	5	-	1	1	3	1	-	2
	10%	3%	11%	26%	18%	-	10%	12%	14%	-	14%	5%	18%	4%	-	7%
		a	a	a												
NET: With somebody else	69	27	13	25	38	3	5	35	9	-	3	3	5	2	3	8
	27%	22%	23%	42%	33%	34%	23%	35%	26%	-	46%	21%	26%	10%	15%	26%
			ab													

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	255	68	72	22	3	94	71	78	56	23	9	79	87	28	128	90	9	227
Total	254	68	73	22	2	95	70	78	57	23	8	81	86	26	125	94	9	227
	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	185	51	44	19	2	63	53	60	34	18	5	52	65	24	90	65	6	161
	73%	75%	60%	87%	66%	67%	75%	77%	60%	77%	57%	65%	75%	93%	72%	70%	65%	71%
With another adult or adults	53	10	25	3	1	28	11	12	22	4	2	26	13	2	29	20	2	51
	21%	15%	34%	13%	34%	29%	16%	15%	38%	18%	20%	32%	15%	7%	23%	21%	23%	22%
			af			af			af			af						
With a child or children	25	10	6	2	-	8	10	9	5	2	2	7	11	-	9	15	1	25
	10%	15%	8%	10%	-	8%	15%	12%	8%	10%	23%	9%	13%	-	7%	16%	13%	11%
															b			
NET: With somebody else	69	17	29	3	1	32	18	18	23	5	4	28	21	2	35	29	3	67
	27%	25%	40%	13%	34%	33%	25%	23%	40%	23%	43%	35%	25%	7%	28%	30%	35%	29%
									a									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	255	62	155	43	35	8	173	74	10	220	35	198	55
Total	254	64	154	42	36	7	172	74	10	216	38	201	50
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	185	38	115	26	22	5	133	47	5	154	31	145	40
	73%	59%	75%	61%	63%	69%	77%	63%	49%	71%	82%	72%	78%
			a				ae						
With another adult or adults	53	21	29	14	11	1	31	21	5	47	6	45	8
	21%	33%	19%	32%	30%	16%	18%	28%	51%	22%	16%	22%	16%
		b		d									
With a child or children	25	10	15	7	3	2	13	12	1	23	2	22	3
	10%	15%	10%	16%	9%	31%	8%	16%	7%	11%	6%	11%	5%
								d					
NET: With somebody else	69	27	39	16	13	2	40	27	5	62	7	57	11
	27%	41%	25%	39%	37%	31%	23%	37%	51%	29%	18%	28%	22%
		b		d				d					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c
Unweighted Total	255	10	21	47	48	39	34	18	38	155	90	69	64	85	32	89	128	35
Total	254	9	21	46	49	38	34	19	38	153	91	69	64	86	31	94	123	33
	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	185	8	17	32	36	28	22	10	31	114	63	51	48	60	22	72	92	18
	73%	89%	82%	71%	74%	74%	65%	54%	80%	74%	69%	74%	76%	70%	72%	76%	74%	55%
																c	c	
With another adult or adults	53	1	2	13	7	8	8	7	7	30	21	12	10	21	8	17	26	10
	21%	11%	11%	28%	15%	22%	23%	36%	17%	20%	23%	18%	15%	25%	28%	18%	21%	30%
With a child or children	25	-	1	3	6	2	6	4	3	13	13	7	7	7	4	10	8	8
	10%	-	7%	7%	11%	6%	18%	20%	8%	8%	14%	10%	10%	8%	13%	10%	6%	25%
																		ab
NET: With somebody else	69	1	4	13	13	10	12	9	8	39	28	18	15	26	8	22	32	15
	27%	11%	18%	29%	26%	26%	35%	46%	20%	26%	31%	26%	24%	30%	28%	24%	26%	45%
																		ab

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

Unweighted Total

Total

Nobody, I did this on my own

With another adult or adults

With a child or children

NET: With somebody else

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	255	115	74	63	155	66
Total	254	117	72	62	152	66
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	185	85	51	46	101	54
	73%	73%	72%	74%	66%	81%
					a	
With another adult or adults	53	30	14	10	40	9
	21%	25%	19%	16%	27%	13%
					b	
With a child or children	25	9	9	8	18	7
	10%	7%	12%	13%	12%	10%
NET: With somebody else	69	32	20	16	51	13
	27%	27%	28%	26%	34%	19%
					b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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	265	135	129	108	91	66	11	42	24	16	27	20	64	37	24
Total	263	133	129	105	88	70	10	39	22	16	26	25	58	39	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	186	88	96	66	61	59	7	24	15	9	14	20	45	30	21
	71%	67%	74%	62%	70%	84%	70%	62%	67%	59%	53%	79%	77%	76%	78%
						a									
With another adult or adults	62	37	24	33	18	10	3	15	4	4	10	4	9	9	3
	23%	28%	19%	32%	21%	14%	30%	38%	18%	27%	38%	15%	16%	24%	13%
				c				g							
With a child or children	24	12	12	11	12	1	-	1	3	3	2	1	8	2	2
	9%	9%	9%	10%	14%	2%	-	2%	14%	22%	9%	5%	15%	5%	9%
				c	c								b		
NET: With somebody else	77	44	33	40	26	11	3	15	7	7	12	5	13	9	6
	29%	33%	26%	38%	30%	16%	30%	38%	33%	41%	47%	21%	23%	24%	22%
				c											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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	265	25	87	53	35	25	40	165	100	205	7	28	18	2	1	56
Total	263	24	88	54	33	23	40	166	97	206	6	26	20	1	1	54
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	186	9	62	40	22	18	34	111	74	142	5	20	14	1	-	41
	71%	39%	71%	74%	67%	75%	85%	67%	76%	69%	86%	77%	72%	100%	-	75%
							g									
With another adult or adults	62	15	17	12	9	5	4	44	18	50	-	6	4	-	1	11
	23%	61%	19%	22%	27%	22%	10%	26%	19%	24%	-	23%	22%	-	100%	21%
							f									
With a child or children	24	5	9	3	3	1	3	17	7	17	1	1	4	-	1	7
	9%	20%	10%	6%	8%	6%	8%	10%	7%	8%	14%	3%	23%	-	100%	12%
NET: With somebody else	77	15	26	14	11	6	6	54	23	63	1	6	6	-	1	13
	29%	61%	29%	26%	33%	25%	15%	33%	24%	31%	14%	23%	28%	-	100%	25%
							f									

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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	265	169	41	46	87	12	22	104	24	6	7	20	19	16	35	34
Total	263	152	49	55	104	11	22	103	26	6	6	18	17	15	39	33
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	186	122	34	27	61	9	13	72	22	3	4	12	8	12	29	23
	71%	80%	69%	50%	59%	87%	61%	70%	86%	54%	75%	63%	49%	79%	75%	69%
		cd														
With another adult or adults	62	28	10	19	29	1	9	21	1	3	1	4	9	3	10	10
	23%	19%	21%	35%	28%	13%	39%	20%	5%	46%	13%	24%	51%	21%	25%	31%
			a													
With a child or children	24	4	6	13	20	-	-	15	2	-	1	4	1	1	-	-
	9%	3%	13%	25%	19%	-	-	14%	10%	-	25%	20%	7%	5%	-	-
			a	a	a			jk								
NET: With somebody else	77	31	15	28	43	1	9	31	4	3	1	7	9	3	10	10
	29%	20%	31%	50%	41%	13%	39%	30%	14%	46%	25%	37%	51%	21%	25%	31%
			a	a												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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	265	77	63	17	2	80	79	82	52	26	2	78	84	38	146	70	11	227
Total	263	77	63	16	2	80	79	81	52	28	2	79	83	34	142	75	11	229
	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	186	58	42	10	2	52	60	62	32	20	1	52	63	31	102	46	7	154
	71%	75%	66%	64%	100%	65%	75%	77%	61%	73%	63%	65%	76%	90%	72%	61%	63%	68%
														bce				
With another adult or adults	62	16	16	2	-	18	16	14	15	5	-	20	14	3	37	19	3	58
	23%	21%	25%	13%	-	22%	20%	17%	29%	18%	-	25%	17%	10%	26%	25%	27%	26%
														a				a
With a child or children	24	6	8	4	-	12	6	8	5	4	1	9	9	-	8	14	2	24
	9%	8%	13%	23%	-	15%	8%	10%	10%	13%	37%	11%	11%	-	5%	19%	21%	11%
															ab			a
NET: With somebody else	77	20	22	6	-	28	20	19	20	7	1	28	20	3	41	29	4	74
	29%	25%	34%	36%	-	35%	25%	23%	39%	27%	37%	35%	24%	10%	28%	39%	37%	32%
														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	265	51	170	44	40	9	181	81	10	221	44	211	51
Total	263	52	171	44	41	8	179	81	9	217	47	214	46
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	186	26	124	26	25	3	136	48	5	151	34	150	33
	71%	50%	73%	59%	62%	40%	76%	59%	58%	70%	73%	70%	72%
			a				ae						
With another adult or adults	62	19	38	14	14	4	34	27	4	53	9	50	11
	23%	36%	22%	31%	35%	51%	19%	34%	42%	24%	19%	23%	23%
		b			d			d					
With a child or children	24	10	14	6	2	2	15	9	1	19	5	21	3
	9%	20%	8%	14%	5%	24%	8%	12%	8%	9%	10%	10%	6%
		b											
NET: With somebody else	77	26	47	18	16	5	43	34	4	65	12	64	13
	29%	50%	27%	41%	38%	60%	24%	41%	42%	30%	27%	30%	28%
		b		d				d					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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

	Total	Number of days active									Life satisfaction score				COVID-19 tiers			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c
Unweighted Total	265	9	24	48	54	32	42	18	38	158	98	59	74	96	30	96	111	49
Total	263	8	22	50	54	31	40	18	39	157	98	58	72	97	30	101	105	47
	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	186	7	16	31	40	22	30	12	28	109	70	44	46	72	19	74	74	29
	71%	86%	70%	62%	73%	71%	73%	68%	72%	69%	72%	76%	64%	74%	64%	72%	71%	62%
With another adult or adults	62	1	5	16	9	7	10	4	10	37	24	12	21	17	10	20	23	18
	23%	14%	24%	31%	16%	23%	24%	24%	25%	23%	24%	20%	29%	18%	32%	20%	22%	38% ab
With a child or children	24	-	1	4	6	3	2	2	6	14	10	2	8	10	4	10	13	1
	9%	-	5%	9%	11%	9%	6%	12%	14%	9%	10%	3%	11%	10%	13%	10%	12%	2%
NET: With somebody else	77	1	7	19	14	9	11	6	11	49	28	14	26	25	11	28	31	18
	29%	14%	30%	38%	27%	29%	27%	32%	28%	31%	28%	24%	36%	26%	36%	28%	29%	38%

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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

Significance Level: 95%

Unweighted Total

Total

Nobody, I did this on my own

With another adult or adults

With a child or children

NET: With somebody else

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
Total	a	b	c	a	b	
Unweighted Total	265	116	91	57	147	74
Total	263	114	91	58	147	73
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	186	79	62	44	100	48
	71%	69%	69%	76%	68%	66%
With another adult or adults	62	29	23	10	37	19
	23%	25%	25%	17%	25%	26%
With a child or children	24	12	8	4	17	7
	9%	10%	9%	7%	11%	10%
NET: With somebody else	77	36	28	14	47	25
	29%	31%	31%	24%	32%	34%

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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	90	81	75	65	32	7	21	16	21	17	12	37	27	14
Total	177	92	84	76	68	34	6	20	15	22	17	16	36	27	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	53	29	23	23	16	13	1	10	4	8	4	4	9	7	6
	30%	31%	27%	30%	24%	39%	12%	47%	29%	37%	25%	26%	24%	25%	36%
With another adult or adults	75	41	34	34	29	12	3	7	4	9	6	7	18	13	8
	42%	45%	40%	45%	44%	36%	56%	33%	30%	40%	37%	40%	50%	46%	49%
With a child or children	73	35	38	29	34	10	3	6	7	10	8	8	14	11	6
	41%	38%	45%	39%	50%	29%	49%	28%	46%	44%	46%	50%	40%	40%	36%
NET: With somebody else	124	63	61	53	51	20	5	11	10	14	13	12	28	21	11
	70%	69%	73%	70%	76%	61%	88%	53%	71%	63%	75%	74%	76%	75%	64%

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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

	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	29	44	34	20	20	25	107	65	133	5	24	7	1	1	38
Total	177	31	47	36	19	18	25	114	63	139	5	22	8	1	1	37
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	53 30%	9 30%	9 20%	12 32%	6 32%	4 23%	12 48%	30 26%	22 36%	39 28%	1 16%	9 41%	3 39%	- -	1 100%	14 37%
With another adult or adults	75 42%	14 45%	19 40%	15 43%	12 62%	7 38%	8 32%	48 42%	27 43%	56 40%	4 84%	9 40%	4 47%	1 100%	- -	18 48%
With a child or children	73 41%	15 48%	23 50%	11 32%	7 35%	10 55%	6 25%	50 44%	23 37%	60 43%	3 68%	5 23%	5 61%	- -	- -	13 36%
NET: With somebody else	124 70%	22 70%	37 80%	25 68%	13 68%	14 77%	13 52%	84 74%	40 64%	100 72%	4 84%	13 59%	5 61%	1 100%	- -	23 63%

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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

	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	78	40	41	81	4	23	62	16	8	5	11	12	12	19	27
Total	177	69	48	49	97	4	22	67	17	9	4	10	11	12	20	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	53	27	12	11	23	-	5	18	5	3	2	3	3	3	11	5
	30%	39%	24%	22%	23%	-	23%	27%	28%	30%	38%	33%	27%	27%	52%	20%
		d														
With another adult or adults	75	31	22	18	40	2	14	27	4	4	2	3	7	6	7	16
	42%	44%	46%	36%	41%	49%	62%	41%	24%	41%	39%	30%	66%	47%	33%	60%
With a child or children	73	16	22	32	54	2	3	32	11	4	2	5	4	6	4	5
	41%	23%	46%	65%	56%	51%	15%	48%	67%	43%	42%	48%	35%	47%	21%	20%
		a	a	a	a											
NET: With somebody else	124	42	36	38	75	4	17	48	12	7	2	6	8	9	10	21
	70%	61%	76%	78%	77%	100%	77%	73%	72%	70%	62%	67%	73%	73%	48%	80%
				a	a											

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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

	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	46	44	20	2	64	48	39	42	27	4	69	43	14	87	60	11	158
Total	177	49	48	18	2	66	51	42	43	28	4	72	46	13	89	63	12	164
	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	53	15	12	3	1	16	16	9	12	7	3	19	12	8	26	15	4	45
	30%	30%	25%	20%	42%	24%	31%	22%	28%	25%	78%	27%	26%	63%	29%	24%	31%	27%
With another adult or adults	75	18	19	11	1	30	20	17	18	13	1	31	18	5	40	24	6	71
	42%	37%	39%	60%	58%	45%	38%	41%	42%	45%	22%	43%	40%	37%	44%	39%	53%	43%
With a child or children	73	25	20	6	-	26	25	23	14	14	-	28	23	1	33	35	4	72
	41%	51%	42%	33%	-	40%	49%	56%	32%	49%	-	39%	51%	7%	37%	55%	35%	44%
								b							b			
NET: With somebody else	124	34	36	14	1	50	36	33	31	21	1	52	34	5	64	48	8	120
	70%	70%	75%	80%	58%	76%	69%	78%	72%	75%	22%	73%	74%	37%	71%	76%	69%	73%

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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	46	106	32	30	7	102	65	4	149	23	152	18
Total	177	48	110	32	31	7	105	66	3	153	24	157	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	53	15	28	9	11	1	30	20	1	48	5	45	7
	30%	30%	26%	27%	36%	11%	29%	30%	28%	31%	20%	29%	37%
With another adult or adults	75	25	42	17	12	5	40	32	1	64	11	68	6
	42%	51%	38%	52%	39%	77%	39%	49%	47%	42%	45%	44%	33%
With a child or children	73	12	58	12	11	3	45	24	1	61	12	67	6
	41%	25%	52%	36%	36%	45%	43%	36%	47%	40%	51%	43%	30%
			a										
NET: With somebody else	124	34	82	23	20	6	74	47	2	105	19	112	12
	70%	70%	74%	73%	64%	89%	71%	70%	72%	69%	80%	71%	63%

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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

	Number of days active										Life satisfaction score				COVID-19 tiers			
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
Significance Level: 95%		*a	*b	c	d	*e	*f	*g	*h	i	j	a	b	c	*d	a	b	*c
Unweighted Total	172	12	14	37	31	26	21	11	20	108	52	42	54	55	18	60	79	29
Total	177	12	14	39	31	27	22	11	21	110	54	42	56	58	18	65	77	30
	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	53 30%	4 33%	6 42%	8 22%	7 21%	7 25%	10 43%	3 24%	9 42%	28 25%	21 39%	14 33%	19 34%	14 24%	4 23%	16 25%	22 29%	12 39%
With another adult or adults	75 42%	2 16%	5 39%	24 61% j	14 44%	11 43%	7 33%	5 47%	6 30%	54 49%	19 35%	16 39%	22 39%	25 43%	11 58%	27 41%	35 45%	12 42%
With a child or children	73 41%	7 61%	3 19%	19 48%	13 41%	11 40%	6 29%	4 38%	10 49%	45 40%	21 38%	16 38%	26 46%	23 39%	8 42%	32 50%	28 37%	10 33%
NET: With somebody else	124 70%	8 67%	8 58%	30 78%	24 79%	20 75%	13 57%	8 76%	12 58%	83 75%	33 61%	28 67%	37 66%	44 76%	14 77%	49 75%	55 71%	18 61%

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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

Significance Level: 95%

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
	NET: More	About the same	NET: Less	Yes	No
	a	b	c	a	b
Unweighted Total	172	57	65	49	89
Total	177	60	65	51	90
	100%	100%	100%	100%	100%
Nobody, I did this on my own	53	11	20	20	26
	30%	18%	31%	40%	28%
			a		26%
With another adult or adults	75	25	30	20	39
	42%	43%	46%	39%	43%
With a child or children	73	33	22	18	37
	41%	56%	33%	35%	41%
		bc			44%
NET: With somebody else	124	49	45	31	65
	70%	82%	69%	60%	72%
		c			74%

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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

	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	151	83	68	69	65	17	8	16	15	16	15	10	31	28	12
Total	154	85	69	69	66	19	8	16	15	17	14	13	30	28	12
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	38	20	18	20	13	5	-	7	4	4	5	1	11	4	2
	25%	24%	26%	29%	20%	28%	-	44%	25%	23%	36%	10%	39%	12%	16%
With another adult or adults	75	45	30	32	34	9	7	7	6	8	6	6	13	17	7
	49%	54%	43%	47%	52%	46%	85%	42%	38%	43%	43%	47%	43%	58%	58%
With a child or children	58	29	29	21	29	8	3	4	8	7	4	7	7	12	5
	38%	34%	42%	30%	44%	42%	46%	25%	53%	40%	30%	53%	22%	43%	43%
NET: With somebody else	115	64	51	49	53	14	8	9	11	13	9	12	18	25	10
	75%	76%	74%	71%	80%	72%	100%	56%	75%	77%	64%	90%	61%	88%	84%

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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	151	24	49	35	24	11	8	108	43	109	3	23	11	2	1	40
Total	154	24	51	37	22	11	8	113	41	113	2	22	11	2	1	38
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	38 25%	5 19%	13 25%	13 36%	3 14%	1 8%	4 46%	31 27%	8 18%	24 21%	2 100%	7 31%	3 26%	- -	- -	12 32%
With another adult or adults	75 49%	13 53%	25 49%	15 39%	17 75%	4 33%	2 30%	53 47%	23 55%	57 50%	- -	11 48%	7 63%	1 55%	- -	19 49%
With a child or children	58 38%	9 37%	23 44%	13 34%	4 20%	7 67%	2 24%	44 39%	14 33%	47 42%	- -	6 29%	2 21%	1 45%	1 100%	11 28%
NET: With somebody else	115 75%	20 81%	38 75%	24 64%	19 86%	10 92%	4 54%	82 73%	34 82%	89 79%	- -	15 69%	8 74%	2 100%	1 100%	26 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

	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	151	73	38	33	71	6	18	70	23	6	4	4	10	3	7	24
Total	154	63	46	39	85	6	17	73	23	7	4	3	10	3	8	23
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	38	19	8	10	19	1	3	22	2	2	-	2	2	-	3	4
	25%	30%	18%	27%	22%	17%	16%	30%	11%	29%	-	72%	25%	-	41%	16%
With another adult or adults	75	33	21	17	38	2	14	30	12	3	3	-	6	1	5	16
	49%	52%	45%	43%	44%	41%	79%	41%	53%	34%	72%	-	63%	39%	59%	69%
With a child or children	58	12	29	17	46	3	2	31	10	3	2	1	2	2	1	5
	38%	19%	62%	42%	53%	42%	14%	43%	46%	37%	61%	28%	24%	61%	17%	22%
			a	a	a											
NET: With somebody else	115	44	38	29	67	5	14	51	20	5	4	1	7	3	5	19
	75%	70%	82%	73%	78%	83%	84%	70%	89%	71%	100%	28%	75%	100%	59%	84%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	151	53	37	22	3	59	56	45	43	24	6	67	51	16	72	54	9	135
Total	154	55	41	21	2	61	57	45	46	25	5	71	50	14	73	58	9	139
	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	38	14	7	5	-	12	14	10	12	4	2	16	12	7	16	14	2	31
	25%	25%	17%	26%	-	20%	24%	22%	25%	17%	47%	22%	25%	48%	21%	24%	26%	23%
With another adult or adults	75	29	16	13	2	29	31	20	24	14	3	38	22	6	36	29	4	69
	49%	52%	40%	61%	100%	47%	54%	44%	52%	55%	53%	53%	45%	41%	49%	51%	47%	50%
With a child or children	58	23	20	5	-	25	23	21	15	12	-	27	21	3	30	23	2	55
	38%	43%	48%	25%	-	40%	41%	47%	33%	48%	-	38%	42%	18%	42%	39%	27%	40%
NET: With somebody else	115	41	34	15	2	49	43	35	35	21	3	55	38	8	57	44	6	108
	75%	75%	83%	74%	100%	80%	76%	78%	75%	83%	53%	78%	75%	52%	79%	76%	74%	77%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	151	45	82	33	29	6	87	61	7	127	24	122	27
Total	154	46	85	32	29	5	92	59	7	129	25	125	27
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	38	11	15	9	4	-	26	12	1	34	5	27	10
	25%	24%	18%	27%	14%	-	28%	20%	11%	26%	19%	22%	38%
With another adult or adults	75	26	42	19	20	5	37	38	6	61	15	64	11
	49%	56%	49%	59%	69%	100%	40%	64%	89%	47%	59%	51%	39%
With a child or children	58	11	42	7	10	1	40	16	2	48	9	52	6
	38%	24%	49%	23%	34%	22%	44%	28%	28%	38%	38%	41%	23%
NET: With somebody else	115	35	70	24	25	5	66	48	6	95	20	98	17
	75%	76%	82%	73%	86%	100%	72%	80%	89%	74%	81%	78%	62%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		*a	*b	c	d	*e	*f	*g	*h	i	j	*a	b	c	*d	a	b	*c
Significance Level: 95%																		
Unweighted Total	151	4	9	33	30	29	13	12	21	101	46	29	51	50	17	59	59	25
Total	154	4	10	35	30	29	13	12	21	103	47	29	53	53	15	61	58	27
	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	38	-	4	8	2	10	1	6	7	25	14	4	17	14	2	12	16	8
	25%	-	45%	22%	8%	37%	8%	47%	33%	24%	29%	13%	32%	26%	14%	19%	27%	30%
											d							
With another adult or adults	75	3	4	19	18	12	6	5	8	54	19	17	22	23	11	32	27	13
	49%	67%	40%	56%	61%	43%	46%	38%	38%	52%	40%	60%	41%	43%	75%	52%	47%	51%
With a child or children	58	3	1	17	11	8	9	3	7	37	19	10	22	22	4	25	21	10
	38%	64%	15%	48%	35%	28%	64%	24%	33%	36%	40%	34%	41%	41%	23%	41%	36%	36%
NET: With somebody else	115	4	5	27	28	18	12	6	14	78	33	25	36	40	13	49	42	18
	75%	100%	55%	78%	92%	63%	92%	53%	67%	76%	71%	87%	68%	74%	86%	81%	73%	70%
					j													

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	151	61	50	39	93	46
Total	154	61	50	42	93	48
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	38	15	17	6	20	12
	25%	25%	34%	15%	21%	25%
		c				
With another adult or adults	75	30	20	24	47	22
	49%	50%	41%	57%	51%	45%
With a child or children	58	19	19	20	38	19
	38%	32%	37%	47%	40%	40%
NET: With somebody else	115	46	33	36	74	36
	75%	75%	66%	85%	79%	75%
			b			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	118	87	30	79	34	5	5	13	12	14	10	13	27	17	7
Total	118	86	30	76	36	6	5	12	12	15	10	15	26	17	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	23	13	9	19	3	1	-	2	3	5	2	5	4	2	-
	19%	15%	29%	25%	7%	19%	-	15%	23%	33%	21%	31%	16%	15%	-
				b											
With another adult or adults	87	68	18	52	30	5	5	9	8	9	6	8	21	14	7
	73%	79%	60%	68%	84%	81%	100%	76%	70%	59%	60%	53%	84%	85%	85%
		b													
With a child or children	17	12	5	11	6	-	-	2	2	2	2	4	4	-	1
	14%	14%	16%	14%	17%	-	-	15%	21%	15%	19%	24%	15%	-	15%
NET: With somebody else	95	73	22	57	33	5	5	10	9	10	8	10	21	14	8
	81%	85%	71%	75%	93%	81%	100%	85%	77%	67%	79%	69%	84%	85%	100%
					a										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	118	19	30	25	22	17	5	74	44	67	9	18	18	-	1	46
Total	118	20	29	27	21	16	5	75	42	68	8	18	19	-	1	45
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	23 19%	4 23%	6 20%	6 23%	1 6%	2 14%	3 56%	17 22%	6 15%	10 14%	2 25%	4 24%	4 20%	-	1 100%	11 24%
With another adult or adults	87 73%	14 73%	22 76%	17 66%	17 82%	13 80%	2 44%	54 71%	33 77%	56 83%	6 75%	13 72%	10 55%	-	-	29 64%
With a child or children	17 14%	2 8%	3 9%	5 19%	3 15%	5 28%	-	9 12%	8 18%	5 7%	-	3 14%	9 46%	-	-	11 24%
									a							
NET: With somebody else	95 81%	15 77%	23 80%	20 77%	20 94%	14 86%	2 44%	59 78%	36 85%	58 86%	6 75%	14 76%	15 80%	-	-	34 76%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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											
	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	118	58	27	25	52	6	19	49	10	4	1	3	19	4	3	25
Total	118	49	32	30	61	6	19	49	10	5	1	2	18	3	4	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	23	10	6	3	9	3	4	7	2	3	-	1	2	1	1	7
	19%	21%	19%	8%	14%	47%	22%	15%	15%	51%	-	32%	11%	23%	29%	28%
With another adult or adults	87	37	26	21	47	3	14	41	8	2	1	2	11	3	3	17
	73%	76%	81%	72%	76%	53%	72%	84%	74%	49%	100%	68%	60%	77%	71%	68%
With a child or children	17	4	3	7	10	-	3	1	2	-	-	-	10	-	-	3
	14%	8%	11%	24%	17%	-	16%	3%	23%	-	-	-	55%	-	-	13%
NET: With somebody else	95	39	26	27	53	3	15	42	9	2	1	2	16	3	3	18
	81%	79%	81%	92%	86%	53%	78%	85%	85%	49%	100%	68%	89%	77%	71%	72%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	37	32	8	1	40	38	37	30	9	2	39	39	5	49	52	12	113
Total	118	38	32	8	1	41	39	38	32	9	1	41	39	5	48	53	12	113
	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	23	6	7	1	1	8	7	6	5	3	-	8	6	1	12	8	2	22
	19%	16%	21%	15%	100%	20%	19%	17%	16%	33%	-	20%	16%	18%	25%	15%	19%	19%
With another adult or adults	87	31	25	5	-	31	31	31	24	6	1	30	32	4	34	42	7	83
	73%	81%	79%	63%	-	75%	78%	83%	76%	67%	48%	74%	82%	82%	72%	79%	53%	73%
With a child or children	17	3	1	2	-	3	3	1	4	-	1	4	2	-	7	7	3	17
	14%	8%	2%	23%	-	6%	8%	4%	11%	-	52%	9%	6%	-	14%	13%	28%	15%
NET: With somebody else	95	32	25	7	-	32	32	31	27	6	1	33	33	4	36	45	10	91
	81%	84%	79%	85%	-	80%	81%	83%	84%	67%	100%	80%	84%	82%	75%	85%	81%	81%

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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

	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	118	31	75	19	15	6	74	39	1	97	21	93	25
Total	118	33	74	19	15	6	73	39	1	96	22	92	26
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	23	1	17	1	4	-	16	5	-	21	2	16	7
	19%	4%	23%	6%	29%	-	21%	14%	-	22%	10%	17%	27%
			a										
With another adult or adults	87	27	53	16	10	5	54	31	1	67	20	70	16
	73%	82%	71%	88%	66%	82%	73%	78%	100%	70%	90%	77%	62%
With a child or children	17	7	9	3	1	1	10	5	1	16	1	13	3
	14%	22%	12%	14%	10%	18%	14%	12%	100%	16%	6%	15%	14%
NET: With somebody else	95	32	56	17	11	6	58	34	1	75	20	76	19
	81%	96%	77%	94%	71%	100%	79%	86%	100%	78%	90%	83%	73%
		b											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
Significance Level: 95%		*a	*b	*c	d	*e	*f	*g	*h	i	j	*a	b	c	*d	a	b	*c
Unweighted Total	118	3	13	24	32	11	13	7	15	80	35	22	30	41	22	34	61	16
Total	118	3	14	24	31	10	13	7	16	79	36	22	31	41	21	35	60	15
	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	23	3	4	4	4	1	-	3	5	12	8	4	7	9	2	7	12	3
	19%	100%	27%	16%	11%	8%	-	42%	29%	15%	21%	18%	24%	22%	7%	21%	19%	20%
With another adult or adults	87	-	8	19	24	8	11	4	11	60	27	16	21	30	19	26	47	10
	73%	-	57%	81%	79%	81%	90%	58%	71%	76%	75%	72%	68%	73%	89%	73%	77%	66%
With a child or children	17	-	2	6	4	1	3	-	1	13	4	3	4	5	2	4	6	3
	14%	-	16%	26%	13%	11%	23%	-	4%	17%	10%	14%	15%	12%	10%	12%	11%	20%
NET: With somebody else	95	-	10	20	28	9	13	4	11	67	28	18	23	31	20	28	49	12
	81%	-	73%	84%	89%	92%	100%	58%	71%	85%	79%	82%	76%	78%	93%	79%	81%	80%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

Unweighted Total

Total

Nobody, I did this on my own

With another adult or adults

With a child or children

NET: With somebody else

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
Total	a	b	c	a	b	
Unweighted Total	118	52	41	24	64	45
Total	118	52	42	23	62	47
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	23	11	6	5	11	8
	19%	21%	14%	22%	18%	18%
With another adult or adults	87	38	32	16	47	35
	73%	73%	77%	70%	76%	76%
With a child or children	17	8	7	3	9	5
	14%	15%	16%	11%	14%	11%
NET: With somebody else	95	41	36	18	51	38
	81%	79%	86%	78%	82%	82%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	65	40	25	40	20	5	2	9	4	11	5	2	20	8	4
Total	66	40	26	40	20	5	2	9	4	11	5	3	20	8	5
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	16	11	5	10	6	-	-	5	1	3	1	-	4	1	1
	24%	27%	20%	24%	31%	-	-	57%	23%	23%	17%	-	22%	10%	28%
With another adult or adults	41	24	17	24	13	4	2	1	1	7	4	1	15	7	3
	62%	61%	65%	59%	65%	72%	100%	15%	23%	60%	83%	48%	73%	90%	72%
With a child or children	13	9	4	10	1	1	-	3	2	2	-	1	4	1	-
	20%	23%	15%	26%	7%	28%	-	36%	55%	18%	-	52%	18%	15%	-
NET: With somebody else	50	29	21	31	14	5	2	4	3	9	4	3	16	7	3
	76%	73%	80%	76%	69%	100%	100%	43%	77%	77%	83%	100%	78%	90%	72%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	65	14	20	16	8	5	2	50	15	37	4	14	6	-	1	25
Total	66	15	20	17	8	4	2	53	13	39	4	12	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	7	-	-	-	1	15	1	11	-	2	1	-	1	4
	24%	56%	32%	-	-	-	51%	29%	6%	29%	-	13%	17%	-	100%	15%
With another adult or adults	41	5	13	14	5	3	1	32	9	23	2	10	3	-	-	16
	62%	35%	62%	81%	68%	81%	49%	60%	70%	59%	66%	82%	49%	-	-	67%
With a child or children	13	2	1	4	4	1	-	8	5	6	1	3	4	-	-	7
	20%	17%	6%	26%	56%	19%	-	16%	38%	15%	34%	21%	50%	-	-	31%
NET: With somebody else	50	7	14	17	8	4	1	37	12	27	4	11	6	-	-	20
	76%	44%	68%	100%	100%	100%	49%	71%	94%	71%	100%	87%	83%	-	-	85%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	65	26	14	19	33	3	12	31	5	4	1	-	5	4	-	15
Total	66	21	17	23	40	3	12	32	5	5	1	-	6	3	-	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	-	100%
Nobody, I did this on my own	16	4	2	10	12	-	6	7	-	2	-	-	-	1	-	6
	24%	19%	14%	42%	30%	-	47%	23%	-	47%	-	-	-	24%	-	37%
With another adult or adults	41	17	10	11	20	2	6	20	5	1	1	-	3	2	-	8
	62%	81%	57%	47%	51%	61%	53%	64%	100%	26%	100%	-	57%	76%	-	55%
With a child or children	13	-	9	2	11	1	-	6	-	2	-	-	4	-	-	1
	20%	-	50%	11%	28%	39%	-	19%	-	53%	-	-	64%	-	-	8%
NET: With somebody else	50	17	15	13	28	3	6	24	5	2	1	-	6	2	-	10
	76%	81%	86%	58%	70%	100%	53%	77%	100%	53%	100%	-	100%	76%	-	63%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	65	21	24	8	-	32	21	14	29	7	3	36	17	5	35	22	3	60
Total	66	23	23	7	-	31	23	15	29	7	3	36	18	4	36	23	3	61
	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	9	5	1	-	6	9	2	12	1	-	13	2	1	9	5	-	15
	24%	39%	22%	15%	-	20%	39%	15%	41%	14%	-	35%	13%	26%	27%	24%	-	24%
With another adult or adults	41	12	16	4	-	21	12	11	15	4	3	19	14	3	22	14	2	38
	62%	55%	70%	59%	-	67%	55%	75%	53%	57%	100%	54%	79%	74%	60%	63%	60%	61%
With a child or children	13	4	3	2	-	5	4	5	2	2	-	4	5	-	8	4	1	13
	20%	17%	11%	27%	-	15%	17%	30%	6%	28%	-	11%	26%	-	23%	16%	40%	22%
NET: With somebody else	50	14	18	6	-	25	14	13	17	6	3	23	15	3	26	17	3	47
	76%	61%	78%	85%	-	80%	61%	85%	59%	86%	100%	65%	87%	74%	73%	76%	100%	76%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	65	32	27	11	12	4	36	26	1	56	9	49	15
Total	66	33	28	10	11	4	38	25	1	56	10	51	14
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	16	10	5	3	3	-	10	6	-	12	4	12	4
	24%	31%	16%	31%	29%	-	25%	26%	-	22%	36%	23%	29%
With another adult or adults	41	18	19	6	8	4	21	17	1	35	6	32	8
	62%	54%	68%	62%	71%	100%	56%	71%	100%	63%	56%	63%	58%
With a child or children	13	8	5	1	2	-	10	3	1	12	1	11	2
	20%	24%	19%	14%	17%	-	25%	11%	100%	22%	7%	23%	13%
NET: With somebody else	50	22	23	7	8	4	28	18	1	44	6	39	10
	76%	69%	84%	69%	71%	100%	75%	74%	100%	78%	64%	77%	71%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers			
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	*b	*c	*d	*a	b	*c
Unweighted Total	65	1	4	15	14	11	9	5	6	44	20	13	21	22	7	13	38	13
Total	66	1	5	15	15	11	9	5	6	45	20	13	23	21	7	13	37	14
	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	-	1	4	4	3	1	2	1	12	4	3	6	5	2	3	7	5
	24%	-	27%	26%	25%	26%	11%	41%	21%	26%	21%	24%	26%	25%	24%	24%	20%	38%
With another adult or adults	41	-	2	9	8	8	7	3	4	28	13	10	11	13	5	9	25	6
	62%	-	51%	61%	57%	74%	74%	59%	59%	62%	66%	76%	48%	61%	76%	67%	66%	44%
With a child or children	13	1	1	4	3	1	1	-	2	9	3	1	6	3	2	2	7	4
	20%	100%	23%	29%	17%	11%	14%	-	32%	20%	16%	10%	26%	14%	28%	19%	19%	26%
NET: With somebody else	50	1	3	11	11	8	8	3	5	34	16	10	17	16	5	10	30	9
	76%	100%	73%	74%	75%	74%	89%	59%	79%	74%	79%	76%	74%	75%	76%	76%	80%	62%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

Unweighted Total

Total

Nobody, I did this on my own

With another adult or adults

With a child or children

NET: With somebody else

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
	NET: More	About the same	NET: Less	Yes	No
	*a	*b	*c	a	*b
Unweighted Total	65	27	19	41	19
Total	66	28	19	42	19
	100%	100%	100%	100%	100%
Nobody, I did this on my own	16	8	3	9	5
	24%	30%	16%	22%	28%
With another adult or adults	41	16	14	26	12
	62%	57%	77%	61%	61%
With a child or children	13	7	2	10	3
	20%	24%	13%	24%	16%
NET: With somebody else	50	20	16	32	14
	76%	70%	84%	78%	72%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	64	51	13	24	23	17	5	8	6	9	4	6	8	11	7
Total	66	53	14	23	23	20	4	8	6	10	3	7	8	11	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	13	9	3	5	6	2	1	2	3	2	-	-	1	5	-
	19%	18%	25%	21%	24%	12%	19%	27%	42%	16%	-	-	10%	46%	-
With another adult or adults	49	40	9	16	17	16	3	4	3	8	3	6	6	6	9
	74%	77%	64%	69%	72%	81%	81%	55%	45%	84%	100%	85%	77%	54%	100%
With a child or children	7	6	1	3	3	1	-	2	1	1	-	1	2	-	-
	11%	11%	11%	15%	11%	7%	-	27%	13%	12%	-	15%	28%	-	-
NET: With somebody else	53	43	10	18	18	18	3	6	3	8	3	7	7	6	9
	81%	82%	75%	79%	76%	88%	81%	73%	58%	84%	100%	100%	90%	54%	100%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	g	*h	a	*b	*c	*d	*e	*f	*g
Unweighted Total	64	12	18	12	9	3	10	42	22	52	3	3	3	-	1	10
Total	66	13	20	13	8	3	10	45	21	54	3	3	4	-	1	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	13	3	4	2	1	1	2	9	3	10	-	1	-	-	1	2
	19%	22%	22%	17%	14%	28%	16%	21%	17%	19%	-	32%	-	-	100%	17%
With another adult or adults	49	10	14	10	5	2	8	33	15	40	3	2	4	-	-	8
	74%	78%	70%	75%	63%	72%	84%	74%	74%	73%	100%	68%	100%	-	-	83%
With a child or children	7	-	1	2	4	-	-	4	4	6	-	1	1	-	-	2
	11%	-	7%	18%	45%	-	-	8%	18%	10%	-	26%	33%	-	-	19%
NET: With somebody else	53	10	16	11	7	2	8	36	17	44	3	2	4	-	-	8
	81%	78%	78%	83%	86%	72%	84%	79%	83%	81%	100%	68%	100%	-	-	83%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	64	35	12	12	24	6	7	24	5	5	1	-	5	3	8	13
Total	66	33	15	15	29	7	8	25	4	5	1	-	5	2	9	15
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Nobody, I did this on my own	13	5	4	4	7	1	3	4	1	1	-	-	2	2	-	3
	19%	15%	24%	25%	24%	12%	32%	17%	17%	22%	-	-	41%	68%	-	23%
With another adult or adults	49	27	10	10	20	5	5	20	3	3	1	-	3	1	9	10
	74%	82%	66%	68%	67%	68%	68%	79%	59%	64%	100%	-	59%	32%	100%	68%
With a child or children	7	1	4	1	5	1	-	3	1	1	-	-	1	-	-	1
	11%	3%	26%	8%	17%	20%	-	12%	24%	15%	-	-	25%	-	-	10%
NET: With somebody else	53	28	11	11	22	6	5	21	4	4	1	-	3	1	9	12
	81%	85%	76%	75%	76%	88%	68%	83%	83%	78%	100%	-	59%	32%	100%	77%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	64	21	16	3	2	19	23	19	13	6	3	19	22	9	32	19	4	55
Total	66	20	18	4	2	21	22	19	15	5	3	20	22	9	33	20	4	57
	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	13	4	3	-	1	3	5	2	4	-	1	4	4	3	4	5	1	10
	19%	19%	20%	-	63%	16%	23%	12%	28%	-	46%	20%	16%	30%	12%	27%	17%	18%
With another adult or adults	49	15	12	4	1	16	16	15	9	5	2	15	17	6	27	14	2	43
	74%	77%	68%	100%	37%	74%	73%	79%	64%	100%	54%	74%	75%	70%	82%	67%	50%	74%
With a child or children	7	2	3	-	-	3	2	4	1	-	-	1	4	-	4	2	1	7
	11%	10%	16%	-	-	13%	9%	19%	8%	-	-	6%	16%	-	13%	9%	33%	13%
NET: With somebody else	53	16	14	4	1	18	17	17	11	5	2	16	19	6	29	15	4	47
	81%	81%	80%	100%	37%	84%	77%	88%	72%	100%	54%	80%	84%	70%	88%	73%	83%	82%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	64	18	36	13	12	4	36	24	4	49	15	54	9
Total	66	20	37	14	13	4	37	25	4	50	16	56	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	13	3	7	5	3	-	5	8	-	11	2	7	6
	19%	17%	19%	38%	23%	-	13%	32%	-	22%	12%	13%	61%
With another adult or adults	49	13	29	7	7	4	30	15	3	36	13	44	4
	74%	64%	79%	51%	58%	100%	82%	58%	66%	72%	79%	79%	39%
With a child or children	7	4	3	2	3	-	4	3	2	6	1	7	-
	11%	22%	8%	16%	25%	-	11%	13%	50%	12%	9%	13%	-
NET: With somebody else	53	16	30	8	10	4	32	17	4	39	14	49	4
	81%	83%	81%	62%	77%	100%	87%	68%	100%	78%	88%	87%	39%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	*b	*c	*d	a	*b	*c
Unweighted Total	64	-	7	13	12	6	9	6	11	38	26	15	12	22	13	31	21	11
Total	66	-	7	14	12	6	9	6	12	39	27	16	12	24	13	34	20	12
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	13	-	-	2	2	2	2	1	3	7	6	6	1	2	4	5	5	2
	19%	-	-	17%	21%	30%	22%	14%	26%	18%	22%	38%	10%	8%	30%	16%	26%	21%
With another adult or adults	49	-	7	11	8	4	7	5	7	30	19	10	11	19	7	27	12	9
	74%	-	100%	75%	69%	70%	70%	86%	62%	77%	70%	62%	90%	83%	53%	80%	59%	79%
With a child or children	7	-	-	2	1	-	1	-	3	3	4	-	-	3	3	3	5	-
	11%	-	-	16%	10%	-	8%	-	28%	9%	15%	-	-	14%	23%	8%	24%	-
NET: With somebody else	53	-	7	12	9	4	7	5	9	32	21	10	11	22	9	29	14	9
	81%	-	100%	83%	79%	70%	78%	86%	74%	82%	78%	62%	90%	92%	70%	84%	74%	79%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

Unweighted Total

Total

Nobody, I did this on my own

With another adult or adults

With a child or children

NET: With somebody else

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
	NET: More	About the same	NET: Less	Yes	No
	*a	b	*c	a	*b
Unweighted Total	64	26	31	7	37
Total	66	28	32	6	38
	100%	100%	100%	100%	100%
Nobody, I did this on my own	13	6	6	1	7
	19%	21%	19%	13%	20%
With another adult or adults	49	20	24	5	27
	74%	69%	76%	87%	73%
With a child or children	7	3	4	-	3
	11%	12%	13%	-	9%
NET: With somebody else	53	22	26	5	30
	81%	79%	81%	87%	80%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	243	142	101	133	75	35	10	35	19	21	19	19	61	38	21
Total	237	138	99	125	74	38	9	30	18	21	17	22	58	40	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	133	72	61	71	40	22	5	16	12	12	12	14	29	22	13
	56%	52%	61%	57%	54%	56%	57%	52%	63%	56%	71%	63%	49%	55%	56%
With another adult or adults	94	59	35	49	28	17	4	14	6	7	4	7	27	18	8
	40%	43%	36%	39%	38%	44%	43%	46%	33%	33%	22%	31%	47%	45%	34%
With a child or children	17	13	3	8	8	-	-	2	1	2	1	3	4	-	3
	7%	10%	3%	7%	12%	-	-	8%	4%	11%	7%	12%	7%	-	15%
					c										
NET: With somebody else	104	66	39	54	34	17	4	15	7	9	5	8	29	18	10
	44%	48%	39%	43%	46%	44%	43%	48%	37%	44%	29%	37%	51%	45%	44%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	243	36	78	58	29	22	20	172	71	180	7	29	19	3	1	59
Total	237	36	78	57	25	22	20	171	66	177	6	28	18	3	1	56
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	133	17	48	33	11	14	10	98	35	99	5	14	10	2	-	32
	56%	46%	62%	57%	43%	66%	52%	57%	53%	56%	86%	51%	57%	73%	-	57%
With another adult or adults	94	17	28	22	12	7	7	67	27	73	1	13	5	1	1	20
	40%	48%	35%	40%	49%	34%	37%	39%	41%	41%	14%	47%	26%	27%	100%	36%
With a child or children	17	3	3	4	3	-	2	11	6	10	-	1	4	-	-	6
	7%	9%	4%	8%	14%	-	11%	6%	9%	6%	-	5%	24%	-	-	10%
NET: With somebody else	104	19	30	24	14	7	10	73	31	78	1	14	8	1	1	24
	44%	54%	38%	43%	57%	34%	48%	43%	47%	44%	14%	49%	43%	27%	100%	43%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	243	142	41	39	80	7	22	109	32	7	9	13	25	5	14	29
Total	237	125	49	46	95	8	21	107	31	7	9	11	23	5	16	29
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	133	72	27	21	48	5	9	64	18	5	3	7	14	2	6	14
	56%	58%	54%	46%	50%	70%	41%	60%	58%	68%	35%	59%	61%	40%	39%	49%
With another adult or adults	94	51	20	20	40	2	9	41	13	2	5	3	7	3	10	11
	40%	41%	41%	43%	42%	30%	42%	38%	42%	32%	52%	30%	30%	60%	61%	39%
With a child or children	17	2	3	9	12	-	5	7	-	-	1	1	3	-	-	5
	7%	2%	7%	18%	13%	-	22%	6%	-	-	12%	10%	15%	-	-	16%
			a	a												
NET: With somebody else	104	53	22	25	47	2	12	43	13	2	6	5	9	3	10	15
	44%	42%	46%	54%	50%	30%	59%	40%	42%	32%	65%	41%	39%	60%	61%	51%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	243	80	66	22	8	88	88	83	51	27	11	78	94	29	108	83	23	214
Total	237	82	63	21	7	84	88	83	50	27	10	76	92	27	104	84	22	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	133	53	31	8	4	40	57	52	25	13	6	37	58	15	56	50	11	118
	56%	65%	49%	40%	61%	47%	65%	62%	50%	47%	65%	49%	63%	55%	54%	59%	52%	56%
		e				e												
With another adult or adults	94	27	27	13	2	40	29	29	22	14	3	36	31	11	44	32	8	84
	40%	33%	43%	60%	23%	47%	32%	35%	45%	53%	27%	47%	34%	39%	42%	38%	37%	40%
						f												
With a child or children	17	2	9	-	1	9	3	5	5	-	1	5	6	2	5	7	2	14
	7%	3%	14%	-	16%	10%	4%	6%	11%	-	8%	7%	6%	9%	5%	8%	11%	7%
			af															
NET: With somebody else	104	28	32	13	3	45	31	31	25	14	3	39	34	12	47	34	11	92
	44%	35%	51%	60%	39%	53%	35%	38%	50%	53%	35%	51%	37%	45%	46%	41%	48%	44%
						af												

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	243	153	36	22	14	173	65	7	208	35	203	34
Total	237	150	34	20	13	171	61	6	204	33	201	31
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	133	89	20	10	3	100	31	2	113	19	109	21
	56%	59%	58%	48%	24%	58%	51%	26%	56%	58%	54%	69%
With another adult or adults	94	58	14	9	8	67	26	5	81	13	84	8
	40%	39%	42%	45%	59%	39%	43%	74%	40%	40%	42%	26%
With a child or children	17	6	3	4	2	8	7	2	16	1	14	2
	7%	4%	9%	18%	17%	5%	11%	34%	8%	3%	7%	5%
		b										
NET: With somebody else	104	61	14	11	10	71	30	5	90	14	92	10
	44%	41%	42%	52%	76%	42%	49%	74%	44%	42%	46%	31%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Total	Number of days active									Life satisfaction score				COVID-19 tiers			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
Significance Level: 95%		*a	*b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c
Unweighted Total	243	3	12	36	55	47	39	17	34	150	90	49	75	78	37	88	107	37
Total	237	3	12	35	55	43	41	16	34	144	90	47	71	79	37	93	100	34
	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	133	2	8	17	30	22	27	8	19	77	54	26	41	46	20	49	62	18
	56%	72%	66%	48%	55%	53%	67%	53%	55%	53%	60%	55%	57%	58%	54%	53%	62%	53%
With another adult or adults	94	-	4	18	22	20	9	6	14	65	30	18	29	29	16	40	36	14
	40%	-	34%	52%	40%	47%	22%	40%	42%	45%	33%	39%	41%	37%	43%	43%	36%	42%
				fj		f				f								
With a child or children	17	1	-	2	3	4	5	1	2	8	8	3	4	6	2	6	4	3
	7%	28%	-	5%	5%	9%	11%	7%	5%	6%	8%	7%	5%	8%	5%	7%	4%	9%
NET: With somebody else	104	1	4	18	25	20	14	7	15	67	36	21	30	33	17	43	38	16
	44%	28%	34%	52%	45%	47%	33%	47%	45%	47%	40%	45%	43%	42%	46%	47%	38%	47%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

Unweighted Total

Total

Nobody, I did this on my own

With another adult or adults

With a child or children

NET: With somebody else

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
Total	a	b	c	a	b	
Unweighted Total	243	104	90	48	141	76
Total	237	101	88	47	135	76
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	133	53	52	28	74	43
	56%	52%	59%	60%	55%	57%
With another adult or adults	94	43	33	18	54	31
	40%	43%	37%	38%	40%	41%
With a child or children	17	7	7	1	10	5
	7%	7%	8%	2%	7%	7%
NET: With somebody else	104	49	36	19	61	33
	44%	48%	41%	40%	45%	43%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	129	67	62	48	50	31	5	14	11	15	11	15	30	19	9
Total	130	67	63	47	50	34	5	13	11	16	11	18	29	19	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	75	43	32	26	25	25	3	7	8	6	9	10	12	12	8
	57%	64%	51%	55%	49%	73%	59%	54%	72%	39%	89%	55%	43%	62%	78%
						b									
With another adult or adults	45	17	28	17	20	8	2	6	2	8	1	6	13	6	1
	35%	26%	44%	36%	41%	24%	41%	46%	17%	49%	11%	33%	46%	33%	14%
			a												
With a child or children	22	12	10	9	12	1	-	2	2	4	1	2	7	2	2
	17%	18%	16%	19%	24%	3%	-	14%	21%	27%	11%	12%	23%	9%	22%
				c	c										
NET: With somebody else	55	24	31	21	25	9	2	6	3	10	1	8	16	7	2
	43%	36%	49%	45%	51%	27%	41%	46%	28%	61%	11%	45%	57%	38%	22%
					c										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	129	15	39	23	18	12	22	77	52	98	4	15	5	1	2	27
Total	130	16	41	24	17	11	22	80	50	101	4	14	5	1	2	25
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	75	7	28	13	10	5	12	48	27	64	3	4	2	1	-	10
	57%	41%	68%	56%	60%	41%	57%	59%	54%	63%	78%	32%	45%	100%	-	41%
With another adult or adults	45	8	12	9	6	4	6	29	17	31	1	7	3	-	2	12
	35%	48%	29%	39%	34%	39%	29%	36%	33%	31%	22%	49%	55%	-	100%	49%
With a child or children	22	5	5	3	2	3	4	13	9	15	-	3	1	-	1	5
	17%	32%	12%	14%	10%	29%	17%	17%	17%	15%	-	24%	23%	-	42%	21%
NET: With somebody else	55	9	13	10	7	7	9	33	23	37	1	9	3	-	2	15
	43%	59%	32%	44%	40%	59%	43%	41%	46%	37%	22%	68%	55%	-	100%	59%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	
Significance Level: 95%	a	*b	*c	d	*a	*b	c	*d	*e	*f	*g	*h	*i	*j	*k	
Unweighted Total	129	70	21	27	48	7	10	49	22	5	4	5	7	6	14	17
Total	130	64	25	32	57	7	9	50	23	5	4	5	7	5	15	16
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	75	42	11	17	28	3	6	31	13	4	2	2	2	2	9	9
	57%	65%	45%	53%	50%	43%	72%	62%	56%	78%	62%	36%	23%	45%	61%	59%
With another adult or adults	45	20	10	13	23	3	3	18	8	-	1	1	3	3	6	6
	35%	31%	41%	40%	41%	45%	28%	36%	34%	-	19%	23%	46%	55%	39%	35%
With a child or children	22	4	7	9	16	2	-	5	7	1	1	2	3	1	-	2
	17%	6%	27%	29%	28%	28%	-	10%	31%	22%	19%	42%	47%	15%	-	12%
				a												
NET: With somebody else	55	23	14	15	29	4	3	19	10	1	1	3	5	3	6	6
	43%	35%	55%	47%	50%	57%	28%	38%	44%	22%	38%	64%	77%	55%	39%	41%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	129	45	25	15	1	40	46	43	24	17	5	41	48	18	60	47	4	111
Total	130	46	25	15	1	40	47	43	25	18	4	43	47	16	60	50	4	114
	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	75	31	15	7	1	22	32	29	16	10	2	26	31	11	36	25	3	64
	57%	68%	62%	47%	100%	56%	69%	68%	62%	59%	40%	61%	65%	69%	59%	50%	73%	56%
With another adult or adults	45	11	10	7	-	17	11	12	8	7	3	15	14	4	21	20	-	41
	35%	25%	38%	46%	-	41%	24%	27%	30%	41%	60%	34%	30%	25%	35%	40%	-	36%
With a child or children	22	8	3	2	-	5	8	8	4	1	-	6	8	1	9	12	1	21
	17%	17%	12%	15%	-	13%	17%	18%	18%	7%	-	13%	16%	5%	14%	24%	27%	19%
NET: With somebody else	55	15	10	8	-	18	15	14	10	7	3	17	16	5	24	25	1	50
	43%	32%	38%	53%	-	44%	31%	32%	38%	41%	60%	39%	35%	31%	41%	50%	27%	44%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	129	37	69	22	18	8	82	42	5	104	25	107	20
Total	130	37	72	22	18	8	84	42	5	104	26	109	19
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	75	19	42	15	9	3	50	24	3	60	15	63	11
	57%	52%	57%	68%	52%	45%	59%	57%	65%	57%	60%	57%	57%
With another adult or adults	45	13	27	6	8	4	27	16	2	36	10	38	7
	35%	35%	38%	27%	43%	55%	32%	39%	35%	34%	38%	35%	37%
With a child or children	22	8	12	2	4	2	14	7	1	19	3	20	1
	17%	22%	17%	8%	21%	30%	17%	17%	13%	18%	12%	19%	6%
NET: With somebody else	55	18	31	7	9	4	34	18	2	45	10	47	8
	43%	48%	43%	32%	48%	55%	41%	43%	35%	43%	40%	43%	43%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers			
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	j	*a	b	c	*d	a	b	*c
Unweighted Total	129	4	9	21	23	20	20	9	23	73	52	26	35	45	22	50	60	14
Total	130	5	9	21	23	21	20	9	23	73	52	25	34	47	22	54	58	14
	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	75	3	7	10	10	11	12	3	19	39	34	14	20	26	15	31	35	6
	57%	51%	78%	50%	46%	53%	61%	33%	80%	53%	65%	54%	59%	55%	67%	57%	61%	44%
With another adult or adults	45	2	1	7	9	10	5	6	5	27	16	10	12	17	5	18	20	7
	35%	49%	10%	35%	40%	47%	26%	67%	20%	37%	30%	39%	36%	36%	23%	33%	34%	48%
With a child or children	22	1	1	5	5	4	5	1	1	14	6	2	3	11	5	11	7	3
	17%	27%	12%	26%	20%	17%	24%	9%	3%	20%	12%	7%	9%	24%	22%	20%	12%	23%
NET: With somebody else	55	2	2	10	13	10	8	6	5	34	18	12	14	21	7	23	23	8
	43%	49%	22%	50%	54%	47%	39%	67%	20%	47%	35%	46%	41%	45%	33%	43%	39%	56%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

Unweighted Total

Total

Nobody, I did this on my own

With another adult or adults

With a child or children

NET: With somebody else

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	129	55	54	18	55	54
Total	130	54	56	18	55	56
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	75	34	32	7	29	32
	57%	63%	58%	39%	53%	58%
With another adult or adults	45	16	20	9	22	18
	35%	30%	36%	49%	39%	33%
With a child or children	22	11	8	2	10	11
	17%	21%	14%	12%	18%	20%
NET: With somebody else	55	20	23	11	26	24
	43%	37%	42%	61%	47%	42%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	76	52	24	44	28	4	4	15	7	11	5	3	19	5	7
Total	74	51	24	43	27	5	4	14	6	11	6	4	18	5	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	28	18	10	19	7	1	-	3	4	4	2	4	8	1	1
	37%	35%	41%	45%	28%	22%	-	22%	69%	37%	36%	100%	47%	16%	18%
With another adult or adults	42	29	13	21	17	4	4	9	2	6	3	-	9	4	6
	57%	58%	54%	50%	64%	78%	100%	63%	31%	53%	43%	-	53%	84%	82%
With a child or children	10	6	3	5	5	-	-	3	-	2	1	-	2	1	-
	13%	13%	13%	11%	18%	-	-	20%	-	21%	22%	-	13%	16%	-
NET: With somebody else	47	33	14	24	19	4	4	11	2	7	4	-	9	4	6
	63%	65%	59%	55%	72%	78%	100%	78%	31%	63%	64%	-	53%	84%	82%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	76	20	16	20	10	6	4	56	20	49	3	15	5	1	1	25
Total	74	20	18	20	8	5	3	58	17	50	3	13	5	1	1	23
	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	8	7	3	2	-	23	5	17	3	6	1	1	-	10
	37%	37%	45%	37%	31%	48%	-	39%	30%	34%	100%	42%	22%	100%	-	44%
With another adult or adults	42	11	7	12	6	3	3	30	12	28	-	8	4	-	1	13
	57%	58%	42%	58%	69%	52%	100%	53%	70%	57%	-	58%	78%	-	100%	56%
With a child or children	10	2	2	2	1	1	1	7	3	6	-	1	1	-	1	3
	13%	11%	13%	12%	8%	23%	24%	12%	16%	12%	-	5%	22%	-	100%	12%
NET: With somebody else	47	12	10	13	6	3	3	35	12	33	-	8	4	-	1	13
	63%	63%	55%	63%	69%	52%	100%	61%	70%	66%	-	58%	78%	-	100%	56%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	76	31	18	14	32	8	14	22	11	4	-	-	11	6	-	22
Total	74	25	22	17	38	8	14	21	12	3	-	-	10	5	-	22
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	-	100%	100%	-	100%
Nobody, I did this on my own	28	14	6	5	11	2	5	9	3	3	-	-	4	2	-	6
	37%	56%	29%	30%	30%	23%	33%	43%	27%	79%	-	-	41%	34%	-	30%
		d														
With another adult or adults	42	11	12	10	22	6	7	11	8	1	-	-	6	3	-	13
	57%	44%	55%	62%	58%	77%	50%	53%	62%	21%	-	-	59%	66%	-	60%
With a child or children	10	1	6	2	8	1	3	2	1	-	-	-	1	1	-	5
	13%	3%	26%	14%	21%	14%	25%	8%	10%	-	-	-	11%	16%	-	21%
		a														
NET: With somebody else	47	11	15	12	27	6	9	12	9	1	-	-	6	3	-	15
	63%	44%	71%	70%	70%	77%	67%	57%	73%	21%	-	-	59%	66%	-	70%
		a														

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	76	20	18	10	2	28	22	15	19	15	-	34	15	11	33	26	6	65
Total	74	20	18	10	2	28	22	15	19	15	-	34	15	9	31	27	7	65
	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	5	8	6	1	14	5	6	8	6	-	14	6	5	10	10	2	23
	37%	23%	46%	59%	47%	50%	25%	38%	40%	43%	-	41%	38%	53%	32%	39%	34%	35%
With another adult or adults	42	13	8	4	1	12	14	8	9	7	-	17	8	4	19	14	5	38
	57%	66%	42%	41%	53%	41%	65%	54%	49%	48%	-	49%	54%	47%	61%	53%	66%	58%
With a child or children	10	2	3	1	-	4	2	2	2	2	-	5	2	-	7	3	-	10
	13%	11%	16%	11%	-	15%	10%	12%	11%	16%	-	14%	12%	-	21%	11%	-	15%
NET: With somebody else	47	16	10	4	1	14	16	9	12	8	-	20	9	4	21	17	5	42
	63%	77%	54%	41%	53%	50%	75%	62%	60%	57%	-	59%	62%	47%	68%	61%	66%	65%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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
Significance Level: 95%		*a	b	*a	*b	*c	d	*e	*f	a	*b	a	*b
Unweighted Total	76	27	36	17	10	6	46	29	4	60	16	63	12
Total	74	28	36	17	9	6	45	29	4	58	16	61	13
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	28	8	14	7	4	2	15	12	1	22	6	24	3
	37%	30%	41%	41%	38%	37%	33%	42%	20%	37%	38%	40%	21%
With another adult or adults	42	16	20	10	5	4	27	16	3	32	10	33	9
	57%	58%	57%	59%	48%	63%	60%	54%	80%	55%	62%	54%	71%
With a child or children	10	7	3	1	2	1	6	3	1	10	-	8	1
	13%	23%	8%	4%	21%	17%	14%	11%	18%	16%	-	14%	9%
NET: With somebody else	47	20	21	10	6	4	30	17	3	37	10	36	10
	63%	70%	59%	59%	62%	63%	67%	58%	80%	63%	62%	60%	79%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers			
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	*b	*c	*d	*a	b	*c
Unweighted Total	76	-	7	16	15	12	6	5	15	50	26	17	26	20	11	21	38	15
Total	74	-	6	16	14	12	6	5	16	48	26	17	24	22	10	22	35	15
	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	-	5	4	5	4	2	3	4	19	9	7	10	8	3	6	15	6
	37%	-	76%	28%	38%	33%	38%	61%	25%	38%	35%	43%	40%	36%	33%	26%	42%	38%
With another adult or adults	42	-	2	9	6	8	4	2	12	25	17	9	14	11	6	16	17	8
	57%	-	24%	59%	44%	67%	62%	39%	75%	52%	65%	57%	56%	48%	67%	74%	48%	54%
With a child or children	10	-	-	5	2	1	-	1	1	8	1	-	2	5	1	2	6	1
	13%	-	-	28%	18%	9%	-	16%	4%	17%	6%	-	9%	21%	15%	9%	18%	8%
NET: With somebody else	47	-	2	12	8	8	4	2	12	30	17	9	15	14	6	16	20	9
	63%	-	24%	72%	62%	67%	62%	39%	75%	62%	65%	57%	60%	64%	67%	74%	58%	62%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

Unweighted Total

Total

Nobody, I did this on my own

With another adult or adults

With a child or children

NET: With somebody else

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	*b	*c	a	*b	
Unweighted Total	76	31	29	15	46	23
Total	74	30	30	14	44	23
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	28	11	9	7	16	7
	37%	37%	29%	52%	37%	31%
With another adult or adults	42	18	19	6	23	16
	57%	60%	63%	40%	53%	69%
With a child or children	10	3	6	1	7	2
	13%	9%	20%	8%	16%	10%
NET: With somebody else	47	19	21	7	28	16
	63%	63%	71%	48%	63%	69%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	47	29	18	27	17	3	1	9	3	8	4	3	9	8	2
Total	47	28	18	26	17	4	1	9	3	9	4	3	8	8	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	18	12	6	11	8	-	-	3	2	3	1	2	5	1	-
	39%	42%	35%	41%	45%	-	-	36%	61%	38%	32%	73%	65%	11%	-
With another adult or adults	27	15	12	15	8	4	1	4	1	5	3	1	3	7	2
	57%	51%	65%	55%	50%	100%	100%	44%	39%	62%	68%	27%	35%	89%	100%
With a child or children	7	5	2	4	3	-	-	2	-	1	-	-	1	1	1
	15%	17%	11%	13%	21%	-	-	28%	-	15%	-	-	14%	10%	55%
NET: With somebody else	28	16	12	16	9	4	1	6	1	5	3	1	3	7	2
	61%	58%	65%	59%	55%	100%	100%	64%	39%	62%	68%	27%	35%	89%	100%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	*a	*b	*c	*d	*e	*f	*g
Unweighted Total	47	12	8	8	11	4	4	28	19	27	4	5	8	-	1	18
Total	47	13	8	9	10	4	3	29	17	28	4	4	8	-	1	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%
Nobody, I did this on my own	18 39%	5 44%	5 64%	3 29%	2 24%	1 28%	1 49%	13 45%	5 29%	9 34%	3 80%	2 45%	4 47%	-	-	9 52%
With another adult or adults	27 57%	7 56%	3 36%	5 58%	7 70%	3 72%	2 51%	15 51%	12 67%	18 66%	1 20%	2 55%	3 39%	-	1 100%	7 42%
With a child or children	7 15%	1 10%	-	2 26%	3 25%	-	1 26%	4 12%	3 20%	3 9%	-	1 16%	2 29%	-	1 100%	4 22%
NET: With somebody else	28 61%	7 56%	3 36%	6 71%	8 76%	3 72%	2 51%	16 55%	12 71%	18 66%	1 20%	2 55%	4 53%	-	1 100%	8 48%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	47	19	11	11	22	4	6	20	4	3	2	2	5	1	-	10
Total	47	16	13	12	26	4	5	21	4	4	1	1	5	1	-	9
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	18	4	6	6	12	1	4	9	1	1	1	1	1	-	-	4
	39%	26%	47%	44%	46%	22%	65%	45%	20%	34%	50%	50%	19%	-	-	47%
With another adult or adults	27	12	6	7	13	3	2	12	3	2	-	1	3	1	-	5
	57%	74%	45%	56%	50%	78%	35%	55%	80%	66%	-	50%	60%	100%	-	53%
With a child or children	7	1	2	3	5	-	-	2	-	1	1	-	2	1	-	-
	15%	5%	17%	20%	19%	-	-	9%	-	35%	50%	-	43%	100%	-	-
NET: With somebody else	28	12	7	7	14	3	2	12	3	2	1	1	4	1	-	5
	61%	74%	53%	56%	54%	78%	35%	55%	80%	66%	50%	50%	81%	100%	-	53%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	47	6	17	7	3	24	9	5	14	9	5	23	10	4	25	17	1	43
Total	47	7	17	8	2	25	9	6	15	9	4	24	10	3	25	17	1	43
	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	5	7	2	1	9	6	4	5	4	1	10	5	2	11	5	1	17
	39%	71%	43%	29%	31%	38%	61%	67%	37%	46%	35%	41%	53%	45%	43%	29%	100%	39%
With another adult or adults	27	2	10	6	1	15	3	2	9	5	2	14	4	2	14	10	-	25
	57%	29%	57%	71%	38%	62%	31%	33%	63%	54%	49%	59%	40%	55%	57%	61%	-	57%
With a child or children	7	-	2	1	1	3	1	1	3	-	1	3	1	-	2	5	-	7
	15%	-	12%	16%	31%	13%	8%	12%	17%	-	17%	11%	14%	-	8%	30%	-	16%
NET: With somebody else	28	2	10	6	2	15	4	2	9	5	3	14	5	2	14	12	-	26
	61%	29%	57%	71%	69%	62%	39%	33%	63%	54%	65%	59%	47%	55%	57%	71%	-	61%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	47	18	21	8	10	7	22	22	2	34	13	30	17
Total	47	18	21	8	9	7	22	21	2	34	13	30	17
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	18	6	10	1	5	2	11	6	-	16	3	12	7
	39%	30%	46%	12%	50%	23%	50%	30%	-	46%	21%	39%	40%
With another adult or adults	27	12	11	7	5	5	10	15	2	17	9	18	8
	57%	64%	51%	88%	50%	77%	46%	70%	100%	51%	73%	61%	50%
With a child or children	7	3	4	2	1	-	4	2	1	5	2	4	3
	15%	17%	19%	24%	7%	-	18%	9%	34%	15%	16%	13%	18%
NET: With somebody else	28	13	11	7	5	5	11	15	2	18	10	18	10
	61%	70%	54%	88%	50%	77%	50%	70%	100%	54%	79%	61%	60%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Number of days active										Life satisfaction score				COVID-19 tiers			
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	*b	*c	*d	*a	*b	*c
Unweighted Total	47	-	6	17	10	6	1	1	6	39	8	12	16	10	7	10	23	11
Total	47	-	6	16	10	6	1	1	7	38	9	11	17	10	6	10	23	11
	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	-	3	3	5	1	1	-	6	11	7	5	5	5	2	4	8	5
	39%	-	51%	16%	50%	12%	100%	-	90%	29%	83%	43%	32%	51%	31%	40%	35%	45%
With another adult or adults	27	-	2	14	5	5	-	1	1	25	1	6	11	3	4	6	15	4
	57%	-	31%	84%	50%	76%	-	100%	10%	66%	17%	57%	68%	32%	69%	60%	65%	39%
With a child or children	7	-	1	2	1	1	-	1	1	6	1	-	3	2	1	2	3	2
	15%	-	19%	15%	13%	12%	-	100%	10%	14%	17%	-	15%	17%	23%	21%	14%	16%
NET: With somebody else	28	-	3	14	5	5	-	1	1	27	1	6	11	5	4	6	15	6
	61%	-	49%	84%	50%	88%	-	100%	10%	71%	17%	57%	68%	49%	69%	60%	65%	55%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	Total	NET: More *a	About the same *b	NET: Less *c	Yes *a	No *b
Unweighted Total	47	14	23	8	19	26
Total	47 100%	15 100%	24 100%	7 100%	18 100%	26 100%
Nobody, I did this on my own	18 39%	9 61%	7 29%	2 23%	6 34%	11 42%
With another adult or adults	27 57%	6 39%	17 71%	4 61%	11 60%	15 55%
With a child or children	7 15%	3 18%	2 10%	1 16%	3 14%	4 17%
NET: With somebody else	28 61%	6 39%	17 71%	5 77%	12 66%	15 58%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	50	26	23	32	15	3	1	5	6	6	5	2	16	3	6
Total	49	26	23	32	15	3	1	4	5	6	5	3	15	3	6
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	19	8	10	12	7	-	-	3	3	3	2	-	5	1	2
	39%	30%	45%	38%	47%	-	-	68%	54%	50%	40%	-	32%	27%	38%
With another adult or adults	23	13	10	14	6	3	1	1	1	3	1	1	8	2	4
	46%	49%	44%	42%	44%	100%	100%	16%	29%	50%	15%	52%	53%	73%	62%
With a child or children	11	7	4	8	3	-	-	1	1	-	2	1	6	-	-
	23%	28%	19%	26%	22%	-	-	32%	16%	-	45%	48%	36%	-	-
NET: With somebody else	30	18	13	20	8	3	1	1	2	3	3	3	11	2	4
	61%	70%	55%	62%	53%	100%	100%	32%	46%	50%	60%	100%	68%	73%	62%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	50	9	11	10	7	4	9	30	20	27	5	5	8	1	1	20
Total	49	9	12	10	6	4	8	31	18	27	5	4	9	1	1	20
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	19 39%	2 21%	7 55%	3 29%	2 35%	3 80%	3 31%	11 36%	8 42%	11 41%	1 19%	1 27%	2 26%	1 100%	1 100%	6 30%
With another adult or adults	23 46%	5 57%	4 34%	6 60%	2 34%	1 20%	4 55%	15 49%	7 40%	11 42%	3 59%	3 73%	4 50%	-	-	11 54%
With a child or children	11 23%	3 31%	2 20%	2 23%	3 43%	-	1 14%	8 24%	4 21%	5 20%	1 22%	1 16%	4 50%	-	-	6 31%
NET: With somebody else	30 61%	7 79%	5 45%	7 71%	4 65%	1 20%	6 69%	20 64%	11 58%	16 59%	4 81%	3 73%	6 74%	-	-	14 70%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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											
	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	50	18	9	13	22	4	6	15	5	3	4	4	6	3	-	10
Total	49	14	11	16	26	3	7	15	5	3	4	4	6	3	-	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%
Nobody, I did this on my own	19	5	5	7	12	2	2	7	2	1	-	3	-	2	-	4
	39%	38%	43%	45%	44%	51%	30%	49%	36%	36%	-	73%	-	71%	-	37%
With another adult or adults	23	8	5	4	8	2	5	4	2	2	3	-	4	1	-	6
	46%	57%	46%	23%	32%	49%	70%	29%	40%	64%	78%	-	79%	29%	-	63%
With a child or children	11	1	2	6	8	-	-	5	1	-	1	1	3	-	-	-
	23%	10%	22%	39%	32%	-	-	34%	24%	-	22%	27%	56%	-	-	-
NET: With somebody else	30	9	6	9	15	2	5	7	3	2	4	1	6	1	-	6
	61%	62%	57%	55%	56%	49%	70%	51%	64%	64%	100%	27%	100%	29%	-	63%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	50	10	11	8	3	19	13	9	11	9	3	20	12	6	23	15	6	44
Total	49	10	12	7	3	19	13	9	11	9	3	21	12	5	22	16	6	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	19	7	1	3	1	4	8	5	4	2	1	6	6	4	11	5	-	15
	39%	68%	10%	41%	40%	22%	61%	57%	36%	20%	44%	29%	54%	70%	48%	28%	-	35%
With another adult or adults	23	2	7	4	2	11	4	3	5	5	2	11	4	2	9	7	5	21
	46%	21%	62%	48%	60%	57%	29%	29%	46%	58%	56%	51%	35%	30%	42%	43%	86%	48%
With a child or children	11	2	4	1	-	5	2	2	3	2	-	5	2	-	4	7	1	11
	23%	23%	34%	11%	-	25%	18%	21%	28%	22%	-	25%	16%	-	16%	45%	14%	26%
NET: With somebody else	30	3	11	4	2	15	5	4	7	8	2	15	5	2	12	11	6	29
	61%	32%	90%	59%	60%	78%	39%	43%	64%	80%	56%	71%	46%	30%	52%	72%	100%	65%

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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

	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	50	15	23	11	10	4	23	23	2	38	12	35	11
Total	49	15	24	9	10	4	24	21	2	37	12	35	11
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	19	3	9	4	2	-	12	6	-	14	6	10	8
	39%	20%	39%	39%	23%	-	51%	28%	-	36%	46%	30%	67%
With another adult or adults	23	7	11	4	5	4	9	11	2	18	5	16	4
	46%	49%	47%	45%	52%	100%	39%	53%	100%	49%	37%	47%	33%
With a child or children	11	5	6	3	3	-	5	6	1	9	3	11	-
	23%	35%	26%	32%	33%	-	20%	26%	40%	23%	23%	33%	-
NET: With somebody else	30	12	14	6	8	4	12	15	2	24	7	24	4
	61%	80%	61%	61%	77%	100%	49%	72%	100%	64%	54%	70%	33%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	*b	*c	*d	*a	*b	*c
Unweighted Total	50	1	2	12	13	5	6	2	9	32	17	7	14	12	11	17	27	2
Total	49	1	1	12	13	5	6	2	9	31	17	7	14	13	10	17	26	2
	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	19	1	-	6	7	1	1	1	3	14	4	2	6	3	6	10	8	1
	39%	100%	-	49%	52%	23%	17%	42%	27%	44%	25%	33%	41%	21%	55%	56%	30%	36%
With another adult or adults	23	-	1	4	4	3	4	1	6	12	10	3	6	7	3	8	13	-
	46%	-	100%	35%	29%	62%	61%	58%	60%	40%	60%	49%	45%	59%	26%	44%	51%	-
With a child or children	11	-	-	3	2	1	2	-	3	6	5	2	2	4	3	-	9	1
	23%	-	-	26%	19%	15%	40%	-	29%	20%	30%	30%	14%	29%	25%	-	34%	64%
NET: With somebody else	30	-	1	6	6	4	5	1	7	18	13	4	8	10	5	8	18	1
	61%	-	100%	51%	48%	77%	83%	58%	73%	56%	75%	67%	59%	79%	45%	44%	70%	64%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	Total	NET: More *a	About the same *b	NET: Less *c	Yes *a	No *b
Significance Level: 95%						
Unweighted Total	50	21	15	14	27	15
Total	49 100%	22 100%	15 100%	12 100%	26 100%	15 100%
Nobody, I did this on my own	19 39%	8 35%	8 51%	4 30%	10 37%	7 48%
With another adult or adults	23 46%	12 54%	3 19%	8 63%	13 51%	7 43%
With a child or children	11 23%	5 23%	6 38%	1 7%	6 22%	3 16%
NET: With somebody else	30 61%	14 65%	7 49%	9 70%	17 63%	8 52%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	70	37	33	15	17	38	1	10	7	8	7	7	10	11	9
Total	72	38	34	14	17	41	1	9	7	8	6	9	10	12	10
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	42	19	23	7	11	24	1	4	5	6	2	6	5	6	7
	58%	52%	66%	49%	63%	60%	100%	49%	69%	76%	29%	74%	49%	48%	70%
With another adult or adults	28	17	11	7	5	17	-	5	2	2	5	1	5	5	3
	39%	46%	31%	51%	27%	40%	-	51%	31%	24%	71%	16%	51%	45%	30%
With a child or children	3	2	1	-	3	-	-	1	-	-	-	1	-	1	-
	4%	5%	3%	-	16%	-	-	12%	-	-	-	10%	-	8%	-
NET: With somebody else	30	18	12	7	6	17	-	5	2	2	5	2	5	6	3
	42%	48%	34%	51%	37%	40%	-	51%	31%	24%	71%	26%	51%	52%	30%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	70	5	14	16	6	5	24	35	35	62	-	3	3	-	1	7
Total	72	5	15	16	5	5	25	37	35	63	-	3	3	-	1	8
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	-	100%	100%
Nobody, I did this on my own	42	3	7	11	4	3	15	21	21	36	-	1	2	-	1	5
	58%	52%	46%	68%	72%	56%	59%	57%	60%	58%	-	41%	66%	-	100%	61%
With another adult or adults	28	3	8	4	1	2	9	15	13	25	-	2	1	-	-	3
	39%	48%	54%	26%	28%	44%	38%	41%	37%	40%	-	59%	34%	-	-	39%
With a child or children	3	-	-	1	-	1	1	1	2	3	-	-	-	-	-	-
	4%	-	-	5%	-	22%	4%	2%	6%	4%	-	-	-	-	-	-
NET: With somebody else	30	3	8	5	1	2	10	16	14	27	-	2	1	-	-	3
	42%	48%	54%	32%	28%	44%	41%	43%	40%	42%	-	59%	34%	-	-	39%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	70	52	10	3	13	1	2	14	7	1	4	4	6	10	21	3
Total	72	52	12	4	16	1	2	13	8	1	5	3	6	10	23	3
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	42	28	9	4	13	-	2	8	3	1	2	1	3	7	15	2
	58%	54%	73%	100%	80%	-	100%	61%	43%	100%	43%	25%	52%	71%	64%	74%
With another adult or adults	28	24	3	-	3	1	-	5	4	-	3	2	3	2	8	1
	39%	46%	27%	-	20%	100%	-	39%	57%	-	57%	50%	48%	20%	36%	26%
With a child or children	3	-	1	-	1	-	-	-	1	-	-	1	-	1	-	-
	4%	-	9%	-	6%	-	-	-	13%	-	-	26%	-	9%	-	-
NET: With somebody else	30	24	3	-	3	1	-	5	4	-	3	3	3	3	8	1
	42%	46%	27%	-	20%	100%	-	39%	57%	-	57%	75%	48%	29%	36%	26%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	70	15	7	5	-	12	15	14	6	7	1	13	15	13	43	12	2	57
Total	72	16	7	5	-	12	16	13	6	8	1	14	14	13	45	12	2	59
	100%	100%	100%	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	42	8	5	2	-	7	8	8	6	1	1	8	9	10	23	8	1	32
	58%	54%	76%	32%	-	58%	54%	59%	100%	16%	100%	53%	62%	79%	51%	64%	46%	54%
With another adult or adults	28	7	2	3	-	5	7	5	-	7	-	7	5	3	20	5	1	25
	39%	46%	24%	68%	-	42%	46%	41%	-	84%	-	47%	38%	21%	45%	36%	54%	43%
With a child or children	3	1	-	-	-	-	1	1	-	-	-	-	1	-	3	-	-	3
	4%	7%	-	-	-	-	7%	8%	-	-	-	-	7%	-	6%	-	-	5%
NET: With somebody else	30	7	2	3	-	5	7	5	-	7	-	7	5	3	22	5	1	27
	42%	46%	24%	68%	-	42%	46%	41%	-	84%	-	47%	38%	21%	49%	36%	54%	46%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	70	8	47	11	18	3	41	23	7	54	16	65	2
Total	72	8	49	10	18	3	43	23	6	56	16	67	2
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	42	3	27	8	9	-	25	12	5	33	9	38	1
	58%	34%	55%	75%	49%	-	59%	52%	73%	59%	56%	57%	60%
With another adult or adults	28	3	22	3	9	2	17	10	2	21	7	27	1
	39%	43%	45%	25%	51%	69%	39%	44%	27%	38%	44%	41%	40%
With a child or children	3	2	1	-	-	1	2	1	-	3	-	3	-
	4%	23%	2%	-	-	31%	5%	4%	-	5%	-	4%	-
NET: With somebody else	30	5	22	3	9	3	17	11	2	23	7	29	1
	42%	66%	45%	25%	51%	100%	41%	48%	27%	41%	44%	43%	40%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers			
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
Significance Level: 95%		*a	*b	*c	*d	*e	*f	*g	*h	i	*j	*a	*b	*c	*d	*a	*b	*c
Unweighted Total	70	3	8	12	10	10	9	4	14	40	27	16	15	27	6	28	27	12
Total	72	3	8	13	12	10	8	4	14	43	26	15	15	30	6	31	27	12
	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	42	2	4	7	9	5	8	3	4	25	15	8	11	15	4	19	15	6
	58%	69%	53%	52%	79%	51%	90%	77%	30%	59%	56%	52%	76%	49%	71%	60%	57%	49%
With another adult or adults	28	1	4	6	2	5	1	-	9	17	10	6	3	14	2	12	11	6
	39%	31%	47%	48%	21%	49%	10%	-	64%	41%	37%	42%	24%	48%	29%	37%	40%	51%
With a child or children	3	-	1	-	-	-	-	1	1	1	2	2	-	1	-	1	1	1
	4%	-	13%	-	-	-	-	23%	6%	2%	7%	13%	-	3%	-	3%	3%	9%
NET: With somebody else	30	1	4	6	2	5	1	1	10	17	12	7	3	15	2	12	11	6
	42%	31%	47%	48%	21%	49%	10%	23%	70%	41%	44%	48%	24%	51%	29%	40%	43%	51%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	Total	NET: More	About the same	NET: Less	Yes	No
		*a	b	*c	*a	*b
Unweighted Total	70	22	31	16	26	16
Total	72	23	32	16	26	17
	100%	100%	100%	100%	100%	100%
Nobody, I did this on my own	42	10	24	8	12	11
	58%	42%	74%	50%	47%	67%
With another adult or adults	28	13	7	8	12	6
	39%	54%	23%	50%	47%	33%
With a child or children	3	2	1	-	2	1
	4%	8%	3%	-	7%	6%
NET: With somebody else	30	13	8	8	14	6
	42%	58%	26%	50%	53%	33%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D1. Do you think you generally do more, less or the same amount of these activities now compared to this time last year?

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	1686	832	846	571	581	534	84	240	164	179	153	143	306	264	153
Total	1686	830	848	546	566	574	79	215	159	176	147	174	286	275	176
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	193	103	75	71	47	10	24	16	24	19	12	38	37	13
		11%	12%	14%	13%	8%	13%	11%	10%	14%	13%	7%	13%	14%	7%
				c	c					f			f	f	
A bit more	(4.0)	435	220	167	133	135	13	64	43	38	36	40	83	68	50
		26%	26%	31%	23%	24%	17%	30%	27%	22%	24%	23%	29%	25%	28%
				bc				a					a		a
About the same	(3.0)	624	282	170	217	236	35	66	62	69	50	72	91	107	72
		37%	33%	31%	38%	41%	44%	31%	39%	39%	34%	41%	32%	39%	41%
				b	a	a	bg					bg		b	bg
A bit less	(2.0)	249	139	76	77	95	15	35	18	29	24	30	42	36	19
		15%	16%	14%	14%	17%	19%	16%	11%	17%	16%	17%	15%	13%	11%
A lot less	(1.0)	172	99	51	64	58	6	26	18	13	19	20	29	25	17
		10%	12%	9%	11%	10%	7%	12%	11%	8%	13%	12%	10%	9%	10%
Don't know		13	5	7	4	2	-	1	2	2	-	-	3	1	4
		1%	1%	1%	1%	*	-	*	1%	1%	-	-	1%	*	2%
NET: More		628	323	242	204	182	24	87	59	63	55	52	121	106	63
		37%	38%	44%	36%	32%	30%	41%	37%	36%	37%	30%	42%	38%	36%
				bc				f					af		
NET: Less		421	238	126	141	153	20	61	36	43	43	50	71	61	36
		25%	28%	23%	25%	27%	26%	28%	22%	24%	29%	29%	25%	22%	21%
			a												
Base for stats	1673	823	843	539	562	572	79	214	157	174	147	174	283	274	172
Mean Score	3.14	3.16	3.11	3.26	3.12	3.03	3.10	3.11	3.14	3.18	3.09	2.96	3.20	3.21	3.13
				bc									f	f	
Standard Deviation	1.125	1.070	1.173	1.149	1.149	1.067	1.087	1.175	1.112	1.108	1.196	1.070	1.162	1.117	1.047
Standard Error	.028	.037	.040	.048	.048	.046	.119	.076	.087	.083	.097	.089	.067	.069	.086
Error variance	*	*	*	*	*	*	.01	.01	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D1. Do you think you generally do more, less or the same amount of these activities now compared to this time last year?

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	1686	141	420	376	204	192	353	937	749	1379	45	129	75	19	6	274	
Total	1686	142	436	377	193	182	356	955	731	1393	41	123	75	18	6	263	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	193 11%	23 16% dfh	51 12%	53 14% dh	16 8%	17 10%	34 10%	126 13% dh	67 9%	154 11%	9 23% ad	18 15%	5 7%	3 16%	1 13%	37 14%	
A bit more (4.0)	435 26%	39 28%	115 26%	105 28%	56 29%	40 22%	79 22%	260 27%	175 24%	356 26%	11 28%	30 24%	27 36%	2 12%	1 17%	71 27%	
About the same (3.0)	624 37%	44 31%	160 37%	131 35%	76 39%	81 45% acg	132 37%	335 35%	289 40%	539 39%	11 26%	40 32%	19 25%	5 28%	1 17%	76 29%	
A bit less (2.0)	249 15%	20 14%	59 14%	50 13%	29 15%	25 14%	66 18% g	129 14%	119 16%	205 15%	2 5%	18 15%	13 18% b	4 21%	2 32%	39 15%	
A lot less (1.0)	172 10%	15 10%	50 12%	37 10%	15 8%	16 9%	40 11%	102 11%	71 10%	131 9%	7 18% a	14 12%	11 14%	4 24%	1 21%	38 14% a	
Don't know	13 1%	1 1%	1 *	2 *	2 1%	2 1%	6 2% bg	3 *	10 1% g	8 1%	- -	3 2% a	- -	- -	- -	3 1%	
NET: More	628 37%	62 44% efh	166 38%	158 42% efh	72 37%	57 32%	113 32%	386 40% efh	242 33%	510 37%	21 51%	48 39%	32 43%	5 28%	2 31%	108 41%	
NET: Less	421 25%	35 25%	110 25%	87 23%	43 23%	41 23%	105 30% cg	231 24%	190 26%	337 24%	9 23%	33 26%	24 32%	8 44%	3 53%	77 29%	
Base for stats	1673	141	435	376	191	179	350	952	721	1385	41	121	75	18	6	260	
Mean Score	3.14	3.25	3.13	3.23	3.15	3.10	3.01	3.19	3.07	3.14	3.32	3.16	3.04	2.75	2.70	3.11	
Standard Deviation	1.125	1.198	1.147	1.147	1.030	1.050	1.124	1.154	1.082	1.100	1.383	1.210	1.187	1.397	1.459	1.250	
Standard Error	.028	.101	.056	.059	.072	.076	.060	.038	.040	.030	.206	.108	.137	.320	.595	.076	
Error variance	*	.01	*	*	.01	.01	*	*	*	*	.04	.01	.02	.10	.35	.01	

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Q6D1. Do you think you generally do more, less or the same amount of these activities now compared to this time last year?

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	1686	1096	264	234	498	72	118	570	203	46	56	108	104	144	265	190
Total	1686	1012	318	278	596	73	114	565	209	47	55	100	95	141	289	187
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	193 11%	101 10%	44 14%	34 12%	77 13%	15 21% dij	14 12%	72 13% j	21 10%	4 8%	8 14%	15 15% j	11 12%	15 11%	19 7%	29 16% j
A bit more (4.0)	435 26%	259 26%	87 27%	75 27%	162 27%	22 31%	40 35% ij	161 28% i	52 25%	10 22%	11 21%	24 24%	22 23%	26 19%	66 23%	62 33% ij
About the same (3.0)	624 37%	382 38%	108 34%	108 39%	215 36%	20 27%	35 31%	223 40% ahk	80 38%	21 44%	16 30%	32 32%	28 29%	48 34%	121 42% abhk	55 29%
A bit less (2.0)	249 15%	154 15%	47 15%	34 12%	81 14%	8 11%	16 14%	57 10%	40 19% c	7 15%	9 17%	15 15%	20 21% c	25 18% c	51 17% c	24 13%
A lot less (1.0)	172 10%	111 11%	31 10%	24 9%	56 9%	7 10%	8 7%	51 9%	14 7%	4 9%	8 15% d	13 13%	12 13%	21 15% cd	33 11%	16 8%
Don't know	13 1%	5 1%	1 *	3 1%	4 1%	- -	1 1%	1 *	1 1%	1 2% j	1 3% cj	1 1%	2 2% cj	5 4% cdjk	- -	1 1%
NET: More	628 37%	360 36%	130 41%	109 39%	239 40%	38 52% dehij	54 47% deij	233 41% ij	73 35%	14 30%	19 35%	39 39%	33 35%	42 30%	85 29%	91 49% dehij
NET: Less	421 25%	264 26%	79 25%	58 21%	137 23%	16 22%	24 21%	108 19%	54 26% c	11 24%	18 33% c	28 28% c	32 34% bck	46 33% bck	83 29% c	40 21%
Base for stats	1673	1007	317	275	592	73	113	564	207	46	53	99	93	136	289	186
Mean Score	3.14	3.09	3.20	3.22	3.21	3.41 hij	3.31 hij	3.26 hij	3.12	3.05	3.00	3.12	3.00	2.93	2.96	3.35 dhij
Standard Deviation	1.125	1.115	1.155	1.094	1.126	1.233	1.090	1.092	1.057	1.044	1.276	1.235	1.216	1.199	1.060	1.146
Standard Error	.028	.034	.071	.072	.051	.145	.101	.046	.074	.156	.174	.119	.120	.102	.065	.083
Error variance	*	*	.01	.01	*	.02	.01	*	.01	.02	.03	.01	.01	.01	*	.01

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Q6D1. Do you think you generally do more, less or the same amount of these activities now compared to this time last year?

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	1686	460	329	128	32	457	492	488	248	161	52	409	540	270	931	406	79	1416	
Total	1686	457	333	127	29	460	486	480	253	167	48	420	528	253	924	429	80	1433	
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	193	59	43	12	3	55	62	64	30	16	6	46	70	30	93	56	14	163	
	11%	13%	13%	9%	9%	12%	13%	13%	12%	10%	12%	11%	13%	12%	10%	13%	17%	11%	
A bit more (4.0)	435	132	94	30	6	124	138	126	88	41	12	129	138	57	242	123	13	378	
	26%	29%	28%	23%	21%	27%	28%	26%	35% acf	24%	24%	31%	26%	22%	26%	29% d	16%	26% d	
About the same (3.0)	624	179	120	51	9	172	188	188	90	69	12	159	199	92	349	151	31	531	
	37%	39%	36%	40%	30%	37%	39%	39% d	36%	41% d	24%	38%	38%	37%	38%	35%	39%	37%	
A bit less (2.0)	249	56	39	21	6	60	62	56	25	27	12	52	69	37	139	58	14	211	
	15%	12%	12%	16%	21%	13%	13%	12%	10%	16%	25% abef	12%	13%	15%	15%	14%	18%	15%	
A lot less (1.0)	172	30	36	13	5	49	35	44	20	13	6	33	50	34	96	36	7	138	
	10%	7%	11% a	10%	17% a	11% a	7%	9%	8%	8%	12%	8%	10%	13% c	10%	8%	8%	10%	
Don't know	13	1	-	1	1	1	2	1	-	1	1	1	2	2	5	5	2	11	
	1%	*	-	1%	2% abe	*	*	*	-	*	1%	*	*	1%	1%	1%	2%	1%	
NET: More	628	190	137	42	9	179	199	190	118	57	18	175	208	87	335	179	27	541	
	37%	42%	41%	33%	30%	39%	41%	40%	47% c	34%	37%	42%	39%	34%	36%	42%	33%	38%	
NET: Less	421	87	76	34	11	109	98	101	45	40	18	85	119	71	235	94	21	350	
	25%	19%	23%	26%	37% af	24%	20%	21%	18%	24%	37% abef	20%	23%	28%	25%	22%	26%	24%	
Base for stats	1673	456	333	127	29	459	485	479	253	166	47	419	526	251	919	424	79	1422	
Mean Score	3.14	3.29	3.21	3.06	2.85	3.16	3.26	3.23	3.32	3.12	2.99	3.24	3.21	3.05	3.11	3.25	3.16	3.15	
		cd					d									ab			
Standard Deviation	1.125	1.056	1.149	1.085	1.227	1.132	1.070	1.114	1.068	1.050	1.236	1.064	1.126	1.184	1.108	1.112	1.166	1.114	
Standard Error	.028	.049	.063	.096	.220	.053	.048	.050	.068	.083	.173	.053	.049	.072	.036	.056	.133	.030	
Error variance	*	*	*	.01	.05	*	*	*	*	.01	.03	*	*	.01	*	*	.02	*	

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Q6D1. Do you think you generally do more, less or the same amount of these activities now compared to this time last year?

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	1686	286	1077	255	265	62	1119	516	59	1369	317	1369	293
Total	1686	293	1091	244	269	60	1128	511	56	1359	326	1390	275
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	193	111	35	26	5	133	59	7	157	36	165	27
		11%	10%	14%	10%	8%	12%	12%	12%	12%	11%	12%	10%
			b										
A bit more	(4.0)	435	277	61	57	8	306	115	9	340	95	370	65
		26%	25%	25%	21%	14%	27%	23%	15%	25%	29%	27%	24%
							bcef						
About the same	(3.0)	624	419	78	109	25	421	186	23	498	126	527	89
		37%	38%	32%	40%	41%	37%	36%	41%	37%	39%	38%	33%
A bit less	(2.0)	249	163	37	43	16	156	86	7	204	45	185	59
		15%	15%	15%	16%	27%	14%	17%	13%	15%	14%	13%	21%
						abd						a	
A lot less	(1.0)	172	115	33	34	6	104	63	10	149	24	139	32
		10%	11%	14%	13%	10%	9%	12%	18%	11%	7%	10%	12%
				d				d	d	b			
Don't know		13	5	-	2	-	7	2	-	11	2	5	3
		1%	*	-	1%	-	1%	*	-	1%	1%	*	1%
												a	
NET: More		628	388	96	82	13	439	174	15	497	131	535	91
		37%	36%	39%	31%	22%	39%	34%	27%	37%	40%	38%	33%
				bc			bc						
NET: Less		421	279	70	76	22	260	149	18	353	68	324	90
		25%	26%	29%	28%	37%	23%	29%	32%	26%	21%	23%	33%
						d		d				a	
Base for stats		1673	1086	244	267	60	1120	509	56	1348	325	1385	271
Mean Score		3.14	3.10	3.11	2.99	2.82	3.18	3.04	2.89	3.11	3.23	3.17	2.99
							b					b	
							bcef						
Standard Deviation		1.125	1.110	1.231	1.126	1.066	1.107	1.165	1.232	1.140	1.055	1.118	1.150
Standard Error		.028	.034	.077	.069	.135	.033	.051	.160	.031	.059	.030	.068
Error variance		*	*	.01	*	.02	*	*	.03	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D1. Do you think you generally do more, less or the same amount of these activities now compared to this time last year?

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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	1686	167	202	335	318	185	170	77	232	1040	479	409	483	583	177	671	695	255
Total	1686	169	197	337	319	183	169	76	235	1037	480	400	474	603	177	716	670	236
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	193	9	7	28	40	18	30	14	48	92	37	46	70	37	73	83	30
	11%	5%	3%	8%	12%	10%	18%	19%	20%	9%	19%	9%	10%	12%	21%	10%	12%	13%
				b	ab	b	abcei	abcei	abcdei	b	abcdei				abc			
A bit more	(4.0)	435	21	41	88	81	66	55	25	58	276	88	125	170	47	193	166	61
	26%	12%	21%	26%	25%	36%	33%	33%	25%	27%	29%	22%	26%	28%	27%	27%	25%	26%
			a	a	a	abcdhi	ab	ab	a	a	ab			a				
About the same	(3.0)	624	64	76	115	115	67	59	29	99	373	133	164	239	75	278	241	79
	37%	38%	38%	34%	36%	37%	35%	38%	42%	36%	39%	33%	35%	40%	42%	39%	36%	34%
														a	a			
A bit less	(2.0)	249	28	40	59	52	24	18	6	21	175	69	86	78	10	100	103	39
	15%	17%	20%	18%	16%	13%	11%	8%	9%	17%	9%	17%	18%	13%	6%	14%	15%	17%
			hj	fghj	fghj	hj				fhj		d	cd	d				
A lot less	(1.0)	172	43	33	43	32	7	5	1	7	116	68	52	44	8	69	73	26
	10%	25%	17%	13%	10%	4%	3%	2%	3%	11%	3%	17%	11%	7%	5%	10%	11%	11%
			bcdefghij	defghij	efghj	efghj				efghj		bcd	cd					
Don't know		13	5	1	3	-	-	1	-	2	4	5	2	2	-	3	4	1
	1%	3%	1%	1%	-	-	1%	-	1%	*	1%	1%	*	*	-	*	1%	*
			deij															
NET: More		628	29	47	116	120	84	86	39	106	368	125	171	240	84	266	248	91
	37%	17%	24%	34%	38%	46%	51%	52%	45%	35%	48%	31%	36%	40%	47%	37%	37%	38%
				ab	ab	abci	abcdi	abcdi	abci	ab	abcdi			a	ab			
NET: Less		421	71	73	102	84	32	23	8	28	292	137	137	122	18	169	176	65
	25%	42%	37%	30%	26%	17%	14%	10%	12%	28%	12%	34%	29%	20%	10%	24%	26%	28%
			cdefghij	defghij	efghj	efghj				efghj		cd	cd	d				
Base for stats		1673	164	196	334	319	183	167	76	233	1032	395	472	601	177	713	666	235
Mean Score	3.14	2.54	2.73	3.00	3.13	3.34	3.53	3.59	3.51	3.05	3.53	2.89	3.06	3.24	3.53	3.14	3.12	3.13
				ab	ab	abcddi	abcddi	abcddi	abcddi	ab	abcddi		a	ab	abc			
Standard Deviation	1.125	1.161	1.079	1.138	1.142	.968	1.006	.952	1.010	1.115	.998	1.203	1.127	1.056	1.030	1.091	1.152	1.167
Standard Error	.028	.091	.076	.062	.064	.071	.078	.108	.067	.035	.046	.060	.051	.044	.077	.042	.044	.073
Error variance	*	.01	.01	*	*	.01	.01	.01	*	*	*	*	*	*	.01	*	*	.01

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Q6D1. Do you think you generally do more, less or the same amount of these activities now compared to this time last year?

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

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	1686	539	660	468	751	533
Total	1686	542	663	463	744	533
	100%	100%	100%	100%	100%	100%
A lot more (5.0)	193 11%	172 32% bc	14 2%	8 2%	113 15% b	48 9%
A bit more (4.0)	435 26%	303 56% bc	83 13%	45 10%	221 30% b	124 23%
About the same (3.0)	624 37%	53 10%	497 75% ac	71 15% a	211 28%	253 47% a
A bit less (2.0)	249 15%	11 2%	59 9% a	176 38% ab	105 14%	71 13%
A lot less (1.0)	172 10%	3 1%	7 1%	161 35% ab	90 12% b	35 7%
Don't know	13 1%	- -	2 *	3 1%	4 *	2 *
NET: More	628 37%	475 88% bc	97 15%	53 11%	335 45% b	172 32%
NET: Less	421 25%	14 3%	67 10% a	337 73% ab	195 26% b	106 20%
Base for stats	1673	542	661	460	741	531
Mean Score	3.14	4.16 bc	3.06 c	2.05	3.22	3.15
Standard Deviation	1.125	.725	.584	1.023	1.222	.987
Standard Error	.028	.031	.023	.047	.045	.043
Error variance	*	*	*	*	*	*

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Q6D2. Thinking about when you do everyday activities that work your muscles such as carrying shopping, climbing stairs or gardening, how, if at all, do you think your general strength has changed since the Covid-19 outbreak?

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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178	
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Improved a lot	(5.0)	143	76	63	65	54	24	10	24	8	18	11	9	31	22	9
		7%	8%	6%	11%	8%	3%	10%	9%	4%	9%	6%	4%	10%	7%	4%
					c	c		cfi	cfi				cfi			
Improved a bit	(4.0)	426	217	208	173	149	105	16	45	38	43	40	40	84	71	50
		21%	22%	20%	28%	23%	14%	16%	17%	19%	20%	23%	18%	27%	22%	24%
					bc	c							abcf			
Stayed the same	(3.0)	873	453	417	227	270	376	40	110	97	87	70	114	109	153	95
		43%	46%	41%	37%	41%	51%	41%	42%	49%	41%	40%	51%	35%	47%	46%
			b			ab				g		bdeg		g	g	
Declined a bit	(2.0)	377	162	214	88	108	181	26	52	33	48	35	38	54	52	39
		19%	17%	21%	14%	16%	24%	26%	20%	17%	22%	20%	17%	17%	16%	19%
			a	a		ab		cgh								
Declined a lot	(1.0)	137	49	88	27	61	49	4	22	16	13	11	18	22	20	9
		7%	5%	9%	4%	9%	7%	4%	9%	8%	6%	6%	8%	7%	6%	4%
			a	a		a										
Don't know		54	22	29	28	19	7	3	10	5	4	6	2	12	8	3
		3%	2%	3%	5%	3%	1%	3%	4%	3%	2%	4%	1%	4%	2%	2%
					c	c										
NET: Improved		569	293	271	237	203	128	26	69	46	61	51	49	115	93	58
		28%	30%	27%	39%	31%	17%	26%	26%	23%	29%	30%	22%	37%	29%	28%
					bc	c							bcdhf			
NET: Declined		513	211	301	114	169	230	29	74	49	61	46	57	77	72	49
		26%	22%	30%	19%	26%	31%	30%	28%	25%	29%	26%	26%	25%	22%	24%
			a	a		ab										
Base for stats	1955	957	990	579	641	735	95	253	192	208	167	220	300	318	202	
Mean Score	3.03	3.11	2.94	3.28	3.04	2.83	3.03	2.99	2.94	3.03	3.03	2.92	3.16	3.07	3.05	
		b		bc	c							cf				
Standard Deviation	.991	.952	1.016	1.003	1.056	.870	1.015	1.059	.933	1.018	.994	.926	1.073	.958	.893	
Standard Error	.022	.031	.032	.041	.041	.033	.101	.063	.066	.070	.075	.069	.060	.055	.067	
Error variance	*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D2. Thinking about when you do everyday activities that work your muscles such as carrying shopping, climbing stairs or gardening, how, if at all, do you think your general strength has changed since the Covid-19 outbreak?

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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Improved a lot	(5.0)	143 7%	25 16%	37 8%	32 7%	13 6%	16 7%	19 4%	95 9%	48 5%	105 6%	4 9%	18 13%	5 6%	3 14%	2 20%	31 11%
			bcdefgh	f	f	f	f	fh	fh	fh			a				a
Improved a bit	(4.0)	426 21%	34 21%	121 25%	113 25%	52 23%	42 20%	63 13%	269 25%	158 17%	337 20%	14 29%	39 29%	31 39%	2 9%	-	86 30%
			f	fh	fh	fh	f	fh	fh	f			a	a			a
Stayed the same	(3.0)	873 43%	54 34%	189 39%	180 41%	112 49%	96 46%	241 50%	424 39%	449 49%	768 46%	12 24%	44 33%	26 32%	8 39%	3 35%	92 32%
					abcg	a	abcg	abcg	abcg	abcg	bcdg						
Declined a bit	(2.0)	377 19%	34 21%	84 17%	79 18%	38 16%	33 16%	109 23%	197 18%	180 20%	329 20%	12 26%	16 12%	14 17%	4 19%	-	46 16%
								beg			c	c					
Declined a lot	(1.0)	137 7%	8 5%	41 9%	28 6%	8 3%	14 6%	38 8%	78 7%	59 6%	113 7%	5 11%	9 7%	2 2%	3 14%	2 31%	22 7%
				d	d	d	d	d	d	d		d					
Don't know		54 3%	3 2%	11 2%	12 3%	7 3%	10 5%	12 3%	25 2%	29 3%	30 2%	-	7 5%	2 3%	1 5%	1 14%	11 4%
													a				a
NET: Improved		569 28%	59 37%	159 33%	145 33%	66 29%	58 27%	82 17%	363 33%	206 22%	442 26%	18 38%	57 43%	36 45%	4 23%	2 20%	117 41%
			efh	fh	fh	fh	f	fh	fh	f		a	a	a			a
NET: Declined		513 26%	42 27%	125 26%	107 24%	45 20%	47 22%	147 30%	274 25%	239 26%	442 26%	18 37%	25 19%	16 19%	6 32%	2 31%	67 23%
								cdeg		d		cdg					
Base for stats	1955	156	473	433	223	201	470	1061	894	1652	48	126	78	18	7	277	
Mean Score	3.03	3.22	3.06	3.10	3.12	3.06	2.82	3.10	2.95	2.99	2.99	3.32	3.31	2.91	2.74	3.22	
		fh	fh	fh	fh	f		fh	f			a	a			a	
Standard Deviation	.991	1.122	1.046	.998	.880	.979	.903	1.039	.924	.965	1.183	1.099	.919	1.241	1.649	1.096	
Standard Error	.022	.090	.049	.048	.058	.067	.042	.032	.031	.024	.162	.096	.104	.278	.623	.064	
Error variance	*	.01	*	*	*	*	*	*	*	*	.03	.01	.01	.08	.39	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D2. Thinking about when you do everyday activities that work your muscles such as carrying shopping, climbing stairs or gardening, how, if at all, do you think your general strength has changed since the Covid-19 outbreak?

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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Improved a lot (5.0)	143 7%	63 5%	28 8%	36 12%	64 10%	9 12%	16 13%	55 9%	24 10%	4 8%	3 6%	9 7%	4 3%	11 6%	8 2%	25 13%
				a	a	hj	hij	j	hj	j	j	j	j	j	j	hij
Improved a bit (4.0)	426 21%	221 18%	88 24%	97 32%	186 28%	26 32%	39 32%	155 24%	58 25%	11 22%	17 29%	11 9%	28 26%	29 15%	53 13%	64 32%
			a	ab	a	gij	gij	gij	gij	g	gij	gij	gij	gij	gij	cgij
Stayed the same (3.0)	873 43%	578 46%	155 42%	108 36%	263 39%	27 34%	37 31%	273 43%	92 39%	22 44%	22 37%	59 49%	39 38%	92 47%	210 52%	64 32%
		cd	cd	cd	cd	cd	cd	bk	bk	cd	cd	abk	abk	abk	abcdfhk	cd
Declined a bit (2.0)	377 19%	268 22%	61 17%	38 12%	98 15%	8 11%	18 15%	104 16%	42 18%	10 19%	10 18%	25 21%	24 23%	35 18%	102 25%	26 13%
		cd	cd	cd	cd	cd	cd	cd	cd	cd	cd	cd	ak	ak	abcdk	cd
Declined a lot (1.0)	137 7%	90 7%	22 6%	18 6%	40 6%	6 7%	8 6%	42 7%	16 7%	3 7%	3 6%	10 9%	2 2%	21 11%	26 6%	13 7%
		h	h	h	h	h	h	h	h	h	h	h	h	h	h	h
Don't know	54 3%	24 2%	10 3%	4 1%	14 2%	3 4%	4 3%	13 2%	2 1%	- -	3 5%	6 5%	9 8%	6 3%	8 2%	7 4%
		cd	cd	cd	cd	cd	cd	cd	cd	cd	cd	cd	cdeij	cd	cd	cd
NET: Improved	569 28%	285 23%	116 32%	133 44%	250 37%	35 44%	55 45%	210 33%	82 35%	15 30%	20 34%	20 17%	31 30%	41 21%	61 15%	90 45%
		a	a	ab	a	cgij	cgij	gij	gij	gj	gij	gij	gj	gj	cdghij	cdghij
NET: Declined	513 26%	357 29%	83 23%	56 19%	139 21%	14 18%	25 21%	146 23%	58 25%	13 26%	14 24%	35 29%	25 24%	56 29%	128 31%	39 20%
		bcd	bcd	bcd	bcd	bcd	bcd	bcd	bcd	bcd	bcd	k	k	k	abck	bcd
Base for stats	1955	1220	354	297	651	76	118	628	232	51	55	113	96	189	398	193
Mean Score	3.03	2.92	3.11	3.32	3.21	3.32	3.32	3.12	3.14	3.06	3.11	2.85	3.08	2.87	2.79	3.32
		a	a	ab	a	gij	cgij	gij	gij	j	j	j	j	j	cgij	cgij
Standard Deviation	.991	.947	.989	1.042	1.018	1.072	1.092	1.008	1.051	1.012	.990	.986	.866	1.004	.824	1.082
Standard Error	.022	.026	.058	.066	.044	.125	.098	.040	.070	.143	.132	.089	.085	.072	.043	.077
Error variance	*	*	*	*	*	.02	.01	*	*	.02	.02	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D2. Thinking about when you do everyday activities that work your muscles such as carrying shopping, climbing stairs or gardening, how, if at all, do you think your general strength has changed since the Covid-19 outbreak?

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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Improved a lot	(5.0)	143 7%	52 10%	29 8%	14 10%	5 15%	43 9%	57 10%	53 10%	26 10%	14 8%	5 10%	40 9%	58 10%	12 4%	65 6%	53 11%	12 13%	130 8%
Improved a bit	(4.0)	426 21%	119 23%	117 32% acf	29 22%	8 26%	146 29% af	127 23%	100 37% acdf	38 20%	10 20%	138 30% acf	135 23%	51 16%	211 19%	144 29% abe	20 22%	375 22% ab	
Stayed the same	(3.0)	873 43%	220 43% b	129 35%	59 44%	13 42%	188 37% b	233 43% b	235 43% b	88 33%	82 44% b	19 38%	170 38% b	254 43% b	135 42%	523 47% c	177 36% c	38 41%	738 44% c
Declined a bit	(2.0)	377 19%	93 18%	57 15%	24 18%	2 8%	81 16%	95 17%	90 17%	37 14%	36 20%	9 18%	73 16%	100 17%	81 25% bcde	208 19%	75 15%	12 13%	295 18%
Declined a lot	(1.0)	137 7%	24 5%	35 10% af	7 5%	2 7%	42 8% af	26 5%	35 6%	15 6%	13 7%	5 11%	29 6%	40 7%	35 11% bce	73 7%	25 5%	4 4%	101 6%
Don't know		54 3%	10 2%	2 1%	2 1%	1 2%	3 1%	11 2%	8 2%	1 *	2 1%	2 3% b	3 1%	10 2%	9 3%	25 2%	15 3%	5 6% b	45 3%
NET: Improved		569 28%	171 33% a	146 40%	43 32%	13 41%	189 37% a	184 33%	177 33% acdef	126 47%	52 28%	15 30%	178 39% acf	193 32%	63 20%	276 25% a	197 40% abe	32 36% ab	506 30% ab
NET: Declined		513 26%	117 23%	92 25%	31 23%	4 14%	124 25% c	121 22%	125 23%	52 20%	50 27%	15 29%	102 22% c	139 23%	116 36% bcde	281 25% c	100 20%	16 17%	397 24%
Base for stats	1955	508	367	133	30	501	538	537	266	184	49	450	587	314	1080	475	86	1641	
Mean Score	3.03	3.16	3.13	3.13	3.36	3.13	3.17	3.13	3.32 acdf	3.02	3.01	3.20	3.12	2.76	2.99 a	3.26 abe	3.29 ab	3.08 ab	
Standard Deviation	.991	.995	1.077	1.009	1.074	1.058	1.000	1.018	1.019 acdf	1.004	1.127	1.023	1.027	.983	.948 a	1.025 abe	1.030 ab	.984 ab	
Standard Error	.022	.044	.056	.087	.187	.047	.043	.044	.063	.075	.153	.049	.042	.054	.029	.048	.112	.024	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D2. Thinking about when you do everyday activities that work your muscles such as carrying shopping, climbing stairs or gardening, how, if at all, do you think your general strength has changed since the Covid-19 outbreak?

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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Improved a lot	(5.0) 143 7%	48 14% b	78 6%	26 9% b	17 5%	7 9%	95 7%	44 7%	6 7%	116 7%	27 7%	120 7%	21 6%
Improved a bit	(4.0) 426 21%	97 29% b	268 21%	64 23% bf	53 14%	15 20% f	294 22% bf	125 20% bf	7 8%	333 21%	94 23%	343 21%	82 25%
Stayed the same	(3.0) 873 43%	111 33%	606 47% a	101 36%	148 40%	32 43%	602 46% ae	245 38%	32 41%	698 44%	175 43%	738 45% b	123 37%
Declined a bit	(2.0) 377 19%	58 17%	229 18%	52 19%	96 26% ad	17 23%	227 17%	143 22% d	20 25%	312 20%	64 16%	318 19%	57 17%
Declined a lot	(1.0) 137 7%	16 5%	83 6%	30 11% cd	52 14% cd	2 3%	62 5%	71 11% cd	13 16% cd	105 7%	32 8%	97 6%	37 11% a
Don't know	54 3%	3 1%	31 2%	8 3% b	2 *	1 1%	34 3% b	10 2%	1 1%	37 2%	17 4%	29 2%	15 4% a
NET: Improved	569 28%	145 44% b	346 27%	90 32% bf	70 19%	22 29% bf	389 30% bf	169 26% bf	12 16%	448 28%	121 30%	462 28%	104 31%
NET: Declined	513 26%	73 22%	313 24%	82 29% d	148 40% acde	19 26%	288 22%	214 34% d	32 42% acd	417 26%	96 24%	415 25%	94 28%
Base for stats	1955	330	1265	273	366	73	1279	628	77	1564	392	1615	321
Mean Score	3.03	3.32 b	3.02	3.01 bf	2.69	3.09 bf	3.10 bef	2.89 b	2.65	3.03	3.05	3.04	2.98
Standard Deviation	.991	1.070	.951	1.119	1.036	.967	.942	1.071	1.096	.988	1.002	.972	1.081
Standard Error	.022	.060	.027	.066	.055	.113	.026	.043	.121	.025	.051	.024	.059
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D2. Thinking about when you do everyday activities that work your muscles such as carrying shopping, climbing stairs or gardening, how, if at all, do you think your general strength has changed since the Covid-19 outbreak?

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high	
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	
Significance Level: 95%																			
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318	
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Improved a lot	(5.0)	143 7%	7 2%	7 3%	27 8%	22 6%	12 7%	22 13%	10 13%	36 15%	68 6%	68 14%	24 5%	38 7%	40 6%	38 17%	45 5%	60 8%	28 9%
				ab	a	a	abdei	abi	abcdei	a	abcdei				abc			a	
Improved a bit	(4.0)	426 21%	20 5%	35 16%	69 20%	99 30%	60 32%	52 30%	31 40%	60 25%	263 24%	143 29%	79 16%	108 19%	184 27%	49 23%	187 22%	173 22%	56 19%
				a	a	abci	abci	abc	abchi	ab	ab	abci			ab	a			
Stayed the same	(3.0)	873 43%	219 51%	95 44%	140 40%	132 39%	84 44%	71 41%	23 30%	110 46%	451 41%	204 42%	172 35%	254 45%	328 48%	103 48%	385 46%	343 44%	106 36%
			cd	fgij	g	g	g	g	g	g	g	g			a	a	a	c	c
Declined a bit	(2.0)	377 19%	96 22%	55 26%	88 25%	55 16%	27 15%	21 12%	10 14%	24 10%	225 21%	55 11%	130 27%	128 22%	97 14%	17 8%	158 19%	149 19%	64 22%
			defhj	defghj	defghj	hj					efhj		cd	cd	d				
Declined a lot	(1.0)	137 7%	70 16%	16 7%	16 5%	20 6%	3 2%	3 1%	3 3%	6 3%	56 5%	11 2%	73 15%	32 6%	26 4%	4 2%	54 6%	47 6%	29 10%
			bcdefghij	efhj		efhj					efj		bcd	d				ab	
Don't know		54 3%	21 5%	7 3%	10 3%	6 2%	2 1%	4 2%	-	4 2%	25 2%	8 2%	10 2%	11 2%	12 2%	5 2%	13 2%	12 2%	12 4%
			deij															ab	
NET: Improved		569 28%	27 6%	41 19%	96 27%	121 36%	73 39%	74 43%	40 53%	97 40%	331 30%	211 43%	103 21%	146 26%	224 33%	87 40%	232 28%	233 30%	84 29%
				a	ab	abc	abci	abci	abcdehi	abci	ab	abcdi			ab	abc			
NET: Declined		513 26%	166 38%	71 33%	104 30%	75 22%	31 16%	23 13%	13 17%	30 13%	281 26%	66 14%	203 42%	160 28%	123 18%	21 10%	212 25%	196 25%	92 31%
			cd	efghij	defghj	fhj					efhj		bcd	cd	d			ab	
Base for stats	1955	412	208	340	328	187	168	76	237	1063	481	478	560	676	210	829	772	282	
Mean Score	3.03	2.51	2.81	3.01	3.14	3.27	3.42	3.45	3.41	3.06	3.42	2.69	2.98	3.17	3.47	3.01	3.07	2.97	
			a	ab	ab	abci	abcdi	abcdi	abcdi	ab	abcdi		a	ab	abc				
Standard Deviation	.991	.886	.917	.986	.981	.856	.920	.997	.955	.960	.948	1.077	.960	.883	.943	.945	.984	1.109	
Standard Error	.022	.044	.063	.054	.054	.062	.071	.114	.062	.029	.043	.049	.040	.035	.065	.034	.035	.064	
Error variance	*	*	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D2. Thinking about when you do everyday activities that work your muscles such as carrying shopping, climbing stairs or gardening, how, if at all, do you think your general strength has changed since the Covid-19 outbreak?

BASE: All respondents

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Significance Level: 95%						
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Improved a lot (5.0)	143 7%	110 20% bc	20 2%	11 2%	90 11% b	35 5%
Improved a bit (4.0)	426 21%	262 47% bc	118 14% c	42 7%	220 27% b	133 21%
Stayed the same (3.0)	873 43%	139 25%	561 68% ac	165 28%	267 33%	335 52% a
Declined a bit (2.0)	377 19%	33 6%	91 11% a	250 43% ab	156 19% b	96 15%
Declined a lot (1.0)	137 7%	3 *	25 3% a	108 18% ab	76 9% b	21 3%
Don't know	54 3%	12 2%	13 2%	12 2%	11 1%	21 3% a
NET: Improved	569 28%	372 67% bc	138 17% c	53 9%	309 38% b	168 26%
NET: Declined	513 26%	35 6%	116 14% a	358 61% ab	232 28% b	117 18%
Base for stats	1955	546	815	577	808	620
Mean Score	3.03	3.81 bc	3.02 c	2.30	3.11	3.11
Standard Deviation	.991	.839	.691	.919	1.129	.850
Standard Error	.022	.036	.024	.038	.039	.034
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D3. Has COVID-19 brought about any changes to your working arrangements? E.g. location, hours, routine etc.

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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	819	414	402	311	341	168	34	94	74	78	74	82	179	131	73
	41%	42%	40%	51%	52%	23%	35%	36%	38%	37%	42%	37%	57%	40%	36%
				c	c								abcdefhi		
No	641	335	305	218	222	200	32	83	65	72	53	75	73	106	81
	32%	34%	30%	36%	34%	27%	33%	32%	33%	34%	31%	34%	23%	32%	39%
		b		c	c			g	g	g		g		g	g
Not applicable	549	230	311	78	97	374	31	85	58	63	47	65	60	90	51
	27%	23%	31%	13%	15%	50%	32%	32%	29%	30%	27%	29%	19%	27%	25%
			a			ab	g	g	g	g	g	g		g	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D3. Has COVID-19 brought about any changes to your working arrangements? E.g. location, hours, routine etc.

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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	819	84	275	248	87	80	46	606	213	642	30	72	45	12	4	163
	41%	53%	57%	56%	38%	38%	10%	56%	23%	38%	62%	54%	56%	64%	59%	57%
		defh	defh	defh	fh	fh		defh	f		a	a	a		a	
No	641	55	150	134	98	101	103	339	302	544	10	43	30	4	1	88
	32%	35%	31%	30%	43%	48%	21%	31%	33%	32%	21%	33%	37%	21%	14%	31%
		f	f	f	bcfgh	abcfgh		f	f							
Not applicable	549	20	59	62	45	30	333	141	408	496	8	18	6	3	2	36
	27%	13%	12%	14%	20%	14%	69%	13%	44%	29%	16%	13%	7%	15%	27%	13%
				bg			abcdegh		abcdeg		bcdg					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D3. Has COVID-19 brought about any changes to your working arrangements? E.g. location, hours, routine etc.

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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	819	437	181	163	344	60	93	358	115	23	29	47	53	27	16	152
	41%	35%	50%	54%	52%	75%	76%	56%	49%	45%	50%	40%	51%	14%	4%	76%
			a	a	a	cdefghij	cdefghij	gij	ij	ij	ij	ij	ij	j		cdefghij
No	641	375	133	101	234	16	22	263	107	25	24	27	28	52	77	38
	32%	30%	37%	33%	35%	21%	18%	41%	46%	49%	42%	23%	27%	27%	19%	19%
			a	a	a			abghijk	abghijk	abghijk	abghijk			j		
Not applicable	549	432	50	37	88	3	7	20	12	3	5	45	24	116	313	11
	27%	35%	14%	12%	13%	4%	6%	3%	5%	6%	8%	38%	23%	60%	77%	5%
		bcd									c	abcdehfk	abcdefk	abcdehghk	abcdehghk	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D3. Has COVID-19 brought about any changes to your working arrangements? E.g. location, hours, routine etc.

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	2009	522	367	137	34	504	556	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	819	226	303	51	16	355	242	188	103	32	291	295	92	437	250	40	727
	41%	44%	82%	38%	52%	70%	44%	70%	56%	63%	64%	49%	29%	40%	51%	43%	43%
			acdef			acdf		acf		a	acf			a	abe	a	a
No	641	288	59	66	10	125	298	70	68	14	138	288	88	354	165	33	553
	32%	56%	16%	49%	33%	25%	54%	26%	37%	27%	31%	48%	27%	32%	34%	37%	33%
		bde		be	b	b	bde	bcde	b		bcde				a		a
Not applicable	549	4	7	17	5	25	9	9	14	5	23	13	143	314	74	18	406
	27%	1%	2%	13%	15%	5%	2%	3%	8%	10%	5%	2%	44%	28%	15%	20%	24%
			abef	abef	abf			af		abf	af		bcde	ce			c

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D3. Has COVID-19 brought about any changes to your working arrangements? E.g. location, hours, routine etc.

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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	819	181	531	123	106	29	565	231	25	683	137	671	143
	41%	54%	41%	44%	29%	40%	43%	36%	32%	43%	33%	41%	43%
		b		be			be	b		b			
No	641	87	449	81	101	25	441	191	15	493	148	516	118
	32%	26%	35%	29%	27%	34%	34%	30%	19%	31%	36%	31%	35%
		a		a		f	bf	f		a			
Not applicable	549	65	316	77	161	19	306	215	38	425	124	457	74
	27%	20%	24%	27%	44%	26%	23%	34%	48%	27%	30%	28%	22%
					acde			ad	acde			b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D3. Has COVID-19 brought about any changes to your working arrangements? E.g. location, hours, routine etc.

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	819 41%	123 29%	87 40%	155 44%	139 42%	92 49%	79 46%	39 51%	106 44%	473 43%	223 46%	221 45%	235 41%	274 40%	72 33%	311 37%	360 46%	124 42%
			a	a	a	a	a	a	a	a	a	d	d	a	a	a	a	a
No	641 32%	129 30%	64 30%	113 32%	119 36%	69 37%	62 36%	17 23%	68 28%	365 34%	146 30%	128 26%	187 33%	227 33%	83 38%	294 35%	230 29%	85 29%
				g	g	g	g			g			a	a	a	b		
Not applicable	549 27%	180 42%	63 30%	83 24%	76 23%	27 14%	31 18%	20 26%	68 28%	250 23%	119 24%	139 28%	148 26%	186 27%	61 28%	236 28%	193 25%	84 29%
		bcdefghij	efi	e	e			e	ef	e	e							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D3. Has COVID-19 brought about any changes to your working arrangements? E.g. location, hours, routine etc.

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Yes

No

Not applicable

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Yes	819	308	233	273	819	-
	41%	55%	28%	46%	100%	-
		bc	b	b		
No	641	150	333	145	-	641
	32%	27%	40%	25%	-	100%
		ac	a			a
Not applicable	549	99	262	170	-	-
	27%	18%	32%	29%	-	-
		a	a			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4. SUMMARY - Group 1: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All respondents

	Total	A lot more	A bit more	About the same	A bit less	A lot less	Don't know	I have never done this	NET: More	NET: Less
On non-work days	819 100%	101 12%	184 22%	299 37%	99 12%	112 14%	16 2%	8 1%	284 35%	212 26%
After work (excluding your commute)	819 100%	82 10%	170 21%	258 31%	130 16%	136 17%	15 2%	28 3%	253 31%	266 32%
Before work (excluding your commute)	819 100%	71 9%	149 18%	280 34%	124 15%	119 14%	14 2%	63 8%	220 27%	242 30%
Through getting up or moving around over the course of a work day (e.g. to speak to people, make a drink, visit the toilet, fetch something, etc)	819 100%	68 8%	144 18%	278 34%	130 16%	174 21%	12 1%	14 2%	212 26%	303 37%
At lunchtime or during other work-breaks	819 100%	57 7%	124 15%	297 36%	117 14%	129 16%	13 2%	82 10%	181 22%	246 30%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4. SUMMARY - Group 2: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All respondents

	Total	A lot more	A bit more	About the same	A bit less	A lot less	Don't know	I have never done this	NET: More	NET: Less
By walking, running or cycling as part of your commute	819 100%	72 9%	137 17%	218 27%	97 12%	140 17%	20 2%	134 16%	210 26%	237 29%
As part of physical duties required to carry out your job	819 100%	62 8%	117 14%	300 37%	114 14%	116 14%	17 2%	93 11%	179 22%	231 28%
Through clubs, classes or activities at or near your home	819 100%	52 6%	91 11%	218 27%	100 12%	150 18%	22 3%	187 23%	143 17%	250 30%
As part of non-work activities organised by your employer	819 100%	42 5%	91 11%	250 31%	102 12%	93 11%	26 3%	214 26%	133 16%	195 24%
Through clubs, classes or activities at or near your usual (pre-COVID) place of work	819 100%	46 6%	78 10%	224 27%	104 13%	152 19%	19 2%	198 24%	124 15%	255 31%
Through a gym membership or other activity paid for or subsidised by your employer	819 100%	48 6%	70 9%	177 22%	92 11%	125 15%	21 3%	286 35%	119 14%	217 26%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.1. Before work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	417	409	329	345	155	37	107	77	81	77	67	191	128	64
Total	819	414	402	311	341	168	34	94	74	78	74	82	179	131	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	71 9%	34 8%	36 9%	35 11%	25 7%	10 6%	4 11%	11 11%	4 5%	8 10%	3 3%	6 7%	21 12% e	8 6%	7 9%
A bit more (4.0)	149 18%	87 21% b	62 16%	72 23% bc	53 16%	24 14%	7 19%	16 17%	14 19%	15 19%	9 12%	15 18%	45 25% eh	17 13%	12 17%
About the same (3.0)	280 34%	149 36%	129 32%	100 32%	118 35%	62 37%	11 31%	32 34%	33 44% g	29 38%	26 35%	32 39%	49 27%	42 32%	26 35%
A bit less (2.0)	124 15%	56 13%	68 17%	32 10%	55 16% a	37 22% a	6 18%	13 13%	11 14%	11 14%	9 12%	11 13%	26 15%	25 19%	13 17%
A lot less (1.0)	119 14%	57 14%	62 15%	36 12%	63 18% a	19 12%	2 5%	14 15%	8 11%	14 18%	11 15%	15 18%	23 13%	22 17%	10 14%
Don't know	14 2%	4 1%	10 3%	9 3% b	3 1%	2 1%	2 6% dhi	2 2%	2 2%	- -	1 2%	1 1%	6 3%	1 1%	- -
I have never done this	63 8%	28 7%	35 9%	26 8%	23 7%	14 8%	3 8% d	7 8% d	3 4%	1 1%	15 20% bcdfg	3 4%	10 5%	16 12% dg	6 9% d
NET: More	220 27%	121 29%	98 24%	108 35% bc	79 23%	34 20%	11 31%	27 28% e	18 24%	23 29% e	12 16%	21 25%	66 37% ceh	25 19%	19 26%
NET: Less	242 30%	113 27%	130 32%	68 22%	118 35% a	56 33% a	8 23%	26 28%	19 26%	25 32%	20 27%	25 31%	49 27%	47 36%	23 31%
Base for stats	742	382	357	275	315	152	29	85	69	77	58	78	164	114	67
Mean Score	2.91	2.96	2.84	3.14 bc	2.76	2.79	3.16 h	2.97	2.92	2.89	2.71	2.82	3.09 eh	2.69	2.90
Standard Deviation	1.175	1.151	1.198	1.185	1.186	1.066	1.114	1.222	1.031	1.213	1.092	1.173	1.228	1.157	1.171
Standard Error	.043	.059	.063	.070	.067	.090	.197	.125	.121	.136	.140	.147	.093	.110	.152
Error variance	*	*	*	*	*	.01	.04	.02	.01	.02	.02	.02	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.1. Before work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	82	269	249	94	87	48	600	229	642	34	76	43	13	5	171	
Total	819	84	275	248	87	80	46	606	213	642	30	72	45	12	4	163	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	71 9%	13 15% b	19 7%	19 8%	9 10%	6 7%	5 10%	51 8%	19 9%	49 8%	4 14%	7 9%	4 8%	1 10%	1 18%	17 10%	
A bit more (4.0)	149 18%	21 26% fh	53 19%	45 18%	15 18%	12 15%	3 7%	119 20% f	30 14%	103 16%	5 18%	19 27% a	20 45% abcg	2 16%	- -	47 29% a	
About the same (3.0)	280 34%	24 29%	87 32%	87 35%	35 41% f	35 44% abfg	11 23%	198 33%	81 38% f	235 37% bdg	5 17%	22 31%	10 22%	3 21%	1 19%	40 25%	
A bit less (2.0)	124 15%	9 10%	48 18%	38 15%	11 13%	8 10%	9 20%	95 16%	29 13%	104 16% b	1 4%	8 11%	5 12%	3 21%	1 18%	18 11%	
A lot less (1.0)	119 14%	11 13%	40 15%	33 13%	12 14%	13 16%	10 21%	84 14%	35 16%	95 15% d	9 31% acdg	8 12%	2 3%	2 17%	1 29%	23 14%	
Don't know	14 2%	2 2%	2 1%	5 2%	1 1%	1 1%	4 9% bcdegh	8 1% b	6 3%	7 1%	2 5% a	4 5% a	1 2%	- -	1 16%	7 4% a	
I have never done this	63 8%	4 4%	26 9%	21 8%	3 3%	5 7%	5 10%	50 8%	13 6%	49 8%	3 11%	4 5%	3 8%	2 16%	- -	13 8%	
NET: More	220 27%	34 41% bcefgh	72 26%	64 26%	24 28%	18 22%	8 17%	170 28%	50 23%	152 24%	9 31%	26 36% a	24 53% a	3 26%	1 18%	63 39% a	
NET: Less	242 30%	20 23%	89 32%	71 29%	23 27%	21 26%	19 40% a	179 30%	63 30%	199 31% d	10 35%	16 23%	7 16%	5 37%	2 47%	40 25%	
Base for stats	742	78	248	222	83	74	38	548	194	586	25	64	41	10	4	144	
Mean Score	2.91	3.21 bfg	2.85	2.91	2.96	2.86	2.58	2.92	2.85	2.84	2.75	3.13	3.47 a	2.79	2.52	3.12 a	
Standard Deviation	1.175	1.253	1.163	1.144	1.163	1.126	1.315	1.173	1.182	1.146	1.569	1.168	.979	1.354	1.739	1.239	
Standard Error	.043	.144	.075	.077	.123	.126	.213	.050	.082	.047	.296	.143	.157	.408	.869	.101	
Error variance	*	.02	.01	.01	.02	.02	.05	*	.01	*	.09	.02	.02	.17	.76	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.1. Before work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	497	149	137	286	58	95	362	113	23	30	51	57	27	13	153	
Total	819	437	181	163	344	60	93	358	115	23	29	47	53	27	16	152	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	71 9%	34 8%	14 8%	12 7%	26 8%	9 15%	7 8%	31 9%	10 9%	2 7%	1 4%	3 5%	3 7%	5 18%	- -	16 11%	
A bit more (4.0)	149 18%	63 15%	38 21%	43 27%	82 24%	14 23%	23 25%	61 17%	25 22%	4 17%	4 12%	4 8%	12 22%	3 11%	- -	36 24%	
			a	a	a	g	g	g	g							g	
About the same (3.0)	280 34%	162 37%	60 33%	48 30%	109 32%	19 31%	34 37%	124 34%	44 38%	6 26%	10 34%	12 26%	18 34%	5 18%	9 54%	53 35%	
A bit less (2.0)	124 15%	65 15%	32 18%	22 13%	53 16%	6 11%	9 10%	60 17%	15 13%	6 28%	7 24%	9 19%	4 7%	3 11%	4 26%	15 10%	
A lot less (1.0)	119 14%	68 16%	20 11%	26 16%	46 13%	9 15%	13 15%	58 16%	10 9%	4 16%	2 7%	12 26%	5 9%	4 13%	2 14%	22 15%	
												dfh					
Don't know	14 2%	9 2%	1 1%	2 1%	3 1%	1 1%	2 2%	4 1%	1 1%	- -	1 2%	2 5%	1 1%	2 8%	1 7%	3 2%	
												c					
I have never done this	63 8%	36 8%	14 8%	11 7%	25 7%	2 4%	4 4%	21 6%	9 8%	1 6%	5 16%	5 11%	10 20%	5 20%	- -	6 4%	
											abck		abcdk				
NET: More	220 27%	98 22%	53 29%	55 34%	108 31%	23 38%	30 32%	92 26%	36 31%	5 24%	5 16%	6 14%	15 29%	8 29%	- -	52 35%	
				a	a	fg	g	g	g							cg	
NET: Less	242 30%	132 30%	52 29%	47 29%	99 29%	15 25%	23 24%	118 33%	25 22%	10 44%	9 31%	21 45%	9 16%	7 25%	6 40%	38 25%	
								dh				abdhk					
Base for stats	742	392	165	150	316	56	87	334	105	22	23	40	42	19	15	143	
Mean Score	2.91	2.83	2.96	2.96	2.96	3.14	3.01	2.84	3.10	2.69	2.78	2.39	3.12	3.13	2.42	3.06	
						g	g	g	g				g			g	
Standard Deviation	1.175	1.158	1.127	1.195	1.158	1.275	1.153	1.186	1.081	1.189	.982	1.208	1.089	1.460	.762	1.200	
Standard Error	.043	.055	.096	.106	.071	.172	.122	.065	.107	.254	.200	.184	.161	.326	.220	.100	
Error variance	*	*	.01	.01	.01	.03	.01	*	.01	.06	.04	.03	.03	.11	.05	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.1. Before work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	230	301	53	17	354	247	273	182	101	34	283	307	103	450	236	40	726	
Total	819	226	303	51	16	355	242	263	188	103	32	291	295	92	437	250	40	727	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	71 9%	31 14% be	15 5%	4 8%	- -	20 6%	31 13% be	32 12% be	9 5%	8 7%	2 5%	17 6%	34 11% be	4 4%	35 8%	25 10%	6 16% a	66 9%	
A bit more (4.0)	149 18%	43 19%	66 22%	7 13%	2 10%	73 21%	44 18%	44 17%	54 29% acf	13 13%	5 16%	68 23% cf	49 17%	15 17%	66 15%	57 23% b	10 26%	134 18%	
About the same (3.0)	280 34%	92 41% bce	89 29%	13 26%	10 61%	102 29%	102 42% bce	92 35%	57 30%	41 39%	9 29%	98 34%	101 34%	36 39% d	163 37% cd	73 29%	8 20%	244 34%	
A bit less (2.0)	124 15%	23 10%	56 19% af	15 29% af	2 13%	71 20% af	25 10% af	39 15%	30 16%	21 20%	6 19%	50 17%	45 15%	15 16%	69 16%	37 15%	3 8%	109 15%	
A lot less (1.0)	119 14%	21 9%	55 18% af	7 14%	1 7%	62 18% af	22 9% af	37 14%	29 16%	12 11%	5 16%	41 14%	42 14%	16 18%	63 14%	32 13%	7 18%	102 14%	
Don't know	14 2%	3 1%	2 1%	- -	1 4%	2 1%	4 2%	1 *	3 2%	- -	2 6% acef	3 1%	3 1%	1 1%	5 1%	5 2% abe	3 7% abe	13 2%	
I have never done this	63 8%	13 6%	19 6%	5 10%	1 5%	24 7%	14 6%	19 7% b	5 3%	10 9% b	3 9%	15 5%	22 7% b	5 5%	36 8%	21 8%	2 4%	58 8%	
NET: More	220 27%	73 32%	81 27%	11 21%	2 10%	92 26%	75 31%	76 29%	63 34% c	21 20%	7 21%	84 29%	82 28%	19 21%	101 23%	83 33% ab	17 42% ab	200 28%	
NET: Less	242 30%	44 20%	111 37% af	22 43% af	3 20%	134 38% af	48 20% af	76 29%	59 31%	32 31%	11 35%	91 31%	87 29%	31 34%	132 30%	69 27%	11 27%	211 29%	
Base for stats	742	209	282	46	15	328	224	243	179	94	27	273	270	87	395	224	35	655	
Mean Score	2.91	3.18 bce	2.75	2.69	2.82	2.74	3.16 bce	2.98	2.91	2.84	2.71	2.88	2.95	2.72	2.85	3.03 a	3.14	2.93	
Standard Deviation	1.175	1.130	1.173	1.179	.745	1.172	1.112	1.215	1.150	1.078	1.168	1.124	1.211	1.109	1.146	1.201	1.400	1.182	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.1. Before work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	230	301	53	17	354	247	273	182	101	34	283	307	103	450	236	40	726
Total	819	226	303	51	16	355	242	263	188	103	32	291	295	92	437	250	40	727
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Error	.043	.078	.070	.170	.192	.065	.074	.077	.088	.113	.217	.069	.072	.113	.057	.083	.237	.046
Error variance	*	.01	*	.03	.04	*	.01	.01	.01	.01	.05	*	.01	.01	*	.01	.06	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.1. Before work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	178	532	127	105	29	572	233	25	698	131	669	154
Total	819	181	531	123	106	29	565	231	25	683	137	671	143
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 71 9%	31 17%	33 6%	13 11%	14 13%	2 7%	43 8%	26 11%	3 13%	61 9%	10 7%	58 9%	12 9%
A bit more	(4.0) 149 18%	52 29%	81 15%	25 21%	12 11%	6 20%	103 18%	42 18%	1 3%	128 19%	21 16%	120 18%	28 20%
About the same	(3.0) 280 34%	43 24%	195 37%	40 33%	34 32%	7 23%	202 36%	71 31%	11 42%	230 34%	50 37%	238 35%	40 28%
A bit less	(2.0) 124 15%	21 11%	85 16%	11 9%	18 17%	10 34%	85 15%	34 15%	3 10%	104 15%	19 14%	101 15%	23 16%
A lot less	(1.0) 119 14%	23 13%	78 15%	18 15%	20 19%	3 10%	82 14%	35 15%	6 23%	101 15%	18 13%	94 14%	24 17%
Don't know	14 2%	4 2%	8 2%	2 1%	1 1%	2 6%	10 2%	3 1%	1 3%	10 2%	4 3%	12 2%	2 2%
I have never done this	63 8%	7 4%	49 9%	13 11%	8 8%	- -	40 7%	20 9%	1 5%	49 7%	14 11%	48 7%	13 9%
NET: More	220 27%	84 46%	114 22%	39 31%	25 24%	8 27%	147 26%	67 29%	4 16%	189 28%	31 23%	178 27%	40 28%
NET: Less	242 30%	44 24%	163 31%	29 24%	38 35%	13 44%	167 30%	70 30%	8 33%	205 30%	37 27%	195 29%	47 33%
Base for stats	742	170	473	108	97	28	515	207	23	624	118	611	127
Mean Score	2.91	3.28	2.80	3.04	2.81	2.78	2.89	2.94	2.70	2.91	2.89	2.91	2.85
Standard Deviation	1.175	1.279	1.122	1.231	1.286	1.138	1.152	1.243	1.295	1.184	1.129	1.163	1.238
Standard Error	.043	.100	.052	.116	.131	.219	.051	.086	.270	.047	.106	.047	.106
Error variance	*	.01	*	.01	.02	.05	*	.01	.07	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.1. Before work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	829	125	89	153	140	94	80	40	108	476	228	221	240	274	75	297	372	136
Total	819	123	87	155	139	92	79	39	106	473	223	221	235	274	72	311	360	124
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	71 9%	6 5%	6 7%	9 6%	11 8%	7 8%	9 11%	7 17%	14 13%	34 7%	30 13%	11 5%	8 3%	22 8%	25 35%	22 7%	35 10%	12 10%
								aci	aci		aci			b	abc			
A bit more (4.0)	149 18%	3 3%	21 24%	30 20%	28 20%	20 21%	21 26%	9 24%	18 17%	98 21%	48 21%	40 18%	42 18%	51 19%	17 23%	47 15%	76 21%	22 18%
			a	a	a	a	a	a	a	a	a						a	
About the same (3.0)	280 34%	33 27%	31 36%	45 29%	46 33%	30 33%	33 42%	12 31%	49 47%	152 32%	95 42%	64 29%	86 36%	103 38%	21 29%	108 35%	122 34%	42 34%
							ac		acdei		aci			a				
A bit less (2.0)	124 15%	16 13%	10 11%	30 19%	21 15%	16 18%	10 13%	4 11%	16 15%	77 16%	30 14%	28 13%	46 19%	45 16%	4 6%	51 16%	49 14%	21 17%
													ad	d				
A lot less (1.0)	119 14%	36 29%	7 8%	26 17%	24 17%	12 14%	3 3%	6 15%	5 4%	69 15%	13 6%	51 23%	31 13%	35 13%	2 3%	51 16%	48 13%	16 13%
		bcdefhij		bhij	bhij	fhj		fhj		fhj		bcd	d	d				
Don't know	14 2%	3 2%	3 4%	4 2%	2 1%	1 1%	1 1%	- -	1 1%	10 2%	2 1%	3 2%	7 3%	2 1%	- -	4 1%	7 2%	2 1%
													c					
I have never done this	63 8%	25 21%	9 10%	10 7%	8 6%	5 5%	3 3%	1 2%	2 2%	32 7%	6 2%	24 11%	17 7%	16 6%	3 4%	28 9%	24 7%	10 8%
		bcdefghij	hj	j						j								
NET: More	220 27%	10 8%	27 31%	40 26%	39 28%	27 29%	30 38%	16 41%	32 30%	133 28%	78 35%	51 23%	50 21%	73 27%	42 59%	69 22%	111 31%	34 28%
			a	a	a	a	a	a	a	a	a				abc		a	
NET: Less	242 30%	52 43%	16 19%	56 36%	44 32%	29 31%	13 16%	10 26%	21 20%	146 31%	44 20%	78 36%	77 33%	80 29%	7 9%	102 33%	96 27%	36 29%
		bhij		bhij	bhij	fj				bhij		d	d	d				
Base for stats	742	95	74	141	130	86	76	38	102	431	216	193	212	256	69	279	330	112
Mean Score	2.91	2.24	3.14	2.76	2.86	2.92	3.31	3.18	3.20	2.89	3.23	2.66	2.77	2.93	3.84	2.78	3.01	2.95
			ac	a	a	a	acdei	a	acdi	a	acdei			a	abc		a	
Standard Deviation	1.175	1.188	1.051	1.183	1.204	1.160	.972	1.297	1.021	1.166	1.055	1.233	1.049	1.123	1.097	1.163	1.178	1.174
Standard Error	.043	.121	.121	.100	.106	.124	.112	.208	.100	.056	.071	.089	.071	.070	.129	.071	.064	.106
Error variance	*	.01	.01	.01	.01	.02	.01	.04	.01	*	.01	.01	.01	*	.02	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.1. Before work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	*b
Unweighted Total		829	311	236	276	829	-
Total		819	308	233	273	819	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	71	51	9	9	71	-
		9%	17%	4%	3%	9%	-
			bc				
A bit more	(4.0)	149	95	33	20	149	-
		18%	31%	14%	7%	18%	-
			bc	c			
About the same	(3.0)	280	91	123	65	280	-
		34%	30%	53%	24%	34%	-
				ac			
A bit less	(2.0)	124	28	34	62	124	-
		15%	9%	15%	23%	15%	-
				a	ab		
A lot less	(1.0)	119	19	21	79	119	-
		14%	6%	9%	29%	14%	-
					ab		
Don't know		14	5	2	6	14	-
		2%	2%	1%	2%	2%	-
I have never done this		63	18	12	32	63	-
		8%	6%	5%	12%	8%	-
					ab		
NET: More		220	147	42	30	220	-
		27%	48%	18%	11%	27%	-
			bc	c			
NET: Less		242	47	55	141	242	-
		30%	15%	23%	52%	30%	-
				a	ab		
Base for stats		742	285	219	235	742	-
Mean Score		2.91	3.47	2.89	2.23	2.91	-
			bc	c			
Standard Deviation		1.175	1.099	.913	1.127	1.175	-
Standard Error		.043	.065	.061	.073	.043	-
Error variance		*	*	*	.01	*	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.2. After work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	417	409	329	345	155	37	107	77	81	77	67	191	128	64
Total	819	414	402	311	341	168	34	94	74	78	74	82	179	131	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	82 10%	43 10%	40 10%	39 12% c	33 10%	11 6%	5 14%	12 13%	6 8%	10 13%	7 9%	3 4%	19 11%	11 8%	8 11%
A bit more (4.0)	170 21%	92 22%	78 19%	81 26% bc	62 18%	28 17%	11 32% b	13 13%	17 22%	16 20%	17 23%	14 17%	40 22%	31 24% b	12 17%
About the same (3.0)	258 31%	140 34%	116 29%	80 26%	118 35% a	59 35% a	5 16%	36 39% ad	23 31%	19 25%	20 27%	30 37% a	54 30%	42 32%	27 37% a
A bit less (2.0)	130 16%	55 13%	75 19% a	46 15%	49 14%	36 21%	7 19%	16 17%	12 16%	13 17%	10 14%	17 20%	24 13%	22 17%	11 15%
A lot less (1.0)	136 17%	68 16%	68 17%	46 15%	67 20%	23 13%	4 13%	15 16%	14 19%	16 21% h	12 17%	15 19%	33 18%	14 11%	12 16%
Don't know	15 2%	5 1%	9 2%	10 3% b	3 1%	2 1%	- -	1 1%	2 2%	1 1%	2 3%	1 2%	6 3%	1 1%	1 2%
I have never done this	28 3%	11 3%	17 4%	8 3%	9 3%	10 6%	2 6%	1 2%	2 2%	2 3%	5 7% g	1 2%	3 2%	9 7% g	1 2%
NET: More	253 31%	135 33%	118 29%	119 38% bc	95 28%	38 23%	16 46% bf	25 26%	23 31%	26 34%	24 33%	17 21%	59 33%	43 33%	21 28%
NET: Less	266 32%	123 30%	143 35%	92 30%	115 34%	58 35%	11 32%	31 32%	25 34%	29 38%	22 30%	32 39%	57 32%	36 27%	23 31%
Base for stats	777	398	377	292	329	156	32	92	71	75	66	79	170	121	71
Mean Score	2.91	2.96	2.86	3.06 bc	2.84	2.80	3.16 f	2.91	2.86	2.88	2.94	2.66	2.93	3.03 f	2.92
Standard Deviation	1.227	1.219	1.238	1.264	1.237	1.107	1.316	1.223	1.234	1.351	1.256	1.111	1.268	1.130	1.218
Standard Error	.044	.061	.063	.072	.068	.092	.222	.120	.144	.153	.150	.138	.094	.104	.155
Error variance	*	*	*	.01	*	.01	.05	.01	.02	.02	.02	.02	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.2. After work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	82	269	249	94	87	48	600	229	642	34	76	43	13	5	171	
Total	819	84	275	248	87	80	46	606	213	642	30	72	45	12	4	163	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	82 10%	13 16% h	29 11%	23 9%	6 7%	6 7%	5 11%	65 11%	17 8%	59 9%	2 8%	12 17% a	3 7%	4 33%	- -	22 13%	
A bit more (4.0)	170 21%	17 21%	62 23%	47 19%	20 23%	17 21%	7 15%	127 21%	43 20%	132 21%	8 27%	13 18%	12 28%	2 16%	1 18%	36 22%	
About the same (3.0)	258 31%	27 33%	76 27%	87 35%	31 35%	27 33%	11 24%	190 31%	68 32%	205 32%	8 26%	20 27%	17 39%	2 12%	1 19%	47 29%	
A bit less (2.0)	130 16%	16 19%	42 15%	39 16%	11 13%	13 16%	9 19%	98 16%	33 15%	111 17% g	2 5%	11 15%	4 8%	1 7%	1 18%	18 11%	
A lot less (1.0)	136 17%	9 11%	52 19%	37 15%	17 19%	14 18%	7 15%	98 16%	38 18%	105 16%	8 28%	12 16%	6 13%	3 24%	1 29%	30 18%	
Don't know	15 2%	1 1%	3 1%	5 2%	1 1%	1 1%	4 9% abcdegh	9 1%	6 3%	8 1%	1 3%	3 4%	3 6% a	- -	- -	7 4% a	
I have never done this	28 3%	- -	10 4%	9 4%	1 2%	3 4%	3 7% a	19 3%	8 4%	22 3%	1 3%	2 3%	- -	1 9%	1 16%	5 3%	
NET: More	253 31%	31 37%	91 33%	71 29%	26 30%	22 28%	12 26%	193 32%	60 28%	191 30%	10 35%	25 35%	15 34%	6 48%	1 18%	57 35%	
NET: Less	266 32%	25 30%	94 34%	76 31%	28 32%	27 34%	16 34%	195 32%	71 33%	216 34%	10 33%	22 31%	9 21%	4 31%	2 47%	47 29%	
Base for stats	777	83	261	234	84	76	39	578	199	612	28	67	42	11	4	152	
Mean Score	2.91	3.11	2.90	2.92	2.85	2.82	2.85	2.94	2.84	2.88	2.81	3.05	3.08	3.29	2.31	3.01	
Standard Deviation	1.227	1.219	1.280	1.181	1.202	1.192	1.297	1.232	1.211	1.209	1.383	1.338	1.108	1.701	1.345	1.309	
Standard Error	.044	.135	.080	.077	.126	.132	.208	.051	.083	.049	.244	.161	.173	.491	.673	.104	
Error variance	*	.02	.01	.01	.02	.02	.04	*	.01	*	.06	.03	.03	.24	.45	.01	

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Q6D4.2. After work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	497	149	137	286	58	95	362	113	23	30	51	57	27	13	153
Total	819	437	181	163	344	60	93	358	115	23	29	47	53	27	16	152
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	82 10%	39 9%	14 8%	21 13%	35 10%	9 15%	10 11%	38 11%	8 7%	4 16%	1 4%	3 7%	5 10%	4 14%	- -	19 13%
A bit more (4.0)	170 21%	81 19%	44 24%	38 23%	82 24%	14 24%	20 22%	77 22%	22 19%	3 13%	4 13%	7 16%	16 30%	4 14%	3 18%	34 23%
About the same (3.0)	258 31%	145 33%	44 24%	57 35%	101 29%	21 35%	30 32%	118 33%	36 31%	7 28%	10 34%	15 31%	14 27%	4 17%	5 30%	50 33%
A bit less (2.0)	130 16%	74 17%	39 22%	17 10%	56 16%	2 3%	11 12%	57 16%	27 23%	6 27%	6 22%	5 10%	6 11%	4 16%	7 44%	13 8%
A lot less (1.0)	136 17%	74 17%	33 18%	22 14%	55 16%	13 22%	17 18%	62 17%	15 13%	4 16%	3 11%	12 26%	5 9%	5 18%	- -	30 20%
Don't know	15 2%	8 2%	1 1%	3 2%	5 1%	1 1%	3 3%	1 *	1 1%	- -	1 2%	3 7%	3 6%	2 8%	- -	4 3%
I have never done this	28 3%	16 4%	5 3%	5 3%	10 3%	- -	2 2%	6 2%	6 5%	- -	4 13%	2 3%	4 8%	3 13%	1 8%	2 1%
NET: More	253 31%	120 28%	58 32%	59 36%	117 34%	23 39%	30 33%	115 32%	30 27%	7 29%	5 17%	11 23%	21 39%	8 28%	3 18%	53 35%
NET: Less	266 32%	148 34%	72 40%	39 24%	111 32%	15 25%	28 30%	119 33%	42 37%	10 43%	9 32%	17 36%	11 20%	9 34%	7 44%	43 28%
Base for stats	777	414	174	155	329	59	88	352	108	23	24	42	45	21	15	146
Mean Score	2.91	2.85	2.82	3.12	2.96	3.07	2.95	2.92	2.83	2.85	2.74	2.65	3.23	2.87	2.72	3.00
Standard Deviation	1.227	1.204	1.238	1.211	1.233	1.334	1.271	1.231	1.143	1.306	1.054	1.299	1.152	1.441	.802	1.293
Standard Error	.044	.055	.103	.106	.074	.177	.134	.065	.111	.272	.211	.194	.163	.307	.231	.107
Error variance	*	*	.01	.01	.01	.03	.02	*	.01	.07	.04	.04	.03	.09	.05	.01

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Q6D4.2. After work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	230	301	53	17	354	247	273	182	101	34	283	307	103	450	236	40	726
Total	819	226	303	51	16	355	242	263	188	103	32	291	295	92	437	250	40	727
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	82 10%	28 12%	30 10%	3 5%	- -	33 9%	28 11%	36 14%	15 8%	6 5%	4 11%	21 7%	40 14%	8 9%	37 9%	29 12%	7 18%	74 10%
A bit more (4.0)	170 21%	54 24%	62 21%	6 12%	3 17%	69 19%	57 24%	54 21%	46 24%	18 18%	6 20%	64 22%	61 21%	17 18%	87 20%	58 23%	10 24%	154 21%
About the same (3.0)	258 31%	72 32%	93 31%	18 34%	5 32%	110 31%	77 32%	77 29%	60 32%	39 37%	9 29%	98 34%	86 29%	36 39%	136 31%	76 30%	10 26%	222 31%
A bit less (2.0)	130 16%	27 12%	60 20%	15 29%	4 27%	74 21%	32 13%	41 16%	36 19%	18 18%	7 22%	55 19%	48 16%	12 13%	75 17%	39 15%	5 12%	118 16%
A lot less (1.0)	136 17%	39 17%	51 17%	6 12%	2 12%	57 16%	41 17%	48 18%	26 14%	16 16%	5 15%	43 15%	53 18%	16 17%	79 18%	36 14%	5 13%	120 16%
Don't know	15 2%	4 2%	- -	- -	1 4%	- -	5 2%	1 *	3 2%	- -	1 2%	3 1%	2 1%	1 1%	9 2%	4 2%	1 2%	14 2%
I have never done this	28 3%	2 1%	7 2%	4 8%	1 7%	12 3%	3 1%	5 2%	2 1%	6 6%	- -	8 3%	5 2%	3 3%	14 3%	9 4%	2 5%	25 3%
NET: More	253 31%	82 36%	93 31%	9 17%	3 17%	102 29%	85 35%	91 34%	61 32%	24 23%	10 31%	85 29%	101 34%	25 27%	124 28%	87 35%	17 42%	228 31%
NET: Less	266 32%	66 29%	111 36%	21 40%	6 39%	131 37%	73 30%	89 34%	63 33%	35 34%	12 37%	97 33%	101 34%	28 30%	154 35%	74 30%	10 25%	238 33%
Base for stats	777	220	296	47	14	343	234	257	183	97	31	281	288	89	414	237	37	688
Mean Score	2.91	3.02	2.87	2.68	2.62	2.84	2.99	2.96	2.93	2.78	2.90	2.88	2.95	2.89	2.83	3.03	3.24	2.92
Standard Deviation	1.227	1.262	1.224	1.049	.984	1.202	1.249	1.301	1.164	1.115	1.248	1.148	1.293	1.190	1.220	1.228	1.315	1.232
Standard Error	.044	.085	.072	.150	.254	.065	.081	.080	.087	.114	.217	.070	.075	.120	.059	.082	.216	.047
Error variance	*	.01	.01	.02	.06	*	.01	.01	.01	.01	.05	*	.01	.01	*	.01	.05	*

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Q6D4.2. After work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	178	532	127	105	29	572	233	25	698	131	669	154
Total	819	181	531	123	106	29	565	231	25	683	137	671	143
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	82 10%	29 16% b	42 8%	18 15% d	12 12%	4 14%	50 9%	31 13%	4 17%	66 10%	17 12%	65 10%	17 12%
A bit more (4.0)	170 21%	34 19%	119 22%	23 19% b	9 9%	5 19%	129 23% be	38 16%	- -	148 22%	23 17%	140 21%	30 21%
About the same (3.0)	258 31%	51 28%	164 31%	44 36%	32 30%	6 20%	178 31%	71 31%	12 48%	211 31%	47 35%	221 33% b	33 23%
A bit less (2.0)	130 16%	23 13%	93 17%	11 9%	20 19% a	5 18%	94 17% a	33 14%	2 10%	107 16%	23 17%	101 15%	29 20%
A lot less (1.0)	136 17%	34 19%	86 16%	17 14%	24 22%	7 23%	92 16%	42 18%	4 17%	121 18%	15 11%	110 16%	25 18%
Don't know	15 2%	5 3%	7 1%	2 2%	2 2%	- -	9 2%	4 2%	1 3%	11 2%	4 3%	11 2%	2 2%
I have never done this	28 3%	5 3%	18 3%	6 5%	6 6% d	2 6%	13 2%	13 6% d	1 5%	19 3%	8 6%	22 3%	5 4%
NET: More	253 31%	63 35%	161 30%	41 34% b	22 21%	10 33%	179 32% b	68 30%	4 17%	213 31%	39 29%	205 31%	47 33%
NET: Less	266 32%	57 31%	179 34%	29 23%	44 41% a	12 41%	186 33% a	75 33%	7 27%	228 33%	38 28%	211 31%	55 38%
Base for stats	777	171	505	115	98	27	543	214	23	652	124	638	135
Mean Score	2.91	3.01	2.88	3.12 b	2.66	2.81	2.91	2.92	2.90	2.89	3.03	2.92	2.88
Standard Deviation	1.227	1.347	1.195	1.245	1.296	1.418	1.206	1.298	1.284	1.235	1.178	1.213	1.303
Standard Error	.044	.105	.053	.115	.132	.273	.051	.088	.268	.048	.108	.048	.108
Error variance	*	.01	*	.01	.02	.07	*	.01	.07	*	.01	*	.01

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Q6D4.2. After work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	829	125	89	153	140	94	80	40	108	476	228	221	240	274	75	297	372	136
Total	819	123	87	155	139	92	79	39	106	473	223	221	235	274	72	311	360	124
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	82 10%	2 1%	7 8%	12 8%	19 13%	12 13%	9 11%	4 10%	18 17%	50 11%	30 14%	12 5%	23 10%	27 10%	19 27%	29 9%	34 10%	16 13%
			a	a	a	a	a	a	ac	a	a				abc			
A bit more (4.0)	170 21%	8 7%	14 16%	33 22%	30 22%	18 20%	28 35%	10 27%	28 26%	96 20%	66 30%	39 18%	46 19%	68 25%	17 24%	63 20%	79 22%	24 19%
			a	a	a	a	abcdei	a	a	a	abi							
About the same (3.0)	258 31%	31 25%	33 38%	41 27%	36 26%	34 37%	27 34%	12 30%	44 42%	144 31%	83 37%	58 26%	74 31%	98 36%	21 29%	106 34%	105 29%	42 34%
			ad						acdi		acd			a				
A bit less (2.0)	130 16%	22 18%	10 11%	36 24%	27 20%	14 15%	9 11%	4 10%	8 7%	87 18%	21 9%	39 18%	45 19%	39 14%	6 8%	54 17%	55 15%	16 13%
			hj	bhij	hj					hj		d	d					
A lot less (1.0)	136 17%	42 34%	15 17%	25 16%	21 15%	12 13%	5 7%	7 18%	8 8%	73 15%	21 9%	60 27%	34 14%	34 12%	7 10%	42 14%	67 19%	21 17%
		bcdefhij	fhj	fhj						fhj		bcd						
Don't know	15 2%	5 4%	2 2%	3 2%	4 3%	2 2%	- -	- -	- -	10 2%	- -	3 1%	6 3%	2 1%	- -	3 1%	9 2%	2 2%
		hj	j	j	j	j				j								
I have never done this	28 3%	14 11%	6 7%	4 2%	2 2%	- -	1 1%	2 5%	- -	12 2%	3 1%	11 5%	8 3%	6 2%	2 2%	14 4%	10 3%	2 2%
		cdefhij	dehij					eh										
NET: More	253 31%	10 8%	22 25%	46 29%	49 35%	31 33%	37 47%	14 37%	45 43%	146 31%	97 43%	51 23%	69 29%	95 35%	37 51%	92 30%	114 32%	40 32%
			a	a	a	a	abci	a	abci	a	abci			a	abc			
NET: Less	266 32%	65 52%	25 28%	61 40%	48 35%	26 28%	14 18%	11 29%	16 15%	160 34%	41 19%	99 45%	79 33%	73 27%	13 18%	96 31%	122 34%	38 30%
		bcdefghij	h	fhj	fhj	h				fhj		bcd	d					
Base for stats	777	105	79	148	133	91	78	37	106	451	221	207	221	267	70	295	341	119
Mean Score	2.91	2.09	2.86	2.81	2.99	3.06	3.34	3.00	3.37	2.92	3.30	2.54	2.90	3.06	3.51	2.94	2.88	2.98
			a	a	a	a	abcdi	a	abcdi	a	abcdi		a	a	abc			
Standard Deviation	1.227	1.071	1.195	1.202	1.277	1.201	1.046	1.273	1.093	1.223	1.112	1.246	1.198	1.149	1.267	1.170	1.254	1.266
Standard Error	.044	.104	.134	.099	.110	.125	.118	.207	.105	.057	.074	.086	.080	.070	.148	.070	.067	.111
Error variance	*	.01	.02	.01	.01	.02	.01	.04	.01	*	.01	.01	.01	*	.02	*	*	.01

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Q6D4.2. After work (excluding your commute): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	*b
Unweighted Total	829	311	236	276	829	-
Total	819	308	233	273	819	-
	100%	100%	100%	100%	100%	-
A lot more (5.0)	82 10%	63 20% bc	13 6% c	4 2%	82 10%	- -
A bit more (4.0)	170 21%	112 36% bc	36 15% c	23 8%	170 21%	- -
About the same (3.0)	258 31%	82 27%	118 51% ac	56 21%	258 31%	- -
A bit less (2.0)	130 16%	23 7%	35 15% a	72 26% ab	130 16%	- -
A lot less (1.0)	136 17%	18 6%	20 9%	98 36% ab	136 17%	- -
Don't know	15 2%	6 2%	2 1%	5 2%	15 2%	- -
I have never done this	28 3%	4 1%	8 3%	14 5% a	28 3%	- -
NET: More	253 31%	175 57% bc	49 21% c	27 10%	253 31%	- -
NET: Less	266 32%	41 13%	55 24% a	170 62% ab	266 32%	- -
Base for stats	777	298	223	253	777	-
Mean Score	2.91	3.60 bc	2.95 c	2.07	2.91	-
Standard Deviation	1.227	1.088	.958	1.061	1.227	-
Standard Error	.044	.063	.064	.066	.044	-
Error variance	*	*	*	*	*	-

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Q6D4.3. At lunchtime or during other work-breaks: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	417	409	329	345	155	37	107	77	81	77	67	191	128	64
Total	819	414	402	311	341	168	34	94	74	78	74	82	179	131	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	57 7%	33 8%	23 6%	27 9%	21 6%	8 5%	5 14% chi	7 8%	2 3%	6 8%	5 7%	4 4%	19 11% ch	6 4%	2 3%
A bit more (4.0)	124 15%	58 14%	66 17%	60 19% c	48 14%	17 10%	2 7%	8 8%	13 18%	12 16%	14 19% b	12 15%	31 17% b	15 11%	17 23% abh
About the same (3.0)	297 36%	172 42% b	123 31%	104 34%	129 38%	63 38%	15 44%	32 34%	31 41%	26 33%	22 30%	31 37%	61 34%	53 41%	26 36%
A bit less (2.0)	117 14%	66 16%	52 13%	44 14%	51 15%	23 14%	6 16%	14 15%	13 18%	13 17%	6 8%	11 13%	26 15%	18 13%	11 15%
A lot less (1.0)	129 16%	45 11%	84 21% a	47 15%	55 16%	27 16%	5 15%	19 20%	8 11%	15 19%	13 17%	13 16%	25 14%	21 16%	10 13%
Don't know	13 2%	7 2%	6 2%	6 2%	7 2%	1 1%	- -	2 2%	1 1%	1 1%	2 3%	3 3% h	5 3%	- -	- -
I have never done this	82 10%	34 8%	48 12%	23 8%	30 9%	28 17% ab	1 4%	12 13%	6 8%	4 5%	12 17% dg	9 11%	11 6%	18 14% dg	7 10%
NET: More	181 22%	91 22%	89 22%	86 28% bc	69 20%	26 15%	7 21%	15 16%	15 20%	19 24%	19 26%	16 20%	50 28% bh	21 16%	19 26%
NET: Less	246 30%	110 27%	136 34% a	91 29%	106 31%	50 30%	11 31%	33 35%	22 29%	28 36%	18 25%	24 29%	51 29%	39 29%	21 29%
Base for stats	724	373	348	281	304	139	33	80	67	73	59	70	163	113	66
Mean Score	2.81	2.92	2.69	2.91	2.77	2.69	2.88	2.62	2.81	2.75	2.89	2.76	2.96	2.71	2.85
Standard Deviation	1.151	1.077	1.215	1.188	1.131	1.106	1.210	1.214	.991	1.215	1.246	1.108	1.205	1.077	1.070
Standard Error	.042	.055	.065	.069	.064	.097	.202	.127	.118	.139	.158	.145	.092	.103	.140
Error variance	*	*	*	*	*	.01	.04	.02	.01	.02	.03	.02	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.3. At lunchtime or during other work-breaks: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	82	269	249	94	87	48	600	229	642	34	76	43	13	5	171	
Total	819	84	275	248	87	80	46	606	213	642	30	72	45	12	4	163	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	57 7%	16 19%	20 7%	12 5%	3 4%	4 4%	2 4%	48 8%	9 4%	40 6%	2 5%	6 8%	5 11%	2 16%	1 18%	15 9%
A bit more	(4.0)	124 15%	9 10%	40 14%	40 16%	16 19%	13 16%	7 14%	89 15%	36 17%	88 14%	8 27%	16 22%	9 20%	1 10%	- -	34 21%
About the same	(3.0)	297 36%	30 35%	89 33%	96 39%	33 39%	34 43%	15 31%	215 35%	82 39%	244 38%	7 24%	25 35%	10 23%	3 23%	1 19%	46 28%
A bit less	(2.0)	117 14%	12 15%	51 19%	29 12%	13 15%	5 7%	6 13%	93 15%	24 11%	91 14%	3 11%	8 12%	9 20%	3 20%	1 16%	24 15%
A lot less	(1.0)	129 16%	10 12%	43 16%	42 17%	15 17%	12 15%	7 15%	95 16%	34 16%	99 15%	9 30%	10 14%	7 15%	- -	2 47%	28 17%
Don't know		13 2%	1 1%	2 1%	6 2%	1 1%	1 1%	3 6%	9 1%	5 2%	8 1%	- -	3 4%	3 6%	- -	- -	5 3%
I have never done this		82 10%	7 8%	30 11%	21 9%	5 5%	11 14%	7 16%	58 10%	23 11%	71 11%	1 3%	4 5%	3 6%	4 31%	- -	11 7%
NET: More		181 22%	24 29%	59 22%	53 21%	20 23%	16 20%	9 18%	137 23%	45 21%	128 20%	10 32%	22 30%	14 30%	3 26%	1 18%	49 30%
NET: Less		246 30%	22 26%	94 34%	72 29%	28 32%	17 22%	13 28%	188 31%	58 27%	191 30%	12 41%	19 26%	16 36%	3 20%	3 63%	52 32%
Base for stats		724	76	243	220	81	68	36	539	185	563	29	66	40	9	4	147
Mean Score	2.81	3.11	2.76	2.78	2.75	2.86	2.73	2.82	2.79	2.78	2.66	2.97	2.89	3.33	2.25	2.89	
Standard Deviation	1.151	1.278	1.161	1.126	1.108	1.086	1.141	1.168	1.102	1.125	1.333	1.170	1.282	1.204	1.686	1.248	
Standard Error	.042	.149	.075	.075	.119	.127	.185	.050	.078	.047	.232	.141	.208	.401	.754	.101	
Error variance	*	.02	.01	.01	.01	.02	.03	*	.01	*	.05	.02	.04	.16	.57	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.3. At lunchtime or during other work-breaks: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	497	149	137	286	58	95	362	113	23	30	51	57	27	13	153
Total	819	437	181	163	344	60	93	358	115	23	29	47	53	27	16	152
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	57 7%	27 6%	6 4%	14 9%	20 6%	6 10%	7 7%	29 8%	5 5%	1 6%	2 6%	1 2%	2 3%	4 14%	- -	13 8%
A bit more (4.0)	124 15%	59 14%	25 14%	34 21% a	59 17%	9 15%	21 23% dg	54 15%	13 12%	1 5%	4 16%	4 9%	13 24% dg	4 15%	- -	30 20%
About the same (3.0)	297 36%	161 37%	73 41%	54 33%	128 37%	24 40%	31 34%	133 37%	43 37%	9 39%	11 38%	16 34%	17 32%	4 16%	9 55%	55 36%
A bit less (2.0)	117 14%	63 14%	26 14%	23 14%	49 14%	6 10%	12 13% g	62 17% g	17 14% g	4 19%	4 14% g	1 2%	7 13% g	4 13%	1 8%	18 12% g
A lot less (1.0)	129 16%	72 16%	29 16%	21 13%	50 15%	11 19%	13 14%	53 15%	20 18%	3 15%	2 5%	17 35% bcdfhk	4 8%	4 16%	1 7%	24 16%
Don't know	13 2%	5 1%	4 2%	3 2%	7 2%	- -	2 2%	1 *	1 1%	1 5%	3 9% acdk	2 3% c	3 6% cdk	1 4%	- -	2 1%
I have never done this	82 10%	50 11%	17 10%	13 8%	30 9%	4 6%	7 7%	25 7%	16 14% c	2 10%	4 12%	7 15% c	7 13%	5 21%	5 30%	10 7%
NET: More	181 22%	86 20%	31 17%	48 30% ab	80 23%	15 25% g	28 30% dg	83 23% g	18 16%	3 12%	6 22%	5 10%	14 27% g	8 30%	- -	43 28% dg
NET: Less	246 30%	135 31%	55 31%	45 27%	100 29%	17 29%	25 27%	115 32%	37 32%	8 34%	5 19%	17 37%	11 21%	8 30%	2 15%	42 28%
Base for stats	724	382	160	147	307	56	84	332	98	19	23	39	43	20	11	140
Mean Score	2.81	2.75	2.71	2.98	2.84	2.87 g	2.96 g	2.83 g	2.66 1.116	2.64 1.107	3.05 1.003	2.27 1.195	3.01 1.018	2.98 1.458	2.69 .663	2.92 1.182
Standard Deviation	1.151	1.138	1.062	1.163	1.118	1.231	1.155	1.149	1.116	1.107	1.003	1.195	1.018	1.458	.663	1.182
Standard Error	.042	.054	.092	.105	.070	.166	.125	.063	.114	.248	.205	.184	.148	.318	.221	.100
Error variance	*	*	.01	.01	*	.03	.02	*	.01	.06	.04	.03	.02	.10	.05	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.3. At lunchtime or during other work-breaks: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	230	301	53	17	354	247	273	182	101	34	283	307	103	450	236	40	726	
Total	819	226	303	51	16	355	242	263	188	103	32	291	295	92	437	250	40	727	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	57 7%	21 9%	19 6%	4 7%	- -	22 6%	21 9%	24 9%	8 4%	9 9%	3 8%	17 6%	27 9%	5 6%	25 6%	22 9%	5 12%	51 7%	
A bit more (4.0)	124 15%	29 13%	53 17%	8 16%	2 12%	61 17%	31 13%	25 10%	50 27%	13 12%	3 9%	63 22%	28 9%	13 14%	57 13%	45 18%	9 23%	111 15%	
About the same (3.0)	297 36%	94 42% be	100 33%	15 29%	8 49%	115 32%	102 42% be	94 36%	65 35%	38 37%	15 45%	103 35%	109 37%	35 37% d	170 39% d	87 35% d	6 16%	262 36% d	
A bit less (2.0)	117 14%	26 11%	58 19% af	13 25% af	1 5%	71 20% af	27 11%	46 18%	30 16%	16 16%	3 10%	47 16%	50 17%	12 13%	60 14%	37 15%	7 18%	105 14%	
A lot less (1.0)	129 16%	21 9%	56 18% af	7 14%	4 23%	63 18% af	25 10%	40 15%	24 13%	16 16%	7 22%	40 14%	47 16%	16 17%	73 17%	32 13%	9 22%	113 16%	
Don't know	13 2%	3 1%	2 1%	1 2%	2 11%	3 1%	5 2%	2 1%	3 1%	- -	1 2%	3 1%	3 1%	2 2%	5 1%	4 2%	2 6% b	12 2%	
I have never done this	82 10%	32 14% be	17 5%	4 7%	- -	20 6%	32 13% be	31 12% be	7 4%	11 10% b	1 4%	18 6%	32 11% be	10 11%	46 11%	24 10%	2 4%	72 10%	
NET: More	181 22%	50 22%	71 23%	12 23%	2 12%	83 23%	52 22%	49 19%	58 31% af	22 21%	5 17%	80 27% af	55 19%	18 20%	83 19%	67 27% b	14 35% b	163 22%	
NET: Less	246 30%	47 21%	114 38% af	20 39% af	4 28%	134 38% af	52 21%	86 33%	54 29%	33 32%	10 32%	87 30%	97 33%	28 30%	133 31%	69 28%	16 40%	218 30%	
Base for stats	724	191	285	47	14	331	206	230	178	93	30	270	260	81	385	222	36	643	
Mean Score	2.81	3.02	2.72	2.74	2.56	2.72	2.99	2.77	2.94	2.80	2.70	2.89	2.76	2.74	2.74	2.94	2.83	2.82	
		be				be									b				
Standard Deviation	1.151	1.088	1.166	1.159	1.053	1.163	1.089	1.174	1.083	1.175	1.201	1.115	1.175	1.140	1.124	1.153	1.401	1.153	
Standard Error	.042	.078	.069	.166	.272	.064	.076	.076	.083	.123	.212	.069	.071	.120	.056	.080	.233	.045	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.3. At lunchtime or during other work-breaks: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	230	301	53	17	354	247	273	182	101	34	283	307	103	450	236	40	726
Total	819	226	303	51	16	355	242	263	188	103	32	291	295	92	437	250	40	727
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	.01	*	.03	.07	*	.01	.01	.01	.02	.05	*	.01	.01	*	.01	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.3. At lunchtime or during other work-breaks: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	178	532	127	105	29	572	233	25	698	131	669	154
Total	819	181	531	123	106	29	565	231	25	683	137	671	143
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 57 7%	22 12% b	28 5%	11 9%	10 10%	4 13%	36 6%	20 9%	5 20%	48 7%	9 7%	50 7%	6 4%
A bit more	(4.0) 124 15%	42 23% b	66 12%	21 17%	18 17%	6 20%	82 14%	40 17%	4 17%	105 15%	20 14%	106 16%	18 13%
About the same	(3.0) 297 36%	49 27%	207 39% a	46 37%	28 26%	10 33%	212 38% b	75 32%	8 31%	250 37%	47 35%	235 35%	60 42%
A bit less	(2.0) 117 14%	31 17%	73 14%	11 9%	16 15%	5 19%	85 15%	29 13%	2 8%	98 14%	19 14%	100 15%	17 12%
A lot less	(1.0) 129 16%	25 14%	88 17%	25 20%	25 23% d	3 11%	80 14%	48 21% d	5 18%	109 16%	20 15%	101 15%	27 19%
Don't know	13 2%	5 3%	4 1%	1 1%	- -	1 4%	8 1%	2 1%	- -	12 2%	2 1%	9 1%	3 2%
I have never done this	82 10%	7 4%	64 12% a	9 7%	10 9%	- -	63 11%	17 7%	1 5%	62 9%	20 14%	70 10%	11 8%
NET: More	181 22%	64 35% b	94 18%	32 26%	28 27%	10 34%	118 21%	60 26%	9 38%	152 22%	29 21%	156 23%	24 17%
NET: Less	246 30%	56 31%	161 30%	36 29%	41 38%	9 29%	164 29%	77 33%	7 27%	207 30%	39 28%	201 30%	45 31%
Base for stats	724	170	462	113	97	28	494	212	24	609	115	592	128
Mean Score	2.81	3.03 b	2.73	2.85	2.73	3.08	2.82	2.79	3.14	2.81	2.82	2.84	2.67
Standard Deviation	1.151	1.245	1.110	1.239	1.320	1.203	1.115	1.251	1.400	1.152	1.149	1.159	1.100
Standard Error	.042	.097	.052	.115	.135	.227	.050	.086	.286	.046	.109	.048	.093
Error variance	*	.01	*	.01	.02	.05	*	.01	.08	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.3. At lunchtime or during other work-breaks: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	829	125	89	153	140	94	80	40	108	476	228	221	240	274	75	297	372	136
Total	819	123	87	155	139	92	79	39	106	473	223	221	235	274	72	311	360	124
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	57 7%	1 1%	7 8%	10 7%	8 6%	3 3%	8 11%	5 13%	15 14%	28 6%	28 13%	9 4%	10 4%	18 7%	18 25%	18 6%	25 7%	10 8%
			a	a	a		ae	ae	adei	a	adei				abc			
A bit more (4.0)	124 15%	5 4%	11 13%	20 13%	30 22%	20 22%	17 21%	9 24%	11 11%	81 17%	38 17%	28 13%	35 15%	46 17%	16 22%	43 14%	64 18%	13 11%
			a	a	ah	ah	ah	ah		a	a							
About the same (3.0)	297 36%	38 31%	38 44%	51 33%	45 32%	30 33%	28 35%	15 40%	52 49%	164 35%	96 43%	73 33%	90 38%	106 38%	21 29%	115 37%	134 37%	39 31%
			a						acdei		adi							
A bit less (2.0)	117 14%	17 14%	9 10%	28 18%	22 16%	12 13%	14 17%	3 7%	14 13%	70 15%	30 14%	24 11%	37 16%	45 16%	8 12%	50 16%	44 12%	21 17%
A lot less (1.0)	129 16%	35 29%	14 16%	30 20%	20 14%	16 17%	5 6%	4 9%	5 5%	79 17%	14 6%	56 25%	41 17%	26 10%	4 5%	45 14%	59 16%	22 18%
		bdefghij	hj	fhj	hj	fhj				fhj		bcd	cd					
Don't know	13 2%	4 3%	2 2%	-	5 3%	1 1%	-	2 5%	1 1%	7 2%	3 1%	3 1%	3 1%	6 2%	-	3 1%	6 2%	5 4%
		c			c			cf										a
I have never done this	82 10%	24 19%	7 8%	15 10%	9 7%	11 12%	7 9%	1 2%	7 7%	43 9%	15 7%	28 13%	20 8%	27 10%	5 7%	37 12%	28 8%	14 11%
		bcd	ghij															
NET: More	181 22%	6 5%	18 20%	31 20%	38 27%	23 25%	25 32%	14 37%	26 25%	109 23%	66 29%	37 17%	45 19%	64 23%	34 47%	61 20%	90 25%	23 19%
			a	a	a	a	ac	abci	a	a	ac				abc			
NET: Less	246 30%	52 42%	22 26%	58 38%	42 30%	27 30%	19 24%	6 16%	19 18%	150 32%	44 20%	80 36%	78 33%	72 26%	12 17%	95 30%	102 28%	43 35%
		bdfghij		fghj	hj					ghj		cd	d					
Base for stats	724	96	78	140	125	80	72	36	97	423	206	190	213	241	67	271	326	105
Mean Score	2.81	2.16	2.85	2.66	2.88	2.78	3.13	3.27	3.16	2.78	3.17	2.53	2.70	2.93	3.53	2.78	2.86	2.69
			a	a	a	a	acei	acei	acei	a	abcdei			ab	abc			
Standard Deviation	1.151	1.023	1.134	1.185	1.141	1.132	1.082	1.119	1.032	1.152	1.061	1.197	1.099	1.058	1.187	1.109	1.160	1.214
Standard Error	.042	.103	.128	.101	.102	.126	.127	.184	.103	.056	.073	.087	.075	.068	.142	.069	.063	.113
Error variance	*	.01	.02	.01	.01	.02	.02	.03	.01	*	.01	.01	.01	*	.02	*	*	.01

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Q6D4.3. At lunchtime or during other work-breaks: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	*b
Unweighted Total		829	311	236	276	829	-
Total		819	308	233	273	819	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	57	47	6	2	57	-
		7%	15%	3%	1%	7%	-
			bc				
A bit more	(4.0)	124	70	38	16	124	-
		15%	23%	16%	6%	15%	-
			c	c			
About the same	(3.0)	297	110	111	75	297	-
		36%	36%	47%	27%	36%	-
			c	ac			
A bit less	(2.0)	117	34	26	56	117	-
		14%	11%	11%	20%	14%	-
					ab		
A lot less	(1.0)	129	17	28	84	129	-
		16%	5%	12%	31%	16%	-
				a	ab		
Don't know		13	3	2	8	13	-
		2%	1%	1%	3%	2%	-
I have never done this		82	27	22	31	82	-
		10%	9%	10%	11%	10%	-
NET: More		181	117	44	18	181	-
		22%	38%	19%	7%	22%	-
			bc	c			
NET: Less		246	51	54	140	246	-
		30%	17%	23%	51%	30%	-
				a	ab		
Base for stats		724	278	209	234	724	-
Mean Score		2.81	3.35	2.85	2.13	2.81	-
			bc	c			
Standard Deviation		1.151	1.083	.973	1.017	1.151	-
Standard Error		.042	.065	.067	.066	.042	-
Error variance		*	*	*	*	*	-

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Q6D4.4. Through getting up or moving around over the course of a work day (e.g. to speak to people, make a drink, visit the toilet, fetch something, etc): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	417	409	329	345	155	37	107	77	81	77	67	191	128	64
Total	819	414	402	311	341	168	34	94	74	78	74	82	179	131	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	68 8%	26 6%	41 10% a	41 13% bc	20 6%	7 4%	3 9%	9 10%	3 4%	7 9%	6 8%	2 3%	22 12% cf	11 9%	3 5%
A bit more (4.0)	144 18%	75 18%	68 17%	69 22% b	49 14%	26 16%	4 13%	12 13%	15 20% d	5 7%	21 29% bdgh	15 19% d	32 18% d	21 16% d	18 24% d
About the same (3.0)	278 34%	159 39% b	118 29%	89 29%	117 34%	72 43% a	9 26%	31 33%	23 30%	37 48% abceh	18 25%	33 40%	64 36%	37 29%	26 35%
A bit less (2.0)	130 16%	64 16%	65 16%	49 16%	52 15%	29 17%	9 27% egi	17 18%	17 23% eg	13 16%	8 10%	13 16%	21 12%	24 19%	8 11%
A lot less (1.0)	174 21%	78 19%	94 23%	52 17%	91 27% ac	31 18%	9 25%	23 24%	16 21%	14 18%	16 21%	17 21%	31 17%	32 24%	17 23%
Don't know	12 1%	6 1%	6 1%	5 2%	6 2%	1 1%	- -	- -	1 1%	2 3%	3 3% h	1 2%	5 3%	- -	- -
I have never done this	14 2%	4 1%	11 3%	7 2%	5 1%	3 2%	- -	1 2%	1 1%	- -	2 3%	- -	4 2%	5 3%	1 2%
NET: More	212 26%	102 25%	109 27%	109 35% bc	69 20%	33 20%	8 22%	22 23%	18 24%	12 15%	27 37% bdf	18 22%	54 30% d	33 25%	21 29%
NET: Less	303 37%	143 35%	159 40%	101 32%	143 42% a	59 35%	18 53% eg	40 42% g	33 44% g	27 35%	23 31%	30 37%	51 29%	56 43% g	25 34%
Base for stats	793	404	386	299	330	164	34	93	73	76	69	81	170	126	72
Mean Score	2.75	2.77	2.73	2.99 bc	2.56	2.69	2.53	2.66	2.62	2.70	2.92	2.67	2.97 bch	2.65	2.76
Standard Deviation	1.225	1.154	1.297	1.281	1.211	1.074	1.266	1.270	1.148	1.131	1.302	1.104	1.252	1.272	1.203
Standard Error	.043	.057	.066	.072	.066	.087	.208	.124	.133	.127	.153	.136	.093	.115	.152
Error variance	*	*	*	.01	*	.01	.04	.02	.02	.02	.02	.02	.01	.01	.02

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Q6D4.4. Through getting up or moving around over the course of a work day (e.g. to speak to people, make a drink, visit the toilet, fetch something, etc): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	82	269	249	94	87	48	600	229	642	34	76	43	13	5	171	
Total	819	84	275	248	87	80	46	606	213	642	30	72	45	12	4	163	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	68	12	17	19	9	5	5	49	19	49	2	5	5	1	1	14
		8%	15%	6%	8%	10%	7%	10%	8%	9%	8%	8%	7%	11%	10%	18%	9%
			bg														
A bit more	(4.0)	144	14	57	40	16	11	6	111	33	104	6	19	13	1	-	39
		18%	16%	21%	16%	19%	14%	13%	18%	16%	16%	21%	27%	29%	7%	-	24%
				a	a								a	a			a
About the same	(3.0)	278	30	78	94	30	33	13	201	77	231	8	18	11	3	1	42
		34%	36%	28%	38%	35%	42%	27%	33%	36%	36%	26%	26%	26%	28%	19%	26%
				b	b						g						
A bit less	(2.0)	130	10	41	37	16	14	11	89	41	102	5	10	8	2	-	26
		16%	12%	15%	15%	19%	18%	23%	15%	19%	16%	18%	14%	18%	17%	-	16%
A lot less	(1.0)	174	13	74	49	14	14	10	136	38	140	8	14	3	4	2	31
		21%	16%	27%	20%	16%	17%	21%	22%	18%	22%	27%	20%	6%	33%	47%	19%
				adh							d	d	d				d
Don't know		12	2	2	4	1	1	2	8	4	5	-	3	4	-	-	7
		1%	3%	1%	1%	1%	2%	4%	1%	2%	1%	-	4%	9%	-	-	4%
				a	a								a	a			a
I have never done this		14	2	6	5	1	1	1	12	2	10	-	2	1	1	1	4
		2%	2%	2%	2%	1%	1%	2%	2%	1%	2%	-	2%	3%	6%	16%	3%
NET: More		212	26	75	59	25	17	11	160	52	153	9	25	18	2	1	54
		26%	31%	27%	24%	29%	21%	23%	26%	24%	24%	29%	34%	40%	16%	18%	33%
				a									a				a
NET: Less		303	24	115	86	30	28	21	225	79	242	13	25	11	6	2	57
		37%	28%	42%	35%	35%	44%	37%	37%	37%	38%	45%	34%	24%	50%	47%	35%
				a													
Base for stats		793	80	267	239	85	78	44	586	207	627	30	68	40	12	4	152
Mean Score		2.75	3.02	2.64	2.76	2.88	2.74	2.65	2.74	2.78	2.71	2.66	2.86	3.23	2.40	2.30	2.87
			b										ab				
Standard Deviation		1.225	1.272	1.269	1.185	1.195	1.127	1.276	1.240	1.185	1.208	1.309	1.265	1.119	1.369	1.890	1.270
Standard Error		.043	.144	.079	.076	.125	.123	.190	.051	.080	.048	.225	.150	.179	.395	.945	.100
Error variance		*	.02	.01	.01	.02	.02	.04	*	.01	*	.05	.02	.03	.16	.89	.01

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Q6D4.4. Through getting up or moving around over the course of a work day (e.g. to speak to people, make a drink, visit the toilet, fetch something, etc): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	497	149	137	286	58	95	362	113	23	30	51	57	27	13	153
Total	819	437	181	163	344	60	93	358	115	23	29	47	53	27	16	152
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	68 8%	30 7%	14 8%	16 10%	30 9%	9 15% cf	13 14% cf	23 6%	9 8%	2 7%	-	3 7%	5 10%	3 11%	-	22 15% cf
A bit more (4.0)	144 18%	66 15%	41 23% a	29 18%	69 20%	11 19%	21 23% g	60 17%	27 24% g	2 10%	5 16%	4 8%	8 16%	3 10%	3 17%	32 21% g
About the same (3.0)	278 34%	162 37%	53 29%	53 33%	106 31%	20 34%	29 32%	118 33%	38 33%	11 46%	16 57% abcdghk	15 33%	16 30%	7 26%	7 45%	49 33%
A bit less (2.0)	130 16%	73 17%	32 18%	21 13%	53 15%	6 10%	13 14%	66 18% g	18 16%	3 14%	2 7%	3 6%	10 19% g	4 14%	5 31%	19 13%
A lot less (1.0)	174 21%	93 21%	36 20%	40 24%	75 22%	12 21%	12 13%	85 24% bk	20 17%	5 23%	4 14%	20 43% abcdfhk	7 13%	6 24%	1 8%	24 16%
Don't know	12 1%	3 1%	3 1%	5 3% a	7 2%	1 1%	2 3%	2 1%	-	-	2 6% cd	1 2%	3 5% cd	2 7%	-	3 2%
I have never done this	14 2%	10 2%	3 1%	-	3 1%	-	2 2%	4 1%	2 2%	-	-	1 2%	4 7% ack	2 9%	-	2 1%
NET: More	212 26%	95 22%	55 31% a	44 27%	100 29% a	20 34% g	35 37% cfg	83 23%	36 32% g	4 17%	5 16%	7 15%	14 26%	5 21%	3 17%	55 36% cfg
NET: Less	303 37%	166 38%	68 37%	61 37%	128 37%	18 31%	25 27%	151 42% bfk	38 34%	8 37%	6 21% bfk	23 49% bfk	17 32%	10 38%	6 38%	43 28%
Base for stats	793	423	175	158	334	59	88	352	113	23	27	46	47	22	16	147
Mean Score	2.75	2.68	2.81	2.75	2.78	2.98 cg	3.13 cg	2.63	2.89 cg	2.63	2.81	2.28 g	2.90 g	2.64	2.71	3.07 cg
Standard Deviation	1.225	1.179	1.237	1.286	1.259	1.333	1.228	1.205	1.200	1.172	.908	1.314	1.216	1.377	.864	1.269

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Q6D4.4. Through getting up or moving around over the course of a work day (e.g. to speak to people, make a drink, visit the toilet, fetch something, etc): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	497	149	137	286	58	95	362	113	23	30	51	57	27	13	153
Total	819	437	181	163	344	60	93	358	115	23	29	47	53	27	16	152
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Error	.043	.054	.103	.112	.076	.177	.129	.064	.114	.244	.172	.188	.170	.287	.240	.104
Error variance	*	*	.01	.01	.01	.03	.02	*	.01	.06	.03	.04	.03	.08	.06	.01

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Q6D4.4. Through getting up or moving around over the course of a work day (e.g. to speak to people, make a drink, visit the toilet, fetch something, etc): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	230	301	53	17	354	247	273	182	101	34	283	307	103	450	236	40	726
Total	819	226	303	51	16	355	242	263	188	103	32	291	295	92	437	250	40	727
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	68 8%	26 11% be	13 4%	3 7%	4 22%	17 5%	29 12% be	18 7%	16 9%	7 7%	4 11%	23 8%	22 7%	5 5%	38 9%	18 7%	7 17% ac	63 9%
A bit more (4.0)	144 18%	47 21%	53 17%	12 22%	1 9%	64 18%	48 20%	47 18%	41 22%	18 18%	6 20%	59 20%	53 18%	13 14%	75 17%	50 20%	6 16%	131 18%
About the same (3.0)	278 34%	88 39% be	87 29%	22 43% b	6 40%	109 31%	94 39% be	87 33%	67 36%	32 30%	14 42%	98 34%	100 34%	35 38%	149 34%	84 33%	10 25%	243 33%
A bit less (2.0)	130 16%	38 17%	54 18%	7 13%	1 6%	61 17%	39 16%	48 18%	26 14%	18 18%	5 16%	45 15%	53 18%	8 9%	77 18% a	37 15%	7 19%	122 17% a
A lot less (1.0)	174 21%	22 10%	91 30% acf	8 15%	2 11%	99 28% af	24 10%	56 21%	35 19%	27 26% d	3 8%	63 21%	59 20%	30 32% bce	82 19%	54 22%	7 18%	144 20%
Don't know	12 1%	2 1%	2 1%	- -	2 12%	2 1%	4 2%	2 1%	1 1%	1 1%	1 2%	2 1%	3 1%	1 1%	6 1%	4 2%	1 3%	11 2%
I have never done this	14 2%	3 1%	3 1%	- -	- -	3 1%	3 1%	5 2%	1 1%	- -	- -	1 1%	5 2%	1 1%	9 2%	4 1%	1 2%	14 2%
NET: More	212 26%	73 32% be	66 22%	15 29%	5 31%	81 23%	77 32% be	65 25%	57 30%	25 24%	10 31%	82 28%	75 25%	18 19%	113 26%	68 27%	13 33%	194 27%
NET: Less	303 37%	61 27%	145 48% acf	15 28%	3 17%	160 45% acf	63 26%	104 40%	61 33%	46 44% d	8 25%	107 37%	112 38%	38 41%	159 37%	91 36%	15 37%	265 37%
Base for stats	793	221	298	51	14	349	235	256	185	102	31	287	287	91	422	243	38	702
Mean Score	2.75	3.07 be	2.47	2.92 be	3.27	2.54	3.08	2.70	2.87	2.60	3.10 c	2.77	2.74	2.51	2.78 a	2.75	2.95	2.78 a
Standard Deviation	1.225	1.122	1.220	1.120	1.312	1.214	1.132	1.202	1.210	1.242	1.098	1.226	1.196	1.237	1.208	1.223	1.377	1.221
Standard Error	.043	.075	.071	.154	.339	.065	.073	.074	.090	.124	.191	.073	.069	.123	.058	.081	.223	.046
Error variance	*	.01	.01	.02	.11	*	.01	.01	.01	.02	.04	.01	*	.02	*	.01	.05	*

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Q6D4.4. Through getting up or moving around over the course of a work day (e.g. to speak to people, make a drink, visit the toilet, fetch something, etc): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	178	532	127	105	29	572	233	25	698	131	669	154
Total	819	181	531	123	106	29	565	231	25	683	137	671	143
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	68	38	21	12	2	36	29	5	58	10	56	11
		8%	7%	17%	11%	6%	6%	13%	19%	8%	7%	8%	8%
			b	d				d					
A bit more	(4.0)	144	85	20	15	7	100	39	2	115	29	121	23
		18%	16%	16%	14%	22%	18%	17%	6%	17%	21%	18%	16%
			b										
About the same	(3.0)	278	184	38	31	9	197	71	7	233	45	230	45
		34%	35%	31%	29%	32%	35%	31%	26%	34%	33%	34%	32%
A bit less	(2.0)	130	91	13	11	8	98	31	-	113	17	104	25
		16%	17%	11%	10%	27%	17%	14%	-	17%	12%	15%	18%
A lot less	(1.0)	174	119	29	33	3	116	53	11	141	33	139	35
		21%	22%	23%	31%	10%	20%	23%	44%	21%	24%	21%	24%
			a	d									
Don't know		12	3	1	1	-	8	2	-	9	3	10	1
		1%	*	1%	1%	-	1%	1%	-	1%	2%	1%	1%
			b										
I have never done this		14	12	1	3	1	10	4	1	14	1	12	2
		2%	2%	1%	3%	2%	2%	2%	5%	2%	1%	2%	2%
NET: More		212	123	40	27	8	136	69	6	173	38	176	35
		26%	23%	33%	25%	29%	24%	30%	25%	25%	28%	26%	24%
			b	d									
NET: Less		303	210	42	45	11	214	85	11	254	50	242	60
		37%	40%	34%	42%	37%	38%	37%	44%	37%	36%	36%	42%
			a										
Base for stats		793	516	121	102	29	547	225	24	660	133	649	140
Mean Score		2.75	2.67	2.91	2.62	2.87	2.71	2.82	2.54	2.75	2.74	2.77	2.65
			b										
Standard Deviation		1.225	1.204	1.386	1.382	1.095	1.180	1.329	1.616	1.222	1.248	1.222	1.246
Standard Error		.043	.053	.124	.137	.207	.050	.088	.330	.047	.111	.048	.102
Error variance		*	*	.02	.02	.04	*	.01	.11	*	.01	*	.01

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Q6D4.4. Through getting up or moving around over the course of a work day (e.g. to speak to people, make a drink, visit the toilet, fetch something, etc): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	829	125	89	153	140	94	80	40	108	476	228	221	240	274	75	297	372	136
Total	819	123	87	155	139	92	79	39	106	473	223	221	235	274	72	311	360	124
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	68 8%	5 4%	7 8%	8 5%	14 10%	9 10%	4 5%	7 19%	13 13%	25 11%	14 7%	20 9%	19 7%	14 20%	20 7%	37 10%	8 7%
									acfi	ac	ac				abc			
A bit more	(4.0)	144 18%	9 7%	13 15%	22 14%	25 18%	23 25%	20 25%	9 23%	22 21%	51 23%	28 13%	38 16%	50 18%	24 33%	53 17%	60 17%	24 19%
					a	ac	ac	a	a	a	ac				abc			
About the same	(3.0)	278 34%	41 33%	30 35%	45 29%	47 34%	30 33%	30 38%	12 30%	43 40%	84 38%	69 31%	85 36%	105 38%	14 20%	109 35%	120 33%	39 31%
							a	a					d	d				
A bit less	(2.0)	130 16%	9 7%	20 23%	37 24%	18 13%	15 17%	14 18%	3 7%	13 12%	30 13%	36 16%	42 18%	40 15%	9 12%	50 16%	59 16%	21 17%
				adghj	adghj		a	a			a							
A lot less	(1.0)	174 21%	51 42%	14 17%	39 25%	29 21%	9 10%	9 11%	7 19%	15 14%	31 14%	69 31%	46 19%	52 19%	6 8%	69 22%	73 20%	27 22%
			bcdefghij		efhj	e			e		e	bcd	d	d				
Don't know		12 1%	3 3%	1 1%	- -	2 2%	2 3%	2 2%	1 2%	- -	3 1%	2 1%	2 1%	3 1%	3 4%	5 1%	4 1%	3 3%
			c			c								ab				
I have never done this		14 2%	5 4%	1 1%	3 2%	3 2%	2 3%	- -	- -	- -	9 2%	2 1%	3 1%	6 2%	3 4%	6 2%	7 2%	1 1%
			hj		j	j					j							
NET: More		212 26%	14 11%	20 23%	30 19%	39 28%	33 35%	24 30%	16 42%	35 34%	76 34%	42 19%	58 25%	69 25%	38 53%	73 23%	97 27%	33 26%
				a	a	ac	a	abci	ac	a	aci				abc			
NET: Less		303 37%	60 49%	35 40%	76 49%	47 34%	24 27%	23 29%	10 26%	27 26%	61 27%	105 48%	88 37%	91 33%	14 20%	119 38%	132 37%	48 38%
			defghij	hj	defghij						ehj	bcd	d	d				
Base for stats	793	115	85	152	134	87	77	38	106	458	221	217	231	265	66	301	349	119
Mean Score	2.75	2.20	2.73	2.49	2.83	3.09	2.95	3.16	3.06	2.75	3.04	2.46	2.76	2.79	3.49	2.68	2.80	2.72
			a	a	ac	abci	ac	aci	aci	ac	abci		a	a	abc			
Standard Deviation	1.225	1.221	1.152	1.172	1.267	1.130	1.067	1.363	1.182	1.205	1.174	1.244	1.200	1.167	1.213	1.199	1.250	1.225
Standard Error	.043	.113	.124	.096	.109	.120	.121	.218	.114	.056	.078	.084	.078	.072	.146	.071	.066	.107
Error variance	*	.01	.02	.01	.01	.01	.01	.05	.01	*	.01	.01	.01	.01	.02	.01	*	.01

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Q6D4.4. Through getting up or moving around over the course of a work day (e.g. to speak to people, make a drink, visit the toilet, fetch something, etc): As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	*b
Unweighted Total		829	311	236	276	829	-
Total		819	308	233	273	819	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	68	50	7	11	68	-
		8%	16%	3%	4%	8%	-
			bc				
A bit more	(4.0)	144	79	41	22	144	-
		18%	26%	18%	8%	18%	-
			bc	c			
About the same	(3.0)	278	108	98	71	278	-
		34%	35%	42%	26%	34%	-
			c	c			
A bit less	(2.0)	130	34	47	49	130	-
		16%	11%	20%	18%	16%	-
				a	a		
A lot less	(1.0)	174	31	31	112	174	-
		21%	10%	13%	41%	21%	-
				ab			
Don't know		12	2	5	4	12	-
		1%	1%	2%	1%	1%	-
I have never done this		14	4	4	4	14	-
		2%	1%	2%	2%	2%	-
NET: More		212	129	48	33	212	-
		26%	42%	21%	12%	26%	-
			bc	c			
NET: Less		303	65	78	160	303	-
		37%	21%	33%	59%	37%	-
				a	ab		
Base for stats		793	301	224	264	793	-
Mean Score		2.75	3.28	2.76	2.14	2.75	-
			bc	c			
Standard Deviation		1.225	1.173	1.004	1.172	1.225	-
Standard Error		.043	.067	.067	.072	.043	-
Error variance		*	*	*	.01	*	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.5. On non-work days: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	417	409	329	345	155	37	107	77	81	77	67	191	128	64
Total	819	414	402	311	341	168	34	94	74	78	74	82	179	131	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	101 12%	49 12%	52 13%	54 18% b	28 8%	18 11%	3 10%	8 8%	9 12%	10 12%	7 10%	6 7%	38 21% befhi	15 11%	6 8%
A bit more (4.0)	184 22%	84 20%	100 25%	79 25%	73 22%	32 19%	6 17%	22 24%	11 15%	16 20%	20 28%	20 24%	49 27% c	26 20%	14 19%
About the same (3.0)	299 37%	166 40% b	133 33%	85 27%	144 42% a	71 42% a	13 39%	39 42% g	29 39% g	33 42% g	28 38% g	32 39% g	45 25%	51 39% g	29 40% g
A bit less (2.0)	99 12%	58 14%	40 10%	40 13%	41 12%	18 11%	4 12%	9 9%	13 17%	7 9%	9 12%	13 15%	20 11%	15 12%	10 14%
A lot less (1.0)	112 14%	45 11%	68 17% a	42 13%	46 14%	24 14%	7 20%	15 16%	9 12%	12 15%	7 9%	9 11%	21 12%	19 15%	14 19%
Don't know	16 2%	9 2%	7 2%	9 3%	5 2%	2 1%	1 2%	1 1%	4 5% h	1 1%	3 4%	3 3%	4 2%	1 1%	- -
I have never done this	8 1%	4 1%	4 1%	2 1%	3 1%	3 2%	- -	- -	1 1%	- -	- -	- -	3 2%	4 3%	- -
NET: More	284 35%	133 32%	151 38%	133 43% bc	102 30%	50 30%	9 27%	30 32%	20 27%	25 32%	28 38%	26 31%	86 48% abcdfhi	41 31%	20 27%
NET: Less	212 26%	102 25%	107 27%	82 26%	87 26%	43 25%	11 32%	24 26%	21 29%	19 24%	15 21%	22 27%	41 23%	34 26%	25 34%
Base for stats	796	401	391	300	333	163	34	93	70	77	71	80	172	126	73
Mean Score	3.08	3.09	3.07	3.21 b	2.99	3.00	2.85	2.98	2.98	3.06	3.19	3.01	3.36 abcfhi	3.02	2.81
Standard Deviation	1.193	1.132	1.255	1.279 b	1.116	1.163	1.240	1.153	1.161	1.191	1.086	1.090	1.279	1.187	1.184
Standard Error	.042	.056	.063	.072	.061	.095	.207	.112	.137	.133	.126	.135	.094	.107	.148
Error variance	*	*	*	.01	*	.01	.04	.01	.02	.02	.02	.02	.01	.01	.02

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Q6D4.5. On non-work days: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

		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%																	
Unweighted Total		829	82	269	249	94	87	48	600	229	642	34	76	43	13	5	171
Total		819	84	275	248	87	80	46	606	213	642	30	72	45	12	4	163
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	101	15	34	30	9	7	5	79	21	80	2	8	6	2	-	18
		12%	19%	12%	12%	11%	8%	11%	13%	10%	12%	6%	11%	14%	16%	-	11%
A bit more	(4.0)	184	18	57	56	26	21	6	131	53	138	10	19	12	3	-	43
		22%	22%	21%	22%	29%	26%	14%	22%	25%	22%	33%	26%	27%	22%	-	27%
About the same	(3.0)	299	29	108	94	24	31	15	231	69	251	7	18	11	5	2	43
		37%	34%	39%	38%	27%	38%	31%	38%	32%	39%	24%	25%	24%	38%	48%	26%
A bit less	(2.0)	99	7	33	28	12	11	9	68	31	75	4	9	7	1	2	23
		12%	9%	12%	11%	14%	13%	19%	11%	15%	12%	15%	13%	15%	7%	36%	14%
A lot less	(1.0)	112	10	37	36	15	7	8	83	30	82	7	15	6	1	1	29
		14%	12%	13%	15%	17%	9%	17%	14%	14%	13%	22%	20%	14%	10%	16%	18%
Don't know		16	2	3	3	1	3	4	8	8	10	-	3	3	-	-	5
		2%	3%	1%	1%	1%	4%	8%	1%	4%	2%	-	3%	6%	-	-	3%
I have never done this		8	2	3	1	1	1	-	6	2	6	-	1	-	1	-	2
		1%	2%	1%	*	1%	1%	-	1%	1%	1%	-	1%	-	6%	-	1%
NET: More		284	34	91	86	35	28	12	210	74	218	12	27	18	5	-	61
		35%	40%	33%	35%	40%	34%	25%	35%	35%	34%	39%	37%	41%	38%	-	38%
NET: Less		212	17	70	64	27	18	17	151	61	157	11	24	13	2	2	52
		26%	20%	25%	26%	31%	22%	36%	25%	29%	24%	37%	33%	29%	17%	52%	32%
Base for stats		796	79	269	244	85	76	43	592	204	626	30	69	42	12	4	156
Mean Score		3.08	3.28	3.07	3.07	3.04	3.12	2.81	3.10	3.02	3.09	2.86	2.95	3.12	3.29	2.31	2.98
Standard Deviation		1.193	1.237	1.178	1.196	1.259	1.068	1.260	1.194	1.191	1.170	1.280	1.322	1.281	1.225	.834	1.282
Standard Error		.042	.140	.073	.076	.131	.118	.190	.049	.081	.047	.220	.156	.200	.354	.373	.100
Error variance		*	.02	.01	.01	.02	.01	.04	*	.01	*	.05	.02	.04	.13	.14	.01

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Q6D4.5. On non-work days: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	497	149	137	286	58	95	362	113	23	30	51	57	27	13	153
Total	819	437	181	163	344	60	93	358	115	23	29	47	53	27	16	152
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	101 12%	55 13%	23 13%	17 11%	41 12%	8 14%	18 19% c	37 10%	14 12%	1 3%	6 21%	6 12%	7 14%	3 13%	- -	26 17% c
A bit more (4.0)	184 22%	91 21%	46 26%	39 24%	85 25%	20 34% g	21 23%	81 23%	30 26%	4 17%	4 15%	6 13%	10 18%	3 12%	5 30%	41 27% g
About the same (3.0)	299 37%	164 38%	62 34%	62 38%	123 36%	16 27%	34 37%	147 41% a	37 33%	9 40%	12 40%	18 39%	15 27%	4 16%	6 40%	51 33%
A bit less (2.0)	99 12%	53 12%	22 12%	20 13%	42 12%	5 8%	8 9%	41 11%	18 16%	4 19%	1 4%	8 17%	11 21% abfk	2 6%	1 8%	13 8%
A lot less (1.0)	112 14%	60 14%	25 14%	19 12%	44 13%	9 15%	11 12%	45 13%	12 10%	4 18%	4 13%	7 16%	7 13%	11 42%	2 14%	20 13%
Don't know	16 2%	8 2%	1 1%	4 3%	6 2%	- -	- -	4 1%	2 2%	1 3%	2 6% bck	2 3% k	3 5% bk	3 11%	- -	- -
I have never done this	8 1%	5 1%	1 1%	1 1%	2 1%	1 2%	- -	3 1%	2 2%	- -	- -	- -	1 2%	- -	1 8%	1 1%
NET: More	284 35%	146 34%	70 39%	56 34%	126 37%	28 48% cg	39 42% g	118 33%	44 38%	5 20%	10 36%	12 25%	17 32%	7 25%	5 30%	68 44% cg
NET: Less	212 26%	113 26%	47 26%	40 24%	86 25%	14 23%	19 21%	86 24%	30 26%	8 37%	5 18%	15 33%	18 34%	13 48%	4 23%	33 22%
Base for stats	796	424	178	157	335	58	93	351	111	22	27	46	50	24	15	151
Mean Score	3.08	3.07	3.12	3.09	3.11	3.24	3.29	3.07	3.15	2.67	3.27	2.88	2.98	2.42	2.92	3.27
Standard Deviation	1.193	1.195	1.209	1.144	1.177	1.264	1.221	1.131	1.160	1.091	1.285	1.218	1.269	1.554	1.050	1.234
Standard Error	.042	.054	.100	.100	.070	.167	.125	.060	.111	.233	.243	.174	.173	.317	.303	.100
Error variance	*	*	.01	.01	*	.03	.02	*	.01	.05	.06	.03	.03	.10	.09	.01

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Q6D4.5. On non-work days: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	230	301	53	17	354	247	273	182	101	34	283	307	103	450	236	40	726
Total	819	226	303	51	16	355	242	263	188	103	32	291	295	92	437	250	40	727
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	101 12%	35 15%	33 11%	5 9%	2 10%	38 11%	36 15%	35 13%	24 13%	9 8%	7 21% c	32 11%	41 14%	8 8%	58 13%	30 12%	6 15%	93 13%
A bit more (4.0)	184 22%	53 23%	69 23%	15 29%	2 12%	84 24%	55 23%	59 23%	48 25%	25 24%	4 13%	73 25%	63 22%	19 20%	92 21%	64 25%	10 25%	165 23%
About the same (3.0)	299 37%	78 34%	131 43% af	16 31%	3 20%	147 41% f	81 33%	101 38%	75 40%	42 40%	10 31%	116 40%	111 38%	43 47% cde	162 37%	85 34%	9 22%	256 35%
A bit less (2.0)	99 12%	28 13%	34 11%	6 11%	3 18%	40 11%	31 13%	27 10%	23 12%	12 11%	5 15%	35 12%	32 11%	5 6%	60 14% a	29 12%	5 14%	94 13% a
A lot less (1.0)	112 14%	28 12%	32 11%	10 19%	2 16%	42 12%	31 13%	37 14%	17 9%	13 13%	5 15%	31 10%	41 14%	15 16%	54 12%	36 14%	8 20%	97 13%
Don't know	16 2%	3 2%	2 1%	- -	3 17%	2 1%	6 3% e	3 1%	1 *	2 2%	2 5% b	3 1%	4 1%	1 1%	8 2%	5 2%	2 5%	15 2%
I have never done this	8 1%	1 *	2 1%	- -	1 8%	2 *	2 1%	2 1%	1 *	1 1%	- -	2 1%	2 1%	2 2%	4 1%	2 1%	- -	6 1%
NET: More	284 35%	88 39%	102 34%	20 38%	4 22%	122 34%	91 38%	94 36%	71 38%	34 32%	11 34%	105 36%	105 36%	26 28%	149 34%	93 37%	16 39%	258 36%
NET: Less	212 26%	56 25%	66 22%	16 31%	5 34%	82 23%	62 26%	64 24%	40 22%	25 24%	10 30%	66 22%	73 25%	20 22%	114 26%	65 26%	13 34%	192 26%
Base for stats	796	222	300	51	12	351	234	259	186	100	30	287	289	90	425	243	38	706
Mean Score	3.08	3.17	3.12	2.97	2.77	3.10	3.15	3.11	3.20	3.04	3.10	3.14	3.11	2.99	3.09	3.09	3.00	3.09
Standard Deviation	1.193	1.217	1.099	1.256	1.353	1.123	1.224	1.195	1.105	1.119	1.362	1.111	1.212	1.132	1.183	1.207	1.380	1.201
Standard Error	.042	.081	.064	.173	.375	.060	.079	.073	.082	.113	.241	.067	.070	.113	.057	.080	.224	.045
Error variance	*	.01	*	.03	.14	*	.01	.01	.01	.01	.06	*	*	.01	*	.01	.05	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.5. On non-work days: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	178	532	127	105	29	572	233	25	698	131	669	154
Total	819	181	531	123	106	29	565	231	25	683	137	671	143
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	101 12%	30 16%	62 12%	22 18%	10 9%	2 7%	70 12%	31 13%	4 14%	82 12%	18 13%	81 12%	19 14%
A bit more (4.0)	184 22%	48 27%	114 21%	28 23%	20 19%	5 16%	129 23%	51 22%	2 8%	155 23%	29 21%	149 22%	34 24%
About the same (3.0)	299 37%	47 26%	204 38% a	37 30%	39 36%	8 27%	215 38%	74 32%	9 36%	248 36%	52 38%	258 38% b	39 27%
A bit less (2.0)	99 12%	24 13%	70 13%	13 11%	10 9%	6 22%	70 12%	25 11%	3 12%	82 12%	17 13%	73 11%	26 18% a
A lot less (1.0)	112 14%	27 15%	69 13%	18 15%	25 24% d	5 19%	68 12%	41 18% d	6 26%	99 15%	13 10%	91 14%	21 15%
Don't know	16 2%	5 3%	7 1%	4 3%	3 3%	3 10%	6 1%	8 3% d	1 5%	10 2%	6 4%	13 2%	2 1%
I have never done this	8 1%	1 1%	5 1%	1 1%	- -	- -	7 1%	1 1%	- -	6 1%	2 2%	6 1%	2 1%
NET: More	284 35%	78 43% b	176 33%	50 41% b	30 28%	7 23%	199 35%	81 35%	6 22%	237 35%	47 35%	230 34%	54 38%
NET: Less	212 26%	50 28%	139 26%	31 25%	35 33%	12 41%	138 24%	67 29%	9 38%	181 27%	30 22%	164 24%	47 33% a
Base for stats	796	175	519	118	103	26	553	222	24	667	129	652	140
Mean Score	3.08	3.18	3.06	3.20 b	2.80	2.67	3.11 b	3.01	2.71	3.06	3.17	3.09	3.03
Standard Deviation	1.193	1.295	1.168	1.299	1.273	1.223	1.163 b	1.283	1.365	1.202	1.144	1.179	1.269
Standard Error	.042	.099	.051	.118	.126	.240	.049	.086	.279	.046	.103	.046	.104
Error variance	*	.01	*	.01	.02	.06	*	.01	.08	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.5. On non-work days: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	829	125	89	153	140	94	80	40	108	476	228	221	240	274	75	297	372	136
Total	819	123	87	155	139	92	79	39	106	473	223	221	235	274	72	311	360	124
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	101	3	3	11	21	11	16	8	28	46	18	21	36	26	35	47	16
	12%	3%	4%	7%	15%	11%	20%	20%	26%	10%	23%	8%	9%	13%	36%	11%	13%	13%
					abc	ab	abci	abci	abcdei	a	abcei				abc			
A bit more	(4.0)	184	10	18	38	36	33	19	12	18	125	46	53	64	20	66	88	26
	22%	8%	21%	25%	26%	36%	24%	30%	17%	27%	22%	21%	23%	23%	28%	21%	24%	21%
			a	a	a	abhj	a	a	a	ah	a							
About the same	(3.0)	299	45	36	59	47	31	31	12	38	173	80	86	113	14	121	122	48
	37%	37%	42%	38%	33%	34%	39%	31%	36%	37%	36%	36%	37%	41%	20%	39%	34%	38%
												d	d	d				
A bit less	(2.0)	99	20	12	21	20	5	10	4	8	57	25	32	36	6	35	48	17
	12%	17%	14%	14%	14%	5%	12%	9%	8%	12%	10%	12%	13%	13%	8%	11%	13%	13%
		eh	e	e	e					e								
A lot less	(1.0)	112	37	13	24	10	10	4	3	12	57	45	41	20	3	44	46	16
	14%	30%	15%	15%	7%	11%	5%	6%	12%	12%	8%	21%	17%	7%	4%	14%	13%	13%
		bcdefghij	f	dfj								cd	cd					
Don't know		16	5	3	1	4	-	-	1	1	8	5	2	4	1	7	5	2
	2%	4%	4%	*	3%	-	-	3%	1%	2%	1%	2%	1%	2%	1%	2%	1%	2%
		cej																
I have never done this		8	3	1	1	1	2	-	-	-	5	1	2	1	3	4	4	-
	1%	2%	1%	*	1%	3%	-	-	-	1%	-	1%	1%	*	4%	1%	1%	-
		j				j									abc			
NET: More		284	13	22	49	57	43	35	20	46	171	64	74	100	46	101	135	42
	35%	10%	25%	32%	41%	47%	44%	51%	43%	36%	45%	29%	31%	36%	63%	33%	38%	34%
			a	a	ab	abci	ab	abc	ab	ab	abci				abc			
NET: Less		212	57	25	45	30	15	13	6	20	115	71	72	56	8	79	95	33
	26%	46%	29%	29%	22%	16%	17%	16%	19%	24%	18%	32%	31%	20%	11%	25%	26%	26%
		bcdefghij	ej	efj								cd	cd					
Base for stats		796	115	82	153	134	90	79	38	104	459	214	232	269	68	301	351	122
Mean Score	3.08	2.33	2.85	2.94	3.28	3.32	3.42	3.50	3.39	3.10	3.42	2.84	2.92	3.22	3.88	3.05	3.12	3.07
			a	a	abc	abc	abci	abci	abci	a	abci				abc			
Standard Deviation	1.193	1.097	1.060	1.142	1.135	1.123	1.091	1.137	1.283	1.135	1.188	1.221	1.192	1.079	1.130	1.180	1.200	1.181
Standard Error	.042	.102	.116	.093	.098	.117	.122	.182	.124	.053	.079	.083	.078	.066	.134	.070	.063	.102
Error variance	*	.01	.01	.01	.01	.01	.01	.03	.02	*	.01	.01	.01	*	.02	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.5. On non-work days: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	*b
Unweighted Total		829	311	236	276	829	-
Total		819	308	233	273	819	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	101	83	11	7	101	-
		12%	27%	5%	3%	12%	-
			bc				
A bit more	(4.0)	184	104	47	32	184	-
		22%	34%	20%	12%	22%	-
			bc	c			
About the same	(3.0)	299	84	126	87	299	-
		37%	27%	54%	32%	37%	-
				ac			
A bit less	(2.0)	99	18	20	61	99	-
		12%	6%	9%	23%	12%	-
					ab		
A lot less	(1.0)	112	14	24	74	112	-
		14%	5%	10%	27%	14%	-
				a	ab		
Don't know		16	3	3	8	16	-
		2%	1%	1%	3%	2%	-
I have never done this		8	1	4	3	8	-
		1%	*	2%	1%	1%	-
NET: More		284	187	57	40	284	-
		35%	61%	25%	14%	35%	-
			bc	c			
NET: Less		212	32	44	136	212	-
		26%	10%	19%	50%	26%	-
				a	ab		
Base for stats		796	303	227	262	796	-
Mean Score		3.08	3.74	3.00	2.38	3.08	-
			bc	c			
Standard Deviation		1.193	1.070	.952	1.103	1.193	-
Standard Error		.042	.061	.063	.068	.042	-
Error variance		*	*	*	*	*	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.6. By walking, running or cycling as part of your commute: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	417	409	329	345	155	37	107	77	81	77	67	191	128	64
Total	819	414	402	311	341	168	34	94	74	78	74	82	179	131	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	72 9%	39 9%	33 8%	40 13% bc	24 7%	8 5%	7 19% bef	5 6%	5 7%	7 9%	3 4%	5 6%	21 12%	14 10%	6 8%
A bit more (4.0)	137 17%	77 19%	61 15%	64 21% c	56 17%	17 10%	4 12%	17 18%	10 14%	12 16%	11 15%	13 16%	45 25% ch	13 10%	11 15%
About the same (3.0)	218 27%	120 29%	97 24%	87 28%	85 25%	46 27%	7 21%	37 40% adghi	22 30%	19 25%	19 26%	24 29%	40 22%	33 25%	17 23%
A bit less (2.0)	97 12%	50 12%	47 12%	35 11%	48 14%	15 9%	5 13%	5 6%	14 19% b	10 13%	8 11%	10 12%	21 12%	14 11%	9 13%
A lot less (1.0)	140 17%	64 16%	75 19%	48 15%	64 19%	28 16%	4 12%	12 13%	10 14%	15 19%	15 21%	15 18%	34 19%	21 16%	13 18%
Don't know	20 2%	8 2%	11 3%	8 3%	8 2%	3 2%	- -	1 1%	1 1%	2 3%	3 4%	3 3%	5 3%	2 2%	3 5%
I have never done this	134 16%	56 13%	79 20% a	28 9%	54 16% a	52 31% ab	8 22% g	16 17% g	12 16% g	12 15% g	14 19% g	13 16% g	12 7%	33 26% g	14 19% g
NET: More	210 26%	116 28%	94 23%	104 34% bc	80 24% c	25 15%	11 31%	23 24%	16 21%	19 25%	14 19%	18 22%	66 37% bcefhi	27 21%	17 23%
NET: Less	237 29%	115 28%	122 30%	83 27%	112 33%	42 25%	9 26%	18 19%	24 33% b	25 32% b	23 31% b	25 30%	56 31% b	35 27%	23 31%
Base for stats	665	351	313	274	278	113	27	77	62	64	57	66	162	95	56
Mean Score	2.86	2.93	2.78	3.05 bc	2.74	2.68	3.16	2.98	2.78	2.78	2.63	2.73	2.98	2.84	2.76
Standard Deviation	1.269	1.241	1.297	1.284	1.258	1.208	1.413	1.105	1.173	1.299	1.223	1.227	1.336	1.316	1.306
Standard Error	.049	.066	.073	.075	.075	.118	.258	.118	.147	.160	.159	.165	.102	.136	.187
Error variance	*	*	.01	.01	.01	.01	.07	.01	.02	.03	.03	.03	.01	.02	.03

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Q6D4.6. By walking, running or cycling as part of your commute: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	82	269	249	94	87	48	600	229	642	34	76	43	13	5	171	
Total	819	84	275	248	87	80	46	606	213	642	30	72	45	12	4	163	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	72 9%	14 17%	23 8%	14 6%	10 11%	8 9%	4 9%	51 8%	21 10%	57 9%	2 5%	5 6%	5 12%	1 10%	1 18%	13 8%	
A bit more (4.0)	137 17%	15 18%	40 14%	37 15%	20 23%	19 23%	7 15%	92 15%	45 21%	93 14%	6 20%	22 30%	13 29%	1 7%	-	42 25%	
About the same (3.0)	218 27%	19 23%	61 22%	75 30%	23 26%	30 37%	11 24%	155 26%	64 30%	170 27%	8 27%	15 21%	16 36%	3 21%	2 53%	44 27%	
A bit less (2.0)	97 12%	8 10%	33 12%	26 11%	13 15%	8 10%	9 18%	68 11%	29 14%	75 12%	3 9%	10 14%	6 13%	2 14%	-	21 13%	
A lot less (1.0)	140 17%	14 17%	56 20%	38 15%	12 14%	9 11%	10 22%	109 18%	31 15%	114 18%	7 22%	12 16%	3 7%	2 19%	1 29%	25 15%	
Don't know	20 2%	1 1%	5 2%	9 4%	3 3%	1 1%	1 2%	15 3%	4 2%	13 2%	1 3%	3 4%	1 3%	1 10%	-	6 4%	
I have never done this	134 16%	12 14%	57 21%	48 19%	7 8%	7 8%	5 10%	116 19%	18 9%	119 19%	4 14%	6 8%	-	2 19%	-	13 8%	
NET: More	210 26%	29 35%	63 23%	51 21%	30 34%	26 32%	11 23%	143 24%	67 31%	150 23%	8 26%	26 36%	18 41%	2 16%	1 18%	55 34%	
NET: Less	237 29%	23 27%	90 33%	64 26%	25 29%	17 21%	19 40%	177 29%	60 28%	189 29%	9 31%	22 31%	9 20%	4 34%	1 29%	46 28%	
Base for stats	665	71	213	191	77	73	41	475	191	509	25	63	43	9	4	144	
Mean Score	2.86	3.08	2.72	2.80	3.03	3.10	2.66	2.81	2.98	2.81	2.73	2.95	3.27	2.62	2.78	2.98	
Standard Deviation	1.269	1.396	1.329	1.181	1.255	1.133	1.298	1.285	1.225	1.282	1.287	1.249	1.072	1.432	1.530	1.226	
Standard Error	.049	.167	.092	.085	.138	.128	.200	.059	.086	.057	.243	.154	.165	.477	.684	.100	
Error variance	*	.03	.01	.01	.02	.02	.04	*	.01	*	.06	.02	.03	.23	.47	.01	

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Q6D4.6. By walking, running or cycling as part of your commute: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	497	149	137	286	58	95	362	113	23	30	51	57	27	13	153
Total	819	437	181	163	344	60	93	358	115	23	29	47	53	27	16	152
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	72 9%	25 6%	16 9%	24 15% a	40 12% a	7 11%	13 14% g	31 9%	7 7%	1 3%	1 3%	1 3%	5 9%	6 23%	- -	20 13% g
A bit more (4.0)	137 17%	63 14%	34 19%	30 19%	64 19%	15 26% g	18 19%	58 16%	22 19%	4 16%	2 8%	5 10%	9 16%	3 12%	1 8%	33 22%
About the same (3.0)	218 27%	116 27%	48 26%	45 28%	93 27%	14 24%	30 32%	81 23%	37 32% c	4 19%	12 43% cg	8 18%	17 32%	7 26%	7 45%	44 29%
A bit less (2.0)	97 12%	54 12%	23 13%	19 12%	42 12%	4 7%	8 9%	46 13%	12 11%	4 18%	2 6%	7 14%	9 17%	1 3%	4 24%	12 8%
A lot less (1.0)	140 17%	78 18%	29 16%	29 18%	58 17%	7 12%	13 14%	74 21% k	16 14%	2 8%	4 13%	11 23%	7 12%	5 19%	1 8%	20 13%
Don't know	20 2%	10 2%	6 4%	1 1%	7 2%	1 2%	2 2%	5 1%	- -	3 14%	2 6% cd	1 2%	3 6% cd	3 13%	- -	3 2%
I have never done this	134 16%	91 21% bcd	25 14%	15 9%	40 12%	11 18%	9 10%	62 17%	19 17%	5 22%	6 20%	14 30% bchk	4 8%	1 5%	2 15%	20 13%
NET: More	210 26%	88 20%	50 28%	54 33% a	104 30% a	22 37% fg	31 34% fg	90 25%	30 26%	4 19%	3 11%	6 13%	13 25%	9 34%	1 8%	53 35% cfg
NET: Less	237 29%	131 30%	52 29%	48 29%	99 29%	11 19%	21 23%	121 34% abk	29 25%	6 26%	6 20%	18 37% ak	15 29%	6 22%	5 32%	32 21%
Base for stats	665	336	150	147	297	47	82	291	95	15	21	32	46	22	14	129
Mean Score	2.86	2.71	2.90	3.01 a	2.96 a	3.21 cg	3.14 cg	2.74	2.92 g	2.81	2.75	2.34	2.91 g	3.19	2.63	3.16 cg
Standard Deviation	1.269	1.223	1.261	1.332	1.296	1.252	1.261	1.323	1.168	1.130	1.037	1.230	1.177	1.505	.807	1.253
Standard Error	.049	.062	.113	.120	.082	.183	.138	.077	.120	.283	.221	.205	.168	.314	.243	.110

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Q6D4.6. By walking, running or cycling as part of your commute: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	497	149	137	286	58	95	362	113	23	30	51	57	27	13	153
Total	819	437	181	163	344	60	93	358	115	23	29	47	53	27	16	152
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	*	.01	.01	.01	.03	.02	.01	.01	.08	.05	.04	.03	.10	.06	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.6. By walking, running or cycling as part of your commute: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	230	301	53	17	354	247	273	182	101	34	283	307	103	450	236	40	726	
Total	819	226	303	51	16	355	242	263	188	103	32	291	295	92	437	250	40	727	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	72 9%	27 12% be	18 6%	5 11%	3 21%	23 6%	30 12% be	26 10%	12 6%	10 9%	5 16%	22 8%	31 11%	7 8%	34 8%	24 10%	7 17% b	65 9%	
A bit more (4.0)	137 17%	40 18%	53 18%	5 9%	2 16%	58 16%	43 18%	45 17% c	44 23% c	7 7%	4 13%	51 18% c	49 17% c	12 13%	64 15%	52 21% b	8 21%	125 17%	
About the same (3.0)	218 27%	70 31% e	71 23%	9 18%	4 22%	80 23%	74 30% e	62 23%	61 32% adf	27 26%	5 15%	87 30% f	66 23%	23 24%	121 28%	65 26%	10 24%	196 27%	
A bit less (2.0)	97 12%	30 13%	32 10%	10 19%	2 12%	41 12%	32 13%	25 10%	18 10%	18 18% af	5 17%	37 13%	30 10%	6 7%	53 12%	32 13%	6 16%	91 13%	
A lot less (1.0)	140 17%	23 10%	67 22% af	11 21% a	4 25%	78 22% af	27 11% af	49 19%	30 16%	18 17%	7 22%	48 16%	56 19%	21 23%	72 17%	42 17%	4 11%	119 16%	
Don't know	20 2%	3 1%	4 1%	3 6% b	1 4%	7 2%	4 2%	3 1%	4 2%	3 3%	2 5%	7 2%	4 2%	2 3%	15 3%	3 1%	- -	17 2%	
I have never done this	134 16%	33 15%	58 19%	8 16%	- -	67 19%	33 14%	53 20% be	19 10%	20 20% b	4 12%	39 14%	57 19% b	20 22% c	77 18%	33 13%	4 10%	114 16%	
NET: More	210 26%	67 30%	71 23%	10 20%	6 36%	81 23%	73 30% e	71 27% c	56 30% c	17 16%	10 30%	73 25%	80 27% c	20 21%	99 23%	76 30% b	15 38% ab	190 26%	
NET: Less	237 29%	53 23%	99 33% af	21 40% af	6 37%	119 34% af	59 24% af	74 28%	48 26%	36 35%	12 39%	85 29%	87 29%	28 30%	125 29%	74 29%	11 27%	210 29%	
Base for stats	665	190	241	40	15	281	205	207	165	80	27	245	234	70	345	215	36	596	
Mean Score	2.86	3.09 bce	2.68	2.61	2.95	2.67	3.08 bce	2.87	2.94	2.66	2.83	2.85	2.86	2.68	2.81	2.93	3.18	2.88	
Standard Deviation	1.269	1.189	1.290	1.373	1.535	1.299	1.214	1.335	1.184	1.267	1.498	1.216	1.351	1.354	1.244	1.271	1.300	1.259	

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Q6D4.6. By walking, running or cycling as part of your commute: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	230	301	53	17	354	247	273	182	101	34	283	307	103	450	236	40	726
Total	819	226	303	51	16	355	242	263	188	103	32	291	295	92	437	250	40	727
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Standard Error	.049	.086	.083	.212	.384	.078	.084	.091	.094	.143	.283	.079	.087	.151	.066	.089	.217	.052
Error variance	*	.01	.01	.04	.15	.01	.01	.01	.01	.02	.08	.01	.01	.02	*	.01	.05	*

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Q6D4.6. By walking, running or cycling as part of your commute: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	178	532	127	105	29	572	233	25	698	131	669	154
Total	819	181	531	123	106	29	565	231	25	683	137	671	143
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	72 9%	25 14%	39 7%	13 11%	7 6%	6 20%	48 9%	23 10%	2 10%	59 9%	13 10%	61 9%	12 8%
A bit more (4.0)	137 17%	33 18%	87 16%	24 19%	13 13%	1 4%	100 18%	36 15%	2 9%	119 17%	18 13%	110 16%	26 18%
About the same (3.0)	218 27%	47 26%	144 27%	33 27%	27 25%	5 17%	152 27%	56 24%	9 36%	188 28%	31 22%	176 26%	40 28%
A bit less (2.0)	97 12%	29 16%	60 11%	10 8%	13 12%	9 30%	65 12%	31 13%	1 3%	85 12%	13 9%	82 12%	14 10%
A lot less (1.0)	140 17%	23 12%	96 18%	27 22%	25 24%	2 8%	92 16%	45 20%	8 32%	121 18%	19 14%	113 17%	27 19%
Don't know	20 2%	6 4%	9 2%	1 1%	4 4%	2 8%	9 2%	8 3%	- -	15 2%	4 3%	11 2%	7 5%
I have never done this	134 16%	18 10%	95 18%	15 12%	16 15%	4 13%	98 17%	33 14%	3 10%	96 14%	39 28%	117 18%	17 12%
NET: More	210 26%	59 32%	126 24%	37 30%	20 19%	7 24%	148 26%	58 25%	5 19%	178 26%	32 23%	171 25%	38 27%
NET: Less	237 29%	51 28%	156 29%	37 30%	39 36%	11 37%	158 28%	76 33%	9 35%	206 30%	31 23%	195 29%	41 28%
Base for stats	665	157	426	107	86	23	458	190	22	572	93	542	119
Mean Score	2.86	3.06 b	2.80	2.88	2.57 b	2.99	2.88 b	2.79	2.58	2.84	2.95	2.86	2.85
Standard Deviation	1.269	1.273	1.254	1.344	1.281	1.389	1.257	1.319	1.376	1.263	1.310	1.272	1.276
Standard Error	.049	.103	.061	.128	.139	.290	.058	.095	.293	.052	.137	.055	.112
Error variance	*	.01	*	.02	.02	.08	*	.01	.09	*	.02	*	.01

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Q6D4.6. By walking, running or cycling as part of your commute: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	829	125	89	153	140	94	80	40	108	476	228	221	240	274	75	297	372	136
Total	819	123	87	155	139	92	79	39	106	473	223	221	235	274	72	311	360	124
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	72 9%	4 3%	3 4%	18 12% ab	9 7%	8 9%	8 10% a	4 11% a	17 16% abdi	39 8%	30 13% abdi	12 5%	20 8%	21 8%	18 25% abc	23 7%	35 10%	10 8%
A bit more (4.0)	137 17%	6 5%	15 17% a	22 14% a	24 17% a	22 24% a	19 24% a	14 37% abcdhij	15 14% a	83 18% a	48 22% a	28 13%	41 18%	47 17%	20 28% ac	36 12%	77 21% a	21 17%
About the same (3.0)	218 27%	31 25%	27 31%	33 21%	38 27%	23 24%	24 30%	7 17%	36 34% cg	120 25%	67 30%	56 26%	66 28%	78 29%	13 18%	81 26%	86 24%	41 33% b
A bit less (2.0)	97 12%	14 11%	7 8%	22 14%	18 13%	14 15%	10 13%	4 11%	10 10%	59 13%	24 11%	22 10%	33 14%	36 13%	6 8%	40 13%	43 12%	13 11%
A lot less (1.0)	140 17%	36 29% bcefg hij	11 13%	29 19% j	27 19% j	12 13%	10 12%	3 9%	13 12%	78 17%	26 12%	50 22% bd	36 15% d	49 18% d	3 4%	53 17%	66 18%	17 14%
Don't know	20 2%	6 5% chj	5 6% chj	1 1%	6 4% chj	1 1%	1 1%	- -	- -	12 3% j	1 *	4 2%	7 3%	3 1%	3 4%	9 3%	7 2%	3 3%
I have never done this	134 16%	26 21% fj	18 21%	30 19%	18 13%	14 15%	8 10%	5 14%	14 13%	80 17%	28 12%	48 22% bc	33 14%	40 15%	9 13%	69 22% b	45 13%	18 15%
NET: More	210 26%	10 8% a	19 21% a	40 26% a	33 24% a	30 33% a	27 34% a	19 49% abcdhi	32 31% a	122 26% a	78 35% abdi	40 18%	61 26% a	68 25%	38 53% abc	59 19%	112 31% a	31 25%
NET: Less	237 29%	49 40% bfg hij	18 20%	50 33% bj	44 32%	25 27%	20 25%	8 20%	23 22%	138 29%	51 23%	71 32% d	69 29% d	84 31% d	9 12%	93 30%	110 30%	30 24%
Base for stats	665	90	63	124	115	78	70	33	91	380	195	168	196	231	60	233	307	102
Mean Score	2.86	2.21	2.89	2.83	2.75	3.02	3.07	3.36	3.15	2.86	3.16	2.59	2.88	2.81	3.73	2.72	2.91	2.95
Standard Deviation	1.269	1.168	1.127	1.363	1.250	1.219	1.190	1.190	1.265	1.261	1.223	1.269	1.228	1.241	1.150	1.247	1.309	1.184
Standard Error	.049	.122	.140	.123	.116	.138	.141	.201	.130	.065	.086	.097	.086	.082	.146	.084	.074	.111
Error variance	*	.01	.02	.02	.01	.02	.02	.04	.02	*	.01	.01	.01	.01	.02	.01	.01	.01

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Q6D4.6. By walking, running or cycling as part of your commute: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	*b
Unweighted Total		829	311	236	276	829	-
Total		819	308	233	273	819	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	72	55	8	8	72	-
		9%	18%	4%	3%	9%	-
			bc				
A bit more	(4.0)	137	79	36	22	137	-
		17%	25%	16%	8%	17%	-
			bc	c			
About the same	(3.0)	218	76	91	50	218	-
		27%	25%	39%	18%	27%	-
				ac			
A bit less	(2.0)	97	25	24	48	97	-
		12%	8%	10%	17%	12%	-
					ab		
A lot less	(1.0)	140	27	28	85	140	-
		17%	9%	12%	31%	17%	-
					ab		
Don't know		20	5	7	7	20	-
		2%	2%	3%	3%	2%	-
I have never done this		134	41	39	53	134	-
		16%	13%	17%	20%	16%	-
					a		
NET: More		210	134	45	30	210	-
		26%	43%	19%	11%	26%	-
			bc	c			
NET: Less		237	52	52	132	237	-
		29%	17%	22%	49%	29%	-
					ab		
Base for stats		665	262	188	212	665	-
Mean Score		2.86	3.42	2.85	2.15	2.86	-
			bc	c			
Standard Deviation		1.269	1.219	1.040	1.168	1.269	-
Standard Error		.049	.075	.076	.079	.049	-
Error variance		*	.01	.01	.01	*	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.7. As part of physical duties required to carry out your job: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	417	409	329	345	155	37	107	77	81	77	67	191	128	64
Total	819	414	402	311	341	168	34	94	74	78	74	82	179	131	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	62 8%	29 7%	33 8%	35 11% bc	20 6%	6 4%	5 16%	7 8%	5 6%	7 9%	5 7%	4 5%	17 9%	9 7%	3 5%
A bit more (4.0)	117 14%	63 15%	54 14%	60 19% bc	44 13%	13 8%	4 12%	10 11%	10 13%	9 11%	11 15%	8 10%	33 18%	20 15%	12 17%
About the same (3.0)	300 37%	168 41% b	130 32%	101 33%	135 40%	64 38%	9 27%	39 42%	27 37%	32 42%	26 35%	37 45% h	64 36%	39 30%	26 36%
A bit less (2.0)	114 14%	53 13%	61 15%	41 13%	50 15%	23 14%	6 17%	13 14%	11 15%	11 14%	10 14%	5 7%	23 13%	23 17% f	12 16%
A lot less (1.0)	116 14%	52 13%	64 16%	37 12%	48 14%	32 19% a	8 23%	12 13%	13 17%	14 18%	8 11%	12 15%	22 12%	17 13%	11 14%
Don't know	17 2%	9 2%	8 2%	10 3%	6 2%	1 1%	1 3%	2 2%	2 2%	1 1%	2 3%	1 2%	5 3%	1 1%	2 3%
I have never done this	93 11%	40 10%	53 13%	27 9%	38 11%	28 16% a	1 3%	10 11%	7 9%	5 6%	11 15%	14 17% ad	16 9%	22 17% adg	7 10%
NET: More	179 22%	92 22%	87 22%	94 30% bc	64 19%	20 12%	9 28%	18 19%	14 19%	16 20%	17 23%	12 14%	49 27% f	28 22%	16 22%
NET: Less	231 28%	105 25%	124 31%	78 25%	98 29%	55 33%	13 39%	25 27%	24 32%	25 32%	18 25%	18 22%	45 25%	40 31%	22 31%
Base for stats	710	365	341	274	297	139	32	82	66	72	61	66	158	108	64
Mean Score	2.85	2.90	2.80	3.05 bc	2.80 c	2.56	2.80	2.85	2.73	2.78	2.93	2.78	2.99	2.81	2.79
Standard Deviation	1.144	1.095	1.195	1.190	1.094	1.090	1.405	1.100	1.153	1.177	1.110	1.073	1.154	1.154	1.104
Standard Error	.043	.057	.064	.070	.063	.096	.238	.113	.140	.136	.140	.145	.089	.113	.147
Error variance	*	*	*	*	*	.01	.06	.01	.02	.02	.02	.02	.01	.01	.02

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Q6D4.7. As part of physical duties required to carry out your job: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	82	269	249	94	87	48	600	229	642	34	76	43	13	5	171
Total	819	84	275	248	87	80	46	606	213	642	30	72	45	12	4	163
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	62 8%	7 8%	16 6%	19 8%	9 10%	8 10%	4 9%	41 7%	20 10%	40 6%	3 11%	9 13%	6 13%	1 10%	1 18%	20 12%
												a				a
A bit more (4.0)	117 14%	15 18%	36 13%	33 13%	13 15%	16 20%	4 9%	84 14%	33 16%	86 13%	5 18%	12 17%	10 22%	1 7%	-	28 17%
About the same (3.0)	300 37%	28 33%	86 31%	99 40%	33 38%	37 46%	18 38%	213 35%	88 41%	248 39%	7 24%	22 31%	11 24%	4 32%	3 66%	47 29%
				b		b			b	g						
A bit less (2.0)	114 14%	17 20%	41 15%	30 12%	13 15%	10 13%	3 6%	88 15%	26 12%	88 14%	3 12%	7 10%	9 20%	5 40%	-	25 15%
		f														
A lot less (1.0)	116 14%	9 11%	44 16%	34 14%	10 12%	8 9%	11 23%	88 15%	28 13%	96 15%	6 21%	11 15%	2 5%	-	1 16%	20 12%
							e				d					
Don't know	17 2%	1 1%	7 2%	4 2%	2 2%	-	3 6%	12 2%	5 2%	8 1%	1 3%	4 5%	2 5%	1 6%	-	8 5%
							e					a	a			a
I have never done this	93 11%	7 8%	46 17%	28 11%	7 8%	2 2%	4 9%	80 13%	13 6%	76 12%	3 11%	6 9%	5 11%	1 6%	-	15 9%
			deh	eh				eh								
NET: More	179 22%	22 26%	52 19%	52 21%	21 25%	24 30%	8 18%	125 21%	54 25%	127 20%	9 29%	21 30%	16 35%	2 16%	1 18%	48 30%
						b						a	a			a
NET: Less	231 28%	26 31%	85 31%	65 26%	23 27%	18 22%	13 29%	176 29%	55 26%	184 29%	10 32%	18 25%	11 25%	5 40%	1 16%	45 27%
Base for stats	710	76	223	216	78	78	40	514	196	558	25	62	38	11	4	140
Mean Score	2.85	2.91	2.72	2.87	2.96	3.08	2.69	2.81	2.95	2.80	2.85	3.02	3.21	2.85	3.03	3.03
						bg			b				a			a
Standard Deviation	1.144	1.125	1.162	1.129	1.145	1.061	1.271	1.144	1.142	1.118	1.376	1.281	1.150	1.027	1.324	1.239
Standard Error	.043	.130	.079	.077	.125	.115	.198	.051	.079	.047	.256	.159	.192	.310	.592	.103
Error variance	*	.02	.01	.01	.02	.01	.04	*	.01	*	.07	.03	.04	.10	.35	.01

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Q6D4.7. As part of physical duties required to carry out your job: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	497	149	137	286	58	95	362	113	23	30	51	57	27	13	153
Total	819	437	181	163	344	60	93	358	115	23	29	47	53	27	16	152
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	62 8%	28 6%	16 9%	12 7%	28 8%	5 8%	11 12% fg	23 6%	10 9%	4 17%	-	1 2%	5 10%	3 11%	-	16 11% g
A bit more (4.0)	117 14%	55 13%	21 11%	38 23% ab	58 17%	8 13%	19 20% g	48 14% g	21 18% g	1 3%	4 15%	2 4%	11 21% g	3 12%	-	26 17% g
About the same (3.0)	300 37%	162 37%	66 36%	63 38%	128 37%	19 32%	32 34%	130 36%	46 40%	4 18%	13 46%	17 36%	21 40%	8 31%	10 63%	51 33%
A bit less (2.0)	114 14%	59 14%	34 19% c	14 9%	48 14%	12 20%	14 15%	55 15%	18 16%	4 17%	1 4%	4 8%	4 8%	1 5%	1 8%	26 17%
A lot less (1.0)	116 14%	67 15%	24 13%	20 12%	44 13%	12 20% d	13 14%	45 13%	7 6%	4 19%	6 21% d	18 37% bcdhk	4 8%	5 17%	3 20%	25 16% d
Don't know	17 2%	6 1%	4 2%	5 3%	9 2%	1 2%	2 3%	5 1%	-	1 5%	1 2%	1 2%	1 3%	4 15%	-	4 2%
I have never done this	93 11%	60 14% cd	17 9%	12 7%	29 8%	3 5%	2 2%	52 15% abk	12 11% bk	4 19%	3 12% bk	6 12% bk	6 12% bk	2 9%	1 8%	5 3%
NET: More	179 22%	82 19%	37 20%	50 30% ab	86 25% a	13 21% g	30 32% cg	71 20% g	31 27% g	5 21%	4 15%	2 5%	16 31% g	6 23%	-	43 28% cg
NET: Less	231 28%	127 29%	58 32% c	34 21%	92 27%	24 41% cdh	26 28%	100 28% h	25 22%	8 37%	7 25%	21 45% bcdh	8 15%	6 22%	5 29%	50 33% dh
Base for stats	710	371	160	146	306	56	88	301	102	17	25	41	45	20	15	143
Mean Score	2.85	2.77	2.82	3.05	2.93	2.66	3.03	2.83	3.09	2.76	2.65	2.12	3.21	2.92	2.46	2.89
Standard Deviation	1.144	1.133	1.150	1.107	1.134	g	g	g	acg	1.511	1.053	1.093	1.058	1.335	.863	1.223
Standard Error	.043	.055	.100	.100	.071	.165	.127	.064	.102	.356	.206	.163	.151	.291	.249	.101
Error variance	*	*	.01	.01	.01	.03	.02	*	.01	.13	.04	.03	.02	.08	.06	.01

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Q6D4.7. As part of physical duties required to carry out your job: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	230	301	53	17	354	247	273	182	101	34	283	307	103	450	236	40	726	
Total	819	226	303	51	16	355	242	263	188	103	32	291	295	92	437	250	40	727	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	62 8%	36 16% bce	4 1%	2 5%	4 23%	7 2%	40 17% bce	22 8%	9 5%	9 8%	4 12%	17 6%	26 9%	4 4%	37 8%	14 6%	7 18% abce	58 8%	
A bit more (4.0)	117 14%	44 20% be	40 13%	5 9%	1 5%	45 13%	45 19% e	46 17%	28 15%	13 13%	5 15%	41 14%	50 17%	14 15%	42 10%	53 21% be	8 19%	103 14% b	
About the same (3.0)	300 37%	90 40%	104 34%	18 36%	5 29%	122 34%	95 39%	95 36%	74 39%	34 33%	8 25%	107 37%	103 35%	32 34%	162 37%	94 38%	12 31%	268 37%	
A bit less (2.0)	114 14%	35 16%	43 14%	8 17%	4 26%	52 15%	39 16%	39 15%	31 17%	16 15%	4 12%	47 16%	43 15%	10 10%	72 16%	29 12%	3 8%	104 14%	
A lot less (1.0)	116 14%	9 4%	50 17% af	9 18% af	2 12%	60 17% af	11 5%	18 7%	25 13% a	18 18% af	9 27% abf	43 15% af	27 9%	18 19%	60 14%	35 14%	4 9%	99 14%	
Don't know	17 2%	2 1%	5 2%	- -	1 4%	5 2%	3 1%	3 1%	4 2%	- -	1 2%	4 2%	4 1%	1 1%	10 2%	3 1%	3 7% ac	16 2%	
I have never done this	93 11%	8 4%	56 19% af	8 16% af	- -	64 18% af	8 4%	40 15%	17 9%	14 13%	2 7%	31 11%	42 14%	14 16%	54 12%	21 9%	3 8%	79 11%	
NET: More	179 22%	81 36% bce	44 15%	7 14%	5 28%	51 14%	85 35% bce	68 26%	36 19%	22 21%	9 27%	58 20%	76 26%	18 19%	79 18%	67 27% b	15 37% abe	161 22%	
NET: Less	231 28%	44 20%	94 31% af	18 35% af	6 38%	111 31% af	50 21%	57 22%	56 30% a	34 33% a	13 39% af	90 31% af	69 24%	28 30%	132 30%	65 26%	7 17%	203 28%	
Base for stats	710	215	242	43	15	285	231	220	166	90	29	256	249	77	373	226	34	632	
Mean Score	2.85	3.29 bce	2.60	2.59	3.01	2.60	3.28 bce	3.07 bce	2.78	2.76	2.70	2.77	3.02 be	2.69	2.80	2.92	3.35 abce	2.87	
Standard Deviation	1.144	1.065	1.047	1.116	1.388	1.056	1.088	1.055	1.062	1.216	1.411	1.116	1.105	1.165	1.142	1.110	1.230	1.141	
Standard Error	.043	.072	.068	.165	.347	.063	.071	.070	.084	.130	.253	.071	.069	.126	.058	.076	.211	.045	
Error variance	*	.01	*	.03	.12	*	.01	*	.01	.02	.06	.01	*	.02	*	.01	.04	*	

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Q6D4.7. As part of physical duties required to carry out your job: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	178	532	127	105	29	572	233	25	698	131	669	154
Total	819	181	531	123	106	29	565	231	25	683	137	671	143
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 62 8%	24 13% b	32 6%	18 15% d	10 10%	2 7%	34 6%	24 11% d	6 25%	52 8%	9 7%	51 8%	11 8%
A bit more	(4.0) 117 14%	29 16%	69 13%	16 13%	11 10%	4 14%	86 15%	29 12%	1 3%	94 14%	23 17%	95 14%	22 15%
About the same	(3.0) 300 37%	61 34%	202 38%	45 37%	35 33%	13 45%	209 37%	83 36%	9 38%	262 38% b	38 28%	250 37%	50 35%
A bit less	(2.0) 114 14%	32 18%	72 14%	12 10%	17 16%	4 14%	83 15%	30 13%	4 14%	97 14%	18 13%	92 14%	21 15%
A lot less	(1.0) 116 14%	20 11%	79 15%	17 14%	20 18%	5 16%	77 14%	37 16%	4 15%	95 14%	21 15%	95 14%	21 15%
Don't know	17 2%	9 5% b	5 1%	2 1%	5 4% d	- -	8 1%	6 3%	- -	12 2%	5 3%	13 2%	3 2%
I have never done this	93 11%	7 4%	72 14% a	13 11%	8 8%	1 4%	69 12%	22 9%	1 5%	70 10%	23 16% a	76 11%	16 11%
NET: More	179 22%	53 29% b	101 19%	34 28%	21 20%	6 21%	119 21%	53 23%	7 28%	146 21%	33 24%	145 22%	33 23%
NET: Less	231 28%	52 28%	151 28%	29 24%	37 35%	9 30%	160 28%	67 29%	7 29%	192 28%	39 28%	187 28%	42 29%
Base for stats	710	166	453	108	93	28	488	203	24	600	109	582	124
Mean Score	2.85	3.04 b	2.79	3.06	2.73	2.80	2.83	2.87	3.10	2.85	2.84	2.85	2.85
Standard Deviation	1.144	1.199	1.115	1.255	1.238	1.119	1.106	1.220	1.385	1.132	1.214	1.140	1.166
Standard Error	.043	.094	.052	.119	.128	.211	.050	.085	.283	.046	.118	.047	.101
Error variance	*	.01	*	.01	.02	.04	*	.01	.08	*	.01	*	.01

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Q6D4.7. As part of physical duties required to carry out your job: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	829	125	89	153	140	94	80	40	108	476	228	221	240	274	75	297	372	136
Total	819	123	87	155	139	92	79	39	106	473	223	221	235	274	72	311	360	124
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	62 8%	5 4%	8 9%	6 4%	13 10%	7 7%	4 5%	5 13%	14 13%	34 7%	22 10%	15 7%	12 5%	15 5%	19 27%	17 6%	32 9%	9 7%
A bit more (4.0)	117 14%	2 2%	12 14%	18 12%	20 15%	19 20%	22 28%	6 14%	18 17%	69 15%	46 20%	21 10%	28 12%	50 18%	17 24%	41 13%	54 15%	21 17%
About the same (3.0)	300 37%	41 33%	30 34%	59 38%	45 32%	36 39%	32 41%	17 43%	41 39%	170 36%	90 40%	67 30%	99 42%	112 41%	17 23%	120 39%	125 35%	46 37%
A bit less (2.0)	114 14%	17 14%	16 19%	24 16%	22 15%	12 13%	5 6%	4 10%	15 14%	74 16%	23 11%	36 16%	33 14%	36 13%	9 13%	44 14%	49 14%	20 16%
A lot less (1.0)	116 14%	32 26%	10 12%	23 15%	16 12%	14 15%	8 10%	5 13%	8 7%	64 13%	20 9%	48 22%	34 14%	29 10%	2 3%	43 14%	55 15%	15 12%
Don't know	17 2%	3 3%	3 3%	5 3%	3 2%	1 1%	- -	- -	1 1%	12 3%	1 1%	5 2%	4 2%	3 1%	1 2%	4 1%	7 2%	3 3%
I have never done this	93 11%	22 18%	8 9%	19 12%	20 14%	4 4%	8 11%	3 7%	9 9%	50 11%	20 9%	28 13%	26 11%	30 11%	6 9%	43 14%	39 11%	10 8%
NET: More	179 22%	8 6%	20 23%	25 16%	34 24%	25 27%	26 33%	11 27%	32 30%	103 22%	68 30%	36 16%	40 17%	65 24%	36 51%	58 19%	86 24%	30 24%
NET: Less	231 28%	49 40%	27 31%	47 30%	38 27%	26 28%	13 16%	9 23%	23 21%	137 29%	44 20%	84 38%	67 28%	65 24%	11 16%	86 28%	104 29%	35 28%
Base for stats	710	98	76	131	117	87	71	36	95	410	202	187	206	242	64	265	315	110
Mean Score	2.85	2.29	2.88	2.70	2.94	2.90	3.13	3.05	3.16	2.85	3.13	2.57	2.76	2.94	3.66	2.80	2.87	2.89
Standard Deviation	1.144	1.119	1.151	1.067	1.177	1.144	1.011	1.182	1.112	1.131	1.086	1.214	1.064	1.038	1.159	1.089	1.190	1.116
Standard Error	.043	.113	.131	.094	.109	.121	.120	.192	.112	.056	.075	.088	.073	.067	.142	.068	.066	.101
Error variance	*	.01	.02	.01	.01	.01	.01	.04	.01	*	.01	.01	.01	*	.02	*	*	.01

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Q6D4.7. As part of physical duties required to carry out your job: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	*b
Unweighted Total		829	311	236	276	829	-
Total		819	308	233	273	819	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	62	42	11	9	62	-
		8%	14%	5%	3%	8%	-
			bc				
A bit more	(4.0)	117	67	28	23	117	-
		14%	22%	12%	8%	14%	-
			bc				
About the same	(3.0)	300	118	107	73	300	-
		37%	38%	46%	27%	37%	-
			c	c			
A bit less	(2.0)	114	26	31	58	114	-
		14%	8%	13%	21%	14%	-
					ab		
A lot less	(1.0)	116	22	24	71	116	-
		14%	7%	10%	26%	14%	-
					ab		
Don't know		17	6	5	3	17	-
		2%	2%	2%	1%	2%	-
I have never done this		93	28	28	37	93	-
		11%	9%	12%	13%	11%	-
NET: More		179	108	39	31	179	-
		22%	35%	17%	11%	22%	-
			bc				
NET: Less		231	48	54	129	231	-
		28%	16%	23%	47%	28%	-
				a	ab		
Base for stats		710	275	200	233	710	-
Mean Score		2.85	3.29	2.86	2.31	2.85	-
			bc	c			
Standard Deviation		1.144	1.086	.986	1.120	1.144	-
Standard Error		.043	.065	.069	.073	.043	-
Error variance		*	*	*	.01	*	-

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Q6D4.8. As part of non-work activities organised by your employer: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	417	409	329	345	155	37	107	77	81	77	67	191	128	64
Total	819	414	402	311	341	168	34	94	74	78	74	82	179	131	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	42 5%	19 4%	24 6%	25 8% bc	14 4%	3 2%	3 8% f	6 6% f	2 2%	4 5%	1 1%	- -	18 10% cef	7 5%	2 3%
A bit more (4.0)	91 11%	48 11%	42 11%	56 18% bc	34 10% c	1 1%	5 15%	10 10%	9 12%	7 9%	10 14%	7 9%	20 11%	13 10%	10 13%
About the same (3.0)	250 31%	144 35% b	106 26%	89 29%	116 34%	46 27%	9 26%	29 30%	27 37% d	17 22%	24 33%	28 34%	55 31%	40 30%	21 29%
A bit less (2.0)	102 12%	60 14%	43 11%	46 15%	37 11%	20 12%	5 14%	9 9%	9 12%	20 25% bcefghi	7 9%	10 12%	23 13%	14 11%	6 9%
A lot less (1.0)	93 11%	46 11%	47 12%	30 10%	44 13%	20 12%	3 10%	10 10% i	4 6%	14 18% ci	7 10% i	11 14% i	27 15% ci	15 11% i	1 1%
Don't know	26 3%	17 4%	9 2%	16 5% b	7 2%	4 2%	- -	4 4%	2 3%	2 3%	5 7% h	1 2%	7 4%	2 1%	3 5%
I have never done this	214 26%	81 20%	131 33% a	50 16%	90 26% a	74 44% ab	9 27%	28 30% g	20 27% g	14 18%	19 26%	25 30% g	28 16%	41 31% dg	30 40% dg
NET: More	133 16%	66 16%	66 16%	81 26% bc	48 14% c	4 2%	8 23% f	15 16%	11 15%	11 14%	11 15%	7 9%	38 21% f	20 15%	12 16%
NET: Less	195 24%	106 26%	90 22%	75 24%	81 24%	40 24%	8 23%	19 20%	14 18%	33 43% abcefghi	14 19%	21 26% i	50 28% i	29 22% i	7 10%
Base for stats	579	315	262	245	244	90	25	63	52	62	49	56	144	88	40
Mean Score	2.81	2.79	2.82	3.00 bc	2.75 c	2.42	2.97	2.89 d	2.89 d	2.47	2.82	2.55	2.86 d	2.80	3.14 df
Standard Deviation	1.111	1.058	1.175	1.144	1.086	.966	1.192	1.138	.917	1.155	.986	.964	1.247	1.125	.841
Standard Error	.046	.059	.072	.071	.069	.106	.225	.135	.125	.144	.138	.141	.101	.122	.142
Error variance	*	*	.01	.01	*	.01	.05	.02	.02	.02	.02	.02	.01	.01	.02

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Q6D4.8. As part of non-work activities organised by your employer: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	82	269	249	94	87	48	600	229	642	34	76	43	13	5	171	
Total	819	84	275	248	87	80	46	606	213	642	30	72	45	12	4	163	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	42	9	10	10	5	5	3	29	14	30	3	5	1	1	1	11
		5%	10%	4%	4%	6%	7%	6%	5%	6%	5%	12%	7%	2%	10%	18%	7%
			bcg														
A bit more	(4.0)	91	15	23	20	13	15	5	58	33	62	6	13	8	-	-	28
		11%	18%	8%	8%	16%	18%	10%	10%	15%	10%	21%	18%	19%	-	-	17%
			bcg		bc	bcg			bcg	bcg		a	a				a
About the same	(3.0)	250	25	81	84	27	22	12	190	61	197	8	23	11	3	2	47
		31%	30%	29%	34%	31%	27%	25%	31%	28%	31%	27%	32%	25%	26%	37%	29%
A bit less	(2.0)	102	6	31	27	14	18	6	64	38	74	4	9	9	4	1	28
		12%	7%	11%	11%	17%	22%	12%	11%	18%	12%	14%	13%	20%	32%	29%	17%
						abcg			abcg								
A lot less	(1.0)	93	12	36	23	11	4	7	72	21	75	3	8	4	3	-	18
		11%	15%	13%	9%	12%	5%	14%	12%	10%	12%	10%	10%	9%	26%	-	11%
			e	e					e								
Don't know		26	2	5	7	2	3	7	15	12	15	-	4	6	-	1	11
		3%	3%	2%	3%	3%	3%	15%	2%	5%	2%	-	6%	12%	-	16%	6%
							abcdegh		bg					ab			a
I have never done this		214	14	88	75	13	14	8	178	36	190	5	10	6	1	-	21
		26%	17%	32%	30%	16%	18%	17%	29%	17%	30%	17%	14%	13%	6%	-	13%
				adefh	adeh				adeh		cdg						
NET: More		133	24	33	30	19	20	8	87	46	92	10	18	9	1	1	39
		16%	29%	12%	12%	22%	25%	17%	14%	22%	14%	33%	25%	21%	10%	18%	24%
			bcg		bc	bcg			bcg	bcg		a	a				a
NET: Less		195	18	68	51	25	22	12	136	59	148	7	17	13	7	1	46
		24%	22%	25%	20%	29%	27%	27%	23%	28%	23%	24%	23%	30%	58%	29%	28%
Base for stats		579	67	181	165	71	63	32	413	166	438	25	58	34	12	4	132
Mean Score		2.81	3.03	2.67	2.80	2.83	3.00	2.74	2.78	2.88	2.77	3.13	2.98	2.78	2.32	3.08	2.90
			b				b										
Standard Deviation		1.111	1.259	1.104	1.032	1.133	1.050	1.231	1.107	1.120	1.104	1.218	1.128	1.051	1.241	1.274	1.144
Standard Error		.046	.154	.083	.080	.131	.128	.214	.055	.085	.053	.230	.146	.186	.358	.637	.098
Error variance		*	.02	.01	.01	.02	.02	.05	*	.01	*	.05	.02	.03	.13	.41	.01

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Q6D4.8. As part of non-work activities organised by your employer: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	497	149	137	286	58	95	362	113	23	30	51	57	27	13	153
Total	819	437	181	163	344	60	93	358	115	23	29	47	53	27	16	152
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	42 5%	17 4%	12 7%	11 6%	22 7%	4 7%	8 9%	17 5%	5 4%	1 5%	- -	2 3%	2 3%	4 16%	- -	12 8%
A bit more (4.0)	91 11%	31 7%	21 12%	29 17%	50 15%	11 18%	18 19%	33 9%	11 10%	1 6%	3 11%	2 4%	12 23%	- -	- -	28 19%
				a	a	cg	cg					cdg				cg
About the same (3.0)	250 31%	133 31%	55 30%	51 31%	105 31%	18 30%	29 31%	118 33%	37 32%	2 7%	9 30%	10 22%	12 23%	8 29%	7 46%	47 31%
A bit less (2.0)	102 12%	49 11%	29 16%	20 12%	49 14%	6 10%	14 15%	46 13%	15 13%	2 8%	3 12%	6 12%	8 14%	2 7%	1 8%	20 13%
A lot less (1.0)	93 11%	48 11%	17 9%	24 15%	41 12%	12 20%	8 9%	41 11%	8 7%	4 19%	2 6%	7 16%	4 8%	2 9%	4 22%	21 14%
Don't know	26 3%	14 3%	6 3%	2 1%	8 2%	- -	3 4%	6 2%	3 3%	3 12%	1 2%	3 5%	4 8%	3 10%	1 8%	3 2%
I have never done this	214 26%	143 33%	41 22%	27 17%	68 20%	9 14%	12 13%	97 27%	36 31%	10 42%	11 39%	18 38%	10 20%	8 30%	3 16%	21 14%
		bcd						abk	abk		abk	abhk				
NET: More	133 16%	48 11%	33 18%	39 24%	72 21%	15 24%	26 28%	50 14%	16 14%	3 12%	3 11%	3 7%	14 26%	4 16%	- -	40 26%
			a	a	a	cg	cdg					cg				cdg
NET: Less	195 24%	97 22%	46 26%	44 27%	90 26%	18 31%	22 24%	87 24%	22 20%	6 27%	5 17%	13 27%	12 23%	4 16%	5 31%	40 27%
Base for stats	579	279	134	134	268	51	77	255	76	10	17	27	38	16	12	128
Mean Score	2.81	2.71	2.86	2.86	2.86	2.77	3.04	2.76	2.88	2.36	2.79	2.42	2.97	3.12	2.31	2.93
							cg		g			g				g
Standard Deviation	1.111	1.069	1.109	1.178	1.142	1.254	1.133	1.079	1.007	1.499	.884	1.153	1.085	1.359	.929	1.186
Standard Error	.046	.059	.105	.111	.076	.177	.128	.067	.117	.452	.208	.207	.169	.330	.294	.105
Error variance	*	*	.01	.01	.01	.03	.02	*	.01	.20	.04	.04	.03	.11	.09	.01

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Q6D4.8. As part of non-work activities organised by your employer: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	230	301	53	17	354	247	273	182	101	34	283	307	103	450	236	40	726	
Total	819	226	303	51	16	355	242	263	188	103	32	291	295	92	437	250	40	727	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	42 5%	19 8% be	8 3%	4 8%	- -	12 3%	19 8% be	14 5%	11 6%	4 4%	2 5%	15 5%	15 5%	2 2%	25 6%	8 3%	7 19% abce	41 6%	
A bit more (4.0)	91 11%	23 10%	33 11%	3 5%	4 24%	36 10%	27 11%	25 10%	24 13%	12 11%	4 13%	36 12%	29 10%	11 12%	33 7%	39 16% b	8 20% b	80 11% b	
About the same (3.0)	250 31%	78 34%	90 30%	13 25%	4 27%	103 29%	82 34%	85 32%	63 33%	27 26%	8 26%	90 31%	93 32%	29 31%	134 31%	79 31%	9 22%	221 30%	
A bit less (2.0)	102 12%	31 14%	36 12%	10 19%	3 20%	46 13%	34 14%	28 11%	31 16%	13 12%	5 16%	43 15%	33 11%	3 4%	59 13% a	34 14% a	6 16% a	99 14% a	
A lot less (1.0)	93 11%	12 5%	40 13% af	8 16% af	1 8%	49 14% af	14 6%	25 10%	20 11%	12 12%	4 13%	32 11%	29 10%	10 11%	48 11%	30 12%	5 12%	83 11%	
Don't know	26 3%	3 1%	8 3%	2 4%	2 12%	11 3%	4 2%	4 2%	6 3%	4 4%	1 2%	10 3%	5 2%	3 3%	12 3%	11 4%	1 2%	24 3%	
I have never done this	214 26%	61 27%	87 29%	12 23%	2 10%	98 28%	62 26%	82 31% be	33 17%	33 31% b	8 25%	65 22%	90 30% be	35 37% cde	126 29% cd	49 20%	4 10%	179 25% d	
NET: More	133 16%	42 19%	42 14%	7 13%	4 24%	48 14%	46 19%	39 15%	35 19%	15 15%	6 18%	51 17%	44 15%	13 14%	58 13%	48 19% b	15 39% abce	121 17%	
NET: Less	195 24%	43 19%	77 25%	18 35% af	4 28%	95 27% af	48 20%	53 20%	51 27%	24 24%	9 29%	75 26%	63 21%	13 14%	107 25% a	64 26% a	11 28%	182 25% a	
Base for stats	579	163	208	37	12	246	175	177	149	67	23	216	200	55	299	191	35	524	
Mean Score	2.81	3.03 bce	2.68	2.58	2.85	2.66 bce	3.02 bce	2.85	2.84	2.74	2.73	2.81	2.84	2.83	2.76	2.80	3.20 be	2.80	
Standard Deviation	1.111	1.049	1.083	1.231	1.007	1.105	1.045	1.078	1.092	1.115	1.174	1.098	1.087	1.053	1.108	1.078	1.346	1.118	
Standard Error	.046	.082	.075	.195	.279	.070	.079	.080	.091	.137	.235	.076	.075	.132	.063	.080	.227	.049	
Error variance	*	.01	.01	.04	.08	*	.01	.01	.01	.02	.06	.01	.01	.02	*	.01	.05	*	

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Q6D4.8. As part of non-work activities organised by your employer: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	178	532	127	105	29	572	233	25	698	131	669	154
Total	819	181	531	123	106	29	565	231	25	683	137	671	143
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 42 5%	21 11%	19 4%	13 10%	6 6%	3 10%	22 4%	19 8%	3 13%	33 5%	9 7%	36 5%	6 4%
		b		d				d					
A bit more	(4.0) 91 11%	38 21%	41 8%	16 13%	16 15%	4 12%	56 10%	32 14%	3 11%	81 12%	10 8%	78 12%	12 8%
		b											
About the same	(3.0) 250 31%	45 25%	169 32%	39 32%	33 31%	6 20%	174 31%	69 30%	7 28%	214 31%	37 27%	205 31%	44 31%
A bit less	(2.0) 102 12%	33 18%	65 12%	13 11%	11 10%	6 19%	75 13%	26 11%	3 11%	91 13%	12 9%	82 12%	19 14%
A lot less	(1.0) 93 11%	17 10%	65 12%	11 9%	11 11%	6 20%	65 11%	26 11%	2 10%	80 12%	13 10%	80 12%	13 9%
Don't know	26 3%	6 3%	16 3%	2 2%	3 3%	1 2%	18 3%	5 2%	1 5%	20 3%	7 5%	14 2%	10 7% a
I have never done this	214 26%	21 12%	155 29% a	29 24%	25 24%	5 17%	156 28%	54 23%	6 22%	165 24%	49 36% a	174 26%	39 27%
NET: More	133 16%	59 32% b	61 11%	28 23% d	22 21%	6 22%	78 14%	51 22% d	6 25%	114 17%	19 14%	115 17%	18 13%
NET: Less	195 24%	50 28%	130 24%	25 20%	22 21%	11 39%	139 25%	52 23%	5 20%	170 25%	25 18%	162 24%	33 23%
Base for stats	579	154	360	92	78	24	391	173	18	498	81	482	94
Mean Score	2.81	3.07	2.68	3.06	2.94	2.66	2.73	2.95	3.11	2.79	2.87	2.81	2.77
		b		d				d					
Standard Deviation	1.111	1.203	1.065	1.174	1.126	1.347	1.072	1.176	1.274	1.101	1.174	1.125	1.047
Standard Error	.046	.098	.056	.120	.127	.281	.054	.089	.292	.049	.132	.051	.104
Error variance	*	.01	*	.01	.02	.08	*	.01	.09	*	.02	*	.01

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Q6D4.8. As part of non-work activities organised by your employer: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	829	125	89	153	140	94	80	40	108	476	228	221	240	274	75	297	372	136
Total	819	123	87	155	139	92	79	39	106	473	223	221	235	274	72	311	360	124
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	42 5%	3 2%	2 3%	7 4%	10 7%	4 4%	4 5%	2 6%	11 10%	22 5%	17 8%	7 3%	13 6%	10 4%	12 17%	14 5%	20 5%	7 5%
									abi		a				abc			
A bit more (4.0)	91 11%	2 1%	8 9%	19 12%	16 12%	15 16%	12 16%	6 15%	14 13%	57 12%	32 14%	21 9%	27 12%	28 10%	15 21%	27 9%	45 12%	18 14%
				a	a	a	a	a	a	a	a				abc			
About the same (3.0)	250 31%	33 27%	29 33%	44 28%	43 31%	23 25%	28 36%	15 40%	36 34%	138 29%	79 36%	48 22%	72 31%	103 38%	21 29%	93 30%	110 31%	37 30%
													a	a				
A bit less (2.0)	102 12%	8 7%	14 16%	23 15%	16 11%	16 18%	8 10%	6 15%	12 11%	69 15%	25 11%	25 11%	29 12%	39 14%	9 12%	36 12%	49 14%	16 13%
				a	a	a				a								
A lot less (1.0)	93 11%	26 21%	8 9%	18 12%	20 15%	8 8%	4 5%	3 8%	6 6%	53 11%	14 6%	34 16%	31 13%	23 8%	4 5%	34 11%	46 13%	11 9%
		bcefhij			fhj					j		cd						
Don't know	26 3%	8 7%	5 6%	2 2%	5 4%	2 2%	3 3%	- -	1 1%	14 3%	4 2%	5 2%	7 3%	10 4%	- -	7 2%	13 3%	6 5%
		chij																
I have never done this	214 26%	43 35%	21 25%	43 28%	30 21%	25 27%	20 25%	6 16%	26 24%	119 25%	52 23%	81 37%	56 24%	61 22%	11 16%	101 32%	78 22%	30 24%
		dgij										bcd				b		
NET: More	133 16%	5 4%	10 11%	25 16%	26 19%	18 20%	16 21%	8 21%	25 23%	79 17%	49 22%	28 12%	40 17%	38 14%	27 38%	41 13%	64 18%	24 20%
				a	a	a	a	a	ab	a	ab				abc			
NET: Less	195 24%	34 28%	22 25%	41 26%	36 26%	24 26%	12 15%	9 23%	18 17%	122 26%	39 17%	59 27%	60 25%	62 23%	13 17%	70 23%	95 26%	27 22%
		fj			j					fj								
Base for stats	579	72	60	109	105	65	57	32	79	340	168	134	172	204	60	204	269	88
Mean Score	2.81	2.27	2.71	2.76	2.80	2.84	3.07	2.94	3.14	2.78	3.08	2.56	2.79	2.82	3.39	2.76	2.79	2.93
				a	a	a	ab	a	abcdi	a	abcdi			a	abc			
Standard Deviation	1.111	1.111	.973	1.110	1.192	1.080	.974	1.039	1.093	1.104	1.040	1.178	1.142	.975	1.147	1.095	1.131	1.091
Standard Error	.046	.129	.126	.106	.116	.132	.129	.178	.121	.060	.079	.101	.086	.069	.145	.078	.068	.111
Error variance	*	.02	.02	.01	.01	.02	.02	.03	.01	*	.01	.01	.01	*	.02	.01	*	.01

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Q6D4.8. As part of non-work activities organised by your employer: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	*b
Unweighted Total		829	311	236	276	829	-
Total		819	308	233	273	819	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	42	36	5	2	42	-
		5%	12%	2%	1%	5%	-
			bc				
A bit more	(4.0)	91	54	27	10	91	-
		11%	18%	11%	4%	11%	-
			bc	c			
About the same	(3.0)	250	94	91	63	250	-
		31%	30%	39%	23%	31%	-
			c	ac			
A bit less	(2.0)	102	29	21	53	102	-
		12%	9%	9%	19%	12%	-
					ab		
A lot less	(1.0)	93	20	23	50	93	-
		11%	7%	10%	18%	11%	-
					ab		
Don't know		26	6	7	11	26	-
		3%	2%	3%	4%	3%	-
I have never done this		214	69	61	84	214	-
		26%	23%	26%	31%	26%	-
					a		
NET: More		133	90	32	12	133	-
		16%	29%	14%	4%	16%	-
			bc	c			
NET: Less		195	49	43	103	195	-
		24%	16%	19%	38%	24%	-
					ab		
Base for stats		579	233	166	178	579	-
Mean Score		2.81	3.24	2.82	2.22	2.81	-
			bc	c			
Standard Deviation		1.111	1.125	.965	.952	1.111	-
Standard Error		.046	.073	.074	.071	.046	-
Error variance		*	.01	.01	.01	*	-

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Q6D4.9. Through clubs, classes or activities at or near your usual (pre-COVID) place of work: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	417	409	329	345	155	37	107	77	81	77	67	191	128	64
Total	819	414	402	311	341	168	34	94	74	78	74	82	179	131	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 46 6%	24 6%	21 5%	26 8% c	16 5%	3 2%	2 7% f	5 6% f	3 4%	6 8% f	3 4%	- -	19 10%	6 4%	1 2%
A bit more	(4.0) 78 10%	37 9%	41 10%	48 15% bc	29 9% c	1 1%	4 11% f	10 10% f	6 9% f	5 6%	7 9% f	1 1%	22 12% f	15 12% f	8 12% f
About the same	(3.0) 224 27%	141 34% b	82 20%	79 25%	104 31%	40 24%	6 18%	30 31%	22 30%	18 24%	14 19%	32 39% adeh	50 28%	31 24%	20 28%
A bit less	(2.0) 104 13%	53 13%	51 13%	41 13%	44 13%	18 11%	6 17%	7 8%	7 10%	14 18% b	10 13%	15 18% b	20 11%	15 11%	10 14%
A lot less	(1.0) 152 19%	65 16%	84 21%	60 19%	63 18%	29 17%	6 17%	15 16%	10 14%	18 23%	17 23%	9 11%	40 22% b	22 17%	14 19%
Don't know	19 2%	8 2%	10 3%	10 3%	6 2%	2 1%	- -	2 2%	5 6% hi	2 2%	3 4%	1 2%	5 3%	1 1%	- -
I have never done this	198 24%	85 21%	113 28% a	46 15%	78 23% a	74 44% ab	11 32% g	26 27% g	20 27% g	14 18%	20 28% g	24 29% g	23 13%	41 31% dg	19 26% g
NET: More	124 15%	61 15%	62 15%	74 24% bc	46 13% c	4 3%	6 17% f	15 16% f	10 13% f	11 14% f	9 13% f	1 1%	41 23% f	21 16% f	10 13% f
NET: Less	255 31%	118 29%	135 34%	101 33%	107 31%	47 28%	11 33%	22 23%	18 24%	32 42% bch	27 36%	24 29%	60 33%	37 28%	24 33%
Base for stats	603	321	279	254	257	92	23	67	50	62	50	57	151	89	54
Mean Score	2.61	2.69	2.51	2.76 c	2.58 c	2.26	2.62	2.75	2.70	2.47	2.37	2.44	2.73	2.64	2.50
Standard Deviation	1.208	1.144	1.268	1.287	1.159	1.036	1.301	1.193	1.146	1.278	1.243	.787	1.329	1.217	1.119
Standard Error	.049	.063	.075	.078	.072	.114	.255	.138	.157	.158	.172	.114	.105	.130	.163
Error variance	*	*	.01	.01	.01	.01	.07	.02	.02	.03	.03	.01	.01	.02	.03

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Q6D4.9. Through clubs, classes or activities at or near your usual (pre-COVID) place of work: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	82	269	249	94	87	48	600	229	642	34	76	43	13	5	171	
Total	819	84	275	248	87	80	46	606	213	642	30	72	45	12	4	163	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	46	16	9	6	3	2	35	11	32	2	6	3	1	-	13	
		6%	12%	6%	3%	6%	4%	5%	6%	5%	5%	6%	9%	7%	10%	-	8%
			cegh														
A bit more	(4.0)	78	21	20	9	12	3	54	24	50	7	12	6	1	1	26	
		10%	16%	8%	8%	10%	15%	7%	9%	11%	8%	22%	16%	14%	7%	18%	16%
			b			b					a	a				a	
About the same	(3.0)	224	58	88	20	21	10	173	51	182	4	21	9	4	2	39	
		27%	32%	36%	23%	26%	21%	29%	24%	28%	13%	29%	21%	29%	37%	24%	
			b		bdgh			b		b							
A bit less	(2.0)	104	34	26	16	10	7	70	33	71	4	12	12	3	-	31	
		13%	12%	12%	10%	18%	13%	15%	12%	16%	11%	15%	16%	26%	23%	-	19%
					c							a				a	
A lot less	(1.0)	152	56	39	19	13	12	108	44	122	9	15	4	-	-	28	
		19%	15%	20%	16%	22%	16%	25%	18%	20%	19%	30%	20%	9%	-	-	17%
											d						
Don't know		19	4	5	1	3	3	12	7	13	-	2	2	-	-	4	
		2%	3%	2%	1%	3%	7%	2%	3%	2%	-	3%	5%	-	-	3%	
							bcdg										
I have never done this		198	85	61	17	18	10	153	44	172	4	4	8	4	2	22	
		24%	31%	25%	19%	22%	21%	25%	21%	27%	14%	6%	18%	31%	45%	14%	
			adh	a	a	a	a	a	a	cg			c				
NET: More		124	37	29	14	15	5	89	35	82	8	18	9	2	1	39	
		15%	28%	13%	12%	17%	19%	11%	16%	13%	28%	25%	21%	17%	18%	24%	
			bcdgh								a	a				a	
NET: Less		255	90	65	35	24	18	178	77	193	13	26	16	3	-	58	
		31%	28%	33%	26%	40%	30%	40%	36%	30%	45%	37%	35%	23%	-	36%	
					cg			c									
Base for stats		603	186	182	69	60	34	441	162	457	26	65	34	9	2	136	
Mean Score		2.61	2.97	2.50	2.63	2.51	2.69	2.33	2.63	2.54	2.56	2.53	2.75	2.78	3.05	3.32	2.75
			bcd fgh														
Standard Deviation		1.208	1.259	1.270	1.085	1.247	1.182	1.229	1.203	1.220	1.191	1.403	1.270	1.160	1.071	.608	1.243
Standard Error		.049	.148	.094	.080	.144	.148	.211	.057	.093	.056	.261	.154	.202	.357	.351	.104
Error variance		*	.02	.01	.01	.02	.02	.04	*	.01	*	.07	.02	.04	.13	.12	.01

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Q6D4.9. Through clubs, classes or activities at or near your usual (pre-COVID) place of work: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	497	149	137	286	58	95	362	113	23	30	51	57	27	13	153
Total	819	437	181	163	344	60	93	358	115	23	29	47	53	27	16	152
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	46 6%	16 4%	6 3%	19 12% ab	25 7% a	7 12% c	8 9%	15 4%	5 4%	1 3%	2 6%	2 3%	3 6%	3 11%	-	15 10% c
A bit more (4.0)	78 10%	33 7%	17 10%	21 13% a	38 11%	9 15%	14 15% cg	30 8%	9 8%	1 3%	3 9%	2 4%	9 18% cg	2 7%	-	23 15% cg
About the same (3.0)	224 27%	108 25%	58 32%	47 29%	105 31%	13 22%	25 27% g	115 32% g	29 26% g	5 22%	7 23%	5 10%	11 22%	5 19%	9 55%	38 25% g
A bit less (2.0)	104 13%	56 13%	26 14%	15 9%	41 12%	6 10%	11 12%	47 13%	16 14%	4 19%	1 4%	4 9%	5 10%	5 19%	4 23%	17 11%
A lot less (1.0)	152 19%	83 19%	32 17%	34 21%	65 19%	16 27% cf	17 19%	58 16%	17 15%	5 21%	1 5%	17 37% bcdfk	12 22% f	5 18%	2 14%	34 22% f
Don't know	19 2%	12 3%	4 2%	1 1%	5 1%	1 2%	2 2%	7 2%	3 2%	-	1 2%	2 5%	2 4%	1 4%	-	3 2%
I have never done this	198 24%	129 30% bcd	38 21%	27 16%	64 19%	7 12%	15 16%	87 24% ak	36 31% abk	7 31%	15 51% abcdhk	15 32% abk	9 18%	6 21%	1 8%	22 15%
NET: More	124 15%	49 11%	23 13%	40 24% ab	63 18% a	16 27% cdg	22 24% cdg	45 13%	14 12%	1 6%	4 15%	3 7%	12 24% cg	5 19%	-	38 25% cdg
NET: Less	255 31%	139 32%	58 32%	49 30%	106 31%	22 37% f	28 31% f	105 29% f	33 29% f	9 40%	3 9%	22 46% cdf	17 33% f	10 38%	6 37%	51 33% f
Base for stats	603	296	139	136	275	51	76	265	76	16	14	30	41	20	15	127
Mean Score	2.61	2.47	2.57	2.82 a	2.70 a	2.70 g	2.80 g	2.61 g	2.59 g	2.25	3.14	1.85	2.67 g	2.66	2.44	2.76 g
Standard Deviation	1.208	1.167	1.104	1.341	1.231	1.441	1.284	1.121	1.152	1.118	1.135	1.218	1.324	1.384	.770	1.344
Standard Error	.049	.063	.103	.126	.081	.204	.146	.069	.132	.280	.293	.209	.195	.302	.222	.119
Error variance	*	*	.01	.02	.01	.04	.02	*	.02	.08	.09	.04	.04	.09	.05	.01

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Q6D4.9. Through clubs, classes or activities at or near your usual (pre-COVID) place of work: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	230	301	53	17	354	247	273	182	101	34	283	307	103	450	236	40	726
Total	819	226	303	51	16	355	242	263	188	103	32	291	295	92	437	250	40	727
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	46 6%	16 7%	9 3%	4 8%	- -	14 4%	16 7%	12 4%	11 6%	3 3%	4 13%	14 5%	16 5%	5 6%	16 4%	18 7%	6 15%	41 6%
A bit more (4.0)	78 10%	22 10%	27 9%	5 10%	2 10%	32 9%	24 10%	19 7%	23 12%	12 12%	1 2%	35 12%	20 7%	9 10%	28 6%	35 14%	6 15%	69 9%
About the same (3.0)	224 27%	67 30%	90 30%	12 24%	6 35%	102 29%	72 30%	79 30%	60 32%	27 26%	8 25%	87 30%	86 29%	26 28%	120 27%	70 28%	8 21%	198 27%
A bit less (2.0)	104 13%	35 15%	31 10%	6 13%	3 19%	38 11%	38 16%	34 13%	28 15%	7 6%	5 16%	34 12%	39 13%	8 9%	58 13%	31 12%	7 18%	96 13%
A lot less (1.0)	152 19%	27 12%	55 18%	10 20%	3 16%	66 19%	29 12%	41 16%	29 16%	19 18%	6 19%	48 16%	47 16%	16 18%	77 18%	52 21%	6 16%	135 19%
Don't know	19 2%	4 2%	4 1%	- -	2 15%	4 1%	7 3%	5 2%	3 2%	1 1%	2 5%	4 2%	7 2%	- -	13 3%	4 2%	2 4%	19 3%
I have never done this	198 24%	55 24%	87 29%	13 25%	1 5%	99 28%	55 23%	74 28%	34 18%	35 33%	6 19%	69 24%	80 27%	28 30%	125 29%	41 16%	4 11%	169 23%
NET: More	124 15%	39 17%	36 12%	9 18%	2 10%	45 13%	40 17%	31 12%	34 18%	16 15%	5 16%	49 17%	36 12%	14 16%	45 10%	53 21%	12 31%	110 15%
NET: Less	255 31%	61 27%	87 29%	17 33%	6 35%	104 29%	67 28%	75 28%	57 30%	25 25%	11 36%	82 28%	86 29%	25 27%	135 31%	83 33%	13 34%	231 32%
Base for stats	603	167	212	39	13	251	180	184	150	68	24	218	208	64	299	206	34	539
Mean Score	2.61	2.80	2.54	2.65	2.47	2.56	2.78	2.60	2.72	2.63	2.66	2.69	2.61	2.67	2.50	2.69	2.96	2.60
Standard Deviation	1.208	1.159	1.136	1.318	.987	1.164	1.148	1.130	1.156	1.208	1.386	1.171	1.159	1.234	1.133	1.261	1.387	1.205
Standard Error	.049	.089	.078	.206	.274	.073	.085	.082	.096	.148	.272	.080	.079	.144	.064	.091	.238	.052
Error variance	*	.01	.01	.04	.07	.01	.01	.01	.01	.02	.07	.01	.01	.02	*	.01	.06	*

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Q6D4.9. Through clubs, classes or activities at or near your usual (pre-COVID) place of work: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	178	532	127	105	29	572	233	25	698	131	669	154
Total	819	181	531	123	106	29	565	231	25	683	137	671	143
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	46 6%	21 12% b	19 4%	13 10% d	7 6%	3 9%	26 5%	19 8% d	2 10%	39 6%	7 5%	40 6%	6 4%
A bit more (4.0)	78 10%	34 19% b	32 6%	16 13%	10 10%	3 12%	49 9%	25 11%	2 9%	70 10%	8 6%	65 10%	13 9%
About the same (3.0)	224 27%	42 23%	153 29%	26 21%	31 29%	10 35%	158 28%	60 26%	8 30%	190 28%	34 25%	176 26%	47 33%
A bit less (2.0)	104 13%	16 9%	73 14%	16 13%	8 8%	4 14%	76 13%	26 11%	3 11%	82 12%	22 16%	88 13%	15 10%
A lot less (1.0)	152 19%	35 19%	100 19%	20 16%	19 18%	6 21%	107 19%	42 18%	2 10%	129 19%	23 17%	124 19%	27 19%
Don't know	19 2%	7 4%	10 2%	4 3%	2 1%	- -	11 2%	5 2%	1 3%	16 2%	3 2%	12 2%	5 4%
I have never done this	198 24%	25 14%	143 27% a	29 24%	29 27%	3 9%	138 24%	54 23%	7 28%	156 23%	41 30%	167 25%	30 21%
NET: More	124 15%	56 31% b	52 10%	28 23% d	17 16%	6 21%	75 13%	45 19% d	5 19%	109 16%	15 11%	104 16%	19 13%
NET: Less	255 31%	52 29%	173 33%	36 29%	28 26%	10 35%	183 32%	68 29%	5 20%	211 31%	44 32%	212 32%	42 29%
Base for stats	603	150	377	90	76	27	415	172	17	510	93	493	107
Mean Score	2.61	2.93 b	2.47	2.83 d	2.68	2.71	2.54	2.73	2.99	2.62	2.51	2.61	2.59
Standard Deviation	1.208	1.364	1.122	1.337	1.243	1.263	1.172	1.289	1.224	1.215	1.168	1.222	1.154
Standard Error	.049	.113	.058	.139	.143	.248	.057	.098	.289	.053	.123	.055	.107
Error variance	*	.01	*	.02	.02	.06	*	.01	.08	*	.02	*	.01

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Q6D4.9. Through clubs, classes or activities at or near your usual (pre-COVID) place of work: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	*b
Unweighted Total		829	311	236	276	829	-
Total		819	308	233	273	819	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	46	35	6	4	46	-
		6%	11%	3%	1%	6%	-
			bc				
A bit more	(4.0)	78	51	13	14	78	-
		10%	16%	6%	5%	10%	-
			bc				
About the same	(3.0)	224	81	93	48	224	-
		27%	26%	40%	18%	27%	-
			c	ac			
A bit less	(2.0)	104	32	26	45	104	-
		13%	11%	11%	16%	13%	-
					a		
A lot less	(1.0)	152	36	41	74	152	-
		19%	12%	17%	27%	19%	-
					ab		
Don't know		19	7	3	7	19	-
		2%	2%	1%	3%	2%	-
I have never done this		198	66	51	80	198	-
		24%	21%	22%	29%	24%	-
					a		
NET: More		124	85	20	18	124	-
		15%	28%	8%	7%	15%	-
			bc				
NET: Less		255	69	67	119	255	-
		31%	22%	29%	44%	31%	-
					ab		
Base for stats		603	235	180	186	603	-
Mean Score		2.61	3.06	2.55	2.08	2.61	-
			bc	c			
Standard Deviation		1.208	1.251	1.033	1.078	1.208	-
Standard Error		.049	.081	.077	.079	.049	-
Error variance		*	.01	.01	.01	*	-

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Q6D4.10. Through clubs, classes or activities at or near your home: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	417	409	329	345	155	37	107	77	81	77	67	191	128	64
Total	819	414	402	311	341	168	34	94	74	78	74	82	179	131	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	52 6%	26 6%	25 6%	31 10% bc	18 5%	3 2%	3 10%	5 5%	3 5%	6 8%	3 4%	1 2%	16 9% f	11 8%	3 4%
A bit more (4.0)	91 11%	47 11%	43 11%	48 15% c	39 12% c	3 2%	6 17%	9 9%	8 11%	8 10%	8 11%	7 8%	27 15%	12 9%	6 9%
About the same (3.0)	218 27%	132 32% b	86 21%	84 27%	92 27%	41 25%	4 11%	24 25%	15 20%	21 27% a	16 21%	31 38% ace	49 28% a	35 26% a	24 32% a
A bit less (2.0)	100 12%	50 12%	49 12%	49 16% bc	36 11%	15 9%	4 11%	7 8%	8 11%	14 18% b	7 10%	9 11%	27 15%	17 13%	7 9%
A lot less (1.0)	150 18%	60 14%	89 22% a	53 17%	62 18%	34 20%	6 18%	22 24% h	15 21%	12 15%	16 21%	11 14%	35 19%	18 14%	14 20%
Don't know	22 3%	12 3%	10 3%	6 2%	15 4% c	1 1%	- -	3 3%	1 1%	3 4%	2 2%	3 3%	7 4%	2 2%	3 3%
I have never done this	187 23%	87 21%	100 25%	39 13%	77 23% a	70 42% ab	12 34% g	24 26% g	24 32% g	14 18%	22 30% g	20 24% g	19 11%	36 27% g	16 22% g
NET: More	143 17%	74 18%	68 17%	79 25% bc	58 17% c	6 4%	9 27% f	14 15%	11 15%	14 18%	11 15%	8 10%	43 24% f	23 17%	9 13%
NET: Less	250 30%	110 27%	138 34% a	102 33%	98 29%	49 29%	10 29%	30 32%	23 32%	26 33%	23 31%	21 25%	61 34%	35 27%	21 29%
Base for stats	610	315	292	265	249	96	23	67	50	61	50	60	154	92	54
Mean Score	2.66	2.78 b	2.54	2.83 c	2.66 c	2.23	2.85	2.50	2.52	2.71	2.51	2.63	2.76	2.78	2.58
Standard Deviation	1.235	1.165	1.296	1.267	1.223	1.069	1.473	1.285	1.278	1.221	1.262	.995	1.273	1.234	1.171
Standard Error	.050	.065	.075	.076	.077	.115	.295	.147	.174	.153	.175	.141	.099	.131	.171
Error variance	*	*	.01	.01	.01	.01	.09	.02	.03	.02	.03	.02	.01	.02	.03

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Q6D4.10. Through clubs, classes or activities at or near your home: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	82	269	249	94	87	48	600	229	642	34	76	43	13	5	171	
Total	819	84	275	248	87	80	46	606	213	642	30	72	45	12	4	163	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	52 6%	9 11%	17 6%	9 4%	11 13%	2 2%	4 9%	35 6%	17 8%	35 5%	3 9%	8 11%	3 7%	1 10%	1 18%	15 9%
A bit more	(4.0)	91 11%	13 16%	23 8%	23 9%	13 14%	13 16%	6 13%	59 10%	32 15%	60 9%	3 11%	12 17%	12 26%	-	-	27 17%
About the same	(3.0)	218 27%	26 31%	63 23%	72 29%	20 23%	25 31%	13 27%	161 27%	57 27%	174 27%	9 29%	17 24%	9 20%	4 35%	2 37%	40 25%
A bit less	(2.0)	100 12%	12 15%	34 12%	31 12%	10 12%	7 8%	6 14%	76 13%	24 11%	66 10%	5 16%	16 22%	9 21%	3 23%	-	33 20%
A lot less	(1.0)	150 18%	11 14%	58 21%	43 18%	16 19%	13 17%	8 17%	112 19%	37 17%	120 19%	8 28%	16 22%	5 12%	-	-	29 18%
Don't know		22 3%	2 2%	7 3%	5 2%	3 3%	2 2%	4 8%	14 2%	8 4%	16 3%	-	1 1%	3 8%	1 10%	1 16%	6 4%
I have never done this		187 23%	10 12%	73 27%	65 26%	14 16%	19 24%	6 12%	148 24%	39 18%	172 27%	2 8%	2 3%	3 7%	3 22%	1 29%	12 7%
NET: More		143 17%	22 26%	40 15%	31 13%	24 27%	15 18%	10 22%	94 16%	49 23%	95 15%	6 19%	20 28%	15 33%	1 10%	1 18%	43 26%
NET: Less		250 30%	23 28%	91 33%	74 30%	26 31%	20 25%	14 31%	189 31%	61 29%	185 29%	13 43%	32 44%	15 33%	3 23%	-	63 38%
Base for stats	610	71	195	178	70	59	37	444	166	454	27	69	38	8	2	145	
Mean Score	2.66	2.95	2.53	2.57	2.89	2.71	2.80	2.61	2.80	2.61	2.53	2.70	2.95	2.95	3.65	2.77	
Standard Deviation	1.235	1.224	1.274	1.139	1.378	1.131	1.278	1.220	1.267	1.221	1.313	1.310	1.216	1.027	1.216	1.268	
Standard Error	.050	.145	.092	.085	.158	.141	.207	.058	.095	.057	.236	.154	.200	.342	.702	.103	
Error variance	*	.02	.01	.01	.02	.02	.04	*	.01	*	.06	.02	.04	.12	.49	.01	

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Q6D4.10. Through clubs, classes or activities at or near your home: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	497	149	137	286	58	95	362	113	23	30	51	57	27	13	153
Total	819	437	181	163	344	60	93	358	115	23	29	47	53	27	16	152
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	52 6%	20 5%	12 7%	13 8%	25 7%	8 13% df	9 10%	21 6%	4 3%	1 6%	-	3 6%	2 4%	4 14%	-	17 11% d
A bit more (4.0)	91 11%	36 8%	18 10%	30 18% ab	48 14% a	9 15%	17 19% c	38 10%	11 9%	-	2 5%	4 9%	7 14%	3 12%	-	26 17% c
About the same (3.0)	218 27%	112 26%	50 28%	46 28%	96 28%	13 23%	24 26%	97 27%	32 28%	4 18%	10 34%	8 17%	14 26%	6 22%	10 63%	38 25%
A bit less (2.0)	100 12%	53 12%	24 13%	18 11%	41 12%	5 9%	14 15%	42 12%	15 13%	1 5%	2 7%	5 10%	9 18%	3 11%	4 23%	19 12%
A lot less (1.0)	150 18%	87 20%	32 18%	26 16%	58 17%	14 23% f	13 14%	68 19% f	17 15%	5 21%	1 3%	14 30% bdf	8 16%	7 24%	2 14%	27 18% f
Don't know	22 3%	8 2%	5 3%	7 4%	12 3%	1 2%	3 3%	5 1%	2 2%	2 9%	1 2%	3 7% c	4 7% c	1 4%	-	4 3%
I have never done this	187 23% cd	120 27%	40 22%	23 14%	63 18%	9 15%	12 13%	87 24% bk	33 29% abhk	9 41%	14 49% abcdghk	10 22%	8 15%	3 13%	-	21 14%
NET: More	143 17%	56 13%	29 16%	43 27% ab	73 21% a	17 28% cdf	26 28% cdf	59 16%	15 13%	1 6%	2 5%	7 14%	10 18%	7 26%	-	43 28% cdfg
NET: Less	250 30%	140 32%	56 31%	44 27%	100 29%	19 32% f	27 29% f	110 31% f	33 29% f	6 26%	3 9%	19 40% f	18 34% f	9 35%	6 37%	46 30% f
Base for stats	610	309	135	133	269	49	77	266	79	11	14	33	41	22	16	127
Mean Score	2.66	2.51	2.65	2.90	2.78	2.82	2.94	2.63	2.60	2.31	2.86	2.30	2.65	2.76	2.49	2.89
Standard Deviation	1.235	1.202	1.226	1.241	1.238	1.431	1.248	1.232	1.121	1.415	.695	1.359	1.155	1.473	.752	1.318
Standard Error	.050	.064	.116	.117	.083	.206	.140	.075	.125	.409	.180	.220	.172	.307	.209	.117
Error variance	*	*	.01	.01	.01	.04	.02	.01	.02	.17	.03	.05	.03	.09	.04	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.10. Through clubs, classes or activities at or near your home: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	230	301	53	17	354	247	273	182	101	34	283	307	103	450	236	40	726
Total	819	226	303	51	16	355	242	263	188	103	32	291	295	92	437	250	40	727
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	52 6%	16 7%	16 5%	3 6%	- -	19 5%	16 7%	17 6%	13 7%	4 4%	1 2%	17 6%	18 6%	5 5%	24 6%	14 6%	9 22%	47 6%
A bit more (4.0)	91 11%	28 12%	32 11%	2 4%	2 11%	34 10%	29 12%	29 11%	21 11%	10 10%	4 14%	31 11%	34 11%	7 8%	36 8%	39 16%	8 20%	83 11%
About the same (3.0)	218 27%	59 26%	80 26%	17 33%	5 29%	96 27%	64 26%	57 22%	62 33%	28 27%	10 32%	89 31%	68 23%	29 32%	105 24%	79 32%	5 12%	189 26%
A bit less (2.0)	100 12%	26 12%	38 12%	5 10%	5 29%	42 12%	31 13%	28 11%	28 15%	11 10%	2 6%	39 13%	30 10%	11 12%	53 12%	28 11%	8 20%	89 12%
A lot less (1.0)	150 18%	35 16%	53 18%	8 15%	4 22%	61 17%	39 16%	51 19%	26 14%	16 16%	7 21%	43 15%	58 20%	15 16%	90 21%	39 16%	5 14%	135 19%
Don't know	22 3%	3 1%	7 2%	2 4%	1 4%	9 3%	4 2%	4 2%	4 2%	3 3%	1 2%	8 3%	5 2%	2 3%	7 2%	12 5%	1 2%	20 3%
I have never done this	187 23%	58 26%	78 26%	15 29%	1 5%	93 26%	59 24%	76 29%	33 18%	31 30%	7 23%	65 22%	83 28%	23 25%	121 28%	39 15%	4 10%	164 23%
NET: More	143 17%	44 20%	48 16%	5 10%	2 11%	53 15%	46 19%	46 18%	34 18%	14 14%	5 16%	48 17%	51 17%	12 13%	61 14%	53 21%	17 42%	130 18%
NET: Less	250 30%	61 27%	91 30%	12 24%	8 51%	104 29%	69 29%	79 30%	55 29%	27 26%	8 26%	82 28%	87 30%	26 28%	143 33%	67 27%	14 34%	224 31%
Base for stats	610	165	218	34	15	253	179	183	150	69	24	219	207	67	308	200	35	543
Mean Score	2.66	2.78	2.63	2.65	2.32	2.63	2.74	2.63	2.77	2.64	2.62	2.73	2.63	2.65	2.52	2.80	3.18	2.67
Standard Deviation	1.235	1.241	1.205	1.169	1.006	1.197	1.227	1.294	1.156	1.179	1.188	1.162	1.280	1.163	1.244	1.171	1.453	1.244
Standard Error	.050	.096	.082	.192	.260	.075	.091	.094	.096	.143	.233	.079	.087	.133	.069	.085	.246	.053
Error variance	*	.01	.01	.04	.07	.01	.01	.01	.01	.02	.05	.01	.01	.02	*	.01	.06	*

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Q6D4.10. Through clubs, classes or activities at or near your home: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	178	532	127	105	29	572	233	25	698	131	669	154
Total	819	181	531	123	106	29	565	231	25	683	137	671	143
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	52 6%	26 14% b	21 4%	8 7%	10 10%	1 3%	34 6%	17 7%	2 10%	41 6%	11 8%	45 7%	6 5%
A bit more (4.0)	91 11%	31 17% b	47 9%	14 11%	10 9%	4 15%	60 11%	26 11%	2 9%	79 12%	12 9%	76 11%	14 10%
About the same (3.0)	218 27%	43 24%	141 27%	35 28%	26 25%	6 22%	153 27%	59 26%	8 31%	186 27%	32 23%	179 27%	37 26%
A bit less (2.0)	100 12%	23 13%	63 12%	16 13%	9 8%	6 21%	70 12%	26 11%	3 14%	86 13%	14 10%	81 12%	19 13%
A lot less (1.0)	150 18%	30 17%	105 20%	24 19%	19 18%	8 27%	103 18%	45 20%	3 13%	126 19%	23 17%	118 18%	31 22%
Don't know	22 3%	8 4%	11 2%	2 1%	5 5%	2 7%	12 2%	8 3%	1 3%	17 2%	5 4%	14 2%	6 4%
I have never done this	187 23%	20 11%	142 27% a	25 20%	27 26%	2 6%	133 24%	49 21%	5 20%	147 22%	40 29%	158 24%	28 20%
NET: More	143 17%	58 32% b	68 13%	22 18%	20 19%	5 18%	94 17%	43 19%	5 19%	120 18%	22 16%	121 18%	20 14%
NET: Less	250 30%	53 29%	168 32%	40 32%	27 26%	14 47%	172 31%	72 31%	7 27%	213 31%	37 27%	199 30%	50 35%
Base for stats	610	154	377	97	74	25	420	174	19	519	91	498	108
Mean Score	2.66	3.01 b	2.51	2.65	2.79	2.38	2.65	2.67	2.86	2.66	2.70	2.70	2.49
Standard Deviation	1.235	1.352	1.178	1.239	1.345	1.202	1.223	1.278	1.242	1.223	1.303	1.239	1.209
Standard Error	.050	.110	.060	.123	.156	.240	.059	.096	.278	.053	.138	.056	.111
Error variance	*	.01	*	.02	.02	.06	*	.01	.08	*	.02	*	.01

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Q6D4.10. Through clubs, classes or activities at or near your home: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	Total	Number of days active										Life satisfaction score				COVID-19 tiers			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high	
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	
Significance Level: 95%																			
Unweighted Total	829	125	89	153	140	94	80	40	108	476	228	221	240	274	75	297	372	136	
Total	819	123	87	155	139	92	79	39	106	473	223	221	235	274	72	311	360	124	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	52 6%	4 3%	5 6%	9 6%	8 6%	4 4%	9 11%	5 12%	9 8%	26 6%	22 10%	10 4%	12 5%	12 4%	17 24%	16 5%	26 7%	7 5%
								a	a		ai			abc					
A bit more	(4.0)	91 11%	4 3%	3 4%	20 13%	14 10%	15 17%	9 12%	7 19%	18 17%	52 11%	35 16%	10 4%	31 13%	36 13%	14 19%	25 8%	47 13%	15 12%
				ab	a	ab	ab	ab	ab	ab	ab		a	a	a		a		
About the same	(3.0)	218 27%	28 23%	21 24%	38 25%	45 32%	21 23%	26 33%	7 19%	31 29%	125 27%	64 29%	50 23%	61 26%	85 31%	16 22%	99 32%	86 24%	26 21%
														a		bc			
A bit less	(2.0)	100 12%	10 8%	13 15%	16 10%	19 13%	16 17%	5 7%	7 18%	13 12%	64 14%	26 11%	25 11%	27 11%	38 14%	7 10%	31 10%	54 15%	13 11%
							af										a		
A lot less	(1.0)	150 18%	26 21%	20 23%	29 19%	31 22%	14 15%	13 17%	4 11%	12 12%	94 20%	30 13%	58 26%	45 19%	44 16%	2 3%	47 15%	65 18%	33 27%
				hj	hj	hj				hj	hj		cd	d	d			ab	
Don't know		22 3%	5 4%	5 6%	3 2%	1 1%	5 5%	1 1%	-	1 1%	15 3%	2 1%	10 5%	6 2%	3 1%	1 2%	8 3%	10 3%	4 3%
			j	dhj			dj						c						
I have never done this		187 23%	46 37%	18 21%	39 25%	21 15%	17 19%	16 20%	8 20%	22 21%	95 20%	45 20%	57 26%	53 22%	58 21%	14 19%	85 27%	72 20%	26 21%
			bcdefghij		d											b			
NET: More		143 17%	7 6%	9 10%	29 19%	22 16%	19 21%	18 23%	12 32%	26 25%	79 17%	57 25%	19 9%	43 18%	47 17%	31 44%	41 13%	73 20%	22 17%
				a	a	ab	ab	abdi	abi	a	abdi			a	a	abc		a	
NET: Less		250 30%	36 29%	33 38%	45 29%	50 36%	30 32%	19 24%	11 29%	25 24%	158 33%	55 25%	83 38%	72 31%	82 30%	9 13%	78 25%	119 33%	47 38%
				fhj	hj					j			d	d	d		a	a	
Base for stats	610	72	63	112	117	70	63	31	83	362	176	153	177	214	57	218	278	94	
Mean Score	2.66	2.29	2.38	2.67	2.56	2.72	2.91	3.05	2.97	2.59	2.96	2.26	2.65	2.69	3.65	2.69	2.70	2.45	
				a	a	ab	abdi	abdi	abdi	abdi	abdi		a	a	abc				
Standard Deviation	1.235	1.167	1.227	1.261	1.198	1.183	1.289	1.293	1.181	1.221	1.234	1.216	1.228	1.138	1.168	1.146	1.260	1.310	
Standard Error	.050	.136	.155	.119	.110	.140	.161	.225	.128	.064	.091	.097	.091	.078	.151	.080	.074	.129	
Error variance	*	.02	.02	.01	.01	.02	.03	.05	.02	*	.01	.01	.01	.01	.02	.01	.01	.02	

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Q6D4.10. Through clubs, classes or activities at or near your home: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	*b
Unweighted Total		829	311	236	276	829	-
Total		819	308	233	273	819	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	52	39	9	3	52	-
		6%	13%	4%	1%	6%	-
			bc				
A bit more	(4.0)	91	56	22	12	91	-
		11%	18%	9%	5%	11%	-
			bc	c			
About the same	(3.0)	218	78	95	42	218	-
		27%	25%	41%	16%	27%	-
			c	ac			
A bit less	(2.0)	100	40	21	40	100	-
		12%	13%	9%	14%	12%	-
A lot less	(1.0)	150	31	29	90	150	-
		18%	10%	13%	33%	18%	-
				ab			
Don't know		22	4	7	11	22	-
		3%	1%	3%	4%	3%	-
				a			
I have never done this		187	61	50	75	187	-
		23%	20%	21%	27%	23%	-
				a			
NET: More		143	94	31	16	143	-
		17%	31%	13%	6%	17%	-
			bc	c			
NET: Less		250	70	50	130	250	-
		30%	23%	21%	47%	30%	-
				ab			
Base for stats		610	243	177	188	610	-
Mean Score		2.66	3.13	2.78	1.93	2.66	-
			bc	c			
Standard Deviation		1.235	1.234	1.032	1.061	1.235	-
Standard Error		.050	.078	.077	.077	.050	-
Error variance		*	.01	.01	.01	*	-

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Q6D4.11. Through a gym membership or other activity paid for or subsidised by your employer: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	417	409	329	345	155	37	107	77	81	77	67	191	128	64
Total	819	414	402	311	341	168	34	94	74	78	74	82	179	131	73
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	48 6%	26 6%	22 6%	27 9% c	17 5%	4 2%	3 8%	5 6%	3 4%	6 8%	2 2%	1 1%	22 12% cefhi	5 3%	2 3%
A bit more (4.0)	70 9%	38 9%	32 8%	39 13% bc	28 8% c	3 2%	8 22% cfghi	12 13% h	5 7%	10 13% h	7 9%	4 5%	14 8%	6 5%	5 6%
About the same (3.0)	177 22%	108 26% b	70 17%	69 22% c	87 26% c	21 12%	2 5%	25 27% ae	18 25% a	12 16%	9 12%	26 32% ade	41 23% a	27 20% a	17 23% a
A bit less (2.0)	92 11%	51 12%	41 10%	49 16% bc	33 10%	10 6%	4 10%	8 8%	10 13%	14 18% bfi	15 20% bfghi	5 6%	19 11%	13 10%	5 6%
A lot less (1.0)	125 15%	60 15%	64 16%	52 17% c	59 17% c	15 9%	5 15%	14 15%	9 12%	12 15%	13 17%	8 10%	36 20%	20 15%	10 13%
Don't know	21 3%	13 3%	7 2%	7 2%	11 3%	2 1%	1 3%	3 3%	2 2%	2 2%	3 4%	1 2%	5 3%	2 2%	2 3%
I have never done this	286 35%	118 29%	166 41% a	66 21%	106 31% a	113 67% ab	13 37%	27 29%	28 37% g	22 28%	26 35%	36 44% bg	43 24%	59 45% bdg	33 45% bdg
NET: More	119 14%	63 15%	54 13%	67 22% bc	45 13% c	7 4%	10 30% cefhi	17 19% fh	8 11%	16 21% fhi	8 11%	5 7%	36 20% fhi	10 8%	7 9%
NET: Less	217 26%	111 27%	105 26%	101 32% c	92 27% c	24 15%	9 25%	22 23%	19 25%	26 33% f	28 38% bfi	13 16%	55 31% f	33 25%	14 20%
Base for stats	513	282	229	237	224	52	21	64	45	54	45	45	132	70	38
Mean Score	2.66	2.71	2.59	2.75	2.60	2.46	2.98	2.81 e	2.63	2.71	2.32	2.68	2.75	2.46	2.59
Standard Deviation	1.247	1.205	1.294	1.286	1.216	1.180	1.466	1.222	1.120	1.319	1.150	.969	1.394	1.182	1.160
Standard Error	.054	.071	.085	.081	.081	.167	.306	.144	.162	.176	.168	.157	.118	.143	.199
Error variance	*	*	.01	.01	.01	.03	.09	.02	.03	.03	.03	.02	.01	.02	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.11. Through a gym membership or other activity paid for or subsidised by your employer: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	82	269	249	94	87	48	600	229	642	34	76	43	13	5	171	
Total	819	84	275	248	87	80	46	606	213	642	30	72	45	12	4	163	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	48 6%	15 17%	11 4%	11 4%	7 8%	2 3%	3 5%	36 6%	12 6%	29 5%	1 3%	9 13%	4 8%	1 10%	2 34%	16 10%
			bcegh									a					a
A bit more	(4.0)	70 9%	9 11%	26 9%	19 8%	6 7%	6 7%	4 10%	54 9%	16 8%	48 7%	5 17%	7 9%	8 18%	1 10%	-	21 13%
												a					a
About the same	(3.0)	177 22%	27 32%	43 16%	57 23%	19 22%	24 30%	7 15%	128 21%	50 23%	142 22%	3 11%	18 25%	9 21%	-	2 37%	32 20%
			bfg		b		bf		b								
A bit less	(2.0)	92 11%	4 5%	35 13%	26 10%	14 16%	7 8%	6 13%	65 11%	27 13%	68 11%	1 3%	15 20%	6 12%	2 13%	-	23 14%
					a							ab					
A lot less	(1.0)	125 15%	11 13%	45 17%	35 14%	14 16%	13 16%	8 17%	91 15%	34 16%	95 15%	10 34%	12 17%	4 9%	4 30%	-	30 18%
											adg						
Don't know		21 3%	-	7 3%	6 2%	3 4%	2 2%	3 5%	13 2%	8 4%	11 2%	2 6%	4 6%	3 7%	-	-	9 6%
							a					a	a				a
I have never done this		286 35%	18 22%	107 39%	94 38%	23 27%	27 34%	16 35%	219 36%	66 31%	249 39%	8 27%	7 10%	11 24%	5 37%	1 29%	32 19%
				ad	a			a	a		cg	c	c				
NET: More		119 14%	24 28%	37 13%	30 12%	13 15%	8 10%	7 15%	90 15%	28 13%	77 12%	6 19%	16 22%	12 27%	2 20%	2 34%	37 23%
			bcd	de	gh							a	a				a
NET: Less		217 26%	15 18%	80 29%	61 25%	28 32%	19 24%	14 30%	156 26%	61 29%	163 25%	11 37%	27 38%	9 21%	5 43%	-	53 32%
			a		a							a					
Base for stats	513	65	161	148	60	51	28	374	139	382	20	61	31	8	3	122	
Mean Score	2.66	3.19	2.52	2.63	2.64	2.58	2.56	2.68	2.60	2.60	2.27	2.76	3.08	2.32	3.95	2.76	
			bcd	de	gh							a	a				
Standard Deviation	1.247	1.317	1.248	1.186	1.282	1.114	1.319	1.257	1.222	1.205	1.429	1.316	1.215	1.674	1.208	1.353	
Standard Error	.054	.162	.099	.097	.157	.150	.245	.065	.099	.061	.298	.166	.226	.592	.604	.120	
Error variance	*	.03	.01	.01	.02	.02	.06	*	.01	*	.09	.03	.05	.35	.36	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.11. Through a gym membership or other activity paid for or subsidised by your employer: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	497	149	137	286	58	95	362	113	23	30	51	57	27	13	153
Total	819	437	181	163	344	60	93	358	115	23	29	47	53	27	16	152
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	48 6%	21 5%	7 4%	12 7%	19 6%	6 10%	11 12% cdfh	19 5%	4 4%	1 3%	-	2 5%	1 2%	4 14%	-	17 11% cdh
A bit more (4.0)	70 9%	30 7%	15 8%	23 14% a	38 11% a	6 10%	18 19% cdgh	26 7%	8 7%	2 11%	3 9%	3 6%	3 6%	1 4%	-	24 16% cd
About the same (3.0)	177 22%	78 18%	48 27% a	40 25%	88 26% a	11 19%	18 20%	81 22% g	29 25% g	6 25%	4 14%	5 10%	11 20%	6 22%	8 48%	29 19%
A bit less (2.0)	92 11%	46 11%	19 11%	24 15%	43 13%	5 8%	12 13%	42 12%	16 14%	1 3%	2 6%	3 6%	9 17%	2 8%	-	17 11%
A lot less (1.0)	125 15%	66 15%	32 18%	21 13%	53 16%	12 20% d	11 12%	65 18% d	10 9%	3 15%	2 7%	10 22% d	5 10%	5 17%	1 6%	23 15%
Don't know	21 3%	8 2%	5 3%	5 3%	10 3%	2 4%	2 2%	7 2%	3 2%	-	1 2%	2 3%	2 4%	2 9%	-	4 2%
I have never done this	286 35%	186 43% bcd	54 30%	38 23%	91 27%	17 29%	20 22%	117 33% b	45 39% bk	10 43%	18 61% abcdk	22 48% bck	22 41% bk	7 26%	7 45%	38 25%
NET: More	119 14%	51 12%	23 13%	35 22% ab	58 17% a	12 20%	29 31% cdfgh	45 13%	12 11%	3 14%	3 9%	5 11%	4 8%	5 18%	-	41 27% cdfgh
NET: Less	217 26%	113 26%	51 28%	45 28%	96 28%	17 28%	23 25%	108 30%	26 23%	4 18%	4 13%	13 28%	14 27%	7 25%	1 6%	40 26%
Base for stats	513	242	122	121	243	40	70	233	67	13	10	23	29	18	9	110
Mean Score	2.66	2.56	2.56	2.84 a	2.70	2.72	3.08 ch	2.53	2.70	2.73	2.69	2.31	2.52	2.85	2.77	2.95 c
Standard Deviation	1.247	1.253	1.182	1.218	1.205	1.427	1.309	1.235	1.071	1.238	1.109	1.426	1.054	1.476	.675	1.358
Standard Error	.054	.074	.118	.121	.085	.226	.154	.080	.131	.331	.334	.269	.186	.339	.255	.128
Error variance	*	.01	.01	.01	.01	.05	.02	.01	.02	.11	.11	.07	.03	.11	.07	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.11. Through a gym membership or other activity paid for or subsidised by your employer: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	230	301	53	17	354	247	273	182	101	34	283	307	103	450	236	40	726
Total	819	226	303	51	16	355	242	263	188	103	32	291	295	92	437	250	40	727
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	48 6%	21 9%	9 3%	4 8%	1 5%	13 4%	21 9%	19 7%	9 5%	5 5%	2 5%	14 5%	20 7%	2 3%	22 5%	20 8%	4 9%	46 6%
A bit more (4.0)	70 9%	24 11%	28 9%	2 4%	2 13%	30 9%	26 11%	19 7%	23 12%	12 11%	2 7%	35 12%	22 7%	9 10%	30 7%	24 10%	7 17%	61 8%
About the same (3.0)	177 22%	50 22%	68 23%	9 18%	4 26%	78 22%	54 22%	50 19%	55 29%	17 16%	7 22%	72 25%	57 19%	20 22%	80 18%	72 29%	6 15%	157 22%
A bit less (2.0)	92 11%	28 13%	32 11%	5 11%	4 23%	38 11%	32 13%	32 12%	24 13%	8 8%	4 13%	32 11%	36 12%	4 4%	50 11%	33 13%	5 14%	88 12%
A lot less (1.0)	125 15%	26 12%	53 18%	9 17%	2 15%	62 17%	29 12%	39 15%	32 17%	15 14%	5 16%	46 16%	44 15%	11 11%	72 16%	35 14%	8 19%	115 16%
Don't know	21 3%	5 2%	5 2%	1 2%	1 4%	6 2%	5 2%	7 3%	3 2%	- -	1 2%	3 1%	7 3%	3 3%	8 2%	8 3%	2 4%	18 2%
I have never done this	286 35%	72 32%	107 35%	20 40%	2 14%	128 36%	75 31%	98 37%	42 22%	47 45%	11 34%	88 30%	109 37%	44 47%	175 40%	58 23%	9 22%	242 33%
NET: More	119 14%	44 20%	37 12%	7 13%	3 17%	43 12%	47 19%	38 14%	32 17%	17 16%	4 12%	49 17%	42 14%	12 13%	52 12%	44 18%	11 27%	107 15%
NET: Less	217 26%	55 24%	86 28%	14 27%	6 38%	100 28%	61 25%	71 27%	56 30%	23 22%	10 30%	79 27%	81 27%	14 15%	122 28%	68 27%	13 33%	203 28%
Base for stats	513	149	191	30	13	221	162	158	143	57	21	200	179	46	253	184	29	467
Mean Score	2.66	2.89	2.51	2.61	2.61	2.52	2.87	2.66	2.68	2.73	2.55	2.69	2.65	2.77	2.53	2.79	2.79	2.65
Standard Deviation	1.247	1.270	1.174	1.375	1.170	1.200	1.261	1.294	1.174	1.302	1.238	1.208	1.285	1.181	1.256	1.214	1.406	1.254
Standard Error	.054	.103	.085	.247	.313	.080	.098	.101	.100	.172	.258	.087	.094	.161	.077	.092	.257	.058
Error variance	*	.01	.01	.06	.10	.01	.01	.01	.01	.03	.07	.01	.01	.03	.01	.01	.07	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.11. Through a gym membership or other activity paid for or subsidised by your employer: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	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	829	178	532	127	105	29	572	233	25	698	131	669	154
Total	819	181	531	123	106	29	565	231	25	683	137	671	143
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 48 6%	27 15% b	18 3%	9 7%	6 6%	5 16%	31 5%	17 7%	3 13%	42 6%	6 4%	41 6%	6 4%
A bit more	(4.0) 70 9%	26 15% b	35 7%	11 9%	12 11%	1 4%	44 8%	24 11%	- -	60 9%	11 8%	57 9%	13 9%
About the same	(3.0) 177 22%	36 20%	114 21%	31 25%	19 17%	6 22%	120 21%	50 22%	5 21%	151 22%	26 19%	141 21%	35 24%
A bit less	(2.0) 92 11%	24 13%	63 12%	16 13%	13 12%	2 7%	64 11%	26 11%	5 20%	82 12%	10 7%	77 11%	15 11%
A lot less	(1.0) 125 15%	25 14%	89 17%	22 18%	16 15%	8 27%	86 15%	38 16%	6 24%	108 16%	17 13%	100 15%	24 17%
Don't know	21 3%	8 5% b	8 2%	4 3%	2 2%	2 7%	10 2%	8 4%	- -	17 2%	4 3%	15 2%	4 3%
I have never done this	286 35%	34 19%	204 38% a	30 24%	38 36%	5 17%	212 37% ae	68 29%	6 22%	223 33%	63 46% a	240 36%	45 32%
NET: More	119 14%	53 29% b	52 10%	20 16%	18 17%	6 21%	74 13%	41 18%	3 13%	102 15%	17 12%	98 15%	20 14%
NET: Less	217 26%	49 27%	152 29%	38 31%	29 27%	10 34%	150 26%	64 28%	11 44%	190 28%	27 20%	177 26%	39 28%
Base for stats	513	139	318	89	66	22	344	155	20	443	70	416	94
Mean Score	2.66	3.05 b	2.46	2.64	2.70	2.69	2.62	2.71	2.45	2.65	2.68	2.67	2.59
Standard Deviation	1.247	1.369	1.169	1.255	1.291	1.557	1.237	1.289	1.394	1.249	1.243	1.254	1.210
Standard Error	.054	.118	.065	.131	.159	.332	.066	.103	.312	.058	.150	.061	.120
Error variance	*	.01	*	.02	.03	.11	*	.01	.10	*	.02	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.11. Through a gym membership or other activity paid for or subsidised by your employer: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	829	125	89	153	140	94	80	40	108	476	228	221	240	274	75	297	372	136
Total	819	123	87	155	139	92	79	39	106	473	223	221	235	274	72	311	360	124
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	48 6%	2 2%	2 2%	7 4%	9 6%	6 7%	6 8%	5 13%	12 11%	23 5%	23 10%	6 3%	10 4%	10 4%	20 28%	13 4%	21 6%	11 9%
						a	a	abci	abci		abci				abc			a
A bit more (4.0)	70 9%	5 4%	11 12%	14 9%	6 4%	11 12%	7 9%	5 14%	12 12%	41 9%	25 11%	16 7%	22 9%	23 8%	9 13%	16 5%	34 9%	18 14%
				ad		ad		ad	ad		ad						a	a
About the same (3.0)	177 22%	21 17%	20 23%	31 20%	28 20%	18 20%	20 25%	8 21%	31 30%	97 20%	60 27%	46 21%	46 20%	65 24%	16 22%	74 24%	69 19%	28 22%
									ai		a							
A bit less (2.0)	92 11%	4 3%	15 17%	16 10%	22 16%	13 14%	8 10%	9 22%	6 5%	65 14%	22 10%	18 8%	36 15%	31 11%	7 9%	26 8%	52 14%	10 8%
				ah	a	ah	ah	achj		ah	a		a				a	
A lot less (1.0)	125 15%	22 18%	9 11%	31 20%	25 18%	12 13%	8 10%	3 7%	15 14%	78 16%	26 12%	47 21%	33 14%	42 15%	3 4%	38 12%	64 18%	18 15%
				j								bd	d	d			a	
Don't know	21 3%	7 5%	2 2%	4 3%	4 3%	- -	2 2%	1 2%	2 2%	10 2%	4 2%	4 2%	7 3%	3 1%	3 4%	10 3%	5 1%	5 4%
		ei																
I have never done this	286 35%	63 51%	28 32%	52 34%	46 33%	32 35%	28 35%	8 20%	28 27%	159 34%	64 29%	84 38%	81 34%	100 37%	15 20%	134 43%	115 32%	34 27%
		bcdefghij										d	d	d		bc		
NET: More	119 14%	6 5%	12 14%	20 13%	14 10%	17 19%	13 17%	10 27%	24 23%	64 14%	48 21%	22 10%	32 14%	33 12%	29 40%	29 9%	55 15%	29 24%
			a	a		a	a	acdi	acdi	a	acdi				abc		a	ab
NET: Less	217 26%	26 21%	24 28%	47 31%	47 34%	24 26%	16 21%	11 30%	20 19%	143 30%	48 21%	65 29%	68 29%	73 26%	9 13%	64 21%	116 32%	28 23%
				hj	afhj					ahj		d	d	d			ac	
Base for stats	513	53	57	98	89	60	50	30	76	304	156	133	147	171	54	168	240	85
Mean Score	2.66	2.26	2.65	2.47	2.45	2.80	2.90	3.03	3.01	2.56	2.98	2.37	2.60	2.58	3.67	2.64	2.57	2.93
					a	acd	acdi	acdi	acdi		acdi				abc			b
Standard Deviation	1.247	1.194	1.061	1.257	1.243	1.258	1.224	1.248	1.283	1.221	1.251	1.215	1.191	1.168	1.240	1.157	1.267	1.314
Standard Error	.054	.158	.140	.126	.131	.161	.171	.221	.145	.070	.099	.105	.096	.089	.164	.091	.080	.136
Error variance	*	.03	.02	.02	.02	.03	.03	.05	.02	*	.01	.01	.01	.01	.03	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q6D4.11. Through a gym membership or other activity paid for or subsidised by your employer: As a result of the changes to your working arrangements, do you think you now do more, less or the same amount of physical activity and exercise...

BASE: All those who face changes to working arrangements due to COVID-19

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	*b
Unweighted Total		829	311	236	276	829	-
Total		819	308	233	273	819	-
		100%	100%	100%	100%	100%	-
A lot more	(5.0)	48	42	4	1	48	-
		6%	14%	2%	1%	6%	-
			bc				
A bit more	(4.0)	70	40	22	9	70	-
		9%	13%	9%	3%	9%	-
			c	c			
About the same	(3.0)	177	71	73	33	177	-
		22%	23%	31%	12%	22%	-
			c	ac			
A bit less	(2.0)	92	32	23	37	92	-
		11%	10%	10%	14%	11%	-
A lot less	(1.0)	125	28	28	68	125	-
		15%	9%	12%	25%	15%	-
				ab			
Don't know		21	4	3	11	21	-
		3%	1%	1%	4%	3%	-
				a			
I have never done this		286	91	81	113	286	-
		35%	30%	35%	41%	35%	-
				a			
NET: More		119	82	25	10	119	-
		14%	27%	11%	4%	14%	-
			bc	c			
NET: Less		217	60	51	106	217	-
		26%	19%	22%	39%	26%	-
				ab			
Base for stats		513	213	149	149	513	-
Mean Score		2.66	3.17	2.66	1.91	2.66	-
			bc	c			
Standard Deviation		1.247	1.276	1.026	1.003	1.247	-
Standard Error		.054	.086	.083	.081	.054	-
Error variance		*	.01	.01	.01	*	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1. SUMMARY: As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

BASE: All respondents

	Total	Should definitely be allowed	Should probably be allowed	Should probably be banned	Should definitely be banned	Not sure	NET: Allowed	NET: Banned
Sport and physical activity in outdoor spaces done on your own (e.g. walking, running, cycling or outdoor pursuits done on your own)	2009 100%	1112 55%	562 28%	168 8%	60 3%	108 5%	1673 83%	227 11%
Sport and physical activity at indoor facilities done on your own (e.g. indoor gym, fitness class, swimming etc)	2009 100%	518 26%	785 39%	351 17%	150 7%	205 10%	1303 65%	501 25%
Sport and physical activity in outdoor spaces done with others (e.g. outdoor team sports, outdoor racket sports, group walking or cycling etc)	2009 100%	492 24%	809 40%	396 20%	140 7%	172 9%	1301 65%	536 27%
Sport and physical activity at indoor facilities done with others (e.g. indoor team sports, indoor racket sports etc)	2009 100%	258 13%	521 26%	680 34%	360 18%	190 9%	778 39%	1040 52%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.1. Sport and physical activity at indoor facilities done on your own (e.g. indoor gym, fitness class, swimming etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178	
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	518	267	250	180	171	167	21	81	53	50	39	53	93	74	53
		26%	27%	25%	30%	26%	23%	22%	31%	27%	23%	23%	24%	30%	23%	26%
					c				h				h			
Should probably be allowed	(3.0)	785	393	389	262	246	277	39	80	71	90	71	78	127	146	85
		39%	40%	38%	43%	37%	37%	40%	30%	36%	42%	41%	35%	41%	45%	41%
					bc				b		b	b	b	bf	b	b
Should probably be banned	(2.0)	351	167	179	100	111	139	19	52	24	40	26	53	54	51	33
		17%	17%	18%	16%	17%	19%	19%	20%	12%	19%	15%	24%	17%	16%	16%
									c				ceh			
Should definitely be banned	(1.0)	150	57	90	22	57	71	7	21	22	16	13	16	10	29	16
		7%	6%	9%	4%	9%	10%	8%	8%	11%	7%	8%	7%	3%	9%	8%
					a	a	a		g	g	g	g	g	g	g	g
Not sure		205	94	110	43	75	87	12	29	26	18	25	23	29	27	18
		10%	10%	11%	7%	11%	12%	12%	11%	13%	8%	14%	10%	9%	8%	9%
						a	a					h				
NET: Allowed		1303	660	639	442	417	444	60	161	125	139	110	131	220	220	138
		65%	67%	63%	73%	63%	60%	62%	61%	63%	65%	63%	59%	70%	67%	67%
			b		bc									bf		
NET: Banned		501	225	270	122	168	211	26	73	46	56	39	69	64	79	49
		25%	23%	26%	20%	25%	28%	26%	28%	23%	26%	23%	31%	20%	24%	24%
						a	a		g				g			
Base for stats		1804	884	909	564	585	655	86	234	171	195	149	199	284	299	187
Mean Score		2.93	2.98	2.88	3.06	2.91	2.82	2.86	2.94	2.91	2.89	2.91	2.84	3.07	2.89	2.94
			b		bc								adfh			
Standard Deviation		.900	.866	.925	.807	.929	.935	.890	.964	.987	.880	.892	.908	.812	.889	.895
Standard Error		.021	.029	.031	.033	.038	.038	.092	.060	.074	.063	.071	.071	.046	.053	.070
Error variance		*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.1. Sport and physical activity at indoor facilities done on your own (e.g. indoor gym, fitness class, swimming etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	518 26%	136 28%	112 25%	57 25%	51 24%	108 22%	302 28%	216 23%	435 26%	17 35%	24 18%	28 35%	5 24%	2 25%	75 26%	
		cdefh	fh					fh		c	c		c				
Should probably be allowed	(3.0)	785 39%	190 40%	179 40%	95 41%	81 38%	178 37%	431 40%	354 38%	652 39%	11 24%	63 47%	35 44%	10 49%	3 34%	121 42%	
		b		ab	b				b							b	
Should probably be banned	(2.0)	351 17%	85 18%	82 19%	39 17%	38 18%	82 17%	191 18%	159 17%	294 17%	12 25%	25 19%	10 13%	2 9%	3 41%	52 18%	
Should definitely be banned	(1.0)	150 7%	8 5%	29 6%	40 9%	11 5%	11 5%	52 11%	77 8%	74 8%	130 8%	6 13%	10 7%	1 1%	1 7%	- -	18 6%
		abdeg								d	d	d					
Not sure		205 10%	10 6%	44 9%	31 7%	27 12%	30 14%	62 13%	86 9%	120 13%	171 10%	2 3%	11 8%	6 8%	2 11%	- -	21 7%
		cg			abcg	acg		abcg									
NET: Allowed	1303 65%	117 73%	326 67%	291 65%	152 66%	132 62%	286 59%	733 67%	570 62%	1087 65%	28 58%	87 65%	63 79%	14 73%	4 59%	197 68%	
		efh	fh					fh					abc				
NET: Banned	501 25%	32 20%	114 23%	122 28%	51 22%	49 23%	134 28%	268 25%	233 25%	424 25%	18 38%	35 26%	11 14%	3 16%	3 41%	70 24%	
		d	adg	d					d							d	
Base for stats	1804	149	439	413	203	180	420	1001	803	1511	46	122	74	17	8	267	
Mean Score	2.93	3.09	2.99	2.88	2.97	2.95	2.82	2.96	2.89	2.92	2.83	2.83	3.22	3.01	2.84	2.95	
		cfh	f		f			f					abcg				
Standard Deviation	.900	.857	.875	.919	.838	.857	.955	.893	.907	.906	1.072	.838	.717	.845	.853	.864	
Standard Error	.021	.071	.042	.045	.057	.062	.047	.029	.032	.023	.150	.074	.083	.194	.302	.052	
Error variance	*	*	*	*	*	*	*	*	*	*	.02	.01	.01	.04	.09	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.1. Sport and physical activity at indoor facilities done on your own (e.g. indoor gym, fitness class, swimming etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205	
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	518 26%	319 26%	88 24%	86 29%	174 26%	26 33%	37 30%	175 27%	64 28%	13 25%	16 29%	28 24%	32 30%	31 16%	94 23%	63 31%
							i	i	i	i		i		i		i	ij
Should probably be allowed	(3.0)	785 39%	483 39%	148 41%	124 41%	272 41%	29 36%	48 40%	263 41%	94 40%	20 38%	15 26%	39 33%	42 40%	68 35%	168 41%	77 38%
								f	f						f		
Should probably be banned	(2.0)	351 17%	224 18%	64 18%	51 17%	114 17%	12 16%	16 13%	107 17%	46 20%	12 24%	12 21%	25 21%	18 17%	44 23%	58 14%	28 14%
															bjk		
Should definitely be banned	(1.0)	150 7%	96 8%	24 7%	21 7%	45 7%	7 9%	6 5%	42 7%	10 4%	3 6%	4 7%	12 10%	2 2%	23 12%	41 10%	13 7%
							h		h			dh		bcdh	cdh	h	
Not sure		205 10%	123 10%	41 11%	20 7%	60 9%	5 6%	14 12%	53 8%	20 9%	3 6%	10 18%	15 13%	11 11%	29 15%	44 11%	19 10%
											acd			cd			
NET: Allowed		1303 65%	801 64%	236 65%	210 70%	446 67%	55 69%	85 70%	438 68%	158 68%	32 64%	31 54%	67 57%	74 71%	99 51%	262 65%	140 70%
							i	fgi	fgi	gi				fgi		i	fgi
NET: Banned		501 25%	320 26%	88 24%	72 24%	160 24%	20 25%	22 18%	150 23%	56 24%	16 31%	16 28%	37 31%	19 19%	67 34%	99 24%	41 21%
												bhk		bcdhjk			
Base for stats		1804	1121	323	282	605	74	107	588	214	48	47	104	94	166	362	181
Mean Score		2.93	2.91	2.92	2.98	2.95	2.99	3.08	2.97	3.00	2.88	2.93	2.80	3.11	2.64	2.87	3.05
							i	gij	i	i			gij		i	gij	
Standard Deviation		.900	.906	.874	.886	.879	.956	.849	.878	.839	.889	.973	.971	.772	.940	.929	.893
Standard Error		.021	.026	.053	.058	.039	.112	.080	.036	.058	.130	.140	.091	.076	.072	.051	.066
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.1. Sport and physical activity at indoor facilities done on your own (e.g. indoor gym, fitness class, swimming etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	518 26%	168 33% bce	94 25%	31 23%	6 20%	125 25%	175 32% be	163 30%	69 26%	52 28%	12 23%	122 27%	174 29%	72 22%	273 25%	144 29% a	29 32%	445 26%
Should probably be allowed	(3.0)	785 39%	192 37%	170 46% af	56 42%	11 34%	226 45% af	203 37%	224 41%	112 42%	72 39%	19 37%	184 41%	243 41%	118 37%	439 40%	190 39%	38 41%	667 40%
Should probably be banned	(2.0)	351 17%	86 17%	57 16%	30 22%	6 20%	87 17%	92 17%	89 16%	49 18%	35 19%	8 16%	84 19%	97 16%	58 18%	202 18%	75 15%	16 17%	293 17%
Should definitely be banned	(1.0)	150 7%	27 5%	24 6%	7 5%	4 12%	31 6%	30 6%	25 5%	21 8%	7 4%	7 14% acef	28 6%	32 5%	34 10%	81 7%	34 7%	2 3%	117 7%
Not sure		205 10%	44 9%	24 7%	10 8%	4 14%	35 7%	49 9%	45 8%	16 6%	19 10%	5 10%	35 8%	49 8%	41 13%	111 10%	47 10%	6 6%	164 10%
NET: Allowed		1303 65%	361 70%	264 71% d	87 65%	17 54%	351 70%	377 69%	387 71%	181 68%	124 67%	31 60%	306 67%	418 70%	191 59%	711 64%	334 68% a	67 73% a	1112 66% a
NET: Banned		501 25%	113 22%	81 22%	37 27%	10 32%	118 23%	123 22%	114 21%	70 26%	43 23%	16 31%	112 25%	130 22%	91 28%	282 26%	109 22%	18 20%	410 24%
Base for stats	1804	474	345	124	27	469	500	501	251	167	46	418	547	282	994	443	85	1522	
Mean Score	2.93	3.06 e	2.97	2.90	2.72	2.95	3.04	3.05 bd	2.92	3.02	2.76	2.96 d	3.02	2.81	2.91	3.00 a	3.10 a	2.95 a	
Standard Deviation	.900	.873	.847	.847	.987	.847	.882	.838	.895	.836	1.013	.872	.857	.952	.891	.896	.800	.889	
Standard Error	.021	.040	.046	.075	.183	.039	.039	.037	.057	.066	.142	.043	.036	.055	.028	.044	.087	.023	
Error variance	*	*	*	.01	.03	*	*	*	*	*	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.1. Sport and physical activity at indoor facilities done on your own (e.g. indoor gym, fitness class, swimming etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Should definitely be allowed	(4.0) 518 26%	96 29%	338 26%	59 21%	74 20%	17 24%	366 28% abe	135 21%	14 18%	412 26%	105 26%	441 27% b	71 21%
Should probably be allowed	(3.0) 785 39%	127 38%	514 40%	106 38%	143 39%	32 44%	515 39%	254 40%	25 32%	642 40%	143 35%	648 39%	133 40%
Should probably be banned	(2.0) 351 17%	63 19%	223 17%	57 20%	77 21% d	14 19%	216 16%	128 20%	18 23%	273 17%	78 19%	274 17%	70 21%
Should definitely be banned	(1.0) 150 7%	21 6%	95 7%	28 10% d	44 12% d	6 8%	85 6%	63 10% d	12 15% d	115 7%	35 9%	128 8%	22 6%
Not sure	205 10%	25 8%	125 10%	32 11%	30 8%	4 5%	131 10%	57 9%	9 11%	158 10%	47 12%	154 9%	40 12%
NET: Allowed	1303 65%	223 67%	853 66%	165 59%	217 59%	50 68% f	880 67% abef	389 61%	39 50%	1055 66%	248 61%	1089 66% b	203 61%
NET: Banned	501 25%	85 25%	318 25%	84 30% d	121 33% d	20 27%	301 23%	191 30% d	30 38% d	388 24%	113 28%	402 24%	92 27%
Base for stats	1804	308	1170	249	338	70	1181	580	69	1443	361	1491	295
Mean Score	2.93	2.97	2.94	2.79	2.73	2.88	2.98 abef	2.79	2.60	2.94	2.88	2.94	2.85
Standard Deviation	.900	.892	.895	.930	.948	.884	.883	.921	1.004	.889	.941	.905	.868
Standard Error	.021	.052	.026	.057	.052	.106	.026	.038	.117	.023	.050	.024	.049
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.1. Sport and physical activity at indoor facilities done on your own (e.g. indoor gym, fitness class, swimming etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high	
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	
Significance Level: 95%																			
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318	
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	518 26%	85 20%	51 24%	89 26%	85 25%	47 25%	60 35%	28 38%	72 30%	272 25%	161 33%	144 29%	132 23%	140 20%	92 43%	209 25%	201 26%	89 30%
							abcdei	abcdei	a	a	abcdei	bc	abc						
Should probably be allowed	(3.0)	785 39%	153 35%	90 42%	148 42%	143 43%	87 46%	65 38%	24 31%	76 32%	468 43%	165 34%	166 34%	231 40%	320 46%	60 28%	358 43%	310 39%	96 33%
				hj	ahj	ahj	aghj			aghj			ad	abd		c	c		
Should probably be banned	(2.0)	351 17%	83 19%	35 16%	61 17%	68 20%	35 19%	24 14%	9 12%	36 15%	200 18%	68 14%	90 18%	107 19%	126 18%	24 11%	131 16%	146 19%	58 20%
			j		j					j			d	d	d				
Should definitely be banned	(1.0)	150 7%	45 10%	14 6%	21 6%	17 5%	8 4%	10 6%	10 13%	27 11%	59 5%	47 10%	43 9%	44 8%	44 6%	16 7%	66 8%	56 7%	23 8%
			cdei					cdei	cdei	cdei	dei								
Not sure		205 10%	67 16%	25 12%	31 9%	23 7%	12 6%	12 7%	5 7%	30 13%	90 8%	48 10%	45 9%	58 10%	57 8%	24 11%	77 9%	71 9%	28 10%
			cdefgij	d					dei										
NET: Allowed		1303 65%	238 55%	141 66%	237 68%	227 68%	134 71%	125 73%	52 69%	148 61%	739 68%	326 67%	310 63%	363 64%	459 67%	151 70%	568 68%	510 65%	185 63%
			a	a	a	ah	ah	a		a	a								
NET: Banned		501 25%	127 29%	49 23%	82 23%	85 25%	43 23%	34 20%	18 24%	62 26%	259 24%	115 24%	133 27%	151 26%	171 25%	40 19%	197 23%	202 26%	81 28%
			fij										d	d					
Base for stats		1804	365	189	320	312	177	160	71	211	998	441	443	514	630	192	765	713	266
Mean Score		2.93	2.76	2.94	2.96	2.95	2.97	3.10	3.01	2.92	2.95	3.00	2.93	2.88	2.88	3.19	2.93	2.92	2.94
			a	a	a	a	ai			a	a				abc				
Standard Deviation		.900	.946	.860	.857	.838	.806	.882	1.044	1.008	.842	.972	.957	.891	.831	.954	.886	.893	.948
Standard Error		.021	.050	.062	.048	.048	.060	.070	.123	.070	.027	.046	.045	.039	.034	.069	.033	.033	.056
Error variance		*	*	*	*	*	*	*	.02	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.1. Sport and physical activity at indoor facilities done on your own (e.g. indoor gym, fitness class, swimming etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

BASE: All respondents

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Should definitely be allowed	(4.0)	518 26%	189 34% bc	186 22%	135 23%	234 29%
Should probably be allowed	(3.0)	785 39%	216 39%	332 40%	230 39%	331 40%
Should probably be banned	(2.0)	351 17%	77 14%	146 18%	121 21% a	142 17%
Should definitely be banned	(1.0)	150 7%	35 6%	61 7%	52 9%	56 7%
Not sure		205 10%	40 7%	103 12% ac	50 8%	56 7%
NET: Allowed		1303 65%	406 73% bc	519 63%	365 62%	565 69%
NET: Banned		501 25%	112 20%	207 25% a	173 29% a	198 24%
Base for stats	1804	518	726	539	763	574
Mean Score	2.93	3.08 bc	2.89	2.83	2.97	2.95
Standard Deviation	.900	.885	.884	.915	.888	.877
Standard Error	.021	.039	.033	.039	.032	.037
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.2. Sport and physical activity at indoor facilities done with others (e.g. indoor team sports, indoor racket sports etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178	
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	258	140	118	96	84	78	13	34	30	27	19	23	51	35	25
		13%	14%	12%	16%	13%	11%	13%	13%	15%	13%	11%	10%	16%	11%	12%
					c								h			
Should probably be allowed	(3.0)	521	275	244	190	186	144	28	62	42	52	45	60	93	89	51
		26%	28%	24%	31%	28%	19%	28%	24%	21%	24%	26%	27%	30%	27%	25%
			b		c									c		
Should probably be banned	(2.0)	680	326	349	185	202	294	31	79	57	68	64	80	106	121	76
		34%	33%	34%	30%	31%	40%	31%	30%	29%	32%	37%	36%	34%	37%	37%
							ab									
Should definitely be banned	(1.0)	360	154	203	73	126	161	19	59	48	45	28	40	33	54	34
		18%	16%	20%	12%	19%	22%	19%	22%	24%	21%	16%	18%	10%	17%	16%
			a		a		a	g	g	gh	g	g	g		g	
Not sure		190	83	105	63	62	65	8	29	20	21	17	19	30	27	19
		9%	8%	10%	10%	9%	9%	8%	11%	10%	10%	10%	9%	9%	8%	9%
NET: Allowed		778	415	362	286	270	223	41	96	72	79	65	83	144	124	76
		39%	42%	36%	47%	41%	30%	41%	37%	36%	37%	37%	37%	46%	38%	37%
			b		bc		c							bcdghi		
NET: Banned		1040	481	552	258	328	454	50	138	105	113	93	119	138	175	110
		52%	49%	54%	43%	50%	61%	51%	52%	53%	53%	53%	54%	44%	54%	54%
			a		a		ab	g	g	g	g	g	g	g	g	g
Base for stats		1819	895	913	544	598	677	90	234	176	192	157	202	283	299	185
Mean Score		2.37	2.45	2.30	2.57	2.38	2.21	2.38	2.30	2.30	2.31	2.35	2.33	2.58	2.35	2.36
			b		bc		c							bcdefhi		
Standard Deviation		.956	.951	.956	.931	.970	.933	.977	1.004	1.050	.986	.917	.918	.917	.912	.934
Standard Error		.022	.032	.032	.039	.039	.037	.099	.062	.078	.071	.071	.071	.053	.054	.074
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.2. Sport and physical activity at indoor facilities done with others (e.g. indoor team sports, indoor racket sports etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	258	26	67	44	37	31	53	137	121	203	12	15	20	3	2	52
		13%	16%	14%	10%	16%	15%	11%	13%	13%	12%	26%	11%	25%	16%	20%	18%
			c		c						ac		ac			a	
Should probably be allowed	(3.0)	521	54	131	120	58	63	95	305	216	416	10	53	25	6	3	97
		26%	34%	27%	27%	25%	30%	20%	28%	23%	25%	21%	40%	31%	31%	39%	34%
			fh	f	f		fh		fh				ab			a	
Should probably be banned	(2.0)	680	44	165	157	87	57	170	366	314	595	14	33	25	5	1	77
		34%	28%	34%	35%	38%	27%	35%	34%	34%	35%	28%	25%	31%	23%	11%	27%
				e	ae		e		e		cg						
Should definitely be banned	(1.0)	360	23	84	87	23	31	112	194	166	316	10	18	6	2	2	39
		18%	14%	17%	19%	10%	15%	23%	18%	18%	19%	22%	14%	7%	11%	30%	13%
				d	d			abdegh	d	d	dg	d					
Not sure		190	12	36	36	24	29	53	84	106	152	2	13	4	4	-	23
		9%	8%	7%	8%	10%	14%	11%	8%	11%	9%	3%	10%	5%	19%	-	8%
						bcg	g		bg								
NET: Allowed		778	80	198	165	95	94	147	442	336	619	22	68	45	9	4	149
		39%	50%	41%	37%	41%	44%	31%	41%	36%	37%	47%	51%	56%	46%	59%	52%
			bcfgh	f	f	f	fh		f	f			a	a		a	
NET: Banned		1040	67	249	244	111	88	282	560	480	911	24	51	31	7	3	116
		52%	42%	52%	55%	48%	42%	58%	52%	52%	54%	50%	39%	38%	34%	41%	40%
				ae	ae		abdegh	ae	ae		cdg						
Base for stats		1819	147	447	408	206	181	429	1002	817	1530	46	120	76	16	8	265
Mean Score		2.37	2.57	2.40	2.30	2.53	2.52	2.21	2.38	2.36	2.33	2.53	2.55	2.79	2.63	2.49	2.61
			cfgh	f	cfgh	cfh		f	f				a	a		a	
Standard Deviation		.956	.956	.958	.924	.916	.967	.967	.947	.966	.948	1.121	.903	.929	.980	1.200	.963
Standard Error		.022	.079	.046	.046	.062	.069	.047	.030	.033	.024	.157	.081	.106	.238	.424	.058
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.06	.18	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.2. Sport and physical activity at indoor facilities done with others (e.g. indoor team sports, indoor racket sports etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205	
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	258 13%	159 13%	37 10%	44 15%	81 12%	15 19%	22 18%	93 15%	30 13%	9 17%	7 12%	11 9%	17 16%	12 6%	42 10%	37 18%
							ij	gij	i	i	i		i				gij
Should probably be allowed	(3.0)	521 26%	288 23%	109 30%	100 33%	208 31%	22 28%	38 31%	188 29%	74 32%	14 28%	11 19%	30 25%	33 31%	37 19%	75 18%	60 30%
				a	a	a		ij	ij	fij			ij				ij
Should probably be banned	(2.0)	680 34%	459 37%	123 34%	87 29%	210 32%	22 28%	31 26%	207 32%	76 32%	16 31%	22 39%	41 34%	35 33%	70 36%	160 39%	54 27%
			cd											k	bck		
Should definitely be banned	(1.0)	360 18%	234 19%	63 17%	43 14%	106 16%	12 15%	20 17%	99 15%	34 15%	9 17%	11 20%	24 20%	6 5%	51 26%	94 23%	32 16%
							h	h	h	h	h	h	h	abcdhk	cdhk	h	
Not sure		190 9%	104 8%	33 9%	28 9%	61 9%	8 10%	10 9%	54 8%	20 9%	4 7%	6 11%	14 12%	14 14%	25 13%	36 9%	18 9%
NET: Allowed		778 39%	447 36%	145 40%	143 48%	289 43%	37 47%	60 49%	281 44%	104 44%	23 44%	18 31%	41 35%	50 47%	48 25%	117 29%	97 48%
				a	a		ij	fgij	gij	ij	ij		fgij				fgij
NET: Banned		1040 52%	693 56%	186 51%	130 43%	316 48%	35 44%	52 42%	306 48%	110 47%	25 48%	34 58%	64 54%	41 39%	122 62%	253 62%	86 43%
			cd								bhk	h		abcdhk	abcdhk		
Base for stats	1819	1140	331	274	605	71	111	587	214	47	51	105	91	170	370	183	
Mean Score	2.37	2.33	2.36	2.53	2.43	2.56	2.55	2.47	2.47	2.47	2.26	2.27	2.67	2.05	2.18	2.55	
				ab	a	ij	gij	gij	ij	ij	i	cfij				gij	
Standard Deviation	.956	.954	.913	.944	.930	1.006	1.007	.951	.922	1.004	.962	.932	.854	.894	.939	1.004	
Standard Error	.022	.027	.055	.062	.041	.120	.094	.039	.064	.148	.133	.087	.086	.068	.051	.074	
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	*	*	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.2. Sport and physical activity at indoor facilities done with others (e.g. indoor team sports, indoor racket sports etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	258 13%	86 17%	50 13%	12 9%	3 10%	62 12%	89 16%	85 16%	32 12%	27 14%	10 20%	59 13%	95 16%	43 13%	127 12%	65 13%	23 25%	215 13%
			c					c										abce	
Should probably be allowed	(3.0)	521 26%	152 29%	115 31%	42 31%	6 21%	157 31%	159 29%	156 29%	95 36%	52 28%	8 15%	147 33%	164 27%	67 21%	273 25%	162 33%	19 21%	453 27%
								d	adf			d				abde		a	
Should probably be banned	(2.0)	680 34%	159 31%	129 35%	45 34%	8 27%	175 35%	167 30%	189 35%	76 29%	63 34%	15 29%	139 31%	203 34%	108 33%	401 36%	137 28%	34 38%	573 34%
																c		c	
Should definitely be banned	(1.0)	360 18%	78 15%	53 14%	26 20%	8 25%	80 16%	86 16%	75 14%	47 18%	29 16%	12 24%	76 17%	88 15%	67 21%	210 19%	77 16%	5 6%	293 17%
												a			d	d	d		d
Not sure		190 9%	42 8%	22 6%	8 6%	5 18%	31 6%	48 9%	41 8%	16 6%	15 8%	6 11%	31 7%	47 8%	38 12%	93 8%	49 10%	10 11%	152 9%
						bce													
NET: Allowed		778 39%	238 46%	165 45%	54 40%	10 31%	219 43%	248 45%	240 44%	127 48%	79 42%	18 35%	206 45%	258 43%	110 34%	400 36%	226 46%	42 46%	668 40%
																abe		a	
NET: Banned		1040 52%	237 46%	183 49%	72 53%	16 51%	254 50%	253 46%	264 48%	123 46%	92 50%	27 53%	216 48%	291 49%	175 54%	611 55%	214 44%	40 43%	865 51%
															c	cde		c	
Base for stats	1819	475	347	126	25	473	501	504	250	171	45	422	550	285	1011	441	82	1534	
Mean Score	2.37	2.52	2.46	2.32	2.21	2.43	2.50	2.49	2.45	2.44	2.35	2.45	2.48	2.30	2.31	2.48	2.73	2.39	
		c													ab	abce			
Standard Deviation	.956	.972	.919	.917	1.028	.920	.976	.942	.940	.952	1.121	.944	.957	.992	.940	.947	.947	.948	
Standard Error	.022	.044	.049	.081	.194	.042	.043	.041	.060	.074	.158	.047	.040	.057	.029	.046	.106	.024	
Error variance	*	*	*	.01	.04	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.2. Sport and physical activity at indoor facilities done with others (e.g. indoor team sports, indoor racket sports etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Should definitely be allowed	(4.0) 258 13%	55 16% b	149 12%	36 13%	40 11%	10 14%	172 13%	77 12%	8 10%	206 13%	52 13%	211 13%	40 12%
Should probably be allowed	(3.0) 521 26%	92 28%	352 27%	68 24%	83 23%	23 31%	357 27%	153 24%	19 24%	419 26%	102 25%	421 26%	95 28%
Should probably be banned	(2.0) 680 34%	112 34%	443 34%	82 29%	127 35%	27 36%	453 35%	213 33%	21 27%	545 34%	135 33%	571 35%	106 32%
Should definitely be banned	(1.0) 360 18%	51 15%	237 18%	74 26% cd	99 27% cd	9 12%	200 15%	152 24% cd	26 34% cde	279 17%	81 20%	295 18%	62 19%
Not sure	190 9%	24 7%	114 9%	21 8%	20 5%	4 6%	130 10% be	42 7%	3 4%	153 10%	38 9%	144 9%	32 9%
NET: Allowed	778 39%	146 44%	501 39%	104 37%	122 33%	33 45% b	529 40% b	230 36%	27 34%	624 39%	154 38%	633 38%	135 40%
NET: Banned	1040 52%	163 49%	680 52%	156 55%	226 61% cd	36 49%	653 50%	366 57% d	48 61% d	824 51%	217 53%	867 53%	168 50%
Base for stats	1819	310	1181	260	348	69	1182	595	74	1448	371	1500	303
Mean Score	2.37	2.48 b	2.35	2.26	2.18	2.50 bef	2.42 abef	2.26	2.11	2.38	2.34	2.37	2.37
Standard Deviation	.956	.968	.939	1.021	.972	.908	.934	.981	1.021	.951	.972	.953	.956
Standard Error	.022	.056	.027	.062	.053	.109	.027	.040	.115	.025	.051	.025	.053
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.2. Sport and physical activity at indoor facilities done with others (e.g. indoor team sports, indoor racket sports etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Should definitely be allowed	(4.0)	258 13%	31 7%	29 14%	43 12%	46 14%	24 13%	27 16%	14 18%	44 18%	84 17%	68 14%	57 10%	68 10%	56 26%	104 12%	95 12%	47 16%
			a	a	a	a	a	a	aci	a	aci	c			abc			
Should probably be allowed	(3.0)	521 26%	91 21%	52 24%	98 28%	88 26%	66 35%	53 31%	18 24%	54 23%	125 26%	129 26%	150 26%	180 26%	58 27%	211 25%	218 28%	72 25%
				a		abdhij	a			a								
Should probably be banned	(2.0)	680 34%	154 36%	76 36%	111 32%	118 35%	66 35%	53 31%	26 34%	76 32%	155 32%	144 30%	203 36%	281 41%	46 21%	304 36%	277 35%	82 28%
												d	ad	ad		c	c	
Should definitely be banned	(1.0)	360 18%	100 23%	35 16%	63 18%	59 18%	21 11%	20 12%	13 18%	48 20%	82 17%	113 23%	105 18%	107 16%	31 15%	158 19%	131 17%	62 21%
			befij		e				ef			cd						
Not sure		190 9%	57 13%	22 10%	36 10%	23 7%	11 6%	18 11%	4 6%	19 8%	42 9%	34 7%	55 10%	51 7%	24 11%	64 8%	64 8%	31 11%
			dehij															
NET: Allowed		778 39%	122 28%	82 38%	141 40%	134 40%	90 48%	80 46%	32 42%	98 41%	210 43%	197 40%	208 36%	249 36%	114 53%	315 37%	312 40%	119 40%
				a	a	a	ab	a	a	a	a				abc			
NET: Banned		1040 52%	254 59%	111 52%	174 50%	177 53%	88 46%	74 43%	40 52%	124 51%	237 49%	257 53%	309 54%	388 56%	77 36%	462 55%	407 52%	144 49%
			cefij		f							d	d	d				
Base for stats		1819	375	193	315	311	178	154	71	222	997	454	516	636	191	777	720	263
Mean Score		2.37	2.14	2.40	2.38	2.39	2.52	2.56	2.45	2.42	2.41	2.33	2.31	2.33	2.72	2.34	2.38	2.40
			a	a	a	a	a	a	a	a	a				abc			
Standard Deviation		.956	.905	.954	.955	.959	.873	.935	1.009	1.035	.942	1.010	.919	.878	1.060	.947	.930	1.035
Standard Error		.022	.047	.068	.054	.055	.065	.075	.118	.070	.030	.047	.040	.035	.077	.035	.034	.061
Error variance		*	*	*	*	*	*	.01	.01	*	*	*	*	*	.01	*	*	*

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Q7.1.2. Sport and physical activity at indoor facilities done with others (e.g. indoor team sports, indoor racket sports etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

BASE: All respondents

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Significance Level: 95%						
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Should definitely be allowed (4.0)	258 13%	94 17% c	109 13% c	51 9%	125 15%	88 14%
Should probably be allowed (3.0)	521 26%	170 30% bc	208 25%	137 23%	224 27%	185 29%
Should probably be banned (2.0)	680 34%	177 32%	292 35%	205 35%	285 35%	202 32%
Should definitely be banned (1.0)	360 18%	85 15%	126 15%	146 25% ab	127 15%	100 16%
Not sure	190 9%	32 6%	94 11% a	50 8%	58 7%	66 10% a
NET: Allowed	778 39%	264 47% bc	316 38% c	188 32%	349 43%	273 43%
NET: Banned	1040 52%	262 47%	418 50%	351 60% ab	412 50%	302 47%
Base for stats	1819	526	735	539	761	575
Mean Score	2.37	2.52 bc	2.41 c	2.17	2.46	2.45
Standard Deviation	.956	.965	.939	.934	.955	.950
Standard Error	.022	.042	.035	.040	.034	.040
Error variance	*	*	*	*	*	*

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Q7.1.3. Sport and physical activity in outdoor spaces done on your own (e.g. walking, running, cycling or outdoor pursuits done on your own): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178	
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	1112	498	609	262	352	498	57	143	106	111	98	126	158	183	128
	55%	51%	60%	43%	53%	67%	59%	54%	54%	52%	57%	57%	51%	56%	63%	
			a		a	ab									dg	
Should probably be allowed	(3.0)	562	289	270	196	185	181	28	71	55	58	53	63	89	98	46
	28%	30%	26%	32%	28%	24%	29%	27%	28%	27%	30%	28%	28%	30%	22%	
				c												
Should probably be banned	(2.0)	168	104	63	86	60	22	5	25	16	22	10	14	42	23	12
	8%	11%	6%	14%	9%	3%	5%	9%	8%	10%	6%	6%	14%	7%	6%	
			b	bc	c								aefhi			
Should definitely be banned	(1.0)	60	31	28	24	26	11	2	10	9	8	4	7	8	6	6
	3%	3%	3%	4%	4%	1%	2%	4%	4%	4%	4%	2%	3%	3%	2%	3%
				c	c											
Not sure		108	57	49	40	37	31	6	14	11	13	9	11	15	16	13
	5%	6%	5%	7%	6%	4%	6%	5%	6%	6%	6%	5%	5%	5%	5%	7%
				c												
NET: Allowed		1673	787	879	458	537	678	85	214	161	170	151	189	247	282	174
	83%	80%	86%	75%	81%	91%	87%	81%	82%	80%	87%	85%	79%	86%	85%	
			a		a	ab					g			g		
NET: Banned		227	135	91	109	86	32	7	35	24	30	14	21	50	29	17
	11%	14%	9%	18%	13%	4%	7%	13%	12%	14%	8%	10%	16%	9%	8%	
			b	bc	c								aefhi			
Base for stats		1901	921	970	567	623	711	92	249	186	200	165	211	297	311	191
Mean Score	3.43	3.36	3.51	3.23	3.39	3.64	3.53	3.39	3.39	3.37	3.49	3.47	3.34	3.48	3.55	
			a		a	ab	g				g			g	bdg	
Standard Deviation	.782	.810	.744	.853	.824	.618	.683	.829	.829	.838	.725	.768	.818	.717	.742	
Standard Error	.018	.027	.024	.035	.033	.024	.069	.050	.060	.059	.055	.059	.046	.042	.058	
Error variance	*	*	*	*	*	*	*	*	*	*	*	*	*	*	*	

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Q7.1.3. Sport and physical activity in outdoor spaces done on your own (e.g. walking, running, cycling or outdoor pursuits done on your own): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	1112	81	281	240	115	93	303	601	511	979	22	50	33	10	4	119
	55%	51%	58%	54%	50%	44%	63%	55%	55%	58%	46%	38%	41%	51%	58%	41%	
			de	e			acdegh	e	e	cdg							
Should probably be allowed	(3.0)	562	44	121	127	69	79	122	292	270	458	17	48	24	6	2	97
	28%	28%	25%	29%	30%	37%	25%	27%	29%	27%	35%	36%	30%	30%	31%	34%	
						abcfgh						a				a	
Should probably be banned	(2.0)	168	19	41	42	27	18	21	102	65	114	9	20	17	2	1	49
	8%	12%	8%	10%	12%	8%	4%	9%	7%	7%	19%	15%	22%	11%	11%	17%	
		fh	f	f	fh	f		f	f	a	a	a	a			a	
Should definitely be banned	(1.0)	60	7	17	15	6	5	10	39	21	48	-	9	1	1	-	10
	3%	5%	4%	3%	3%	2%	2%	4%	2%	3%	-	7%	1%	4%	-	4%	
												a					
Not sure		108	8	24	20	13	17	26	52	56	83	-	7	4	1	-	12
	5%	5%	5%	4%	6%	8%	5%	5%	6%	5%	-	5%	6%	4%	-	4%	
						cg											
NET: Allowed		1673	124	402	367	184	171	425	893	780	1437	39	98	58	16	7	216
	83%	78%	83%	83%	80%	81%	88%	82%	85%	85%	81%	73%	72%	81%	89%	75%	
							abcdeg			cdg							
NET: Banned		227	26	58	57	33	22	31	142	86	161	9	28	18	3	1	59
	11%	16%	12%	13%	14%	11%	6%	13%	9%	10%	19%	21%	23%	15%	11%	21%	
		fh	f	fh	fh			fh		a	a	a	a			a	
Base for stats		1901	150	460	425	217	194	456	1035	866	1599	48	126	76	19	8	276
Mean Score		3.43	3.31	3.45	3.39	3.35	3.34	3.58	3.41	3.47	3.48	3.27	3.10	3.19	3.34	3.47	3.18
								abcdegh		ade	bcdg						
Standard Deviation		.782	.871	.806	.807	.805	.744	.682	.817	.737	.756	.768	.908	.828	.858	.737	.855
Standard Error		.018	.071	.038	.039	.053	.052	.032	.026	.025	.019	.105	.079	.094	.192	.260	.050
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.04	.07	*

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Q7.1.3. Sport and physical activity in outdoor spaces done on your own (e.g. walking, running, cycling or outdoor pursuits done on your own): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205	
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	1112	750	189	143	333	38	51	333	126	26	35	58	46	120	279	89
		55%	60%	52%	47%	50%	48%	42%	52%	54%	51%	61%	49%	44%	62%	69%	44%
			bcd					b	b			bhk		abcghk	abcdeghk		
Should probably be allowed	(3.0)	562	339	102	91	193	25	33	192	72	14	11	42	30	43	99	58
		28%	27%	28%	30%	29%	31%	27%	30%	31%	28%	19%	35%	29%	22%	24%	29%
								i	i			fij					
Should probably be banned	(2.0)	168	75	41	36	77	8	18	62	19	7	7	9	15	15	9	26
		8%	6%	11%	12%	12%	10%	15%	10%	8%	13%	12%	8%	14%	8%	2%	13%
			a	a	a		j	dij	j	j	j	j	j	j	j	j	
Should definitely be banned	(1.0)	60	28	14	13	27	3	10	23	5	1	1	1	5	5	6	13
		3%	2%	4%	4%	4%	4%	8%	4%	2%	2%	2%	1%	4%	2%	2%	6%
					a			cdgij								dgj	
Not sure		108	52	18	18	36	6	9	31	12	3	4	9	9	12	13	15
		5%	4%	5%	6%	5%	7%	8%	5%	5%	5%	7%	8%	9%	6%	3%	8%
								j				j	j			j	
NET: Allowed		1673	1090	291	234	526	63	84	525	198	40	46	100	76	163	378	147
		83%	88%	80%	78%	79%	79%	69%	82%	85%	79%	80%	84%	72%	84%	93%	73%
			bcd					bhk	bhk			bhk		bhk	abcdeghik		
NET: Banned		227	103	55	49	104	11	28	85	24	8	8	10	20	20	15	38
		11%	8%	15%	16%	16%	13%	23%	13%	10%	16%	13%	9%	19%	10%	4%	19%
			a	a	a		j	cdgij	j	j	j	j	j	dgij	j		cdgij
Base for stats		1901	1192	346	284	630	73	112	610	222	48	54	110	95	183	393	185
Mean Score		3.43	3.52	3.35	3.29	3.32	3.34	3.12	3.37	3.44	3.35	3.49	3.42	3.22	3.52	3.66	3.21
			bcd					bk	bhk			bk		bhk	abcdeghik		
Standard Deviation		.782	.719	.844	.859	.851	.825	.979	.813	.742	.822	.788	.698	.889	.758	.605	.925
Standard Error		.018	.020	.050	.056	.037	.097	.091	.033	.050	.120	.106	.064	.087	.055	.032	.067

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Q7.1.3. Sport and physical activity in outdoor spaces done on your own (e.g. walking, running, cycling or outdoor pursuits done on your own): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Error variance	*	*	*	*	*	.01	.01	*	*	.01	.01	*	.01	*	*	*

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Q7.1.3. Sport and physical activity in outdoor spaces done on your own (e.g. walking, running, cycling or outdoor pursuits done on your own): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	1112	298	179	69	6	248	303	321	103	100	22	203	342	192	616	256	48	920
	55%	57%	48%	51%	19%	49%	55%	59%	38%	54%	42%	45%	57%	59%	56%	52%	52%	55%	
		bde	d	d		d	bde	bde		be			bde	c					
Should probably be allowed	(3.0)	562	152	116	33	11	149	162	158	92	47	16	139	175	86	324	131	20	476
	28%	29%	31%	25%	34%	30%	30%	29%	34%	25%	32%	31%	29%	27%	29%	27%	22%	28%	
									c										
Should probably be banned	(2.0)	168	38	44	21	5	65	43	37	42	20	7	62	44	17	83	57	11	151
	8%	7%	12%	15%	16%	13%	8%	7%	16%	11%	14%	14%	7%	5%	7%	12%	12%	9%	
		af	af	af		af			af		a	af		5%	7%	12%	12%	9%	
Should definitely be banned	(1.0)	60	10	18	6	5	23	15	10	20	6	4	26	14	8	32	13	7	52
	3%	2%	5%	4%	16%	5%	3%	2%	7%	3%	7%	6%	2%	2%	3%	3%	7%	3%	
		a			abcef	a			acf		af	af					abce		
Not sure		108	20	13	6	5	19	25	19	10	13	2	23	22	21	49	31	7	87
	5%	4%	3%	4%	15%	4%	5%	4%	4%	7%	4%	5%	4%	6%	4%	6%	7%	5%	
					abcef					af									
NET: Allowed	1673	449	294	102	16	397	466	479	195	147	38	342	517	278	941	388	67	1396	
	83%	87%	80%	76%	53%	79%	85%	88%	73%	79%	75%	76%	87%	86%	85%	79%	74%	83%	
		bcd	d	d		d	bcd	bcd					bcd	cd	cd			d	
NET: Banned	227	48	62	26	10	88	58	47	62	26	11	87	58	25	115	71	17	203	
	11%	9%	17%	19%	32%	18%	11%	9%	23%	14%	21%	19%	10%	8%	10%	14%	19%	12%	
		af	af	af	abef	af			acf	a	af	af				ab	ab	a	
Base for stats	1901	498	357	129	26	485	524	526	257	173	49	429	575	302	1056	458	85	1599	
Mean Score	3.43	3.48	3.28	3.29	2.65	3.28	3.44	3.50	3.08	3.40	3.14	3.21	3.47	3.53	3.44	3.38	3.28	3.42	
		bce				be		bde		be			bde	cde					
Standard Deviation	.782	.726	.866	.890	1.045	.871	.765	.714	.934	.817	.940	.901	.741	.717	.766	.812	.971	.792	
Standard Error	.018	.032	.046	.078	.194	.040	.033	.031	.059	.063	.128	.044	.030	.040	.024	.039	.107	.020	
Error variance	*	*	*	.01	.04	*	*	*	*	*	.02	*	*	*	*	*	.01	*	

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Q7.1.3. Sport and physical activity in outdoor spaces done on your own (e.g. walking, running, cycling or outdoor pursuits done on your own): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Should definitely be allowed	(4.0) 1112 55%	150 45%	749 58%	132 47%	201 55%	31 42%	770 59%	318 50%	42 54%	891 56%	221 54%	958 58%	145 43%
		a	a	c	c	ace	ace	b	b			b	b
Should probably be allowed	(3.0) 562 28%	99 30%	362 28%	92 33%	121 33%	19 25%	348 27%	202 32%	28 36%	450 28%	112 27%	451 27%	103 31%
		d	d	d	d	d	d	d	d	d	d	d	d
Should probably be banned	(2.0) 168 8%	55 17%	88 7%	32 12%	28 8%	14 20%	97 7%	67 11%	5 7%	136 8%	32 8%	119 7%	48 14%
		b	b	d	d	bdef	d	d	d	d	d	a	a
Should definitely be banned	(1.0) 60 3%	15 5%	36 3%	13 5%	13 4%	7 9%	26 2%	31 5%	2 2%	41 3%	19 5%	42 3%	16 5%
		d	d	d	d	bd	d	d	d	a	a	a	a
Not sure	108 5%	13 4%	61 5%	11 4%	6 2%	3 4%	73 6%	19 3%	1 1%	83 5%	25 6%	73 4%	23 7%
		b	b	b	b	b	be	b	b	b	b	a	a
NET: Allowed	1673 83%	249 75%	1111 86%	224 80%	321 87%	49 67%	1117 85%	520 82%	70 90%	1341 84%	333 81%	1410 86%	247 74%
		a	a	c	ace	ace	ace	c	ac	b	b	b	b
NET: Banned	227 11%	70 21%	124 10%	46 16%	41 11%	21 29%	122 9%	99 15%	7 9%	177 11%	51 12%	161 10%	64 19%
		b	b	d	d	abdef	d	d	d	d	d	a	a
Base for stats	1901	320	1235	270	362	71	1240	619	77	1518	383	1571	312
Mean Score	3.43	3.20	3.48	3.27	3.41	3.03	3.50	3.30	3.43	3.44	3.39	3.48	3.21
		a	a	c	ac	abce	c	c	c	b	b	b	b
Standard Deviation	.782	.893	.753	.858	.782	1.022	.729	.857	.733	.766	.839	.750	.889
Standard Error	.018	.051	.022	.051	.041	.121	.021	.034	.081	.020	.044	.019	.049
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.3. Sport and physical activity in outdoor spaces done on your own (e.g. walking, running, cycling or outdoor pursuits done on your own): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Should definitely be allowed	(4.0)	1112	237	115	186	178	92	102	40	162	571	297	281	397	123	522	393	163
	55%	55%	54%	53%	53%	49%	59%	53%	67%	52%	62%	61%	49%	58%	57%	62%	50%	55%
							e		abcdegi		abcdei	b		b	b	bc		
Should probably be allowed	(3.0)	562	123	52	107	108	57	42	23	50	324	134	162	199	60	217	249	77
	28%	28%	24%	31%	32%	30%	24%	30%	21%	30%	23%	27%	28%	29%	28%	26%	32%	26%
				h	hj	bhj	h			hj							a	
Should probably be banned	(2.0)	168	17	21	32	32	28	13	10	14	113	23	76	51	13	49	84	26
	8%	4%	10%	9%	9%	15%	8%	14%	6%	10%	8%	5%	13%	7%	6%	11%	9%	
			a	a	a	afhj		ah		ah	a		acd			a		
Should definitely be banned	(1.0)	60	14	9	7	9	7	3	2	7	33	18	22	13	7	20	26	12
	3%	3%	4%	2%	3%	4%	2%	3%	3%	3%	3%	4%	4%	2%	3%	2%	3%	4%
													c					
Not sure		108	41	17	18	8	4	12	1	7	47	16	30	27	12	33	32	16
	5%	9%	8%	5%	2%	2%	7%	1%	3%	4%	4%	3%	5%	4%	5%	4%	4%	6%
		cdeghij	deghij	d			de											
NET: Allowed		1673	360	167	292	286	149	144	62	212	895	431	443	595	183	739	642	239
	83%	83%	78%	83%	85%	79%	84%	82%	88%	82%	86%	88%	78%	87%	85%	88%	82%	81%
					b				bei		be	b		b	b	bc		
NET: Banned		227	31	30	40	41	35	16	12	22	146	41	98	64	20	70	110	38
	11%	7%	14%	11%	12%	19%	10%	16%	9%	13%	10%	8%	17%	9%	9%	8%	14%	13%
			a	a	a	acfhj		a		a			acd			a		a
Base for stats		1901	391	197	332	327	185	160	75	234	1041	472	541	660	204	809	751	277
Mean Score	3.43	3.49	3.38	3.42	3.39	3.27	3.51	3.34	3.57	3.38	3.51	3.50	3.30	3.48	3.47	3.53	3.34	3.41
			ei		e		ei		bcdegi		bdei	b		b	b	bc		
Standard Deviation	.782	.742	.855	.756	.779	.861	.736	.817	.747	.802	.757	.760	.857	.725	.765	.723	.809	.832
Standard Error	.018	.038	.060	.042	.043	.063	.058	.094	.049	.025	.035	.035	.037	.029	.054	.026	.029	.048
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.3. Sport and physical activity in outdoor spaces done on your own (e.g. walking, running, cycling or outdoor pursuits done on your own): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

BASE: All respondents

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Should definitely be allowed	(4.0)	1112	330	428	344	438
		55%	59%	52%	59%	53%
			b	b		
Should probably be allowed	(3.0)	562	151	237	165	249
		28%	27%	29%	28%	30%
Should probably be banned	(2.0)	168	45	74	46	72
		8%	8%	9%	8%	9%
Should definitely be banned	(1.0)	60	15	31	11	25
		3%	3%	4%	2%	3%
			c			
Not sure		108	16	59	22	35
		5%	3%	7%	4%	4%
			ac			
NET: Allowed		1673	482	665	509	687
		83%	86%	80%	87%	84%
			b	b	b	
NET: Banned		227	60	105	57	97
		11%	11%	13%	10%	12%
Base for stats		1901	542	770	567	784
Mean Score		3.43	3.47	3.38	3.49	3.40
			b	b		
Standard Deviation		.782	.763	.818	.729	.784
Standard Error		.018	.033	.030	.031	.028
Error variance		*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.4. Sport and physical activity in outdoor spaces done with others (e.g. outdoor team sports, outdoor racket sports, group walking or cycling etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178	
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	492	250	240	151	170	170	26	64	45	49	39	59	80	82	46
		24%	26%	24%	25%	26%	23%	26%	24%	23%	23%	27%	26%	25%	23%	
Should probably be allowed	(3.0)	809	392	413	239	251	319	39	91	74	87	76	88	123	147	84
		40%	40%	41%	39%	38%	43%	40%	35%	38%	41%	44%	40%	39%	45%	41%
												b		b		
Should probably be banned	(2.0)	396	194	200	126	129	141	22	58	46	42	26	40	66	58	40
		20%	20%	20%	21%	20%	19%	22%	22%	23%	20%	15%	18%	21%	18%	19%
										e						
Should definitely be banned	(1.0)	140	60	77	36	52	52	4	25	14	18	10	17	19	15	18
		7%	6%	8%	6%	8%	7%	4%	10%	7%	8%	6%	8%	6%	5%	9%
									h							
Not sure		172	82	88	55	57	60	8	24	18	17	21	17	24	25	16
		9%	8%	9%	9%	9%	8%	8%	9%	9%	8%	12%	8%	8%	8%	8%
NET: Allowed		1301	642	654	390	422	489	65	155	119	136	116	148	203	229	131
		65%	66%	64%	64%	64%	66%	66%	59%	61%	64%	67%	67%	65%	70%	64%
															bc	
NET: Banned		536	255	276	162	182	193	26	83	59	59	37	57	85	73	58
		27%	26%	27%	27%	28%	26%	26%	32%	30%	28%	21%	26%	27%	22%	28%
									eh	eh						
Base for stats	1837	897	930	552	603	682	90	238	178	195	152	204	288	301	188	
Mean Score	2.90	2.93	2.88	2.92	2.90	2.89	2.96	2.81	2.85	2.86	2.95	2.93	2.92	2.98	2.84	
														b		
Standard Deviation	.882	.872	.888	.869	.913	.866	.844	.951	.892	.903	.839	.900	.877	.813	.905	
Standard Error	.021	.029	.029	.036	.037	.034	.086	.058	.066	.064	.066	.070	.050	.048	.071	
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	.01

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Q7.1.4. Sport and physical activity in outdoor spaces done with others (e.g. outdoor team sports, outdoor racket sports, group walking or cycling etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	492 24%	51 32% cefh	144 30% cfh	100 22%	55 24%	48 23%	93 19%	295 27% fh	197 21%	416 25%	14 29%	29 22%	19 23%	4 20%	3 37%	69 24%
Should probably be allowed	(3.0)	809 40%	56 35%	182 38%	193 43%	89 39%	84 40%	206 43%	430 40%	379 41%	693 41%	15 31%	48 36%	29 37%	10 50%	4 52%	106 37%
Should probably be banned	(2.0)	396 20%	27 17%	95 20%	88 20%	51 22%	41 19%	94 19%	210 19%	186 20%	324 19%	16 34% ac	27 20%	21 26%	2 11%	1 11%	67 23%
Should definitely be banned	(1.0)	140 7%	14 9%	32 7%	33 7%	12 5%	10 5%	39 8%	79 7%	61 7%	111 7%	2 3%	15 12% a	6 7%	1 4%	- -	24 8%
Not sure		172 9%	10 7%	31 6%	31 7%	23 10%	27 13% abcg	50 10%	72 7%	100 11% bcg	138 8%	1 2%	13 10%	5 7%	3 15%	- -	22 8%
NET: Allowed	1301 65%	107 67%	326 67%	292 66%	144 63%	132 63%	299 62%	725 67% h	576 62%	1109 66%	29 61%	78 58%	48 60%	14 70%	7 89%	175 61%	
NET: Banned	536 27%	42 26%	126 26%	121 27%	63 27%	51 24%	133 28%	289 27%	247 27%	435 26%	18 38%	42 32%	27 33%	3 15%	1 11%	91 32% a	
Base for stats	1837	148	453	413	207	183	432	1014	822	1544	47	120	75	17	8	266	
Mean Score	2.90	2.97	2.97 fh	2.87	2.90	2.93	2.82	2.93	2.87	2.92	2.88	2.76	2.81	3.02	3.26	2.83	
Standard Deviation	.882	.960	.899	.870	.857	.843	.873	.897	.862	.872	.888	.966	.909	.770	.689	.918	
Standard Error	.021	.079	.043	.043	.058	.060	.042	.028	.030	.022	.123	.086	.104	.181	.244	.055	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.03	.06	*	

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Q7.1.4. Sport and physical activity in outdoor spaces done with others (e.g. outdoor team sports, outdoor racket sports, group walking or cycling etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205	
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	492	308	84	83	167	23	32	175	65	13	15	23	23	31	92	55
		24%	25%	23%	27%	25%	30%	26%	27%	28%	25%	25%	19%	22%	16%	23%	27%
							i	i	i	i							i
Should probably be allowed	(3.0)	809	522	150	107	257	26	41	257	96	20	25	38	43	81	181	67
		40%	42%	41%	35%	39%	33%	34%	40%	41%	39%	44%	32%	41%	42%	45%	33%
																bgk	
Should probably be banned	(2.0)	396	248	75	59	133	20	28	124	43	11	8	31	19	38	75	48
		20%	20%	21%	19%	20%	26%	23%	19%	18%	22%	14%	26%	18%	20%	18%	24%
Should definitely be banned	(1.0)	140	76	23	28	51	4	10	38	15	3	2	8	8	19	30	14
		7%	6%	6%	9%	8%	5%	9%	6%	7%	7%	4%	7%	8%	10%	7%	7%
															c		
Not sure		172	91	32	25	58	5	11	47	14	4	8	19	12	25	28	16
		9%	7%	9%	8%	9%	6%	9%	7%	6%	7%	13%	16%	12%	13%	7%	8%
												acdjk		cdj			
NET: Allowed		1301	830	235	189	424	50	72	432	161	33	40	61	66	112	273	122
		65%	67%	64%	63%	64%	63%	60%	67%	69%	64%	69%	51%	63%	58%	67%	61%
								gi	gi		g				gi		
NET: Banned		536	324	97	87	184	24	38	162	58	15	10	39	27	57	105	63
		27%	26%	27%	29%	28%	31%	31%	25%	25%	28%	18%	33%	26%	29%	26%	31%
												f				f	
Base for stats		1837	1153	332	276	608	74	110	594	219	47	50	100	93	170	378	185
Mean Score		2.90	2.92	2.89	2.88	2.89	2.93	2.85	2.96	2.96	2.89	3.04	2.75	2.87	2.73	2.89	2.88
								gi	gi		i						
Standard Deviation		.882	.860	.862	.953	.904	.902	.947	.872	.881	.895	.800	.904	.889	.893	.865	.928
Standard Error		.021	.024	.052	.063	.040	.106	.088	.036	.060	.132	.112	.086	.088	.067	.047	.068
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	*	*	*

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Q7.1.4. Sport and physical activity in outdoor spaces done with others (e.g. outdoor team sports, outdoor racket sports, group walking or cycling etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Should definitely be allowed	(4.0)	492 24%	159 31%	95 26%	30 22%	6 20%	124 25%	165 30%	157 29%	67 25%	50 27%	13 26%	117 26%	170 28%	64 20%	267 24%	138 28%	21 23%	427 25%
			ce													a			a
Should probably be allowed	(3.0)	809 40%	216 42%	146 40%	54 40%	10 33%	200 40%	226 41%	240 44%	101 38%	67 36%	14 28%	167 37%	254 43%	135 42%	462 42%	177 36%	35 39%	674 40%
									de				d		c				
Should probably be banned	(2.0)	396 20%	79 15%	83 22%	34 25%	7 23%	116 23%	86 16%	87 16%	63 24%	40 22%	15 30%	103 23%	102 17%	68 21%	218 20%	93 19%	18 19%	328 19%
				af	af		af			af		af	af						
Should definitely be banned	(1.0)	140 7%	33 6%	24 6%	9 7%	3 9%	33 7%	36 7%	27 5%	22 8%	15 8%	5 10%	36 8%	32 5%	16 5%	81 7%	37 7%	6 7%	124 7%
												a							
Not sure		172 9%	31 6%	22 6%	8 6%	5 15%	30 6%	36 7%	35 6%	14 5%	14 8%	3 7%	29 6%	39 6%	40 12%	77 7%	45 9%	11 12%	133 8%
					abef									be					
NET: Allowed	1301 65%	374 72%	241 65%	84 62%	16 52%	324 64%	391 71%	397 73%	168 63%	117 63%	27 54%	284 63%	424 71%	199 62%	729 66%	316 64%	56 62%	1101 65%	
		bcde				cde		bcde					bcde						
NET: Banned	536 27%	112 22%	106 29%	43 32%	10 32%	149 30%	122 22%	114 21%	85 32%	55 30%	20 40%	140 31%	134 22%	84 26%	299 27%	129 26%	24 26%	452 27%	
			af	af		af			af	a	af	af							
Base for stats	1837	487	347	126	26	474	513	510	253	171	48	424	558	283	1028	445	80	1553	
Mean Score	2.90	3.03	2.90	2.82	2.74	2.88	3.01	3.03	2.84	2.89	2.75	2.86	3.01	2.87	2.89	2.94	2.89	2.90	
		bce				ce		bde				bde							
Standard Deviation	.882	.872	.880	.876	.955	.879	.877	.830	.916	.926	.980	.920	.846	.824	.881	.920	.887	.892	
Standard Error	.021	.039	.047	.077	.177	.040	.039	.036	.058	.072	.135	.045	.035	.048	.027	.045	.100	.023	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.4. Sport and physical activity in outdoor spaces done with others (e.g. outdoor team sports, outdoor racket sports, group walking or cycling etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Should definitely be allowed	(4.0) 492 24%	84 25%	334 26%	62 22%	73 20%	15 21%	346 26% be	132 21%	15 20%	400 25%	92 23%	425 26% b	61 18%
Should probably be allowed	(3.0) 809 40%	115 34%	540 42% a	112 40%	152 41%	25 34%	542 41%	251 39%	36 46%	643 40%	166 41%	677 41%	127 38%
Should probably be banned	(2.0) 396 20%	74 22%	244 19%	59 21%	92 25% d	18 24%	238 18%	153 24% d	14 18%	324 20%	73 18%	312 19%	80 24% a
Should definitely be banned	(1.0) 140 7%	39 12% b	82 6%	27 10% d	36 10% d	9 12% d	76 6%	61 10% d	9 12% d	102 6%	38 9% a	105 6%	34 10% a
Not sure	172 9%	21 6%	97 7%	21 7%	16 4%	7 9%	110 8% b	40 6%	4 5%	133 8%	39 10%	125 8%	33 10%
NET: Allowed	1301 65%	199 60%	873 67% a	174 62%	225 61%	40 55%	888 68% bce	384 60%	51 66%	1042 65%	258 63%	1102 67% b	188 56%
NET: Banned	536 27%	113 34% b	326 25%	86 31% d	127 35% d	26 36% d	314 24%	214 34% d	23 29%	426 27%	111 27%	417 25%	114 34% a
Base for stats	1837	312	1199	260	352	67	1202	597	74	1468	369	1519	302
Mean Score	2.90	2.78	2.94 a	2.81	2.74	2.70	2.96 abce	2.76	2.77	2.91	2.85	2.94 b	2.71
Standard Deviation	.882	.982	.867 a	.919	.899	.969	.860	.910	.923	.874	.913	.871 b	.914
Standard Error	.021	.056	.025 a	.056	.048	.118	.025	.037	.104	.023	.048	.023 a	.051
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.4. Sport and physical activity in outdoor spaces done with others (e.g. outdoor team sports, outdoor racket sports, group walking or cycling etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Should definitely be allowed	(4.0)	492	85	52	83	71	53	42	25	82	149	122	123	150	90	209	191	80
	24%	20%	24%	24%	21%	28%	25%	33%	34%	24%	30%	25%	22%	22%	42%	25%	24%	27%
						a		ad		abcdfi	acdi				abc			
Should probably be allowed	(3.0)	809	154	83	151	162	86	67	27	80	174	190	216	328	65	362	323	97
	40%	36%	39%	43%	48%	46%	39%	36%	33%	44%	36%	39%	38%	48%	30%	43%	41%	33%
				ahj	abfghj	ahj				ahj		d	d	abd		c	c	
Should probably be banned	(2.0)	396	87	43	67	78	30	37	13	42	91	100	130	134	29	157	165	62
	20%	20%	20%	19%	23%	16%	21%	17%	17%	20%	19%	20%	23%	19%	14%	19%	21%	21%
					e							d	d					
Should definitely be banned	(1.0)	140	48	14	19	11	9	11	6	21	38	42	51	33	12	52	50	30
	7%	11%	7%	6%	3%	5%	6%	8%	9%	5%	8%	9%	9%	5%	6%	6%	6%	10%
		cdei						d	di	di	c	c						ab
Not sure		172	59	23	30	14	10	15	5	16	36	34	52	43	19	61	55	26
	9%	14%	11%	9%	4%	5%	9%	6%	7%	7%	7%	7%	9%	6%	9%	7%	7%	9%
		cdehij	de	d			d											
NET: Allowed		1301	239	134	233	232	140	109	52	162	739	312	339	478	155	571	514	177
	65%	55%	63%	67%	69%	74%	63%	68%	67%	68%	66%	64%	59%	70%	72%	68%	66%	60%
				a	a	abfj		a	a	a	a			ab	ab	c		
NET: Banned		536	135	58	87	89	39	48	19	63	129	142	181	167	42	209	215	91
	27%	31%	27%	25%	27%	21%	28%	25%	26%	25%	26%	29%	32%	24%	19%	25%	27%	31%
		ei										d	cd					a
Base for stats		1837	373	192	320	321	179	157	71	225	1011	454	520	645	196	780	728	268
Mean Score	2.90	2.74	2.89	2.93	2.91	3.03	2.90	2.99	2.99	2.93	2.96	2.86	2.79	2.92	3.18	2.93	2.90	2.85
				a	a	a		a	a	a	a			b	abc			
Standard Deviation	.882	.952	.886	.842	.770	.820	.881	.947	.961	.825	.931	.918	.914	.799	.910	.855	.868	.974
Standard Error	.021	.050	.063	.047	.043	.061	.070	.112	.064	.026	.044	.043	.040	.032	.065	.032	.032	.057
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.1.4. Sport and physical activity in outdoor spaces done with others (e.g. outdoor team sports, outdoor racket sports, group walking or cycling etc): As things currently stand, what do you think the rules should be around the following types of sport and physical activity for the general population:

BASE: All respondents

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Should definitely be allowed (4.0)	492 24%	161 29% bc	199 24%	128 22%	225 27%	162 25%
Should probably be allowed (3.0)	809 40%	239 43%	322 39%	240 41%	324 40%	257 40%
Should probably be banned (2.0)	396 20%	97 17%	165 20%	130 22% a	168 20%	119 19%
Should definitely be banned (1.0)	140 7%	32 6%	56 7%	48 8%	49 6%	45 7%
Not sure	172 9%	29 5%	87 10% ac	42 7%	55 7%	58 9%
NET: Allowed	1301 65%	400 72% bc	521 63%	368 63%	548 67%	419 65%
NET: Banned	536 27%	129 23%	221 27%	178 30% a	216 26%	164 26%
Base for stats	1837	528	742	546	765	583
Mean Score	2.90	3.00 bc	2.89	2.82	2.95	2.92
Standard Deviation	.882	.854	.885	.892	.875	.885
Standard Error	.021	.037	.033	.038	.032	.037
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.2. SUMMARY: Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

BASE: All respondents

	Total	Strongly agree	Tend to agree	Tend to disagree	Strongly disagree	Don't know	NET: Agree	NET: Disagree
Children and young people (aged under 18)	2009 100%	385 19%	681 34%	468 23%	219 11%	256 13%	1066 53%	687 34%
Disabled adults (aged 18 or over)	2009 100%	339 17%	618 31%	498 25%	286 14%	268 13%	957 48%	784 39%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.2.1. Children and young people (aged under 18): Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178	
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	385	196	188	111	130	144	22	64	40	41	27	38	62	59	31
		19%	20%	19%	18%	20%	19%	22%	24%	20%	19%	16%	17%	20%	18%	15%
Tend to agree	(3.0)	681	327	350	204	221	256	32	81	73	80	60	61	112	112	70
		34%	33%	34%	34%	33%	35%	33%	31%	37%	37%	35%	27%	36%	34%	34%
Tend to disagree	(2.0)	468	253	213	166	148	154	18	57	36	48	40	65	70	83	50
		23%	26%	21%	27%	22%	21%	19%	22%	18%	23%	23%	29%	23%	26%	25%
Strongly disagree	(1.0)	219	101	116	52	85	82	13	23	28	21	20	25	30	40	20
		11%	10%	11%	9%	13%	11%	13%	9%	14%	10%	12%	11%	10%	12%	10%
Don't know		256	101	151	74	77	105	13	37	20	23	26	33	38	32	33
		13%	10%	15%	12%	12%	14%	14%	14%	10%	11%	15%	15%	12%	10%	16%
NET: Agree		1066	523	538	315	350	401	53	145	113	120	88	99	175	172	101
		53%	53%	53%	52%	53%	54%	55%	55%	57%	57%	50%	45%	56%	53%	49%
NET: Disagree		687	354	329	218	232	236	31	80	63	69	60	90	100	123	70
		34%	36%	32%	36%	35%	32%	32%	30%	32%	33%	35%	41%	32%	38%	34%
Base for stats		1753	878	867	533	583	637	85	225	176	190	148	189	275	295	171
Mean Score		2.70	2.70	2.71	2.70	2.68	2.73	2.74	2.83	2.71	2.74	2.64	2.59	2.75	2.65	2.66
Standard Deviation		.948	.942	.954	.906	.978	.955	1.009	.957	.988	.920	.939	.959	.927	.950	.910
Standard Error		.023	.032	.033	.038	.040	.039	.106	.061	.073	.066	.076	.078	.054	.057	.075
Error variance		*	*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.2.1. Children and young people (aged under 18): Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	385 19%	34 22%	100 21%	75 17%	45 20%	36 17%	94 20%	209 19%	176 19%	320 19%	11 23%	25 19%	12 15%	4 21%	2 31%	55 19%	
Tend to agree (3.0)	681 34%	62 39%	163 34%	143 32%	85 37%	78 37%	150 31%	368 34%	313 34%	579 34%	10 21%	46 35%	28 35%	6 29%	4 58%	94 33%	
Tend to disagree (2.0)	468 23%	32 20%	126 26%	113 25%	46 20%	46 22%	105 22%	270 25%	198 21%	389 23%	13 27%	33 25%	24 30%	4 20%	-	73 25%	
Strongly disagree (1.0)	219 11%	16 10%	51 11%	59 13%	18 8%	17 8%	57 12%	127 12%	92 10%	187 11%	10 20%	12 9%	6 8%	2 11%	-	30 10%	
Don't know	256 13%	14 9%	44 9%	55 12%	36 16%	33 16%	75 16%	112 10%	144 16%	208 12%	4 9%	17 13%	10 12%	4 19%	1 11%	36 12%	
NET: Agree	1066 53%	97 61%	263 54%	218 49%	130 56%	115 54%	244 51%	577 53%	489 53%	899 53%	21 44%	71 54%	41 51%	10 50%	7 89%	149 52%	
NET: Disagree	687 34%	48 30%	177 37%	172 39%	64 28%	64 30%	162 34%	397 37%	290 31%	576 34%	22 46%	45 34%	30 37%	6 31%	-	103 36%	
Base for stats	1753	145	440	390	194	178	406	974	778	1474	43	116	71	16	7	252	
Mean Score	2.70	2.79	2.71	2.60	2.81	2.75	2.69	2.68	2.73	2.70	2.53	2.73	2.66	2.75	3.35	2.69	
Standard Deviation	.948	.932	.947	.964	.896	.891	.981	.953	.940	.948	1.109	.919	.871	1.018	.516	.942	
Standard Error	.023	.078	.046	.049	.063	.065	.049	.031	.033	.025	.158	.083	.103	.247	.195	.058	
Error variance	*	.01	*	*	*	*	*	*	*	*	.03	.01	.01	.06	.04	*	

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Q7.2.1. Children and young people (aged under 18): Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

BASE: All respondents

	Total	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	
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																	
Unweighted Total	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205	
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	385 19%	222 18%	76 21%	69 23%	145 22%	15 19%	22 18%	124 19%	47 20%	13 26%	7 12%	21 18%	15 14%	34 17%	86 21%	38 19%
Tend to agree	(3.0)	681 34%	408 33%	127 35%	121 40%	249 37%	29 36%	37 30%	228 36%	95 41%	14 27%	15 26%	32 27%	31 30%	55 28%	145 36%	66 33%
Tend to disagree	(2.0)	468 23%	289 23%	91 25%	64 21%	155 23%	19 24%	36 30%	144 22%	54 23%	15 30%	11 20%	26 22%	31 29%	48 25%	84 21%	55 27%
Strongly disagree	(1.0)	219 11%	153 12%	36 10%	21 7%	58 9%	8 10%	15 13%	71 11%	18 8%	4 8%	13 22%	17 14%	8 8%	28 14%	37 9%	23 12%
Don't know		256 13%	172 14%	33 9%	26 9%	59 9%	8 11%	11 9%	74 12%	20 9%	5 9%	12 21%	22 19%	20 19%	30 15%	54 13%	19 10%
NET: Agree		1066 53%	630 51%	203 56%	190 63%	393 59%	44 56%	59 49%	352 55%	142 61%	27 53%	22 38%	53 45%	46 44%	89 45%	231 57%	103 52%
NET: Disagree		687 34%	442 36%	128 35%	85 28%	213 32%	26 33%	51 42%	215 34%	72 31%	19 38%	24 41%	43 36%	39 37%	76 39%	121 30%	78 39%
Base for stats		1753	1072	331	275	606	71	111	567	214	46	46	97	85	165	352	181
Mean Score		2.70	2.65	2.73	2.86	2.79	2.74	2.60	2.71	2.80	2.78	2.36	2.59	2.63	2.57	2.79	2.65
Standard Deviation		.948	.963	.936	.881	.913	.926	.964	.945	.876	.966	1.051	1.023	.884	1.000	.931	.949
Standard Error		.023	.028	.057	.058	.041	.112	.090	.040	.061	.144	.153	.099	.092	.077	.052	.070
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

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Q7.2.1. Children and young people (aged under 18): Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	385 19%	114 22% be	61 16%	25 19%	7 23%	86 17%	121 22% be	119 22%	43 16%	37 20%	6 11%	80 18%	125 21%	54 17%	209 19%	103 21%	18 20%	331 20%	
Tend to agree (3.0)	681 34%	170 33%	147 40% af	51 38%	9 28%	198 39% af	179 33%	194 35%	113 43% cdf	60 32%	14 28%	173 38%	208 35%	106 33%	360 33%	187 38% b	28 31%	575 34%	
Tend to disagree (2.0)	468 23%	114 22%	95 26%	33 24%	8 26%	128 25%	122 22%	114 21%	74 28% a	40 22%	18 36% acf	114 25%	132 22%	63 20%	268 24%	112 23%	24 27%	405 24%	
Strongly disagree (1.0)	219 11%	57 11%	38 10%	16 12%	4 13%	54 11%	61 11%	53 10%	22 8%	30 16%	8 16%	53 12%	61 10%	42 13% c	133 12% c	36 7%	8 9%	177 10% c	
Don't know	256 13%	63 12% be	28 8%	10 7%	3 9%	38 8%	66 12% be	66 12% be	14 5%	19 10%	5 9%	33 7%	71 12% be	57 18% bce	135 12%	52 11%	12 14%	199 12%	
NET: Agree	1066 53%	284 55%	208 56%	76 56%	16 51%	284 56%	300 55%	313 57% d	157 59% d	96 52%	20 39%	253 56% d	333 56% d	161 50%	569 52%	290 59% abe	47 51%	905 54%	
NET: Disagree	687 34%	171 33%	133 36%	49 36%	12 39%	182 36%	183 33%	167 31%	96 36%	71 38%	26 51% abef	167 37% a	193 32%	106 33%	401 36% c	148 30%	32 35%	581 34%	
Base for stats	1753	455	341	125	28	466	483	480	253	167	46	420	526	266	970	438	79	1487	
Mean Score	2.70	2.75	2.68	2.67	2.68	2.68	2.74	2.79 cde	2.70 d	2.61	2.39	2.67 d	2.76 d	2.65	2.67	2.81 ab	2.72	2.71	
Standard Deviation	.948	.971	.893	.944	1.027	.906	.973	.941	.854	1.023	.919	.925	.946	.977	.964	.888	.934	.942	
Standard Error	.023	.045	.049	.084	.184	.042	.044	.043	.054	.081	.129	.046	.041	.059	.031	.044	.106	.025	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.2.1. Children and young people (aged under 18): Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	385 19%	70 21%	252 19%	47 17%	60 16%	16 22%	261 20%	109 17%	13 17%	313 20%	72 18%	324 20%	53 16%
Tend to agree (3.0)	681 34%	119 36%	440 34%	95 34%	138 38%	21 29%	438 33%	227 36%	24 31%	540 34%	141 34%	574 35%	104 31%
Tend to disagree (2.0)	468 23%	88 26%	302 23%	64 23%	82 22%	24 33%	305 23%	154 24%	15 19%	367 23%	101 25%	373 23%	89 27%
Strongly disagree (1.0)	219 11%	28 8%	147 11%	39 14%	51 14%	6 8%	142 11%	76 12%	17 22%	178 11%	41 10%	178 11%	40 12%
Don't know	256 13%	29 9%	156 12%	37 13%	37 10%	6 8%	166 13%	70 11%	9 11%	203 13%	54 13%	196 12%	49 15%
NET: Agree	1066 53%	189 57%	691 53%	142 50%	198 54%	38 52%	700 53%	337 53%	38 48%	853 53%	213 52%	897 55%	157 47%
NET: Disagree	687 34%	116 35%	448 35%	103 37%	133 36%	30 41%	447 34%	230 36%	31 40%	545 34%	142 35%	551 34%	130 39%
Base for stats	1753	305	1140	245	331	68	1147	567	69	1398	355	1449	286
Mean Score	2.70	2.76	2.70	2.61	2.63	2.72	2.71	2.65	2.49	2.71	2.69	2.72	2.59
Standard Deviation	.948	.909	.954	.973	.953	.932	.953	.940	1.067	.954	.923	.946	.946
Standard Error	.023	.053	.028	.061	.053	.113	.028	.039	.124	.026	.050	.025	.054
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.2.1. Children and young people (aged under 18): Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	385 19%	72 17%	47 22%	60 17%	56 17%	33 18%	40 23%	21 28%	55 23%	197 18%	116 24%	98 20%	88 15%	119 17%	69 32%	151 18%	142 18%	72 24%
								acdi			acdi	b		abc				ab
Tend to agree (3.0)	681 34%	137 32%	64 30%	131 37%	129 39%	68 36%	55 32%	27 36%	70 29%	392 36%	152 31%	167 34%	174 30%	272 40%	63 29%	306 36%	260 33%	96 33%
				h	abhj				h					bd				
Tend to disagree (2.0)	468 23%	78 18%	50 23%	87 25%	92 27%	58 31%	35 20%	17 22%	52 21%	287 26%	104 21%	104 21%	172 30%	151 22%	39 18%	196 23%	201 26%	61 21%
				a	aj	afhj				aj			acd					
Strongly disagree (1.0)	219 11%	58 13%	20 10%	39 11%	29 9%	16 9%	19 11%	8 11%	30 12%	104 10%	57 12%	65 13%	67 12%	66 10%	19 9%	100 12%	88 11%	24 8%
		di										c						
Don't know	256 13%	88 20%	34 16%	33 9%	29 9%	13 7%	22 13%	3 4%	35 14%	109 10%	59 12%	53 11%	71 12%	79 12%	26 12%	88 10%	93 12%	41 14%
		cdefgjij	cdegi				g		deg		eg							
NET: Agree	1066 53%	209 48%	111 52%	191 55%	185 55%	101 54%	95 55%	48 63%	125 52%	588 54%	268 55%	266 54%	262 46%	391 57%	131 61%	458 54%	402 51%	168 57%
								a		a	a	b		b	b			
NET: Disagree	687 34%	135 31%	70 33%	126 36%	121 36%	74 40%	55 32%	25 33%	81 34%	391 36%	161 33%	169 35%	238 42%	217 32%	57 27%	296 35%	289 37%	85 29%
						a						d	acd		c	c		
Base for stats	1753	344	181	317	305	176	150	73	207	979	429	435	500	608	189	753	691	253
Mean Score	2.70	2.65	2.76	2.67	2.69	2.67	2.77	2.84	2.73	2.70	2.76	2.69	2.57	2.73	2.96	2.68	2.66	2.85
													b	abc				ab
Standard Deviation	.948	.992	.966	.920	.877	.889	.988	.973	1.010	.909	.995	.985	.930	.899	.984	.941	.945	.944
Standard Error	.023	.054	.071	.052	.050	.067	.080	.113	.071	.029	.048	.047	.041	.037	.072	.036	.035	.057
Error variance	*	*	.01	*	*	*	.01	.01	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.2.1. Children and young people (aged under 18): Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

BASE: All respondents

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	b
Unweighted Total		2009	555	824	592	829	642
Total		2009	558	829	588	819	641
		100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	385	114	164	103	162	120
		19%	20%	20%	18%	20%	19%
Tend to agree	(3.0)	681	185	285	205	285	214
		34%	33%	34%	35%	35%	33%
Tend to disagree	(2.0)	468	145	172	146	209	144
		23%	26%	21%	25%	26%	23%
Strongly disagree	(1.0)	219	64	75	77	90	68
		11%	11%	9%	13%	11%	11%
Don't know		256	50	133	58	73	94
		13%	9%	16%	10%	9%	15%
NET: Agree		1066	299	449	308	447	335
		53%	54%	54%	52%	55%	52%
NET: Disagree		687	208	247	223	299	212
		34%	37%	30%	38%	36%	33%
Base for stats		1753	507	696	530	746	547
Mean Score		2.70	2.69	2.77	2.63	2.70	2.71
Standard Deviation		.948	.957	.928	.956	.942	.947
Standard Error		.023	.043	.035	.042	.034	.041
Error variance		*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.2.2. Disabled adults (aged 18 or over): Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178	
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	339	172	167	118	121	101	15	53	42	45	28	29	54	50	23
		17%	18%	16%	19%	18%	14%	16%	20%	22%	21%	16%	13%	17%	15%	11%
					c	c			fi	fi	fi					
Tend to agree	(3.0)	618	306	309	179	192	247	31	71	48	69	50	64	96	130	59
		31%	31%	30%	30%	29%	33%	32%	27%	24%	32%	29%	29%	31%	40%	29%
															bcefgi	
Tend to disagree	(2.0)	498	254	241	145	163	189	25	63	44	44	44	67	74	77	59
		25%	26%	24%	24%	25%	26%	26%	24%	22%	21%	26%	30%	24%	24%	29%
												d				
Strongly disagree	(1.0)	286	129	154	86	105	95	16	38	36	29	25	27	48	38	29
		14%	13%	15%	14%	16%	13%	17%	14%	18%	14%	15%	12%	15%	12%	14%
										h						
Don't know		268	117	147	79	79	110	10	38	27	26	26	35	40	31	35
		13%	12%	14%	13%	12%	15%	10%	14%	14%	12%	15%	16%	13%	10%	17%
												h				h
NET: Agree		957	478	476	297	313	348	47	123	90	114	78	93	151	180	82
		48%	49%	47%	49%	47%	47%	48%	47%	46%	54%	45%	42%	48%	55%	40%
											fi				bcefi	
NET: Disagree		784	384	395	231	268	284	41	101	80	73	70	94	122	115	88
		39%	39%	39%	38%	41%	38%	42%	39%	40%	34%	40%	42%	39%	35%	43%
Base for stats		1741	862	871	528	581	632	88	225	170	187	148	187	272	295	170
Mean Score		2.58	2.60	2.56	2.62	2.57	2.56	2.52	2.61	2.57	2.70	2.54	2.50	2.58	2.65	2.45
											i				i	
Standard Deviation		.981	.969	.992	1.005	1.012	.931	.991	1.023	1.082	1.003	.986	.922	1.001	.910	.931
Standard Error		.024	.033	.034	.043	.041	.039	.102	.065	.082	.073	.080	.075	.059	.054	.077
Error variance		*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.2.2. Disabled adults (aged 18 or over): Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	339 17%	27 17%	96 20%	66 15%	38 17%	34 16%	79 16%	188 17%	151 16%	270 16%	9 19%	29 22%	17 21%	2 12%	2 21%	59 20%	
Tend to agree (3.0)	618 31%	49 31%	151 31%	135 30%	75 33%	62 29%	146 30%	335 31%	283 31%	528 31%	9 18%	40 30%	28 35%	3 18%	3 41%	83 29%	
Tend to disagree (2.0)	498 25%	39 24%	114 24%	126 28%	58 25%	55 26%	106 22%	279 26%	219 24%	429 26%	15 31%	21 16%	17 21%	8 41%	1 13%	62 22%	
Strongly disagree (1.0)	286 14%	28 18%	76 16%	65 15%	20 9%	22 10%	75 16%	169 16%	117 13%	234 14%	12 24%	25 19%	8 10%	4 21%	- -	48 17%	
Don't know	268 13%	16 10%	47 10%	52 12%	39 17%	39 18%	75 16%	115 11%	153 17%	221 13%	4 8%	17 13%	10 13%	2 8%	2 25%	35 12%	
NET: Agree	957 48%	76 48%	247 51%	201 45%	113 49%	95 45%	225 47%	524 48%	434 47%	798 47%	17 36%	69 52%	45 56%	6 29%	5 62%	142 49%	
NET: Disagree	784 39%	67 42%	190 39%	191 43%	78 34%	77 36%	182 38%	448 41%	336 36%	663 39%	27 56%	46 35%	25 31%	12 62%	1 13%	111 38%	
Base for stats	1741	143	436	392	191	172	407	971	770	1461	44	115	70	18	6	253	
Mean Score	2.58	2.52	2.61	2.51	2.69	2.63	2.56	2.56	2.61	2.57	2.33	2.64	2.77	2.22	3.11	2.60	
Standard Deviation	.981	1.017	1.012	.958	.909	.941	1.004	.991	.967	.967	1.086	1.083	.948	.974	.738	1.045	
Standard Error	.024	.086	.049	.049	.064	.070	.050	.032	.035	.026	.155	.098	.112	.223	.301	.064	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.09	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.2.2. Disabled adults (aged 18 or over): Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	339 17%	191 15%	63 17%	67 22% a	131 20% a	19 23%	18 15%	116 18%	40 17%	10 19%	9 15%	18 15%	17 16%	30 16%	62 15%	37 18%
Tend to agree (3.0)	618 31%	374 30%	123 34%	94 31%	217 33%	25 32%	31 26%	198 31%	87 37% bhik	17 33%	15 26%	39 33%	23 22%	50 26%	133 33% h	56 28%
Tend to disagree (2.0)	498 25%	317 26%	85 23%	76 25%	161 24%	17 22%	34 28%	162 25%	60 26%	14 28%	13 23%	22 18%	25 24%	48 24%	102 25%	52 26%
Strongly disagree (1.0)	286 14%	179 14%	57 16%	36 12%	93 14%	12 15%	22 18% j	85 13%	26 11%	5 11%	9 16%	24 20% cdj	18 17%	39 20% cdj	46 11%	34 17%
Don't know	268 13%	184 15% bcd	36 10%	27 9%	63 10%	7 8%	16 13%	81 13%	21 9%	5 9%	11 20% ad	16 14%	21 20% acd	28 14%	62 15% d	22 11%
NET: Agree	957 48%	564 45%	186 51%	162 54% a	348 52% a	44 55% bhi	49 41%	314 49% h	127 54% bhi	27 52%	24 41%	57 48%	40 38%	80 41%	196 48%	93 46%
NET: Disagree	784 39%	496 40%	142 39%	112 37%	254 38%	29 36%	57 47% j	246 38%	86 37%	20 39%	23 39%	45 38%	44 41%	86 44%	148 36%	85 43%
Base for stats	1741	1060	328	274	602	73	106	560	213	46	46	103	83	167	344	179
Mean Score	2.58	2.54	2.59	2.71 a	2.64	2.70	2.43	2.62	2.66 i bi	2.67	2.50	2.50	2.46	2.43	2.62 i	2.54
Standard Deviation	.981	.972	.989	.983	.987	1.028	1.009	.977	.922	.950	1.027	1.036	1.045	1.039	.933	1.022
Standard Error	.024	.029	.060	.065	.044	.122	.096	.041	.064	.142	.150	.098	.110	.079	.053	.076
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.2.2. Disabled adults (aged 18 or over): Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	339	91	60	25	7	85	98	107	40	32	4	72	111	47	166	105	21	292	
	17%	18%	16%	18%	22%	17%	18%	20%	15%	17%	7%	16%	19%	15%	15%	22%	23%	17%	
								d					d		abe		b		
Tend to agree (3.0)	618	158	121	46	10	167	168	173	94	52	15	146	188	96	339	158	25	522	
	31%	30%	33%	34%	33%	33%	31%	32%	35%	28%	29%	32%	31%	30%	31%	32%	27%	31%	
Tend to disagree (2.0)	498	138	103	29	6	132	144	135	75	49	17	124	151	75	296	107	20	423	
	25%	27%	28%	21%	19%	26%	26%	25%	28%	26%	33%	27%	25%	23%	27%	22%	22%	25%	
															c				
Strongly disagree (1.0)	286	62	55	18	6	73	68	62	41	27	10	69	72	45	166	66	9	241	
	14%	12%	15%	13%	19%	15%	12%	11%	15%	15%	20%	15%	12%	14%	15%	13%	10%	14%	
Don't know	268	69	30	17	2	47	72	70	17	25	5	42	75	60	138	53	17	208	
	13%	13%	8%	12%	7%	9%	13%	13%	6%	13%	10%	9%	13%	19%	12%	11%	18%	12%	
		be					b	b		b		b	b	bce			c		
NET: Agree	957	249	181	71	17	252	266	280	133	84	19	218	299	143	505	264	46	815	
	48%	48%	49%	53%	55%	50%	48%	51%	50%	45%	37%	48%	50%	44%	46%	54%	50%	48%	
								d							abe				
NET: Disagree	784	199	158	47	12	205	211	196	116	76	27	193	223	120	462	173	29	663	
	39%	38%	43%	35%	38%	41%	38%	36%	44%	41%	53%	43%	37%	37%	42%	35%	31%	39%	
									a		af	a			c				
Base for stats	1741	448	339	118	29	457	477	476	250	161	46	410	522	263	967	436	74	1478	
Mean Score	2.58	2.62	2.55	2.66	2.62	2.58	2.62	2.68	2.53	2.56	2.27	2.54	2.65	2.55	2.52	2.70	2.78	2.59	
								bde				d			be		b		
Standard Deviation	.981	.959	.965	.979	1.074	.968	.965	.963	.949	.997	.911	.967	.965	.977	.968	.999	.989	.982	
Standard Error	.024	.045	.053	.090	.190	.045	.044	.044	.061	.080	.128	.048	.042	.059	.031	.049	.115	.026	
Error variance	*	*	*	.01	.04	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.2.2. Disabled adults (aged 18 or over): Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	339 17%	68 20%	207 16%	49 18%	65 18%	11 14%	213 16%	109 17%	14 18%	265 17%	74 18%	275 17%	54 16%
Tend to agree (3.0)	618 31%	109 33%	402 31%	76 27%	121 33%	26 35%	407 31%	201 31%	22 28%	501 31%	117 29%	522 32%	91 27%
Tend to disagree (2.0)	498 25%	81 24%	334 26%	73 26%	87 24%	22 30%	322 25%	168 26%	12 15%	393 25%	105 26%	412 25%	84 25%
Strongly disagree (1.0)	286 14%	49 15%	186 14%	53 19%	61 17%	12 16%	183 14%	100 16%	22 29%	231 14%	55 13%	229 14%	55 17%
Don't know	268 13%	26 8%	165 13%	30 11%	34 9%	4 5%	187 14%	60 9%	8 10%	211 13%	57 14%	205 12%	50 15%
NET: Agree	957 48%	177 53%	610 47%	126 45%	186 51%	36 49%	620 47%	309 49%	36 46%	766 48%	191 47%	798 49%	145 43%
NET: Disagree	784 39%	130 39%	521 40%	126 45%	148 40%	33 45%	505 38%	268 42%	34 44%	624 39%	160 39%	641 39%	140 42%
Base for stats	1741	307	1130	251	334	70	1125	577	70	1390	351	1439	285
Mean Score	2.58	2.64	2.56	2.49	2.57	2.50	2.58	2.55	2.39	2.58	2.60	2.59	2.51
Standard Deviation	.981	1.000	.971	1.032	1.000	.949	.974	.986	1.136	.979	.990	.971	1.011
Standard Error	.024	.058	.029	.064	.055	.113	.029	.041	.131	.026	.054	.026	.058
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.2.2. Disabled adults (aged 18 or over): Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	339 17%	63 15%	34 16%	59 17%	53 16%	30 16%	34 20%	16 22%	50 21%	176 16%	100 20%	94 19%	84 15%	94 14%	59 27%	118 14%	144 18%	54 18%
Tend to agree (3.0)	618 31%	117 27%	62 29%	114 33%	106 32%	64 34%	60 35%	24 31%	71 29%	347 32%	155 32%	136 28%	174 30%	232 34%	70 32%	282 34%	233 30%	85 29%
Tend to disagree (2.0)	498 25%	96 22%	54 25%	89 26%	91 27%	59 31%	29 17%	24 31%	55 23%	293 27%	108 22%	114 23%	152 27%	192 28%	36 17%	220 26%	191 24%	71 24%
Strongly disagree (1.0)	286 14%	74 17%	28 13%	42 12%	45 14%	26 14%	29 17%	9 12%	33 14%	140 13%	71 15%	93 19%	84 15%	82 12%	26 12%	117 14%	123 16%	39 13%
Don't know	268 13%	82 19%	36 17%	46 13%	39 12%	10 5%	19 11%	3 4%	32 13%	131 12%	54 11%	52 11%	78 14%	87 13%	25 12%	103 12%	94 12%	44 15%
NET: Agree	957 48%	180 42%	96 45%	173 49%	160 48%	94 50%	94 55%	40 53%	121 50%	523 48%	255 52%	229 47%	258 45%	326 47%	129 60%	401 48%	376 48%	140 47%
NET: Disagree	784 39%	170 39%	82 38%	131 37%	136 41%	84 45%	58 34%	33 44%	88 37%	434 40%	180 37%	207 42%	236 41%	274 40%	62 29%	337 40%	314 40%	110 37%
Base for stats	1741	350	178	305	295	178	152	73	209	957	434	436	493	600	190	738	690	249
Mean Score	2.58	2.48	2.57	2.63	2.57	2.55	2.65	2.65	2.66	2.58	2.65	2.53	2.52	2.56	2.85	2.55	2.57	2.62
Standard Deviation	.981	1.018	.970	.950	.956	.935	1.030	.971	1.012	.952	1.009	1.053	.965	.913	1.011	.942	1.009	.995
Standard Error	.024	.055	.072	.055	.056	.070	.083	.113	.070	.031	.048	.050	.043	.038	.073	.036	.038	.061
Error variance	*	*	.01	*	*	*	.01	.01	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.2.2. Disabled adults (aged 18 or over): Where restrictions on sport and physical activity are imposed, to what extent do you agree or disagree that the following people should be exempt and allowed to take part:

BASE: All respondents

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	b
Unweighted Total		2009	555	824	592	829	642
Total		2009	558	829	588	819	641
		100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	339	103	141	86	153	100
		17%	18%	17%	15%	19%	16%
Tend to agree	(3.0)	618	186	256	169	257	196
		31%	33%	31%	29%	31%	31%
Tend to disagree	(2.0)	498	131	196	171	220	154
		25%	23%	24%	29%	27%	24%
Strongly disagree	(1.0)	286	82	102	97	116	92
		14%	15%	12%	16%	14%	14%
Don't know		268	57	133	66	73	98
		13%	10%	16%	11%	9%	15%
				ac			a
NET: Agree		957	288	397	255	410	297
		48%	52%	48%	43%	50%	46%
			c				
NET: Disagree		784	213	298	268	336	246
		39%	38%	36%	46%	41%	38%
				ab			
Base for stats		1741	501	695	522	746	543
Mean Score		2.58	2.62	2.63	2.47	2.60	2.56
			c	c			
Standard Deviation		.981	.987	.967	.974	.982	.978
Standard Error		.024	.044	.037	.043	.036	.042
Error variance		*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.3. Which other people, if any, do you think should be exempt from restrictions on sport and physical activity and allowed to take part?

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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No-one should be exempt	153 8%	68 7%	84 8%	26 4%	54 8% a	73 10% a	5 5%	19 7%	20 10%	13 6%	14 8%	19 8%	21 7%	20 6%	22 11%
Everyone / anyone	81 4%	37 4%	44 4%	16 3%	24 4%	40 5% a	1 1%	10 4%	10 5%	7 3%	7 4%	9 4%	7 2%	19 6% g	10 5%
Elderly people	78 4%	35 4%	42 4%	26 4%	23 4%	28 4%	4 4% e	15 6% de	8 4% e	3 1%	1 *	10 4% e	17 5% de	11 3% e	10 5% de
Athletes / sports people (ALL)	57 3%	36 4% b	21 2%	11 2%	20 3%	27 4% a	4 4%	6 2%	4 2%	9 4%	2 1%	9 4%	7 2%	10 3%	6 3%
People with medical issues / necessities	47 2%	16 2%	31 3% a	11 2%	13 2%	23 3%	1 1%	5 2%	4 2%	8 4% h	6 3% h	7 3% h	9 3%	3 1%	4 2%
Children / young people	33 2%	18 2%	15 1%	8 1%	14 2%	11 2%	1 1%	1 1%	5 3%	4 2%	2 1%	4 2%	6 2%	6 2%	4 2%
Mentally vulnerable people	27 1%	10 1%	16 2%	7 1%	11 2%	9 1%	2 2% f	5 2%	2 1%	3 1%	3 2%	- -	9 3% fh	2 1%	1 1%
Vulnerable people	24 1%	11 1%	13 1%	13 2% c	7 1%	5 1%	1 1%	1 *	3 2%	3 1%	3 2%	1 1%	7 2% b	4 1%	2 1%
Anyone fit / healthy / already had the virus	16 1%	5 *	12 1%	4 1%	3 *	9 1%	- -	3 1%	1 1%	- -	- -	3 1%	4 1%	4 1%	1 1%
Adults (general)	11 1%	6 1%	5 1%	5 1%	1 *	5 1%	1 1%	- -	3 2% b	- -	- -	1 1%	2 1%	3 1%	1 1%
Overweight people	11 1%	3 *	8 1%	3 1%	3 *	5 1%	1 1%	1 *	- -	3 1%	1 *	- -	2 1%	4 1%	- -
Disabled people	9 *	4 *	5 1%	3 1%	2 *	4 1%	2 2% h	1 *	2 1%	- -	- -	1 1%	2 1%	- -	1 *
People who live alone	3 *	1 *	2 *	1 *	1 *	1 *	- -	- -	- -	- -	- -	1 1%	1 *	1 *	- -

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.3. Which other people, if any, do you think should be exempt from restrictions on sport and physical activity and allowed to take part?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Other

Don't know

	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
Total	a	b	a	b	c	a	b	c	d	e	f	g	h	i
Unweighted Total	2009	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	56	27	21	20	14	5	4	3	8	4	4	10	13	5
	3%	3%	4%	3%	2%	5%	1%	2%	4%	2%	2%	3%	4%	2%
Don't know	1423	706	459	470	494	71	193	132	153	132	154	216	232	140
	71%	72%	76%	71%	67%	73%	74%	67%	72%	76%	69%	69%	71%	68%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.3. Which other people, if any, do you think should be exempt from restrictions on sport and physical activity and allowed to take part?

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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No-one should be exempt	153 8%	13 8%	51 11%	30 7%	10 4%	9 4%	39 8%	94 9%	58 6%	142 8%	6 12%	3 2%	1 2%	-	-	10 3%
			cdeh					deh		cdg	cdg					
Everyone / anyone	81 4%	5 3%	23 5%	14 3%	10 4%	8 4%	21 4%	41 4%	39 4%	74 4%	2 4%	2 1%	1 1%	2 10%	-	7 2%
Elderly people	78 4%	11 7%	12 2%	23 5%	7 3%	10 5%	15 3%	46 4%	32 3%	66 4%	-	5 4%	4 4%	2 12%	1 11%	12 4%
		bh		b												
Athletes / sports people (ALL)	57 3%	6 4%	21 4%	8 2%	4 2%	2 1%	15 3%	36 3%	21 2%	50 3%	1 2%	3 2%	1 1%	-	1 17%	6 2%
			cdeh													
People with medical issues / necessities	47 2%	-	10 2%	17 4%	4 2%	5 2%	11 2%	27 3%	20 2%	40 2%	-	4 3%	1 1%	1 7%	1 14%	7 2%
				a				a								
Children / young people	33 2%	4 3%	10 2%	5 1%	5 2%	2 1%	6 1%	20 2%	13 1%	23 1%	2 4%	2 1%	6 8%	-	-	10 4%
													ac			a
Mentally vulnerable people	27 1%	1 1%	7 1%	7 2%	6 3%	3 1%	3 1%	15 1%	12 1%	21 1%	-	4 3%	1 1%	1 4%	-	6 2%
				f												
Vulnerable people	24 1%	3 2%	9 2%	3 1%	1 *	3 2%	5 1%	15 1%	9 1%	16 1%	1 2%	4 3%	-	1 5%	1 14%	7 2%
																a
Anyone fit / healthy / already had the virus	16 1%	1 1%	4 1%	3 1%	2 1%	1 *	6 1%	8 1%	9 1%	13 1%	1 2%	1 1%	1 1%	-	-	3 1%
Adults (general)	11 1%	-	2 *	4 1%	-	-	6 1%	5 *	6 1%	8 *	1 2%	1 1%	1 1%	-	1 10%	3 1%
Overweight people	11 1%	1 1%	5 1%	3 1%	2 1%	-	-	9 1%	2 *	9 1%	-	2 1%	-	-	-	2 1%
			fh	f				f								
Disabled people	9 *	1 *	4 1%	2 1%	2 1%	1 *	-	7 1%	3 *	8 *	-	1 1%	-	-	-	1 *
People who live alone	3 *	-	2 *	1 *	-	-	-	3 *	-	2 *	-	-	1 1%	-	-	1 *
			h													

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.3. Which other people, if any, do you think should be exempt from restrictions on sport and physical activity and allowed to take part?

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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	56	5	13	13	10	2	13	31	25	41	2	8	1	2	1	14
	3%	3%	3%	3%	4%	1%	3%	3%	3%	2%	5%	6%	1%	8%	11%	5%
				e								a				a
Don't know	1423	108	317	316	170	168	345	740	682	1181	33	99	62	12	2	207
	71%	68%	66%	71%	74%	80%	72%	68%	74%	70%	68%	74%	78%	60%	23%	72%
				b	abcf	b	bg									

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.3. Which other people, if any, do you think should be exempt from restrictions on sport and physical activity and allowed to take part?

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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No-one should be exempt	153 8%	106 9%	22 6%	22 7%	43 7%	3 4%	6 5%	52 8%	15 6%	2 4%	7 12%	10 8%	3 3%	12 6%	44 11%	9 4%
Everyone / anyone	81 4%	59 5%	12 3%	8 3%	21 3%	5 6%	3 3%	26 4%	11 5%	4 9%	1 1%	6 5%	1 1%	4 2%	19 5%	8 4%
Elderly people	78 4%	53 4%	12 3%	10 3%	22 3%	1 2%	6 5%	26 4%	12 5%	4 8%	2 3%	7 5%	1 1%	4 2%	15 4%	7 4%
Athletes / sports people (ALL)	57 3%	41 3%	5 1%	9 3%	14 2%	3 4%	3 3%	16 3%	8 4%	2 5%	1 2%	- -	3 3%	3 1%	17 4%	6 3%
People with medical issues / necessities	47 2%	29 2%	8 2%	10 3%	18 3%	1 1%	7 5%	13 2%	6 3%	- -	- -	1 1%	4 4%	7 3%	8 2%	8 4%
Children / young people	33 2%	19 2%	8 2%	6 2%	14 2%	1 2%	2 2%	8 1%	6 3%	1 2%	4 6%	3 2%	1 1%	2 1%	5 1%	3 2%
Mentally vulnerable people	27 1%	10 1%	8 2%	8 3%	16 2%	2 3%	3 3%	7 1%	6 3%	1 2%	- -	2 2%	- -	1 1%	3 1%	6 3%
Vulnerable people	24 1%	15 1%	5 1%	3 1%	8 1%	1 1%	2 2%	9 1%	4 2%	- -	2 3%	2 1%	2 2%	- -	3 1%	3 1%
Anyone fit / healthy / already had the virus	16 1%	12 1%	2 1%	1 *	4 1%	- -	1 1%	5 1%	3 1%	- -	- -	- -	1 1%	- -	7 2%	1 *
Adults (general)	11 1%	10 1%	- -	- -	- -	- -	- -	2 *	- -	- -	- -	2 1%	3 2%	1 *	4 1%	- -

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Q7.3. Which other people, if any, do you think should be exempt from restrictions on sport and physical activity and allowed to take part?

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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Overweight people	11 1%	7 1%	2 1%	2 1%	4 1%	- -	1 1%	6 1%	1 1%	- -	- -	- -	1 1%	1 *	1 *	1 *
Disabled people	9 *	5 *	4 1%	- -	4 1%	1 2%	1 1%	5 1%	1 1%	- -	- -	- -	- -	- -	1 *	2 1%
People who live alone	3 *	2 *	- -	1 *	1 *	- -	- -	3 *	- -	- -	- -	- -	- -	- -	- -	- -
Other	56 3%	28 2%	12 3%	14 5%	26 4%	2 2%	2 2%	30 5%	2 1%	3 5%	- -	2 2%	1 1%	6 3%	9 2%	4 2%
				a				dj		d						
Don't know	1423 71%	858 69%	269 74%	210 70%	479 72%	59 74%	86 71%	439 69%	161 69%	33 65%	42 74%	87 73%	88 84%	155 80%	272 67%	145 72%
												bcdegjk		odej		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.3. Which other people, if any, do you think should be exempt from restrictions on sport and physical activity and allowed to take part?

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	2009	522	367	137	34	504	556	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
No-one should be exempt	153 8%	44 8%	24 6%	8 6%	3 8%	32 6%	46 8%	48 9% b	12 4%	17 9% b	3 7%	29 6%	52 9% b	34 10% cde	91 8% c	26 5%	3 3%	119 7%
Everyone / anyone	81 4%	26 5%	12 3%	6 4%	- -	18 4%	26 5%	27 5%	8 3%	8 4%	2 4%	16 3%	28 5%	16 5%	45 4%	18 4%	2 2%	65 4%
Elderly people	78 4%	25 5%	13 4%	9 6%	1 3%	22 4%	26 5%	24 4%	17 7%	5 3%	2 3%	22 5%	26 4%	9 3%	45 4%	21 4%	3 3%	69 4%
Athletes / sports people (ALL)	57 3%	12 2%	15 4%	3 2%	1 2%	19 4%	12 2%	15 3%	11 4%	3 2%	1 2%	15 3%	16 3%	12 4%	29 3%	16 3%	- -	45 3%
People with medical issues / necessities	47 2%	18 3% e	6 2%	1 1%	- -	7 1%	18 3%	16 3%	6 2%	2 1%	- -	9 2%	16 3%	8 2%	23 2%	15 3%	1 1%	39 2%
Children / young people	33 2%	8 1%	9 2%	4 3%	- -	13 2%	8 1%	8 2%	7 3%	4 2%	- -	10 2%	8 1%	5 1%	18 2%	9 2%	1 1%	28 2%
Mentally vulnerable people	27 1%	12 2% b	2 1%	2 2%	- -	4 1%	12 2% b	8 1%	4 1%	4 2%	1 2%	7 2%	9 1%	- -	15 1% a	11 2% a	1 1% a	27 2% a
Vulnerable people	24 1%	4 1%	6 2%	5 4% af	1 4%	11 2%	5 1%	7 1%	5 2%	3 2%	2 4%	8 2%	9 1%	3 1%	13 1%	6 1%	1 1%	21 1%
Anyone fit / healthy / already had the virus	16 1%	6 1%	2 *	1 1%	- -	3 1%	6 1%	6 1%	- -	3 1%	- -	3 1%	6 1%	6 2% e	7 1%	3 1%	- -	11 1%
Adults (general)	11 1%	1 *	1 *	- -	- -	1 *	1 *	2 *	- -	- -	- -	- -	2 *	4 1%	5 *	2 *	1 1%	7 *
Overweight people	11 1%	6 1%	3 1%	- -	- -	3 1%	6 1%	6 1%	2 1%	- -	- -	2 *	6 1%	1 *	5 *	5 1%	- -	10 1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.3. Which other people, if any, do you think should be exempt from restrictions on sport and physical activity and allowed to take part?

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	2009	522	367	137	34	504	556	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Disabled people	9	5	2	-	-	2	5	4	3	-	-	3	4	1	6	3	-	8
	*	1%	*	-	-	*	1%	1%	1%	-	-	1%	1%	*	1%	1%	-	*
People who live alone	3	1	2	-	-	2	1	2	1	-	-	1	2	-	2	1	-	3
	*	*	1%	-	-	*	*	*	*	-	-	*	*	-	*	*	-	*
Other	56	17	14	3	1	18	18	17	14	3	3	17	19	8	25	21	3	48
	3%	3%	4%	2%	2%	3%	3%	3%	5%	2%	5%	4%	3%	2%	2%	4%	3%	3%
															b			
Don't know	1423	342	259	95	25	354	367	362	180	135	39	315	401	218	786	342	77	1204
	71%	66%	70%	70%	80%	70%	67%	66%	67%	73%	76%	70%	67%	68%	71%	70%	84%	71%
																abce		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.3. Which other people, if any, do you think should be exempt from restrictions on sport and physical activity and allowed to take part?

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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No-one should be exempt	153	13	106	19	30	3	109	43	7	117	36	134	18
	8%	4%	8%	7%	8%	4%	8%	7%	9%	7%	9%	8%	5%
Everyone / anyone	81	11	54	12	13	1	57	22	3	63	17	70	11
	4%	3%	4%	4%	3%	1%	4%	4%	4%	4%	4%	4%	3%
Elderly people	78	18	49	14	12	3	50	27	3	67	11	66	12
	4%	6%	4%	5%	3%	4%	4%	4%	3%	4%	3%	4%	4%
Athletes / sports people (ALL)	57	12	31	7	22	1	32	25	4	48	9	51	6
	3%	4%	2%	2%	6%	1%	2%	4%	5%	3%	2%	3%	2%
People with medical issues / necessities	47	10	29	6	14	2	25	21	1	38	9	45	2
	2%	3%	2%	2%	4%	3%	2%	3%	1%	2%	2%	3%	1%
Children / young people	33	8	20	2	4	1	28	4	2	24	9	30	2
	2%	2%	2%	1%	1%	1%	2%	1%	3%	1%	2%	2%	1%
Mentally vulnerable people	27	3	23	4	5	1	18	9	2	23	4	24	3
	1%	1%	2%	2%	1%	2%	1%	1%	2%	1%	1%	1%	1%
Vulnerable people	24	2	18	2	3	-	19	5	-	21	3	22	2
	1%	1%	1%	1%	1%	-	1%	1%	-	1%	1%	1%	1%
Anyone fit / healthy / already had the virus	16	-	11	1	4	-	11	5	-	13	3	16	1
	1%	-	1%	*	1%	-	1%	1%	-	1%	1%	1%	*
Adults (general)	11	-	7	1	3	-	7	4	-	10	1	10	-
	1%	-	1%	*	1%	-	1%	1%	-	1%	*	1%	-
Overweight people	11	-	10	2	2	-	7	4	-	11	-	10	1
	1%	-	1%	1%	1%	-	1%	1%	-	1%	-	1%	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.3. Which other people, if any, do you think should be exempt from restrictions on sport and physical activity and allowed to take part?

BASE: All respondents

	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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Disabled people	9	2	5	2	1	-	7	2	1	7	2	8	1
	*	1%	*	1%	*	-	1%	*	1%	*	1%	1%	*
People who live alone	3	-	3	-	1	-	2	1	-	3	-	3	-
	*	-	*	-	*	-	*	*	-	*	-	*	-
Other	56	20	28	10	8	3	37	17	4	42	13	43	13
	3%	6%	2%	3%	2%	4%	3%	3%	6%	3%	3%	3%	4%
		b											
Don't know	1423	234	918	202	248	58	916	452	51	1130	293	1130	265
	71%	70%	71%	72%	67%	79%	70%	71%	66%	71%	72%	69%	79%
						b							a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.3. Which other people, if any, do you think should be exempt from restrictions on sport and physical activity and allowed to take part?

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
No-one should be exempt	153 8%	34 8%	17 8%	26 7%	22 7%	15 8%	14 8%	4 6%	20 8%	80 7%	38 8%	42 9% d	47 8%	53 8%	9 4%	71 8%	60 8%	20 7%
Everyone / anyone	81 4%	15 3%	10 5% e	12 3%	12 4%	2 1%	10 6% e	4 6% e	17 7% acdei	35 3%	31 6% acei	22 4%	19 3%	30 4%	10 5%	43 5% b	23 3%	13 4%
Elderly people	78 4%	14 3%	8 4%	14 4%	15 5%	8 4%	5 3%	2 3%	11 5%	45 4%	19 4%	21 4%	17 3%	26 4%	14 7% b	34 4%	26 3%	18 6% b
Athletes / sports people (ALL)	57 3%	6 1%	5 2%	13 4% a	12 4% a	4 2%	7 4% a	2 2%	9 4% a	34 3% a	18 4% a	15 3%	12 2%	18 3%	11 5% b	27 3%	21 3%	8 3%
People with medical issues / necessities	47 2%	8 2%	4 2%	3 1%	8 2%	9 5% aci	4 2%	1 1%	9 4% c	25 2%	14 3%	17 4% b	8 1%	17 2%	4 2%	18 2%	20 3%	6 2%
Children / young people	33 2%	6 1%	1 1%	7 2%	6 2%	2 1%	6 3% b	2 3%	4 2%	15 1%	11 2%	7 1%	15 3%	8 1%	3 1%	21 3% b	9 1%	3 1%
Mentally vulnerable people	27 1%	5 1%	1 *	6 2%	6 2%	1 1%	4 3%	2 3%	2 1%	14 1%	9 2%	7 1%	6 1%	11 2%	3 1%	7 1%	14 2%	6 2%
Vulnerable people	24 1%	3 1%	- -	3 1%	6 2% b	4 2% b	2 1%	- -	6 2% b	13 1%	7 1%	6 1%	8 1%	8 1%	2 1%	9 1%	14 2%	1 *
Anyone fit / healthy / already had the virus	16 1%	1 *	2 1%	5 1%	1 *	1 1%	- -	2 3% af	4 2%	9 1%	6 1%	3 1%	4 1%	8 1%	1 *	7 1%	5 1%	4 1%
Adults (general)	11 1%	1 *	1 1%	1 *	2 *	4 2% a	- -	1 1%	2 1%	8 1%	3 1%	3 1%	4 1%	4 1%	1 *	3 *	7 1%	1 *
Overweight people	11 1%	3 1%	1 *	1 *	3 1%	2 1%	1 1%	- -	- -	7 1%	1 *	3 1%	2 *	6 1%	- -	6 1%	3 *	1 *
Disabled people	9 *	1 *	- -	2 1%	3 1%	- -	2 1%	- -	1 *	5 1%	2 *	3 1%	1 *	4 1%	1 *	1 *	6 1% a	2 1%
People who live alone	3 *	1 *	- -	- -	2 1%	- -	- -	- -	- -	2 *	- -	1 *	1 *	1 *	- -	1 *	2 *	- -

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.3. Which other people, if any, do you think should be exempt from restrictions on sport and physical activity and allowed to take part?

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Other	56	8	4	9	8	11	6	3	7	32	16	11	12	21	10	19	27	9
	3%	2%	2%	3%	2%	6% abi	4%	3%	3%	3%	3%	2%	2%	3%	5% b	2%	3%	3%
Don't know	1423	328	162	249	237	129	113	53	154	776	320	334	419	477	147	581	555	206
	71%	76% fhj	75% fhj	71%	71%	68%	66%	70%	64%	71% hj	65%	68%	73%	69%	68%	69%	71%	70%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.3. Which other people, if any, do you think should be exempt from restrictions on sport and physical activity and allowed to take part?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

No-one should be exempt

Everyone / anyone

Elderly people

Athletes / sports people (ALL)

People with medical issues / necessities

Children / young people

Mentally vulnerable people

Vulnerable people

Anyone fit / healthy / already had the virus

Adults (general)

Overweight people

Disabled people

People who live alone

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	Total	NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
No-one should be exempt	153	42	54	56	57	52
	8%	8%	7%	10%	7%	8%
			b			
Everyone / anyone	81	14	46	20	31	29
	4%	3%	6%	3%	4%	5%
			a			
Elderly people	78	30	26	22	36	26
	4%	5%	3%	4%	4%	4%
		b				
Athletes / sports people (ALL)	57	17	17	22	24	20
	3%	3%	2%	4%	3%	3%
			b			
People with medical issues / necessities	47	20	11	16	21	11
	2%	4%	1%	3%	3%	2%
		b		b		
Children / young people	33	14	11	8	17	8
	2%	3%	1%	1%	2%	1%
Mentally vulnerable people	27	8	5	14	16	7
	1%	1%	1%	2%	2%	1%
			b			
Vulnerable people	24	11	7	6	15	5
	1%	2%	1%	1%	2%	1%
Anyone fit / healthy / already had the virus	16	4	5	8	5	5
	1%	1%	1%	1%	1%	1%
Adults (general)	11	5	4	3	5	1
	1%	1%	*	*	1%	*
Overweight people	11	4	3	5	7	3
	1%	1%	*	1%	1%	*
Disabled people	9	2	3	4	3	5
	*	*	*	1%	*	1%
People who live alone	3	-	2	1	3	-
	*	-	*	*	*	-

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q7.3. Which other people, if any, do you think should be exempt from restrictions on sport and physical activity and allowed to take part?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Other

Don't know

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Other	56	25	17	12	30	15
	3%	4%	2%	2%	4%	2%
		bc				
Don't know	1423	366	624	400	563	457
	71%	66%	75%	68%	69%	71%
			ac			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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	2009 100%	473 24%	867 43%	374 19%	166 8%	97 5%	31 2%	1340 67%	263 13%
I feel that I have the opportunity to be physically active	2009 100%	434 22%	895 45%	392 20%	164 8%	87 4%	37 2%	1328 66%	251 13%
It is important to me to exercise regularly	2009 100%	493 25%	804 40%	430 21%	153 8%	86 4%	43 2%	1297 65%	239 12%
I find exercise enjoyable and satisfying	2009 100%	383 19%	692 34%	522 26%	238 12%	132 7%	41 2%	1075 54%	371 18%
I feel guilty when I don't exercise	2009 100%	309 15%	717 36%	485 24%	287 14%	177 9%	33 2%	1027 51%	464 23%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	473 24%	227 23%	244 24%	144 24%	182 28% c	147 20%	24 25%	64 24%	50 26%	49 23%	36 21%	43 19%	74 24%	77 23%	56 28%
Agree (4.0)	867 43%	426 44%	437 43%	254 42%	274 42%	339 46%	42 43%	113 43%	82 42%	81 38%	77 44%	107 48% di	141 45%	147 45%	77 38%
Neither agree nor disagree (3.0)	374 19%	182 19%	192 19%	118 19%	120 18%	136 18%	20 21%	46 18%	33 17%	40 19%	34 19%	38 17%	62 20%	60 18%	41 20%
Disagree (2.0)	166 8%	83 8%	81 8%	57 9%	56 9%	53 7%	5 5%	22 8%	13 7%	28 13% acf	15 8%	12 5%	26 8%	27 8%	20 10%
Strongly disagree (1.0)	97 5%	45 5%	50 5%	14 2%	21 3%	62 8% ab	4 4%	15 6% g	12 6% g	11 5% g	10 6% g	19 8% ghi	6 2%	13 4%	7 3%
Don't know	31 2%	16 2%	13 1%	20 3% bc	6 1%	5 1%	3 3%	3 1%	6 3%	3 2%	2 1%	3 1%	4 1%	4 1%	3 1%
NET: Agree	1340 67%	653 67%	682 67%	398 66%	456 69%	486 66%	67 68%	176 67%	133 67%	130 61%	113 65%	150 67%	215 69%	224 68%	133 65%
NET: Disagree	263 13%	128 13%	132 13%	71 12%	77 12%	115 15% ab	8 8%	37 14%	25 13%	39 18% agh	25 14%	31 14%	31 10%	40 12%	27 13%
Base for stats	1978	963	1005	587	654	737	95	259	191	209	171	219	308	323	202
Mean Score	3.74	3.73	3.74	3.78 c	3.83 c	3.62	3.83	3.73	3.76	3.62	3.66	3.65 d	3.82	3.77	3.77
Standard Deviation	1.066	1.060	1.069	1.001	1.033	1.133	.994	1.098	1.111	1.142	1.084	1.118	.954 d	1.031	1.072
Standard Error	.024	.034	.034	.040	.040	.043	.098	.065	.079	.078	.081	.084	.052	.059	.081
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	473	44	134	103	49	41	102	281	394	13	32	19	6	2	72	
		24%	28% h	28% efh	23%	21%	19%	21%	26% efh	23%	28%	24%	23%	30%	27%	25%	
Agree	(4.0)	867	70	214	199	107	92	186	482	736	21	59	32	8	2	122	
		43%	44%	44%	45%	46% f	44%	39%	44% f	44%	44%	44%	40%	41%	23%	42%	
Neither agree nor disagree	(3.0)	374	17	80	81	45	46	105	178	313	9	23	15	3	2	51	
		19%	11%	17%	18% a	20% a	22% a	22% abg	16% abg	19%	19%	17%	19%	14%	22%	18%	
Disagree	(2.0)	166	17	41	40	16	20	34	97	133	3	14	11	2	2	32	
		8%	11%	8%	9%	7%	9%	7%	9%	8%	7%	10%	13%	10%	27%	11%	
Strongly disagree	(1.0)	97	7	12	13	10	8	47	32	89	1	3	1	1	-	6	
		5%	5%	2%	3%	4%	4%	10% bcdeg	3% bcg	5% g	3%	2%	1%	4%	-	2%	
Don't know		31	4	3	9	3	4	8	15	18	-	2	2	-	-	5	
		2%	2%	1%	2%	1%	2%	2%	1%	1%	-	2%	3%	-	-	2%	
NET: Agree		1340	114	348	302	156	134	288	763	1130	34	91	51	14	4	194	
		67%	72% fh	72% efh	68% f	68% f	63%	60%	70% efh	67%	72%	68%	63%	72%	51%	67%	
NET: Disagree		263	24	52	53	26	27	80	129	221	5	17	12	3	2	38	
		13%	15%	11%	12%	11%	13%	17% bcg	12% 14%	13%	9%	13%	15%	15%	27%	13%	
Base for stats		1978	155	480	436	227	206	474	1071	1663	48	131	78	19	8	283	
Mean Score		3.74	3.81	3.87	3.78	3.74	3.68	3.56	3.82	3.73	3.88	3.79	3.73	3.83	3.50	3.78	
			f	efh	fh	f			fh								
Standard Deviation		1.066	1.111	.995	1.006	1.016	1.016	1.189	1.017	1.073	.990	1.012	1.024	1.129	1.245	1.021	
Standard Error		.024	.090	.046	.048	.066	.069	.055	.031	.026	.136	.086	.115	.246	.440	.059	
Error variance		*	.01	*	*	*	*	*	*	*	.02	.01	.01	.06	.19	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	473 24%	288 23%	90 25%	80 26%	169 25%	23 30%	29 24%	179 28%	56 24%	9 18%	18 32%	24 20%	18 17%	33 17%	84 21%	52 26%
						hi		hij			hi					i
Agree (4.0)	867 43%	548 44%	152 42%	133 44%	285 43%	31 39%	52 43%	291 45%	113 48%	19 37%	21 36%	49 41%	50 47%	68 35%	175 43%	83 41%
								i	i			i				
Neither agree nor disagree (3.0)	374 19%	228 18%	77 21%	49 16%	126 19%	19 24%	23 19%	106 16%	34 14%	12 24%	8 14%	31 26%	16 16%	54 28%	72 18%	42 21%
												cdhj		cdhij		
Disagree (2.0)	166 8%	91 7%	40 11%	26 9%	66 10%	3 4%	12 10%	47 7%	25 11%	8 16%	6 11%	9 8%	12 11%	16 8%	29 7%	15 7%
			a							acjk						
Strongly disagree (1.0)	97 5%	78 6%	3 1%	11 4%	14 2%	2 3%	4 3%	13 2%	3 1%	2 5%	4 7%	5 4%	3 2%	20 10%	41 10%	6 3%
		bd		b							cd			bcdghk	abcdghk	
Don't know	31 2%	13 1%	2 1%	3 1%	6 1%	1 1%	2 2%	6 1%	3 1%	- -	1 1%	2 2%	7 6%	4 2%	5 1%	3 1%
												cdjk				
NET: Agree	1340 67%	835 67%	241 66%	213 71%	454 68%	54 68%	81 66%	470 73%	169 72%	28 55%	39 68%	73 61%	68 64%	101 52%	259 64%	135 67%
						i	i	egij	egij		i		i		i	i
NET: Disagree	263 13%	168 14%	43 12%	37 12%	80 12%	5 7%	16 13%	59 9%	28 12%	11 21%	10 17%	14 11%	14 14%	36 18%	70 17%	21 10%
										ack	c			ack	ack	
Base for stats	1978	1231	362	298	660	78	120	635	231	51	57	117	98	191	400	198
Mean Score	3.74	3.71	3.79	3.82	3.80	3.89	3.75	3.91	3.84	3.47	3.76	3.67	3.70	3.42	3.58	3.81
						ej	i	eghij	ej		i		i		ej	ej
Standard Deviation	1.066	1.095	.970	1.037	1.000	.986	1.031	.956	.965	1.113	1.215	1.011	.993	1.177	1.195	1.013
Standard Error	.024	.030	.056	.065	.043	.112	.092	.038	.064	.157	.159	.089	.096	.084	.063	.071
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.03	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	473 24%	158 30% bcde	87 24%	29 21%	3 11%	116 23%	161 29% de	163 30% be	53 20%	45 24%	14 27%	98 22%	177 30% be	57 18%	260 24% a	136 28% a	20 22%	416 25% a	
Agree (4.0)	867 43%	240 46% c	183 50% c	43 32%	16 50% c	227 45% c	256 47% c	257 47% cd	139 52% cd	72 39%	14 28%	211 47% d	271 45% d	128 39%	495 45%	209 43%	36 39%	740 44%	
Neither agree nor disagree (3.0)	374 19%	74 14%	53 14%	31 23% abf	9 28% abf	84 17%	83 15%	81 15%	34 13%	36 19%	14 27% abef	70 16%	95 16%	74 23% ce	201 18%	84 17%	15 16%	300 18%	
Disagree (2.0)	166 8%	37 7%	35 9%	22 16% abf	2 6%	57 11% af	39 7%	36 7%	28 11% a	25 14% af	6 11%	54 12% af	42 7%	32 10%	87 8%	35 7%	12 14% c	135 8%	
Strongly disagree (1.0)	97 5%	6 1%	8 2%	9 6% abf	2 5%	17 3% af	8 1%	5 1%	11 4% af	6 3% a	2 5% a	17 4% af	8 1%	29 9% bcde	49 4%	17 3%	2 2%	68 4%	
Don't know	31 2%	2 *	3 1%	1 1%	-	4 1%	2 *	4 1%	1 1%	2 1%	1 2%	3 1%	4 1%	4 1%	12 1%	8 2%	7 7% abce	27 2%	
NET: Agree	1340 67%	398 77% cde	271 73% c	72 54%	19 61%	343 68% c	417 76% ce	420 77% cde	192 72% cd	117 63%	28 55%	309 68% d	448 75% cde	184 57%	755 68% a	345 70% a	56 61%	1156 69% a	
NET: Disagree	263 13%	43 8%	43 12%	30 22% abef	3 11%	73 15% af	47 8%	41 7%	39 15% af	31 17% af	8 16% af	71 16% af	49 8%	60 19% bce	137 12%	52 11%	14 16%	203 12%	
Base for stats	1978	515	367	133	31	500	546	542	265	184	50	450	592	319	1093	481	85	1659	
Mean Score	3.74	3.98 bcde	3.84 c	3.47	3.56	3.74 c	3.96 cde	3.99 bcde	3.73	3.68	3.62	3.71 bcde	3.96 bcde	3.48	3.76 a	3.86 a	3.70	3.78 a	
Standard Deviation	1.066	.920	.967	1.185	.959	1.041	.926	.896	1.027	1.089	1.151	1.052	.925	1.161	1.045	1.022	1.058	1.039	
Standard Error	.024	.040	.051	.102	.164	.047	.039	.038	.064	.081	.155	.050	.038	.063	.031	.048	.116	.026	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	473 24%	78 23%	330 25%	61 22% bce	47 13%	7 9%	358 27% abcef	103 16%	11 15%	371 23%	103 25%	418 25% b	50 15%
Agree (4.0)	867 43%	136 41%	589 45%	100 36%	114 31%	24 33%	640 49% abcef	214 33%	22 28%	704 44%	163 40%	726 44%	134 40%
Neither agree nor disagree (3.0)	374 19%	75 23% b	209 16%	57 20%	87 24% d	21 29% d	207 16%	150 23% d	16 20%	307 19%	68 17%	282 17%	88 26% a
Disagree (2.0)	166 8%	32 9%	98 8%	29 10% d	60 16% ad	15 20% ad	67 5%	93 15% d	10 12% d	131 8%	36 9%	126 8%	35 10%
Strongly disagree (1.0)	97 5%	9 3%	57 4%	28 10% d	58 16% ade	7 9% d	25 2%	71 11% d	19 25% acde	69 4%	28 7% a	74 4%	23 7%
Don't know	31 2%	4 1%	13 1%	6 2% b	1 *	- -	15 1%	7 1%	- -	19 1%	12 3% a	17 1%	5 1%
NET: Agree	1340 67%	213 64%	919 71% a	161 57% bcef	161 44%	31 42%	998 76% abcef	317 50%	33 42%	1075 67%	265 65%	1145 70% b	184 55%
NET: Disagree	263 13%	41 12%	155 12%	57 20% d	119 32% ade	21 29% d	92 7%	164 26% d	29 37% ade	199 12%	64 16%	200 12%	58 17% a
Base for stats	1978	329	1282	276	367	73	1298	631	78	1581	397	1627	330
Mean Score	3.74	3.73	3.81	3.49 bcef	3.09	3.14	3.95 abcef	3.29 bf	2.95	3.74	3.70	3.79 b	3.47
Standard Deviation	1.066	1.013	1.044	1.232	1.274	1.120	.902	1.228	1.415	1.042	1.155	1.052	1.091
Standard Error	.024	.057	.029	.072	.067	.130	.025	.049	.155	.026	.059	.026	.058
Error variance	*	*	*	.01	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	473 24%	38 9%	27 13%	69 20% ab	84 25% ab	52 28% abc	75 43% abcdei	29 38% abcdi	100 42% abcdei	232 21% ab	203 42% abcdei	85 17%	104 18%	192 28% ab	89 42% abc	208 25%	187 24%	69 23%
Agree (4.0)	867 43%	162 38%	106 49% ah	161 46% a	151 45% a	84 45% a	70 41% a	38 50% a	95 39% a	502 46% a	203 42% a	202 41%	237 41%	338 49% abd	78 36% abd	364 43%	347 44%	123 42%
Neither agree nor disagree (3.0)	374 19%	102 24% efghj	55 26% defghj	78 22% efghj	61 18% fghj	27 14% fghj	18 10% fghj	6 8% fghj	28 11% fghj	221 20% fghj	51 10% fghj	94 19% d	142 25% acd	105 15% acd	25 12% acd	165 20%	140 18%	54 18%
Disagree (2.0)	166 8%	56 13% cdefghij	20 9% fghj	25 7% fghj	29 9% fghj	16 9% fghj	7 4% fghj	3 4% fghj	10 4% fghj	90 8% fghj	21 4% fghj	68 14% bcd	53 9% cd	33 5% cd	9 4% cd	60 7%	65 8%	29 10%
Strongly disagree (1.0)	97 5%	62 14% bcdefghij	6 3% j	11 3% j	5 1% j	8 4% dfhj	1 1% dfhj	- - dfhj	2 1% dfhj	31 3% j	3 1% j	38 8% c	28 5% c	18 3% c	12 6% c	42 5%	35 4%	15 5%
Don't know	31 2%	12 3% bi	- - b	6 2% b	5 2% b	1 * b	1 1% b	- - b	6 2% b	12 1% b	7 1% b	1 *	7 1% a	2 *	1 1% a	3 *	9 1% a	4 1% a
NET: Agree	1340 67%	200 46% a	133 62% a	230 66% a	235 70% ab	136 72% ab	145 84% abcdei	67 88% abcdei	195 81% abcdei	734 67% a	406 83% abcdei	287 59%	341 60%	529 77% ab	167 78% ab	572 68%	534 68%	191 65%
NET: Disagree	263 13%	118 27% bcdefghij	27 12% fghj	36 10% fghj	34 10% fghj	24 13% fghj	8 5% fghj	3 4% fghj	13 5% fghj	121 11% fghj	24 5% fghj	106 22% bcd	81 14% c	51 7% c	21 10% c	102 12%	100 13%	44 15%
Base for stats	1978	421	214	344	329	188	170	76	236	1076	482	486	564	685	214	839	774	290
Mean Score	3.74	3.14	3.59	3.73	3.85	3.83	4.23	4.22	4.19	3.76	4.21	3.47	3.60	3.95	4.04	3.76	3.76	3.69
Standard Deviation	1.066	1.208	.931	.971	.950	1.066	.848	.759	.880	.977	.850	1.161	1.047	.926	1.104	1.059	1.052	1.098
Standard Error	.024	.059	.063	.053	.052	.078	.065	.086	.058	.030	.039	.052	.044	.036	.076	.038	.037	.062
Error variance	*	*	*	*	*	.01	*	.01	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	b
Unweighted Total		2009	555	824	592	829	642
Total		2009	558	829	588	819	641
		100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	473	202	187	81	221	155
		24%	36%	23%	14%	27%	24%
			bc	c			
Agree	(4.0)	867	253	325	280	375	267
		43%	45%	39%	48%	46%	42%
			b		b		
Neither agree nor disagree	(3.0)	374	67	189	113	136	128
		19%	12%	23%	19%	17%	20%
				a	a		
Disagree	(2.0)	166	24	69	71	58	60
		8%	4%	8%	12%	7%	9%
				a	ab		
Strongly disagree	(1.0)	97	9	45	39	21	21
		5%	2%	5%	7%	3%	3%
				a	a		
Don't know		31	4	13	5	8	10
		2%	1%	2%	1%	1%	2%
NET: Agree		1340	455	512	361	596	422
		67%	82%	62%	61%	73%	66%
			bc			b	
NET: Disagree		263	32	114	110	78	81
		13%	6%	14%	19%	10%	13%
				a	ab		
Base for stats		1978	554	815	583	811	631
Mean Score		3.74	4.11	3.66	3.50	3.89	3.75
			bc	c		b	
Standard Deviation		1.066	.886	1.087	1.082	.971	1.036
Standard Error		.024	.038	.038	.045	.034	.041
Error variance		*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	434 22%	212 22%	221 22%	141 23%	144 22%	149 20%	21 22%	56 21%	45 23%	51 24% e	28 16%	37 17%	70 22%	78 24% e	46 23%
Agree (4.0)	895 45%	428 44%	464 46%	253 42%	282 43%	360 48% ab	44 45%	115 44%	81 41%	85 40%	82 47%	116 52% cdg	132 42%	148 45%	91 44%
Neither agree nor disagree (3.0)	392 20%	205 21%	183 18%	115 19%	153 23% c	124 17%	17 17%	52 20%	32 16%	35 16%	39 23%	40 18%	72 23%	58 18%	49 24%
Disagree (2.0)	164 8%	75 8%	88 9%	53 9%	57 9%	54 7%	11 11% i	22 8%	29 15% befghi	21 10% i	12 7%	15 7%	25 8%	22 7%	9 4%
Strongly disagree (1.0)	87 4%	41 4%	44 4%	20 3%	18 3%	49 7% ab	3 3%	13 5%	6 3%	17 8% cgi	9 5%	11 5%	8 3%	15 5%	5 2%
Don't know	37 2%	18 2%	18 2%	24 4% bc	8 1%	6 1%	3 3%	4 2%	3 2%	4 2%	4 2%	2 1%	5 2%	6 2%	6 3%
NET: Agree	1328 66%	640 65%	685 67%	395 65%	425 64%	508 69%	65 66%	171 65%	127 64%	136 64%	110 63%	153 69%	202 65%	226 69%	137 67%
NET: Disagree	251 13%	116 12%	132 13%	74 12%	75 11%	103 14%	13 14% i	35 13% i	35 18% ghi	37 18% ghi	20 12%	26 12%	33 11%	36 11%	13 7%
Base for stats	1972	961	1001	583	653	736	95	258	194	208	170	220	307	321	199
Mean Score	3.72	3.72	3.73	3.76	3.73	3.69	3.74	3.69	3.67	3.64	3.64	3.70	3.75	3.79	3.83
Standard Deviation	1.036	1.027	1.040	1.030	.988	1.080	1.025	1.065	1.091	1.186	1.007	1.000	.985	1.033	.917
Standard Error	.023	.033	.033	.042	.038	.041	.102	.063	.077	.081	.076	.075	.054	.059	.070
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	434 22%	42 26%	115 24%	88 20%	54 23%	42 20%	93 19%	245 23%	189 20%	356 21%	9 20%	33 25%	21 26%	4 18%	3 42%	70 24%	
Agree (4.0)	895 45%	62 39%	214 44%	218 49% afh	108 47%	93 44%	200 41%	494 45%	401 43%	771 46%	18 37%	50 38%	36 44%	12 64%	1 14%	117 41%	
Neither agree nor disagree (3.0)	392 20%	32 20%	91 19%	86 19%	41 18%	45 21%	98 20%	209 19%	184 20%	324 19%	9 20%	29 22%	15 18%	2 10%	2 23%	57 20%	
Disagree (2.0)	164 8%	9 5%	47 10%	30 7%	18 8%	22 11%	38 8%	86 8%	79 9%	134 8%	8 17% ad	13 10%	3 3%	2 8%	2 22%	27 10%	
Strongly disagree (1.0)	87 4%	12 8% bcdeg	13 3%	10 2%	6 2%	4 2%	43 9% bcdegh	35 3%	52 6% bcdeg	74 4%	3 6%	5 4%	4 5%	- -	- -	12 4%	
Don't know	37 2%	3 2%	4 1%	12 3% b	3 1%	6 3%	10 2%	18 2%	19 2%	24 1%	- -	2 2%	2 3%	- -	- -	5 2%	
NET: Agree	1328 66%	103 65%	330 68% f	306 69% f	162 70% f	135 64%	293 61%	739 68% f	589 64%	1126 67%	27 57%	83 62%	56 70%	16 82%	4 55%	187 65%	
NET: Disagree	251 13%	21 13%	59 12%	40 9%	24 10%	26 12%	81 17% cdg	121 11%	131 14% cg	208 12%	11 23% ad	18 14%	7 8%	2 8%	2 22%	39 14%	
Base for stats	1972	156	480	433	227	205	472	1068	904	1658	48	131	78	19	8	283	
Mean Score	3.72	3.71	3.78 fh	3.79 fh	3.82 fh	3.72	3.56	3.78 fh	3.66	3.72	3.47	3.71	3.86 b	3.93	3.75	3.72	
Standard Deviation	1.036	1.157	1.005	.921	.967	.970	1.161	.996	1.078	1.029	1.178	1.074	1.022	.789	1.295	1.069	
Standard Error	.023	.093	.047	.044	.063	.066	.054	.031	.036	.025	.162	.092	.115	.172	.458	.062	
Error variance	*	.01	*	*	*	*	*	*	*	*	.03	.01	.01	.03	.21	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%																
Unweighted Total	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	434 22%	258 21%	79 22%	77 25%	155 23%	21 26% i	29 24%	139 22%	55 24% i	11 21%	18 32% ij	24 20%	23 22%	31 16%	83 20%	50 25% i
Agree (4.0)	895 45%	578 46% c	168 46%	119 39%	287 43%	27 35%	59 48% e	301 47% aei	115 49% aei	14 27%	21 37%	50 42%	41 39%	74 38%	193 48% aei	86 43% e
Neither agree nor disagree (3.0)	392 20%	230 18%	76 21%	65 22%	141 21%	22 28% bdhj	17 14%	129 20% j	35 15%	20 40% bcdfghjk	12 21%	27 23% j	17 16%	53 27% bcdhj	61 15%	39 19%
Disagree (2.0)	164 8%	98 8%	29 8%	27 9%	56 8%	6 7%	15 12%	51 8%	22 9%	4 8%	3 6%	9 8%	12 12%	14 7%	29 7%	20 10%
Strongly disagree (1.0)	87 4%	64 5% bd	7 2%	11 4%	18 3%	2 3%	1 1%	14 2%	2 1%	2 4%	2 3%	6 5% d	5 4% d	21 11% abcdk	33 8% bcdk	4 2%
Don't know	37 2%	15 1%	5 1%	3 1%	8 1%	1 1%	1 1%	7 1%	6 3%	- -	1 2%	4 3%	8 8% abcdeijk	3 2%	7 2%	2 1%
NET: Agree	1328 66%	836 67%	247 68%	195 65%	442 66%	48 61%	88 72% ei	441 69% ei	170 73% eghi	24 48%	40 69% ei	73 62%	63 60%	105 54%	276 68% ei	136 68% ei
NET: Disagree	251 13%	163 13%	36 10%	38 12%	74 11%	8 10%	16 13%	65 10%	23 10%	6 12%	5 8%	15 12%	17 16%	34 18% cd	62 15% c	24 12%
Base for stats	1972	1229	359	298	657	78	121	634	228	51	56	115	97	192	399	199
Mean Score	3.72	3.71	3.79	3.75	3.77	3.75 i	3.83 i	3.79 i	3.88 egij	3.54	3.92 i	3.66	3.67	3.42	3.66 i	3.80 i
Standard Deviation	1.036	1.050	.943	1.049	.992	1.034	.965	.948	.910	1.037	1.020	1.044	1.113	1.169	1.136	.991
Standard Error	.023	.029	.055	.066	.042	.118	.086	.037	.061	.147	.135	.093	.108	.083	.060	.070
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	434 22%	138 27% bcde	77 21%	24 18%	2 7%	101 20%	141 26% de	135 25%	57 21%	36 19%	12 24%	93 21%	148 25%	55 17%	234 21%	125 25% a	20 22%	378 22% a	
Agree (4.0)	895 45%	248 48%	172 47%	56 42%	17 55%	228 45%	265 48%	269 49% d	118 44%	89 48%	18 35%	208 46%	287 48%	130 40%	528 48% ac	198 40%	39 43%	765 45%	
Neither agree nor disagree (3.0)	392 20%	91 18%	66 18%	32 24%	9 28%	98 20%	100 18%	96 18%	49 18%	36 19%	15 29% a	85 19%	111 19%	73 23%	205 19%	97 20%	17 19%	319 19%	
Disagree (2.0)	164 8%	32 6%	43 12% af	17 13% af	1 3%	60 12% af	33 6%	34 6%	37 14% af	18 10%	4 8%	55 12% af	38 6%	32 10%	83 8%	40 8%	9 10%	132 8%	
Strongly disagree (1.0)	87 4%	4 1%	9 3% a	3 2%	2 5% a	12 2% af	6 1%	8 1%	5 2%	5 3%	1 2%	10 2% af	8 1%	27 8% bcde	39 3%	21 4%	1 1%	60 4%	
Don't know	37 2%	4 1%	2 1%	2 2%	1 2%	4 1%	4 1%	4 1%	1 *	2 1%	1 1%	2 1%	5 1%	6 2%	17 2%	10 2%	5 5% be	31 2%	
NET: Agree	1328 66%	386 75% bce	249 67%	80 60%	19 62%	329 65%	405 74% bce	404 74% bde	175 66%	125 67%	30 59%	301 66%	434 73% bde	185 57%	761 69% a	323 66% a	59 65%	1143 68% a	
NET: Disagree	251 13%	37 7%	52 14% af	20 15% af	2 8%	72 14% af	39 7%	42 8%	42 16% af	23 12%	5 10%	65 14% af	47 8%	59 18% bce	122 11%	61 12%	10 11%	193 11%	
Base for stats	1972	514	367	132	30	499	544	542	266	184	50	450	592	317	1088	480	87	1655	
Mean Score	3.72	3.94 bcde	3.72	3.62	3.57	3.69	3.92 bcde	3.90 bce	3.70	3.73	3.73	3.71	3.89 bce	3.49	3.77 a	3.76 a	3.78 a	3.77 a	
Standard Deviation	1.036	.881	1.005	.996	.884	1.002	.884	.893	1.016	.974	.988	.998	.902	1.145	.987	1.063	.954	1.007	
Standard Error	.023	.039	.053	.086	.154	.045	.038	.038	.063	.073	.133	.048	.037	.063	.030	.050	.103	.025	
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	434 22%	83 25%	284 22%	57 20% b	52 14%	11 15%	316 24% bef	107 17%	11 14%	340 21%	93 23%	376 23% b	51 15%
Agree (4.0)	895 45%	141 42%	608 47%	115 41% c	138 38%	20 27%	628 48% abcef	246 39% c	25 32%	718 45%	177 43%	765 47% b	126 38%
Neither agree nor disagree (3.0)	392 20%	72 22%	236 18%	53 19%	79 21%	25 34% abde	241 18%	139 22%	18 23%	319 20%	73 18%	305 19%	81 24% a
Disagree (2.0)	164 8%	22 7%	105 8%	30 11% d	56 15% d	9 12% d	77 6%	84 13% d	11 14% d	135 8%	29 7%	120 7%	42 13% a
Strongly disagree (1.0)	87 4%	11 3%	48 4%	20 7% d	40 11% d	7 9% d	34 3%	52 8% d	13 17% ade	64 4%	23 6%	61 4%	25 7% a
Don't know	37 2%	5 1%	15 1%	6 2%	2 1%	2 2%	16 1%	9 1%	1 1%	24 1%	14 3% a	18 1%	10 3% a
NET: Agree	1328 66%	224 67%	892 69%	171 61% bcf	190 52%	31 42%	944 72% abcef	353 55% c	36 46%	1058 66%	270 66%	1141 69% b	178 53%
NET: Disagree	251 13%	33 10%	153 12%	51 18% d	97 26% ad	16 22% d	111 8%	136 21% d	24 31% ad	199 12%	52 13%	181 11%	67 20% a
Base for stats	1972	328	1281	275	366	72	1296	628	77	1577	395	1627	325
Mean Score	3.72	3.80	3.76	3.57 bf	3.29	3.27	3.86 abcef	3.43 f	3.12	3.72	3.73	3.78 b	3.42
Standard Deviation	1.036	.997	1.007	1.150	1.210	1.161	.941	1.165	1.304	1.024	1.082	1.002	1.131
Standard Error	.023	.056	.028	.068	.064	.137	.026	.046	.144	.026	.055	.025	.061
Error variance	*	*	*	*	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	434 22%	28 6%	31 15%	71 20%	76 23%	46 24%	57 33%	31 40%	94 39%	224 21%	181 37%	81 17%	97 17%	166 24%	87 40%	202 24%	162 21%	57 19%
			a	a	ab	ab	abcdi	abcdei	abcdei	ab	abcdei			ab	abc			
Agree (4.0)	895 45%	168 39%	100 47%	162 46%	157 47%	100 53%	77 45%	32 43%	98 41%	519 48%	207 42%	199 41%	246 43%	357 52%	84 39%	382 45%	355 45%	129 44%
				a	a	ahj				ahj				abd				
Neither agree nor disagree (3.0)	392 20%	112 26%	56 26%	71 20%	60 18%	26 14%	22 13%	10 13%	35 15%	213 20%	67 14%	103 21%	142 25%	111 16%	25 11%	155 18%	162 21%	54 19%
		defghij	defghij	fj						fj		cd	cd					
Disagree (2.0)	164 8%	53 12%	20 9%	30 9%	30 9%	13 7%	13 7%	2 3%	5 2%	92 8%	20 4%	65 13%	54 9%	35 5%	9 4%	56 7%	72 9%	31 11%
		efghij	hj	hj	hj	h	h			hj		bcd	cd					a
Strongly disagree (1.0)	87 4%	56 13%	5 2%	7 2%	8 2%	3 1%	2 1%	1 1%	5 2%	24 2%	7 1%	35 7%	25 4%	17 2%	8 4%	38 5%	26 3%	17 6%
		bcdefghij										bc						
Don't know	37 2%	16 4%	2 1%	9 3%	3 1%	1 *	1 1%	- -	5 2%	15 1%	6 1%	6 1%	7 1%	2 *	3 2%	8 1%	8 1%	6 2%
		deij																
NET: Agree	1328 66%	196 45%	131 61%	233 66%	233 70%	146 77%	134 78%	63 83%	192 79%	744 68%	388 79%	280 57%	343 60%	523 76%	171 79%	584 69%	517 66%	186 63%
			a	a	ab	abci	abci	abcdi	abcdi	ab	abcdi			ab	ab	c		
NET: Disagree	251 13%	109 25%	25 12%	38 11%	38 11%	15 8%	15 9%	3 4%	10 4%	116 11%	27 6%	100 21%	79 14%	51 7%	16 8%	94 11%	97 12%	48 16%
		bcdefghij	ghj	hj	ghj					hj		bcd	cd					a
Base for stats	1972	417	212	342	331	188	170	76	236	1073	483	482	564	685	212	833	776	288
Mean Score	3.72	3.14	3.62	3.76	3.80	3.93	4.02	4.19	4.15	3.77	4.11	3.47	3.60	3.91	4.10	3.78	3.72	3.62
			a	a	ab	abci	abcdi	abcdei	abcdei	ab	abcdei		a	ab	abc	c		
Standard Deviation	1.036	1.149	.931	.952	.976	.887	.932	.844	.888	.948	.898	1.137	1.021	.903	1.006	1.031	1.002	1.096
Standard Error	.023	.057	.063	.052	.054	.065	.071	.096	.058	.029	.041	.051	.043	.035	.069	.037	.035	.062
Error variance	*	*	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	b
Unweighted Total		2009	555	824	592	829	642
Total		2009	558	829	588	819	641
		100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	434 22%	195 35% bc	170 21% c	64 11%	198 24%	138 22%
Agree	(4.0)	895 45%	268 48% b	352 42%	269 46%	378 46%	272 43%
Neither agree nor disagree	(3.0)	392 20%	66 12%	196 24% a	123 21% a	145 18%	141 22% a
Disagree	(2.0)	164 8%	17 3%	59 7% a	87 15% ab	68 8%	56 9%
Strongly disagree	(1.0)	87 4%	10 2%	35 4% a	37 6% a	20 2%	20 3%
Don't know		37 2%	3 *	16 2% a	8 1%	11 1%	13 2%
NET: Agree		1328 66%	463 83% bc	522 63% c	333 57%	576 70% b	411 64%
NET: Disagree		251 13%	27 5%	94 11% a	124 21% ab	87 11%	76 12%
Base for stats		1972	555	812	580	809	627
Mean Score		3.72	4.12 bc	3.69 c	3.41	3.82 b	3.72
Standard Deviation		1.036	.859	1.017	1.072	.975	1.008
Standard Error		.023	.037	.036	.044	.034	.040
Error variance		*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	383 19%	192 20%	190 19%	124 20% c	142 22% c	117 16%	14 14%	62 24% aefh	42 22%	43 20%	26 15%	32 14%	72 23% efh	54 16%	38 18%
Agree (4.0)	692 34%	357 36%	333 33%	232 38% c	232 35%	228 31%	34 35%	84 32%	69 35%	68 32%	65 38%	80 36%	112 36%	116 35%	64 31%
Neither agree nor disagree (3.0)	522 26%	257 26%	264 26%	144 24%	162 25%	216 29% a	27 28%	64 24%	42 21%	53 25%	49 28%	62 28%	74 24%	92 28%	60 29%
Disagree (2.0)	238 12%	98 10%	136 13% a	57 9%	79 12%	103 14% a	12 12%	31 12%	25 12%	29 14%	15 9%	24 11%	32 10%	46 14%	25 12%
Strongly disagree (1.0)	132 7%	53 5%	78 8% a	29 5%	36 5%	67 9% ab	7 8%	19 7%	14 7%	14 7%	15 9%	20 9% g	14 5%	15 5%	13 6%
Don't know	41 2%	21 2%	17 2%	21 3% bc	10 1%	11 1%	4 4%	3 1%	6 3%	6 3%	3 2%	3 1%	7 2%	4 1%	5 3%
NET: Agree	1075 54%	549 56% b	523 51%	357 59% c	374 57% c	345 46%	48 49%	146 56%	111 56%	110 52%	91 53%	112 51%	184 59% i	170 52%	101 50%
NET: Disagree	371 18%	151 15%	214 21% a	86 14%	115 17%	170 23% ab	19 20%	49 19%	38 19%	44 20%	30 17%	44 20%	47 15%	61 19%	38 19%
Base for stats	1968	957	1001	587	650	731	94	259	191	207	170	219	305	323	199
Mean Score	3.49	3.56 b	3.42	3.62 c	3.56 c	3.31	3.38	3.54	3.53	3.46	3.42	3.37	3.64 aefh	3.46	3.44
Standard Deviation	1.134	1.089	1.168	1.072	1.123	1.169	1.126	1.183	1.179	1.168	1.125	1.142	1.097	1.073	1.131
Standard Error	.026	.035	.037	.043	.043	.045	.112	.070	.084	.080	.084	.085	.061	.061	.086
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	383 19%	44 28% cdefh	111 23% efh	80 18%	41 18%	30 14%	76 16%	235 22% efh	147 16%	300 18%	12 26%	33 24%	20 25%	6 31%	2 27%	73 25% a	
Agree (4.0)	692 34%	49 31%	180 37% fh	170 38% fh	73 32%	84 40% fh	136 28%	399 37% fh	293 32%	580 34%	14 30%	56 42%	28 35%	4 21%	2 25%	105 36%	
Neither agree nor disagree (3.0)	522 26%	32 20%	101 21%	105 24%	76 33% abcg	62 29% abg	145 30% abcg	239 22% abcg	284 31% abcg	451 27% g	11 24%	26 19%	17 21%	7 34%	1 14%	61 21%	
Disagree (2.0)	238 12%	18 11%	58 12%	60 13%	26 11%	19 9%	58 12%	135 12%	103 11%	207 12%	7 16%	10 8%	7 9%	2 10%	3 34%	30 10%	
Strongly disagree (1.0)	132 7%	12 7%	27 6%	22 5%	9 4%	10 5%	52 11% bcdeg	60 6% cdg	72 8%	119 7%	2 5%	5 4%	4 5%	1 4%	-	12 4%	
Don't know	41 2%	4 2%	6 1%	8 2%	5 2%	5 2%	14 3%	17 2%	24 3%	25 1%	-	3 2%	4 5% a	-	-	7 3%	
NET: Agree	1075 54%	93 59% fh	292 60% dfh	250 56% fh	114 49%	115 54% f	212 44%	635 58% dfh	440 48%	880 52%	27 56%	89 67% a	48 59%	10 53%	4 52%	177 62% a	
NET: Disagree	371 18%	30 19%	85 18%	81 18%	35 15%	30 14%	110 23% bdeg	196 18%	175 19%	326 19% cg	10 21%	15 11%	12 14%	3 14%	3 34%	42 15%	
Base for stats	1968	155	478	436	225	206	468	1069	899	1657	48	130	76	19	8	281	
Mean Score	3.49	3.62 fh	3.61 fh	3.52 fh	3.49 f	3.51 f	3.27	3.57 fh	3.38	3.44	3.56	3.78 a	3.68	3.66	3.45	3.70 a	
Standard Deviation	1.134	1.221	1.137	1.090	1.045	1.021	1.202	1.131	1.129	1.137	1.184	1.029 a	1.135	1.161	1.301	1.098	
Standard Error	.026	.099	.053	.052	.068	.069	.056	.035	.037	.028	.163	.088	.129	.253	.460	.064	
Error variance	*	.01	*	*	*	*	*	*	*	*	.03	.01	.02	.06	.21	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	383 19%	217 17%	79 22%	66 22%	145 22% a	25 32% dghij	24 20%	140 22% ij	44 19%	9 18%	13 22%	23 19%	19 18%	24 12%	62 15%	49 25% ij
Agree (4.0)	692 34%	405 33%	140 38%	122 40% a	261 39% a	25 31%	53 44% egij	239 37% ij	90 39% ij	14 27%	18 31%	37 31%	38 36%	54 28%	124 31%	78 39% ij
Neither agree nor disagree (3.0)	522 26%	348 28% bd	78 21%	75 25%	153 23%	21 27%	25 20%	163 25%	56 24%	15 30%	15 26%	29 25%	21 20%	56 29%	121 30% bh	46 23%
Disagree (2.0)	238 12%	156 13%	42 11%	30 10%	72 11%	3 4%	11 9%	65 10%	33 14% ak	9 18% ak	5 8%	20 17%	15 14% ak	31 16% ack	47 12% a	14 7%
Strongly disagree (1.0)	132 7%	100 8% cd	22 6% c	5 2%	27 4%	5 6%	4 3%	30 5%	6 3%	2 5%	4 7%	8 7%	6 6%	25 13% bcdhk	41 10% bcdk	9 4%
Don't know	41 2%	19 2%	4 1%	3 1%	7 1%	1 1%	4 3% c	4 1%	4 2%	1 1%	3 5% c	2 2%	7 6% cd	5 3% c	10 3% c	5 2% c
NET: Agree	1075 54%	622 50% a	219 60% a	187 62% a	406 61% a	50 63% ij	78 64% egij	379 59% ij	134 57% ij	23 46%	30 53%	60 50%	57 54% i	78 40%	186 46%	127 63% egij
NET: Disagree	371 18%	256 21% cd	64 18%	35 12%	99 15%	8 10%	15 13%	94 15%	40 17%	12 23% ak	9 16%	28 24% abck	21 20% k	56 29% abcdfk	88 22% abck	23 11%
Base for stats	1968	1225	361	298	659	78	118	637	230	50	55	117	98	190	395	196
Mean Score	3.49	3.39	3.59	3.72	3.65	3.80	3.70	3.62	3.58	3.36	3.54	3.39	3.49	3.11	3.30	3.74
		a	a	a	a	egij	gij	gij	ij	i	i	i	i	i	i	egij
Standard Deviation	1.134	1.156	1.135	.974	1.066	1.118	1.018	1.076	1.043	1.138	1.174	1.186	1.152	1.216	1.177	1.057
Standard Error	.026	.032	.066	.061	.045	.127	.092	.042	.070	.163	.158	.105	.111	.087	.062	.075
Error variance	*	*	*	*	*	.02	.01	*	*	.03	.03	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	383 19%	110 21%	81 22%	24 18%	6 20%	105 21%	116 21%	122 22%	49 18%	36 19%	13 25%	85 19%	135 23%	47 14%	197 18%	120 25%	18 20%	336 20%	
Agree (4.0)	692 34%	203 39%	148 40%	44 32%	9 30%	191 38%	212 39%	204 37%	120 45% acf	57 31%	19 38%	177 39% c	223 37%	85 26%	394 36% a	181 37% a	33 36%	608 36% a	
Neither agree nor disagree (3.0)	522 26%	129 25%	81 22%	36 27%	10 31%	117 23%	139 25%	134 25%	55 21%	59 32% bf	10 19%	114 25%	144 24%	99 31% ce	299 27% c	100 20%	23 26%	423 25% c	
Disagree (2.0)	238 12%	54 11%	43 12%	19 14%	2 8%	62 12%	57 10%	62 11%	35 13%	17 9%	4 9%	52 11%	66 11%	45 14%	126 11%	60 12%	8 8%	193 11%	
Strongly disagree (1.0)	132 7%	21 4%	14 4%	7 6%	3 8%	21 4%	24 4%	22 4%	6 2%	12 7% b	3 6%	19 4%	25 4%	38 12% bcde	71 6%	21 4%	2 3%	94 6%	
Don't know	41 2%	1 *	3 1%	5 4% abf	1 2% a	8 2% af	1 *	2 *	1 *	5 3% abf	1 3% a	6 1%	3 1%	10 3%	17 2%	8 2% bce	7 7%	32 2%	
NET: Agree	1075 54%	312 60% c	229 62% c	67 50%	16 51%	296 59%	328 60% c	326 60% c	169 63% c	93 50%	32 63%	262 58%	358 60% c	131 41%	592 54% a	301 61% abe	51 56% a	944 56% a	
NET: Disagree	371 18%	76 15%	57 15%	26 20%	5 16%	83 17%	81 15%	84 15%	41 15%	29 16%	8 15%	70 16%	92 15%	83 26% bcde	197 18%	81 16%	10 11%	288 17%	
Base for stats	1968	517	367	130	30	496	547	544	266	181	50	447	593	313	1088	482	85	1654	
Mean Score	3.49	3.63	3.65	3.44	3.48	3.60	3.62	3.63	3.65	3.48	3.69	3.58	3.63	3.18	3.48	3.66	3.67	3.54	
Standard Deviation	1.134	1.057	1.062	1.122	1.172	1.081	1.063	1.075	1.003	1.119	1.159	1.053	1.081	1.210	1.112	1.111	1.009	1.110	
Standard Error	.026	.046	.056	.098	.204	.049	.045	.046	.062	.085	.158	.050	.044	.067	.034	.052	.111	.027	
Error variance	*	*	*	.01	.04	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	383 19%	69 21%	256 20%	47 17%	44 12%	9 13%	283 22% be	87 14%	13 16%	315 20%	68 17%	331 20% b	47 14%
Agree (4.0)	692 34%	124 37%	470 36%	87 31% f	95 26%	17 23%	495 38% abcef	183 29% f	14 18%	555 35%	137 34%	572 35%	113 34%
Neither agree nor disagree (3.0)	522 26%	84 25%	323 25%	66 23%	103 28% f	26 35% af	330 25%	179 28% f	13 17%	414 26%	108 27%	423 26%	93 28%
Disagree (2.0)	238 12%	33 10%	154 12%	43 15% d	71 19% d	12 16%	125 10%	108 17% d	18 23% d	191 12%	47 12%	192 12%	44 13%
Strongly disagree (1.0)	132 7%	18 5%	77 6%	32 11% d	49 13% d	6 9%	63 5%	67 11% d	18 24% abcde	101 6%	32 8%	104 6%	28 8%
Don't know	41 2%	5 2%	16 1%	7 2%	5 1%	3 4% d	16 1%	13 2%	2 2%	25 2%	17 4% a	22 1%	10 3% a
NET: Agree	1075 54%	193 58%	726 56%	133 47% bf	139 38%	26 36%	778 59% abcef	270 42%	27 34%	870 54%	205 50%	903 55% b	161 48%
NET: Disagree	371 18%	51 15%	231 18%	75 27% d	121 33% d	18 25% d	189 14%	176 28% d	37 47% abcde	292 18%	79 19%	296 18%	71 21%
Base for stats	1968	328	1279	274	363	70	1296	625	76	1576	392	1622	325
Mean Score	3.49	3.59	3.53	3.26 bf	3.04	3.16	3.62 abcef	3.18 f	2.79	3.50	3.42	3.51 b	3.33
Standard Deviation	1.134	1.092	1.119	1.249	1.221	1.137	1.076	1.193	1.428	1.130	1.147	1.131	1.139
Standard Error	.026	.061	.031	.074	.065	.135	.030	.048	.159	.028	.059	.028	.061
Error variance	*	*	*	.01	*	.02	*	*	.03	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	383 19%	26 6%	16 7%	59 17% ab	71 21% ab	39 21% ab	63 37% abcdei	20 26% abi	89 37% abcdei	185 17% ab	172 35% abcdei	72 15%	92 16%	138 20% a	76 35% abc	146 17%	156 20%	65 22%
Agree (4.0)	692 34%	63 15%	74 34% a	135 38% a	142 42% a	85 45% ab	65 38% a	35 46% a	94 39% a	435 40% a	194 40% a	146 30%	189 33%	281 41% abd	65 30%	295 35%	271 35%	103 35%
Neither agree nor disagree (3.0)	522 26%	145 34% defhij	73 34% defhij	102 29% efhj	77 23% fj	40 21% fj	26 15% fj	18 23% fj	42 17% fhj	291 27% fhj	86 18% fhj	134 27% d	168 29% d	171 25% d	41 19% d	226 27%	204 26%	69 23%
Disagree (2.0)	238 12%	94 22% cdefghij	40 19% cdefghij	33 9% hj	31 9% hj	18 10% hj	14 8% h	3 4% h	6 2% h	122 11% ghj	23 5% ghj	90 18% bcd	76 13% cd	56 8% cd	13 6% cd	110 13%	86 11%	36 12%
Strongly disagree (1.0)	132 7%	89 21% bcdefghij	9 4% bcdefghij	11 3% bcdefghij	8 2% bcdefghij	6 3% bcdefghij	2 1% bcdefghij	1 1% bcdefghij	6 2% bcdefghij	34 3% bcdefghij	9 2% bcdefghij	37 8% bcdefghij	38 7% bcdefghij	38 5% bcdefghij	18 8% bcdefghij	58 7%	53 7%	16 5%
Don't know	41 2%	15 4% eij	4 2% eij	11 3% e	5 2% e	- -	1 1% e	- -	5 2% e	20 2% e	6 1% e	8 2% e	7 1% e	5 1% e	2 1% e	6 1%	14 2%	6 2%
NET: Agree	1075 54%	89 21% a	89 42% a	194 55% ab	213 64% abci	124 66% abci	128 75% abcdei	54 72% abcdei	183 76% abcdei	621 57% ab	365 75% abcdei	219 45%	282 49%	418 61% ab	141 66% ab	441 52%	426 54%	168 57%
NET: Disagree	371 18%	183 42% bcdefghij	48 23% cdefghij	44 13% ghj	39 12% hj	25 13% ghj	16 9% ghj	4 5% ghj	12 5% ghj	157 14% ghj	32 6% ghj	127 26% bcd	114 20% c	94 14% c	31 14% c	168 20%	139 18%	52 18%
Base for stats	1968	417	211	340	329	188	170	76	236	1068	483	480	564	683	213	835	769	288
Mean Score	3.49	2.62	3.23	3.58	3.72	3.70	4.01	3.92	4.07	3.58	4.03	3.27	3.39	3.62	3.79	3.43	3.51	3.57
Standard Deviation	1.134	1.156	.976	.994	.988	1.014	.990	.855	.936	1.007	.943	1.156	1.115	1.066	1.230	1.132	1.137	1.132
Standard Error	.026	.057	.066	.054	.055	.074	.076	.097	.061	.031	.043	.052	.047	.041	.084	.041	.040	.064
Error variance	*	*	*	*	*	.01	.01	.01	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	b
Unweighted Total		2009	555	824	592	829	642
Total		2009	558	829	588	819	641
		100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	383 19%	158 28% bc	138 17%	83 14%	184 22%	123 19%
Agree	(4.0)	692 34%	247 44% bc	241 29%	199 34%	333 41% b	205 32%
Neither agree nor disagree	(3.0)	522 26%	99 18%	264 32% ac	154 26% a	173 21%	187 29% a
Disagree	(2.0)	238 12%	38 7%	95 12% a	101 17% ab	89 11%	71 11%
Strongly disagree	(1.0)	132 7%	12 2%	73 9% a	43 7% a	31 4%	43 7% a
Don't know		41 2%	4 1%	17 2% a	8 1%	9 1%	12 2%
NET: Agree		1075 54%	405 73% bc	379 46%	282 48%	517 63% b	328 51%
NET: Disagree		371 18%	50 9%	168 20% a	144 24% a	120 15%	114 18%
Base for stats		1968	554	811	580	810	629
Mean Score		3.49	3.90 bc	3.34	3.31	3.68 b	3.47
Standard Deviation		1.134	.959	1.156	1.137	1.060	1.129
Standard Error		.026	.041	.041	.047	.037	.045
Error variance		*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	493 25%	244 25%	245 24%	153 25%	169 26%	171 23%	22 23%	71 27%	54 27%	45 21%	37 21%	51 23%	81 26%	85 26%	47 23%
Agree (4.0)	804 40%	383 39%	419 41%	244 40%	252 38%	308 42%	39 40%	103 39%	73 37%	77 36%	76 44%	97 44%	128 41%	128 39%	82 40%
Neither agree nor disagree (3.0)	430 21%	212 22%	217 21%	131 22%	147 22%	152 21%	23 24%	48 18%	43 22%	48 22%	35 20%	44 20%	61 19%	78 24%	50 25%
Disagree (2.0)	153 8%	79 8%	73 7%	41 7%	54 8%	57 8%	5 5%	24 9%	14 7%	23 11%	11 6%	16 7%	24 8%	21 7%	15 7%
Strongly disagree (1.0)	86 4%	38 4%	46 5%	15 3%	25 4%	45 6% ab	4 4%	11 4%	9 5%	13 6%	9 5%	11 5%	11 4%	9 3%	7 4%
Don't know	43 2%	22 2%	19 2%	23 4% bc	13 2%	7 1%	4 4%	5 2%	3 2%	7 3%	5 3%	3 2%	7 2%	5 1%	4 2%
NET: Agree	1297 65%	627 64%	663 65%	397 65%	420 64%	480 65%	61 63%	175 66% d	127 65%	123 58%	113 65%	147 66%	210 67% d	214 65%	128 63%
NET: Disagree	239 12%	118 12%	119 12%	57 9%	79 12%	103 14% a	9 9%	35 14%	24 12%	36 17% h	20 12%	27 12%	35 11%	30 9%	22 11%
Base for stats	1966	956	1000	584	647	735	94	258	194	206	168	218	305	322	201
Mean Score	3.75	3.75	3.74	3.82 c	3.75	3.69	3.75	3.77	3.76	3.58	3.71	3.73	3.80 d	3.81 d	3.72
Standard Deviation	1.053	1.052	1.051	.986	1.054	1.100	1.021	1.088	1.089	1.134	1.055	1.054	1.034	.993	1.019
Standard Error	.024	.034	.033	.040	.041	.042	.012	.064	.077	.078	.079	.079	.057	.057	.077
Error variance	*	*	*	*	*	*	.01	*	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	493 25%	57 36% cdefgh	140 29% dfh	105 24%	44 19%	49 23%	98 20%	302 28% dfh	191 21%	388 23%	13 26%	49 37% a	24 30%	5 25%	5 65%	95 33% a
Agree (4.0)	804 40%	47 30%	190 39% a	192 43% a	88 38%	97 46% a	191 40% a	429 39% a	375 41% a	680 40%	21 44%	56 42%	29 37%	9 48%	1 13%	117 41%
Neither agree nor disagree (3.0)	430 21%	26 16%	102 21%	88 20%	60 26% ag	45 21%	108 22%	217 20%	213 23%	381 23% cg	7 14%	16 12%	15 19%	2 10%	1 11%	40 14%
Disagree (2.0)	153 8%	9 5%	28 6%	43 10% b	23 10% b	11 5%	39 8%	80 7%	73 8%	133 8% c	4 9%	4 3%	5 7%	3 13%	1 11%	17 6%
Strongly disagree (1.0)	86 4%	14 9% bcdeg	17 3%	9 2%	9 4%	4 2%	33 7% bceg	39 4%	46 5% c	77 5%	2 4%	2 1%	3 4%	1 4%	- -	7 3%
Don't know	43 2%	6 4%	6 1%	8 2%	5 2%	5 2%	14 3%	19 2%	24 3%	23 1%	1 3%	6 5% a	3 4%	- -	- -	11 4% a
NET: Agree	1297 65%	104 66%	330 68% dfh	297 67% df	132 57%	145 69% dfh	289 60%	731 67% dfh	566 61%	1069 64%	34 70%	105 79% ad	53 67%	14 73%	6 78%	212 74% a
NET: Disagree	239 12%	23 14% e	45 9%	52 12%	32 14% e	16 7%	72 15% beg	119 11%	120 13% be	210 12% c	6 13% c	6 4%	9 11%	3 17%	1 11%	25 9%
Base for stats	1966	153	477	437	225	206	468	1067	899	1659	47	127	77	19	8	277
Mean Score	3.75	3.82 f	3.86 dfh	3.78 dfh	3.60	3.84 dfh	3.60	3.82 dfh	3.66	3.71	3.82	4.16 abd	3.85	3.76	4.32	4.00 a
Standard Deviation	1.053	1.251	1.020	.984	1.043	.920	1.117	1.042	1.060	1.056	1.064	.855	1.072	1.122	1.125	.990
Standard Error	.024	.102	.048	.047	.068	.062	.052	.032	.035	.026	.147	.074	.121	.245	.398	.058
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.06	.16	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	493 25%	293 24%	93 26%	88 29%	181 27%	24 31%	40 33%	172 27%	55 24%	10 20%	16 27%	28 23%	27 26%	31 16%	89 22%	64 32%
						i	ij	i	i				i			ij
Agree (4.0)	804 40%	500 40%	151 42%	122 40%	273 41%	33 41%	39 32%	269 42%	94 40%	17 33%	25 44%	49 41%	39 37%	79 40%	161 40%	72 36%
								b								
Neither agree nor disagree (3.0)	430 21%	271 22%	80 22%	60 20%	140 21%	13 17%	24 19%	129 20%	59 25%	15 30%	8 14%	21 17%	21 20%	44 23%	96 24%	37 18%
										f						
Disagree (2.0)	153 8%	102 8%	23 6%	18 6%	40 6%	2 3%	9 8%	49 8%	16 7%	3 7%	3 5%	14 11%	10 10%	20 10%	27 7%	12 6%
											a					
Strongly disagree (1.0)	86 4%	61 5%	11 3%	11 4%	22 3%	5 7%	7 5%	16 3%	6 3%	4 8%	2 3%	3 3%	1 1%	15 8%	26 6%	12 6%
						h				cdh				cdgh	cdh	ch
Don't know	43 2%	17 1%	6 2%	4 1%	9 1%	2 2%	3 2%	6 1%	3 1%	1 2%	4 7%	5 4%	7 6%	6 3%	8 2%	4 2%
										cdj	c	cdj	c			
NET: Agree	1297 65%	793 64%	245 67%	210 70%	454 68%	57 72%	79 65%	441 69%	149 64%	27 53%	41 71%	77 65%	66 63%	110 57%	250 62%	136 68%
						ei		ej			i					ei
NET: Disagree	239 12%	163 13%	34 9%	28 9%	62 9%	8 10%	16 13%	65 10%	22 9%	8 15%	5 8%	17 14%	11 11%	35 18%	53 13%	23 12%
			d											cd		
Base for stats	1966	1227	358	298	656	78	119	635	231	50	54	115	98	189	398	196
Mean Score	3.75	3.70	3.82	3.87	3.84	3.88	3.82	3.84	3.77	3.50	3.94	3.74	3.82	3.48	3.65	3.84
			a	a	a	i	i	ej	i		ei	i	i			i
Standard Deviation	1.053	1.073	.994	1.019	1.005	1.100	1.149	.994	.979	1.154	.979	1.042	.986	1.132	1.098	1.127
Standard Error	.024	.030	.058	.064	.043	.126	.103	.039	.065	.165	.133	.093	.095	.081	.058	.080
Error variance	*	*	*	*	*	.02	.01	*	*	.03	.02	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	493 25%	153 29%	95 26%	34 25%	3 8%	129 26%	155 28%	154 28%	64 24%	47 25%	14 27%	111 25%	167 28%	64 20%	259 23%	143 29%	27 29%	429 25%
		d	d	d	d	d	d	d	d	d	d	d	d	d	d	d	d	d	d
Agree	(4.0)	804 40%	208 40%	165 45%	47 35%	10 32%	212 42%	218 40%	228 42%	114 43%	73 39%	18 35%	187 41%	246 41%	121 38%	463 42%	186 38%	34 38%	683 41%
Neither agree nor disagree	(3.0)	430 21%	113 22%	69 19%	26 20%	7 22%	95 19%	120 22%	117 21%	55 21%	32 17%	9 18%	87 19%	126 21%	83 26%	232 21%	105 21%	11 12%	347 21%
Disagree	(2.0)	153 8%	28 5%	27 7%	17 12%	6 21%	44 9%	35 6%	35 6%	21 8%	19 10%	4 7%	40 9%	39 7%	25 8%	90 8%	30 6%	8 9%	128 8%
		af	af	af	af	af	a	a	a	a	a	a	a	a	a	a	a	a	a
Strongly disagree	(1.0)	86 4%	15 3%	12 3%	6 4%	2 5%	18 3%	16 3%	9 2%	12 4%	9 5%	4 8%	21 5%	13 2%	21 6%	44 4%	18 4%	3 4%	65 4%
		be	be	be	be	be	be	be	be	be	be	be	be	be	be	be	be	be	be
Don't know		43 2%	1 *	3 1%	4 3%	4 12%	7 1%	5 1%	3 *	1 *	6 3%	2 4%	7 1%	5 1%	9 3%	18 2%	8 2%	8 9%	34 2%
		ab	ab	ab	ab	ab	ab	ab	ab	ab	ab	ab	ab	ab	ab	ab	ab	ab	ab
NET: Agree	1297 65%	360 70%	259 70%	81 60%	13 41%	341 68%	373 68%	382 70%	179 67%	120 65%	32 62%	299 66%	414 69%	185 57%	722 65%	329 67%	61 67%	1112 66%	
		cd	cd	d	d	d	d	d	d	d	d	d	d	d	a	a	a	a	
NET: Disagree	239 12%	43 8%	39 10%	23 17%	8 26%	61 12%	51 9%	44 8%	33 12%	28 15%	8 15%	61 13%	52 9%	46 14%	133 12%	48 10%	12 13%	192 11%	
		af	af	af	af	a	a	a	a	a	a	a	a	c	c	c	c	c	
Base for stats	1966	516	367	130	27	497	544	543	266	180	49	446	592	314	1087	482	83	1652	
Mean Score	3.75	3.88	3.83	3.67	3.20	3.79	3.85	3.89	3.75	3.72	3.68	3.74	3.87	3.58	3.74	3.85	3.88	3.78	
		cd	d	d	d	d	d	e	e	e	e	e	e	a	a	a	a	a	
Standard Deviation	1.053	.989	1.000	1.133	1.104	1.037	1.005	.945	1.049	1.113	1.216	1.074	.971	1.103	1.037	1.036	1.094	1.040	
Standard Error	.024	.043	.052	.099	.202	.047	.043	.040	.065	.084	.167	.051	.039	.061	.031	.049	.121	.026	
Error variance	*	*	*	.01	.04	*	*	*	*	.01	.03	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	493 25%	80 24%	333 26%	56 20%	65 18%	11 15%	358 27%	120 19%	13 16%	394 25%	99 24%	414 25%	72 21%
Agree (4.0)	804 40%	141 42%	527 41%	101 36%	131 36%	20 28%	565 43%	223 35%	26 33%	645 40%	159 39%	679 41%	122 36%
Neither agree nor disagree (3.0)	430 21%	66 20%	272 21%	65 23%	87 24%	23 32%	255 19%	160 25%	13 17%	349 22%	81 20%	348 21%	75 22%
Disagree (2.0)	153 8%	29 9%	95 7%	31 11%	50 13%	12 16%	75 6%	77 12%	16 20%	122 8%	31 8%	110 7%	41 12%
Strongly disagree (1.0)	86 4%	13 4%	49 4%	18 6%	30 8%	5 7%	40 3%	43 7%	7 9%	63 4%	22 5%	72 4%	13 4%
Don't know	43 2%	5 1%	20 2%	10 3%	6 2%	2 3%	20 1%	14 2%	3 4%	26 2%	17 4%	20 1%	12 4%
NET: Agree	1297 65%	221 66%	860 66%	157 56%	196 53%	32 43%	923 70%	342 54%	38 49%	1039 65%	258 63%	1094 67%	194 58%
NET: Disagree	239 12%	42 13%	144 11%	49 18%	79 22%	17 23%	115 9%	121 19%	23 29%	186 12%	53 13%	182 11%	54 16%
Base for stats	1966	329	1275	271	362	71	1293	623	74	1574	392	1624	323
Mean Score	3.75	3.75	3.78	3.54	3.42	3.30	3.87	3.48	3.29	3.75	3.72	3.77	3.61
Standard Deviation	1.053	1.047	1.035	1.140	1.170	1.131	.984	1.141	1.243	1.042	1.098	1.043	1.089
Standard Error	.024	.059	.029	.068	.062	.133	.027	.046	.140	.026	.056	.026	.059
Error variance	*	*	*	*	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high	
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	
Significance Level: 95%																			
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318	
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(5.0)	493 25%	29 7%	33 15%	76 22%	89 27%	57 30%	68 40%	25 33%	115 48%	208 24%	107 22%	115 20%	182 27%	83 39%	219 26%	182 23%	73 25%	
			a	a	ab	abci	abcdi	abc	abcdegi	ab	abcdei			b	abc				
Agree	(4.0)	804 40%	117 27%	91 43%	166 47%	155 46%	82 44%	71 41%	34 45%	88 37%	494 45%	193 40%	192 39%	220 39%	310 45%	69 32%	344 41%	312 40%	121 41%
			a	ahj	ah	a	a	a	a	ahj	a			abd					
Neither agree nor disagree	(3.0)	430 21%	144 33%	65 30%	69 20%	61 18%	33 18%	24 14%	11 15%	22 9%	228 21%	58 12%	113 23%	154 27%	119 17%	34 16%	182 22%	180 23%	52 18%
			cdefghij	cdefghij	hj	hj	hj				fhj		cd	cd				c	
Disagree	(2.0)	153 8%	68 16%	17 8%	23 6%	19 6%	12 6%	2 1%	5 6%	7 3%	71 7%	14 3%	42 9%	48 8%	49 7%	12 5%	55 7%	64 8%	25 8%
			bcdefghij	fhj	fhj	fj	fj		f		fhj								
Strongly disagree	(1.0)	86 4%	60 14%	5 2%	7 2%	5 1%	3 1%	2 1%	1 1%	3 1%	20 2%	6 1%	26 5%	25 4%	22 3%	13 6%	31 4%	34 4%	16 5%
			bcdefghij																
Don't know		43 2%	15 4%	4 2%	9 3%	5 2%	1 *	3 2%	- -	6 2%	19 2%	9 2%	8 2%	9 2%	5 1%	4 2%	9 1%	12 2%	7 2%
			ei																
NET: Agree		1297 65%	145 34%	124 58%	242 69%	245 73%	140 74%	140 81%	59 78%	203 84%	750 69%	402 82%	299 61%	335 59%	493 72%	153 71%	563 67%	494 63%	195 66%
			a	a	ab	ab	ab	abcdi	ab	abcdei	ab	abcdei			ab	ab			
NET: Disagree		239 12%	128 30%	22 10%	30 9%	24 7%	15 8%	5 3%	5 7%	10 4%	91 8%	20 4%	67 14%	73 13%	71 10%	24 11%	87 10%	98 13%	40 14%
			bcdefghij	fhj	fhj	f	fj				fhj								
Base for stats	1966	417	211	342	329	188	169	76	235	1069	479	480	562	683	211	832	772	286	
Mean Score	3.75	2.97	3.62	3.82	3.93	3.95	4.19	4.03	4.30	3.84	4.22	3.65	3.62	3.85	3.94	3.80	3.70	3.74	
			a	ab	ab	ab	abcdei	ab	abcdegi	ab	abcdei			ab	ab				
Standard Deviation	1.053	1.137	.922	.928	.905	.935	.839	.908	.849	.928	.858	1.082	1.042	.998	1.148	1.024	1.055	1.100	
Standard Error	.024	.056	.063	.050	.050	.068	.065	.103	.056	.028	.039	.049	.044	.039	.079	.037	.037	.063	
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	493 25%	212 38% bc	178 22% c	100 17%	226 28%	162 25%
Agree (4.0)	804 40%	242 43% b	296 36%	259 44% b	363 44% b	229 36%
Neither agree nor disagree (3.0)	430 21%	70 13%	217 26% a	138 23% a	152 19%	147 23% a
Disagree (2.0)	153 8%	22 4%	71 9% a	55 9% a	50 6%	56 9%
Strongly disagree (1.0)	86 4%	9 2%	50 6% a	25 4% a	17 2%	31 5% a
Don't know	43 2%	4 1%	17 2% a	12 2%	11 1%	16 2%
NET: Agree	1297 65%	453 81% bc	474 57%	358 61%	589 72% b	391 61%
NET: Disagree	239 12%	30 5%	120 15% a	80 14% a	68 8%	87 14% a
Base for stats	1966	554	812	577	809	625
Mean Score	3.75	4.13 bc	3.59	3.61	3.90 b	3.70
Standard Deviation	1.053	.889	1.105	1.018	.950	1.100
Standard Error	.024	.038	.039	.042	.033	.044
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	309 15%	141 14%	166 16%	106 17% c	118 18% c	86 12%	17 18%	51 19% ef	31 16%	37 18% f	21 12%	23 10%	48 15%	46 14%	34 17%
Agree (4.0)	717 36%	356 36%	358 35%	235 39%	229 35%	253 34%	30 31%	70 27%	73 37% b	65 30%	70 40% bd	88 40% b	113 36% b	137 42% abd	73 35% b
Neither agree nor disagree (3.0)	485 24%	247 25%	237 23%	131 22%	165 25%	188 25%	23 24%	68 26% h	42 21%	55 26%	43 25%	63 28% h	82 26% h	61 19%	48 23%
Disagree (2.0)	287 14%	139 14%	147 14%	75 12%	95 14%	116 16%	10 11%	43 16%	27 13%	26 12%	27 15%	31 14%	43 14%	51 16%	29 14%
Strongly disagree (1.0)	177 9%	78 8%	96 9%	38 6%	47 7%	93 12% ab	14 14% efg	28 11% g	21 11%	25 12% g	12 7%	15 7%	20 6%	27 8%	16 8%
Don't know	33 2%	17 2%	14 1%	21 3% bc	6 1%	6 1%	3 3%	2 1%	4 2%	5 2%	2 1%	2 1%	7 2%	4 1%	5 3%
NET: Agree	1027 51%	497 51%	524 51%	341 56% c	347 53% c	339 46%	48 49%	121 46%	104 53%	102 48%	90 52%	111 50%	161 51%	183 56% b	106 52%
NET: Disagree	464 23%	217 22%	243 24%	113 19%	142 22%	209 28% ab	25 25%	71 27% g	48 24%	51 24%	38 22%	45 20%	63 20%	78 24%	45 22%
Base for stats	1976	961	1004	586	654	736	95	260	193	208	172	220	305	322	199
Mean Score	3.35	3.36	3.35	3.50 c	3.42 c	3.17	3.27	3.28	3.34	3.31	3.35	3.34	3.42	3.38	3.40
Standard Deviation	1.171	1.140	1.195	1.123	1.151	1.202	1.302	1.258	1.219	1.242	1.095	1.057	1.109	1.161	1.166
Standard Error	.026	.037	.038	.045	.044	.046	.129	.074	.086	.085	.082	.079	.061	.066	.089
Error variance	*	*	*	*	*	*	.02	.01	.01	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

		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		2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total		2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	309 15%	31 20% fh	92 19% fh	70 16% f	31 13%	31 15%	54 11%	193 18% fh	116 13%	241 14%	13 28% a	29 22% a	11 14%	4 20%	3 41%	61 21% a
Agree	(4.0)	717 36%	48 30%	207 43% adefh	170 38% fh	73 32%	73 35%	146 30%	425 39% adfh	292 32%	603 36%	15 32%	53 40%	28 35%	8 43%	2 24%	106 37%
Neither agree nor disagree	(3.0)	485 24%	42 26% b	85 18%	103 23% b	68 29% bg	60 29% bg	127 26% bg	230 21%	255 28% bg	418 25% c	11 23%	23 17%	19 24%	3 16%	2 24%	58 20%
Disagree	(2.0)	287 14%	14 9%	70 14%	60 13%	37 16% a	28 13%	78 16% a	144 13%	143 16% a	243 14%	5 11%	17 13%	15 18%	2 8%	1 11%	40 14%
Strongly disagree	(1.0)	177 9%	20 12% beg	26 5%	34 8% beg	18 8%	12 6%	67 14% bcdeg	80 7%	97 11% beg	158 9% g	3 6%	6 5%	5 6%	3 14%	- -	16 6%
Don't know		33 2%	4 3% b	3 1%	8 2% b	2 1%	6 3% b	10 2%	15 1%	18 2%	19 1%	- -	5 4% a	2 3%	- -	- -	7 2%
NET: Agree		1027 51%	79 50%	299 62% acdefh	240 54% dfh	104 45%	104 49%	200 42%	618 57% defh	409 44%	843 50%	29 60%	82 62% a	39 49%	12 63%	5 65%	167 58% a
NET: Disagree		464 23%	34 21%	96 20%	94 21%	56 24%	40 19%	145 30% abceg	223 21%	241 26% bceg	401 24%	8 17%	23 17%	19 24%	4 21%	1 11%	56 19%
Base for stats		1976	154	480	437	228	205	472	1071	904	1663	48	128	78	19	8	281
Mean Score		3.35	3.37	3.56	3.42	3.27	3.41	3.09	3.47	3.21	3.32	3.66	3.64	3.35	3.47	3.95	3.56
Standard Deviation		1.171	1.262	1.119	1.142	1.134	1.087	1.223	1.151	1.177	1.170	1.173	1.120	1.125	1.304	1.115	1.145
Standard Error		.026	.102	.052	.055	.073	.074	.057	.036	.039	.029	.161	.097	.127	.285	.394	.067
Error variance		*	.01	*	*	.01	.01	*	*	*	*	.03	.01	.02	.08	.16	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	309 15%	174 14%	55 15%	66 22% ab	121 18% a	16 20% ij	27 22% ij	120 19% ij	33 14%	6 11%	11 19%	19 16%	16 16%	21 11%	41 10%	43 21% ij
Agree (4.0)	717 36%	436 35%	144 40%	113 37%	257 39%	24 30%	39 32%	248 39% ik	93 40% i	16 32%	21 37%	41 34%	37 35%	60 31%	138 34%	62 31%
Neither agree nor disagree (3.0)	485 24%	306 25%	84 23%	66 22%	149 22%	29 37% cdghij	30 25%	153 24%	42 18%	19 38% cdgh	14 24%	27 23%	20 19%	47 24%	102 25% d	60 30% dh
Disagree (2.0)	287 14%	191 15%	44 12%	41 14%	86 13%	5 6%	22 18% ace	75 12%	47 20% ace	3 6%	6 10%	16 13%	19 19% ace	33 17% ace	60 15% a	27 14%
Strongly disagree (1.0)	177 9%	121 10% c	34 9% c	13 4%	47 7%	4 5%	2 2%	41 6% b	13 5%	6 13% bhk	4 8% b	15 12% bcdhk	4 4%	31 16% abcdhk	57 14% abcdhk	6 3%
Don't know	33 2%	16 1%	4 1%	2 1%	6 1%	1 1%	2 1%	4 1%	5 2% c	- -	1 2%	2 2%	8 8% abcdegijk	2 1%	8 2%	2 1%
NET: Agree	1027 51%	610 49%	199 55%	179 59% a	378 57% a	40 50%	65 54% i	368 57% ij	127 54% ij	22 43%	32 56%	60 50%	53 51%	81 42%	179 44%	105 52% i
NET: Disagree	464 23%	312 25% cd	78 21%	54 18%	132 20%	9 12%	25 20%	116 18%	60 26% ack	10 19%	10 17% a	30 25% a	23 22%	64 33% abcfhk	118 29% ack	34 17%
Base for stats	1976	1228	361	299	660	78	120	637	229	51	56	117	97	193	398	198
Mean Score	3.35	3.29	3.39	3.60 ab	3.48 a	3.54 ij	3.54 ij	3.52 gij	3.38 ij	3.23	3.51 ij	3.28 ij	3.44 ij	3.04	3.11	3.54 gij
Standard Deviation	1.171	1.179	1.164	1.105	1.141	1.059	1.087	1.117	1.130	1.143	1.151	1.248	1.109	1.253	1.215	1.074
Standard Error	.026	.032	.067	.070	.049	.121	.097	.044	.075	.162	.152	.110	.108	.089	.064	.076
Error variance	*	*	*	*	*	.01	.01	*	.01	.03	.02	.01	.01	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (5.0)	309 15%	98 19%	65 18%	22 16%	3 8%	87 17%	101 18%	96 18%	44 17%	36 19%	7 15%	80 18%	104 17%	40 12%	151 14%	104 21% abe	15 17%	270 16%	
Agree (4.0)	717 36%	184 36%	169 46% acdf	45 34%	8 25%	215 43% af	192 35%	213 39%	108 40%	65 35%	22 43%	172 38%	234 39%	105 33%	407 37%	180 37%	25 27%	612 36%	
Neither agree nor disagree (3.0)	485 24%	119 23%	74 20%	29 22%	16 52% abcef	104 21%	135 25%	120 22%	66 25%	43 23%	13 25%	109 24%	133 22%	82 25%	271 25%	110 22%	22 24%	403 24%	
Disagree (2.0)	287 14%	86 17% be	39 11%	20 15%	4 12%	59 12%	89 16% be	84 15%	33 12%	24 13%	5 9%	57 12%	88 15%	50 16%	160 14%	61 12%	16 17%	236 14%	
Strongly disagree (1.0)	177 9%	27 5%	20 5%	17 13% abdef	- -	37 7%	27 5%	29 5%	15 5%	17 9%	3 7%	32 7%	33 5%	41 13% bce	100 9% c	28 6%	7 8%	136 8%	
Don't know	33 2%	3 1%	2 1%	1 1%	1 2%	3 1%	4 1%	4 1%	2 1%	1 *	1 1%	2 1%	4 1%	5 1%	16 1%	7 1%	6 6% abce	29 2%	
NET: Agree	1027 51%	282 55% d	235 64% acdf	67 50%	10 34%	302 60% cdf	293 53% d	309 57%	152 57%	101 54%	29 57%	253 56%	338 57%	145 45%	558 50%	284 58% abde	40 44%	882 52% a	
NET: Disagree	464 23%	113 22% b	58 16%	37 27% be	4 12%	95 19%	116 21% b	113 21%	47 18%	41 22%	8 16%	88 20%	121 20%	92 28% ce	260 24% c	89 18%	23 25%	372 22%	
Base for stats	1976	514	368	133	30	501	545	542	265	185	50	451	592	318	1089	482	85	1657	
Mean Score	3.35	3.47	3.60	3.26	3.31	3.51	3.46	3.48	3.51	3.42	3.50	3.47	3.49	3.16	3.32	3.56	3.30	3.39	
			cf			c									a	abe		a	
Standard Deviation	1.171	1.131	1.062	1.264	.810	1.128	1.116	1.114	1.078	1.208	1.080	1.133	1.110	1.219	1.158	1.132	1.212	1.158	
Standard Error	.026	.050	.056	.109	.141	.050	.048	.047	.067	.090	.146	.054	.045	.066	.035	.053	.132	.029	
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.02	*	

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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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	309 15%	64 19%	199 15%	55 19% b	48 13%	11 15%	199 15%	100 16%	13 16%	255 16%	54 13%	260 16%	45 14%
Agree (4.0)	717 36%	118 35%	483 37%	90 32% c	112 30% c	11 15%	508 39% abce	190 30% c	22 28% c	561 35%	156 38%	600 36%	113 34%
Neither agree nor disagree (3.0)	485 24%	86 26%	298 23%	61 22%	82 22%	33 45% abdef	318 24%	154 24%	18 23%	388 24%	96 24%	407 25%	70 21%
Disagree (2.0)	287 14%	39 12%	193 15%	33 12%	57 16%	10 14%	190 14%	92 14%	8 11%	240 15%	47 12%	221 13%	63 19% a
Strongly disagree (1.0)	177 9%	22 7%	108 8%	39 14% d	68 18% d	8 11%	79 6%	96 15% d	17 21% d	134 8%	43 11%	139 8%	38 11%
Don't know	33 2%	4 1%	15 1%	4 2%	1 *	- -	17 1%	5 1%	- -	22 1%	11 3%	17 1%	7 2%
NET: Agree	1027 51%	183 55%	681 53%	145 52% bc	160 43% c	22 30%	707 54% bce	291 46% c	35 45%	816 51%	210 51%	860 52%	158 47%
NET: Disagree	464 23%	61 18%	301 23%	71 25%	125 34% ad	18 25%	269 21%	188 29% d	25 32% d	374 23%	90 22%	360 22%	101 30% a
Base for stats	1976	330	1280	277	367	73	1295	632	78	1578	397	1627	329
Mean Score	3.35	3.50	3.37	3.33 b	3.04	3.08	3.43 bcef	3.17	3.08	3.36	3.33	3.38 b	3.20
Standard Deviation	1.171	1.134	1.163	1.300	1.314	1.164	1.102	1.289	1.388	1.169	1.178	1.158	1.231
Standard Error	.026	.063	.033	.076	.069	.135	.031	.051	.152	.029	.060	.029	.066
Error variance	*	*	*	.01	*	.02	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (5.0)	309 15%	34 8%	33 15%	47 13%	55 16%	31 16%	38 22%	19 25%	52 21%	166 15%	109 22%	77 16%	85 15%	93 14%	51 24%	125 15%	121 15%	54 18%
			a	a	a	a	aci	aci	aci	a	abcdi				abc			
Agree (4.0)	717 36%	112 26%	72 34%	144 41%	132 39%	72 38%	65 38%	27 36%	93 39%	420 39%	186 38%	176 36%	190 33%	274 40%	66 31%	337 40%	270 34%	86 29%
			a	a	a	a	a	a	a	a	a			bd		bc		
Neither agree nor disagree (3.0)	485 24%	101 23%	63 29%	90 26%	76 23%	53 28%	39 23%	22 29%	42 17%	281 26%	103 21%	96 20%	157 27%	172 25%	48 23%	188 22%	205 26%	74 25%
			hj	h	h	h	h	h	h	hj	h		a	a				
Disagree (2.0)	287 14%	79 18%	33 15%	43 12%	48 14%	25 13%	22 13%	5 6%	32 13%	149 14%	59 12%	87 18%	85 15%	89 13%	23 11%	120 14%	109 14%	45 15%
		cgij	g									cd						
Strongly disagree (1.0)	177 9%	93 22%	12 6%	20 6%	19 6%	7 4%	6 3%	3 4%	16 7%	59 5%	25 5%	49 10%	49 9%	53 8%	26 12%	65 8%	70 9%	32 11%
		bcdefghij																
Don't know	33 2%	13 3%	2 1%	7 2%	4 1%	1 *	1 1%	- -	6 2%	13 1%	7 2%	3 1%	5 1%	6 1%	2 1%	6 1%	8 1%	4 1%
		ei																
NET: Agree	1027 51%	146 34%	105 49%	191 54%	187 56%	103 54%	104 60%	46 61%	145 60%	586 54%	295 60%	253 52%	276 48%	367 53%	117 54%	462 55%	391 50%	139 47%
			a	a	a	a	ab	a	ab	a	abi					bc		
NET: Disagree	464 23%	173 40%	45 21%	63 18%	67 20%	32 17%	28 16%	8 11%	48 20%	207 19%	84 17%	135 28%	134 24%	142 21%	48 22%	186 22%	179 23%	77 26%
		bcdefghij	g									c						
Base for stats	1976	420	213	344	330	188	170	76	235	1075	481	485	567	682	214	835	775	290
Mean Score	3.35	2.80	3.38	3.45	3.47	3.50	3.64	3.71	3.56	3.45	3.61	3.30	3.31	3.39	3.44	3.40	3.34	3.29
			a	a	a	a	abi	abi	a	a	abc							
Standard Deviation	1.171	1.279	1.095	1.058	1.109	1.043	1.074	1.045	1.174	1.078	1.119	1.222	1.158	1.113	1.290	1.139	1.166	1.246
Standard Error	.026	.063	.074	.057	.061	.076	.082	.119	.077	.033	.051	.055	.048	.043	.088	.041	.041	.070
Error variance	*	*	.01	*	*	.01	.01	.01	.01	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	b
Unweighted Total		2009	555	824	592	829	642
Total		2009	558	829	588	819	641
		100%	100%	100%	100%	100%	100%
Strongly agree	(5.0)	309	114	96	96	163	96
		15%	20%	12%	16%	20%	15%
			b		b	b	
Agree	(4.0)	717	237	252	224	326	212
		36%	43%	30%	38%	40%	33%
			b		b	b	
Neither agree nor disagree	(3.0)	485	116	238	124	181	162
		24%	21%	29%	21%	22%	25%
				ac			
Disagree	(2.0)	287	59	138	83	101	101
		14%	11%	17%	14%	12%	16%
				a			
Strongly disagree	(1.0)	177	27	91	56	41	56
		9%	5%	11%	9%	5%	9%
				a	a		a
Don't know		33	4	14	5	7	13
		2%	1%	2%	1%	1%	2%
NET: Agree		1027	351	348	320	489	308
		51%	63%	42%	54%	60%	48%
			bc		b	b	
NET: Disagree		464	87	229	139	142	157
		23%	16%	28%	24%	17%	25%
				a	a		a
Base for stats		1976	553	815	583	812	627
Mean Score		3.35	3.63	3.15	3.38	3.58	3.30
			bc		b	b	
Standard Deviation		1.171	1.075	1.173	1.194	1.096	1.174
Standard Error		.026	.046	.041	.049	.038	.047
Error variance		*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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 am worried about exercising close to other people	2009 100%	540 27%	791 39%	369 18%	199 10%	111 6%	1331 66%	567 28%
I feel safer exercising at home than in public places	2009 100%	496 25%	812 40%	406 20%	155 8%	139 7%	1308 65%	562 28%
I exercise to help manage my physical health during the outbreak	2009 100%	427 21%	881 44%	400 20%	170 8%	132 7%	1307 65%	569 28%
I exercise to help manage my mental health during the outbreak	2009 100%	411 20%	827 41%	459 23%	186 9%	127 6%	1238 62%	645 32%
I have more time now to be physically active	2009 100%	340 17%	848 42%	501 25%	203 10%	118 6%	1188 59%	703 35%
I miss the types of physical activity I was able to do before the outbreak	2009 100%	366 18%	655 33%	584 29%	256 13%	148 7%	1021 51%	840 42%
Since the outbreak I have found new ways to be active	2009 100%	279 14%	678 34%	645 32%	270 13%	137 7%	957 48%	915 46%
I worry about leaving my home to exercise or be active	2009 100%	297 15%	525 26%	649 32%	431 21%	107 5%	822 41%	1080 54%
I have been encouraged to exercise by the Government's guidance	2009 100%	196 10%	617 31%	575 29%	407 20%	214 11%	812 40%	983 49%
I feel guilty about wanting to exercise during the outbreak	2009 100%	141 7%	351 17%	659 33%	735 37%	123 6%	491 24%	1394 69%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	279 14%	143 15%	134 13%	135 22% bc	94 14% c	51 7%	13 13%	40 15%	23 11%	25 12%	27 15%	30 13%	64 20% cdfhi	32 10%	26 13%
Tend to agree (3.0)	678 34%	331 34%	344 34%	210 35%	240 36% c	228 31%	36 37%	86 33%	68 35%	74 35%	61 35%	66 30%	108 35%	109 34%	70 34%
Tend to disagree (2.0)	645 32%	302 31%	341 33%	162 27%	186 28%	296 40% ab	21 22%	93 36% ag	63 32%	65 30%	53 30%	79 35% ag	83 26%	118 36% ag	71 35% a
Strongly disagree (1.0)	270 13%	134 14%	133 13%	54 9%	100 15% a	115 16% a	20 20% begi	25 10%	34 18% bgi	35 16% bgi	19 11%	35 16% bg	31 10%	53 16% bgi	18 9%
Don't know	137 7%	68 7%	67 7%	46 8%	40 6%	52 7%	8 8%	19 7%	8 4%	14 7%	15 8%	13 6%	28 9% ch	14 4%	19 9% h
NET: Agree	957 48%	475 49%	478 47%	345 57% bc	334 51% c	279 38%	49 51%	125 48%	91 46%	99 46%	88 50%	95 43%	172 55% fh	142 43%	97 47%
NET: Disagree	915 46%	436 45%	474 47%	216 36%	286 43% a	412 55% ab	41 42%	119 45% g	97 49% g	100 47% g	72 41%	114 51% g	113 36%	171 52% eg	89 44%
Base for stats	1872	910	952	561	620	690	90	244	188	198	159	209	285	313	186
Mean Score	2.52	2.53	2.50	2.76 bc	2.53 c	2.31	2.48	2.57 h	2.42	2.45	2.60 h	2.43	2.72 acdfh	2.39	2.56 h
Standard Deviation	.915	.927	.901	.926	.937	.834	.992	.882	.924	.925	.905	.932	.932	.887	.855
Standard Error	.021	.031	.029	.038	.037	.033	.101	.054	.066	.065	.070	.071	.053	.051	.067
Error variance	*	*	*	*	*	*	.01	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	279 14%	43 27% bcdefgh	77 16% fh	63 14% f	34 15% f	28 13% f	35 7% f	182 17% fh	97 11% fh	211 13% a	11 23% a	25 19% a	19 24% a	3 16% a	1 9% a	59 21% a
Tend to agree (3.0)	678 34%	41 26%	172 35% af	166 37% af	85 37% af	81 38% af	133 28% af	379 35% af	299 32% af	563 33% a	15 31% c	51 39% c	35 44% c	7 37% c	2 27% c	110 38% c
Tend to disagree (2.0)	645 32%	40 25%	164 34% a	136 31% a	65 28% a	63 30% a	177 37% acd	340 31% acd	305 33% a	573 34% cdg	15 32% c	25 19% c	15 19% c	4 19% c	3 36% c	62 22% c
Strongly disagree (1.0)	270 13%	29 19% bcdeg	43 9% bcdeg	51 12% bcdeg	26 11% bcdeg	22 11% bcdeg	98 20% bcdeg	124 11% bcdeg	146 16% bcdeg	234 14% g	4 9% g	18 14% g	7 8% g	4 19% g	1 13% g	34 12% g
Don't know	137 7%	6 4%	28 6% g	28 6% g	19 8% g	17 8% g	39 8% g	62 6% g	75 8% g	101 6% g	2 5% g	13 10% g	4 5% g	2 10% g	1 14% g	23 8% g
NET: Agree	957 48%	84 53% fh	248 51% fh	229 52% fh	119 52% fh	109 52% fh	168 35% fh	561 52% fh	396 43% f	774 46% a	26 54% a	77 58% a	54 67% a	10 53% a	3 37% a	170 59% a
NET: Disagree	915 46%	69 43%	207 43% bcdeg	187 42% bcdeg	91 40% bcdeg	85 40% bcdeg	275 57% bcdeg	463 43% bcdeg	451 49% bcdeg	807 48% cdg	20 41% cdg	43 32% cdg	22 27% cdg	7 38% cdg	4 49% cdg	96 33% cdg
Base for stats	1872	153	456	416	211	194	443	1024	848	1580	45	120	76	18	7	265
Mean Score	2.52	2.63	2.62	2.58	2.61	2.59	2.24	2.60	2.41	2.47	2.71	2.70	2.88	2.55	2.38	2.74
Standard Deviation	.915	fh	fh	fh	fh	fh	fh	fh	f	a	a	a	a	a	a	a
Standard Error	.021	.089	.042	.044	.061	.061	.042	.029	.031	.023	.132	.087	.102	.239	.359	.057
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.06	.13	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205	
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	279	144	54	56	110	16	34	102	43	6	8	16	12	18	25	50
		14%	12%	15%	18%	16%	20%	28%	16%	18%	13%	13%	14%	12%	9%	6%	25%
				a	a	ij	cdefghij	ij	ij	j	j	j	j			cghij	
Tend to agree	(3.0)	678	402	132	116	248	32	40	248	81	13	24	35	40	51	116	72
		34%	32%	36%	38%	37%	40%	33%	39%	34%	25%	41%	29%	38%	26%	29%	36%
				a	a	i	egij			i						i	
Tend to disagree	(2.0)	645	448	104	80	184	18	22	186	89	19	15	43	27	62	165	40
		32%	36%	28%	27%	28%	23%	18%	29%	38%	37%	26%	36%	26%	32%	41%	20%
			bcd					bk	abchk	bk	bk	bk	bk	bk	bk	abcfhik	
Strongly disagree	(1.0)	270	175	48	34	82	10	17	70	14	7	3	13	12	47	75	27
		13%	14%	13%	11%	12%	13%	14%	11%	6%	14%	5%	11%	12%	24%	18%	14%
						d	d	d						abcdfghk	cdf	d	
Don't know		137	75	26	16	42	4	9	34	7	6	9	12	13	18	26	12
		7%	6%	7%	5%	6%	5%	7%	5%	3%	12%	15%	10%	13%	9%	6%	6%
										d	acdjk	cd	cdj	d			
NET: Agree		957	546	186	171	358	47	74	350	123	19	31	51	52	69	141	121
		48%	44%	51%	57%	54%	60%	61%	55%	53%	37%	55%	43%	50%	35%	35%	61%
				a	a	a	egij	egij	egij	ejj	ij	ij	ij			egij	
NET: Disagree		915	623	152	114	266	28	38	257	103	26	18	56	40	109	239	67
		46%	50%	42%	38%	40%	36%	32%	40%	44%	51%	31%	47%	38%	56%	59%	33%
			bcd						bk	bfk	bfk	bfk	bfk	abcdfhk	abcdfghk		
Base for stats		1872	1169	338	285	623	76	113	607	227	45	49	107	92	177	380	188
Mean Score		2.52	2.44	2.57	2.68	2.62	2.69	2.81	2.63	2.67	2.41	2.74	2.50	2.57	2.22	2.24	2.76
				a	a	a	ij	cegij	ij	ij	ij	ij	ij	ij		egij	
Standard Deviation		.915	.890	.923	.922	.923	.955	1.032	.896	.853	.933	.797	.902	.892	.952	.842	1.001
Standard Error		.021	.025	.055	.060	.040	.111	.095	.036	.057	.141	.113	.083	.089	.071	.045	.072
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	279 14%	96 18%	57 15%	28 21%	3 11%	85 17%	99 18%	86 16%	60 22%	28 15%	10 19%	88 20%	95 16%	27 8%	137 12%	99 20%	16 18%	252 15%
Tend to agree	(3.0)	678 34%	188 36%	145 39%	47 35%	11 36%	192 38%	199 36%	204 37%	107 40%	62 33%	16 30%	169 37%	220 37%	96 30%	375 34%	177 36%	31 34%	582 35%
Tend to disagree	(2.0)	645 32%	157 30%	111 30%	42 32%	6 20%	153 30%	164 30%	179 33%	63 24%	59 32%	15 29%	122 27%	194 32%	109 34%	378 34%	137 28%	20 22%	535 32%
Strongly disagree	(1.0)	270 13%	48 9%	44 12%	15 11%	4 12%	58 12%	52 9%	49 9%	31 12%	23 12%	6 11%	54 12%	55 9%	62 19%	149 13%	47 10%	12 13%	208 12%
Don't know		137 7%	29 6%	14 4%	2 2%	6 21%	16 3%	35 6%	28 5%	6 2%	14 7%	5 11%	20 4%	33 6%	28 9%	66 6%	30 6%	12 13%	109 6%
NET: Agree		957 48%	283 55%	201 55%	75 56%	15 47%	276 55%	298 54%	290 53%	167 62%	90 49%	25 49%	257 57%	315 53%	123 38%	512 46%	276 56%	47 52%	834 49%
NET: Disagree		915 46%	205 40%	154 42%	57 42%	10 32%	211 42%	215 39%	228 42%	94 35%	82 44%	20 40%	176 39%	248 42%	171 53%	527 48%	184 38%	32 35%	743 44%
Base for stats	1872	489	356	132	24	488	513	518	261	172	46	433	563	295	1038	460	79	1577	
Mean Score	2.52	2.68	2.60	2.67	2.59	2.62	2.67	2.63	2.75	2.56	2.64	2.67	2.63	2.30	2.48	2.71	2.66	2.56	
Standard Deviation	.915	.899	.897	.934	.919	.907	.899	.869	.945	.921	.959	.939	.876	.906	.895	.917	.977	.911	
Standard Error	.021	.040	.048	.081	.177	.041	.039	.038	.059	.071	.136	.046	.036	.051	.028	.044	.111	.023	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.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

	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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0) 279 14%	73 22% b	168 13%	41 15% f	43 12%	14 20% f	178 14%	92 14% f	5 6%	224 14%	55 14%	228 14%	46 14%
Tend to agree	(3.0) 678 34%	124 37%	448 35%	84 30%	107 29%	17 23%	477 36% abcef	189 30%	19 25%	553 35%	125 31%	565 34%	109 33%
Tend to disagree	(2.0) 645 32%	91 27%	432 33% a	84 30%	117 32%	26 36%	426 32%	204 32%	21 27%	507 32%	138 34%	540 33%	98 29%
Strongly disagree	(1.0) 270 13%	28 9%	172 13% a	55 20% d	73 20% d	13 18%	154 12%	109 17% d	30 39% abcde	211 13%	58 14%	215 13%	54 16%
Don't know	137 7%	18 5%	76 6%	17 6%	27 7%	3 4%	77 6%	43 7%	3 4%	105 7%	32 8%	97 6%	28 8%
NET: Agree	957 48%	196 59% b	616 48%	125 45% f	151 41%	31 43%	655 50% bef	281 44% f	24 31%	777 49%	181 44%	793 48%	155 46%
NET: Disagree	915 46%	119 36%	604 47% a	139 49%	190 52% d	40 54%	580 44%	313 49% d	51 66% abde	719 45%	196 48%	754 46%	152 45%
Base for stats	1872	315	1220	264	341	71	1236	594	75	1495	377	1547	307
Mean Score	2.52	2.76 b	2.50	2.42 f	2.35 f	2.46 f	2.55 abef	2.44 f	1.99	2.53	2.47	2.52	2.48
Standard Deviation	.915	.908	.899	.986	.956	1.023	.887	.963	.964	.912	.925	.906	.952
Standard Error	.021	.052	.026	.059	.052	.121	.025	.039	.108	.024	.048	.023	.052
Error variance	*	*	*	*	*	.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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high	
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	
Significance Level: 95%																			
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318	
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	279	13	24	39	53	32	43	13	63	148	119	52	57	99	66	99	120	45
	14%	3%	11%	11%	16%	17%	25%	18%	26%	14%	24%	11%	10%	14%	31%	12%	15%	15%	
			a	a	a	a	abcde	a	abcde	a	abcde			b	abc		a		
Tend to agree	(3.0)	678	77	71	136	136	73	67	38	80	416	185	131	204	269	65	277	292	92
	34%	18%	33%	39%	41%	38%	39%	51%	33%	38%	38%	27%	36%	39%	30%	33%	37%	31%	
			a	a	a	a	a	abhij	a	a	a		a	ad					
Tend to disagree	(2.0)	645	174	71	120	96	52	50	20	62	339	132	179	199	204	53	305	225	97
	32%	40%	33%	34%	29%	27%	29%	27%	26%	31%	27%	17%	37%	35%	30%	25%	36%	29%	33%
			defghij		h								cd	d			b		
Strongly disagree	(1.0)	270	131	27	30	30	20	5	3	24	107	32	105	68	70	26	122	101	35
	13%	30%	13%	8%	9%	11%	3%	3%	10%	10%	6%	22%	12%	10%	12%	15%	13%	12%	
		bcdefghij	fgj	f	f	f			f	fj		bcd							
Don't know		137	37	21	26	19	12	7	1	13	79	21	22	42	45	5	38	46	24
	7%	8%	10%	7%	6%	7%	4%	2%	6%	7%	4%	4%	4%	7%	7%	2%	5%	6%	8%
			gi	fgj					j					ad	d				a
NET: Agree		957	90	96	175	189	104	110	52	142	563	304	183	261	368	131	376	412	137
	48%	21%	45%	50%	56%	55%	64%	68%	59%	52%	62%	37%	46%	54%	61%	45%	53%	47%	
			a	a	ab	ab	abci	abci	abci	a	abci		a	ab	ab		a		
NET: Disagree		915	305	98	150	127	72	55	23	86	446	163	284	267	274	79	427	326	132
	46%	71%	45%	43%	38%	38%	32%	30%	35%	41%	33%	58%	47%	40%	37%	51%	42%	45%	
		bcdefghij	fgj	fgj						fj		bcd	cd			b			
Base for stats		1872	396	193	324	315	176	165	74	228	1009	468	466	529	643	210	803	738	269
Mean Score	2.52	1.93	2.48	2.57	2.67	2.66	2.89	2.84	2.80	2.60	2.84	2.28	2.47	2.62	2.82	2.44	2.58	2.54	
			a	a	ab	a	abcde	abci	abci	a	abcde		a	ab	abc		a		
Standard Deviation	.915	.808	.885	.820	.865	.906	.826	.757	.961	.864	.884	.935	.852	.873	1.015	.894	.919	.917	
Standard Error	.021	.041	.063	.046	.049	.068	.064	.087	.064	.027	.041	.043	.037	.035	.070	.033	.033	.054	
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	279 14%	149 27% bc	78 9%	46 8%	143 17%	94 15%
Tend to agree (3.0)	678 34%	242 43% bc	263 32%	165 28%	327 40% b	203 32%
Tend to disagree (2.0)	645 32%	119 21%	293 35% a	227 39% a	227 28%	218 34% a
Strongly disagree (1.0)	270 13%	36 6%	119 14% a	113 19% ab	90 11%	72 11%
Don't know	137 7%	12 2%	74 9% a	37 6% a	32 4%	53 8% a
NET: Agree	957 48%	391 70% bc	342 41% c	212 36%	471 57% b	297 46%
NET: Disagree	915 46%	155 28%	412 50% a	340 58% ab	317 39%	290 45% a
Base for stats	1872	546	754	551	788	587
Mean Score	2.52	2.92 bc	2.40 c	2.26	2.67 b	2.54
Standard Deviation	.915	.866	.874	.879	.903	.903
Standard Error	.021	.037	.032	.037	.032	.037
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	340 17%	168 17%	171 17%	123 20% c	114 17%	103 14%	19 19%	50 19%	33 17%	40 19%	36 21% hi	35 16%	55 18%	45 14%	26 13%
Tend to agree (3.0)	848 42%	424 43%	423 42%	245 40%	275 42%	328 44%	35 36%	98 37%	82 42%	85 40%	66 38%	100 45%	141 45% b	147 45%	93 45%
Tend to disagree (2.0)	501 25%	237 24%	259 25%	138 23%	170 26%	193 26%	28 29%	68 26%	38 19%	54 25%	45 26%	55 25%	68 22%	90 28% c	54 26%
Strongly disagree (1.0)	203 10%	86 9%	113 11%	59 10%	70 11%	74 10%	9 9%	29 11%	30 15% ghi	22 11%	18 10%	22 10%	25 8%	30 9%	16 8%
Don't know	118 6%	63 6%	52 5%	42 7%	32 5%	45 6%	7 7%	17 6%	13 7%	10 5%	8 5%	9 4%	23 7%	14 4%	16 8%
NET: Agree	1188 59%	592 61%	594 58%	368 61%	389 59%	431 58%	54 55%	148 56%	115 59%	126 59%	102 59%	135 61%	196 63%	192 59%	119 58%
NET: Disagree	703 35%	323 33%	373 37%	197 32%	239 36%	267 36%	37 38%	98 37%	68 35%	77 36%	64 37%	77 35%	94 30%	120 37%	70 34%
Base for stats	1891	916	966	565	628	697	91	246	183	202	165	212	290	312	189
Mean Score	2.70	2.74	2.67	2.76 c	2.69	2.66	2.70	2.69	2.64	2.71	2.73	2.70	2.78	2.66	2.68
Standard Deviation	.885	.866	.899	.908	.895	.856	.913	.931	.961	.911	.928	.866	.854	.841	.817
Standard Error	.020	.029	.029	.037	.035	.034	.093	.056	.070	.063	.071	.066	.048	.049	.064
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	340	37	88	68	38	30	79	193	147	265	7	31	21	4	2	65
		17%	24%	18%	15%	16%	14%	16%	18%	16%	16%	14%	24%	26%	22%	24%	23%
			cefh										a	a			a
Tend to agree	(3.0)	848	64	223	182	95	87	198	468	380	717	27	53	32	8	2	122
		42%	40%	46%	41%	41%	41%	41%	43%	41%	43%	56%	40%	40%	40%	31%	42%
Tend to disagree	(2.0)	501	33	112	117	61	60	118	262	239	434	10	25	17	6	2	61
		25%	21%	23%	26%	27%	28%	24%	24%	26%	26%	22%	19%	21%	30%	31%	21%
Strongly disagree	(1.0)	203	16	37	54	21	19	57	107	96	177	2	14	4	1	-	22
		10%	10%	8%	12%	9%	9%	12%	10%	10%	11%	5%	11%	6%	4%	-	8%
				b				b									
Don't know		118	8	25	24	16	15	30	57	61	89	2	9	6	1	1	19
		6%	5%	5%	5%	7%	7%	6%	5%	7%	5%	4%	7%	7%	4%	14%	6%
NET: Agree		1188	101	310	250	132	118	277	661	527	982	33	84	53	12	4	187
		59%	64%	64%	56%	58%	56%	57%	61%	57%	58%	70%	64%	66%	62%	55%	65%
			cefh														a
NET: Disagree		703	49	149	171	82	78	175	369	335	611	13	39	21	7	2	82
		35%	31%	31%	38%	35%	37%	36%	34%	36%	36%	26%	30%	27%	34%	31%	29%
					b					b		g					
Base for stats		1891	150	459	420	214	196	451	1029	861	1593	46	124	74	19	7	269
Mean Score		2.70	2.81	2.79	2.63	2.70	2.66	2.66	2.73	2.67	2.67	2.82	2.82	2.94	2.84	2.91	2.86
			c	cfh									a				a
Standard Deviation		.885	.935	.843	.903	.872	.854	.909	.884	.886	.881	.740	.943	.867	.849	.864	.877
Standard Error		.020	.077	.040	.044	.058	.059	.043	.028	.030	.022	.104	.083	.099	.190	.326	.052
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.04	.11	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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	
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																	
Unweighted Total	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205	
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	340	192	57	73	129	18	34	97	44	5	12	26	17	30	58	52
		17%	15%	16%	24%	19%	22%	28%	15%	19%	10%	21%	22%	16%	15%	14%	26%
				ab	a			cdehij				j				cehij	
Tend to agree	(3.0)	848	532	157	127	284	43	53	258	96	19	28	49	48	81	174	95
		42%	43%	43%	42%	43%	54%	43%	40%	41%	37%	49%	41%	46%	41%	43%	48%
						cd											
Tend to disagree	(2.0)	501	323	100	62	161	11	20	179	68	18	9	27	19	48	100	32
		25%	26%	27%	20%	24%	14%	17%	28%	29%	36%	16%	23%	18%	25%	25%	16%
								abfhk	abfhk	abfhk				k	k		
Strongly disagree	(1.0)	203	123	37	29	66	5	8	79	18	4	2	10	11	22	43	13
		10%	10%	10%	10%	10%	6%	7%	12%	8%	8%	4%	8%	10%	11%	11%	7%
								k									
Don't know		118	75	14	11	25	3	6	27	8	5	6	7	11	14	31	8
		6%	6%	4%	4%	4%	3%	5%	4%	3%	10%	10%	6%	10%	7%	8%	4%
										d	cd		cdk		cd		
NET: Agree		1188	724	214	199	413	60	87	356	140	24	40	74	64	110	232	148
		59%	58%	59%	66%	62%	76%	72%	55%	60%	47%	70%	62%	61%	57%	57%	74%
				a		cdeghij	cdeij			ce						cdeghij	
NET: Disagree		703	445	136	91	227	16	29	258	86	22	11	37	30	70	143	45
		35%	36%	37%	30%	34%	20%	24%	40%	37%	43%	20%	31%	28%	36%	35%	22%
								abfhk	abfk	abfk				abfk	abfk		
Base for stats		1891	1169	350	290	640	76	116	613	226	46	52	112	94	181	375	192
Mean Score		2.70	2.68	2.67	2.84	2.74	2.96	2.98	2.61	2.73	2.54	2.96	2.81	2.74	2.65	2.66	2.97
				ab		cdehij	cdeij			ceij		c				cdehij	
Standard Deviation		.885	.870	.870	.916	.895	.796	.876	.901	.867	.806	.770	.897	.884	.897	.876	.843
Standard Error		.020	.025	.051	.059	.039	.092	.080	.036	.058	.120	.107	.081	.087	.066	.047	.060
Error variance		*	*	*	*	*	.01	.01	*	*	.01	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	340 17%	81 16%	69 19%	27 20%	8 26%	96 19%	89 16%	80 15%	60 22% af	33 18%	11 22%	93 20% af	91 15%	47 15%	166 15%	104 21% ab	23 25% ab	293 17%
Tend to agree	(3.0)	848 42%	187 36%	176 48% adf	62 46% adf	8 24%	238 47% adf	194 35% adf	218 40%	113 42%	79 42%	22 44%	192 42%	240 40%	138 43%	468 42%	209 43%	34 37%	710 42%
Tend to disagree	(2.0)	501 25%	170 33% bce	85 23%	27 20%	8 26%	112 22%	178 32% bce	169 31% be	63 23%	45 24%	11 22%	108 24%	180 30% be	83 26%	297 27% c	101 21%	19 21%	418 25%
Strongly disagree	(1.0)	203 10%	64 12% be	28 8%	11 8%	5 15%	39 8%	69 13% be	60 11%	25 9%	17 9%	3 6%	42 9%	63 11%	34 10%	114 10%	45 9%	10 11%	169 10%
Don't know		118 6%	16 3%	13 3%	7 5%	3 9%	20 4%	19 3%	19 4%	6 2%	12 6% b	3 6%	18 4%	23 4%	22 7%	60 5%	30 6%	6 6%	96 6%
NET: Agree		1188 59%	268 52%	244 66% af	90 67% af	16 50%	334 66% af	283 52%	298 55%	173 65% af	111 60%	34 66%	284 63% af	331 55%	185 57%	634 57%	313 64% b	57 62%	1003 59%
NET: Disagree		703 35%	234 45% bce	113 31%	38 28%	13 40%	151 30%	247 45% bce	229 42% bcde	88 33%	62 34%	14 28%	150 33% be	243 41% be	117 36%	411 37% c	147 30%	29 32%	586 35%
Base for stats	1891	502	357	128	28	484	530	526	261	174	48	435	574	301	1044	459	86	1589	
Mean Score	2.70	2.57	2.80	2.83	2.68	2.81	2.57	2.60	2.80	2.73	2.87	2.77	2.63	2.66	2.66	2.81	2.81	2.71	
			af	af		af			af		a	af				abe			
Standard Deviation	.885	.909	.840	.864	1.074	.845	.918	.878	.905	.881	.860	.895	.878	.874	.873	.899	.959	.888	
Standard Error	.020	.041	.045	.076	.193	.038	.040	.038	.057	.068	.118	.043	.036	.049	.027	.043	.105	.022	
Error variance	*	*	*	.01	.04	*	*	*	*	*	.01	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358	
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	340	84	199	57	58	13	216	115	13	282	58	286	50
		17%	25%	15%	20%	16%	18%	16%	18%	16%	18%	14%	17%	15%
			b											
Tend to agree	(3.0)	848	135	554	114	143	26	574	253	28	662	186	712	126
		42%	41%	43%	41%	39%	35%	44%	40%	36%	41%	46%	43%	38%
													b	
Tend to disagree	(2.0)	501	61	348	63	86	20	345	147	21	410	91	399	100
		25%	18%	27%	23%	23%	28%	26%	23%	26%	26%	22%	24%	30%
				a									a	
Strongly disagree	(1.0)	203	37	129	30	55	10	117	80	13	161	42	160	39
		10%	11%	10%	11%	15%	14%	9%	13%	16%	10%	10%	10%	12%
						d			d	d				
Don't know		118	17	66	16	26	4	60	42	4	87	32	87	20
		6%	5%	5%	6%	7%	5%	5%	7%	5%	5%	8%	5%	6%
NET: Agree		1188	219	753	172	200	39	790	369	41	944	244	998	176
		59%	66%	58%	61%	54%	53%	60%	58%	52%	59%	60%	61%	52%
			b					b					b	
NET: Disagree		703	98	477	93	142	31	462	226	33	570	133	559	139
		35%	29%	37%	33%	38%	42%	35%	36%	43%	36%	33%	34%	41%
				a									a	
Base for stats		1891	317	1230	265	342	69	1252	595	74	1514	377	1557	315
Mean Score		2.70	2.84	2.67	2.75	2.59	2.60	2.71	2.68	2.55	2.70	2.69	2.72	2.59
			b		b			b					b	
Standard Deviation		.885	.948	.870	.920	.951	.959	.860	.936	.969	.891	.864	.880	.899
Standard Error		.020	.054	.025	.055	.052	.115	.024	.038	.109	.023	.045	.023	.049
Error variance		*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	340 17%	38 9%	27 13%	62 18%	54 16%	32 17%	42 24%	22 29%	62 26%	126 26%	64 13%	82 14%	121 18%	68 32%	129 15%	141 18%	57 19%
				a	a	a	abdi	abcdei	abcdei	a	abcdei			a	abc			
Tend to agree	(3.0)	848 42%	135 31%	99 46%	167 48%	158 47%	84 44%	80 46%	37 49%	87 36%	204 42%	204 42%	243 43%	312 45%	80 37%	369 44%	345 44%	105 36%
				ah	ah	ah	a	ah	ah	ah	a			d		c	c	
Tend to disagree	(2.0)	501 25%	133 31%	62 29%	72 21%	78 23%	50 27%	33 19%	9 12%	63 26%	105 21%	138 28%	142 25%	175 26%	39 18%	223 27%	182 23%	77 26%
			cd	cd	cd	g	g	g	g	g	g	d	d	d	d			
Strongly disagree	(1.0)	203 10%	85 20%	14 7%	24 7%	31 9%	19 10%	9 5%	4 5%	16 6%	29 6%	65 13%	65 11%	52 8%	19 9%	85 10%	75 10%	35 12%
			bc	bc	bc	bc	bc	bc	bc	bc	bc	c	c	c	c			
Don't know		118 6%	41 9%	12 6%	25 7%	13 4%	3 2%	9 5%	3 3%	14 6%	25 5%	18 4%	40 7%	27 4%	9 4%	35 4%	40 5%	20 7%
			de	e	e	e	e	e	e	e	e	e	ac	e	e			
NET: Agree		1188 59%	174 40%	126 59%	229 65%	212 64%	116 62%	122 71%	60 79%	149 62%	330 68%	268 55%	325 57%	433 63%	149 69%	498 59%	486 62%	162 55%
				a	a	a	a	abi	abcdehij	a	ab			ab	ab		c	
NET: Disagree		703 35%	218 50%	76 35%	97 28%	109 33%	69 37%	42 24%	14 18%	78 32%	133 27%	202 41%	206 36%	227 33%	58 27%	308 37%	257 33%	112 38%
			bc	cd	cd	fg	fg	g	g	fgj	g	cd	d	d	d			
Base for stats	1891	392	202	326	322	185	163	73	227	1036	464	470	531	661	206	806	743	274
Mean Score	2.70	2.33	2.69	2.82	2.73	2.70	2.95	3.06	2.86	2.74	2.92	2.57	2.64	2.76	2.96	2.67	2.74	2.67
			a	a	a	a	abdei	abcdei	ab	a	abdei			ab	abc			
Standard Deviation	.885	.922	.790	.824	.855	.881	.826	.815	.898	.838	.861	.891	.885	.841	.943	.866	.879	.947
Standard Error	.020	.047	.055	.046	.048	.064	.064	.095	.060	.026	.040	.041	.038	.033	.066	.032	.032	.055
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	340 17%	163 29% bc	103 12%	69 12%	178 22% b	89 14%
Tend to agree (3.0)	848 42%	257 46% b	334 40%	247 42%	379 46% b	232 36%
Tend to disagree (2.0)	501 25%	93 17%	237 29% a	166 28% a	168 21%	205 32% a
Strongly disagree (1.0)	203 10%	29 5%	96 12% a	75 13% a	68 8%	75 12% a
Don't know	118 6%	16 3%	59 7% a	31 5% a	26 3%	40 6% a
NET: Agree	1188 59%	420 75% bc	436 53%	317 54%	557 68% b	321 50%
NET: Disagree	703 35%	121 22%	333 40% a	240 41% a	236 29%	280 44% a
Base for stats	1891	542	769	557	794	601
Mean Score	2.70	3.02 bc	2.58	2.56	2.84 b	2.56
Standard Deviation	.885	.827	.872	.874	.869	.891
Standard Error	.020	.036	.032	.037	.031	.036
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	196 10%	106 11%	90 9%	82 14% c	71 11% c	43 6%	12 12%	28 11%	14 7%	22 10%	18 10%	18 8%	39 13% h	23 7%	21 10%
Tend to agree (3.0)	617 31%	325 33% b	291 29%	202 33% c	207 31%	207 28%	28 29%	82 31%	50 26%	56 26%	56 32%	72 32%	107 34% c	96 29%	70 34%
Tend to disagree (2.0)	575 29%	271 28%	301 30%	152 25%	182 28%	241 33% ab	30 30%	70 26%	58 30%	59 28%	51 29%	62 28%	82 26%	100 31%	65 32%
Strongly disagree (1.0)	407 20%	196 20%	207 20%	97 16%	139 21% a	171 23% a	19 20%	55 21%	50 25% gi	52 24% gi	37 22%	42 19%	51 16%	73 22% i	28 14%
Don't know	214 11%	81 8%	130 13% a	74 12%	61 9%	80 11%	9 10%	28 11%	24 12%	24 11%	12 7%	29 13% e	34 11%	34 10%	20 10%
NET: Agree	812 40%	431 44% b	380 37%	284 47% c	278 42% c	250 34%	40 41%	110 42% c	65 33%	78 37%	74 43%	89 40%	146 47% cdh	119 37%	91 45% c
NET: Disagree	983 49%	467 48%	508 50%	249 41%	321 49% a	412 56% ab	49 50%	124 47%	108 55% g	111 52% g	88 51%	103 47%	133 42%	173 53% g	94 46%
Base for stats	1795	898	888	533	600	662	88	234	173	189	162	193	279	292	185
Mean Score	2.33	2.38	2.30	2.51 bc	2.35 c	2.18	2.36	2.36 c	2.17	2.25	2.34	2.34	2.48 cdh	2.24	2.45 cdh
Standard Deviation	.946	.954	.937	.961	.964	.892	.969	.971	.942	.987	.956	.918	.950	.919	.887
Standard Error	.022	.032	.031	.041	.039	.036	.099	.060	.070	.071	.073	.073	.055	.055	.070
Error variance	*	*	*	*	*	*	.01	*	*	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

		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		2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total		2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	196	20	48	40	37	19	31	108	87	148	5	25	8	2	1	40
		10%	12%	10%	9%	16%	9%	6%	10%	9%	9%	10%	19%	10%	10%	10%	14%
			f			bcefg		f		a						a	
Tend to agree	(3.0)	617	56	171	127	71	61	131	354	263	500	18	53	28	9	2	109
		31%	35%	35%	29%	31%	29%	27%	33%	28%	30%	37%	40%	35%	46%	23%	38%
				cfh				fh		a						a	
Tend to disagree	(2.0)	575	31	136	145	59	59	145	313	262	502	14	23	25	1	-	63
		29%	20%	28%	33%	26%	28%	30%	29%	28%	30%	28%	18%	32%	4%	-	22%
			a	a			a	a	a	a	cg		c				
Strongly disagree	(1.0)	407	40	85	76	37	48	121	201	206	355	6	22	11	5	5	49
		20%	25%	18%	17%	16%	23%	25%	19%	22%	21%	13%	16%	14%	25%	66%	17%
			bcdg				bcdg		bcdg								
Don't know		214	11	43	55	26	25	53	110	104	176	5	11	7	3	-	26
		11%	7%	9%	12%	11%	12%	11%	10%	11%	10%	11%	8%	9%	15%	-	9%
NET: Agree		812	76	220	167	108	79	162	462	350	648	23	77	36	11	3	149
		40%	48%	45%	38%	47%	38%	34%	43%	38%	39%	47%	58%	45%	56%	34%	52%
			cfh	cfh		cefh		fh		a						a	
NET: Disagree		983	72	221	222	96	107	266	514	468	857	20	45	37	6	5	112
		49%	45%	46%	50%	42%	51%	55%	47%	51%	51%	42%	34%	46%	29%	66%	39%
					d		abd		d		cg						
Base for stats		1795	147	441	389	204	186	429	977	818	1506	42	122	73	17	8	262
Mean Score		2.33	2.37	2.42	2.34	2.53	2.27	2.17	2.38	2.28	2.29	2.50	2.65	2.45	2.49	1.78	2.54
			f	fh	f	cefg		fh	f		a					a	
Standard Deviation		.946	1.027	.921	.909	.990	.959	.925	.933	.960	.936	.898	.995	.887	1.071	1.208	.968
Standard Error		.022	.085	.045	.046	.068	.068	.045	.030	.033	.024	.131	.088	.104	.252	.427	.058
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.06	.18	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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	
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																	
Unweighted Total	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205	
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	196	102	32	46	78	12	18	67	27	7	6	7	10	14	28	30
		10%	8%	9%	15%	12%	15%	15%	11%	11%	14%	10%	6%	9%	7%	7%	15%
				ab	a		gij	gij									gij
Tend to agree	(3.0)	617	348	136	102	238	37	48	215	71	11	11	29	28	50	116	85
		31%	28%	37%	34%	36%	47%	40%	34%	30%	22%	18%	24%	27%	26%	29%	42%
				a	a		cdefghij	efghij	fgi								cdefghij
Tend to disagree	(2.0)	575	382	94	76	170	10	25	175	74	15	20	38	32	59	126	36
		29%	31%	26%	25%	25%	13%	21%	27%	32%	29%	35%	32%	31%	30%	31%	18%
			d						ak	abk	a	abk	abk	ak	ak	abk	
Strongly disagree	(1.0)	407	273	67	55	122	14	19	122	37	13	15	30	19	49	90	32
		20%	22%	18%	18%	18%	17%	16%	19%	16%	26%	26%	25%	18%	25%	22%	16%
												dk		bdk			
Don't know		214	139	36	22	57	6	11	61	24	4	6	16	16	23	46	18
		11%	11%	10%	7%	9%	8%	9%	9%	10%	8%	11%	13%	15%	12%	11%	9%
NET: Agree		812	450	168	148	317	49	66	283	98	18	17	36	38	64	144	115
		40%	36%	46%	49%	48%	62%	54%	44%	42%	36%	29%	30%	36%	33%	35%	57%
				a	a	a	cdefghij	cdefghij	fgij	g							cdefghij
NET: Disagree		983	655	160	131	292	24	44	297	111	28	35	68	52	107	216	68
		49%	53%	44%	44%	44%	30%	36%	46%	48%	55%	60%	57%	49%	55%	53%	34%
			bcd						abk	abk	abk	abck	abck	abk	abck	abck	
Base for stats	1795	1105	329	280	608	73	110	580	210	47	51	104	89	171	360	183	
Mean Score	2.33	2.25	2.41	2.50	2.45	2.65	2.59	2.39	2.42	2.27	2.15	2.12	2.31	2.17	2.23	2.62	
			a	a	a	cefghij	cfghij	gij	gij							cdefghij	
Standard Deviation	.946	.931	.919	.990	.953	.970	.960	.945	.925	1.048	.978	.906	.934	.938	.913	.962	
Standard Error	.022	.027	.056	.064	.042	.114	.090	.039	.065	.156	.136	.085	.094	.070	.050	.071	
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	196 10%	59 11%	41 11%	17 13%	4 13%	58 12%	63 11%	59 11%	38 14%	15 8%	9 17%	52 12%	68 11%	23 7%	92 8%	72 15%	9 10%	173 10%
Tend to agree	(3.0)	617 31%	152 29%	134 36%	48 36%	12 38%	182 36%	164 30%	156 29%	113 43%	55 30%	19 38%	168 37%	175 29%	79 25%	359 32%	153 31%	26 28%	537 32%
Tend to disagree	(2.0)	575 29%	159 31%	98 27%	30 22%	8 27%	128 25%	167 30%	165 30%	59 22%	58 31%	13 26%	117 26%	178 30%	100 31%	313 28%	126 26%	36 40%	475 28%
Strongly disagree	(1.0)	407 20%	97 19%	70 19%	31 23%	2 5%	101 20%	98 18%	113 21%	39 15%	41 22%	4 8%	80 18%	117 20%	76 23%	231 21%	92 19%	8 9%	332 20%
Don't know		214 11%	51 10%	27 7%	8 6%	5 17%	34 7%	57 10%	53 10%	17 6%	18 9%	5 11%	35 8%	58 10%	45 14%	109 10%	47 10%	12 14%	169 10%
NET: Agree		812 40%	210 41%	175 47%	65 48%	16 51%	240 48%	226 41%	215 39%	151 57%	70 37%	28 55%	221 49%	243 41%	102 32%	451 41%	224 46%	34 38%	710 42%
NET: Disagree		983 49%	256 49%	168 45%	61 46%	10 32%	229 45%	266 48%	278 51%	98 37%	99 53%	17 34%	197 44%	295 49%	176 54%	544 49%	218 45%	44 49%	807 48%
Base for stats	1795	466	343	127	26	469	492	493	250	168	46	418	538	278	995	443	79	1517	
Mean Score	2.33	2.37	2.43	2.40	2.71	2.42	2.39	2.33	2.60	2.26	2.72	2.46	2.36	2.18	2.31	2.46	2.45	2.36	
Standard Deviation	.946	.950	.945	1.006	.813	.961	.945	.959	.927	.925	.884	.941	.959	.925	.931	.996	.825	.947	
Standard Error	.022	.044	.051	.089	.154	.044	.042	.043	.059	.073	.125	.047	.041	.054	.029	.049	.094	.024	
Error variance	*	*	*	.01	.02	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0) 196 10%	55 16% b	112 9%	31 11%	37 10%	8 11%	118 9%	70 11%	6 8%	156 10%	39 10%	168 10%	24 7%
Tend to agree	(3.0) 617 31%	125 38% b	395 31%	81 29%	109 30%	26 35%	409 31%	194 30%	19 24%	483 30%	134 33%	513 31%	99 30%
Tend to disagree	(2.0) 575 29%	81 24%	382 29%	67 24%	90 25%	19 25%	403 31% abef	159 25%	15 19%	465 29%	110 27%	466 28%	99 30%
Strongly disagree	(1.0) 407 20%	53 16% a	275 21% a	73 26% d	93 25% d	14 18%	253 19%	147 23%	31 39% abcde	327 20%	81 20%	335 20%	72 21%
Don't know	214 11%	20 6%	132 10% a	30 11%	38 10%	7 10%	128 10%	68 11%	7 9%	169 11%	45 11%	164 10%	41 12%
NET: Agree	812 40%	180 54% b	507 39%	112 40%	146 40%	34 46%	528 40%	264 41%	25 32%	639 40%	173 42%	680 41%	123 37%
NET: Disagree	983 49%	133 40%	657 51% a	139 49%	184 50%	32 44%	657 50%	306 48%	46 59%	792 49%	191 47%	800 49%	171 51%
Base for stats	1795	313	1164	251	330	66	1184	570	71	1431	364	1480	294
Mean Score	2.33	2.58 b	2.30	2.28 f	2.27 f	2.43 f	2.33 f	2.33 f	2.01 f	2.33	2.36	2.35	2.26
Standard Deviation	.946	.966 b	.935	1.017 f	.997 f	.959 f	.922 f	.991 f	1.033 f	.947	.944	.952	.920
Standard Error	.022	.055 b	.028	.062 f	.055 f	.117 f	.027 f	.041 f	.118 f	.025	.050	.025	.052
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high	
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	
Significance Level: 95%																			
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318	
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	196	13	19	31	38	20	28	12	34	108	75	35	43	64	50	75	75	35
	10%	3%	9%	9%	11%	10%	17%	16%	14%	10%	15%	7%	8%	9%	23%	9%	10%	12%	
			a	a	a	a	abci	ac	ac	a	abci				abc				
Tend to agree	(3.0)	617	86	76	124	121	66	51	28	65	387	144	134	175	243	58	268	244	91
	31%	20%	35%	35%	36%	35%	30%	37%	27%	36%	29%	27%	31%	35%	27%	32%	31%	31%	
			a	ah	ahj	a	a	a	a	ahj	a				ad				
Tend to disagree	(2.0)	575	134	64	99	97	45	46	23	67	305	137	139	177	208	43	256	224	74
	29%	31%	30%	28%	29%	24%	27%	31%	28%	28%	28%	29%	31%	30%	20%	30%	29%	25%	
												d	d	d					
Strongly disagree	(1.0)	407	139	33	65	47	41	30	8	44	186	83	125	122	112	45	171	158	60
	20%	32%	15%	18%	14%	22%	18%	11%	18%	17%	17%	26%	21%	16%	21%	20%	20%	20%	
		bcdefghij				dg						c	c						
Don't know		214	60	23	32	32	16	16	4	31	103	51	54	54	61	19	72	83	34
	11%	14%	11%	9%	10%	9%	9%	6%	13%	9%	10%	11%	10%	9%	9%	9%	9%	11%	12%
		cgi																	
NET: Agree		812	100	94	155	159	86	79	40	99	494	218	169	218	307	108	342	318	125
	40%	23%	44%	44%	47%	46%	46%	53%	41%	45%	45%	35%	38%	45%	50%	41%	41%	43%	
			a	a	a	a	a	a	a	a	a				ab	ab			
NET: Disagree		983	273	97	164	144	86	77	31	111	491	219	265	299	319	88	427	382	134
	49%	63%	45%	47%	43%	46%	45%	41%	46%	45%	45%	54%	52%	46%	41%	51%	49%	46%	
		bcdefghij										cd	cd						
Base for stats		1795	372	192	319	302	172	156	71	210	985	438	434	517	626	197	769	700	259
Mean Score		2.33	1.93	2.42	2.38	2.50	2.37	2.50	2.62	2.42	2.42	2.48	2.18	2.27	2.41	2.57	2.32	2.33	2.39
			a	a	a	a	a	a	ac	a	a				ab	abc			
Standard Deviation		.946	.863	.888	.916	.902	.975	1.004	.908	.995	.917	.985	.944	.915	.896	1.105	.926	.943	.984
Standard Error		.022	.045	.063	.051	.052	.074	.080	.106	.069	.029	.047	.045	.040	.036	.079	.035	.035	.059
Error variance		*	*	*	*	*	.01	.01	.01	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	196 10%	85 15% bc	71 9%	36 6%	98 12%	65 10%
Tend to agree (3.0)	617 31%	197 35% bc	241 29%	170 29%	267 33%	208 33%
Tend to disagree (2.0)	575 29%	141 25%	243 29%	185 31% a	221 27%	183 29%
Strongly disagree (1.0)	407 20%	91 16%	180 22% a	132 23% a	155 19%	129 20%
Don't know	214 11%	43 8%	94 11% a	65 11%	79 10%	56 9%
NET: Agree	812 40%	282 51% bc	311 38%	206 35%	364 44%	273 43%
NET: Disagree	983 49%	232 42%	423 51% a	317 54% a	376 46%	311 49%
Base for stats	1795	514	734	523	741	585
Mean Score	2.33	2.54 bc	2.28	2.21	2.41	2.36
Standard Deviation	.946	.967	.940	.900	.963	.945
Standard Error	.022	.043	.035	.039	.035	.039
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	366 18%	166 17%	200 20%	138 23% c	123 19% c	104 14%	18 19%	61 23% i	36 18%	36 17%	28 16%	35 16%	62 20%	61 19%	28 14%
Tend to agree (3.0)	655 33%	329 34%	324 32%	219 36% c	233 35% c	203 27%	37 38%	79 30%	65 33%	69 32%	58 33%	72 32%	120 38% bhi	96 29%	59 29%
Tend to disagree (2.0)	584 29%	296 30%	286 28%	142 23%	171 26%	272 37% ab	21 21%	73 28%	52 26%	61 29%	44 26%	81 36% abcefg	75 24%	109 34% ag	69 34% ag
Strongly disagree (1.0)	256 13%	122 12%	132 13%	53 9%	83 13% a	120 16% a	17 17% bfg	24 9% ch	36 19% bfg	30 14%	29 17% bfg	18 8%	29 9%	44 14%	28 14%
Don't know	148 7%	67 7%	76 7%	55 9% c	50 8%	43 6%	5 5%	26 10% ch	8 4%	17 8%	14 8%	16 7%	26 8% c	15 5%	20 10% ch
NET: Agree	1021 51%	494 51%	524 51%	357 59% c	357 54% c	307 41%	55 56% i	140 53% i	101 51%	105 49%	86 50%	107 48%	183 58% dfhi	157 48%	87 43%
NET: Disagree	840 42%	418 43%	419 41%	195 32%	253 38% a	392 53% ab	38 38%	97 37%	88 45% g	91 43% g	73 42% g	98 44% g	104 33%	154 47% bg	97 48% bg
Base for stats	1861	912	942	552	610	699	93	237	189	196	159	205	286	311	185
Mean Score	2.61	2.59	2.63	2.80 bc	2.65 c	2.42	2.61	2.74 cdehi	2.53	2.57	2.54	2.61	2.75 cdehi	2.56	2.47
Standard Deviation	.952	.934	.969	.923	.951	.942	1.001	.954	1.011	.960	.985	.871	.909	.965	.931
Standard Error	.022	.031	.032	.038	.038	.037	.101	.059	.072	.068	.076	.067	.052	.056	.074
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	*	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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		2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total		2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	366 18%	41 26% cdefh	101 21% fh	80 18%	39 17%	34 16%	71 15%	222 20% fh	144 16%	286 17%	13 26%	29 22%	22 27% a	6 31%	4 52%	73 25% a
Tend to agree	(3.0)	655 33%	51 32%	187 39% fh	151 34% fh	75 33% f	71 34% f	119 25%	389 36% fh	265 29%	529 31%	18 38%	60 45% a	29 36%	7 36%	1 9%	114 40% a
Tend to disagree	(2.0)	584 29%	32 20%	116 24%	137 31% ab	78 34% abg	65 31% ab	156 32% abg	285 26%	299 32% abg	533 32% bcdg	6 13%	24 18%	13 16%	3 16%	1 11%	47 16%
Strongly disagree	(1.0)	256 13%	23 15% b	43 9%	48 11%	24 10%	20 10%	96 20% bcdegh	115 11% bcegh	141 15%	225 13%	7 15%	10 8%	8 9%	3 14%	1 14%	29 10%
Don't know		148 7%	11 7%	36 7%	28 6%	15 6%	20 10%	39 8%	74 7%	74 8%	109 6%	4 8%	10 8%	9 12%	1 4%	1 13%	25 9%
NET: Agree		1021 51%	92 58% fh	288 60% cdefh	231 52% fh	114 49% f	105 50% f	191 40%	612 56% fh	409 44%	814 48%	31 64% a	88 66% a	50 62% a	13 66%	5 61%	187 65% a
NET: Disagree		840 42%	56 35%	159 33%	185 42% b	102 44% bg	86 41% b	252 52% abcdeg	400 37% abcg	440 48%	758 45% bcdg	13 28%	35 26%	21 26%	6 29%	2 25%	76 26%
Base for stats		1861	148	448	417	215	191	443	1012	849	1573	44	123	71	19	7	263
Mean Score		2.61	2.74 fh	2.77 cdefh	2.63 fh	2.60 f	2.62 f	2.38	2.71 fh	2.49	2.56	2.82	2.87 a	2.91 a	2.87	3.14	2.88 a
Standard Deviation		.952	1.033	.907	.923	.910	.900	.996	.934	.960	.947	1.035	.870	.959	1.049	1.268	.940
Standard Error		.022	.085	.044	.045	.060	.063	.048	.030	.033	.024	.148	.077	.113	.234	.479	.056
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.05	.23	*

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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	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	
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																	
Unweighted Total	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205	
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	366 18%	208 17%	64 18%	71 24%	135 20%	19 25%	31 26%	117 18%	53 23%	6 11%	9 15%	21 18%	25 23%	27 14%	59 14%	51 25%
				a	a		ij	ceij	ij				ij			ceij	
Tend to agree	(3.0)	655 33%	369 30%	136 37%	117 39%	253 38%	22 28%	43 35%	251 39%	78 33%	14 27%	20 34%	30 25%	28 27%	63 32%	106 26%	65 32%
				a	a	a			ghj								
Tend to disagree	(2.0)	584 29%	403 32%	91 25%	71 24%	163 24%	22 28%	31 25%	170 27%	73 31%	21 42%	17 29%	38 32%	19 19%	52 27%	141 35%	53 26%
			bcd							h	bchik		h			bchik	
Strongly disagree	(1.0)	256 13%	179 14%	49 13%	20 7%	69 10%	9 11%	10 9%	68 11%	15 6%	6 12%	8 14%	17 15%	13 12%	36 18%	73 18%	19 10%
			cd	c									d		bcdk	bcdk	
Don't know		148 7%	85 7%	23 6%	22 7%	46 7%	6 8%	6 5%	35 5%	15 6%	4 8%	5 8%	13 11%	20 19%	18 9%	26 7%	13 6%
												c	abcdijk				
NET: Agree	1021 51%	577 46%	200 55%	188 62%	388 58%	41 52%	74 61%	368 57%	131 56%	19 38%	28 49%	51 43%	53 50%	89 46%	165 41%	116 58%	
			a	a	a		egij	egij	egij							egij	
NET: Disagree	840 42%	582 47%	141 39%	91 30%	231 35%	31 40%	41 34%	238 37%	88 38%	27 54%	25 43%	55 46%	32 31%	88 45%	215 53%	72 36%	
			bcd	c						bcdhk		bch		bch	abcdhk		
Base for stats	1861	1159	341	279	620	73	115	606	219	47	53	107	85	177	379	188	
Mean Score	2.61	2.52	2.63	2.86	2.73	2.71	2.83	2.69	2.77	2.41	2.54	2.52	2.76	2.45	2.40	2.78	
				ab	a	j	egij	eij	egij				eij			egij	
Standard Deviation	.952	.958	.948	.880	.924	1.001	.937	.908	.895	.868	.946	.989	1.035	.982	.969	.961	
Standard Error	.022	.027	.057	.057	.041	.118	.086	.037	.061	.128	.129	.091	.107	.073	.052	.069	
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	.01	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	366 18%	107 21%	75 20%	20 15%	5 16%	95 19%	112 20%	110 20%	49 19%	32 17%	11 22%	82 18%	121 20%	48 15%	186 17%	111 23%	22 24%	318 19%
Tend to agree	(3.0)	655 33%	171 33%	159 43%	48 36%	11 37%	207 41%	182 33%	183 34%	130 49%	61 33%	16 31%	191 42%	199 33%	97 30%	353 32%	175 36%	29 32%	558 33%
Tend to disagree	(2.0)	584 29%	166 32%	84 23%	42 31%	8 24%	126 25%	174 32%	168 31%	56 21%	59 32%	17 34%	114 25%	185 31%	90 28%	356 32%	119 24%	20 22%	495 29%
Strongly disagree	(1.0)	256 13%	48 9%	33 9%	18 13%	3 9%	51 10%	51 9%	53 10%	23 9%	22 12%	4 8%	45 10%	57 10%	58 18%	136 12%	51 10%	10 11%	197 12%
Don't know		148 7%	26 5%	19 5%	7 5%	4 14%	25 5%	30 6%	31 6%	9 3%	12 6%	3 5%	21 5%	34 6%	30 9%	74 7%	34 7%	10 11%	118 7%
NET: Agree		1021 51%	278 54%	233 63%	68 51%	16 53%	302 60%	294 54%	293 54%	180 67%	93 50%	27 53%	273 60%	320 54%	145 45%	539 49%	286 58%	51 56%	876 52%
NET: Disagree		840 42%	214 41%	117 32%	59 44%	10 33%	177 35%	224 41%	221 41%	78 29%	81 43%	21 42%	159 35%	243 41%	148 46%	492 45%	169 35%	31 34%	692 41%
Base for stats	1861	492	351	128	27	479	518	514	258	174	48	432	563	293	1031	456	81	1568	
Mean Score	2.61	2.69	2.78	2.56	2.69	2.72	2.69	2.68	2.80	2.60	2.70	2.72	2.68	2.46	2.57	2.76	2.76	2.64	
Standard Deviation	.952	.921	.886	.920	.904	.900	.919	.925	.850	.933	.920	.889	.923	.989	.933	.946	.985	.943	
Standard Error	.022	.041	.048	.081	.168	.041	.040	.040	.053	.072	.126	.043	.038	.056	.029	.046	.110	.024	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	366 18%	75 22%	230 18%	54 19%	66 18%	12 17%	233 18%	119 19%	13 17%	305 19%	61 15%	304 18%	53 16%
Tend to agree (3.0)	655 33%	117 35%	425 33%	86 31%	112 30%	27 37%	440 34%	201 31%	22 28%	544 34%	111 27%	532 32%	116 35%
Tend to disagree (2.0)	584 29%	89 27%	397 31%	78 28%	101 28%	23 31%	390 30%	183 29%	17 22%	453 28%	131 32%	488 30%	93 28%
Strongly disagree (1.0)	256 13%	35 11%	155 12%	43 15%	65 18% d	7 9%	157 12%	95 15%	18 23% cd	186 12%	69 17% a	211 13%	45 13%
Don't know	148 7%	17 5%	89 7%	20 7%	23 6%	4 5%	92 7%	39 6%	7 10%	112 7%	36 9%	109 7%	28 8%
NET: Agree	1021 51%	192 58% b	655 51%	141 50%	178 49%	40 54%	673 51%	320 50%	35 45%	849 53% b	172 42%	836 51%	169 50%
NET: Disagree	840 42%	125 37%	551 43%	121 43%	166 45%	30 41%	547 42%	278 44%	35 45%	640 40%	200 49% a	699 43%	138 41%
Base for stats	1861	316	1206	262	345	70	1220	598	70	1488	373	1535	307
Mean Score	2.61	2.73 b	2.61	2.58	2.52	2.65	2.61	2.58	2.43	2.65 b	2.44	2.61	2.58
Standard Deviation	.952	.945	.937	.998	1.007	.889	.936	.981	1.071	.943	.975	.954	.940
Standard Error	.022	.054	.027	.060	.055	.106	.027	.040	.124	.024	.051	.025	.052
Error variance	*	*	*	*	*	.01	*	*	.02	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	366	45	43	71	66	35	36	13	57	215	102	97	99	61	148	127	77
	18%	10%	20%	20%	20%	19%	21%	18%	24%	20%	22%	21%	17%	14%	28%	18%	16%	26%
			a	a	a	a	a	a	a	a	a	c			abc			ab
Tend to agree	(3.0)	655	97	66	121	136	78	63	29	65	400	160	190	247	51	255	290	90
	33%	22%	31%	34%	41%	42%	37%	38%	27%	37%	32%	33%	33%	36%	23%	30%	37%	31%
			a	a	abhj	abhj	ah	a		ah	a	d	d	d		ac		
Tend to disagree	(2.0)	584	145	71	102	81	51	46	24	64	305	125	163	236	55	273	221	71
	29%	33%	33%	29%	24%	27%	27%	32%	27%	28%	28%	26%	29%	34%	26%	32%	28%	24%
			di	d										abd		c		
Strongly disagree	(1.0)	256	96	18	31	32	20	17	6	35	102	64	71	77	38	119	99	29
	13%	22%	8%	9%	10%	11%	10%	8%	14%	9%	12%	13%	12%	11%	18%	14%	13%	10%
			bcdefghij						bci					c				
Don't know		148	50	17	26	20	3	9	3	20	66	37	49	29	10	47	46	27
	7%	12%	8%	7%	6%	2%	5%	4%	8%	6%	7%	8%	9%	4%	5%	6%	6%	9%
			defgij	e	e	e			e	e	e	c	c					ab
NET: Agree		1021	142	108	191	202	114	99	42	122	615	262	287	346	112	403	417	167
	51%	33%	50%	55%	60%	60%	58%	56%	51%	57%	54%	54%	50%	50%	52%	48%	53%	57%
			a	a	abh	abh	a	a	a	a	a					a	a	
NET: Disagree		840	240	89	133	113	72	64	30	99	407	189	235	312	93	392	320	100
	42%	56%	41%	38%	34%	38%	37%	40%	41%	37%	39%	39%	41%	45%	43%	47%	41%	34%
			bcdefghij											a		bc	c	
Base for stats		1861	382	197	325	315	185	163	73	221	1022	451	522	659	205	795	737	267
Mean Score	2.61	2.24	2.67	2.71	2.75	2.69	2.73	2.68	2.65	2.71	2.68	2.66	2.60	2.56	2.66	2.54	2.60	2.80
			a	a	a	a	a	a	a	a	a							ab
Standard Deviation	.952	.960	.915	.914	.903	.905	.928	.876	1.029	.908	.970	.981	.942	.885	1.094	.959	.923	.978
Standard Error	.022	.050	.064	.051	.051	.066	.072	.102	.070	.028	.045	.046	.041	.035	.076	.035	.033	.058
Error variance	*	*	*	*	*	*	.01	.01	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	366 18%	117 21% b	90 11% b	151 26% b	186 23% b	111 17% b
Tend to agree (3.0)	655 33%	197 35% b	234 28% b	220 37% b	303 37% b	204 32% b
Tend to disagree (2.0)	584 29%	145 26% c	296 36% ac	136 23% c	203 25% c	206 32% a
Strongly disagree (1.0)	256 13%	72 13% c	133 16% c	49 8% c	78 10% c	77 12% c
Don't know	148 7%	27 5% ac	75 9% ac	32 5% ac	48 6% ac	43 7% ac
NET: Agree	1021 51%	313 56% b	324 39% ab	371 63% ab	489 60% b	315 49% b
NET: Disagree	840 42%	217 39% c	429 52% ac	185 31% c	282 34% c	283 44% a
Base for stats	1861	530	753	556	771	598
Mean Score	2.61	2.68 b	2.37 ab	2.85 ab	2.77 b	2.58 b
Standard Deviation	.952	.965	.910	.920	.929	.934
Standard Error	.022	.042	.033	.039	.033	.038
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	297	168	101	106	90	15	37	30	32	31	28	61	38	26
		15%	16%	17%	16%	12%	15%	14%	15%	15%	18%	12%	20%	12%	13%
			a	c	c								fhi		
Tend to agree	(3.0)	525	274	192	176	156	29	69	57	54	44	63	89	71	48
		26%	27%	32%	27%	21%	30%	26%	29%	26%	26%	28%	29%	22%	24%
				bc	c								h		
Tend to disagree	(2.0)	649	320	165	208	276	25	84	53	73	55	71	94	119	74
		32%	31%	27%	31%	37%	26%	32%	27%	34%	32%	32%	30%	37%	36%
						ab							c	c	c
Strongly disagree	(1.0)	431	207	100	139	192	23	55	48	40	34	50	49	87	46
		21%	20%	17%	21%	26%	23%	21%	24%	19%	20%	23%	16%	27%	22%
					a	ab			g		g			dg	
Don't know		107	50	49	31	27	6	18	9	14	9	11	19	12	11
		5%	5%	8%	5%	4%	6%	7%	4%	7%	5%	5%	6%	4%	5%
				bc											
NET: Agree		822	442	293	282	247	44	105	87	86	75	90	150	109	74
		41%	43%	48%	43%	33%	45%	40%	44%	40%	43%	41%	48%	33%	36%
			a	bc	c		h		h	h	h		bhi		
NET: Disagree		1080	527	265	347	468	48	139	101	113	89	121	143	206	120
		54%	52%	44%	53%	63%	49%	53%	51%	53%	51%	55%	46%	63%	59%
					a	ab								abcdeg	g
Base for stats		1902	969	558	629	715	92	245	188	199	165	211	293	315	194
Mean Score		2.36	2.42	2.53	2.40	2.20	2.40	2.35	2.37	2.39	2.44	2.32	2.56	2.19	2.28
			a	bc	c			h		h	h		bcfhi		
Standard Deviation		.998	1.009	.986	1.010	.976	1.030	.992	1.036	.981	1.020	.979	1.000	.974	.970
Standard Error		.023	.033	.041	.040	.038	.104	.060	.074	.069	.078	.074	.056	.056	.075
Error variance		*	*	*	*	*	.01	*	.01	*	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	297	32	69	53	33	29	81	153	143	229	9	26	12	6	2	56
	15%	20%	14%	12%	15%	14%	17%	14%	16%	14%	19%	20%	15%	32%	27%	19%	
		cg					c					a				a	
Tend to agree	(3.0)	525	33	117	142	55	62	116	292	233	426	12	44	27	5	2	91
	26%	20%	24%	32%	24%	29%	24%	27%	25%	25%	26%	33%	34%	24%	25%	31%	
				abdfgh								a				a	
Tend to disagree	(2.0)	649	44	177	145	77	64	142	366	283	567	16	36	20	4	1	77
	32%	28%	37%	33%	33%	30%	30%	34%	31%	34%	34%	27%	25%	18%	9%	27%	
			afh								g						
Strongly disagree	(1.0)	431	41	96	85	50	43	116	222	209	383	9	16	14	3	1	43
	21%	26%	20%	19%	22%	20%	24%	20%	23%	23%	19%	12%	18%	17%	13%	15%	
											cg						
Don't know		107	10	24	19	14	13	27	53	54	76	1	11	7	2	2	22
	5%	6%	5%	4%	6%	6%	6%	5%	6%	5%	2%	8%	8%	8%	25%	8%	
																a	
NET: Agree		822	64	186	195	89	91	197	446	376	655	22	71	39	11	4	146
	41%	41%	38%	44%	39%	43%	41%	41%	41%	39%	45%	53%	49%	56%	52%	51%	
												a				a	
NET: Disagree		1080	85	273	230	127	107	258	587	492	950	25	52	34	7	2	120
	54%	53%	57%	52%	55%	51%	54%	54%	53%	56%	53%	39%	43%	35%	23%	42%	
											cdg						
Base for stats		1902	149	459	425	216	197	455	1033	869	1605	47	122	73	18	6	266
Mean Score	2.36	2.37	2.35	2.38	2.33	2.39	2.36	2.37	2.36	2.31	2.47	2.66	2.50	2.78	2.89	2.60	
												a				a	
Standard Deviation	.998	1.103	.972	.942	1.002	.985	1.048	.979	1.021	.989	1.024	.960	.985	1.148	1.197	.994	
Standard Error	.023	.091	.046	.046	.066	.068	.049	.031	.034	.025	.142	.085	.115	.263	.489	.060	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.07	.24	*	

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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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205	
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	297	172	50	53	103	16	24	93	29	4	4	19	16	35	57	39
		15%	14%	14%	17%	15%	20%	20%	14%	13%	8%	7%	16%	15%	18%	14%	20%
							f	f						f		df	
Tend to agree	(3.0)	525	297	113	87	199	19	41	175	57	13	12	29	28	66	85	60
		26%	24%	31%	29%	30%	24%	34%	27%	25%	25%	21%	24%	27%	34%	21%	30%
				a	a			j	j					dj		j	
Tend to disagree	(2.0)	649	425	112	94	206	26	30	207	92	21	14	40	30	46	144	56
		32%	34%	31%	31%	31%	32%	25%	32%	39%	42%	24%	34%	28%	24%	35%	28%
								i	bfhik	bfi		i			bi		
Strongly disagree	(1.0)	431	293	73	52	125	15	14	136	48	12	23	21	18	36	107	29
		21%	24%	20%	17%	19%	19%	12%	21%	21%	23%	41%	18%	17%	19%	26%	15%
			cd					bk	b		abcdeghijk				bghik		
Don't know		107	57	16	16	32	4	12	31	7	1	4	10	14	12	13	16
		5%	5%	4%	5%	5%	5%	10%	5%	3%	2%	7%	8%	13%	6%	3%	8%
								cdj					dj	cdeij		dj	
NET: Agree		822	469	163	140	302	35	65	268	87	17	16	48	44	101	142	99
		41%	38%	45%	46%	45%	44%	53%	42%	37%	34%	29%	40%	42%	52%	35%	50%
				a	a	a		cdefgj	fj					cdefgj		defj	
NET: Disagree		1080	718	185	146	331	41	45	342	140	33	37	62	47	82	251	85
		54%	58%	51%	49%	50%	51%	37%	53%	60%	65%	65%	52%	45%	42%	62%	42%
			bcd				b		bik	bhik	bhik	bhik	b			bcghik	
Base for stats		1902	1187	348	286	634	75	109	610	227	50	54	109	91	183	393	185
Mean Score		2.36	2.29	2.40	2.49	2.44	2.47	2.68	2.37	2.30	2.20	1.95	2.42	2.46	2.55	2.23	2.59
				a	a		f	cdefgj	fj	f		f	f	cdefj	f	cdefj	
Standard Deviation		.998	.996	.975	.994	.983	1.036	.962	.991	.947	.900	.993	.994	.996	1.018	1.009	.995
Standard Error		.023	.028	.058	.064	.043	.120	.090	.040	.064	.129	.134	.091	.100	.074	.053	.073
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.02	.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

	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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	297 15%	61 12%	58 16%	23 17%	6 19%	81 16%	67 12%	62 11%	43 16%	27 14%	12 24%	70 15%	74 12%	48 15%	148 13%	80 16%	21 23%	249 15%	
						a					af						be		
Tend to agree (3.0)	525 26%	129 25%	109 29%	39 29%	8 25%	147 29%	137 25%	136 25%	93 35%	48 26%	13 25%	141 31%	148 25%	89 28%	297 27%	124 25%	15 16%	436 26%	
									acf			af		d	d			d	
Tend to disagree (2.0)	649 32%	174 34%	131 35%	39 29%	8 25%	170 34%	182 33%	205 38%	79 30%	54 29%	12 24%	133 29%	218 37%	88 27%	366 33%	165 34%	30 33%	561 33%	
								bce				e		a				a	
Strongly disagree (1.0)	431 21%	134 26%	58 16%	29 22%	3 11%	87 17%	138 25%	125 23%	40 15%	48 26%	9 17%	88 19%	134 22%	75 23%	248 22%	91 19%	18 19%	356 21%	
		be				be		b		b		b							
Don't know	107 5%	19 4%	14 4%	4 3%	6 19%	17 3%	25 5%	18 3%	12 4%	8 4%	5 10%	20 4%	23 4%	23 7%	46 4%	31 6%	8 9%	84 5%	
					abcef						af			b					
NET: Agree	822 41%	190 37%	167 45%	62 46%	14 45%	229 45%	204 37%	197 36%	136 51%	75 40%	25 49%	211 47%	222 37%	137 42%	445 40%	204 42%	36 39%	685 41%	
			af	a		af			acf			af							
NET: Disagree	1080 54%	308 60%	189 51%	69 51%	11 36%	258 51%	320 58%	330 61%	119 45%	103 55%	21 42%	221 49%	351 59%	163 50%	614 56%	256 52%	48 52%	917 54%	
		bde				bde		bde		b		bde							
Base for stats	1902	499	356	131	25	487	523	527	255	178	46	433	574	300	1059	459	83	1601	
Mean Score	2.36	2.24	2.47	2.43	2.65	2.46	2.26	2.25	2.55	2.30	2.61	2.45	2.28	2.37	2.33	2.42	2.47	2.36	
			af			af			acf		af	af							
Standard Deviation	.998	.983	.951	1.028	1.007	.972	.988	.948	.949	1.030	1.081	.990	.963	1.026	.984	.995	1.092	.993	
Standard Error	.023	.044	.051	.089	.190	.044	.043	.041	.060	.079	.151	.048	.040	.058	.030	.048	.121	.025	
Error variance	*	*	*	.01	.04	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0) 297 15%	78 23% b	160 12%	63 22% d	82 22% d	15 20% d	154 12%	136 21% d	21 27% d	239 15%	57 14%	242 15%	50 15%
Tend to agree	(3.0) 525 26%	102 31% b	321 25%	90 32% d	110 30% d	15 21%	321 24%	188 29% d	27 34% d	436 27% b	89 22%	419 26%	100 30%
Tend to disagree	(2.0) 649 32%	88 26%	459 35% a	66 23%	98 27%	23 32% f	466 36% abef	172 27% f	13 17%	509 32%	140 34%	549 33%	95 28%
Strongly disagree	(1.0) 431 21%	45 14%	304 23% a	49 17%	63 17%	14 20%	311 24% abe	111 17%	15 20%	338 21%	93 23%	364 22%	63 19%
Don't know	107 5%	19 6%	52 4%	13 5%	14 4%	6 8%	60 5%	31 5%	2 2%	79 5%	28 7%	70 4%	26 8% a
NET: Agree	822 41%	180 54% b	481 37%	153 55% cd	193 52% d	30 41%	475 36%	324 51% d	48 61% cd	675 42% b	147 36%	661 40%	151 45%
NET: Disagree	1080 54%	134 40%	762 59% a	114 41%	161 44%	38 51%	777 59% abef	283 44%	28 36%	847 53%	233 57%	913 56% b	159 47%
Base for stats	1902	314	1244	268	354	68	1252	606	76	1522	380	1574	309
Mean Score	2.36	2.68 b	2.27	2.63 d	2.60 d	2.45	2.25	2.58 d	2.71 d	2.38	2.29	2.34	2.44
Standard Deviation	.998	1.003 b	.972	1.035 d	1.032 d	1.059	.966	1.030 d	1.087 d	.997	1.000	.998	.993
Standard Error	.023	.057 b	.028	.062 d	.055 d	.128	.027	.042 d	.121 d	.026	.052	.025	.055
Error variance	*	*	*	*	*	.02	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high	
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	
Significance Level: 95%																			
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318	
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	297	74	31	52	42	28	24	9	38	152	71	88	86	65	54	110	126	45
		15%	17%	14%	15%	12%	15%	14%	12%	16%	14%	14%	18%	15%	9%	25%	13%	16%	15%
													c	c	abc				
Tend to agree	(3.0)	525	104	64	105	98	52	33	27	41	319	102	135	164	180	37	209	220	80
		26%	24%	30%	30%	29%	28%	19%	36%	17%	29%	21%	28%	29%	26%	17%	25%	28%	27%
			h	fhj	fhj	fhj	h	afhj		afhj			d	d	d				
Tend to disagree	(2.0)	649	135	69	106	110	59	56	21	93	344	170	138	173	268	62	299	249	81
		32%	31%	32%	30%	33%	31%	33%	28%	38%	32%	35%	28%	30%	39%	29%	36%	32%	28%
										ci					abd		c		
Strongly disagree	(1.0)	431	85	36	69	72	41	52	19	58	218	128	105	113	154	54	197	149	67
		21%	20%	17%	20%	21%	22%	30%	24%	24%	20%	26%	21%	20%	22%	25%	23%	19%	23%
							abcdi				abci					b			
Don't know		107	34	15	18	13	9	6	-	12	55	18	22	36	20	7	26	40	21
		5%	8%	7%	5%	4%	5%	4%	-	5%	5%	4%	4%	6%	3%	3%	3%	5%	7%
			dgij	g	g					g	g			c			a	a	
NET: Agree		822	178	95	157	140	80	57	36	79	471	172	223	250	245	91	319	345	125
		41%	41%	44%	45%	42%	42%	33%	48%	33%	43%	35%	46%	44%	36%	43%	38%	44%	43%
			h	fhj	fhj	h	h		fhj		fhj		c	c			a		
NET: Disagree		1080	220	105	175	182	100	108	40	150	562	298	243	286	423	117	496	398	147
		54%	51%	49%	50%	54%	53%	63%	52%	62%	52%	61%	50%	50%	61%	54%	59%	51%	50%
							abci			abci	abci				ab		bc		
Base for stats		1902	398	200	332	322	180	166	76	229	1033	470	466	535	667	208	815	744	273
Mean Score		2.36	2.42	2.45	2.42	2.34	2.37	2.18	2.35	2.26	2.39	2.24	2.44	2.42	2.23	2.44	2.28	2.43	2.38
			fj	fhj	fj					fj			c	c	c		a		
Standard Deviation		.998	1.022	.961	.986	.965	1.003	1.035	.982	1.014	.977	1.016	1.037	.994	.915	1.137	.979	.992	1.027
Standard Error		.023	.052	.067	.054	.054	.075	.080	.112	.067	.030	.047	.048	.043	.036	.079	.036	.036	.060
Error variance		*	*	*	*	*	.01	.01	.01	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	b
Unweighted Total		2009	555	824	592	829	642
Total		2009	558	829	588	819	641
		100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	297 15%	91 16%	89 11%	109 18%	139 17%	69 11%
			b		b	b	
Tend to agree	(3.0)	525 26%	146 26%	195 24%	181 31%	222 27%	166 26%
			c		b		
Tend to disagree	(2.0)	649 32%	187 34%	290 35%	164 28%	266 32%	220 34%
			c		c		
Strongly disagree	(1.0)	431 21%	118 21%	201 24%	107 18%	159 19%	147 23%
			c		c		
Don't know		107 5%	15 3%	54 7%	28 5%	33 4%	40 6%
				a			
NET: Agree		822 41%	237 43%	284 34%	289 49%	361 44%	234 37%
			b		ab	b	
NET: Disagree		1080 54%	305 55%	491 59%	271 46%	425 52%	367 57%
			c		c		a
Base for stats		1902	543	774	561	786	601
Mean Score		2.36	2.39	2.22	2.52	2.43	2.26
			b		ab	b	
Standard Deviation		.998	1.005	.960	1.010	1.003	.955
Standard Error		.023	.043	.035	.043	.036	.039
Error variance		*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	141 7%	73 7%	67 7%	83 14% bc	46 7% c	11 2%	9 9% h	18 7%	16 8%	17 8% h	17 10% h	11 5%	31 10% fh	13 4%	10 5%
Tend to agree (3.0)	351 17%	187 19%	163 16%	144 24% c	140 21% c	66 9%	16 17%	49 19%	26 13%	42 20%	29 17%	32 15%	66 21% c	57 17%	33 16%
Tend to disagree (2.0)	659 33%	309 32%	349 34%	176 29%	209 32%	275 37% ab	31 31%	76 29%	57 29%	70 33%	63 36%	81 37%	97 31%	117 36%	67 33%
Strongly disagree (1.0)	735 37%	340 35%	387 38%	151 25%	230 35% a	354 48% ab	35 36%	99 38%	88 45% deg	71 33%	52 30%	80 36%	101 32%	130 40% eg	80 39%
Don't know	123 6%	69 7%	52 5%	53 9% bc	35 5%	35 5%	7 7%	21 8% h	9 5%	13 6%	13 7% h	18 8% h	18 6%	10 3%	15 7% h
NET: Agree	491 24%	260 27% b	229 23%	227 37% bc	186 28% c	78 10%	25 26%	67 25%	42 21%	59 28%	47 27%	43 19%	97 31% cfhi	70 21%	43 21%
NET: Disagree	1394 69%	649 66%	737 72% a	327 54%	438 66% a	629 85% ab	66 68%	174 66%	145 74% g	141 66%	114 66%	161 73% g	197 63%	247 76% bdeg	147 72%
Base for stats	1886	910	966	554	625	707	91	241	187	200	161	204	294	317	189
Mean Score	1.95	1.99	1.91	2.29	2.00	1.63	1.98	1.94	1.84	2.02	2.08	1.87	2.09	1.85	1.86
Standard Deviation	.934	.950	.915	1.026	.943	.721	.981	.954	.959	.952	.966	.863	.989	.856	.889
Standard Error	.022	.032	.030	.043	.037	.028	.100	.058	.069	.067	.075	.067	.056	.049	.069
Error variance	*	*	*	*	*	*	.01	*	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

		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		2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total		2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
		100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	141 7%	21 13% bcfgh	30 6%	26 6%	20 9% f	21 10% cf	23 5%	77 7%	64 7%	95 6%	5 11%	22 17% a	8 11%	1 6%	2 20%	39 13% a
Tend to agree	(3.0)	351 17%	25 16% f	117 24% acfh	80 18% f	43 19% f	41 20% fh	45 9%	221 20% fh	129 14% f	267 16%	13 28% a	41 31% a	20 24% a	2 13%	1 10%	77 27% a
Tend to disagree	(2.0)	659 33%	43 27%	144 30%	163 37% ab	73 32%	79 37% ab	157 33%	350 32%	310 34%	583 35% bcg	7 15%	28 21%	25 31% b	7 36%	-	67 23%
Strongly disagree	(1.0)	735 37%	64 40% e	173 36% e	145 33% e	78 34% e	52 25%	222 46% bcdegh	382 35% e	353 38% ce	643 38% cdg	21 43% cdg	29 22%	21 26%	8 41%	5 69%	84 29%
Don't know		123 6%	7 4%	20 4%	31 7%	15 7%	17 8% b	34 7% b	57 5%	67 7% b	93 6%	1 2%	12 9%	6 8%	1 4%	-	20 7%
NET: Agree		491 24%	45 28% fh	147 30% cfh	106 24% f	63 27% fh	63 30% fh	68 14%	298 27% fh	193 21% f	363 22%	19 39% a	63 47% a	28 35% a	4 19%	2 31%	116 40% a
NET: Disagree		1394 69%	107 67%	317 65%	308 69%	152 66%	131 62%	380 79% abcdegh	732 67% beg	663 72%	1226 73% bcdg	28 59%	58 43%	46 57%	15 77%	5 69%	152 53%
Base for stats		1886	152	464	414	214	194	448	1030	856	1589	47	121	74	19	8	268
Mean Score		1.95	2.01 f	2.01 fh	1.97 f	2.02 f	2.16 cfgh	1.71	1.99 fh	1.89 f	1.88	2.07	2.46 ab	2.21 a	1.84	1.82	2.26 a
Standard Deviation		.934	1.063	.942	.891	.968	.950	.847	.940	.923	.895	1.100	1.053	.989	.920	1.347	1.057
Standard Error		.022	.087	.045	.044	.064	.066	.040	.030	.031	.023	.153	.093	.114	.206	.476	.063
Error variance		*	.01	*	*	*	*	*	*	*	*	.02	.01	.01	.04	.23	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	141 7%	60 5%	27 8%	41 14%	68 10%	9 12%	19 15%	50 8%	20 9%	3 6%	3 6%	9 8%	10 10%	10 5%	7 2%	28 14%
				ab	a	ij	cdgij	j	j	j	j	j	j	j	j	cij
Tend to agree (3.0)	351 17%	181 15%	79 22%	72 24%	152 23%	22 27%	26 21%	153 24%	43 18%	4 7%	9 16%	21 17%	14 14%	32 17%	28 7%	47 24%
			a	a	a	ehij	ej	ehij	j	j	j	j	j	j	j	ehj
Tend to disagree (2.0)	659 33%	417 34%	123 34%	91 30%	215 32%	20 26%	33 27%	201 31%	96 41%	17 34%	19 32%	34 29%	33 32%	66 34%	140 35%	53 27%
									abckgk						k	
Strongly disagree (1.0)	735 37%	515 41%	114 31%	82 27%	196 29%	23 29%	36 30%	205 32%	65 28%	21 42%	22 38%	45 38%	33 31%	76 39%	209 51%	59 30%
		bcd								d				dk	abcdfghik	
Don't know	123 6%	70 6%	21 6%	15 5%	35 5%	5 6%	8 7%	32 5%	10 4%	5 10%	5 9%	11 9%	14 14%	11 6%	22 5%	13 6%
													cdijk			
NET: Agree	491 24%	241 19%	106 29%	113 38%	220 33%	31 39%	44 36%	203 32%	63 27%	7 14%	12 21%	30 25%	25 24%	42 22%	35 9%	75 37%
			a	ab	a	defghij	efghij	eij	j	j	j	j	j	j		defghij
NET: Disagree	1394 69%	932 75%	237 65%	174 58%	411 62%	44 55%	69 57%	406 63%	161 69%	39 76%	40 70%	79 66%	66 63%	142 73%	349 86%	113 56%
		bcd							abk	abk				abck	abcdfghik	
Base for stats	1886	1174	344	287	631	75	113	609	224	46	53	108	91	184	384	188
Mean Score	1.95	1.82	2.06	2.25	2.15	2.23	2.24	2.08	2.08	1.75	1.89	1.94	2.03	1.87	1.56	2.23
			a	ab	a	eij	efgij	eij	eij	j	j	j	j	j		efgij
Standard Deviation	.934	.875	.938	1.024	.982	1.031	1.076	.956	.914	.889	.914	.970	.995	.884	.709	1.056
Standard Error	.022	.025	.056	.066	.043	.121	.099	.039	.062	.133	.124	.089	.099	.064	.038	.076
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	*	*	.01

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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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	141 7%	48 9%	23 6%	11 8%	8 25%	34 7%	55 10%	45 8%	24 9%	12 7%	4 8%	37 8%	49 8%	13 4%	56 5%	60 12%	12 13%	128 8%
						abcef		b								abe	ab	ab	ab
Tend to agree	(3.0)	351 17%	93 18%	89 24%	30 22%	10 32%	119 24%	103 19%	93 17%	83 31%	38 20%	14 27%	121 27%	107 18%	42 13%	192 17%	104 21%	13 15%	309 18%
				a	a	a			acf			af				a		a	a
Tend to disagree	(2.0)	659 33%	176 34%	132 36%	42 32%	5 17%	175 35%	181 33%	196 36%	80 30%	57 31%	20 40%	138 30%	216 36%	102 32%	379 34%	147 30%	32 35%	557 33%
			d	d	d	d							e						
Strongly disagree	(1.0)	735 37%	177 34%	112 30%	44 33%	3 10%	156 31%	181 33%	188 34%	69 26%	65 35%	11 22%	133 29%	199 33%	140 43%	418 38%	152 31%	24 26%	595 35%
			d	d	d	d	d	d	b		b		b		cde	cd			
Don't know		123 6%	24 5%	12 3%	7 6%	5 16%	20 4%	28 5%	24 4%	11 4%	13 7%	2 3%	24 5%	25 4%	26 8%	60 5%	27 5%	10 11%	97 6%
						abcef												bce	
NET: Agree		491 24%	141 27%	113 30%	41 30%	17 57%	153 30%	158 29%	138 25%	107 40%	51 27%	18 35%	157 35%	156 26%	54 17%	248 22%	164 33%	25 28%	437 26%
						abcef			acf			af				a	abe	a	ab
NET: Disagree		1394 69%	353 68%	245 66%	86 64%	9 28%	331 66%	362 66%	384 70%	149 56%	122 66%	31 62%	271 60%	415 70%	243 75%	797 72%	299 61%	56 61%	1152 68%
			d	d	d	d	d	d	be		b		be		cde	cde			c
Base for stats	1886	494	357	127	26	484	520	522	256	173	50	429	571	297	1045	463	81	1589	
Mean Score	1.95	2.02	2.07	2.06	2.84	2.06	2.06	1.99	2.24	1.99	2.23	2.14	2.01	1.75	1.89	2.15	2.16	1.98	
									acf			af			a	abe	ab	ab	
Standard Deviation	.934	.967	.908	.959	.999	.921	.984	.940	.956	.943	.901	.958	.939	.851	.888	1.025	1.021	.944	
Standard Error	.022	.043	.048	.084	.185	.042	.043	.041	.060	.073	.123	.047	.039	.048	.027	.049	.114	.024	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	141 7%	47 14% b	73 6%	24 8%	29 8%	8 11%	80 6%	55 9% d	6 8%	116 7%	25 6%	115 7%	22 7%
Tend to agree (3.0)	351 17%	89 27% b	210 16%	62 22% bd	57 16%	12 17%	224 17%	114 18%	13 17%	296 18% b	54 13%	276 17%	69 21%
Tend to disagree (2.0)	659 33%	100 30%	444 34%	72 26%	114 31%	31 42% af	450 34% af	200 31% f	16 21%	532 33%	128 31%	540 33%	113 34%
Strongly disagree (1.0)	735 37%	79 24%	504 39% a	105 37%	149 41% c	19 26%	489 37% c	232 36% cde	37 48% cde	566 35%	169 41% a	631 38% b	102 31%
Don't know	123 6%	18 5%	65 5%	18 6%	19 5%	3 5%	70 5%	36 6%	4 6%	91 6%	32 8%	83 5%	28 8% a
NET: Agree	491 24%	136 41% b	283 22%	85 30% bd	86 23%	20 28%	304 23%	169 27%	20 25%	412 26% b	80 19%	390 24%	91 27%
NET: Disagree	1394 69%	179 54%	948 73% a	178 63%	262 71% a	49 67%	939 72% a	432 68%	54 69%	1098 69%	296 73%	1170 71% b	216 64%
Base for stats	1886	316	1231	263	349	70	1243	601	73	1510	376	1561	307
Mean Score	1.95	2.33 b	1.88	2.01	1.90	2.14 d	1.92	1.99	1.84	1.97 b	1.83	1.92	2.04 a
Standard Deviation	.934	1.012	.896	.999	.957	.955	.908	.970	1.011	.937	.913	.932	.923 a
Standard Error	.022	.058	.026	.060	.052	.114	.026	.040	.114	.024	.048	.024	.051
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	141 7%	16 4%	16 8%	33 9%	21 6%	10 6%	14 8%	6 8%	24 10%	81 7%	44 9%	35 7%	31 5%	32 5%	42 20%	50 6%	65 8%	19 6%
			a	a			a		a	a	a				abc			
Tend to agree (3.0)	351 17%	45 10%	40 19%	73 21%	64 19%	38 20%	29 17%	19 24%	43 18%	215 20%	90 18%	70 14%	119 21%	118 17%	38 18%	133 16%	147 19%	59 20%
			a	a	a	a	a	a	a	a	a		a					
Tend to disagree (2.0)	659 33%	148 34%	76 35%	121 34%	111 33%	67 36%	48 28%	29 38%	61 25%	374 34%	137 28%	161 33%	187 33%	247 36%	59 27%	289 34%	271 35%	78 27%
			hj	h	hj	h	h	h	h	hj	hj			d		c	c	
Strongly disagree (1.0)	735 37%	177 41%	65 30%	108 31%	117 35%	68 36%	73 43%	23 30%	104 43%	357 33%	201 41%	190 39%	199 35%	264 38%	72 33%	335 40%	255 33%	117 40%
			bci				bci		bcdgi	bci						b	b	b
Don't know	123 6%	46 11%	17 8%	17 5%	21 6%	6 3%	8 5%	-	9 4%	61 6%	17 4%	33 7%	35 6%	27 4%	5 2%	35 4%	46 6%	21 7%
		cdefghij	egj		g					g		cd	d					a
NET: Agree	491 24%	61 14%	57 27%	105 30%	86 26%	48 26%	42 25%	24 32%	67 28%	296 27%	134 27%	105 21%	150 26%	150 22%	80 37%	183 22%	212 27%	78 26%
			a	a	a	a	a	a	a	a	a				abc		a	
NET: Disagree	1394 69%	325 75%	141 66%	228 65%	228 68%	135 71%	121 71%	51 68%	165 68%	731 67%	338 69%	351 72%	386 68%	511 74%	130 61%	623 74%	526 67%	195 66%
			bcdij									d		bd		bc		
Base for stats	1886	386	198	334	313	183	164	76	232	1028	472	455	536	661	210	807	738	273
Mean Score	1.95	1.74	2.04	2.09	1.97	1.95	1.89	2.10	1.94	2.02	1.95	1.89	1.96	1.88	2.24	1.87	2.03	1.92
			a	afj	a	a		a	a	a	a				abc		a	
Standard Deviation	.934	.822	.932	.962	.923	.898	.975	.926	1.028	.934	.994	.930	.907	.869	1.127	.902	.947	.957
Standard Error	.022	.042	.066	.053	.052	.066	.076	.105	.068	.029	.046	.043	.039	.034	.078	.033	.034	.056
Error variance	*	*	*	*	*	*	.01	.01	*	*	*	*	*	*	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	141 7%	66 12% bc	40 5%	29 5%	82 10% b	43 7%
Tend to agree (3.0)	351 17%	107 19%	139 17%	100 17%	163 20%	125 20%
Tend to disagree (2.0)	659 33%	164 29%	282 34%	206 35% a	260 32%	216 34%
Strongly disagree (1.0)	735 37%	204 37%	307 37%	216 37%	272 33%	218 34%
Don't know	123 6%	17 3%	60 7% a	37 6% a	41 5%	38 6%
NET: Agree	491 24%	172 31% bc	179 22%	129 22%	246 30%	169 26%
NET: Disagree	1394 69%	369 66%	589 71% a	422 72% a	533 65%	434 68%
Base for stats	1886	541	769	551	779	603
Mean Score	1.95	2.06 bc	1.89	1.89	2.07	1.99
Standard Deviation	.934	1.029	.882	.880	.989	.927
Standard Error	.022	.044	.032	.037	.035	.038
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	427 21%	202 21%	223 22%	148 24% c	149 23% c	130 18%	16 16%	64 24%	47 24%	39 18%	34 20%	41 19%	71 23%	72 22%	43 21%
Tend to agree (3.0)	881 44%	442 45%	437 43%	252 41%	287 44%	342 46%	43 44%	103 39%	78 40%	92 43%	79 45%	98 44%	148 47% b	152 46%	88 43%
Tend to disagree (2.0)	400 20%	189 19%	207 20%	109 18%	134 20%	157 21%	24 24%	53 20%	37 19%	47 22%	33 19%	52 24% g	49 16%	63 19%	41 20%
Strongly disagree (1.0)	170 8%	96 10% b	72 7%	49 8%	54 8%	67 9%	10 10%	24 9%	20 10%	19 9%	19 11%	13 6%	25 8%	23 7%	16 8%
Don't know	132 7%	50 5%	79 8% a	50 8% b	36 5%	46 6%	5 6%	19 7%	14 7%	15 7%	9 5%	17 8%	19 6%	17 5%	17 8%
NET: Agree	1307 65%	644 66%	660 65%	399 66%	436 66%	472 64%	59 60%	166 63%	125 64%	131 62%	113 65%	139 63%	219 70% d	224 69%	130 64%
NET: Disagree	569 28%	285 29%	279 27%	158 26%	188 28%	224 30%	33 34% g	77 29%	58 29%	67 31% g	52 30%	66 30%	74 24%	86 26%	58 28%
Base for stats	1877	929	939	557	624	696	92	243	183	197	165	205	293	310	188
Mean Score	2.83	2.81	2.86	2.90 c	2.85	2.77	2.71	2.85	2.83	2.76	2.78	2.82	2.91 a	2.88	2.83
Standard Deviation	.880	.893	.865	.895	.881	.864	.879	.921	.939	.879	.906	.830	.861	.851	.878
Standard Error	.020	.029	.028	.037	.035	.034	.088	.056	.068	.062	.069	.064	.049	.050	.069
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	427	41	116	102	47	37	83	259	168	338	14	38	16	6	4	78
		21%	26%	24%	23%	20%	18%	17%	24%	18%	20%	29%	28%	21%	33%	51%	27%
			fh	fh	fh			efh					a			a	
Tend to agree	(3.0)	881	64	234	183	97	95	208	480	400	742	23	61	37	7	2	129
		44%	40%	48%	41%	42%	45%	43%	44%	43%	44%	48%	46%	46%	37%	24%	45%
				c													
Tend to disagree	(2.0)	400	29	87	99	54	44	87	215	185	348	7	19	15	4	2	47
		20%	18%	18%	22%	23%	21%	18%	20%	20%	21%	14%	15%	18%	20%	24%	16%
Strongly disagree	(1.0)	170	18	28	32	14	16	62	78	91	150	3	8	7	-	-	18
		8%	11%	6%	7%	6%	7%	13%	7%	10%	9%	6%	6%	9%	-	-	6%
			b					bcdeg		bg							
Don't know		132	8	19	27	18	19	42	54	78	104	1	7	5	2	-	16
		7%	5%	4%	6%	8%	9%	9%	5%	8%	6%	2%	5%	7%	10%	-	5%
					b	bg	bg	bg	bg	bg							
NET: Agree		1307	104	350	285	144	133	291	739	568	1080	37	98	53	14	6	208
		65%	66%	72%	64%	63%	63%	60%	68%	62%	64%	77%	74%	66%	70%	76%	72%
				cdefh				fh				a	a			a	
NET: Disagree		569	47	115	132	68	60	149	293	276	498	10	27	22	4	2	65
		28%	29%	24%	30%	29%	28%	31%	27%	30%	30%	21%	21%	27%	20%	24%	22%
				b				b		b			cg				
Base for stats		1877	151	465	417	212	192	440	1032	844	1577	47	126	75	18	8	272
Mean Score		2.83	2.84	2.94	2.85	2.84	2.80	2.71	2.89	2.76	2.80	3.02	3.02	2.83	3.15	3.27	2.98
				efh	f			fh					a			a	
Standard Deviation		.880	.954	.824	.879	.845	.844	.932	.866	.892	.881	.844	.847	.882	.777	.887	.853
Standard Error		.020	.078	.039	.043	.057	.059	.045	.027	.030	.022	.117	.074	.101	.178	.314	.050
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.03	.10	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%																
Unweighted Total	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	427 21%	248 20%	77 21%	82 27% a	159 24%	19 24%	29 24%	148 23% j	51 22%	14 27%	18 31% ij	26 22%	21 20%	35 18%	67 16%	48 24% j
Tend to agree (3.0)	881 44%	542 44%	183 50%	119 39% ac	302 45%	39 49%	59 49% i	280 44% j	111 47% i	18 35%	23 40%	48 40%	41 39%	72 37%	190 47% i	98 49% i
Tend to disagree (2.0)	400 20%	260 21%	59 16%	66 22%	125 19%	12 15%	18 15%	137 21% k	47 20%	11 22%	9 15%	23 19%	22 21%	44 23% k	77 19%	30 15%
Strongly disagree (1.0)	170 8%	118 9%	29 8%	17 6%	46 7%	6 7%	7 6%	43 7%	12 5%	4 9%	4 7%	14 12% d	6 6%	28 15% bcdhk	45 11% cd	13 7%
Don't know	132 7%	77 6%	16 4%	18 6%	33 5%	4 5%	8 7%	33 5%	13 6%	4 7%	4 7%	9 8%	15 14% abcdjk	15 8%	27 7%	12 6%
NET: Agree	1307 65%	789 63%	261 72% a	200 66% a	461 69% a	58 73% hi	88 73% hi	428 67% i	162 69% i	32 62%	41 72% i	73 61%	62 59%	107 55%	257 63%	146 73% ghij
NET: Disagree	569 28%	378 30% bd	88 24%	84 28%	171 26%	18 22%	25 21%	180 28%	59 25%	15 30%	13 22%	37 31%	28 27%	72 37% abcdfk	122 30% bk	43 21%
Base for stats	1877	1167	348	284	632	75	114	608	221	47	54	110	90	179	379	189
Mean Score	2.83	2.79	2.89	2.93 a	2.91 a	2.94 i	2.97 ij	2.88 ij	2.91 ij	2.87	3.03	2.77	2.85	2.63	2.74	2.96 ij
Standard Deviation	.880	.891	.844	.873 a	.857 a	.847 i	.824 ij	.860 ij	.807 ij	.950	.890	.951	.855	.971	.887	.831 ij
Standard Error	.020	.025	.050	.056	.037	.098	.076	.035	.055	.140	.120	.087	.086	.071	.048	.060
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	427 21%	117 23%	87 23%	37 28%	6 20%	124 25%	123 22%	126 23%	61 23%	47 25%	14 28%	107 24%	140 24%	61 19%	220 20%	127 26%	19 21%	366 22%	
Tend to agree (3.0)	881 44%	229 44%	183 50%	47 35%	13 41%	230 46%	241 44%	247 45%	127 48%	76 41%	21 42%	203 45%	268 45%	133 41%	514 47%	188 38%	46 50%	748 44%	
Tend to disagree (2.0)	400 20%	114 22%	65 18%	33 25%	4 13%	98 19%	118 22%	114 21%	50 19%	40 22%	9 17%	90 20%	123 21%	64 20%	216 20%	111 23%	10 11%	336 20%	
Strongly disagree (1.0)	170 8%	35 7%	20 5%	11 8%	3 9%	31 6%	38 7%	31 6%	23 9%	12 6%	2 5%	35 8%	33 6%	39 12%	89 8%	35 7%	6 7%	130 8%	
Don't know	132 7%	23 5%	15 4%	6 5%	5 16%	21 4%	29 5%	28 5%	7 3%	11 6%	4 8%	18 4%	32 5%	26 8%	66 6%	30 6%	10 11%	106 6%	
NET: Agree	1307 65%	345 67%	270 73%	84 63%	19 61%	354 70%	364 66%	373 68%	188 70%	123 66%	36 70%	311 69%	409 69%	194 60%	734 66%	314 64%	65 71%	1113 66%	
NET: Disagree	569 28%	149 29%	85 23%	44 33%	7 22%	129 26%	156 28%	145 27%	72 27%	52 28%	11 22%	124 27%	156 26%	103 32%	305 28%	145 30%	16 18%	466 28%	
Base for stats	1877	494	355	128	26	483	520	518	260	175	47	435	565	297	1038	460	81	1580	
Mean Score	2.83	2.86	2.95	2.86	2.86	2.93	2.86	2.90	2.87	2.90	3.02	2.88	2.91	2.73	2.83	2.88	2.96	2.85	
Standard Deviation	.880	.856	.807	.937	.927	.843	.858	.833	.871	.874	.841	.871	.834	.937	.857	.899	.823	.868	
Standard Error	.020	.038	.043	.082	.172	.038	.037	.036	.055	.067	.117	.042	.035	.053	.027	.043	.092	.022	
Error variance	*	*	*	.01	.03	*	*	*	*	*	.01	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	427	275	61	63	12	291	122	12	336	90	364	58
		21%	21%	22%	17%	16%	22%	19%	16%	21%	22%	22%	17%
							b					b	
Tend to agree	(3.0)	881	585	95	143	26	629	234	26	710	171	735	138
		44%	45%	34%	39%	36%	48%	37%	34%	44%	42%	45%	41%
							abcef						
Tend to disagree	(2.0)	400	265	69	87	23	237	156	22	322	78	313	83
		20%	20%	24%	24%	31%	18%	24%	28%	20%	19%	19%	25%
				d	d	d		d	d			a	a
Strongly disagree	(1.0)	170	95	32	53	9	87	80	12	134	36	134	34
		8%	7%	11%	14%	12%	7%	13%	15%	8%	9%	8%	10%
				d	d			d	d				
Don't know		132	76	25	22	4	69	45	5	99	34	98	22
		7%	6%	9%	6%	5%	5%	7%	7%	6%	8%	6%	6%
				d									
NET: Agree		1307	860	156	206	38	921	356	39	1046	261	1099	197
		65%	66%	55%	56%	52%	70%	56%	50%	65%	64%	67%	59%
							abcef					b	
NET: Disagree		569	360	101	140	32	323	236	34	456	113	447	117
		28%	28%	36%	38%	43%	25%	37%	44%	28%	28%	27%	35%
				d	d	d		d	d			a	a
Base for stats		1877	1220	257	346	70	1244	592	73	1502	375	1547	313
Mean Score		2.83	2.85	2.72	2.62	2.58	2.90	2.67	2.54	2.83	2.84	2.86	2.70
							abcef					b	
Standard Deviation		.880	.856	.965	.951	.921	.833	.951	.965	.876	.898	.875	.893
Standard Error		.020	.025	.059	.052	.110	.024	.039	.110	.023	.047	.022	.049
Error variance		*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high	
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	
Significance Level: 95%																			
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318	
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	427 21%	16 4%	36 17%	75 21%	76 23%	55 29%	58 34%	17 23%	93 39%	242 22%	168 34%	82 17%	100 18%	163 24%	74 34%	180 21%	158 20%	70 24%
				a	a	a	abci	abcdi	a	abcdegi	a	abcdgi			ab	abc			
Tend to agree	(3.0)	881 44%	107 25%	97 45%	169 48%	181 54%	94 50%	79 46%	45 59%	108 45%	542 50%	232 47%	194 40%	250 44%	342 50%	79 37%	381 45%	348 44%	117 40%
				a	a	abh	a	a	abh	a	a	a			abd				
Tend to disagree	(2.0)	400 20%	160 37%	53 25%	61 17%	49 15%	27 14%	21 12%	8 11%	22 9%	189 17%	51 10%	127 26%	131 23%	106 15%	33 15%	169 20%	164 21%	56 19%
			bcdefghij	cdefghij	hj					hj	hj	cd	cd	cd					
Strongly disagree	(1.0)	170 8%	94 22%	10 5%	25 7%	12 4%	9 5%	8 5%	3 4%	7 3%	57 5%	19 4%	48 10%	55 10%	43 6%	22 10%	67 8%	71 9%	26 9%
			bcdefghij		hj								c	c					
Don't know		132 7%	56 13%	18 8%	21 6%	16 5%	3 1%	7 4%	2 3%	10 4%	57 5%	19 4%	36 7%	35 6%	33 5%	7 3%	44 5%	43 5%	25 9%
			cdefghij	ej	e						e	e	d	e					
NET: Agree		1307 65%	123 28%	133 62%	245 70%	257 77%	150 79%	136 79%	62 82%	201 83%	784 72%	400 82%	276 57%	350 61%	505 73%	153 71%	561 67%	506 65%	187 64%
				a	a	abc	abci	abci	abc	abci	ab	abci			ab	ab			
NET: Disagree		569 28%	253 59%	63 29%	85 24%	62 18%	36 19%	29 17%	11 15%	30 12%	246 23%	70 14%	176 36%	186 33%	150 22%	55 25%	236 28%	235 30%	82 28%
			bcdefghij	defghij	fhj	h					hj		cd	c					
Base for stats	1877	376	196	330	319	186	165	74	231	1031	470	452	537	655	208	797	741	269	
Mean Score	2.83	2.12	2.81	2.89	3.01	3.05	3.13	3.04	3.24	2.94	3.17	2.69	2.74	2.95	2.99	2.85	2.80	2.86	
			a	a	ab	abc	abci	ab	abcdegi	ab	abcdi			ab	ab				
Standard Deviation	.880	.831	.794	.838	.743	.801	.810	.731	.758	.798	.774	.892	.880	.821	.968	.867	.883	.914	
Standard Error	.020	.043	.056	.046	.042	.059	.063	.084	.050	.025	.036	.042	.038	.033	.067	.032	.032	.054	
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	427 21%	193 35% bc	139 17%	88 15%	204 25%	133 21%
Tend to agree (3.0)	881 44%	266 48% b	343 41%	264 45%	380 46%	264 41%
Tend to disagree (2.0)	400 20%	64 11%	185 22% a	142 24% a	147 18%	146 23% a
Strongly disagree (1.0)	170 8%	22 4%	88 11% a	58 10% a	54 7%	52 8%
Don't know	132 7%	13 2%	72 9% a	36 6% a	35 4%	46 7% a
NET: Agree	1307 65%	459 82% bc	483 58%	352 60%	584 71% b	397 62%
NET: Disagree	569 28%	85 15%	273 33% a	200 34% a	201 24%	198 31% a
Base for stats	1877	544	756	552	785	595
Mean Score	2.83	3.16 bc	2.71	2.69	2.94 b	2.80
Standard Deviation	.880	.779	.900	.863	.847	.883
Standard Error	.020	.033	.033	.037	.030	.036
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	411 20%	191 20%	218 21%	160 26% c	158 24% c	93 13%	14 15%	62 23%	39 20%	45 21%	39 22%	37 16%	76 24% af	60 18%	40 20%
Tend to agree (3.0)	827 41%	403 41%	420 41%	237 39%	270 41%	320 43%	46 47%	97 37%	76 39%	83 39%	71 41%	96 43%	133 43%	137 42%	86 42%
Tend to disagree (2.0)	459 23%	244 25% b	212 21%	128 21%	136 21%	195 26% ab	22 23%	74 28% g	44 22%	47 22%	36 20%	57 26%	58 19%	74 23%	48 23%
Strongly disagree (1.0)	186 9%	86 9%	98 10%	38 6%	60 9%	88 12% a	10 10%	17 6%	30 15% bgi	23 11%	17 10%	19 9%	22 7%	33 10%	15 7%
Don't know	127 6%	54 6%	70 7%	44 7%	35 5%	48 6%	5 5%	13 5%	9 4%	14 7%	11 6%	13 6%	23 7%	23 7%	16 8%
NET: Agree	1238 62%	594 61%	639 63%	397 65% c	429 65% c	412 56%	61 62%	159 61%	115 58%	128 60%	110 64%	132 60%	209 67% c	197 60%	126 62%
NET: Disagree	645 32%	330 34%	310 30%	166 27%	196 30%	282 38% ab	32 33%	90 34% g	73 37% g	70 33%	52 30%	77 35% g	81 26%	107 33%	63 31%
Base for stats	1882	924	948	563	625	694	93	249	188	198	163	209	289	304	189
Mean Score	2.78	2.76	2.80	2.92 c	2.84 c	2.60	2.70	2.82	2.66	2.76	2.82	2.72	2.91 acfh	2.74	2.80
Standard Deviation	.899	.886	.909	.882	.913	.872	.861	.885	.977	.935	.917	.862	.875	.899	.867
Standard Error	.021	.029	.030	.036	.036	.034	.086	.053	.070	.066	.070	.066	.050	.053	.068
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	411	41	112	98	40	45	76	251	160	324	13	33	19	4	5	75
		20%	26%	23%	22%	17%	21%	16%	23%	17%	19%	27%	25%	24%	22%	62%	26%
			dfh	fh	fh			dfh								a	
Tend to agree	(3.0)	827	62	207	179	108	82	187	449	377	696	22	62	31	7	-	121
		41%	39%	43%	40%	47%	39%	39%	41%	41%	41%	45%	46%	38%	35%	-	42%
					f												
Tend to disagree	(2.0)	459	32	110	110	51	45	110	252	207	393	11	28	17	4	1	61
		23%	20%	23%	25%	22%	21%	23%	23%	22%	23%	24%	21%	21%	20%	11%	21%
Strongly disagree	(1.0)	186	14	32	34	19	17	71	79	107	167	2	4	9	2	1	17
		9%	9%	7%	8%	8%	8%	15%	7%	12%	10%	4%	3%	11%	8%	13%	6%
							bcdeg		bcg	cg				c			
Don't know		127	9	23	23	13	21	38	55	72	101	-	6	5	3	1	15
		6%	6%	5%	5%	6%	10%	8%	5%	8%	6%	-	5%	6%	15%	14%	5%
						bcg	bg	bg									
NET: Agree	1238	104	319	277	147	127	263	700	538	1020	34	95	50	11	5	195	
	62%	65%	66%	62%	64%	60%	55%	64%	58%	61%	72%	71%	63%	57%	62%	68%	
		f	fh	f	f			fh		a			a			a	
NET: Disagree	645	46	141	144	70	62	181	331	313	560	13	32	25	5	2	78	
	32%	29%	29%	32%	30%	29%	38%	31%	34%	33%	28%	24%	31%	28%	24%	27%	
						beg				cg							
Base for stats	1882	150	461	421	217	189	444	1032	851	1581	48	127	75	16	7	273	
Mean Score	2.78	2.87	2.87	2.81	2.78	2.82	2.60	2.85	2.70	2.75	2.95	2.98	2.81	2.84	3.28	2.93	
		fh	fh	fh	f	f		fh		a			a			a	
Standard Deviation	.899	.924	.860	.883	.844	.898	.949	.879	.917	.901	.824	.784	.953	.951	1.277	.861	
Standard Error	.021	.076	.041	.043	.056	.063	.045	.028	.031	.023	.113	.068	.109	.224	.483	.051	
Error variance	*	.01	*	*	*	*	*	*	*	*	.01	*	.01	.05	.23	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	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	
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																	
Unweighted Total	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205	
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	411	231	77	80	157	17	32	151	57	13	13	28	23	28	50	49
		20%	19%	21%	27%	24%	21%	26%	23%	25%	26%	22%	23%	22%	14%	12%	24%
				a	a		j	ij	ij	ij	j	ij	j			ij	
Tend to agree	(3.0)	827	501	173	122	295	37	44	275	108	14	23	43	35	80	167	81
		41%	40%	47%	41%	44%	46%	36%	43%	46%	28%	39%	36%	34%	41%	41%	40%
				a			e	e	e	eh							
Tend to disagree	(2.0)	459	307	73	61	134	12	25	148	47	16	22	22	46	104	37	
		23%	25%	20%	20%	20%	15%	20%	23%	20%	31%	28%	19%	23%	26%	18%	
			d							a					k		
Strongly disagree	(1.0)	186	134	23	21	44	8	13	35	11	4	4	17	10	27	56	21
		9%	11%	6%	7%	7%	10%	11%	6%	5%	9%	6%	14%	9%	14%	14%	11%
			bd					cd				cd	cd	cd	cd	cd	cd
Don't know		127	71	18	17	36	5	8	32	10	4	3	9	15	14	28	13
		6%	6%	5%	6%	5%	6%	7%	5%	4%	7%	5%	8%	14%	7%	7%	7%
													cdjk				
NET: Agree		1238	731	250	202	452	54	75	425	166	27	35	71	58	108	218	129
		62%	59%	69%	67%	68%	68%	62%	66%	71%	53%	61%	59%	56%	56%	54%	64%
				a	a	a	j	hij	eghij							j	
NET: Disagree		645	441	96	82	178	20	38	184	58	20	20	39	32	73	160	58
		32%	35%	26%	27%	27%	26%	31%	29%	25%	39%	34%	33%	30%	37%	40%	29%
			bcd							d				cd	acd	cd	
Base for stats		1882	1173	346	284	630	74	114	609	224	47	55	110	90	181	378	188
Mean Score		2.78	2.71	2.88	2.92	2.90	2.85	2.83	2.89	2.95	2.76	2.81	2.74	2.80	2.60	2.56	2.83
				a	a	a	j	ij	ij	gij			j				ij
Standard Deviation		.899	.911	.830	.886	.855	.903	.971	.844	.813	.972	.869	1.008	.947	.924	.901	.943
Standard Error		.021	.026	.049	.057	.037	.106	.089	.034	.055	.143	.116	.092	.095	.068	.049	.068
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	411 20%	125 24%	96 26%	26 20%	7 22%	123 24%	132 24%	119 22%	81 30% acf	37 20%	15 30%	117 26%	135 23%	50 15%	213 19%	128 26% abe	21 23%	362 21% a
Tend to agree (3.0)	827 41%	219 42%	158 43%	57 42%	12 39%	215 43%	231 42%	247 45%	104 39%	76 41%	18 36%	180 40%	265 44%	133 41%	463 42%	194 40%	37 41%	694 41%
Tend to disagree (2.0)	459 23%	115 22%	81 22%	35 26%	11 35%	116 23%	126 23%	119 22%	63 23%	48 26%	12 24%	110 24%	132 22%	71 22%	271 24%	98 20%	20 21%	388 23%
Strongly disagree (1.0)	186 9%	33 6%	23 6%	10 7%	- -	32 6%	33 6%	34 6%	13 5%	16 9%	3 7%	30 7%	37 6%	47 15% bce	95 9%	35 7%	8 9%	139 8%
Don't know	127 6%	25 5%	12 3%	7 5%	2 5%	18 4%	27 5%	27 5%	6 2%	9 5%	2 3%	15 3%	28 5%	23 7%	64 6%	34 7%	6 6%	104 6%
NET: Agree	1238 62%	345 67%	254 69%	84 62%	19 60%	338 67%	363 66%	366 67%	185 69%	113 61%	34 66%	298 66%	400 67%	182 56%	675 61%	322 66% a	58 63%	1056 63% a
NET: Disagree	645 32%	148 29%	103 28%	44 33%	11 35%	148 29%	159 29%	153 28%	76 29%	64 34%	16 30%	140 31%	169 28%	118 36% c	366 33% c	133 27%	28 30%	527 31%
Base for stats	1882	493	358	128	29	486	522	519	261	177	49	438	568	300	1041	455	86	1582
Mean Score	2.78	2.89	2.92	2.79	2.86	2.88	2.89	2.87	2.97 c	2.76	2.93	2.88	2.87	2.62	2.76 a	2.91 abe	2.82	2.81 a
Standard Deviation	.899	.862	.862	.858	.771	.862	.856	.839	.870	.888	.920	.882	.846	.940	.880	.894	.913	.888
Standard Error	.021	.039	.046	.075	.136	.039	.037	.036	.054	.068	.125	.043	.035	.053	.027	.043	.100	.022
Error variance	*	*	*	.01	.02	*	*	*	*	*	.02	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	411	269	76	53	15	270	126	15	332	79	344	60
		20%	21%	27%	15%	21%	21%	20%	20%	21%	19%	21%	18%
				bde			b	b					
Tend to agree	(3.0)	827	540	109	143	22	564	246	27	661	165	687	133
		41%	42%	39%	39%	31%	43%	39%	35%	41%	40%	42%	40%
							c						
Tend to disagree	(2.0)	459	302	49	99	27	291	159	15	369	89	369	86
		23%	23%	17%	27%	37%	22%	25%	19%	23%	22%	22%	26%
					a	adef		a					
Strongly disagree	(1.0)	186	107	29	57	4	109	73	15	138	47	150	34
		9%	8%	10%	15%	6%	8%	11%	20%	9%	12%	9%	10%
					cd			d	acde				
Don't know		127	78	19	15	4	77	34	5	99	27	94	23
		6%	6%	7%	4%	6%	6%	5%	7%	6%	7%	6%	7%
NET: Agree		1238	809	184	197	38	835	372	43	993	244	1031	193
		62%	62%	66%	53%	51%	64%	58%	55%	62%	60%	63%	57%
				bce			bce						
NET: Disagree		645	409	78	156	31	400	232	30	508	137	519	120
		32%	32%	28%	42%	43%	30%	36%	39%	32%	33%	32%	36%
					ad	ad		ad					
Base for stats		1882	1218	262	353	69	1235	604	73	1501	381	1550	312
Mean Score		2.78	2.80	2.88	2.55	2.70	2.81	2.70	2.59	2.79	2.73	2.79	2.70
				bef			bef	b					
Standard Deviation		.899	.883	.952	.935	.888	.878	.931	1.050	.890	.931	.897	.900
Standard Error		.021	.025	.057	.050	.106	.025	.038	.119	.023	.048	.023	.049
Error variance		*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high	
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	
Significance Level: 95%																			
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318	
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	411	18	25	69	84	45	53	26	90	224	170	92	113	129	68	158	166	68
	20%	4%	12%	20%	25%	24%	31%	34%	37%	21%	35%	19%	20%	19%	31%	19%	21%	23%	
			a	ab	ab	ab	abci	abci	abcdei	ab	abcdei			abc					
Tend to agree	(3.0)	827	101	110	168	156	97	70	34	90	530	195	188	217	333	79	367	323	107
	41%	23%	51%	48%	47%	51%	41%	45%	37%	49%	40%	39%	38%	48%	37%	44%	41%	36%	
			afhj	ahj	ah	afhj	a	a	a	ahj	a			abd		c			
Tend to disagree	(2.0)	459	168	57	70	63	25	29	13	33	216	75	128	144	147	36	194	175	77
	23%	39%	27%	20%	19%	13%	17%	17%	13%	20%	15%	26%	25%	21%	17%	23%	22%	26%	
		bcdefghij	defhij	h						ehj		d	d						
Strongly disagree	(1.0)	186	93	10	26	19	13	9	1	16	67	26	54	60	44	26	75	78	27
	9%	21%	4%	7%	6%	7%	5%	1%	7%	6%	5%	11%	11%	6%	12%	9%	10%	9%	
		bcdefghij		g	g							c	c		c				
Don't know		127	52	13	16	13	8	10	2	12	51	24	26	37	34	7	48	41	16
	6%	12%	6%	5%	4%	4%	6%	3%	5%	5%	5%	5%	5%	7%	5%	3%	6%	5%	5%
		bcdefghij																	
NET: Agree		1238	119	134	238	240	142	124	60	181	754	365	280	330	462	146	525	489	174
	62%	28%	63%	68%	72%	75%	72%	79%	75%	69%	75%	57%	58%	67%	68%	62%	62%	59%	
			a	a	ab	ab	a	abc	ab	a	abci			ab	ab				
NET: Disagree		645	261	67	97	82	38	38	14	49	283	101	181	204	191	62	268	254	103
	32%	60%	31%	28%	24%	20%	22%	18%	20%	26%	21%	37%	36%	28%	29%	32%	32%	35%	
		bcdefghij	eghj	hj						j		cd	c						
Base for stats		1882	380	201	334	322	180	162	74	229	1037	465	462	534	653	208	793	742	278
Mean Score	2.78	2.12	2.74	2.84	2.95	2.97	3.04	3.16	3.11	2.88	3.09	2.69	2.72	2.84	2.90	2.77	2.78	2.78	
			a	a	ab	ab	abci	abci	abcdi	ab	abcdi			ab	ab				
Standard Deviation	.899	.829	.732	.842	.830	.827	.858	.741	.899	.818	.861	.920	.924	.817	.996	.875	.912	.926	
Standard Error	.021	.043	.051	.046	.046	.061	.067	.086	.060	.025	.040	.042	.040	.032	.069	.032	.033	.053	
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	411 20%	185 33% bc	132 16%	86 15%	209 26% b	131 21%
Tend to agree (3.0)	827 41%	250 45%	330 40%	244 41%	350 43%	251 39%
Tend to disagree (2.0)	459 23%	72 13%	215 26% a	164 28% a	166 20%	161 25% a
Strongly disagree (1.0)	186 9%	29 5%	93 11% a	61 10% a	57 7%	49 8%
Don't know	127 6%	21 4%	60 7% a	34 6%	37 5%	48 7% a
NET: Agree	1238 62%	436 78% bc	461 56%	329 56%	559 68% b	382 60%
NET: Disagree	645 32%	101 18%	307 37% a	225 38% a	223 27%	211 33% a
Base for stats	1882	537	769	554	782	593
Mean Score	2.78	3.10 bc	2.65	2.64	2.91 b	2.78
Standard Deviation	.899	.828	.901	.872	.873	.883
Standard Error	.021	.036	.033	.037	.031	.036
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q9.11. I am worried about exercising close to other people: 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	540 27%	227 23%	309 30% a	127 21%	165 25%	248 33% ab	28 29%	71 27%	50 25%	60 28%	54 31% i	55 25%	84 27%	96 29% i	42 21%
Tend to agree (3.0)	791 39%	390 40%	399 39%	229 38%	269 41%	293 39%	34 35%	94 36%	78 40%	75 35%	61 35%	93 42%	133 42%	127 39%	95 46% bde
Tend to disagree (2.0)	369 18%	201 21% b	165 16%	146 24% bc	121 18% c	102 14%	23 24%	50 19%	31 16%	48 23% h	29 17%	38 17%	57 18%	50 15%	41 20%
Strongly disagree (1.0)	199 10%	106 11%	92 9%	61 10%	71 11%	67 9%	8 9%	36 14% dg	29 15% dgi	17 8%	18 10%	20 9%	20 6%	34 10%	16 8%
Don't know	111 6%	55 6%	53 5%	45 7% c	34 5%	32 4%	4 4%	12 5%	9 4%	12 6%	11 6%	14 7%	19 6%	19 6%	10 5%
NET: Agree	1331 66%	617 63%	708 70% a	356 59%	434 66% a	541 73% ab	62 64%	165 63%	128 65%	135 63%	115 66%	149 67%	217 69%	223 68%	137 67%
NET: Disagree	567 28%	307 31% b	257 25%	207 34% c	192 29% c	169 23%	31 32%	85 33% g	60 31%	66 31%	48 27%	58 26%	77 25%	84 26%	57 28%
Base for stats	1898	924	965	563	626	710	94	250	188	200	163	207	294	308	195
Mean Score	2.88	2.80	2.96 a	2.75	2.84	3.02 ab	2.88	2.80	2.79	2.89	2.93	2.89	2.95 bc	2.93	2.84
Standard Deviation	.940	.940	.933 a	.926	.943	.933 ab	.947	1.007	1.008	.934	.980	.913	.869 bc	.956	.859
Standard Error	.022	.031	.030 a	.038	.037	.036 ab	.095	.060	.072	.066	.075	.070	.049 bc	.056	.066
Error variance	*	*	*	*	*	*	.01	*	.01	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q9.11. I am worried about exercising close to other people: 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	540 27%	130 27%	111 25%	52 23%	36 17%	158 33%	294 27%	246 27%	462 27%	12 26%	31 23%	17 21%	6 32%	3 36%	69 24%	
		cde	e	e			cdegh	e	e								
Tend to agree	(3.0)	791 39%	191 39%	191 43%	91 39%	104 49%	170 35%	427 39%	364 39%	674 40%	13 28%	62 47%	26 32%	7 38%	1 17%	110 38%	
			a	af	a	abdfgh		a	a			bd					
Tend to disagree	(2.0)	369 18%	97 20%	80 18%	54 23%	41 19%	63 13%	210 19%	158 17%	308 18%	8 17%	21 16%	20 25%	3 16%	1 14%	53 18%	
		f	f	f	fh	f		f	f								
Strongly disagree	(1.0)	199 10%	43 9%	39 9%	16 7%	21 10%	57 12%	104 10%	95 10%	159 9%	12 26%	9 7%	11 13%	2 9%	2 24%	35 12%	
		d					d				acg						
Don't know		111 6%	22 5%	24 5%	17 7%	9 4%	34 7%	51 5%	60 6%	80 5%	2 4%	10 8%	7 9%	1 4%	1 9%	21 7%	
NET: Agree		1331 66%	321 66%	302 68%	143 62%	140 66%	327 68%	721 66%	610 66%	1135 67%	26 54%	93 70%	43 53%	14 70%	4 52%	179 62%	
										bd		bd					
NET: Disagree		567 28%	141 29%	119 27%	70 30%	62 29%	121 25%	314 29%	253 27%	467 28%	20 43%	30 22%	31 38%	5 25%	3 38%	88 31%	
			f								ac		ac				
Base for stats	1898	153	461	421	213	202	448	1035	863	1602	46	122	73	19	7	267	
Mean Score	2.88	2.84	2.88	2.89	2.84	2.77	2.95	2.88	2.88	2.90	2.56	2.94	2.67	2.98	2.70	2.80	
							e			bd		bd					
Standard Deviation	.940	1.057	.926	.901	.885	.865	1.003	.936	.946	.931	1.162	.845	.992	.973	1.339	.974	
Standard Error	.022	.086	.044	.044	.059	.059	.048	.029	.032	.023	.163	.074	.115	.218	.506	.058	
Error variance	*	.01	*	*	*	*	*	*	*	*	.03	.01	.01	.05	.26	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q9.11. I am worried about exercising close to other people: 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205	
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	540	363	78	78	156	24	35	157	45	11	20	35	16	65	133	59
		27%	29%	21%	26%	23%	30%	29%	25%	19%	21%	34%	29%	15%	33%	33%	29%
			bd				dh	dh	h			dh	dh		cdh	cdh	dh
Tend to agree	(3.0)	791	488	156	114	270	28	51	267	100	17	25	40	40	61	159	80
		39%	39%	43%	38%	41%	36%	42%	42%	43%	33%	44%	34%	38%	32%	39%	40%
								i	i								
Tend to disagree	(2.0)	369	205	78	67	145	16	20	128	60	13	6	20	20	32	53	36
		18%	16%	21%	22%	22%	21%	16%	20%	26%	25%	11%	17%	19%	17%	13%	18%
				a	a	a			j	bfij	j						
Strongly disagree	(1.0)	199	124	38	28	66	5	9	60	20	8	2	15	13	23	44	14
		10%	10%	10%	9%	10%	7%	7%	9%	8%	15%	4%	12%	13%	12%	11%	7%
									f								
Don't know		111	64	15	14	29	5	7	28	10	3	4	9	15	13	16	12
		6%	5%	4%	5%	4%	6%	6%	4%	4%	6%	8%	8%	15%	7%	4%	6%
														bcdijk			
NET: Agree		1331	851	234	192	426	53	86	425	145	28	45	75	56	126	292	139
		66%	68%	64%	64%	64%	66%	71%	66%	62%	54%	78%	63%	54%	65%	72%	69%
								eh	h		degh				deh	h	
NET: Disagree		567	329	116	95	211	22	29	188	79	20	8	35	33	55	97	50
		28%	26%	32%	32%	32%	27%	24%	29%	34%	40%	15%	29%	32%	28%	24%	25%
					a			f	bfjk	bfjk	bfjk	f	f	f	f		
Base for stats		1898	1180	349	287	637	74	115	613	224	48	53	110	90	182	389	189
Mean Score		2.88	2.92	2.78	2.84	2.81	2.97	2.98	2.85	2.76	2.64	3.16	2.87	2.66	2.92	2.98	2.97
			bd				h	deh			cdeh			h	cdeh	deh	
Standard Deviation		.940	.947	.914	.934	.923	.915	.894	.914	.872	1.012	.805	1.010	.945	1.021	.965	.900
Standard Error		.022	.027	.054	.060	.040	.107	.082	.037	.059	.148	.110	.092	.095	.075	.051	.065
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q9.11. I am worried about exercising close to other people: 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree (4.0)	540 27%	123 24%	88 24%	35 26%	8 27%	123 24%	131 24%	113 21%	74 28% af	51 27%	14 27%	125 28% af	127 21%	117 36% bcde	286 26%	120 25%	18 20%	424 25%	
Tend to agree (3.0)	791 39%	211 41%	168 45%	55 41%	10 34%	223 44%	221 40%	249 46% c	110 41%	69 37%	17 34%	179 40%	266 45%	96 30%	479 43% ac	183 37% a	33 36%	695 41% a	
Tend to disagree (2.0)	369 18%	113 22%	65 18%	33 25%	7 22%	98 19%	120 22%	118 22%	50 19%	33 18%	16 31% bce	83 18%	134 22%	53 17%	185 17%	109 22% ab	21 23%	315 19%	
Strongly disagree (1.0)	199 10%	50 10%	36 10%	8 6%	2 5%	44 9%	52 9%	45 8%	25 9%	23 12%	2 4%	48 11%	47 8%	39 12%	102 9%	48 10%	10 11%	160 9%	
Don't know	111 6%	21 4%	12 3%	3 2%	4 12% abcef	15 3%	25 5%	21 4%	8 3%	10 5%	2 5%	18 4%	24 4%	18 6%	54 5%	29 6%	10 11% be	92 5%	
NET: Agree	1331 66%	333 64%	256 69%	91 67%	19 61%	347 69%	352 64%	362 66%	184 69%	120 65%	31 61%	304 67%	393 66%	212 66%	764 69% cd	303 62%	51 56%	1119 66% d	
NET: Disagree	567 28%	163 32%	101 27%	41 30%	8 27%	142 28%	172 31%	163 30%	75 28%	56 30%	18 34%	131 29%	180 30%	93 29%	287 26%	157 32% b	31 34%	475 28%	
Base for stats	1898	496	357	132	27	489	524	525	259	176	49	435	573	305	1051	461	82	1594	
Mean Score	2.88	2.82	2.86	2.90	2.94	2.87	2.82	2.82	2.90	2.84	2.89	2.88	2.83	2.95	2.90	2.82	2.72	2.87	
Standard Deviation	.940	.921	.904	.866	.900	.894	.919	.866	.925	.989	.876	.951	.866	1.035	.909	.939	.949	.921	
Standard Error	.022	.041	.048	.075	.164	.040	.040	.037	.058	.076	.120	.046	.036	.058	.028	.045	.106	.023	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.01	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q9.11. I am worried about exercising close to other people: 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0) 540 27%	94 28%	318 25%	88 31% d	142 39% ad	23 31%	314 24%	210 33% d	37 47% acde	443 28%	97 24%	453 28%	82 24%
Tend to agree	(3.0) 791 39%	137 41%	538 42%	96 34% f	117 32%	23 32%	557 42% abef	217 34% f	18 23%	630 39%	160 39%	657 40%	128 38%
Tend to disagree	(2.0) 369 18%	65 19%	242 19%	49 17%	55 15%	19 26% b	252 19%	110 17%	12 15%	286 18%	83 20%	295 18%	69 21%
Strongly disagree	(1.0) 199 10%	21 6%	136 11% a	35 12%	36 10%	3 5%	126 10%	67 10%	8 10%	159 10%	40 10%	163 10%	33 10%
Don't know	111 6%	16 5%	61 5%	15 5%	18 5%	5 6%	63 5%	33 5%	4 5%	83 5%	28 7%	76 5%	22 7%
NET: Agree	1331 66%	231 69%	857 66%	183 65%	259 70%	46 63%	871 66%	428 67%	54 70%	1073 67%	258 63%	1109 67%	210 63%
NET: Disagree	567 28%	86 26%	378 29%	83 30%	91 25%	23 31%	378 29%	177 28%	19 25%	444 28%	123 30%	459 28%	103 31%
Base for stats	1898	317	1235	267	350	69	1249	604	74	1518	381	1568	313
Mean Score	2.88	2.96 b	2.84	2.88	3.04 ad	2.96	2.85	2.95 d	3.13 d	2.89	2.83	2.89	2.83
Standard Deviation	.940	.877	.933	1.012	.988	.907	.913	.985	1.034	.942	.932	.939	.939
Standard Error	.022	.050	.027	.060	.053	.109	.026	.040	.116	.024	.049	.024	.051
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q9.11. I am worried about exercising close to other people: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high	
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	
Significance Level: 95%																			
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318	
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	540	126	47	93	83	45	47	21	78	269	145	163	140	164	66	243	214	71
		27%	29%	22%	26%	25%	24%	27%	27%	32%	25%	30%	33%	25%	24%	31%	29%	27%	24%
										bi	bi		bc		c				
Tend to agree	(3.0)	791	126	94	145	140	81	70	37	98	460	204	169	210	325	76	348	306	111
		39%	29%	44%	41%	42%	43%	41%	48%	40%	42%	42%	35%	37%	47%	35%	41%	39%	38%
				a	a	a	a	a	a	a	a				abd				
Tend to disagree	(2.0)	369	84	44	69	63	36	29	11	32	212	72	79	115	127	43	148	148	57
		18%	19%	21%	20%	19%	17%	15%	13%	19%	15%	16%	20%	18%	20%	18%	19%	20%	
			h	h	h					hj									
Strongly disagree	(1.0)	199	55	13	30	30	22	18	7	24	95	49	52	69	53	21	72	75	39
		10%	13%	6%	8%	9%	12%	10%	9%	10%	9%	10%	11%	12%	8%	10%	9%	10%	13%
			bi		b									c				a	
Don't know		111	40	16	14	18	4	8	1	10	52	19	25	37	18	9	30	40	15
		6%	9%	7%	4%	5%	2%	5%	1%	4%	5%	4%	5%	6%	3%	4%	4%	5%	5%
			cdeghij	egj									c	c					
NET: Agree		1331	253	141	238	223	127	117	57	175	729	349	332	350	489	142	591	520	182
		66%	58%	66%	68%	67%	67%	68%	75%	73%	67%	71%	68%	61%	71%	66%	70%	66%	62%
					a	a	a	a	a	a	a	a	b		b		c		
NET: Disagree		567	139	57	99	93	58	47	18	56	307	121	132	184	180	64	220	223	97
		28%	32%	27%	28%	28%	31%	27%	24%	23%	28%	25%	27%	32%	26%	30%	26%	28%	33%
			hj											c				a	
Base for stats		1898	392	198	337	317	184	164	75	231	1036	470	463	534	669	206	811	744	279
Mean Score		2.88	2.83	2.89	2.89	2.87	2.81	2.89	2.95	2.99	2.87	2.95	2.95	2.79	2.90	2.91	2.94	2.89	2.77
										a			b		b		c		
Standard Deviation		.940	1.036	.844	.907	.912	.943	.947	.891	.944	.903	.936	.988	.976	.861	.966	.913	.938	.986
Standard Error		.022	.053	.059	.050	.051	.069	.074	.102	.062	.028	.043	.046	.042	.034	.067	.033	.034	.057
Error variance		*	*	*	*	*	.01	.01	*	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q9.11. I am worried about exercising close to other people: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	540 27%	158 28%	183 22%	191 32%	223 27%	134 21%
		b	b	b	b	
Tend to agree (3.0)	791 39%	238 43%	330 40%	219 37%	339 41%	252 39%
Tend to disagree (2.0)	369 18%	101 18%	163 20%	95 16%	146 18%	145 23%
					a	
Strongly disagree (1.0)	199 10%	50 9%	89 11%	56 10%	74 9%	69 11%
Don't know	111 6%	9 2%	63 8%	27 5%	36 4%	40 6%
			ac	a		
NET: Agree	1331 66%	396 71%	513 62%	410 70%	563 69%	386 60%
		b	b	b	b	
NET: Disagree	567 28%	152 27%	253 30%	151 26%	221 27%	214 33%
			c		a	
Base for stats	1898	548	765	561	783	600
Mean Score	2.88	2.92	2.79	2.97	2.91	2.75
		b	b	b	b	
Standard Deviation	.940	.914	.937	.954	.919	.930
Standard Error	.022	.039	.034	.040	.033	.038
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q9.12. I feel safer exercising at home than in public places: 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	496 25%	215 22%	277 27% a	161 27%	166 25%	168 23%	22 22%	61 23%	50 25%	46 21%	52 30%	53 24%	94 30% dhi	74 23%	44 21%
Tend to agree (3.0)	812 40%	387 40%	423 42%	251 41%	274 42%	287 39%	49 50% bg	99 38%	81 41%	84 39%	69 40%	91 41%	121 39%	131 40%	87 43%
Tend to disagree (2.0)	406 20%	220 22% b	184 18%	113 19%	125 19%	169 23%	16 16%	62 24% c	32 16%	41 19%	31 18%	47 21%	58 19%	79 24% c	41 20%
Strongly disagree (1.0)	155 8%	87 9% b	67 7%	40 7%	56 8%	59 8%	3 3%	20 8%	23 12% af	21 10% a	11 6%	11 5%	23 7%	28 8%	15 7%
Don't know	139 7%	70 7%	68 7%	42 7%	39 6%	59 8%	8 8%	20 8%	12 6%	21 10% h	11 6%	19 9%	17 5%	15 5%	17 8%
NET: Agree	1308 65%	602 62% a	700 69% a	412 68% c	441 67% c	455 61%	71 73% bd	160 61%	130 66%	130 61%	121 70%	144 65%	215 69% b	205 63%	131 64%
NET: Disagree	562 28%	307 31% b	251 25% b	153 25%	181 27%	228 31% a	19 20%	83 31% a	55 28%	62 29%	41 24%	58 26%	81 26%	106 33% ae	56 28%
Base for stats	1870	909	951	565	621	683	90	243	185	192	163	203	295	311	188
Mean Score	2.88	2.80	2.96 a	2.94 c	2.89	2.83	2.99	2.83	2.85	2.80	3.00 bdh	2.92	2.97 h	2.81	2.85
Standard Deviation	.895	.908	.875	.876	.904	.900	.754	.905	.959	.927	.880	.846	.908	.901	.870
Standard Error	.021	.030	.028	.036	.036	.036	.077	.055	.069	.066	.067	.066	.051	.052	.068
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q9.12. I feel safer exercising at home than in public places: 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	496	126	104	52	49	119	274	221	401	13	38	25	8	2	86
		25%	28%	26%	23%	23%	25%	25%	24%	24%	28%	29%	31%	43%	24%	30%
																a
Tend to agree	(3.0)	812	201	197	95	101	167	449	363	688	20	53	27	8	3	111
		40%	32%	42%	44%	41%	48%	35%	41%	41%	42%	40%	34%	40%	39%	39%
				af	af	afh	af									
Tend to disagree	(2.0)	406	95	87	45	40	98	223	183	350	11	26	12	3	1	52
		20%	25%	20%	20%	19%	20%	21%	20%	21%	23%	20%	14%	13%	9%	18%
Strongly disagree	(1.0)	155	34	26	19	7	53	76	79	131	2	8	8	-	2	20
		8%	11%	7%	6%	8%	3%	11%	7%	8%	3%	6%	10%	-	28%	7%
			ce	e		bceg	e	e								
Don't know		139	7	27	30	18	13	45	63	76	2	7	9	1	-	19
		7%	4%	6%	7%	8%	6%	9%	6%	8%	4%	5%	11%	4%	-	7%
							abg	g								
NET: Agree		1308	95	328	301	148	150	286	724	584	34	91	52	16	5	197
		65%	60%	68%	68%	64%	71%	59%	67%	63%	70%	69%	65%	83%	63%	69%
				f	f	afh	f									
NET: Disagree		562	57	129	113	64	47	151	299	262	12	34	19	3	3	72
		28%	36%	27%	25%	28%	22%	31%	28%	28%	26%	26%	24%	13%	37%	25%
			bceg	e												
Base for stats		1870	152	457	414	212	197	437	1023	846	46	126	71	19	8	269
Mean Score		2.88	2.81	2.92	2.91	2.85	2.98	2.81	2.90	2.86	2.86	2.98	2.96	2.97	3.31	2.98
						f										a
Standard Deviation		.895	.983	.881	.840	.894	.773	.973	.881	.912	.892	.821	.882	.979	.720	.899
Standard Error		.021	.080	.042	.041	.060	.053	.047	.028	.031	.023	.115	.077	.115	.161	.053
Error variance		*	.01	*	*	*	*	*	*	*	*	.01	.01	.01	.03	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q9.12. I feel safer exercising at home than in public places: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	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	
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k	
Significance Level: 95%																	
Unweighted Total	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205	
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Strongly agree	(4.0)	496	303	86	84	170	21	40	160	47	8	12	30	24	59	93	61
	25%	24%	24%	28%	26%	26%	33%	25%	20%	15%	21%	26%	23%	30%	23%	30%	
							dej							de		de	
Tend to agree	(3.0)	812	495	168	118	286	39	47	267	106	18	31	45	43	76	141	86
	40%	40%	46%	39%	43%	49%	39%	42%	45%	34%	54%	38%	41%	39%	35%	43%	
			a			j		j	j		begij						
Tend to disagree	(2.0)	406	261	64	65	129	9	21	126	60	17	9	21	18	28	97	31
	20%	21%	18%	21%	19%	12%	17%	20%	26%	34%	15%	17%	17%	14%	24%	15%	
									aik	abcfghik					aik		
Strongly disagree	(1.0)	155	99	29	20	49	6	8	52	9	4	1	9	8	17	42	14
	8%	8%	8%	7%	7%	8%	6%	8%	4%	8%	3%	7%	7%	9%	10%	7%	
							d							d	d		
Don't know		139	87	18	14	33	4	6	36	12	4	4	15	12	15	31	10
	7%	7%	5%	5%	5%	5%	5%	6%	5%	9%	6%	12%	12%	8%	8%	5%	
												bcdk	cdk				
NET: Agree		1308	797	253	203	456	59	87	427	153	25	43	75	67	135	235	146
	65%	64%	70%	67%	68%	75%	71%	67%	65%	49%	75%	63%	64%	69%	58%	73%	
						ej	ej	ej	e		ej			ej		ej	
NET: Disagree		562	359	93	84	177	16	29	178	69	21	10	29	25	45	139	45
	28%	29%	25%	28%	27%	20%	24%	28%	29%	42%	18%	25%	24%	23%	34%	22%	
										abcfghik					abcfghik		
Base for stats		1870	1157	346	287	633	75	116	605	222	47	54	105	93	180	374	191
Mean Score		2.88	2.87	2.90	2.93	2.91	2.98	3.03	2.89	2.86	2.62	3.00	2.93	2.91	2.99	2.76	3.01
							e	ej	j		e			ej		ej	
Standard Deviation		.895	.901	.870	.891	.879	.865	.896	.896	.790	.867	.715	.904	.887	.929	.953	.882
Standard Error		.021	.026	.051	.057	.038	.101	.081	.036	.054	.129	.096	.085	.087	.068	.052	.063
Error variance		*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q9.12. I feel safer exercising at home than in public places: 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	496 25%	125 24%	83 22%	38 28%	8 27%	121 24%	133 24%	130 24%	66 25%	46 25%	11 22%	112 25%	141 24%	81 25%	259 23%	130 26%	26 28%	414 25%
Tend to agree (3.0)	812 40%	231 45%	157 42%	52 38%	10 32%	209 41%	241 44%	242 44%	110 41%	78 42%	19 36%	188 42%	260 44%	114 35%	470 43% a	193 39%	36 39%	698 41% a
Tend to disagree (2.0)	406 20%	106 20%	83 23%	32 24%	5 16%	115 23%	110 20%	112 21%	63 24%	35 19%	13 25%	99 22%	125 21%	67 21%	219 20%	104 21%	16 17%	339 20%
Strongly disagree (1.0)	155 8%	27 5%	34 9% af	6 5%	3 9%	41 8%	30 5%	31 6%	21 8%	14 7%	4 7%	35 8%	34 6%	27 8%	85 8%	40 8%	4 4%	128 8%
Don't know	139 7%	29 6%	12 3%	6 5%	5 16% abcef	19 4%	34 6% b	31 6% b	6 2%	13 7% b	5 10% b	19 4%	36 6% b	33 10% bce	73 7%	23 5%	10 11% c	106 6%
NET: Agree	1308 65%	356 69%	240 65%	90 67%	18 59%	329 65%	374 68%	371 68%	176 66%	124 67%	30 59%	300 66%	402 67%	195 60%	728 66%	323 66%	62 68%	1113 66% a
NET: Disagree	562 28%	133 26%	117 32% af	39 29%	8 25%	156 31%	140 26%	143 26%	84 32%	49 26%	16 31%	133 29%	159 27%	95 29%	303 27%	144 29%	19 21%	467 28%
Base for stats	1870	488	357	128	26	485	514	514	261	173	46	434	560	290	1032	467	81	1580
Mean Score	2.88	2.93	2.81	2.94	2.91	2.84	2.93	2.92	2.85	2.91	2.82	2.87	2.91	2.86	2.87	2.88	3.04	2.89
Standard Deviation	.895	.831	.901	.866	.984	.893	.838	.838	.893	.886	.901	.889	.843	.933	.881	.912	.834	.888
Standard Error	.021	.037	.048	.076	.183	.041	.037	.037	.056	.069	.126	.043	.035	.053	.027	.043	.093	.022
Error variance	*	*	*	.01	.03	*	*	*	*	*	.02	*	*	*	*	*	.01	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q9.12. I feel safer exercising at home than in public places: 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
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree	(4.0)	496	310	87	105	19	300	181	26	398	98	423	68
		25%	24%	31%	29%	25%	23%	28%	33%	25%	24%	26%	20%
				d	d			d	d			b	
Tend to agree	(3.0)	812	544	102	153	23	544	253	25	659	154	669	139
		40%	42%	36%	42%	32%	41%	40%	32%	41%	38%	41%	41%
Tend to disagree	(2.0)	406	262	52	53	23	287	114	13	323	83	334	70
		20%	20%	19%	14%	31%	22%	18%	17%	20%	20%	20%	21%
						abef	be						
Strongly disagree	(1.0)	155	103	25	31	5	99	51	11	118	37	117	33
		8%	8%	9%	9%	7%	8%	8%	15%	7%	9%	7%	10%
								de					
Don't know		139	76	14	25	3	83	39	2	103	37	101	26
		7%	6%	5%	7%	4%	6%	6%	3%	6%	9%	6%	8%
NET: Agree		1308	854	189	258	42	844	433	51	1056	251	1092	206
		65%	66%	67%	70%	57%	64%	68%	66%	66%	62%	66%	62%
					cd								
NET: Disagree		562	365	78	84	28	386	165	25	441	120	451	103
		28%	28%	28%	23%	38%	29%	26%	32%	28%	29%	27%	31%
						be	b						
Base for stats	1870	317	1219	267	342	70	1230	598	76	1498	372	1543	309
Mean Score	2.88	2.93	2.87	2.94	2.97	2.79	2.85	2.94	2.87	2.89	2.84	2.91	2.78
					d			d				b	
Standard Deviation	.895	.884	.890	.950	.910	.928	.882	.911	1.056	.887	.928	.886	.910
Standard Error	.021	.050	.026	.057	.050	.110	.025	.037	.117	.023	.049	.023	.050
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q9.12. I feel safer exercising at home than in public places: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	496 25%	95 22%	41 19%	89 25%	82 25%	45 24%	44 26%	26 34% abi	73 30% abi	258 24%	143 29% abi	134 27% b	119 21%	162 24%	73 34% bc	215 26%	196 25%	67 23%
Tend to agree (3.0)	812 40%	174 40%	108 50% acd hij	147 42% h	127 38%	77 41%	70 41%	29 39%	79 33%	460 42% hj	178 37%	193 40%	227 40%	311 45% abd	72 34%	356 42%	319 41%	113 38%
Tend to disagree (2.0)	406 20%	66 15%	42 20%	70 20%	80 24% a	42 22% a	40 23% a	14 18%	52 22% a	234 21% a	106 22% a	83 17%	133 23% a	146 21%	39 18%	167 20%	159 20%	65 22%
Strongly disagree (1.0)	155 8%	39 9%	10 5%	24 7%	25 7%	18 10%	9 5%	5 6%	26 11% b	77 7%	40 8%	47 10% c	56 10% c	30 4%	21 10% c	64 8%	62 8%	23 8%
Don't know	139 7%	58 13% bcdefghij	14 6%	20 6%	20 6%	6 3%	8 5%	2 2%	12 5%	60 6%	21 4%	32 7%	36 6%	38 6%	9 4%	39 5%	48 6%	25 9% a
NET: Agree	1308 65%	269 62%	149 69%	237 67%	210 63%	123 65%	115 67%	55 73%	151 63%	718 66%	321 66%	327 67% b	346 61%	474 69% b	146 68%	571 68% c	515 66%	180 61%
NET: Disagree	562 28%	105 24%	52 24%	94 27%	105 31% a	60 32%	49 29%	19 25%	78 32% a	310 29%	146 30%	129 27%	189 33% ac	175 26%	60 28%	231 27%	221 28%	89 30%
Base for stats	1870	374	201	331	314	182	164	74	230	1028	468	456	535	649	206	802	736	268
Mean Score	2.88	2.87	2.89	2.91	2.85	2.82	2.92	3.03	2.86	2.87	2.91	2.91 b	2.77	2.93 b	2.96 b	2.90	2.88	2.83
Standard Deviation	.895	.911	.776	.875	.902	.919	.858	.901	.990	.873	.932	.937 b	.914	.809 b	.979 b	.887	.897	.903
Standard Error	.021	.048	.054	.048	.051	.068	.067	.104	.066	.027	.043	.043	.039	.032	.068	.032	.033	.053
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q9.12. I feel safer exercising at home than in public places: To what extent do you agree or disagree with each statement?

BASE: All respondents

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Strongly agree (4.0)	496 25%	181 32% bc	161 19%	146 25% b	228 28% b	130 20%
Tend to agree (3.0)	812 40%	200 36%	332 40%	274 47% ab	331 40%	281 44%
Tend to disagree (2.0)	406 20%	114 20%	191 23% c	96 16%	163 20%	128 20%
Strongly disagree (1.0)	155 8%	39 7%	73 9%	39 7%	57 7%	48 8%
Don't know	139 7%	23 4%	72 9% ac	34 6%	40 5%	53 8% a
NET: Agree	1308 65%	381 68% b	493 59%	420 71% b	559 68%	411 64%
NET: Disagree	562 28%	153 27%	264 32% c	135 23%	221 27%	176 28%
Base for stats	1870	534	757	555	780	587
Mean Score	2.88	2.98 b	2.77	2.95 b	2.94 b	2.84
Standard Deviation	.895	.921	.893	.845	.890	.862
Standard Error	.021	.040	.033	.036	.032	.036
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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)	666 100%	126 19%	266 40%	190 28%	83 13%	539 81%
A typical weekend day	666 100%	99 15%	174 26%	229 34%	164 25%	567 85%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	555	283	272	209	303	43	28	84	60	63	43	39	101	81	56
Total	666	341	324	252	354	60	32	90	70	75	52	54	118	102	74
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	126 19%	60 18%	66 20%	45 18%	67 19%	14 23%	5 15%	18 20%	13 18%	8 11%	10 20%	8 15%	32 27% d	18 18%	13 18%
Some, but less than half an hour	266 40%	146 43%	121 37%	113 45%	135 38%	18 31%	11 35%	28 31%	22 32%	35 46%	22 42%	25 46%	46 39%	42 41%	36 48% b
Between half an hour and an hour	190 28%	95 28%	95 29%	66 26%	110 31%	14 23%	11 35%	31 34% i	24 35% i	24 32%	12 23%	14 26%	32 27%	29 28%	13 18%
An hour or more	83 13%	40 12%	43 13%	28 11%	41 12%	14 24% ab	5 15%	13 15%	11 15%	8 11%	7 14%	7 12%	7 6%	13 12%	12 16% g
NET: Some	539 81%	281 82%	259 80%	207 82%	286 81%	46 77%	28 85%	72 80%	57 82%	67 89% g	41 80%	45 85%	85 73%	84 82%	61 82%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	555	53	161	123	75	83	60	337	218	438	11	51	38	4	3	107
Total	666	64	198	154	86	95	69	416	250	529	13	60	45	5	3	126
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	126	12	41	20	15	18	20	73	53	91	2	17	10	1	1	32
	19%	19%	21%	13%	17%	19%	29%	18%	21%	17%	19%	29%	22%	24%	37%	25%
							cg					a				
Some, but less than half an hour	266	22	74	77	31	37	26	173	94	205	8	24	23	1	1	56
	40%	34%	37%	50%	36%	39%	38%	41%	38%	39%	63%	39%	50%	22%	31%	45%
				bh												
Between half an hour and an hour	190	18	59	41	27	29	16	118	72	160	1	14	11	1	1	28
	28%	28%	29%	27%	32%	30%	23%	28%	29%	30%	8%	23%	25%	28%	32%	23%
An hour or more	83	12	25	16	13	11	6	53	31	73	1	5	1	1	-	9
	13%	19%	13%	10%	15%	12%	9%	13%	12%	14%	10%	9%	3%	26%	-	7%
NET: Some	539	52	157	134	71	77	48	343	196	438	10	43	35	4	2	94
	81%	81%	79%	87%	83%	81%	71%	82%	79%	83%	81%	71%	78%	76%	63%	75%
				f				f				c				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	555	-	301	254	555	28	43	238	83	17	9	29	30	71	7	71
Total	666	-	364	301	666	34	52	287	100	20	11	34	35	83	10	86
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	126	-	73	53	126	5	8	56	11	4	3	8	8	21	3	13
	19%	-	20%	18%	19%	14%	15%	20%	11%	18%	23%	25%	23%	26%	28%	15%
														d		
Some, but less than half an hour	266	-	151	115	266	16	28	109	43	6	3	8	20	31	3	44
	40%	-	42%	38%	40%	46%	54%	38%	43%	30%	29%	25%	56%	38%	27%	51%
							c									c
Between half an hour and an hour	190	-	99	90	190	10	11	87	29	8	3	15	5	21	2	21
	28%	-	27%	30%	28%	29%	21%	30%	29%	40%	23%	43%	13%	26%	17%	24%
An hour or more	83	-	41	43	83	4	5	35	17	2	3	3	2	9	3	9
	13%	-	11%	14%	13%	12%	9%	12%	17%	11%	24%	8%	7%	11%	29%	10%
NET: Some	539	-	291	248	539	29	44	231	89	16	9	25	27	62	7	73
	81%	-	80%	82%	81%	86%	85%	80%	89%	82%	77%	75%	77%	74%	72%	85%
									i							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	555	185	139	40	10	179	195	180	121	57	15	178	195	5	224	284	42	550
Total	666	222	169	47	12	217	234	216	146	69	18	215	234	6	270	339	50	660
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	126 19%	39 18%	29 17%	5 10%	3 28%	34 16%	43 18%	39 18%	26 18%	6 9%	5 25%	32 15%	43 18%	2 41%	49 18%	65 19%	10 19%	124 19%
Some, but less than half an hour	266 40%	75 34%	80 47% af	22 46%	4 29%	102 47% af	79 34%	80 37%	67 45%	26 38%	7 41%	93 43%	87 37%	1 21%	113 42%	133 39%	19 38%	265 40%
Between half an hour and an hour	190 28%	71 32%	44 26%	15 32%	4 31%	59 27%	75 32%	61 28%	44 30%	24 35%	4 20%	68 32%	64 28%	2 38%	82 31%	91 27%	14 28%	187 28%
An hour or more	83 13%	37 17%	16 9%	6 12%	1 11%	21 10%	38 16%	37 17%	9 6%	13 18%	2 14%	22 10%	39 17%	- -	25 9%	50 15%	8 15%	83 13%
NET: Some	539 81%	183 82%	140 83%	43 90%	9 72%	183 84%	192 82%	178 82%	120 82%	63 91%	13 75%	183 85%	191 82%	3 59%	221 82%	274 81%	41 81%	536 81%

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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	555	145	390	92	66	22	377	162	17	469	86	464	85
Total	666	171	472	110	80	27	452	195	21	561	105	557	101
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	126	42	81	26	12	3	87	36	5	109	17	97	28
	19%	24%	17%	23%	15%	10%	19%	18%	23%	19%	16%	17%	28% a
Some, but less than half an hour	266	75	178	40	39	12	175	82	7	231	35	225	37
	40%	44%	38%	36%	48%	44%	39%	42%	36%	41%	34%	40%	37%
Between half an hour and an hour	190	36	149	27	17	7	136	48	4	160	30	156	32
	28%	21%	32% a	25%	21%	27%	30%	25%	18%	28%	28%	28%	32%
An hour or more	83	19	63	17	12	5	54	29	5	61	23	78	4
	13%	11%	13%	16%	15%	19%	12%	15%	24%	11%	22% a	14% b	4%
NET: Some	539	129	390	84	68	24	365	159	16	452	87	460	73
	81%	76%	83%	77%	85%	90%	81%	82%	77%	81%	84%	83% b	72%

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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										Life satisfaction score				COVID-19 tiers			
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
	a	b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c	
Significance Level: 95%																		
Unweighted Total	555	86	50	103	113	60	58	23	62	326	143	128	168	194	55	206	226	104
Total	666	105	60	124	136	71	68	27	74	392	169	154	200	236	64	258	269	116
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	126 19%	36 34% defhij	16 27% dhj	27 22% dh	13 10%	12 17%	12 18%	2 8%	7 9%	69 18%	22 13%	42 27% c	44 22% c	29 12%	10 15%	51 20%	50 19%	21 18%
Some, but less than half an hour	266 40%	38 36%	27 45%	51 41%	60 44%	28 39%	24 35%	14 54%	24 33%	166 42%	63 37%	57 37%	71 36%	113 48% bd	20 31%	112 43%	101 38%	41 35%
Between half an hour and an hour	190 28%	18 18%	14 24%	31 25%	47 35% a	26 36% a	21 31%	8 30%	25 33% a	118 30% a	53 31% a	41 27%	65 33%	65 28%	17 26%	61 24%	87 32% a	37 32%
An hour or more	83 13%	12 12%	3 4%	15 12%	16 12%	6 8%	11 16% b	2 8%	19 25% abcdei	39 10%	32 19% bi	14 9%	19 10%	30 13%	18 28% abc	35 13%	30 11%	17 15%
NET: Some	539 81%	69 66%	44 73%	97 78%	123 90% abc	59 83% a	56 82% a	25 92%	67 91% abc	323 82% a	148 87% ab	112 73%	155 78%	208 88% ab	54 85%	208 80%	218 81%	95 82%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

Unweighted Total

Total

Nothing

Some, but less than half an hour

Between half an hour and an hour

An hour or more

NET: Some

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	Total	NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Unweighted Total	555	179	212	160	286	195
Total	666	214	255	192	344	234
	100%	100%	100%	100%	100%	100%
Nothing	126	30	51	45	68	36
	19%	14%	20%	24%	20%	15%
			a			
Some, but less than half an hour	266	91	99	72	142	88
	40%	42%	39%	38%	41%	38%
Between half an hour and an hour	190	62	70	57	91	78
	28%	29%	28%	30%	27%	34%
An hour or more	83	32	34	17	43	32
	13%	15%	13%	9%	12%	14%
NET: Some	539	184	204	147	276	199
	81%	86%	80%	76%	80%	85%
		c				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	555	283	272	209	303	43	28	84	60	63	43	39	101	81	56
Total	666	341	324	252	354	60	32	90	70	75	52	54	118	102	74
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	99 15%	56 16%	43 13%	46 18%	42 12%	11 18%	3 8%	12 13%	10 14%	8 11%	7 14%	11 21%	22 19%	16 16%	9 12%
Some, but less than half an hour	174 26%	92 27%	82 25%	73 29%	87 24%	14 24%	4 14%	20 22%	13 18%	19 25%	19 37%	18 33%	40 34%	24 24%	17 23%
Between half an hour and an hour	229 34%	121 36%	107 33%	83 33%	129 36%	16 28%	14 43%	35 39%	25 35%	30 40%	16 30%	10 18%	34 29%	38 38%	27 36%
An hour or more	164 25%	72 21%	92 28%	50 20%	96 27%	18 31%	12 35%	23 26%	22 32%	18 24%	10 19%	15 28%	21 18%	23 22%	21 28%
NET: Some	567 85%	286 84%	281 87%	207 82%	312 88%	49 82%	30 92%	78 87%	60 86%	67 89%	44 86%	43 79%	95 81%	85 84%	65 88%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	555	53	161	123	75	83	60	337	218	438	11	51	38	4	3	107
Total	666	64	198	154	86	95	69	416	250	529	13	60	45	5	3	126
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	99	5	31	19	12	14	18	55	44	61	4	17	13	-	-	34
	15%	7%	16%	12%	14%	14%	26%	13%	17%	12%	28%	29%	29%	-	-	27%
							acg					a	a			a
Some, but less than half an hour	174	13	48	42	19	32	20	103	71	137	3	15	9	3	1	32
	26%	21%	24%	27%	22%	33%	28%	25%	28%	26%	26%	25%	21%	74%	37%	26%
Between half an hour and an hour	229	26	62	63	36	27	14	151	77	191	4	13	15	-	1	34
	34%	42%	31%	41%	42%	28%	21%	36%	31%	36%	28%	23%	34%	-	31%	27%
		f		f	f			f								
An hour or more	164	19	57	30	18	23	17	106	58	139	2	14	7	1	1	26
	25%	31%	29%	19%	21%	24%	25%	26%	23%	26%	18%	24%	16%	26%	32%	20%
NET: Some	567	59	167	135	74	81	51	361	206	467	9	43	32	5	3	92
	85%	93%	84%	88%	86%	86%	74%	87%	83%	88%	72%	71%	71%	100%	100%	73%
		f		f				f		cdg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	555	-	301	254	555	28	43	238	83	17	9	29	30	71	7	71
Total	666	-	364	301	666	34	52	287	100	20	11	34	35	83	10	86
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	99	-	52	46	99	6	10	33	11	1	3	5	14	14	1	16
	15%	-	14%	15%	15%	19%	18%	12%	11%	6%	23%	14%	40%	17%	14%	18%
													bcdik			
Some, but less than half an hour	174	-	92	82	174	14	21	69	26	3	3	6	7	23	2	35
	26%	-	25%	27%	26%	42%	40%	24%	26%	18%	31%	18%	19%	28%	15%	41%
							c									ch
Between half an hour and an hour	229	-	138	91	229	7	14	115	35	9	4	11	11	21	1	22
	34%	-	38%	30%	34%	21%	28%	40%	35%	45%	34%	31%	31%	26%	11%	25%
								ik								
An hour or more	164	-	83	82	164	6	7	70	28	6	1	13	3	24	6	14
	25%	-	23%	27%	25%	19%	14%	24%	28%	31%	12%	37%	10%	29%	59%	16%
									h					h		
NET: Some	567	-	312	255	567	28	43	253	89	19	9	29	21	68	9	70
	85%	-	86%	85%	85%	81%	82%	88%	89%	94%	77%	86%	60%	83%	86%	82%
							h	h	h					h		h

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	555	185	139	40	10	179	195	180	121	57	15	178	195	5	224	284	42	550
Total	666	222	169	47	12	217	234	216	146	69	18	215	234	6	270	339	50	660
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	99	21	20	7	3	28	25	24	14	12	3	26	27	1	36	52	9	97
	15%	10%	12%	16%	27%	13%	11%	11%	10%	17%	18%	12%	12%	22%	13%	15%	19%	15%
Some, but less than half an hour	174	50	58	6	-	64	50	54	51	9	2	60	56	2	70	86	17	172
	26%	23%	34%	13%	-	30%	21%	25%	35%	13%	13%	28%	24%	40%	26%	25%	33%	26%
			acf			c			cf		c							
Between half an hour and an hour	229	86	55	24	7	79	94	79	52	29	10	81	88	1	111	104	13	227
	34%	39%	32%	52%	62%	37%	40%	36%	36%	41%	54%	38%	38%	20%	41%	30%	27%	34%
			b												c			
An hour or more	164	64	36	9	1	45	66	60	29	20	3	49	62	1	54	98	11	163
	25%	29%	21%	19%	11%	21%	28%	28%	20%	28%	15%	23%	27%	19%	20%	29%	22%	25%
			b												b			
NET: Some	567	201	149	40	9	189	210	192	132	57	15	189	207	4	234	287	41	563
	85%	90%	88%	84%	73%	87%	89%	89%	90%	83%	82%	88%	88%	78%	87%	85%	81%	85%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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
Significance Level: 95%	a	b	a	b	*c	d	e	*f	a	b	a	b
Unweighted Total	555	390	92	66	22	377	162	17	469	86	464	85
Total	666	472	110	80	27	452	195	21	561	105	557	101
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	99	57	15	14	4	63	30	2	82	17	75	18
	15%	12%	14%	17%	14%	14%	16%	11%	15%	16%	14%	18%
		b										
Some, but less than half an hour	174	114	31	27	7	115	55	10	156	18	143	30
	26%	24%	29%	33%	26%	25%	28%	47%	28%	17%	26%	29%
		b							b			
Between half an hour and an hour	229	169	32	20	11	160	59	2	194	35	189	39
	34%	36%	29%	25%	41%	35%	31%	11%	35%	33%	34%	39%
An hour or more	164	131	31	20	5	115	50	6	129	35	149	14
	25%	28%	28%	25%	20%	25%	26%	30%	23%	34%	27%	14%
		a							a		b	
NET: Some	567	414	94	67	23	389	164	18	479	88	482	83
	85%	88%	86%	83%	86%	86%	84%	89%	85%	84%	86%	82%
		a										

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers			
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	555	86	50	103	113	60	58	23	62	326	143	128	168	194	55	206	226	104
Total	666	105	60	124	136	71	68	27	74	392	169	154	200	236	64	258	269	116
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Nothing	99	29	11	17	12	6	11	4	8	46	23	27	31	25	9	35	45	15
	15%	28%	18%	13%	9%	9%	16%	14%	11%	12%	14%	17%	16%	11%	15%	14%	17%	13%
		cdehij																
Some, but less than half an hour	174	24	24	37	39	23	12	5	11	122	28	41	52	68	10	68	71	28
	26%	23%	40%	30%	28%	32%	18%	18%	15%	31%	17%	26%	26%	29%	16%	26%	26%	25%
			afhj	hj	j	hj				fhj								
Between half an hour and an hour	229	23	16	44	55	27	33	9	22	142	64	52	75	77	23	86	90	43
	34%	22%	26%	36%	40%	38%	49%	34%	29%	36%	38%	34%	38%	33%	36%	33%	33%	37%
				a	a	a	abh			a	a							
An hour or more	164	29	10	27	30	15	12	9	33	82	54	35	41	67	22	70	63	30
	25%	28%	16%	21%	22%	21%	17%	35%	44%	21%	32%	22%	20%	28%	34%	27%	23%	26%
									abcdefi		bfi				b			
NET: Some	567	76	49	108	124	65	57	23	66	345	146	127	168	211	55	223	224	101
	85%	72%	82%	87%	91%	91%	84%	86%	89%	88%	86%	83%	84%	89%	85%	86%	83%	87%
				a	a	a			a	a	a							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

Significance Level: 95%

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	Total	NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Unweighted Total	555	179	212	160	286	195
Total	666	214	255	192	344	234
	100%	100%	100%	100%	100%	100%
Nothing	99	28	36	33	53	31
	15%	13%	14%	17%	15%	13%
Some, but less than half an hour	174	47	79	47	91	60
	26%	22%	31%	25%	27%	26%
			a			
Between half an hour and an hour	229	82	83	64	119	87
	34%	38%	33%	33%	35%	37%
An hour or more	164	58	57	48	81	56
	25%	27%	22%	25%	23%	24%
NET: Some	567	186	219	159	291	203
	85%	87%	86%	83%	85%	87%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q10C1. Do you think the child(ren) in your household generally do more, less or the same amount of physical activity and exercise now compared to this time last year?

BASE: All those who live with children in their household

	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	555	283	272	209	303	43	28	84	60	63	43	39	101	81	56
Total	666	341	324	252	354	60	32	90	70	75	52	54	118	102	74
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	53 8%	26 8%	27 8%	26 10%	24 7%	3 5%	6 18%	11 12% h	7 10%	6 8%	4 7%	1 2%	12 10%	4 4%	3 4%
A bit more (4.0)	162 24%	81 24%	80 25%	70 28% c	86 24% c	5 9%	5 14%	17 19%	15 21%	22 29%	7 14%	17 31%	36 31% e	28 28%	16 21%
Neither more nor less (3.0)	248 37%	138 40%	111 34%	91 36%	132 37%	25 42%	11 32%	32 36%	25 36%	24 32%	24 45%	21 38%	33 28%	47 46% g	33 45% g
A bit less (2.0)	123 18%	62 18%	60 19%	41 16%	67 19%	15 25%	7 22%	16 18%	15 21%	16 21%	8 15%	11 20%	21 18%	20 20%	9 12%
A lot less (1.0)	60 9%	24 7%	35 11%	15 6%	35 10%	10 16% a	4 14%	10 11% h	7 10%	7 10%	6 12% h	1 3%	12 10% h	3 2%	9 13% h
Don't know	20 3%	10 3%	10 3%	9 3%	10 3%	1 2%	- -	4 5%	1 2%	1 1%	4 7% h	3 5% h	3 3%	- -	4 5% h
NET: More	214 32%	107 31%	107 33%	96 38% c	110 31% c	8 14%	10 32%	28 31%	22 31%	27 37%	11 21%	18 33%	48 41% ei	32 31%	18 25%
NET: Less	183 27%	87 25%	96 30%	56 22%	102 29%	25 41% a	12 36%	26 29%	22 32%	23 30%	14 26%	12 23%	33 28%	23 23%	19 25%
Base for stats	645	332	314	244	344	58	32	86	69	74	48	51	114	102	70
Mean Score	3.04	3.06	3.01	3.21 bc	2.99 c	2.61	3.00	3.03	2.99	3.04	2.89	3.11	3.13	3.10	2.90
Standard Deviation	1.067	1.019	1.117	1.045	1.065	1.036	1.291	1.170	1.126	1.103	1.062	.871	1.150	.851	1.028
Standard Error	.046	.061	.069	.074	.062	.160	.244	.131	.147	.140	.168	.143	.116	.095	.141
Error variance	*	*	*	.01	*	.03	.06	.02	.02	.02	.03	.02	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q10C1. Do you think the child(ren) in your household generally do more, less or the same amount of physical activity and exercise now compared to this time last year?

BASE: All those who live with children in their household

	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	555	53	161	123	75	83	60	337	218	438	11	51	38	4	3	107	
Total	666	64	198	154	86	95	69	416	250	529	13	60	45	5	3	126	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	53 8%	8 13%	12 6%	13 8%	4 5%	8 8%	7 9%	34 8%	19 8%	39 7%	2 19%	8 13%	1 2%	1 26%	- -	13 10%	
A bit more (4.0)	162 24%	14 23%	55 28%	38 24%	28 32%	17 17%	10 15%	107 26%	54 22%	127 24%	4 34%	15 24%	14 32%	- -	- -	33 26%	
Neither more nor less (3.0)	248 37%	23 36%	73 37%	52 34%	31 36%	44 46%	26 38%	147 35%	101 40%	202 38%	4 28%	18 30%	18 41%	- -	1 37%	41 33%	
A bit less (2.0)	123 18%	10 15%	38 19%	34 22%	17 20%	12 12%	13 18%	82 20%	41 16%	101 19%	1 11%	11 19%	6 14%	2 46%	1 31%	22 17%	
A lot less (1.0)	60 9%	5 8%	17 9%	13 8%	3 4%	12 12%	10 15%	35 8%	25 10%	48 9%	1 8%	6 10%	2 5%	1 28%	1 32%	12 9%	
Don't know	20 3%	4 6%	2 1%	5 3%	2 3%	3 4%	3 5%	11 3%	9 4%	12 2%	- -	2 4%	3 6%	- -	- -	5 4%	
NET: More	214 32%	23 36%	68 34%	51 33%	32 37%	25 26%	17 24%	141 34%	73 29%	166 31%	7 53%	22 37%	15 34%	1 26%	- -	46 36%	
NET: Less	183 27%	15 23%	56 28%	47 30%	20 24%	23 24%	23 33%	117 28%	66 26%	149 28%	2 19%	17 29%	8 18%	3 74%	2 63%	34 27%	
Base for stats	645	60	196	149	83	92	65	405	240	517	13	58	42	5	3	121	
Mean Score	3.04	3.19	3.04	3.03	3.15	2.98	2.85	3.06	3.00	3.02	3.45	3.12	3.14	2.51	2.06	3.11	
Standard Deviation	1.067	1.125	1.042	1.083	.944	1.086	1.168	1.069	1.065	1.057	1.203	1.196	.892	1.738	.987	1.125	
Standard Error	.046	.159	.083	.099	.111	.121	.155	.059	.074	.051	.363	.171	.149	.869	.570	.111	
Error variance	*	.03	.01	.01	.01	.01	.02	*	.01	*	.13	.03	.02	.76	.32	.01	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q10C1. Do you think the child(ren) in your household generally do more, less or the same amount of physical activity and exercise now compared to this time last year?

BASE: All those who live with children in their household

	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	555	-	301	254	555	28	43	238	83	17	9	29	30	71	7	71
Total	666	-	364	301	666	34	52	287	100	20	11	34	35	83	10	86
	100%	-	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	53 8%	-	26 7%	26 9%	53 8%	6 19%	5 9%	22 8%	8 8%	-	-	4 11%	2 7%	5 7%	-	11 13%
A bit more (4.0)	162 24%	-	82 22%	80 26%	162 24%	9 27%	14 26%	77 27%	27 27%	4 18%	3 25%	3 10%	9 27%	15 18%	-	23 27%
Neither more nor less (3.0)	248 37%	-	133 37%	115 38%	248 37%	11 32%	16 32%	113 39%	43 43%	9 46%	2 21%	13 38%	8 23%	27 33%	6 61%	27 32%
A bit less (2.0)	123 18%	-	76 21%	47 16%	123 18%	5 15%	11 21%	48 17%	17 17%	5 24%	3 31%	6 17%	8 22%	18 22%	1 11%	16 19%
A lot less (1.0)	60 9%	-	37 10%	23 8%	60 9%	1 3%	6 12%	22 8%	4 4%	1 6%	2 22%	6 18%	3 10%	11 14% d	3 28%	7 8%
Don't know	20 3%	-	10 3%	10 3%	20 3%	1 3%	-	5 2%	1 1%	1 6%	-	2 6%	4 11% bdck	6 7% c	-	1 1%
NET: More	214 32%	-	108 30%	106 35%	214 32%	16 46%	18 35%	99 34%	35 35%	4 18%	3 25%	7 21%	12 34%	20 25%	-	34 40%
NET: Less	183 27%	-	113 31% c	70 23%	183 27%	6 18%	17 33%	70 24%	21 21%	6 31%	6 53%	12 35%	11 32%	30 36% d	4 39%	23 27%
Base for stats	645	-	354	291	645	33	52	282	98	19	11	32	31	77	10	85
Mean Score	3.04	-	2.96	3.14	3.04	3.45	3.00	3.10	3.19	2.80	2.50	2.77	2.99	2.81	2.33	3.17
Standard Deviation	1.067	-	1.077	1.049	1.067	1.086	1.157	1.030	.944	.849	1.149	1.220	1.163	1.131	.929	1.145
Standard Error	.046	-	.063	.067	.046	.209	.176	.067	.104	.212	.383	.235	.224	.139	.351	.137
Error variance	*	-	*	*	*	.04	.03	*	.01	.05	.15	.06	.05	.02	.12	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q10C1. Do you think the child(ren) in your household generally do more, less or the same amount of physical activity and exercise now compared to this time last year?

BASE: All those who live with children in their household

	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	555	185	139	40	10	179	195	180	121	57	15	178	195	5	224	284	42	550
Total	666	222	169	47	12	217	234	216	146	69	18	215	234	6	270	339	50	660
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	53 8%	20 9%	12 7%	1 2%	1 9%	13 6%	22 9%	21 10%	7 5%	6 8%	- -	13 6%	21 9%	1 22%	20 7%	25 7%	6 12%	51 8%
A bit more (4.0)	162 24%	59 26%	52 30%	9 20%	3 21%	61 28%	61 26%	47 22%	58 40% acf	10 14%	6 34%	68 31% ac	53 23%	- -	61 22%	90 27%	11 22%	162 25%
Neither more nor less (3.0)	248 37%	81 36%	65 39%	20 43%	4 30%	86 40%	85 36%	88 41%	47 32%	33 48% b	5 26%	80 37%	93 40%	2 39%	94 35%	132 39%	19 38%	246 37%
A bit less (2.0)	123 18%	47 21%	23 14%	10 21%	3 28%	33 15%	50 21%	46 21%	21 14%	15 21%	2 11%	35 16%	48 21%	1 20%	52 19%	64 19%	6 12%	122 18%
A lot less (1.0)	60 9%	13 6%	15 9%	5 11%	1 11%	20 9%	14 6%	12 5%	12 8%	5 7%	4 21%	17 8%	16 7%	- -	36 13% c	17 5%	7 13% c	60 9% c
Don't know	20 3%	2 1%	2 1%	1 2%	- -	4 2%	2 1%	2 1%	1 1%	1 2%	1 7%	2 1%	4 2%	1 20%	7 3%	10 3%	1 3%	19 3%
NET: More	214 32%	79 36%	64 38%	10 22%	4 30%	74 34%	83 35%	68 31%	65 45% acf	15 22%	6 34%	81 37% c	74 32%	1 22%	81 30%	115 34%	17 34%	213 32%
NET: Less	183 27%	60 27%	38 22%	15 33%	5 40%	53 25%	64 27%	58 27%	33 23%	19 28%	6 32%	53 24%	64 27%	1 20%	87 32% c	82 24%	13 25%	182 28%
Base for stats	645	220	167	46	12	213	232	214	145	68	17	213	230	5	263	329	49	641
Mean Score	3.04	3.13	3.14	2.80	2.88	3.07	3.11	3.09	3.19	2.95	2.80	3.11	3.07	3.30	2.92	3.13 b	3.07	3.04
Standard Deviation	1.067	1.036	1.036	.981	1.188	1.032	1.043	1.021	1.024	.998	1.197	1.019	1.034	1.255	1.130	.987 b	1.186	1.066
Standard Error	.046	.077	.089	.157	.376	.078	.075	.077	.094	.133	.320	.077	.075	.627	.077	.060	.185	.046
Error variance	*	.01	.01	.02	.14	.01	.01	.01	.01	.02	.10	.01	.01	.39	.01	* b	.03	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q10C1. Do you think the child(ren) in your household generally do more, less or the same amount of physical activity and exercise now compared to this time last year?

BASE: All those who live with children in their household

	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	555	145	390	92	66	22	377	162	17	469	86	464	85
Total	666	171	472	110	80	27	452	195	21	561	105	557	101
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 53 8%	21 12% b	30 6%	7 7%	7 9%	5 17%	36 8%	17 9%	2 12%	45 8%	7 7%	48 9%	5 4%
A bit more	(4.0) 162 24%	59 34% b	103 22%	27 25%	20 24%	- -	117 26%	44 23%	2 12%	137 24%	25 24%	140 25%	21 21%
Neither more nor less	(3.0) 248 37%	51 30%	183 39%	29 26%	36 44% a	13 50%	168 37%	69 36%	9 42%	206 37%	43 41%	204 37%	41 41%
A bit less	(2.0) 123 18%	24 14%	95 20%	20 19%	9 11%	5 19%	87 19%	33 17%	1 7%	104 18%	19 18%	99 18%	24 23%
A lot less	(1.0) 60 9%	11 6%	48 10%	20 18% d	9 11%	4 13%	33 7%	26 13% d	6 27%	53 9%	7 7%	55 10%	5 5%
Don't know	20 3%	5 3%	12 3%	6 5%	- -	- -	12 3%	6 3%	- -	17 3%	3 3%	11 2%	6 6% a
NET: More	214 32%	80 47% b	133 28%	34 31%	27 33%	5 17%	153 34%	61 31%	5 24%	182 32%	32 31%	188 34%	26 26%
NET: Less	183 27%	35 21%	143 30% a	40 37% d	18 22%	9 32%	120 26%	59 30%	7 34%	157 28%	26 25%	154 28%	29 28%
Base for stats	645	166	460	104	80	27	441	189	21	544	101	547	96
Mean Score	3.04	3.33 b	2.94	2.82	3.08	2.89	3.08 a	2.96	2.74	3.03	3.06	3.05	2.97
Standard Deviation	1.067	1.077	1.053	1.223	1.082	1.211	1.041	1.147	1.334	1.079	1.004	1.092	.935
Standard Error	.046	.091	.054	.131	.133	.258	.054	.092	.324	.051	.110	.051	.105
Error variance	*	.01	*	.02	.02	.07	*	.01	.10	*	.01	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q10C1. Do you think the child(ren) in your household generally do more, less or the same amount of physical activity and exercise now compared to this time last year?

BASE: All those who live with children in their household

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	*g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	555	86	50	103	113	60	58	23	62	326	143	128	168	194	55	206	226	104
Total	666	105	60	124	136	71	68	27	74	392	169	154	200	236	64	258	269	116
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	53 8%	2 2%	4 6%	9 7%	16 12%	4 5%	5 8%	3 12%	9 12%	33 8%	18 10%	10 7%	10 5%	15 7%	16 25%	12 5%	24 9%	12 10%
A bit more (4.0)	162 24%	11 10%	14 24%	32 26%	36 26%	21 29%	27 40%	7 26%	15 20%	102 26%	49 29%	29 19%	44 22%	72 30%	17 26%	65 25%	72 27%	24 21%
Neither more nor less (3.0)	248 37%	46 44%	27 45%	40 32%	55 40%	26 36%	19 28%	13 48%	23 31%	147 38%	55 33%	52 34%	81 40%	89 38%	21 32%	107 41%	86 32%	45 39%
A bit less (2.0)	123 18%	24 23%	10 16%	27 22%	21 15%	17 24%	9 13%	3 9%	12 16%	75 19%	24 14%	29 19%	43 21%	41 17%	11 16%	52 20%	53 20%	16 14%
A lot less (1.0)	60 9%	19 18%	3 6%	10 8%	6 5%	4 6%	5 7%	- -	12 16%	24 6%	17 10%	29 19%	17 9%	12 5%	- -	16 6%	27 10%	13 11%
Don't know	20 3%	2 2%	2 4%	6 5%	3 2%	- -	2 4%	1 4%	4 5%	11 3%	7 4%	4 3%	5 2%	7 3%	- -	5 2%	6 2%	6 5%
NET: More	214 32%	13 13%	18 30%	41 33%	52 38%	24 34%	33 48%	10 38%	23 31%	135 34%	66 39%	40 26%	54 27%	87 37%	33 51%	77 30%	96 36%	36 31%
NET: Less	183 27%	44 42%	13 22%	37 30%	27 20%	21 30%	14 21%	3 9%	24 32%	99 25%	41 24%	58 38%	60 30%	53 22%	11 16%	69 27%	81 30%	29 25%
Base for stats	645	102	58	118	134	71	66	26	71	381	162	150	195	229	64	253	263	110
Mean Score	3.04	2.54	3.08	3.03	3.26	3.03	3.29	3.43	2.94	3.12	3.16	2.75	2.93	3.16	3.60	3.02	3.05	3.06
			a	a	a	a	a		a	a	a			ab	abc			
Standard Deviation	1.067	.992	.954	1.072	1.015	.998	1.056	.853	1.253	1.022	1.131	1.181	1.008	.978	1.044	.960	1.126	1.137
Standard Error	.046	.108	.138	.108	.096	.129	.141	.182	.163	.057	.097	.106	.079	.071	.141	.068	.076	.114
Error variance	*	.01	.02	.01	.01	.02	.02	.03	.03	*	.01	.01	.01	.01	.02	*	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q10C1. Do you think the child(ren) in your household generally do more, less or the same amount of physical activity and exercise now compared to this time last year?

BASE: All those who live with children in their household

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	b
Unweighted Total		555	179	212	160	286	195
Total		666	214	255	192	344	234
		100%	100%	100%	100%	100%	100%
A lot more	(5.0)	53	41	7	5	32	15
		8%	19%	3%	2%	9%	6%
			bc				
A bit more	(4.0)	162	91	52	19	92	56
		24%	43%	20%	10%	27%	24%
			bc	c			
Neither more nor less	(3.0)	248	42	147	59	115	99
		37%	20%	58%	31%	33%	42%
				ac	a		
A bit less	(2.0)	123	25	27	69	62	46
		18%	12%	11%	36%	18%	20%
				ab			
A lot less	(1.0)	60	7	15	36	36	10
		9%	3%	6%	19%	11%	4%
				ab	b		
Don't know		20	7	7	5	7	9
		3%	3%	3%	3%	2%	4%
NET: More		214	132	58	23	124	70
		32%	62%	23%	12%	36%	30%
			bc	c			
NET: Less		183	32	42	105	98	56
		27%	15%	16%	55%	29%	24%
				ab			
Base for stats		645	207	247	187	337	225
Mean Score		3.04	3.65	3.04	2.40	3.06	3.09
			bc	c			
Standard Deviation		1.067	1.039	.815	.991	1.124	.939
Standard Error		.046	.079	.057	.079	.067	.069
Error variance		*	.01	*	.01	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1. SUMMARY: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of the following?

BASE: All respondents

	Total	A lot more	A bit more	Neither more nor less	A bit less	A lot less	Don't know	NET: More	NET: Less
Physical activity and exercise	2009 100%	303 15%	730 36%	816 41%	67 3%	36 2%	56 3%	1034 51%	103 5%
Walking, running or cycling for everyday journeys such as to work or to local shops and services	2009 100%	313 16%	618 31%	844 42%	98 5%	60 3%	76 4%	931 46%	158 8%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1.1. Physical activity and exercise: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	303 15%	156 16%	144 14%	137 23% bc	101 15% c	65 9%	18 18%	42 16%	23 12%	35 16%	30 18%	31 14%	60 19% chi	41 13%	23 11%
A bit more (4.0)	730 36%	339 35%	388 38%	223 37%	257 39% c	250 34%	36 37%	98 37%	69 35%	76 36%	61 35%	81 36%	122 39%	114 35%	73 36%
Neither more nor less (3.0)	816 41%	409 42%	406 40%	183 30%	250 38% a	384 52% ab	39 40%	101 39%	88 45% dg	74 35%	71 41%	94 42% g	102 33%	152 47% bdg	95 46% dg
A bit less (2.0)	67 3%	37 4%	30 3%	32 5% c	24 4% c	11 1%	1 1%	7 3%	4 2%	14 7% abcei	4 2%	9 4%	15 5%	10 3%	3 2%
A lot less (1.0)	36 2%	16 2%	19 2%	7 1%	14 2%	16 2%	2 2%	6 2%	2 1%	5 2%	5 3%	3 1%	4 1%	5 1%	5 2%
Don't know	56 3%	21 2%	32 3%	26 4% bc	14 2%	16 2%	3 3%	9 3%	10 5% h	8 4%	3 2%	4 2%	9 3%	4 1%	6 3%
NET: More	1034 51%	496 51%	532 52%	360 59% c	358 54% c	315 43%	54 55%	140 53%	93 47%	111 52%	91 52%	112 50%	182 58% chi	155 48%	96 47%
NET: Less	103 5%	53 5%	49 5%	39 6% c	37 6%	26 4%	2 2%	13 5%	6 3%	19 9% achi	9 5%	12 5%	19 6%	15 4%	8 4%
Base for stats	1953	957	986	582	646	726	95	254	187	204	170	217	303	322	199
Mean Score	3.61	3.61	3.62	3.78 bc	3.63 c	3.47	3.71	3.64	3.58	3.59	3.63	3.59	3.72 hi	3.55	3.54
Standard Deviation	.853	.862	.840	.910	.865	.766	.840	.871	.778	.937	.903	.830	.879	.810	.813
Standard Error	.019	.028	.027	.037	.034	.030	.083	.052	.056	.065	.068	.062	.049	.046	.062
Error variance	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1.1. Physical activity and exercise: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	303	35	80	71	37	33	48	186	118	226	11	35	21	2	3	72
		15%	22%	16%	16%	16%	10%	17%	13%	13%	24%	26%	26%	11%	39%	25%	
			fh	f	f	f		fh			a	a	a			a	
A bit more	(4.0)	730	63	197	166	83	76	145	426	304	603	18	52	37	10	2	119
		36%	40%	41%	37%	36%	36%	30%	39%	33%	36%	37%	39%	46%	53%	26%	41%
			f	fh	f			fh									
Neither more nor less	(3.0)	816	48	170	176	89	84	250	393	423	733	14	34	18	6	2	74
		41%	30%	35%	40%	39%	40%	52%	36%	46%	44%	29%	25%	22%	32%	22%	26%
				a			abcdegh		abcdg		bcdg						
A bit less	(2.0)	67	6	16	14	12	7	12	36	31	47	4	8	5	-	-	16
		3%	4%	3%	3%	5%	3%	3%	3%	3%	3%	8%	6%	6%	-	-	6%
											a	a				a	
A lot less	(1.0)	36	1	11	8	3	2	11	19	17	32	1	1	-	-	-	2
		2%	1%	2%	2%	1%	1%	2%	2%	2%	2%	2%	1%	-	-	-	1%
Don't know		56	6	9	11	6	8	16	26	30	40	-	4	-	1	1	6
		3%	4%	2%	2%	3%	4%	3%	2%	3%	2%	-	3%	-	4%	13%	2%
NET: More	1034	99	277	236	120	110	193	612	422	829	29	86	58	12	5	190	
	51%	62%	57%	53%	52%	52%	40%	56%	46%	49%	61%	65%	72%	64%	65%	66%	
		fh	fh	fh	f	f		fh	f			a	a			a	
NET: Less	103	6	27	22	15	9	23	55	47	79	5	9	5	-	-	18	
	5%	4%	6%	5%	7%	4%	5%	5%	5%	5%	10%	7%	6%	-	-	6%	
Base for stats	1953	153	474	433	224	203	466	1060	893	1642	48	129	80	19	7	282	
Mean Score	3.61	3.83	3.67	3.64	3.62	3.65	3.44	3.68	3.53	3.57	3.74	3.85	3.92	3.77	4.19	3.86	
		cdefh	fh	fh	f	f		fh			a	a				a	
Standard Deviation	.853	.844	.875	.854	.873	.828	.807	.864	.833	.834	.972	.921	.846	.645	.883	.891	
Standard Error	.019	.069	.041	.041	.057	.056	.038	.027	.028	.021	.133	.079	.094	.144	.334	.052	
Error variance	*	*	*	*	*	*	*	*	*	*	.02	.01	.01	.02	.11	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1.1. Physical activity and exercise: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of the following?

BASE: All respondents

	Total	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
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%																
Unweighted Total	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	303 15%	162 13%	55 15%	67 22% ab	123 18% a	15 18% j	29 24% cij	106 17% j	48 20% j	6 11% ij	7 13% j	18 15% j	17 17% j	27 14% j	31 8% ij	44 22% ij
A bit more (4.0)	730 36%	443 36%	141 39%	113 38% ab	255 38% a	26 33% ij	51 42% i	259 40% ij	78 34% ij	18 34% ij	25 44% ij	42 35% ij	39 38% ij	59 30% ij	133 33% ij	77 38% ij
Neither more nor less (3.0)	816 41%	550 44% cd	139 38% cd	100 33% cd	239 36% cd	29 37% cd	35 29% cd	230 36% cd	91 39% cd	21 41% cd	18 32% cd	47 39% cd	33 31% cd	91 47% cd	221 55% cd	64 32% cd
A bit less (2.0)	67 3%	33 3%	17 5%	14 5% a	30 5% a	7 9% bcij	3 2% bcij	23 4% j	9 4% j	4 8% ij	3 6% j	6 5% j	4 4% j	4 2% j	3 1% j	10 5% j
A lot less (1.0)	36 2%	24 2%	5 1%	4 1% a	9 1% a	- - bcij	1 1% bcij	10 1% ij	4 2% ij	1 1% ij	2 3% ij	2 2% ij	3 3% ij	5 2% ij	9 2% ij	1 1% ij
Don't know	56 3%	32 3%	7 2%	3 1% a	10 2% a	2 3% j	3 2% j	14 2% ij	4 2% ij	2 4% ij	2 3% ij	5 4% ij	9 8% ij	8 4% ij	9 2% ij	5 2% ij
NET: More	1034 51%	605 49% a	197 54% a	180 60% a	377 57% a	41 51% j	80 66% adegij	364 57% ij	126 54% ij	23 46% ij	33 57% j	59 50% j	57 54% j	87 44% j	164 40% ij	121 60% ij
NET: Less	103 5%	57 5% j	22 6% j	17 6% j	39 6% j	7 9% j	4 3% j	33 5% ij	13 5% ij	5 9% j	5 8% j	9 7% j	7 6% j	9 5% j	12 3% ij	11 6% ij
Base for stats	1953	1212	357	298	655	77	119	627	230	49	56	115	96	187	397	196
Mean Score	3.61	3.57	3.63	3.76 a	3.69 a	3.63	3.87 cefgij	3.68 ij	3.68 j	3.48	3.60	3.58	3.67 j	3.54	3.44	3.78 egij
Standard Deviation	.853	.829	.851	.894 a	.872 a	.898	.840	.849	.904	.870	.895	.890	.929 j	.863	.743	.870
Standard Error	.019	.023	.050	.056	.037	.104	.075	.034	.060	.126	.119	.079	.091	.062	.039	.062
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.01	.01	.01	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1.1. Physical activity and exercise: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	303 15%	101 20%	66 18%	17 13%	6 20%	83 16%	108 20%	98 18%	45 17%	29 15%	13 25%	74 16%	111 19%	36 11%	145 13%	98 20%	25 27%	268 16%	
A bit more (4.0)	730 36%	188 36%	158 43% f	59 44%	9 30%	217 43% af	197 36%	200 37%	128 48% acf	67 36%	20 39%	195 43% af	220 37%	120 37%	400 36%	185 38%	26 29%	611 36%	
Neither more nor less (3.0)	816 41%	188 36%	126 34%	49 37%	8 25%	175 35%	196 36%	211 39% bd	78 29%	73 39% bd	13 25%	151 33%	224 38% b	143 44% c	476 43% c	166 34%	31 34%	674 40% c	
A bit less (2.0)	67 3%	18 4%	12 3%	6 5%	5 17% abcef	18 4%	23 4%	19 3%	11 4%	8 4%	3 6%	19 4%	22 4%	8 3%	34 3%	20 4%	4 5%	58 3%	
A lot less (1.0)	36 2%	10 2%	4 1%	1 1%	2 5% ce	5 1%	11 2%	11 2%	3 1%	1 *	2 3%	4 1%	12 2%	5 2%	27 2% c	4 1%	- -	31 2%	
Don't know	56 3%	12 2%	4 1%	3 2%	1 3%	7 1%	13 2%	7 1%	1 *	9 5% abf	1 2%	10 2%	8 1%	12 4%	23 2%	16 3%	5 5%	44 3%	
NET: More	1034 51%	289 56%	223 60%	76 56%	16 50%	299 59%	305 56%	298 55%	173 65% acf	95 51%	33 65%	268 59%	331 55%	155 48%	544 49%	283 58% abe	51 56%	879 52%	
NET: Less	103 5%	28 5%	16 4%	7 5%	7 22% abcef	23 5%	35 6%	29 5%	14 5%	9 5%	5 9%	23 5%	34 6%	13 4%	61 6%	24 5%	4 5%	90 5%	
Base for stats	1953	505	365	132	30	497	535	539	266	177	50	443	589	311	1082	474	87	1642	
Mean Score	3.61	3.70	3.74	3.65	3.45	3.71	3.68	3.66	3.76	3.65	3.79	3.71	3.67	3.56	3.56	3.75 abe	3.82 abe	3.62 b	
Standard Deviation	.853	.896	.828	.786	1.172	.817	.914	.883	.823	.819	1.006	.822	.894	.791	.853	.862	.911	.864	
Standard Error	.019	.040	.043	.068	.204	.037	.039	.038	.051	.063	.136	.040	.036	.044	.026	.041	.099	.021	
Error variance	*	*	*	*	.04	*	*	*	*	*	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1.1. Physical activity and exercise: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0) 303 15%	75 23% b	183 14%	56 20% bd	44 12%	13 18%	189 14%	104 16%	9 11%	246 15%	58 14%	247 15%	54 16%
A bit more	(4.0) 730 36%	133 40%	463 36%	109 39%	125 34%	26 36%	481 37%	232 36%	27 34%	581 36%	150 37%	615 37%	109 33%
Neither more nor less	(3.0) 816 41%	102 31%	555 43% a	89 31%	170 46% ae	26 35%	551 42% a	246 39% a	33 43%	649 41%	168 41%	670 41%	138 41%
A bit less	(2.0) 67 3%	15 4%	42 3%	12 4%	10 3%	4 6%	41 3%	25 4%	1 1%	56 4%	11 3%	48 3%	17 5% a
A lot less	(1.0) 36 2%	5 2%	24 2%	8 3%	11 3%	1 1%	21 2%	15 2%	5 6% d	30 2%	6 1%	28 2%	6 2%
Don't know	56 3%	4 1%	29 2%	8 3%	8 2%	3 5%	29 2%	15 2%	4 5%	40 2%	17 4%	35 2%	11 3%
NET: More	1034 51%	208 62% b	646 50%	165 59% bdf	169 46%	39 54%	670 51%	336 53% b	35 45%	826 52%	208 51%	862 52%	163 49%
NET: Less	103 5%	20 6%	66 5%	19 7%	21 6%	5 7%	61 5%	40 6%	6 7%	86 5%	17 4%	77 5%	23 7%
Base for stats	1953	329	1267	273	360	70	1283	622	74	1561	392	1609	324
Mean Score	3.61	3.78 b	3.58	3.71 bf	3.50	3.67	3.61 b	3.62 b	3.45	3.61	3.62	3.62	3.58
Standard Deviation	.853	.900	.845	.937	.857	.886	.833	.891	.946	.860	.823	.841	.892
Standard Error	.019	.050	.024	.055	.046	.105	.023	.036	.106	.022	.042	.021	.048
Error variance	*	*	*	*	*	.01	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1.1. Physical activity and exercise: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of the following?

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	303	41	28	64	59	32	26	13	41	183	87	75	82	54	118	118	53
	15%	9%	13%	18%	18%	17%	15%	17%	17%	17%	16%	18%	13%	12%	25%	14%	15%	18%
				a	a	a			a	a	a	bc		abc				
A bit more	(4.0)	730	119	79	144	139	87	54	29	80	448	184	216	262	57	301	292	114
	36%	27%	37%	41%	42%	46%	32%	38%	33%	41%	33%	38%	38%	38%	27%	36%	37%	39%
			a	afj	afhj	abfhj			afhj	afhj	afhj	d	d	d				
Neither more nor less	(3.0)	816	216	88	119	119	63	79	28	105	389	166	239	301	96	372	316	101
	41%	50%	41%	34%	36%	33%	46%	37%	43%	36%	43%	34%	42%	44%	45%	44%	40%	34%
		bcdegij				cdei		cei		cdei		a	a	a	c			
A bit less	(2.0)	67	12	14	11	12	4	4	5	5	41	22	19	23	2	23	32	7
	3%	3%	7%	3%	4%	2%	2%	7%	2%	4%	3%	5%	3%	3%	1%	3%	4%	3%
			acefhj					h				d						
A lot less	(1.0)	36	23	-	2	3	2	3	1	2	7	19	9	6	2	14	9	8
	2%	5%	-	1%	1%	1%	2%	1%	1%	1%	1%	4%	2%	1%	2%	2%	1%	3%
		bcdefhij										bcd						
Don't know		56	22	6	11	3	-	7	-	9	19	10	12	12	3	13	17	10
	3%	5%	3%	3%	1%	-	4%	-	4%	2%	3%	2%	2%	2%	2%	2%	2%	4%
		degi	e	de		de		de		de								a
NET: More		1034	159	106	208	198	120	80	42	121	632	271	292	345	111	419	410	167
	51%	37%	50%	59%	59%	63%	46%	55%	50%	58%	50%	56%	51%	50%	52%	50%	52%	57%
		a	abfhj	abfhj	abfhj	abfhj	a	a	a	abfhj	a							a
NET: Less		103	35	14	13	15	6	6	6	7	48	41	28	30	4	37	41	15
	5%	8%	7%	4%	5%	3%	4%	8%	3%	4%	4%	8%	5%	4%	2%	4%	5%	5%
		cdehij						h				bcd						
Base for stats		1953	410	209	340	332	188	165	76	233	1069	478	559	675	212	828	767	283
Mean Score	3.61	3.34	3.58	3.76	3.72	3.77	3.58	3.63	3.66	3.71	3.63	3.63	3.59	3.58	3.75	3.59	3.62	3.69
			a	abfj	a	abf	a	a	a	ab	a				bc			
Standard Deviation	.853	.909	.806	.818	.830	.789	.839	.879	.821	.816	.836	.964	.825	.784	.880	.828	.833	.894
Standard Error	.019	.045	.065	.044	.046	.057	.065	.100	.054	.025	.038	.044	.035	.031	.061	.030	.030	.051
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1.1. Physical activity and exercise: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of the following?

BASE: All respondents

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
A lot more (5.0)	303 15%	119 21% b	54 6%	126 21% b	172 21% b	89 14%
A bit more (4.0)	730 36%	243 44% b	233 28%	247 42% b	322 39%	223 35%
Neither more nor less (3.0)	816 41%	168 30%	495 60% ac	148 25%	258 32%	278 43% a
A bit less (2.0)	67 3%	12 2%	15 2%	35 6% ab	34 4%	24 4%
A lot less (1.0)	36 2%	3 1%	10 1%	20 3% ab	15 2%	9 1%
Don't know	56 3%	12 2%	22 3%	13 2%	18 2%	18 3%
NET: More	1034 51%	362 65% b	287 35%	372 63% b	493 60% b	311 49%
NET: Less	103 5%	15 3%	25 3%	55 9% ab	49 6%	33 5%
Base for stats	1953	546	806	575	801	622
Mean Score	3.61	3.85 bc	3.38	3.73 b	3.75 b	3.57
Standard Deviation	.853	.804	.692	.982	.903	.835
Standard Error	.019	.035	.024	.041	.032	.033
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1.2. Walking, running or cycling for everyday journeys such as to work or to local shops and services: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	313 16%	158 16%	153 15%	143 24% bc	100 15% c	70 9%	16 16%	48 18% h	30 15%	40 19% h	29 17% h	30 13%	63 20% hi	33 10%	25 12%
A bit more (4.0)	618 31%	285 29%	331 32%	185 30%	230 35% c	203 27%	34 34%	80 31%	54 27%	65 30%	53 31%	66 30%	109 35%	102 31%	55 27%
Neither more nor less (3.0)	844 42%	422 43%	419 41%	185 30%	255 39% a	404 54% ab	35 36%	107 41% g	94 48% dg	74 35%	72 42% g	104 47% dg	99 32%	157 48% adg	101 49% adg
A bit less (2.0)	98 5%	47 5%	51 5%	49 8% c	38 6% c	11 1%	7 7%	12 5%	6 3%	16 8% ce	5 3%	7 3%	20 6%	16 5%	9 4%
A lot less (1.0)	60 3%	30 3%	29 3%	15 2%	16 2%	29 4%	2 2%	6 2%	5 2%	9 4%	7 4%	6 3%	10 3%	7 2%	7 4%
Don't know	76 4%	37 4%	36 4%	30 5%	20 3%	25 3%	4 5%	8 3%	8 4%	9 4%	7 4%	8 4%	11 4%	11 3%	8 4%
NET: More	931 46%	443 45%	484 47%	328 54% c	330 50% c	273 37%	49 51%	128 49% i	84 43%	105 49% i	82 47%	96 43%	172 55% cfhi	135 41%	79 39%
NET: Less	158 8%	77 8%	80 8%	64 11% c	54 8% c	40 5%	9 9%	19 7%	11 5%	25 12% cf	12 7%	13 6%	30 10%	23 7%	16 8%
Base for stats	1933	942	982	577	640	717	93	254	188	204	167	214	301	315	197
Mean Score	3.53	3.52	3.54	3.68 bc	3.56 c	3.38	3.59	3.60 hi	3.52	3.54	3.55	3.50	3.65 hi	3.44	3.41
Standard Deviation	.927	.936	.917	1.019	.912	.838	.917	.934	.883	1.038	.956	.882	.987	.835	.901
Standard Error	.021	.030	.029	.041	.035	.033	.092	.055	.063	.072	.073	.067	.055	.048	.069
Error variance	*	*	*	*	*	*	.01	*	*	.01	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1.2. Walking, running or cycling for everyday journeys such as to work or to local shops and services: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more (5.0)	313 16%	32 20% fh	91 19% fh	70 16% f	33 14% f	39 18% fh	49 10% fh	193 18% fh	120 13% fh	233 14% cdg	11 24% a	35 27% a	24 30% a	2 11% cdg	3 39% cdg	76 26% a	
A bit more (4.0)	618 31%	55 35% f	147 30% efh	148 33% f	77 33% f	70 33% f	121 25% f	350 32% f	267 29% f	524 31% cdg	14 30% a	44 33% a	22 28% a	4 21% cdg	1 17% cdg	86 30% cdg	
Neither more nor less (3.0)	844 42%	49 31% a	181 38% a	179 40% a	95 41% a	83 39% a	257 53% abcdegh	409 38% abcdegh	436 47% abcdegh	747 44% cdg	16 33% cdg	34 25% cdg	23 29% cdg	10 52% cdg	2 24% cdg	84 29% cdg	
A bit less (2.0)	98 5%	10 6% efh	31 6% efh	21 5% efh	16 7% efh	5 2% efh	15 3% ef	63 6% ef	36 4% ef	69 4% ef	3 6% ef	14 10% a	6 8% a	2 8% a	2 20% a	26 9% a	
A lot less (1.0)	60 3%	6 4% d	17 3% d	9 2% d	3 1% d	6 3% d	19 4% d	33 3% d	27 3% d	52 3% d	2 3% d	1 1% d	3 4% d	- - d	- - d	6 2% d	
Don't know	76 4%	6 4% d	17 4% d	16 4% d	6 3% d	9 4% d	21 4% d	39 4% d	36 4% d	56 3% d	2 4% d	5 4% d	1 1% d	2 8% d	- - d	10 3% d	
NET: More	931 46%	87 55% fh	238 49% fh	218 49% fh	110 48% f	108 51% fh	170 35% fh	543 50% fh	388 42% f	757 45% cdg	26 54% a	79 60% a	46 58% a	6 32% cdg	4 55% cdg	162 56% a	
NET: Less	158 8%	17 10% e	47 10% eh	31 7% eh	19 8% eh	11 5% eh	33 7% eh	95 9% eh	63 7% eh	122 7% eh	4 9% eh	15 11% eh	10 12% eh	2 8% eh	2 20% eh	32 11% a	
Base for stats	1933	152	467	428	224	202	460	1047	886	1626	46	128	79	18	8	278	
Mean Score	3.53	3.63 fh	3.57 f	3.58 fh	3.54 f	3.65 fh	3.36 fh	3.58 fh	3.47 f	3.50 cdg	3.68 a	3.77 a	3.72 a	3.38 cdg	3.74 cdg	3.72 a	
Standard Deviation	.927	1.024	.991	.898	.873	.913	.866	.958	.886	.903	1.032	1.004	1.120	.818	1.257	1.037	
Standard Error	.021	.084	.047	.044	.057	.062	.041	.030	.029	.023	.144	.086	.125	.188	.444	.061	
Error variance	*	.01	*	*	*	*	*	*	*	*	.02	.01	.02	.04	.20	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1.2. Walking, running or cycling for everyday journeys such as to work or to local shops and services: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of the following?

BASE: All respondents

	Total	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
		a	b	c	d	a	b	c	d	e	f	g	h	i	j	k
Significance Level: 95%																
Unweighted Total	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more (5.0)	313 16%	156 13%	61 17%	71 24% ab	132 20% a	12 15%	34 28% acefgij	113 18% gj	49 21% fgij	7 13%	4 8%	11 9%	24 23% fgij	26 13%	34 8%	46 23% fgij
A bit more (4.0)	618 31%	377 30%	127 35%	97 32%	224 34%	25 32%	38 31%	219 34% j	77 33%	16 32%	16 28%	37 31%	33 31%	52 27%	104 26%	63 31%
Neither more nor less (3.0)	844 42%	591 48% bcd	133 37%	95 32%	228 34%	37 46% bhk	29 24%	242 38% b	80 34% b	21 41% b	25 43% b	52 43% bh	30 29%	95 49% bcdhk	234 58% bcdefghik	66 33%
A bit less (2.0)	98 5%	39 3%	27 7% a	21 7% a	48 7% a	4 4%	12 10% cij	33 5% j	16 7% j	3 6% j	4 8% j	6 5% j	8 8% ij	5 3%	7 2%	16 8% ij
A lot less (1.0)	60 3%	38 3%	6 2%	10 3%	16 2%	- -	5 4%	13 2%	8 4%	2 4%	3 5%	6 5% ac	2 2%	9 4%	12 3%	5 2%
Don't know	76 4%	43 3%	10 3%	7 2%	16 2%	2 2%	4 3%	22 3%	4 2%	2 4%	5 9% d	7 6% d	8 7% cd	7 4%	15 4%	6 3%
NET: More	931 46%	534 43% a	188 52% a	168 56% a	357 54% a	37 47% j	72 59% fgij	331 52% fgij	126 54% fgij	23 45% j	21 36% j	48 40% j	57 54% fgij	79 40% fgij	138 34% fgij	109 54% fgij
NET: Less	158 8%	76 6%	33 9%	31 10% a	64 10% a	4 4%	17 14% acij	46 7% j	24 10% j	5 10% j	7 12% j	13 11% j	10 9%	14 7%	19 5%	20 10% j
Base for stats	1933	1201	355	294	649	77	117	619	230	49	53	113	97	188	391	195
Mean Score	3.53	3.48	3.59	3.67	3.63	3.58	3.71	3.62	3.62	3.47	3.29	3.36	3.72	3.44	3.36	3.66
Standard Deviation	.927	.873	.920	1.025	.969	.802	1.118	.911	1.008	.948	.933	.940	.988	.929	.794	1.004
Standard Error	.021	.024	.054	.065	.042	.092	.101	.036	.067	.137	.127	.085	.096	.067	.042	.071
Error variance	*	*	*	*	*	.01	.01	*	*	.02	.02	.01	.01	*	*	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1.2. Walking, running or cycling for everyday journeys such as to work or to local shops and services: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
A lot more	(5.0)	313 16%	103 20%	69 19%	23 17%	5 15%	93 18%	108 20%	97 18%	55 21%	37 20%	10 19%	92 20%	106 18%	33 10%	148 13%	104 21%	27 30%	280 17%
A bit more	(4.0)	618 31%	173 33%	131 35%	43 32%	7 23%	174 34%	180 33%	182 33%	110 41%	43 23%	15 29%	152 34%	197 33%	90 28%	346 31%	163 33%	19 21%	528 31%
Neither more nor less	(3.0)	844 42%	198 38%	115 31%	47 35%	12 39%	162 32%	210 38%	216 40%	68 25%	69 37%	22 43%	137 30%	238 40%	162 50%	502 45%	151 31%	29 32%	682 40%
A bit less	(2.0)	98 5%	17 3%	34 9%	11 8%	5 15%	45 9%	21 4%	24 4%	29 11%	10 5%	3 6%	39 9%	27 5%	12 4%	39 4%	40 8%	7 8%	86 5%
A lot less	(1.0)	60 3%	12 2%	11 3%	5 4%	1 2%	17 3%	13 2%	14 3%	3 1%	11 6%	1 3%	14 3%	16 3%	13 4%	36 3%	10 2%	1 1%	47 3%
Don't know		76 4%	14 3%	10 3%	5 3%	2 7%	14 3%	16 3%	12 2%	3 1%	16 9%	- -	19 4%	12 2%	13 4%	33 3%	22 5%	8 9%	63 4%
NET: More		931 46%	276 53%	200 54%	66 49%	12 38%	266 53%	288 52%	279 51%	164 62%	80 43%	25 49%	244 54%	304 51%	123 38%	494 45%	267 55%	46 51%	808 48%
NET: Less		158 8%	29 6%	45 12%	16 12%	5 17%	61 12%	34 6%	39 7%	32 12%	21 11%	5 9%	53 12%	43 7%	25 8%	76 7%	50 10%	8 8%	133 8%
Base for stats	1933	504	360	130	29	490	532	534	264	170	51	434	585	310	1072	468	83	1623	
Mean Score	3.53	3.67	3.59	3.52	3.36	3.57	3.65	3.60	3.70	3.50	3.56	3.62	3.60	3.38	3.49	3.67	3.78	3.56	
Standard Deviation	.927	.920	1.002	1.017	1.025	1.005	.927	.925	.959	1.090	.969	1.016	.928	.880	.897	.984	1.031	.934	
Standard Error	.021	.041	.053	.089	.181	.045	.040	.040	.060	.085	.130	.049	.038	.049	.027	.047	.114	.023	
Error variance	*	*	*	.01	.03	*	*	*	*	.01	.02	*	*	*	*	*	.01	*	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1.2. Walking, running or cycling for everyday journeys such as to work or to local shops and services: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	313	190	57	49	13	196	108	10	263	50	257	54
		16%	15%	20%	13%	18%	15%	17%	13%	16%	12%	16%	16%
			b	bd						b			
A bit more	(4.0)	618	415	95	97	13	429	178	24	499	118	517	99
		31%	32%	34%	26%	18%	33%	28%	30%	31%	29%	31%	30%
			a	bc			bce						
Neither more nor less	(3.0)	844	568	90	165	29	574	248	33	656	188	701	133
		42%	44%	32%	45%	40%	44%	39%	43%	41%	46%	43%	40%
			a		a		ae	a					
A bit less	(2.0)	98	50	14	20	12	53	43	3	84	15	70	25
		5%	4%	5%	6%	17%	4%	7%	4%	5%	4%	4%	8%
			b			abdef		d				a	
A lot less	(1.0)	60	31	13	23	2	23	34	4	48	12	48	11
		3%	2%	5%	6%	3%	2%	5%	6%	3%	3%	3%	3%
				d	d			d	d				
Don't know		76	42	13	13	3	37	26	3	51	25	51	13
		4%	3%	4%	4%	4%	3%	4%	4%	3%	6%	3%	4%
										a			
NET: More		931	605	152	145	26	625	286	34	762	169	774	153
		46%	47%	54%	40%	36%	48%	45%	44%	48%	41%	47%	46%
			b	bcde			bc			b			
NET: Less		158	81	27	44	15	76	78	7	131	27	118	37
		8%	6%	9%	12%	20%	6%	12%	9%	8%	7%	7%	11%
			b	d	d	ad		d				a	
Base for stats	1933	323	1254	269	355	70	1275	612	74	1550	383	1593	322
Mean Score	3.53	3.63	3.55	3.63	3.36	3.32	3.57	3.46	3.44	3.55	3.47	3.54	3.49
				bce			bce						
Standard Deviation	.927	1.080	.882	1.025	1.009	1.072	.863	1.039	.981	.938	.880	.917	.978
Standard Error	.021	.061	.025	.061	.054	.127	.024	.042	.110	.024	.046	.023	.053
Error variance	*	*	*	*	*	.02	*	*	.01	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1.2. Walking, running or cycling for everyday journeys such as to work or to local shops and services: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of the following?

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
A lot more	(5.0)	313 16%	40 9%	31 14%	61 17%	62 19%	27 14%	29 17%	17 22%	47 20%	93 19%	79 16%	84 15%	89 13%	57 26%	111 13%	126 16%	60 20%
				a	a		a	a	a	a	a				abc			a
A bit more	(4.0)	618 31%	108 25%	69 32%	122 35%	113 34%	65 34%	51 30%	23 31%	65 27%	140 29%	156 32%	180 31%	230 33%	45 21%	257 31%	250 32%	95 32%
				a	a	a				ahj		d	d	d				
Neither more nor less	(3.0)	844 42%	217 50%	93 43%	123 35%	121 36%	78 41%	76 44%	30 39%	107 44%	213 44%	176 36%	242 42%	313 46%	99 46%	388 46%	315 40%	106 36%
			cdeij				c		cd		cdi		a	a	a	bc		
A bit less	(2.0)	98 5%	18 4%	10 5%	21 6%	22 6%	14 7%	4 2%	4 5%	6 2%	14 3%	34 7%	31 5%	29 4%	4 2%	34 4%	44 6%	16 5%
					hj	hj	fhj				hj	cd	d					
A lot less	(1.0)	60 3%	22 5%	4 2%	8 2%	8 2%	4 2%	5 3%	2 2%	7 3%	13 3%	27 5%	17 3%	12 2%	4 2%	24 3%	23 3%	7 2%
			bcej									bcd						
Don't know		76 4%	28 6%	8 4%	15 4%	9 3%	1 *	7 4%	- -	9 4%	16 3%	16 3%	18 3%	16 2%	6 3%	26 3%	25 3%	10 3%
			degij	e	e		e		e	e	e							
NET: More		931 46%	148 34%	100 47%	183 52%	175 52%	91 49%	80 46%	40 53%	113 47%	233 48%	235 48%	263 46%	318 46%	102 47%	368 44%	377 48%	155 53%
			a	a	a	a	a	a	a	a	a							a
NET: Less		158 8%	40 9%	14 6%	29 8%	30 9%	18 10%	9 5%	6 7%	13 5%	27 6%	61 12%	48 8%	40 6%	8 4%	59 7%	67 9%	22 8%
			j									bcd	d					
Base for stats	1933	405	206	336	326	188	165	76	233	1055	473	471	554	672	209	815	759	284
Mean Score	3.53	3.31	3.55	3.62	3.61	3.51	3.58	3.66	3.61	3.58	3.60	3.48	3.51	3.53	3.70	3.49	3.54	3.65
			a	a	a	a	a	a	a	a	a				abc			a
Standard Deviation	.927	.912	.865	.934	.951	.910	.903	.959	.934	.922	.926	1.035	.923	.840	.957	.887	.938	.953
Standard Error	.021	.046	.059	.051	.053	.066	.070	.109	.062	.028	.043	.047	.039	.033	.066	.032	.033	.054
Error variance	*	*	*	*	*	*	*	.01	*	*	*	*	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

Q14.1.2. Walking, running or cycling for everyday journeys such as to work or to local shops and services: Looking to the future, once restrictions are removed and COVID-19 is under control, do you intend to do more, less or the same amount of the following?

BASE: All respondents

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
A lot more (5.0)	313 16%	128 23% b	66 8%	114 19% b	156 19%	102 16%
A bit more (4.0)	618 31%	199 36% b	202 24%	212 36% b	287 35% b	181 28%
Neither more nor less (3.0)	844 42%	181 32%	478 58% ac	178 30%	273 33%	289 45% a
A bit less (2.0)	98 5%	25 5%	34 4%	36 6%	54 7% b	27 4%
A lot less (1.0)	60 3%	9 2%	16 2%	32 5% ab	27 3%	17 3%
Don't know	76 4%	15 3%	32 4%	17 3%	22 3%	25 4%
NET: More	931 46%	327 59% b	268 32%	326 55% b	442 54% b	282 44%
NET: Less	158 8%	35 6%	50 6%	68 12% ab	81 10% b	44 7%
Base for stats	1933	543	796	571	797	616
Mean Score	3.53	3.76 bc	3.34	3.60 b	3.61	3.52
Standard Deviation	.927	.924	.772	1.051	.983	.914
Standard Error	.021	.040	.027	.044	.035	.037
Error variance	*	*	*	*	*	*

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178	
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
0 - Not at all satisfied	(0.0)	70	31	39	13	38	19	3	13	8	7	10	9	8	7	5
		3%	3%	4%	2%	6%	3%	3%	5%	4%	3%	6%	4%	3%	2%	2%
						ac						h				
1	(1.0)	36	12	25	4	11	21	3	4	-	1	-	6	7	10	5
		2%	1%	2%	1%	2%	3%	3%	2%	-	1%	-	3%	2%	3%	2%
				a			a	ce					ce	ce	cde	ce
2	(2.0)	77	29	47	16	30	31	4	12	10	7	4	10	10	8	11
		4%	3%	5%	3%	5%	4%	5%	5%	5%	3%	2%	4%	3%	2%	5%
				a												
3	(3.0)	145	61	80	40	55	50	8	21	19	16	13	16	25	17	11
		7%	6%	8%	7%	8%	7%	8%	8%	10%	7%	8%	7%	8%	5%	5%
4	(4.0)	160	82	78	57	50	52	9	23	17	14	14	14	31	21	17
		8%	8%	8%	9%	8%	7%	9%	9%	8%	6%	8%	6%	10%	6%	8%
5	(5.0)	309	133	173	112	106	92	13	38	31	41	23	30	44	54	35
		15%	14%	17%	18%	16%	12%	13%	14%	16%	19%	13%	14%	14%	17%	17%
				a	c											
6	(6.0)	262	125	136	90	94	78	14	36	30	34	26	17	39	49	17
		13%	13%	13%	15%	14%	10%	14%	14%	15%	16%	15%	8%	12%	15%	8%
					c	c			f	fi	fi	f			fi	
7	(7.0)	375	185	190	115	121	140	13	42	27	39	30	56	68	58	42
		19%	19%	19%	19%	18%	19%	13%	16%	14%	18%	17%	25%	22%	18%	20%
													abch	c		
8	(8.0)	312	179	132	77	76	158	17	37	24	31	33	28	43	64	36
		16%	18%	13%	13%	12%	21%	18%	14%	12%	14%	19%	13%	14%	20%	17%
			b			ab								cg		
9	(9.0)	98	58	40	15	31	52	4	11	13	7	4	17	13	15	15
		5%	6%	4%	3%	5%	7%	4%	4%	6%	3%	2%	8%	4%	5%	7%
			b			a	a			e			de		e	
10 - Completely satisfied	(10.0)	117	59	58	36	40	41	4	20	10	15	11	11	20	17	9
		6%	6%	6%	6%	6%	6%	4%	8%	5%	7%	7%	5%	6%	5%	4%
Don't know		23	12	9	14	5	4	2	3	4	1	4	1	3	4	1
		1%	1%	1%	2%	1%	*	2%	1%	2%	*	2%	1%	1%	1%	*
					bc											
Prefer not to say		25	13	10	17	4	4	4	2	4	2	2	5	2	1	2
		1%	1%	1%	3%	1%	1%	4%	1%	2%	1%	1%	2%	1%	*	1%
					bc			bghi		h		h				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 0-3	328	133	192	73	134	121	17	50	37	31	27	41	50	43	32
	16%	14%	19%	12%	20%	16%	18%	19%	19%	14%	15%	18%	16%	13%	15%
			a		a	a		h							
NET: 4-6	731	340	387	259	250	222	36	97	77	88	63	62	114	125	69
	36%	35%	38%	43%	38%	30%	37%	37%	39%	41%	36%	28%	36%	38%	34%
				c	c			f	f	f				f	
NET: 7-10	902	481	420	244	268	391	38	110	73	91	78	113	144	154	101
	45%	49%	41%	40%	41%	53%	39%	42%	37%	43%	45%	51%	46%	47%	49%
		b				ab						ac	c	c	c
Base for stats	1962	954	999	575	652	734	91	258	188	210	168	216	308	322	202
Mean Score	5.89	6.12	5.69	5.92	5.62	6.12	5.70	5.75	5.69	5.95	5.92	5.90	5.89	6.07	5.97
		b		b		b									
Standard Deviation	2.398	2.343	2.434	2.152	2.533	2.435	2.407	2.562	2.433	2.273	2.438	2.521	2.351	2.277	2.374
Standard Error	.054	.076	.077	.088	.098	.093	.243	.151	.174	.156	.184	.190	.129	.130	.179
Error variance	*	.01	.01	.01	.01	.01	.06	.02	.03	.02	.03	.04	.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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all satisfied	(0.0)	70	12	13	7	10	25	28	42	62	5	3	1	-	-	8
		3%	2%	3%	3%	5%	5%	3%	5%	4%	10%	2%	1%	-	-	3%
							bg		g		acd					
1	(1.0)	36	6	6	3	3	16	14	23	32	2	1	1	-	-	4
		2%	1%	1%	1%	2%	3%	1%	2%	2%	5%	1%	2%	-	-	2%
							bg		g		c					
2	(2.0)	77	12	21	11	14	14	37	39	68	1	5	2	1	-	9
		4%	3%	5%	5%	7%	3%	3%	4%	4%	2%	4%	3%	4%	-	3%
						bfg										
3	(3.0)	145	37	42	9	13	30	94	52	123	4	10	4	1	1	20
		7%	9%	9%	4%	6%	6%	9%	6%	7%	8%	8%	4%	6%	13%	7%
			d	d	dh			dh								
4	(4.0)	160	44	30	20	15	37	88	71	130	3	13	8	1	2	27
		8%	9%	7%	9%	7%	8%	8%	8%	8%	7%	10%	10%	4%	25%	9%
5	(5.0)	309	82	56	33	30	76	171	139	256	7	18	17	2	3	47
		15%	20%	13%	14%	14%	16%	16%	15%	15%	15%	14%	21%	10%	40%	16%
			c													
6	(6.0)	262	67	69	22	29	55	155	106	216	8	19	12	3	-	42
		13%	12%	15%	10%	14%	11%	14%	12%	13%	16%	14%	15%	17%	-	15%
				dh												
7	(7.0)	375	98	98	46	39	76	215	160	324	8	19	17	3	-	46
		19%	12%	22%	20%	18%	16%	20%	17%	19%	16%	14%	21%	13%	-	16%
			a	afh	a			a								
8	(8.0)	312	73	72	35	32	81	164	148	273	6	17	7	7	-	37
		16%	12%	16%	15%	15%	17%	15%	16%	16%	12%	13%	9%	36%	-	13%
9	(9.0)	98	22	9	16	12	32	38	60	79	2	12	3	-	-	17
		5%	5%	2%	7%	5%	7%	4%	6%	5%	4%	9%	4%	-	-	6%
			c		cg	c	cg		cg			a				
10 - Completely satisfied	(10.0)	117	23	14	22	12	26	57	60	93	2	12	4	2	2	22
		6%	12%	3%	10%	5%	5%	5%	7%	6%	4%	9%	5%	11%	22%	7%
			bce		b				c							
Don't know		23	4	6	3	1	7	12	11	14	1	2	2	-	-	6
		1%	1%	1%	1%	*	2%	1%	1%	1%	2%	2%	3%	-	-	2%
Prefer not to say		25	3	9	3	3	5	13	11	11	-	2	1	-	-	3
		1%	1%	2%	1%	2%	1%	1%	1%	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

	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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: 0-3	328	23	67	82	30	40	86	173	156	285	12	19	8	2	1	42
	16%	15%	14%	18%	13%	19%	18%	16%	17%	17%	24% d	14%	10%	11%	13%	14%
NET: 4-6	731	67	193	154	75	74	167	414	316	603	18	50	37	6	5	116
	36%	42%	40%	35%	33%	35%	35%	38%	34%	36%	37%	38%	46%	30%	65%	40%
			h													
NET: 7-10	902	66	216	193	119	93	216	474	428	769	17	59	31	11	2	121
	45%	41%	45%	43%	52% acg	44%	45%	44%	46%	46%	36%	45%	39%	59%	22%	42%
Base for stats	1962	156	477	429	224	207	469	1062	900	1657	47	129	76	19	8	279
Mean Score	5.89	6.07	5.93	5.75	6.22	5.78	5.81	5.88	5.91	5.87	5.23	6.15	5.93	6.73	5.56	5.96
				cfg								b				b
Standard Deviation	2.398	2.414	2.214	2.257	2.482	2.518	2.587	2.262	2.549	2.405	2.742	2.414	2.058	2.106	2.597	2.381
Standard Error	.054	.195	.103	.109	.162	.170	.120	.070	.084	.059	.380	.208	.233	.460	.918	.139
Error variance	*	.04	.01	.01	.03	.03	.01	*	.01	*	.14	.04	.05	.21	.84	.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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205	
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
0 - Not at all satisfied	(0.0)	70	43	14	11	24	2	4	19	5	3	-	10	1	14	12	6
		3%	3%	4%	4%	4%	2%	4%	3%	2%	5%	-	8%	1%	7%	3%	3%
												cdhjk		cdhj			
1	(1.0)	36	23	8	4	12	5	1	4	4	1	1	5	1	9	6	5
		2%	2%	2%	1%	2%	6%	1%	1%	2%	2%	2%	4%	1%	4%	1%	3%
							bcj						c		cj		c
2	(2.0)	77	48	13	14	27	2	3	20	15	1	-	7	4	12	12	5
		4%	4%	4%	5%	4%	3%	2%	3%	6%	2%	-	6%	4%	6%	3%	3%
									cfj					cfj			
3	(3.0)	145	97	20	21	41	4	12	41	15	6	5	15	7	15	25	16
		7%	8%	5%	7%	6%	5%	10%	6%	6%	11%	10%	13%	7%	8%	6%	8%
												cdj					
4	(4.0)	160	101	28	22	50	7	12	45	23	2	11	8	14	8	29	19
		8%	8%	8%	7%	7%	9%	10%	7%	10%	4%	18%	7%	13%	4%	7%	9%
								i		i		cegij		cij			i
5	(5.0)	309	187	57	48	105	9	25	101	28	8	6	26	18	34	54	34
		15%	15%	16%	16%	16%	11%	21%	16%	12%	16%	10%	22%	17%	17%	13%	17%
								dj					dj				
6	(6.0)	262	157	46	49	94	13	16	87	35	8	8	17	14	21	43	29
		13%	13%	13%	16%	14%	16%	13%	14%	15%	16%	14%	14%	13%	11%	11%	14%
7	(7.0)	375	240	79	46	125	11	20	137	47	10	13	14	18	31	75	31
		19%	19%	22%	15%	19%	13%	17%	21%	20%	20%	23%	11%	17%	16%	19%	15%
								g	g			g					
8	(8.0)	312	193	58	54	111	15	10	114	30	7	7	8	10	27	83	25
		16%	16%	16%	18%	17%	19%	8%	18%	13%	14%	13%	7%	10%	14%	20%	13%
							bg		bgh					g	bdghk		
9	(9.0)	98	71	10	13	23	8	7	24	13	3	3	2	2	6	31	14
		5%	6%	3%	4%	4%	10%	5%	4%	5%	6%	5%	1%	2%	3%	8%	7%
			b				cghi								cghi	cg	cg

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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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
10 - Completely satisfied	(10.0)	66	25	16	41	4	9	41	19	1	2	2	2	11	27	13
	6%	5%	7%	5%	6%	5%	7%	6%	8%	1%	4%	2%	2%	6%	7%	6%
							gh	g	gh						g	
Don't know	23	10	5	2	7	-	-	5	-	-	1	4	6	4	4	-
	1%	1%	1%	1%	1%	-	-	1%	-	-	1%	3%	5%	2%	1%	-
											bcdk	abcdjk	dk			
Prefer not to say	25	9	3	2	5	1	2	2	-	2	1	2	8	2	5	3
	1%	1%	1%	1%	1%	1%	2%	*	-	4%	1%	1%	8%	1%	1%	2%
							cd	*	-	cd			abcdgijk			c
NET: 0-3	328	211	55	49	104	13	20	84	40	10	6	37	13	51	54	33
	16%	17%	15%	16%	16%	16%	17%	13%	17%	19%	11%	31%	13%	26%	13%	16%
											abcdfhjk		bcdfhjk			
NET: 4-6	731	445	130	119	250	28	53	233	86	18	24	51	46	63	127	82
	36%	36%	36%	40%	37%	36%	44%	36%	37%	35%	42%	43%	44%	32%	31%	41%
							ij					ij	ij			j
NET: 7-10	902	570	172	129	300	37	46	316	108	21	25	26	32	75	216	83
	45%	46%	47%	43%	45%	47%	38%	49%	46%	42%	44%	21%	31%	39%	53%	41%
						gh	g	bghik	gh	g	g		g	g	bghik	g
Base for stats	1962	1226	357	297	654	78	119	634	234	49	56	114	91	189	397	198
Mean Score	5.89	5.89	5.93	5.88	5.91	6.01	5.73	6.12	5.94	5.71	5.94	4.62	5.55	5.33	6.26	5.84
						g	g	ghi	gi	g	g	g	g	g	bghik	g
Standard Deviation	2.398	2.398	2.402	2.363	2.383	2.530	2.363	2.252	2.431	2.357	2.011	2.443	1.973	2.753	2.379	2.428
Standard Error	.054	.066	.140	.149	.102	.288	.212	.089	.161	.340	.266	.218	.196	.198	.125	.171
Error variance	*	*	.02	.02	.01	.08	.05	.01	.03	.12	.07	.05	.04	.04	.02	.03

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686	
	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)	70	18	9	2	1	10	19	18	6	3	2	10	20	18	39	9	4	52
		3%	3%	2%	1%	4%	2%	3%	3%	2%	2%	3%	2%	3%	5%	4%	2%	4%	3%
1	(1.0)	36	5	3	3	-	6	5	9	2	-	-	2	9	5	21	9	1	32
		2%	1%	1%	2%	-	1%	1%	2%	1%	-	-	*	1%	1%	2%	2%	1%	2%
2	(2.0)	77	17	14	5	1	19	18	22	5	6	3	11	25	13	41	16	7	64
		4%	3%	4%	4%	4%	4%	3%	4%	2%	3%	6%	2%	4%	4%	4%	3%	8%	4%
3	(3.0)	145	31	35	10	1	45	32	30	24	19	2	44	31	38	71	33	4	108
		7%	6%	9%	7%	3%	9%	6%	5%	9%	10%	3%	10%	5%	12%	6%	7%	4%	6%
				f						f	af		af		bcde				
4	(4.0)	160	38	38	13	2	51	39	32	33	21	4	54	36	35	78	40	6	124
		8%	7%	10%	10%	5%	10%	7%	6%	12%	11%	8%	12%	6%	11%	7%	8%	7%	7%
										af	af		af		be				
5	(5.0)	309	80	51	20	8	71	89	71	46	24	15	71	86	55	162	77	16	254
		15%	16%	14%	15%	27%	14%	16%	13%	17%	13%	30%	16%	14%	17%	15%	16%	17%	15%
						be						abcef							
6	(6.0)	262	73	51	21	5	71	78	70	38	28	10	66	80	43	144	66	10	219
		13%	14%	14%	15%	17%	14%	14%	13%	14%	15%	19%	15%	13%	13%	13%	13%	11%	13%
7	(7.0)	375	109	76	26	6	103	114	123	51	38	5	89	128	54	221	86	14	321
		19%	21%	21%	20%	18%	20%	21%	23%	19%	21%	10%	20%	22%	17%	20%	18%	15%	19%
									d				d						
8	(8.0)	312	77	64	16	1	80	78	105	33	24	1	57	106	35	184	79	15	277
		16%	15%	17%	12%	4%	16%	14%	19%	12%	13%	2%	13%	18%	11%	17%	16%	16%	16%
				d					bde	d	d		d	bde		a	a		a
9	(9.0)	98	31	9	7	2	16	33	24	14	8	3	22	27	10	59	26	3	88
		5%	6%	2%	5%	5%	3%	6%	4%	5%	4%	5%	5%	5%	3%	5%	5%	3%	5%
			be				be												

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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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
10 - Completely satisfied (10.0)	117	35	17	10	3	27	38	36	15	11	5	25	40	12	66	33	6	105
	6%	7%	5%	7%	10%	5%	7%	7%	5%	6%	9%	6%	7%	4%	6%	7%	6%	6%
Don't know	23	1	3	-	1	3	2	3	-	1	1	1	4	3	8	10	1	19
	1%	*	1%	-	2%	1%	*	1%	-	*	1%	*	1%	1%	1%	2%	1%	1%
					a											b		
Prefer not to say	25	3	-	2	-	2	3	3	-	2	1	2	4	3	10	6	6	22
	1%	1%	-	1%	-	*	1%	1%	-	1%	2%	*	1%	1%	1%	1%	6%	1%
				b							b						abce	
NET: 0-3	328	70	60	20	4	79	74	79	37	29	6	66	85	73	172	68	16	256
	16%	14%	16%	15%	11%	16%	13%	14%	14%	16%	12%	15%	14%	22%	16%	14%	18%	15%
								bce										
NET: 4-6	731	191	140	54	15	194	206	172	117	74	30	191	202	133	384	182	32	597
	36%	37%	38%	40%	49%	39%	38%	32%	44%	40%	58%	42%	34%	41%	35%	37%	35%	35%
								af	af	a	acef	af	be					
NET: 7-10	902	252	167	59	11	226	263	288	113	81	14	193	302	111	531	224	37	791
	45%	49%	45%	44%	37%	45%	48%	53%	42%	43%	27%	43%	51%	34%	48%	46%	41%	47%
								bcde	d	d		d	bde		a	a		a
Base for stats	1962	513	367	133	30	499	544	539	267	183	50	450	589	317	1086	473	85	1644
Mean Score	5.89	6.10	5.86	5.98	5.93	5.89	6.09	6.16	5.87	5.91	5.67	5.89	6.12	5.32	6.00	6.07	5.74	6.00
									a	a				a	a			a
Standard Deviation	2.398	2.333	2.218	2.286	2.384	2.235	2.334	2.361	2.202	2.189	2.313	2.194	2.359	2.399	2.400	2.309	2.553	2.382
Standard Error	.054	.103	.116	.197	.415	.100	.100	.101	.136	.164	.315	.105	.096	.131	.073	.109	.280	.059
Error variance	*	.01	.01	.04	.17	.01	.01	.01	.02	.03	.10	.01	.01	.02	.01	.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
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
0 - Not at all satisfied	(0.0)	70	40	26	20	1	35	35	12	54	16	51	19
		3%	3%	9%	5%	1%	3%	5%	15%	3%	4%	3%	6%
				cde	d			d	bcde			a	
1	(1.0)	36	18	10	15	2	12	23	5	30	6	31	6
		2%	1%	4%	4%	3%	1%	4%	6%	2%	2%	2%	2%
				d	d			d					
2	(2.0)	77	54	17	17	6	42	33	6	65	12	65	12
		4%	4%	6%	5%	8%	3%	5%	8%	4%	3%	4%	4%
				d		d		d	d				
3	(3.0)	145	86	33	43	8	68	72	10	118	27	114	32
		7%	7%	12%	12%	10%	5%	11%	13%	7%	7%	7%	9%
				d	d			d	d				
4	(4.0)	160	91	28	30	8	97	59	7	133	27	122	34
		8%	7%	10%	8%	11%	7%	9%	9%	8%	7%	7%	10%
5	(5.0)	309	178	54	57	14	189	113	11	244	66	250	55
		15%	14%	19%	16%	19%	14%	18%	15%	15%	16%	15%	16%
				d									
6	(6.0)	262	177	30	42	11	180	76	6	215	47	206	54
		13%	14%	11%	11%	15%	14%	12%	8%	13%	11%	13%	16%
7	(7.0)	375	262	35	49	13	279	91	5	302	73	315	59
		19%	20%	12%	13%	18%	21%	14%	6%	19%	18%	19%	18%
						f	abef	f					
8	(8.0)	312	235	26	54	3	238	71	11	238	74	279	33
		16%	18%	9%	15%	4%	18%	11%	14%	15%	18%	17%	10%
			a		ac		ace	c				b	
9	(9.0)	98	62	4	17	-	76	20	1	74	24	84	12
		5%	5%	2%	5%	-	6%	3%	2%	5%	6%	5%	4%
					a		ace						

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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

	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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
10 - Completely satisfied	117	31	68	14	21	6	75	36	4	97	20	103	12
	6%	9%	5%	5%	6%	8%	6%	6%	6%	6%	5%	6%	4%
Don't know	23	3	13	3	2	2	14	5	-	16	7	16	4
	1%	1%	1%	1%	1%	2%	1%	1%	-	1%	2%	1%	1%
Prefer not to say	25	1	11	2	-	1	9	3	-	15	10	10	3
	1%	*	1%	1%	-	1%	1%	*	-	1%	2%	1%	1%
NET: 0-3	328	55	199	86	95	16	156	163	32	267	61	260	68
	16%	16%	15%	31%	26%	22%	12%	26%	42%	17%	15%	16%	20%
				d	d	d		d	bcde				a
NET: 4-6	731	130	446	112	130	32	466	247	24	592	139	578	143
	36%	39%	34%	40%	35%	44%	35%	39%	31%	37%	34%	35%	43%
													a
NET: 7-10	902	144	627	79	141	22	668	219	21	711	191	780	116
	45%	43%	48%	28%	38%	30%	51%	34%	27%	44%	47%	47%	35%
					a		abcef					b	
Base for stats	1962	329	1271	277	366	71	1290	629	78	1570	391	1618	327
Mean Score	5.89	5.89	6.02	4.82	5.39	5.31	6.20	5.26	4.38	5.87	5.99	5.99	5.39
					af	f	abcef	af				b	
Standard Deviation	2.398	2.556	2.337	2.654	2.649	2.332	2.239	2.572	3.006	2.397	2.399	2.389	2.388
Standard Error	.054	.143	.066	.156	.140	.277	.063	.102	.330	.060	.123	.060	.128
Error variance	*	.02	*	.02	.02	.08	*	.01	.11	*	.02	*	.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										Life satisfaction score				COVID-19 tiers			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high	
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c	
Significance Level: 95%																			
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318	
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294	
	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)	70 3%	28 7% cdefij	11 5% e	7 2%	8 3%	3 1%	4 2%	1 1%	8 3%	29 3%	12 3%	70 14% bcd	-	-	-	27 3%	28 4%	11 4%	
1 (1.0)	36 2%	8 2%	7 3% c	3 1%	5 2%	5 3%	3 2%	1 1%	3 1%	21 2%	7 2%	36 7% bcd	-	-	-	18 2%	12 1%	4 2%	
2 (2.0)	77 4%	32 7% bcdfghij	6 3%	9 3%	11 3%	7 4%	4 2%	1 1%	6 3%	34 3%	11 2%	77 16% bcd	-	-	-	30 4%	26 3%	17 6%	
3 (3.0)	145 7%	43 10% dfhj	17 8%	31 9% fhj	17 5%	13 7%	6 4%	8 11% fhj	10 4%	78 7%	24 5%	145 30% bcd	-	-	-	47 6%	68 9% a	24 8%	
4 (4.0)	160 8%	29 7%	17 8%	30 9%	34 10%	13 7%	17 10%	3 5%	16 7%	94 9%	36 7%	160 33% bcd	-	-	-	61 7%	63 8%	31 11%	
5 (5.0)	309 15%	74 17%	35 16%	54 15%	41 12%	33 18%	24 14%	9 12%	38 16%	164 15%	71 15%	-	309 54% acd	-	-	125 15%	128 16%	40 14%	
6 (6.0)	262 13%	43 10%	35 16% aj	58 17% afhj	49 15% a	26 14%	17 10%	9 11%	25 10%	168 15% ahj	50 10%	-	262 46% acd	-	-	102 12%	113 14%	40 14%	
7 (7.0)	375 19%	70 16%	35 16%	67 19% abj	80 24% abj	36 19%	29 17%	17 23%	42 17%	218 20%	88 18%	-	-	375 55% abd	-	179 21% c	137 18%	47 16%	
8 (8.0)	312 16%	53 12%	29 14%	45 13%	52 16%	31 17%	38 22% abci	16 21% a	47 20% aci	158 14%	101 21% abci	-	-	312 45% abd	-	150 18% c	116 15%	37 13%	
9 (9.0)	98 5%	20 5%	13 6%	14 4%	13 4%	9 5%	9 5%	5 6%	15 6%	49 5%	28 6%	-	-	-	98 46% abc	53 6% c	33 4%	9 3%	
10 - Completely satisfied (10.0)	117 6%	20 5%	6 3%	21 6%	16 5%	8 4%	18 10% abdei	6 8% b	22 9% abdi	51 5%	46 9% abdei	-	-	-	117 54% abc	42 5%	44 6%	24 8%	
Don't know	23 1%	5 1%	1 *	9 3% bdj	2 *	3 2%	1 1%	-	2 1%	15 1%	3 1%	-	-	-	-	3 *	10 1%	3 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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Prefer not to say	25	7	2	1	5	1	3	-	7	9	9	-	-	-	-	4	5	6
	1%	2%	1%	*	2%	1%	2%	-	3%	1%	2%	-	-	-	*	1%	2%	2%
									ci		c							ab
NET: 0-3	328	111	42	50	42	28	17	11	27	162	55	328	-	-	-	123	134	57
	16%	26%	19%	14%	13%	15%	10%	15%	11%	15%	11%	67%	-	-	-	15%	17%	19%
		cdefghij	dfhj									bcd						a
NET: 4-6	731	146	87	143	124	72	58	21	79	427	158	160	571	-	-	288	304	111
	36%	34%	41%	41%	37%	38%	34%	28%	33%	39%	32%	33%	100%	-	-	34%	39%	38%
			j	aghj						j		cd	acd					
NET: 7-10	902	163	83	147	161	84	93	43	126	476	263	-	-	687	215	423	331	117
	45%	38%	39%	42%	48%	45%	54%	57%	52%	44%	54%	-	-	100%	100%	50%	42%	40%
				ab			abci	abci	abci	a	abcei			ab	ab	bc		
Base for stats	1962	421	212	340	328	184	168	76	233	1064	476	488	571	687	215	834	769	285
Mean Score	5.89	5.33	5.58	5.94	6.01	5.95	6.44	6.41	6.35	5.89	6.39	2.59	5.46	7.45	9.54	6.05	5.81	5.68
				a	ab	a	abcdei	ab	abci	a	abcdei		a	ab	abc	bc		
Standard Deviation	2.398	2.632	2.440	2.203	2.222	2.231	2.361	2.236	2.413	2.265	2.363	1.382	.499	.498	.499	2.361	2.364	2.521
Standard Error	.054	.130	.165	.120	.123	.164	.182	.255	.159	.069	.108	.062	.021	.019	.034	.085	.084	.143
Error variance	*	.02	.03	.01	.02	.03	.03	.06	.03	*	.01	*	*	*	*	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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

		Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
		Total	NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%			a	b	c	a	b
Unweighted Total		2009	555	824	592	829	642
Total		2009	558	829	588	819	641
		100%	100%	100%	100%	100%	100%
0 - Not at all satisfied	(0.0)	70	14	27	26	32	19
		3%	3%	3%	5%	4%	3%
1	(1.0)	36	9	12	15	16	7
		2%	2%	1%	2%	2%	1%
2	(2.0)	77	15	25	36	32	24
		4%	3%	3%	6%	4%	4%
					ab		
3	(3.0)	145	24	63	56	75	27
		7%	4%	8%	10%	9%	4%
				a	a	b	
4	(4.0)	160	42	61	54	66	53
		8%	7%	7%	9%	8%	8%
5	(5.0)	309	67	128	115	123	101
		15%	12%	15%	20%	15%	16%
					ab		
6	(6.0)	262	73	99	87	113	87
		13%	13%	12%	15%	14%	14%
7	(7.0)	375	119	157	97	154	128
		19%	21%	19%	16%	19%	20%
			c				
8	(8.0)	312	103	137	69	121	99
		16%	19%	17%	12%	15%	16%
			c	c			
9	(9.0)	98	36	49	11	29	40
		5%	6%	6%	2%	4%	6%
			c	c			a
10 - Completely satisfied	(10.0)	117	45	54	13	43	42
		6%	8%	7%	2%	5%	7%
			c	c			
Don't know		23	6	9	2	7	9
		1%	1%	1%	*	1%	1%
Prefer not to say		25	4	7	5	10	6
		1%	1%	1%	1%	1%	1%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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

Significance Level: 95%

Unweighted Total

Total

NET: 0-3

NET: 4-6

NET: 7-10

Base for stats

Mean Score

Standard Deviation

Standard Error

Error variance

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
NET: 0-3	328	62	127	133	154	76
	16%	11%	15%	23%	19%	12%
		a	ab	b		
NET: 4-6	731	181	288	256	302	240
	36%	32%	35%	44%	37%	37%
			ab			
NET: 7-10	902	304	397	191	346	310
	45%	54%	48%	32%	42%	48%
		bc	c			a
Base for stats	1962	547	812	581	802	626
Mean Score	5.89	6.37	6.04	5.23	5.72	6.14
		bc	c			a
Standard Deviation	2.398	2.319	2.390	2.306	2.402	2.309
Standard Error	.054	.099	.084	.095	.084	.092
Error variance	*	.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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	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	771 38%	459 47%	308 30%	266 44%	372 56%	132 18%	35 36%	105 40%	69 35%	68 32%	60 34%	89 40%	154 49%	119 36%	72 35%
		b		c	ac							abcdefghi			
Working part time- working between 8 and 29 hours per week	283 14%	97 10%	185 18%	100 16%	93 14%	90 12%	10 10%	35 13%	22 11%	32 15%	22 13%	32 14%	43 14%	58 18%	28 13%
		a		c										c	
Self-employed- working 30 hours per week or more	81 4%	55 6%	25 2%	22 4%	39 6%	20 3%	4 4%	11 4%	8 4%	7 3%	7 4%	9 4%	17 5%	9 3%	11 5%
		b			ac										
Self-employed- working between 8 and 29 hours per week	80 4%	41 4%	38 4%	31 5%	22 3%	27 4%	3 3%	10 4%	6 3%	6 3%	8 5%	5 2%	14 5%	15 4%	12 6%
Not working but seeking work or temporarily unemployed or sick	97 5%	47 5%	48 5%	36 6%	42 6%	19 3%	9 9%	17 6%	17 9%	12 6%	9 5%	6 3%	12 4%	8 3%	7 3%
				c	c		fg	hi	fg						
Student	106 5%	50 5%	54 5%	100 16%	5 1%	1 *	5 5%	7 3%	16 8%	14 7%	9 5%	5 2%	26 8%	15 5%	8 4%
				bc					bf	bf			bfi		
Not working and not seeking work	184 9%	47 5%	135 13%	50 8%	79 12%	55 7%	14 14%	21 8%	17 9%	31 14%	27 16%	13 6%	15 5%	27 8%	20 10%
			a		ac		fg			bfg	bcb				g
Retired	408 20%	183 19%	225 22%	3 *	8 1%	398 54%	18 19%	56 21%	41 21%	42 20%	33 19%	62 28%	32 10%	76 23%	49 24%
					ab		g	g	g	g	g	eg		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

	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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	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	771 38%	84 53% efh	273 56% cdefh	213 48% fh	102 44% fh	89 42% fh	11 2% f	569 52% defh	201 22% f	632 38%	21 45%	62 47% a	29 37%	9 44%	5 65%	126 44% a
Working part time- working between 8 and 29 hours per week	283 14%	16 10% f	78 16% fh	87 20% adfh	31 13% f	61 29% abcdfgh	8 2% f	182 17% afh	101 11% f	243 14%	3 7%	17 12%	10 13%	4 22%	-	34 12%
Self-employed- working 30 hours per week or more	81 4%	14 9% cefh	22 5% f	18 4% f	17 7% fh	7 3% f	3 1% f	54 5% fh	27 3% f	54 3%	6 12% a	8 6% a	10 12% a	2 8%	-	25 9% a
Self-employed- working between 8 and 29 hours per week	80 4%	12 8% defh	30 6% efh	18 4% fh	7 3%	5 2%	8 2%	61 6% efh	19 2%	57 3%	3 6%	13 9% a	6 7%	1 5%	-	22 8% a
Not working but seeking work or temporarily unemployed or sick	97 5%	6 4%	14 3%	9 2%	11 5% c	8 4%	49 10% abcdeg	29 3% bcg	68 7%	83 5%	1 2%	6 5%	4 5%	-	-	11 4%
Student	106 5%	8 5% f	16 3%	53 12% abdefgh	10 4% f	10 5% f	8 2%	77 7% bfh	28 3%	55 3%	9 19% a	19 14% a	18 22% a	-	1 11%	46 16% a
Not working and not seeking work	184 9%	5 3%	16 3%	19 4%	20 9% abcg	25 12% abcg	99 20% abcdegh	40 4% abcdg	144 16% abcdg	164 10% cg	4 9%	6 4%	3 4%	1 4%	2 24%	16 5%
Retired	408 20%	13 8% e	34 7% e	27 6% bceg	32 14% bceg	6 3%	297 62% abcdegh	74 7% e	334 36% abcdeg	395 23% bcdg	-	4 3%	-	3 16%	-	7 2%

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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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	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	771	395	187	155	343	49	55	608	27	10	2	14	4	1	4	103
	38%	32%	51%	52%	52%	61%	45%	95%	11%	19%	3%	11%	3%	*	1%	51%
			a	a	a	bdefghij	defghij	abdefghijk	fhij	fhij		hij	i			defghij
Working part time- working between 8 and 29 hours per week	283	156	55	59	114	21	43	15	178	3	5	9	3	7	-	64
	14%	13%	15%	20%	17%	26%	35%	2%	76%	6%	9%	7%	3%	3%	-	32%
			a	a	a	cefg hij	cefg hij	j	abcefg hijk	j	cj	cj	j	j	-	cefg hij
Self-employed- working 30 hours per week or more	81	40	20	13	33	2	13	8	13	31	7	3	3	2	-	15
	4%	3%	5%	4%	5%	2%	11%	1%	6%	60%	11%	2%	3%	1%	-	7%
						j	acghij	j	cij	abcdefghijk	acghij	j	j			cij
Self-employed- working between 8 and 29 hours per week	80	49	17	7	25	1	8	5	9	5	38	9	1	2	1	9
	4%	4%	5%	2%	4%	2%	7%	1%	4%	10%	65%	7%	1%	1%	*	5%
							chij		cj	achij	abcdefghijk	chij				cij
Not working but seeking work or temporarily unemployed or sick	97	58	19	12	30	4	3	3	3	1	2	70	2	9	-	6
	5%	5%	5%	4%	5%	5%	2%	*	1%	2%	4%	59%	2%	5%	-	3%
						cj	cj		j	j	cj	abcdefhijk	j	cj		cj
Student	106	56	18	15	33	2	1	1	3	1	3	5	90	-	1	2
	5%	4%	5%	5%	5%	2%	1%	*	1%	1%	4%	4%	86%	-	*	1%
						ci	cij		c		cij	chij	abcdefghijk			c
Not working and not seeking work	184	98	44	36	80	-	-	-	1	-	2	10	1	168	2	-
	9%	8%	12%	12%	12%	-	-	-	*	-	3%	9%	1%	86%	1%	-
			a	a	a						bcdk	abcdehjk	c	abcdefghjk		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Retired	408	393	4	4	8	2	-	1	-	-	-	1	7	398	2	
	20%	32%	1%	1%	1%	2%	-	*	-	-	-	1%	4%	98%	1%	
		bcd				cd							bcdgk	abcdefghik		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D6A. Which of the following best describes your work status before March 2020 (Pre-Covid 19)?

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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	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	771 38%	354 68% cde	268 73% cde	40 30%	11 36%	308 61% cd	365 67% cd	418 77% bcde	173 65% cde	62 33%	25 49% c	234 52% c	443 74% bcde	92 28%	421 38% a	231 47% abde	28 30%	679 40% a
Working part time- working between 8 and 29 hours per week	283 14%	133 26% be	65 18%	27 20%	7 23%	92 18% be	140 26% be	108 20%	54 20%	56 30% abf	9 17% abf	111 24% abf	117 20% abf	28 9%	158 14% a	90 18% abd	7 7% ad	255 15% ad
Self-employed- working 30 hours per week or more	81 4%	17 3%	23 6% a	26 19% abef	4 12% af	49 10% af	21 4%	15 3%	23 9% af	29 15% abf	3 6% abf	51 11% af	19 3% af	12 4%	40 4%	25 5%	5 6%	70 4%
Self-employed- working between 8 and 29 hours per week	80 4%	8 2%	12 3%	33 25% abef	6 21% abef	45 9% abf	15 3%	3 *	11 4% a	34 18% abef	11 21% abef	45 10% abf	13 2% a	15 5%	47 4%	13 3%	5 5%	65 4%
Not working but seeking work or temporarily unemployed or sick	97 5%	2 *	2 *	5 3% abf	- - abf	6 1% abf	2 *	1 *	4 2% a	2 1% af	2 3% af	6 1% a	3 *	21 6%	43 4%	28 6% abce	5 5% abce	76 5% abce
Student	106 5%	2 *	- -	4 3% abf	1 2% b	4 1% abce	3 *	1 *	2 1% abce	4 2% af	1 2% af	6 1% a	2 *	6 2%	33 3% abce	44 9% abce	23 25% abce	100 6% abce
Not working and not seeking work	184 9%	1 *	- -	- -	2 6% abcef	- -	3 *	- -	- -	- -	1 1% ae	- -	1 *	28 9%	95 9%	48 10% abce	13 15% abce	156 9% abce
Retired	408 20%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	123 38% bcde	268 24% cde	12 2% abce	6 6% c	286 17% 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	771 38%	143 43%	515 40%	99 35% bf	80 22%	23 32%	575 44% abcef	184 29%	17 22%	646 40% b	125 31%	627 38%	137 41%
Working part time- working between 8 and 29 hours per week	283 14%	53 16%	195 15%	44 16%	43 12%	7 10%	189 14%	83 13%	10 13%	235 15%	48 12%	235 14%	45 13%
Self-employed- working 30 hours per week or more	81 4%	18 6%	47 4%	12 4%	17 4%	6 8% d	44 3%	32 5%	2 2%	59 4%	22 5%	63 4%	16 5%
Self-employed- working between 8 and 29 hours per week	80 4%	16 5%	47 4%	15 5% d	19 5% d	10 14% abdef	36 3%	42 7% d	2 3%	53 3%	27 7% a	52 3%	25 8% a
Not working but seeking work or temporarily unemployed or sick	97 5%	17 5%	56 4%	28 10% bd	22 6% d	8 11% d	46 4%	47 7% d	10 13% bd	79 5%	18 4%	70 4%	24 7% a
Student	106 5%	11 3%	80 6%	17 6% b	5 1%	5 7% b	70 5% b	26 4% b	1 2%	92 6%	14 3%	73 4%	27 8% a
Not working and not seeking work	184 9%	36 11%	116 9%	53 19% cde	57 15% cd	3 5%	92 7%	85 13% cd	27 35% abcde	146 9%	38 9%	149 9%	34 10%
Retired	408 20%	38 11%	240 18% a	14 5%	125 34% acdef	10 13% a	261 20% af	139 22% af	8 10%	290 18%	118 29% a	376 23% b	27 8%

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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										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	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	771 38%	125 29%	66 31%	137 39%	136 41%	91 48%	85 49%	31 41%	101 42%	430 40%	216 44%	161 33%	221 39%	297 43%	83 38%	301 36%	323 41%	124 42%
				ab	ab	abci	abci	a	ab	ab	ab			a			a	a
Working part time- working between 8 and 29 hours per week	283 14%	59 14%	35 16%	53 15%	40 12%	37 20%	24 14%	8 11%	26 11%	165 15%	59 12%	79 16%	77 13%	88 13%	36 17%	124 15%	110 14%	39 13%
						dhj												
Self-employed- working 30 hours per week or more	81 4%	9 2%	12 6%	13 4%	21 6%	4 2%	5 3%	7 9%	10 4%	51 5%	22 4%	22 5%	24 4%	25 4%	7 3%	32 4%	36 5%	10 3%
			a		ae			acef		a	a							
Self-employed- working between 8 and 29 hours per week	80 4%	10 2%	8 4%	21 6%	14 4%	9 5%	8 5%	2 3%	7 3%	52 5%	18 4%	30 6%	26 5%	18 3%	4 2%	37 4%	32 4%	7 3%
				a						a		cd						
Not working but seeking work or temporarily unemployed or sick	97 5%	18 4%	13 6%	18 5%	17 5%	5 2%	10 6%	5 7%	12 5%	52 5%	27 5%	35 7%	39 7%	13 2%	5 2%	23 3%	48 6%	20 7%
												cd	cd				a	a
Student	106 5%	11 3%	16 8%	18 5%	30 9%	11 6%	8 5%	-	12 5%	75 7%	20 4%	25 5%	38 7%	28 4%	4 2%	27 3%	53 7%	14 5%
			agj	g	agj	g			g	agj		d	cd				a	
Not working and not seeking work	184 9%	60 14%	22 10%	33 9%	23 7%	11 6%	11 6%	7 9%	17 7%	89 8%	35 7%	53 11%	49 9%	59 9%	18 8%	82 10%	63 8%	23 8%
		defhij																
Retired	408 20%	141 33%	41 19%	57 16%	55 16%	21 11%	21 12%	15 20%	57 23%	174 16%	93 19%	83 17%	98 17%	160 23%	58 27%	215 26%	119 15%	57 19%
		bcdefghij	e						cdefi	ef				ab	ab	bc		

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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%

Unweighted Total

Total

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

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Working full time- working 30 hours per week or more	771	276	283	207	466	281
	38%	49%	34%	35%	57%	44%
		bc		b		
Working part time- working between 8 and 29 hours per week	283	87	115	79	165	110
	14%	16%	14%	13%	20%	17%
Self-employed- working 30 hours per week or more	81	23	37	19	35	38
	4%	4%	4%	3%	4%	6%
Self-employed- working between 8 and 29 hours per week	80	18	32	30	39	32
	4%	3%	4%	5%	5%	5%
Not working but seeking work or temporarily unemployed or sick	97	21	39	31	28	25
	5%	4%	5%	5%	3%	4%
Student	106	32	34	36	53	25
	5%	6%	4%	6%	6%	4%
				b		
Not working and not seeking work	184	33	84	61	19	51
	9%	6%	10%	10%	2%	8%
		a	a			a
Retired	408	68	205	126	15	78
	20%	12%	25%	21%	2%	12%
		a	a			a

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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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	79 4%	37 4%	43 4%	29 5%	28 4%	23 3%	2 2%	6 2%	5 2%	10 5%	6 3%	9 4%	20 6% bc	15 5%	7 3%
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	122 6%	70 7%	50 5%	66 11% bc	43 7% c	12 2%	5 5%	13 5%	8 4%	14 7%	12 7%	13 6%	29 9% bci	19 6%	8 4%
Working full time- working 30 hours per week or more	641 32%	374 38% b	264 26%	203 33% c	325 49% ac	112 15%	31 31%	93 35% d	62 32%	53 25%	53 31%	73 33%	117 38% dh	96 29%	63 31%
Working part time- working between 8 and 29 hours per week	234 12%	94 10%	139 14% a	86 14% c	83 13% c	65 9%	12 12%	31 12%	18 9%	30 14%	15 8%	25 11%	33 11%	40 12%	31 15% e
Self-employed- working 30 hours per week or more	51 3%	35 4% b	16 2%	10 2%	25 4% a	15 2%	1 2%	9 3%	6 3%	5 2%	2 1%	6 3%	9 3%	6 2%	7 3%
Self-employed- working between 8 and 29 hours per week	58 3%	34 3%	24 2%	13 2%	15 2% a	30 4% a	3 3%	5 2%	7 4%	5 2%	8 5% f	2 1%	10 3%	9 3%	9 4%
Not working but seeking work or temporarily unemployed or sick	119 6%	54 5%	64 6%	49 8% c	42 6% c	28 4%	7 7%	18 7%	17 9%	13 6%	10 5%	10 4%	18 6%	19 6%	8 4%
Student	105 5%	49 5%	54 5%	99 16% bc	6 1% c	- -	3 3%	8 3%	18 9% abfi	12 6%	9 5%	5 2%	28 9% abfi	16 5%	7 3%
Not working and not seeking work	195 10%	52 5%	141 14% a	49 8%	85 13% ac	61 8%	16 17% bcfghi	22 8%	18 9%	30 14% bg	27 15% bfg	19 8%	17 5%	30 9%	18 9%
Retired	406 20%	181 19%	224 22%	4 1%	6 1% ab	396 53% ab	17 18% g	58 22% g	40 20% g	42 20% g	32 18% g	61 27% eg	32 10%	76 23% g	48 23% g

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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
2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
201	107	93	95	71	35	8	20	13	24	18	22	48	34	14
10%	11%	9%	16%	11%	5%	8%	7%	6%	11%	10%	10%	15%	10%	7%
			bc	c								abci		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	79 4%	6 4% f	24 5% f	19 4% f	15 7% fh	14 7% fh	2 * f	49 5% f	30 3% f	59 4%	7 14% adg	8 6%	2 2%	- -	- -	16 6%
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	122 6%	22 14% cdefgh	40 8% fh	28 6% fh	17 7% fh	11 5% f	4 1%	90 8% fh	32 3% f	87 5%	2 4%	12 9%	13 16% ab	2 11%	2 23%	31 11% a
Working full time- working 30 hours per week or more	641 32%	63 40% fh	233 48% cdefh	185 42% fh	82 36% fh	74 35% fh	5 1%	480 44% defh	161 17% f	533 32%	18 37%	48 36%	21 27%	8 41%	3 42%	98 34%
Working part time- working between 8 and 29 hours per week	234 12%	13 8% f	66 14% fh	71 16% adfh	24 10% f	54 25% abcdfgh	7 1%	149 14% afh	85 9% f	188 11%	3 5%	23 18% ab	15 19% ab	2 8%	- -	43 15%
Self-employed- working 30 hours per week or more	51 3%	15 10% bcdefgh	9 2% f	11 2% f	10 4% fh	4 2% f	1 * f	36 3% fh	15 2% f	41 2%	1 3%	2 2%	3 4%	2 11%	- -	9 3%
Self-employed- working between 8 and 29 hours per week	58 3%	4 3%	25 5% efh	13 3%	7 3%	3 2%	6 1%	42 4% fh	16 2%	46 3%	2 4%	4 3%	2 3%	1 5%	- -	10 3%
Not working but seeking work or temporarily unemployed or sick	119 6%	6 4%	19 4%	16 4%	15 7% g	7 4%	56 12% abcdeg	41 4%	78 9% abceg	109 6%	4 8%	3 2%	3 4%	- -	- -	10 4%
Student	105 5%	6 4% f	18 4% f	56 13% abdefgh	11 5% f	9 5% f	5 1%	80 7% bfh	25 3% f	53 3%	7 15% a	19 14% a	17 22% a	1 4%	1 11%	45 16% a
Not working and not seeking work	195 10%	10 6%	16 3%	21 5%	18 8% bg	28 13% abcg	103 21% abcdegh	46 4%	149 16% abcdg	170 10%	5 10%	9 7%	2 3%	1 4%	2 24%	19 7%
Retired	406 20%	14 9% e	34 7% e	25 6%	32 14% bceg	6 3%	295 61% abcdegh	73 7% e	333 36% abcdeg	396 24%	- -	4 3%	- -	3 16%	- -	7 2%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	
Unweighted Total	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
	201	28	64	47	32	25	5	139	62	146	9	20	14	2	2	47
	10%	18%	13%	11%	14%	12%	1%	13%	7%	9%	18%	15%	18%	11%	23%	16%
		cjh	fh	fh	fh	fh		fh	f		a	a	a		a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	79	38	18	16	34	79	-	-	-	-	-	-	-	-	-	79
	4%	3%	5%	5%	5%	100%	-	-	-	-	-	-	-	-	-	39%
					a	bcdefghijk										bcdefghij
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	122	59	23	29	52	-	122	-	-	-	-	-	-	-	-	122
	6%	5%	6%	10%	8%	-	100%	-	-	-	-	-	-	-	-	61%
					a		acdefghijk									acdefghij
Working full time- working 30 hours per week or more	641	327	163	124	287	-	-	641	-	-	-	-	-	-	-	-
	32%	26%	45%	41%	43%	-	-	100%	-	-	-	-	-	-	-	-
			a	a	a			abdefghijk								
Working part time- working between 8 and 29 hours per week	234	122	49	50	100	-	-	-	234	-	-	-	-	-	-	-
	12%	10%	14%	17%	15%	-	-	-	100%	-	-	-	-	-	-	-
			a	a	a				abcefgghijk							
Self-employed- working 30 hours per week or more	51	27	13	7	20	-	-	-	-	51	-	-	-	-	-	-
	3%	2%	4%	2%	3%	-	-	-	-	100%	-	-	-	-	-	-
										abcdefghijk						
Self-employed- working between 8 and 29 hours per week	58	42	8	3	11	-	-	-	-	-	58	-	-	-	-	-
	3%	3%	2%	1%	2%	-	-	-	-	-	100%	-	-	-	-	-
		d									abcdefghijk					

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	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	119	76	19	15	34	-	-	-	-	-	-	119	-	-	-	-
	6%	6%	5%	5%	5%	-	-	-	-	-	-	100%	-	-	-	-
												abcdehijk				
Student	105	56	19	16	35	-	-	-	-	-	-	-	105	-	-	-
	5%	5%	5%	5%	5%	-	-	-	-	-	-	-	100%	-	-	-
												abcdeghijk				
Not working and not seeking work	195	106	47	36	83	-	-	-	-	-	-	-	-	195	-	-
	10%	9%	13%	12%	12%	-	-	-	-	-	-	-	-	100%	-	-
			a	a	a									abcdeghijk		
Retired	406	390	4	5	10	-	-	-	-	-	-	-	-	-	406	-
	20%	31%	1%	2%	1%	-	-	-	-	-	-	-	-	-	100%	-
		bcd													abcdeghik	
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	201	97	42	45	86	79	122	-	-	-	-	-	-	-	-	201
	10%	8%	11%	15%	13%	100%	100%	-	-	-	-	-	-	-	-	100%
			a	a	a	cdefghij	cdefghij									cdefghij

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	79 4%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	9 3%	40 4%	25 5%	6 6%	70 4%
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	122 6%	50 10%	51 14%	10 8%	4 12%	62 12%	54 10%	30 5%	54 20%	25 13%	8 15%	79 17%	37 6%	10 3%	70 6%	37 8%	5 5%	112 7%
									af	af	af	af			a	a		a
Working full time- working 30 hours per week or more	641 32%	318 62%	240 65%	44 33%	11 36%	284 56%	330 60%	392 72%	142 53%	56 30%	24 47%	198 44%	416 70%	76 24%	356 32%	189 39%	20 22%	565 34%
		cd	cde			cd		bcd	ce		c	c	bcde		ad	abde		ad
Working part time- working between 8 and 29 hours per week	234 12%	122 24%	58 16%	35 26%	9 30%	92 18%	131 24%	104 19%	53 20%	55 30%	9 18%	108 24%	113 19%	20 6%	125 11%	80 16%	8 9%	214 13%
		be		b	b	be			abf						a	abe		a
Self-employed- working 30 hours per week or more	51 3%	17 3%	10 3%	19 14%	3 9%	29 6%	20 4%	16 3%	10 4%	20 11%	3 5%	31 7%	19 3%	7 2%	32 3%	12 2%	- -	44 3%
				abef	b	b				abf		af						
Self-employed- working between 8 and 29 hours per week	58 3%	10 2%	11 3%	26 19%	4 13%	36 7%	14 2%	4 1%	7 3%	29 16%	7 14%	37 8%	11 2%	15 5%	30 3%	8 2%	5 6%	42 3%
				abef	abf	abf			a	abef	abf	abf		ce			c	
Not working but seeking work or temporarily unemployed or sick	119 6%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	27 8%	54 5%	32 6%	7 8%	92 5%
														be				
Student	105 5%	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	- -	5 2%	33 3%	46 9%	21 23%	100 6%
															abe	abce	ab	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	262	181	56	443	613	341	1114	464	90	1668	
Total	2009	518	369	135	31	504	549	267	186	51	453	597	323	1105	490	91	1686	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Not working and not seeking work	195	-	-	-	-	-	-	-	-	-	-	-	33	98	50	14	162	
	10%	-	-	-	-	-	-	-	-	-	-	-	10%	9%	10%	15%	10%	
Retired	406	-	-	-	-	-	-	-	-	-	-	-	122	267	11	6	284	
	20%	-	-	-	-	-	-	-	-	-	-	-	38%	24%	2%	7%	17%	
													bcde	cde		c	cd	
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	201	50	51	10	4	62	54	30	54	25	8	79	37	19	110	62	10	182
	10%	10%	14%	8%	12%	12%	10%	5%	20%	13%	15%	17%	6%	6%	10%	13%	11%	11%
									af	af	af	af		a	a		a	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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
		a	b	a	b	c	d	e	f	a	b	a	b
Significance Level: 95%													
Unweighted Total	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	79 4%	20 6%	47 4%	7 2%	17 5%	2 3%	52 4%	22 3%	4 5%	59 4%	20 5%	59 4%	17 5%
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	122 6%	47 14%	63 5%	22 8%	19 5%	8 11%	71 5%	46 7%	3 4%	107 7%	14 4%	97 6%	22 6%
Working full time- working 30 hours per week or more	641 32%	103 31%	447 34%	84 30%	64 17%	19 25%	482 37%	150 24%	15 20%	540 34%	101 25%	522 32%	113 34%
Working part time- working between 8 and 29 hours per week	234 12%	42 12%	165 13%	31 11%	39 11%	13 18%	147 11%	80 13%	4 5%	192 12%	42 10%	184 11%	49 14%
Self-employed- working 30 hours per week or more	51 3%	7 2%	34 3%	7 3%	4 1%	3 4%	36 3%	12 2%	1 1%	31 2%	20 5%	43 3%	8 2%
Self-employed- working between 8 and 29 hours per week	58 3%	10 3%	30 2%	7 2%	9 2%	5 7%	35 3%	19 3%	2 3%	36 2%	22 5%	44 3%	13 4%
Not working but seeking work or temporarily unemployed or sick	119 6%	15 5%	75 6%	38 13%	24 7%	4 6%	63 5%	54 8%	11 15%	96 6%	23 6%	95 6%	22 7%
Student	105 5%	15 5%	75 6%	21 7%	5 1%	3 4%	67 5%	27 4%	1 2%	93 6%	12 3%	67 4%	30 9%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Not working and not seeking work	195	37	120	51	62	4	100	87	29	157	38	158	34
	10%	11%	9%	18%	17%	6%	8%	14%	37%	10%	9%	10%	10%
				cd	cd			d	abcde				
Retired	406	38	241	14	125	11	260	141	8	289	117	376	28
	20%	12%	19%	5%	34%	16%	20%	22%	10%	18%	29%	23%	8%
			a		acdef	a	af	af			a	b	
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	201	66	109	29	36	11	123	68	7	166	34	157	39
	10%	20%	8%	10%	10%	15%	9%	11%	9%	10%	8%	10%	12%
		b											

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Currently furloughed	79 4%	11 3%	13 6% ad	15 4%	8 2%	9 5%	6 4%	4 5%	13 6%	45 4%	23 5%	20 4%	21 4%	26 4%	11 5%	35 4%	36 5% c	6 2%
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	122 6%	11 2%	15 7% a	27 8% a	23 7% a	16 9% a	11 7% a	5 7% a	13 5% a	81 7% a	30 6% a	32 7%	41 7% c	30 4%	15 7%	34 4%	66 8% a	19 6%
Working full time- working 30 hours per week or more	641 32%	114 26%	54 25%	110 31%	111 33% ab	75 40% abci	72 42% abcdhi	27 36%	77 32%	350 32% ab	177 36% ab	129 26%	188 33% a	251 37% a	65 30%	254 30%	260 33%	107 36% a
Working part time- working between 8 and 29 hours per week	234 12%	41 9%	26 12%	42 12%	51 15% ahj	30 16% ahj	18 11%	5 7%	20 8%	149 14% ahj	44 9%	63 13%	63 11%	77 11%	31 15%	104 12%	87 11%	32 11%
Self-employed- working 30 hours per week or more	51 3%	9 2%	7 3%	8 2%	8 2%	4 2%	4 2%	2 2%	11 4%	26 2%	16 3%	12 2%	16 3%	17 3%	4 2%	22 3%	18 2%	10 3%
Self-employed- working between 8 and 29 hours per week	58 3%	8 2%	3 2%	12 3%	12 4%	6 3%	8 4%	5 6% ab	5 2%	33 3%	17 3%	17 3%	14 2%	20 3%	5 2%	29 3% c	22 3%	3 1%
Not working but seeking work or temporarily unemployed or sick	119 6%	25 6%	15 7%	29 8%	17 5%	7 4%	10 6%	4 5%	12 5%	68 6%	26 5%	45 9% cd	43 8% cd	22 3%	4 2%	40 5%	51 7%	21 7%
Student	105 5%	13 3%	17 8% ag	16 5%	26 8% agj	11 6% g	9 5% g	- -	13 5% g	70 6% ag	22 5%	27 6% d	32 6% d	28 4%	4 2%	25 3%	54 7% a	15 5%
Not working and not seeking work	195 10%	62 14% defhij	26 12% de	34 10%	22 7%	11 6%	12 7%	7 10%	20 8%	93 9%	40 8%	59 12% c	55 10%	58 8%	17 8%	86 10%	72 9%	23 8%
Retired	406 20%	139 32% bcdefhij	39 18% e	56 16%	57 17% e	20 11%	22 13%	16 22% e	56 23% cefi	172 16%	94 19% e	84 17%	98 17%	158 23% ab	57 27% ab	213 25% b	118 15%	60 20% b

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Number of days active										Life satisfaction score				COVID-19 tiers			
	Total	0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	201	22	28	42	31	25	18	9	26	126	53	52	63	56	27	68	102	25
	10%	5%	13%	12%	9%	13%	10%	12%	11%	12%	11%	11%	11%	8%	13%	8%	13%	8%
			a	a	a	a	a	a	a	a	a						ac	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

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

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	Total	NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Currently furloughed	79	36	25	16	60	16
	4%	6%	3%	3%	7%	3%
		bc			b	
Reduced hours/employers imposed temporary leave of absence because of the Coronavirus	122	49	40	31	93	22
	6%	9%	5%	5%	11%	3%
		bc			b	
Working full time- working 30 hours per week or more	641	209	253	175	358	263
	32%	38%	31%	30%	44%	41%
		bc				
Working part time- working between 8 and 29 hours per week	234	69	97	67	115	107
	12%	12%	12%	11%	14%	17%
Self-employed- working 30 hours per week or more	51	11	26	14	23	25
	3%	2%	3%	2%	3%	4%
Self-employed- working between 8 and 29 hours per week	58	15	22	18	29	24
	3%	3%	3%	3%	4%	4%
Not working but seeking work or temporarily unemployed or sick	119	32	45	39	47	27
	6%	6%	5%	7%	6%	4%
Student	105	30	35	35	53	28
	5%	5%	4%	6%	6%	4%
Not working and not seeking work	195	36	83	68	27	52
	10%	7%	10%	12%	3%	8%
			a	a		a
Retired	406	71	202	125	16	77
	20%	13%	24%	21%	2%	12%
			a	a		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
Total	a	b	c	a	b	
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
NET: Furloughed or reduced hours or temporary leave because of coronavirus pandemic	201	84	65	47	152	38
	10%	15%	8%	8%	19%	6%
		bc		b		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	1115	606	504	394	502	219	58	168	105	106	97	99	212	168	102
Total	1105	607	493	378	493	234	53	150	100	106	91	119	198	171	117
	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	518 47%	266 44%	250 51% a	174 46%	223 45%	121 52%	31 59% g	74 50% g	43 43% g	55 52% g	46 50% g	60 50% g	63 32%	85 50% g	61 52% g
I mostly travelled to work pre-Covid-19, but now I work more from home	369 33%	214 35%	154 31%	124 33%	183 37% c	63 27%	12 23%	48 32%	32 32%	27 26%	26 28%	44 37%	91 46% abcdehi	56 33%	34 29%
I mostly worked from home pre-Covid-19, and this is mostly still the case	135 12%	82 14%	51 10%	47 12%	53 11%	34 15%	4 8%	15 10%	17 17%	17 16%	12 13%	11 9%	28 14%	19 11%	11 9%
I mostly worked from home pre-Covid-19, but now I travel to work more	31 3%	18 3%	13 3%	12 3%	13 3%	5 2%	2 3%	5 3%	3 3%	4 4%	2 2%	1 1%	10 5% h	2 1%	2 2%
None of the above	52 5%	26 4%	25 5%	21 5%	21 4%	11 5%	4 8%	8 5%	5 5%	2 2%	6 6%	4 3%	6 3%	9 6%	9 8% dg
NET: Working from home more during COVID-19	504 46%	296 49% b	205 42%	171 45%	236 48%	97 41%	16 30%	63 42%	49 49% a	45 42%	38 42%	55 46%	119 60% abdefhi	75 44%	45 38%
NET: Mostly travelling to work during COVID-19	549 50%	284 47%	263 53% a	186 49%	236 48%	126 54%	33 62% g	79 53% g	46 46%	59 56% g	47 52% g	61 51% g	73 37%	86 51% g	63 54% g

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	1115	116	364	303	151	157	24	783	332	893	28	95	56	16	5	200
Total	1105	117	373	307	140	147	22	797	308	895	25	90	55	15	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	518 47%	38 32%	146 39%	141 46% a	81 58% abcg	107 73% abcdgh	6 26%	325 41%	193 63% abcg	452 50% cdg	10 39%	24 26%	20 37%	5 33%	1 22%	60 31%
I mostly travelled to work pre-Covid-19, but now I work more from home	369 33%	47 40% deh	157 42% deh	122 40% deh	26 18% e	15 10%	3 14%	326 41% deh	44 14%	292 33%	11 44%	35 38%	14 26%	6 38%	4 78%	70 37%
I mostly worked from home pre-Covid-19, and this is mostly still the case	135 12%	23 19% cdeh	50 13%	31 10%	14 10%	14 9%	3 13%	104 13%	31 10%	95 11%	2 8%	22 24% a	12 21% a	3 19%	- -	38 20% a
I mostly worked from home pre-Covid-19, but now I travel to work more	31 3%	7 6% bcg	6 2%	5 2%	4 3%	3 2%	5 22%	19 2%	12 4% b	17 2%	- -	6 6% a	4 8% a	2 11%	- -	12 6% a
None of the above	52 5%	2 2%	15 4%	8 3%	14 10% abcg	8 6%	5 25%	24 3%	28 9% abcg	39 4%	2 8%	4 5%	5 8%	- -	- -	11 6%
NET: Working from home more during COVID-19	504 46%	70 60% deh	207 55% deh	153 50% deh	40 29%	28 19%	6 28%	430 54% deh	74 24%	387 43%	13 53%	57 63% a	26 47%	8 57%	4 78%	108 57% a
NET: Mostly travelling to work during COVID-19	549 50%	45 39%	151 41%	146 48%	85 61% abcg	110 75% abcdg	10 48%	343 43%	206 67% abcg	469 52% cg	10 39%	29 33%	25 45%	6 43%	1 22%	71 37%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	1115	657	211	179	390	-	127	650	229	50	59	-	-	-	-	127
Total	1105	578	257	213	470	-	122	641	234	51	58	-	-	-	-	122
	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	518	278	122	100	222	-	50	318	122	17	10	-	-	-	-	50
	47%	48%	48%	47%	47%	-	41%	50%	52%	34%	17%	-	-	-	-	41%
							f	ef	ef	f						f
I mostly travelled to work pre-Covid-19, but now I work more from home	369	183	94	76	169	-	51	240	58	10	11	-	-	-	-	51
	33%	32%	36%	35%	36%	-	42%	37%	25%	20%	18%	-	-	-	-	42%
							def	def								def
I mostly worked from home pre-Covid-19, and this is mostly still the case	135	75	29	18	47	-	10	44	35	19	26	-	-	-	-	10
	12%	13%	11%	9%	10%	-	9%	7%	15%	38%	45%	-	-	-	-	9%
								c	c	bcdk	bcdk					
I mostly worked from home pre-Covid-19, but now I travel to work more	31	13	6	6	12	-	4	11	9	3	4	-	-	-	-	4
	3%	2%	2%	3%	3%	-	3%	2%	4%	5%	7%	-	-	-	-	3%
											c					
None of the above	52	28	6	13	19	-	6	27	10	1	7	-	-	-	-	6
	5%	5%	2%	6%	4%	-	5%	4%	4%	3%	13%	-	-	-	-	5%
				b							bcdk					
NET: Working from home more during COVID-19	504	259	123	94	217	-	62	284	92	29	36	-	-	-	-	62
	46%	45%	48%	44%	46%	-	51%	44%	40%	58%	63%	-	-	-	-	51%
							d	d	cd	d	cd					d
NET: Mostly travelling to work during COVID-19	549	291	128	106	234	-	54	330	131	20	14	-	-	-	-	54
	50%	50%	50%	50%	50%	-	44%	51%	56%	39%	24%	-	-	-	-	44%
							f	f	befk							f

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	1115	522	367	137	34	504	556	262	181	56	443	613	146	629	302	38	969	
Total	1105	518	369	135	31	504	549	267	186	51	453	597	128	613	326	38	977	
	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	518 47%	518 100%	-	-	-	-	518 94%	384 70%	67 25%	44 24%	10 20%	111 24%	394 66%	58 45%	296 48%	150 46%	14 37%	460 47%
		bcdef					bcde					bcde						
I mostly travelled to work pre-Covid-19, but now I work more from home	369 33%	-	369 100%	-	-	369 73%	-	131 24%	168 63%	56 30%	10 20%	224 49%	141 24%	47 37%	190 31%	119 36%	14 37%	322 33%
			acdef			acdf			acdef			acdf						
I mostly worked from home pre-Covid-19, and this is mostly still the case	135 12%	-	-	135 100%	-	135 27%	-	18 3%	26 10%	77 42%	11 22%	103 23%	29 5%	17 14%	76 12%	35 11%	6 15%	117 12%
				abdef		abdf			af	abdef		abf						
I mostly worked from home pre-Covid-19, but now I travel to work more	31 3%	-	-	-	31 100%	-	31 6%	2 *	5 2%	6 3%	17 34%	10 2%	20 3%	2 2%	16 3%	9 3%	3 8%	29 3%
					abcef		abce		a	a	abcef	a	a				ab	
None of the above	52 5%	-	-	-	-	-	-	11 2%	2 1%	3 2%	2 4%	5 1%	12 2%	4 3%	35 6%	13 4%	1 3%	49 5%
NET: Working from home more during COVID-19	504 46%	-	369 100%	135 100%	-	504 100%	-	149 27%	194 73%	133 72%	21 42%	327 72%	170 29%	65 50%	266 43%	154 47%	20 52%	439 45%
			adf	adf		adf			adf	adf	af	adf						
NET: Mostly travelling to work during COVID-19	549 50%	518 100%	-	-	31 100%	-	549 100%	386 71%	71 27%	49 27%	28 54%	121 27%	414 69%	60 47%	313 51%	159 49%	17 45%	489 50%
		bce			bce		bce	bcde			bce	bcde						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	1115	205	731	158	135	51	771	314	26	919	196	885	216
Total	1105	208	738	152	135	48	771	307	25	907	198	889	203
	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	518 47%	76 37%	377 51% a	65 43% c	45 34%	12 25%	397 51% bce	114 37%	8 31%	437 48%	80 41%	438 49% b	78 38%
I mostly travelled to work pre-Covid-19, but now I work more from home	369 33%	83 40% b	232 31%	42 28%	58 43% acde	11 24%	262 34%	99 32%	10 41%	314 35%	56 28%	297 33%	69 34%
I mostly worked from home pre-Covid-19, and this is mostly still the case	135 12%	35 17% b	76 10%	33 22% d	25 19% d	17 35% abd	62 8%	69 23% d	5 21%	97 11%	37 19% a	102 11%	31 15%
I mostly worked from home pre-Covid-19, but now I travel to work more	31 3%	7 3%	20 3%	9 6% d	3 2%	6 12% bd	12 2%	17 6% d	1 3%	26 3%	5 2%	17 2% a	13 7% a
None of the above	52 5%	7 3%	33 4%	2 2%	4 3%	2 4%	38 5%	7 2%	1 3%	32 4%	20 10% a	36 4%	12 6%
NET: Working from home more during COVID-19	504 46%	118 57% b	308 42%	75 49%	83 62% ad	29 59% d	324 42%	169 55% d	15 62%	411 45%	93 47%	399 45%	100 49%
NET: Mostly travelling to work during COVID-19	549 50%	82 40%	397 54% a	74 49% b	48 36%	18 37%	409 53% bce	131 43%	9 35%	463 51% b	85 43%	455 51%	91 45%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	1115	185	107	201	206	133	113	45	125	647	283	258	332	385	125	417	472	184
Total	1105	182	104	200	204	131	113	44	126	640	283	253	322	396	121	442	453	170
	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	518 47%	98 54% cdi	53 51% c	73 36%	87 43%	61 47%	66 58% cdi	18 42%	62 49% c	274 43%	146 52% ci	108 43%	154 48%	185 47%	66 55% a	223 50%	201 44%	79 47%
I mostly travelled to work pre-Covid-19, but now I work more from home	369 33%	55 30%	33 32%	74 37%	76 37%	45 34%	33 29%	18 42%	35 28%	227 35%	87 31%	98 39% d	102 32% d	140 35% d	26 22%	131 30%	169 37% a	58 34%
I mostly worked from home pre-Covid-19, and this is mostly still the case	135 12%	18 10%	7 6%	35 18% abfj	27 13% f	17 13%	7 6%	4 9%	20 16% bf	85 13% bf	31 11%	33 13%	40 13%	42 11%	17 14%	57 13%	55 12%	18 10%
I mostly worked from home pre-Covid-19, but now I travel to work more	31 3%	4 2%	5 5%	7 4%	5 2%	3 3%	2 2%	2 4%	2 2%	20 3%	6 2%	5 2%	14 4% c	7 2%	5 4%	8 2%	17 4%	5 3%
None of the above	52 5%	6 4%	6 6%	11 6%	10 5%	5 4%	5 5%	1 3%	7 5%	33 5%	13 5%	9 4%	13 4%	21 5%	7 5%	23 5% b	10 2%	10 6% b
NET: Working from home more during COVID-19	504 46%	74 40%	40 38%	109 54% abfj	103 50% bf	61 47%	40 36%	23 51%	55 44%	313 49% abfj	118 42%	131 52% d	143 44%	183 46% d	43 36%	188 42%	225 50% a	76 45%
NET: Mostly travelling to work during COVID-19	549 50%	102 56% cdi	58 56% c	80 40%	92 45%	65 49%	68 60% cdi	20 46%	64 51%	295 46%	152 54% ci	113 45%	167 52%	192 49%	71 59% ac	231 52%	218 48%	84 50%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	Total	NET: More	About the same	NET: Less	Yes	No
		a	b	c	a	b
Significance Level: 95%						
Unweighted Total	1115	354	440	311	623	443
Total	1105	352	439	306	617	441
	100%	100%	100%	100%	100%	100%
I mostly travelled to work pre-Covid-19, and this is mostly still the case	518 47%	176 50%	209 48%	133 43%	226 37%	288 65% a
I mostly travelled to work pre-Covid-19, but now I work more from home	369 33%	126 36%	129 29%	113 37% b	303 49% b	59 13%
I mostly worked from home pre-Covid-19, and this is mostly still the case	135 12%	33 9%	63 14% a	38 13%	51 8%	66 15% a
I mostly worked from home pre-Covid-19, but now I travel to work more	31 3%	8 2%	11 3%	10 3%	16 3%	10 2%
None of the above	52 5%	10 3%	27 6% a	11 4%	20 3%	18 4%
NET: Working from home more during COVID-19	504 46%	159 45%	192 44%	152 50%	355 57% b	125 28%
NET: Mostly travelling to work during COVID-19	549 50%	184 52%	220 50%	143 47%	242 39%	298 68% a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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	1115	606	504	394	502	219	58	168	105	106	97	99	212	168	102
Total	1105	607	493	378	493	234	53	150	100	106	91	119	198	171	117
	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	546 49%	284 47%	260 53%	175 46%	252 51%	119 51%	31 58%	80 54%	44 44%	48 45%	46 51%	58 49%	84 43%	94 55%	60 51%
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	267 24%	160 26%	106 22%	113 30%	126 25%	29 12%	6 12%	31 21%	22 22%	34 32%	19 21%	36 30%	59 30%	41 24%	18 15%
I mostly worked flexible hours pre-Covid-19, and this is still the case	186 17%	112 18%	72 15%	51 13%	72 15%	63 27%	10 19%	25 17%	24 24%	15 14%	13 14%	18 15%	30 15%	25 15%	27 23%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	51 5%	23 4%	28 6%	22 6%	18 4%	11 5%	2 5%	5 3%	6 6%	4 4%	6 7%	3 3%	18 9%	2 1%	3 3%
None of the above	55 5%	27 4%	27 6%	17 5%	25 5%	13 5%	3 6%	8 6%	4 4%	5 4%	6 7%	4 3%	7 4%	8 5%	9 8%
NET: Working more flexible hours during COVID-19	453 41%	272 45%	178 36%	163 43%	197 40%	92 39%	16 31%	56 37%	46 46%	49 46%	32 35%	54 45%	89 45%	66 39%	45 38%
NET: Mostly working standard hours during COVID 19	597 54%	308 51%	288 58%	197 52%	270 55%	130 55%	33 63%	85 57%	50 50%	52 49%	53 58%	62 52%	102 52%	96 56%	63 54%

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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	1115	116	364	303	151	157	24	783	332	893	28	95	56	16	5	200
Total	1105	117	373	307	140	147	22	797	308	895	25	90	55	15	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	546 49%	37 32%	183 49%	162 53%	68 49%	91 62%	3 16%	383 48%	163 53%	469 52%	9 36%	33 36%	19 35%	7 48%	1 22%	69 36%
			a	a	a	abdg		a	a	cdg						
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	267 24%	40 34%	93 25%	74 24%	30 21%	28 19%	3 12%	207 26%	60 20%	206 23%	8 31%	29 32%	16 28%	3 21%	3 57%	58 31%
								h								a
I mostly worked flexible hours pre-Covid-19, and this is still the case	186 17%	31 26%	71 19%	48 16%	19 14%	10 7%	7 31%	150 19%	36 12%	140 16%	7 26%	22 24%	10 18%	4 25%	-	42 22%
			eh	e				eh				a				a
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	51 5%	6 5%	13 4%	10 3%	12 9%	7 5%	3 12%	30 4%	22 7%	35 4%	2 7%	4 5%	6 11%	1 6%	1 21%	14 7%
					bcg			bcg					a			a
None of the above	55 5%	3 2%	13 3%	13 4%	11 8%	10 7%	6 29%	28 4%	27 9%	46 5%	-	3 4%	5 8%	-	-	8 4%
					abg	g		abcg								
NET: Working more flexible hours during COVID-19	453 41%	71 61%	164 44%	122 40%	49 35%	38 26%	9 43%	357 45%	96 31%	346 39%	14 57%	50 55%	26 46%	7 47%	3 57%	100 52%
			bcdegh	eh	eh			deh				a				a
NET: Mostly working standard hours during COVID 19	597 54%	43 37%	197 53%	172 56%	80 57%	98 67%	6 28%	412 52%	184 60%	504 56%	11 43%	37 41%	25 45%	8 53%	2 43%	83 43%
			a	a	a	abcg		a	ag	cg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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	1115	657	211	179	390	-	127	650	229	50	59	-	-	-	-	127
Total	1105	578	257	213	470	-	122	641	234	51	58	-	-	-	-	122
	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	546	313	120	96	216	-	30	392	104	16	4	-	-	-	-	30
	49%	54%	47%	45%	46%	-	24%	61%	44%	32%	7%	-	-	-	-	24%
		cd					f	bdefk	bfk	f						f
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	267	110	75	71	146	-	54	142	53	10	7	-	-	-	-	54
	24%	19%	29%	33%	31%	-	44%	22%	23%	20%	13%	-	-	-	-	44%
			a	a	a		cdef									cdef
I mostly worked flexible hours pre-Covid-19, and this is still the case	186	101	43	26	69	-	25	56	55	20	29	-	-	-	-	25
	17%	18%	17%	12%	15%	-	21%	9%	23%	40%	51%	-	-	-	-	21%
							c		c	bcdk	bcdk					c
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	51	25	11	7	18	-	8	24	9	3	7	-	-	-	-	8
	5%	4%	4%	3%	4%	-	6%	4%	4%	5%	13%	-	-	-	-	6%
											cd					
None of the above	55	29	7	13	20	-	6	27	12	1	9	-	-	-	-	6
	5%	5%	3%	6%	4%	-	5%	4%	5%	3%	16%	-	-	-	-	5%
											bcdk					
NET: Working more flexible hours during COVID-19	453	211	118	97	215	-	79	198	108	31	37	-	-	-	-	79
	41%	37%	46%	45%	46%	-	65%	31%	46%	60%	64%	-	-	-	-	65%
			a	a	a		cd		c	c	cd					cd
NET: Mostly working standard hours during COVID 19	597	338	131	103	234	-	37	416	113	19	11	-	-	-	-	37
	54%	58%	51%	48%	50%	-	31%	65%	48%	37%	20%	-	-	-	-	31%
		cd						bdefk	bfk	f						

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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	1115	522	367	137	34	504	556	262	181	56	443	613	146	629	302	38	969	
Total	1105	518	369	135	31	504	549	546	267	186	51	453	597	128	613	326	38	977
	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	546 49%	384 74%	131 35%	18 13%	2 7%	149 30%	386 70%	546 100%	- -	- -	- -	- -	546 91%	62 49%	316 51%	152 47%	15 41%	483 49%
		bcd	cd			cd	bcde	bcd					bcde					
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	267 24%	67 13%	168 45%	26 19%	5 15%	194 38%	71 13%	- -	267 100%	- -	- -	- -	267 59%	21 16%	139 23%	97 30%	10 25%	246 25%
			acdef			acdf			acdef				acdf			ab		a
I mostly worked flexible hours pre-Covid-19, and this is still the case	186 17%	44 8%	56 15%	77 57%	6 18%	133 26%	49 9%	- -	- -	186 100%	- -	186 41%	- -	35 27%	96 16%	44 14%	11 29%	151 15%
			af	abdef		abf				abdef		abdf		bce			bce	
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	51 5%	10 2%	10 3%	11 8%	17 56%	21 4%	28 5%	- -	- -	- -	51 100%	- -	51 9%	4 3%	30 5%	16 5%	1 2%	47 5%
				ab	abcef	a	a				abcef		abce					
None of the above	55 5%	13 2%	5 1%	2 2%	1 3%	7 1%	14 3%	- -	- -	- -	- -	- -	6 5%	32 5%	16 5%	1 3%	50 5%	
NET: Working more flexible hours during COVID-19	453 41%	111 21%	224 61%	103 77%	10 33%	327 65%	121 22%	- -	267 100%	186 100%	- -	453 100%	- -	56 44%	235 38%	141 43%	21 54%	397 41%
			adf	abdef		adf			adf	adf		adf					b	
NET: Mostly working standard hours during COVID 19	597 54%	394 76%	141 38%	29 22%	20 63%	170 34%	414 75%	546 100%	- -	- -	51 100%	- -	597 100%	67 52%	346 56%	168 52%	16 43%	530 54%
		bce	c		bce	c	bce	bce			bce		bce					

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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	1115	205	731	158	135	51	771	314	26	919	196	885	216
Total	1105	208	738	152	135	48	771	307	25	907	198	889	203
	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	546 49%	69 33%	404 55%	56 37%	55 41%	8 16%	436 56%	103 34%	15 62%	463 51%	83 42%	459 52%	83 41%
			a	c	c		abce	c		b		b	
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	267 24%	83 40%	160 22%	52 34%	34 25%	12 25%	171 22%	92 30%	5 20%	224 25%	43 22%	209 23%	57 28%
			b	d				d					
I mostly worked flexible hours pre-Covid-19, and this is still the case	186 17%	39 19%	105 14%	33 22%	36 27%	16 34%	99 13%	80 26%	4 16%	140 15%	46 23%	153 17%	30 15%
				d	d	d		d			a		
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	51 5%	7 3%	37 5%	6 4%	6 4%	9 19%	28 4%	21 7%	- -	39 4%	12 6%	33 4%	18 9%
						abde		d					a
None of the above	55 5%	9 4%	33 4%	4 3%	4 3%	3 6%	37 5%	10 3%	1 3%	41 4%	15 7%	36 4%	15 7%
													a
NET: Working more flexible hours during COVID-19	453 41%	122 59%	264 36%	85 56%	70 52%	28 59%	270 35%	172 56%	9 35%	364 40%	89 45%	362 41%	87 43%
			b	d	d	d		d					
NET: Mostly working standard hours during COVID 19	597 54%	77 37%	441 60%	63 41%	61 45%	17 35%	464 60%	124 41%	15 62%	502 55%	95 48%	491 55%	101 50%
			a				abce						

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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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	1115	185	107	201	206	133	113	45	125	647	283	258	332	385	125	417	472	184
Total	1105	182	104	200	204	131	113	44	126	640	283	253	322	396	121	442	453	170
	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	546 49%	110 60% cdegi	54 51%	83 41%	91 44%	56 43%	65 57%	19 42%	69 55%	283 44%	153 54%	110 44%	141 44%	229 58%	60 49%	227 51%	217 48%	85 50%
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	267 24%	23 13%	24 23% a	54 27% ah	66 32% ahj	40 31% ahj	28 24% a	11 25% a	21 17%	184 29% ahj	60 21% a	70 28%	84 26%	84 21%	29 24%	95 21%	123 27% a	41 24%
I mostly worked flexible hours pre-Covid-19, and this is still the case	186 17%	29 16%	16 15%	42 21% f	32 16%	23 18%	12 11%	7 15%	25 20%	113 18%	44 16%	50 20%	53 16%	62 16%	19 15%	82 19%	72 16%	26 15%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	51 5%	7 4%	4 4%	12 6%	10 5%	5 4%	2 2%	5 11% f	6 4%	32 5%	12 4%	11 4% c	25 8% c	6 2%	7 6% c	14 3%	28 6% a	9 5%
None of the above	55 5%	13 7% d	8 7%	10 5%	5 3%	6 5%	6 5%	3 6%	5 4%	29 4%	14 5%	12 5%	20 6%	15 4%	7 5%	24 6%	13 3%	9 5%
NET: Working more flexible hours during COVID-19	453 41%	53 29%	39 38%	96 48% afhj	98 48% afhj	64 49% afj	40 35%	18 40%	46 37%	297 46% afhj	104 37%	120 47% c	137 42%	146 37%	47 39%	177 40%	195 43%	67 40%
NET: Mostly working standard hours during COVID 19	597 54%	117 64% cdei	58 55%	95 47%	101 50%	62 47%	67 59% c	23 53%	75 59% cei	315 49% cei	165 58% cei	121 48%	166 51%	235 59% ab	67 56%	241 54%	244 54%	94 55%

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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

Significance Level: 95%

Unweighted Total

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

None of the above

NET: Working more flexible hours during COVID-19

NET: Mostly working standard hours during COVID 19

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	1115	354	440	311	623	443
Total	1105	352	439	306	617	441
	100%	100%	100%	100%	100%	100%
I mostly worked standard hours pre-Covid-19 and this is still the case	546	177	222	146	263	274
	49%	50%	51%	48%	43%	62%
						a
I mostly worked standard hours pre-Covid-19, but now I work more flexible hours	267	107	92	67	188	70
	24%	30%	21%	22%	30%	16%
		bc			b	
I mostly worked flexible hours pre-Covid-19, and this is still the case	186	48	79	58	103	68
	17%	14%	18%	19%	17%	16%
I mostly worked flexible hours pre-Covid-19, but now I work more standard hours	51	14	18	18	32	14
	5%	4%	4%	6%	5%	3%
None of the above	55	6	28	17	31	14
	5%	2%	6%	5%	5%	3%
			a			a
NET: Working more flexible hours during COVID-19	453	155	171	125	291	138
	41%	44%	39%	41%	47%	31%
					b	
NET: Mostly working standard hours during COVID 19	597	191	239	164	295	288
	54%	54%	55%	54%	48%	65%
						a

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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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	323	144	176	59	80	184	19	39	31	36	30	38	41	53	35
	16%	15%	17%	10%	12%	25%	19%	15%	16%	17%	17%	17%	13%	16%	17%
						ab									
2-3	1105	530	570	286	324	494	53	146	122	109	104	129	151	181	109
	55%	54%	56%	47%	49%	67%	54%	55%	62%	51%	60%	58%	48%	56%	53%
						ab			dg		g	g			
4-5	490	251	236	208	231	50	19	67	36	55	32	47	100	85	49
	24%	26%	23%	34%	35%	7%	19%	26%	18%	26%	18%	21%	32%	26%	24%
				c	c			c					acef	ce	
6+	91	53	37	54	24	13	7	11	8	13	7	8	21	7	11
	5%	5%	4%	9%	4%	2%	7%	4%	4%	6%	4%	4%	7%	2%	6%
				bc	c		h			h			h		h
NET: Lives with others	1686	834	843	549	580	558	79	224	166	177	143	184	271	273	170
	84%	85%	83%	90%	88%	75%	81%	85%	84%	83%	83%	83%	87%	84%	83%
				c	c										
Base for stats	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
Mean Score	2.99	3.19	2.80	3.60	3.32	2.19	2.84	3.06	2.69	3.15	2.75	2.91	3.54	2.79	2.87
		b		c	c								cehi		
Standard Deviation	3.177	3.849	2.363	3.454	3.425	2.474	1.850	3.767	1.334	3.717	2.120	3.974	4.189	2.720	1.806
Standard Error	.071	.123	.074	.137	.131	.094	.181	.220	.093	.252	.157	.295	.229	.154	.135
Error variance	.01	.02	.01	.02	.02	.01	.03	.05	.01	.06	.02	.09	.05	.02	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303	
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	
Lives alone	323	17	63	54	19	19	151	134	189	286	10	12	5	3	2	31	
	16%	11%	13%	12%	8%	9%	31%	12%	20%	17%	20%	9%	6%	16%	24%	11%	
							abcdegh		abcdegh	cdg	cd						
2-3	1105	71	256	260	128	123	267	587	517	977	20	51	31	11	1	114	
	55%	45%	53%	59%	56%	58%	55%	54%	56%	58%	42%	38%	39%	58%	10%	40%	
				a	a	a	a	a	a	bcdg							
4-5	490	62	147	106	71	56	48	315	175	365	15	55	33	4	4	112	
	24%	39%	30%	24%	31%	27%	10%	29%	19%	22%	31%	42%	41%	22%	56%	39%	
		cefgh	cfh	fh	cfh	fh		cfh	f			a	a			a	
6+	91	9	17	24	12	13	17	50	41	53	3	15	11	1	1	31	
	5%	5%	4%	5%	5%	6%	3%	5%	4%	3%	6%	11%	14%	4%	9%	11%	
												a	a			a	
NET: Lives with others	1686	141	421	390	211	192	331	952	734	1396	38	121	75	16	6	257	
	84%	89%	87%	88%	92%	91%	69%	88%	80%	83%	80%	91%	94%	84%	76%	89%	
		fh	fh	fh	fh	fh		fh	f			ab	ab			a	
Base for stats	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288	
Mean Score	2.99	3.20	3.28	3.36	3.11	3.08	2.19	3.30	2.63	2.81	3.11	4.18	4.25	2.77	3.64	3.91	
		fh	fh	fh	fh	fh		fh	f			a	ab			a	
Standard Deviation	3.177	1.385	4.093	4.551	1.355	1.371	1.748	4.023	1.637	2.949	1.635	5.172	3.990	1.216	1.797	4.190	
Standard Error	.071	.111	.189	.217	.087	.091	.080	.123	.053	.072	.225	.437	.443	.265	.635	.241	
Error variance	.01	.01	.04	.05	.01	.01	.01	.02	*	.01	.05	.19	.20	.07	.40	.06	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	323	307	3	2	6	9	10	76	20	7	15	27	5	33	122	19
	16%	25%	1%	1%	1%	11%	8%	12%	9%	13%	26%	23%	5%	17%	30%	9%
		bcd						h			abcdhk	abcdhk		bdhk	abcdehik	
2-3	1105	795	248	22	270	40	70	356	125	32	30	54	33	98	267	110
	55%	64%	68%	7%	41%	51%	57%	56%	54%	63%	51%	45%	31%	50%	66%	55%
		cd	cd		c	h	gh	gh	h	gh	h	h		h	acdfghik	h
4-5	490	115	97	242	339	25	37	189	80	12	8	32	46	50	11	62
	24%	9%	27%	80%	51%	31%	31%	29%	34%	24%	13%	26%	44%	26%	3%	31%
			a	abd	ab	fj	fj	fj	fj	j	j	fj	bcefgijk	fj		fj
6+	91	26	16	34	50	6	5	20	8	-	5	7	21	14	6	10
	5%	2%	4%	11%	8%	7%	4%	3%	4%	-	9%	6%	20%	7%	1%	5%
			a	ab	a	j					cej	j	abcdegijk	cj		j
NET: Lives with others	1686	937	361	299	660	70	112	565	214	44	42	92	100	162	284	182
	84%	75%	99%	99%	99%	89%	92%	88%	91%	87%	74%	77%	95%	83%	70%	91%
			a	a	a	fgj	fgij	fgj	fgij	j			cfgij	j		fgij
Base for stats	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
Mean Score	2.99	2.31	3.69	4.59	4.10	3.84	3.58	2.96	3.65	2.59	2.70	2.79	5.12	3.01	1.90	3.68
			a	ab	a	cj	cj	j	cj	j	j	j	bcdefgijk	j		cj
Standard Deviation	3.177	2.555	4.233	3.180	3.817	6.499	5.039	1.332	4.886	1.052	1.619	1.550	6.273	2.331	.985	5.646
Standard Error	.071	.070	.244	.200	.162	.736	.447	.052	.323	.149	.211	.135	.585	.164	.051	.394
Error variance	.01	*	.06	.04	.03	.54	.20	*	.10	.02	.04	.02	.34	.03	*	.16

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D8. Including yourself, how many people in total 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	323	58	47	17	2	65	60	62	21	35	4	56	67	323	-	-	-	-
	16%	11%	13%	13%	8%	13%	11%	11%	8%	19%	8%	12%	11%	100%	-	-	-	-
										abef				bcde				
2-3	1105	296	190	76	16	266	313	316	139	96	30	235	346	-	1105	-	-	1105
	55%	57%	51%	57%	53%	53%	57%	58%	52%	52%	60%	52%	58%	-	100%	-	-	66%
															acde			acd
4-5	490	150	119	35	9	154	159	152	97	44	16	141	168	-	-	490	-	490
	24%	29%	32%	26%	29%	30%	29%	28%	36%	24%	31%	31%	28%	-	-	100%	-	29%
									acf							abde		abd
6+	91	14	14	6	3	20	17	15	10	11	1	21	16	-	-	-	91	91
	5%	3%	4%	4%	10%	4%	3%	3%	4%	6%	2%	5%	3%	-	-	-	100%	5%
					af					f							abce	abc
NET: Lives with others	1686	460	322	117	29	439	489	483	246	151	47	397	530	-	1105	490	91	1686
	84%	89%	87%	87%	92%	87%	89%	89%	92%	81%	92%	88%	89%	-	100%	100%	100%	100%
								c	c			c	c		a	a	a	a
Base for stats	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
Mean Score	2.99	2.93	3.25	3.10	6.31	3.21	3.12	3.03	3.25	3.41	3.04	3.32	3.03	1.00	2.37	4.27	10.62	3.37
			a		abcef	a										be	bce	b
Standard Deviation	3.177	1.268	3.177	2.352	12.112	2.978	3.186	2.902	1.247	5.119	1.650	3.413	2.816	-	.484	.446	11.570	3.335
Standard Error	.071	.056	.166	.201	2.077	.133	.135	.123	.077	.381	.220	.162	.114	-	.014	.021	1.220	.082
Error variance	.01	*	.03	.04	4.31	.02	.02	.02	.01	.14	.05	.03	.01	-	*	*	1.49	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	323	-	-	55	86	9	187	129	20	257	66	238	79
	16%	-	-	20%	23%	12%	14%	20%	26%	16%	16%	14%	24%
				d	cd			d	cd				a
2-3	1105	202	876	126	209	34	748	329	36	865	240	924	170
	55%	61%	68%	45%	57%	46%	57%	52%	46%	54%	59%	56%	51%
			a		a		ae						
4-5	490	106	361	82	62	21	329	143	19	401	89	411	70
	24%	32%	28%	29%	17%	28%	25%	23%	25%	25%	22%	25%	21%
				be		b	b	b					
6+	91	25	59	17	11	10	49	36	2	78	14	70	16
	5%	7%	5%	6%	3%	14%	4%	6%	3%	5%	3%	4%	5%
		b				abdef		d					
NET: Lives with others	1686	333	1296	226	282	64	1126	509	58	1344	342	1406	256
	84%	100%	100%	80%	77%	88%	86%	80%	74%	84%	84%	86%	76%
						bf	abef					b	
Base for stats	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
Mean Score	2.99	3.75	3.22	3.56	2.62	4.20	2.91	3.12	3.41	3.03	2.85	2.95	3.03
		b		bd		bde		b					
Standard Deviation	3.177	4.484	2.761	5.525	3.250	4.928	2.615	4.166	6.613	3.124	3.376	2.849	3.852
Standard Error	.071	.249	.077	.321	.171	.573	.072	.165	.726	.078	.169	.071	.204
Error variance	.01	.06	.01	.10	.03	.33	.01	.03	.53	.01	.03	.01	.04

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lives alone	323 16%	95 22% cdefij	43 20% defi	56 16%	40 12%	19 10%	19 11%	10 14%	41 17% e	157 14%	71 14%	108 22% bcd	98 17% cd	89 13%	22 10%	155 18% c	117 15%	37 12%
2-3	1105 55%	243 56%	123 58%	195 56%	190 57%	98 52%	84 49%	37 49%	135 56%	606 56%	256 52%	250 51%	305 53%	405 59% ab	125 58%	465 55%	417 53%	175 60%
4-5	490 24%	86 20%	41 19%	80 23%	83 25%	63 33% abcdhi	61 35% abcdhi	22 29%	54 22%	267 25%	137 28% ab	107 22%	142 25%	165 24%	59 27%	189 22%	214 27% a	70 24%
6+	91 5%	8 2%	7 3%	20 6% a	22 7% a	10 5% a	8 4%	7 9% a	11 5% a	58 5% a	25 5% a	22 5%	26 4%	28 4%	9 4%	33 4%	36 5%	12 4%
NET: Lives with others	1686 84%	337 78%	172 80%	295 84% a	295 88% ab	170 90% abh	153 89% ab	65 86%	200 83%	931 86% ab	418 86% a	380 78%	473 83% a	598 87% ab	193 90% ab	686 82%	667 85%	257 88% a
Base for stats	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
Mean Score	2.99	2.47	2.90	3.12	3.22	3.20	3.07	3.33	3.17	3.12	3.16	2.86	2.95	3.00	3.20	2.85	3.14	2.94
			a	a	a	a	a	a	a	a	a							
Standard Deviation	3.177	1.289	3.983	3.734	3.382	1.983	1.425	3.272	4.753	3.435	3.672	3.015	2.899	3.224	4.129	3.424	3.358	1.996
Standard Error	.071	.062	.268	.200	.185	.144	.108	.373	.307	.104	.166	.135	.120	.125	.282	.122	.118	.112
Error variance	.01	*	.07	.04	.03	.02	.01	.14	.09	.01	.03	.02	.01	.02	.08	.01	.01	.01

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D8. Including yourself, how many people in total live in your household?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Lives alone

2-3

4-5

6+

NET: Lives with others

Base for stats

Mean Score

Standard Deviation

Standard Error

Error variance

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Lives alone	323	75	131	110	92	88
	16%	13%	16%	19%	11%	14%
			a			
2-3	1105	292	478	320	437	354
	55%	52%	58%	54%	53%	55%
4-5	490	166	186	131	250	165
	24%	30%	22%	22%	31%	26%
		bc			b	
6+	91	24	34	28	40	33
	5%	4%	4%	5%	5%	5%
NET: Lives with others	1686	482	697	479	727	553
	84%	87%	84%	81%	89%	86%
		c				
Base for stats	2009	558	829	588	819	641
Mean Score	2.99	3.17	2.99	2.79	3.23	3.11
		c				
Standard Deviation	3.177	3.374	3.697	2.015	3.237	3.138
Standard Error	.071	.143	.129	.083	.112	.124
Error variance	.01	.02	.02	.01	.01	.02

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	1668	823	836	569	584	515	84	245	171	179	148	149	287	259	146
Total	1686	834	843	549	580	558	79	224	166	177	143	184	271	273	170
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	333	170	163	126	132	76	14	48	27	41	30	36	69	36	33
	20%	20%	19%	23%	23%	14%	17%	22%	16%	23%	21%	19%	25%	13%	20%
				c	c			h		h	h		ch		
No	1296	631	657	395	426	474	61	170	133	130	108	142	185	230	137
	77%	76%	78%	72%	74%	85%	78%	76%	80%	74%	75%	77%	68%	84%	80%
						ab		g	g		g			bdeg	g
Prefer not to say	57	33	23	28	21	8	4	5	6	6	6	6	18	7	-
	3%	4%	3%	5%	4%	1%	5%	2%	3%	3%	4%	3%	6%	3%	-
				c	c		i		i	i	i	i	bhi		

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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	1668	139	401	382	219	201	326	922	746	1365	41	126	75	18	6	266
Total	1686	141	421	390	211	192	331	952	734	1396	38	121	75	16	6	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	333	46	67	73	41	32	75	186	147	266	11	30	19	4	1	64
	20%	33%	16%	19%	19%	17%	23%	20%	20%	19%	28%	25%	25%	26%	12%	25%
		bcdefgh						b								
No	1296	93	344	296	165	155	243	733	563	1107	25	82	50	11	4	171
	77%	66%	82%	76%	78%	81%	73%	77%	77%	79%	66%	68%	66%	65%	69%	67%
		acf		a	a	af	a		a	bcdg						
Prefer not to say	57	3	10	21	5	4	14	34	23	23	3	9	6	2	1	21
	3%	2%	2%	5%	2%	2%	4%	4%	3%	2%	7%	8%	8%	10%	18%	8%
		b									a	a	a	a		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	1668	1012	298	252	550	68	115	561	205	44	44	101	109	164	257	183
Total	1686	937	361	299	660	70	112	565	214	44	42	92	100	162	284	182
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	333	137	82	89	171	20	47	103	42	7	10	15	15	37	38	66
	20%	15%	23%	30%	26%	28%	42%	18%	19%	15%	23%	17%	15%	23%	14%	36%
			a	a	a	hj	cdefghij							j		cdeghij
No	1296	777	271	201	472	47	63	447	165	34	30	75	75	120	241	109
	77%	83%	75%	67%	71%	66%	56%	79%	77%	76%	71%	82%	75%	74%	85%	60%
		bcd	c					abk	bk	bk		abk	bk	bk	abdfhik	
Prefer not to say	57	22	7	10	17	4	3	15	7	4	3	1	9	6	5	7
	3%	2%	2%	3%	3%	6%	2%	3%	3%	9%	6%	2%	9%	3%	2%	4%
										cgj			bodgijk			

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	1668	455	314	118	31	432	486	485	237	144	51	381	536	-	1114	464	90	1668
Total	1686	460	322	117	29	439	489	483	246	151	47	397	530	-	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	-	100%	100%	100%	100%
Yes	333	76	83	35	7	118	82	69	83	39	7	122	77	-	202	106	25	333
	20%	16%	26%	30%	23%	27%	17%	14%	34%	26%	15%	31%	14%	-	18%	22%	27%	20%
			af	af		af			adf	af		adf					b	
No	1296	377	232	76	20	308	397	404	160	105	37	264	441	-	876	361	59	1296
	77%	82%	72%	65%	71%	70%	81%	84%	65%	69%	79%	67%	83%	-	79%	74%	64%	77%
		bce				bce		bce			b	bce			cd		d	
Prefer not to say	57	8	7	6	2	13	9	10	3	7	3	11	13	-	27	22	8	57
	3%	2%	2%	5%	6%	3%	2%	2%	1%	5%	6%	3%	2%	-	2%	5%	8%	3%
										b					b	be		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	1668	1282	231	273	64	1111	502	60	1335	333	1373	269
Total	1686	1296	226	282	64	1126	509	58	1344	342	1406	256
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	333	-	72	84	29	161	166	17	271	62	280	50
	20%	-	32%	30%	45%	14%	33%	29%	20%	18%	20%	20%
		b	d	d	abde		d	d				
No	1296	1296	150	194	32	942	334	40	1032	263	1094	197
	77%	100%	66%	69%	50%	84%	66%	69%	77%	77%	78%	77%
		a	c	c		abcef	c	c				
Prefer not to say	57	-	4	3	3	24	9	1	41	16	32	9
	3%	-	2%	1%	5%	2%	2%	1%	3%	5%	2%	3%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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									Life satisfaction score				COVID-19 tiers			
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	1668	327	174	291	291	170	153	66	196	926	415	380	476	574	193	634	683	274
Total	1686	337	172	295	295	170	153	65	200	931	418	380	473	598	193	686	667	257
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	333 20%	42 12%	39 22%	69 24%	62 21%	44 26%	24 16%	16 25%	37 19%	214 23%	78 19%	85 22%	99 21%	89 15%	55 28%	108 16%	146 22%	65 25%
			a	a	a	afj		a	a	af	a	c	c		bc		a	a
No	1296 77%	287 85%	124 72%	216 73%	221 75%	123 72%	122 80%	46 70%	157 79%	684 73%	325 78%	289 76%	355 75%	497 83%	130 67%	570 83%	503 75%	183 71%
		bcd	deghij									d	d	abd	bc			
Prefer not to say	57 3%	8 2%	9 5%	10 3%	12 4%	3 2%	7 4%	4 5%	5 3%	34 4%	16 4%	5 1%	19 4%	12 2%	8 4%	9 1%	18 3%	10 4%
													a		a			a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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%

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	1668	474	688	476	726	546
Total	1686	482	697	479	727	553
	100%	100%	100%	100%	100%	100%
Yes	333	123	122	85	181	87
	20%	26%	18%	18%	25%	16%
		bc			b	
No	1296	346	551	383	531	449
	77%	72%	79%	80%	73%	81%
		a	a			a
Prefer not to say	57	13	24	11	15	17
	3%	3%	3%	2%	2%	3%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	281 14%	117 12%	162 16% a	118 19% c	116 18% c	47 6%	13 13%	52 20% dfgi	33 17%	25 12%	26 15%	26 12%	36 11%	45 14%	25 12%
Yes - physical condition or illness	368 18%	172 18%	192 19%	62 10%	98 15% a	209 28% ab	24 25% g	47 18%	37 19%	36 17%	35 20% g	45 20% g	41 13%	65 20% g	37 18%
Yes - other	73 4%	46 5% b	26 3%	31 5%	20 3%	23 3%	5 5%	7 3%	4 2%	10 5%	9 5%	9 4%	11 3%	8 2%	11 5%
No	1312 65%	653 67%	657 64%	383 63%	441 67%	489 66%	56 57%	163 62%	121 62%	144 68%	110 64%	142 64%	220 70% abc	218 67%	138 67%
Prefer not to say	59 3%	31 3%	25 2%	28 5% c	24 4% c	7 1%	4 4%	9 4%	9 4%	6 3%	5 3%	6 3%	12 4%	6 2%	2 1%
NET: Longstanding condition or illness	637 32%	295 30%	337 33%	195 32%	196 30%	246 33%	38 39% g	91 34% g	67 34% g	63 30%	58 34%	73 33%	80 26%	103 32%	65 32%
NET: Longstanding physical and mental condition or illness	78 4%	35 4%	43 4%	12 2%	36 5% a	30 4% a	5 5%	14 5% g	8 4%	8 4%	10 6% g	7 3%	5 1%	15 5%	6 3% g

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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

	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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	281 14%	31 19%	59 12%	63 14%	28 12%	30 14%	71 15%	153 14%	128 14%	244 15%	11 23%	12 9%	7 8%	3 17%	1 14%	35 12%
		b									cdg					
Yes - physical condition or illness	368 18%	22 14%	79 16%	73 16%	34 15%	19 9%	141 29%	173 16%	195 21%	326 19%	8 18%	20 15%	8 10%	2 11%	1 13%	40 14%
			e	e			abcdegh	e	abcdeg	dg						
Yes - other	73 4%	10 6%	13 3%	16 4%	14 6%	6 3%	15 3%	38 4%	35 4%	53 3%	2 4%	7 5%	8 10%	2 11%	1 9%	20 7%
		b			b								a			a
No	1312 65%	99 62%	340 70%	288 65%	151 66%	152 72%	282 58%	728 67%	585 63%	1106 66%	27 56%	91 68%	52 65%	12 62%	4 52%	186 64%
			fh	f		afh		f								
Prefer not to say	59 3%	1 *	9 2%	21 5%	8 3%	9 4%	13 3%	30 3%	29 3%	32 2%	2 4%	4 3%	6 7%	1 4%	1 11%	13 5%
				ab		a							a			a
NET: Longstanding condition or illness	637 32%	59 37%	134 28%	135 30%	72 31%	50 24%	187 39%	328 30%	309 34%	544 32%	19 40%	38 28%	23 29%	7 33%	3 37%	89 31%
		be					bcddegh		be							
NET: Longstanding physical and mental condition or illness	78 4%	4 2%	14 3%	15 3%	4 2%	5 2%	36 7%	33 3%	45 5%	73 4%	1 3%	2 1%	- -	1 5%	- -	4 1%
							abcdegh		dg	g						

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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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	281 14%	157 13%	57 16%	53 18%	110 16%	7 9%	22 18%	84 13%	31 13%	7 14%	7 12%	38 31%	21 20%	51 26%	14 3%	29 14%
			a	a	j	j	j	j	j	j	j	abcdefghijkl	aj	acdfjk		j
Yes - physical condition or illness	368 18%	277 22%	50 14%	31 10%	80 12%	17 21%	19 16%	64 10%	39 17%	4 7%	9 15%	24 20%	5 5%	62 32%	125 31%	36 18%
		bcd			ceh	h		ch			h	ceh		bdefghk	bdefghk	ch
Yes - other	73 4%	32 3%	13 3%	14 5%	27 4%	2 3%	8 7%	19 3%	13 6%	3 5%	5 9%	4 4%	3 3%	4 2%	11 3%	11 5%
						cij	cij	c	c		cij					
No	1312 65%	814 65%	251 69%	202 67%	452 68%	52 66%	71 59%	482 75%	147 63%	36 71%	35 60%	63 53%	67 63%	100 51%	260 64%	123 61%
						i	bdfghijk		i	gi			i		gi	i
Prefer not to say	59 3%	25 2%	8 2%	10 3%	18 3%	5 7%	4 3%	9 1%	7 3%	3 5%	4 7%	3 2%	11 11%	8 4%	5 1%	10 5%
						cj			cj	cj	cj		bcdgijk	c		cj
NET: Longstanding condition or illness	637 32%	405 33%	105 29%	89 30%	195 29%	22 27%	46 38%	150 23%	80 34%	12 24%	19 32%	54 45%	27 26%	87 45%	141 35%	68 34%
							ch		c			acdehjk		acdehjk	c	c
NET: Longstanding physical and mental condition or illness	78 4%	55 4%	12 3%	8 3%	21 3%	4 5%	3 2%	15 2%	4 2%	1 2%	2 4%	11 10%	1 1%	29 15%	8 2%	7 3%
												bcdhjk		abcdehjk		

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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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	281 14%	65 13%	42 11%	33 24% abef	9 30% abef	75 15%	74 14%	56 10%	52 19% af	33 18% af	6 12%	85 19% af	63 10%	55 17% b	126 11% b	82 17% b	17 19% b	226 13%
Yes - physical condition or illness	368 18%	45 9%	58 16% af	25 19% af	3 9%	83 16% af	48 9%	55 10%	34 13%	36 19% af	6 12%	70 15% af	61 10%	86 27% bcde	209 19% c	62 13%	11 12%	282 17% c
Yes - other	73 4%	12 2%	11 3%	17 13% abef	6 19% abef	29 6% a	18 3%	8 1%	12 4% a	16 9% af	9 18% abef	28 6% af	17 3%	9 3% abce	34 3% abce	21 4% abce	10 11% abce	64 4%
No	1312 65%	397 77% cde	262 71% cde	62 46%	12 38%	324 64% cd	409 74% cde	436 80% bcde	171 64% c	99 53%	28 56%	270 60% bcde	464 78%	187 58% ad	748 68% ad	329 67% ad	49 53% ad	1126 67% ad
Prefer not to say	59 3%	7 1%	8 2%	3 2%	2 8% af	11 2%	9 2%	7 1%	3 1%	8 4% abf	2 3%	11 2% af	8 1%	8 2% af	28 3% af	18 4% af	6 7% af	52 3%
NET: Longstanding condition or illness	637 32%	114 22%	99 27%	69 52% abef	17 55% abef	169 34% abf	131 24%	103 19%	92 35% af	80 43% af	21 41% af	172 38% af	124 21%	129 40% bce	329 30% bce	143 29% bce	36 40% bc	509 30%
NET: Longstanding physical and mental condition or illness	78 4%	8 1%	10 3%	5 4%	1 3%	15 3%	9 2%	15 3%	5 2%	4 2%	- -	9 2% af	15 3%	20 6% be	36 3% be	19 4% be	2 2% be	58 3%

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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

	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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	281	72	150	281	78	5	-	281	78	224	57	226	53
	14%	22%	12%	100%	21%	6%	-	44%	100%	14%	14%	14%	16%
		b		bcde	cd	d		bcd	bcde				
Yes - physical condition or illness	368	84	194	78	368	5	-	368	78	283	85	306	61
	18%	25%	15%	28%	100%	7%	-	58%	100%	18%	21%	19%	18%
		b		cd	acde	d		acd	acde				
Yes - other	73	29	32	5	5	73	-	73	3	54	19	51	20
	4%	9%	2%	2%	1%	100%	-	12%	3%	3%	5%	3%	6%
		b		d	d	abdef		abdf	d				a
No	1312	161	942	-	-	-	1312	-	-	1062	250	1097	206
	65%	48%	73%	-	-	-	100%	-	-	66%	61%	67%	62%
			a				abcef						
Prefer not to say	59	7	20	-	-	-	-	-	-	48	12	32	11
	3%	2%	2%	-	-	-	-	-	-	3%	3%	2%	3%
NET: Longstanding condition or illness	637	166	334	281	368	73	-	637	78	491	147	515	118
	32%	50%	26%	100%	100%	100%	-	100%	100%	31%	36%	31%	35%
		b		d	d	d		d	d		a		
NET: Longstanding physical and mental condition or illness	78	17	40	78	78	3	-	78	78	64	14	62	15
	4%	5%	3%	28%	21%	3%	-	12%	100%	4%	3%	4%	5%
				cde	cde	d		cd	abcde				

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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

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	281 14%	55 13%	30 14%	58 17%	43 13%	32 17%	22 13%	8 11%	33 14%	163 15%	63 13%	114 23%	84 15%	60 9%	19 9%	111 13%	106 14%	50 17%
												bcd	cd					
Yes - physical condition or illness	368 18%	119 28%	45 21%	69 20%	47 14%	37 20%	17 10%	8 10%	26 11%	198 18%	51 10%	126 26%	99 17%	103 15%	37 17%	166 20%	132 17%	58 20%
		cdefghij	dfghj	fhj	fhj	fhj				fhj		bcd						
Yes - other	73 4%	13 3%	10 4%	15 4%	16 5%	10 5%	2 1%	4 5%	4 2%	50 5%	10 2%	24 5%	24 4%	16 2%	6 3%	28 3%	30 4%	11 4%
					j	fhj				fhj		c	c					
No	1312 65%	263 61%	127 59%	216 62%	227 68%	113 60%	130 76%	56 74%	180 75%	683 63%	366 75%	253 52%	369 65%	517 75%	151 70%	563 67%	526 67%	176 60%
					ab		abcei	abcei	abcei		abcdei		a	ab	a	c	c	
Prefer not to say	59 3%	13 3%	7 3%	11 3%	10 3%	3 2%	7 4%	1 2%	8 3%	31 3%	16 3%	13 3%	14 2%	8 1%	8 4%	8 1%	23 3%	11 4%
														c		a	a	
NET: Longstanding condition or illness	637 32%	157 36%	81 38%	124 35%	97 29%	72 38%	35 20%	18 24%	53 22%	374 34%	107 22%	222 46%	188 33%	162 24%	56 26%	270 32%	235 30%	106 36%
		dfghj	dfghj	fhj	fj	dfghj				fhj		bcd	c					b
NET: Longstanding physical and mental condition or illness	78 4%	28 6%	3 1%	18 5%	8 2%	6 3%	7 4%	2 2%	8 3%	34 3%	16 3%	39 8%	17 3%	15 2%	6 3%	33 4%	30 4%	12 4%
		bdij		b								bcd						

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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

	Total	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements	
		NET: More	About the same	NET: Less	Yes	No
Significance Level: 95%		a	b	c	a	b
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Yes - mental condition or illness	281 14%	80 14%	104 13%	91 15%	123 15%	81 13%
Yes - physical condition or illness	368 18%	65 12%	166 20% a	131 22% a	106 13%	101 16%
Yes - other	73 4%	18 3%	30 4%	24 4%	29 4%	25 4%
No	1312 65%	395 71% c	546 66% c	355 60%	565 69%	441 69%
Prefer not to say	59 3%	13 2%	23 3%	14 2%	23 3% b	8 1%
NET: Longstanding condition or illness	637 32%	149 27%	260 31%	220 37% ab	231 28%	191 30%
NET: Longstanding physical and mental condition or illness	78 4%	14 3%	37 4%	24 4%	25 3%	15 2%

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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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1682	790	887	425	545	712	85	231	175	171	152	203	179	298	188
	84%	81%	87%	70%	83%	96%	87%	88%	89%	80%	88%	92%	57%	91%	92%
			a		a	ab	g	dg	dg	g	dg	dg		dg	dg
Mixed	48	23	23	25	16	6	4	5	3	4	5	2	17	5	4
	2%	2%	2%	4%	2%	1%	4%	2%	1%	2%	3%	1%	5%	1%	2%
				c	c								bcdhf		
Asian	133	83	49	74	48	10	5	13	13	20	8	7	48	10	9
	7%	8%	5%	12%	7%	1%	5%	5%	6%	9%	5%	3%	15%	3%	4%
		b		bc	c					fh			abcdefghijkl		
Black	80	52	28	52	23	5	1	5	2	10	4	5	43	6	5
	4%	5%	3%	9%	4%	1%	1%	2%	1%	5%	2%	2%	14%	2%	2%
		b		bc	c					c			abcdefghijkl		
Chinese	19	11	9	7	8	4	-	1	1	2	1	1	11	3	-
	1%	1%	1%	1%	1%	1%	-	*	*	1%	1%	1%	4%	1%	-
													bcdghi		
Other ethnic group	8	3	4	3	4	1	-	2	-	3	1	-	1	1	-
	*	*	*	*	1%	*	-	1%	-	2%	*	-	*	*	-
Prefer not to answer	39	17	19	21	15	3	3	7	4	4	2	2	12	5	-
	2%	2%	2%	3%	2%	*	3%	3%	2%	2%	1%	1%	4%	1%	-
				c	c		i	i					hi		
NET: Non-white	288	172	112	161	100	27	9	25	18	38	19	16	121	24	17
	14%	18%	11%	27%	15%	4%	10%	10%	9%	18%	11%	7%	39%	7%	8%
		b		bc	c					bceghi			abcdefghijkl		

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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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1682	118	389	358	192	177	447	865	817	1682	-	-	-	-	-	-
	84%	75%	80%	81%	84%	84%	93%	80%	89%	100%	-	-	-	-	-	-
				a	a	abcdegh		abcdg	bcgdg							
Mixed	48	5	13	12	6	6	5	30	17	-	48	-	-	-	-	48
	2%	3%	3%	3%	3%	3%	1%	3%	2%	-	100%	-	-	-	-	17%
							f		acd							
Asian	133	15	40	38	13	12	15	93	40	-	-	133	-	-	-	133
	7%	9%	8%	9%	6%	6%	3%	9%	4%	-	-	100%	-	-	-	46%
		fh	fh	fh				fh	abd			abdg				
Black	80	13	26	17	13	8	4	56	24	-	-	-	80	-	-	80
	4%	8%	5%	4%	5%	4%	1%	5%	3%	-	-	-	100%	-	-	28%
		cefh	fh	f	fh	f		fh	f				abcg			abc
Chinese	19	4	7	2	1	3	3	13	6	-	-	-	-	19	-	19
	1%	3%	1%	*	*	1%	1%	1%	1%	-	-	-	-	100%	-	7%
		cdh							acd							
Other ethnic group	8	-	1	2	1	1	3	3	5	-	-	-	-	-	8	8
	*	-	*	*	*	1%	1%	*	1%	-	-	-	-	-	100%	3%
									a							
Prefer not to answer	39	3	8	15	4	5	5	26	13	-	-	-	-	-	-	-
	2%	2%	2%	3%	2%	2%	1%	2%	1%	-	-	-	-	-	-	-
				fh												
NET: Non-white	288	37	87	71	34	29	30	195	93	-	48	133	80	19	8	288
	14%	24%	18%	16%	15%	14%	6%	18%	10%	-	100%	100%	100%	100%	100%	100%
		cdefh	fh	fh	fh	f		fh	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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1682	1100	296	233	529	59	87	533	188	41	46	109	53	170	396	146
	84%	88%	81%	77%	79%	74%	72%	83%	80%	80%	79%	92%	50%	87%	98%	73%
		bcd				h	h	bhk	h	h	h	abcdefghijkl		abkh	abcdefghijkl	h
Mixed	48	32	7	6	13	7	2	18	3	1	2	4	7	5	-	9
	2%	3%	2%	2%	2%	9%	2%	3%	1%	2%	3%	3%	7%	3%	-	4%
						bcdij	j	j	j	j	j	j	bcdj	j		dj
Asian	133	56	35	25	60	8	12	48	23	2	4	3	19	9	4	20
	7%	4%	10%	8%	9%	10%	10%	8%	10%	4%	8%	2%	18%	5%	1%	10%
			a	a	a	gj	gj	gj	gij	j	j		cdegijk	j		gj
Black	80	28	21	24	45	2	13	21	15	3	2	3	17	2	-	14
	4%	2%	6%	8%	7%	2%	11%	3%	7%	7%	4%	3%	17%	1%	-	7%
			a	a	a	j	acgij	j	cij	ij	j	j	acdfgijk	j		cij
Chinese	19	12	1	3	5	-	2	8	2	2	1	-	1	1	3	2
	1%	1%	*	1%	1%	-	2%	1%	1%	4%	2%	-	1%	*	1%	1%
										gij						
Other ethnic group	8	3	1	2	3	-	2	3	-	-	-	-	1	2	-	2
	*	*	*	1%	1%	-	1%	*	-	-	-	-	1%	1%	-	1%
							j									
Prefer not to answer	39	13	3	8	11	4	3	9	3	1	2	-	7	6	3	8
	2%	1%	1%	3%	2%	5%	3%	1%	1%	2%	4%	-	7%	3%	1%	4%
				a		cgj					gj		cdgj	gj		cgj
NET: Non-white	288	132	65	61	126	16	31	98	43	9	10	10	45	19	7	47
	14%	11%	18%	20%	19%	20%	25%	15%	18%	18%	17%	8%	43%	10%	2%	23%
			a	a	a	gij	cgij	gj	gij	j	j	j	abcdefghijkl	j		cgij

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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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1682	452	292	95	17	387	469	469	206	140	35	346	504	286	977	365	53	1396
	84%	87%	79%	70%	55%	77%	85%	86%	77%	75%	69%	76%	84%	89%	88%	75%	58%	83%
		bcd	cd			d	bcd	bcd				bcd		cde	cde	d	cd	cd
Mixed	48	10	11	2	-	13	10	9	8	7	2	14	11	10	20	15	3	38
	2%	2%	3%	2%	-	3%	2%	2%	3%	4%	4%	3%	2%	3%	2%	3%	3%	2%
Asian	133	24	35	22	6	57	29	33	29	22	4	50	37	12	51	55	15	121
	7%	5%	9%	16%	18%	11%	5%	6%	11%	12%	8%	11%	6%	4%	5%	11%	16%	7%
			af	abf	af	af			af	af		af				abe	abe	ab
Black	80	20	14	12	4	26	25	19	16	10	6	26	25	5	31	33	11	75
	4%	4%	4%	9%	14%	5%	4%	4%	6%	5%	11%	6%	4%	2%	3%	7%	12%	4%
			ab	abef							af					abe	abe	ab
Chinese	19	5	6	3	2	8	6	7	3	4	1	7	8	3	11	4	1	16
	1%	1%	2%	2%	5%	2%	1%	1%	1%	2%	2%	2%	1%	1%	1%	1%	1%	1%
				a														
Other ethnic group	8	1	4	-	-	4	1	1	3	-	1	3	2	2	1	4	1	6
	*	*	1%	-	-	1%	*	*	1%	-	2%	1%	*	1%	*	1%	1%	*
											a					b		
Prefer not to answer	39	6	7	2	2	9	8	8	3	4	2	7	10	6	13	13	8	34
	2%	1%	2%	1%	7%	2%	2%	1%	1%	2%	4%	2%	2%	2%	1%	3%	8%	2%
				acef												b	abce	
NET: Non-white	288	60	70	38	12	108	71	69	58	42	14	100	83	31	114	112	31	257
	14%	12%	19%	29%	38%	22%	13%	13%	22%	22%	27%	22%	14%	10%	10%	23%	34%	15%
			af	abf	abef	af			af	af	af	af				abe	abce	ab

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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
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1682	266	1107	244	326	53	1106	544	73	1322	360	1431	240
	84%	80%	85%	87%	89%	72%	84%	85%	93%	83%	88%	87%	72%
			a	c	cd		c	c	cde		a	b	
Mixed	48	11	25	11	8	2	27	19	1	43	5	33	15
	2%	3%	2%	4%	2%	3%	2%	3%	2%	3%	1%	2%	4%
												a	
Asian	133	30	82	12	20	7	91	38	2	110	23	95	36
	7%	9%	6%	4%	6%	9%	7%	6%	2%	7%	6%	6%	11%
						f						a	
Black	80	19	50	7	8	8	52	23	-	72	8	51	26
	4%	6%	4%	2%	2%	11%	4%	4%	-	5%	2%	3%	8%
						abdef				b		a	
Chinese	19	4	11	3	2	2	12	7	1	17	3	15	4
	1%	1%	1%	1%	1%	3%	1%	1%	1%	1%	1%	1%	1%
Other ethnic group	8	1	4	1	1	1	4	3	-	8	-	5	3
	*	*	*	*	*	1%	*	*	-	*	-	*	1%
Prefer not to answer	39	3	17	2	2	1	21	4	1	29	10	13	11
	2%	1%	1%	1%	1%	2%	2%	1%	1%	2%	3%	1%	3%
												a	
NET: Non-white	288	64	171	35	40	20	186	89	4	250	38	200	84
	14%	19%	13%	12%	11%	27%	14%	14%	5%	16%	9%	12%	25%
		b				abdef	f	f		b		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										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
White	1682 84%	392 91%	173 81%	283 81%	271 81%	157 84%	133 77%	60 80%	212 88%	884 81%	405 83%	415 85%	473 83%	597 87%	172 80%	768 91%	603 77%	250 85%
		bcdefgij							bcdfi					bd		bc		b
Mixed	48 2%	9 2%	6 3%	9 3%	10 3%	4 2%	3 2%	1 1%	6 3%	29 3%	11 2%	15 3%	15 3%	14 2%	4 2%	13 2%	26 3%	5 2%
																	a	
Asian	133 7%	11 3%	17 8%	26 7%	26 8%	13 7%	23 13%	7 9%	8 3%	83 8%	38 8%	32 7%	37 7%	36 5%	24 11%	37 4%	76 10%	15 5%
			ah	ah	ah	a	acdehij	ah		ah	ah				abc		ac	
Black	80 4%	6 1%	10 5%	18 5%	22 7%	9 5%	8 5%	4 6%	4 2%	58 5%	16 3%	16 3%	29 5%	24 3%	8 4%	14 2%	49 6%	11 4%
			a	ah	ahj	a	a	ah		ah	a						a	a
Chinese	19 1%	5 1%	2 1%	5 1%	3 1%	1 *	- -	- -	5 2%	10 1%	5 1%	3 1%	5 1%	9 1%	2 1%	3 *	13 2%	3 1%
																	a	
Other ethnic group	8 *	3 1%	1 *	2 1%	- -	1 1%	- -	1 1%	- -	4 *	1 *	3 1%	3 1%	- -	2 1%	3 *	1 *	3 1%
												c	1%	-	c			b
Prefer not to answer	39 2%	7 2%	6 3%	8 2%	3 1%	3 2%	5 3%	2 2%	6 3%	20 2%	13 3%	5 1%	9 2%	8 1%	4 2%	3 *	16 2%	7 2%
																	a	a
NET: Non-white	288 14%	33 8%	36 17%	59 17%	61 18%	28 15%	34 20%	13 18%	23 10%	184 17%	71 14%	68 14%	89 16%	82 12%	39 18%	70 8%	165 21%	37 13%
			ah	ah	ah	a	ah	a		ah	a				c	ac		a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D11. To which of the following ethnic groups do you consider you belong?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

White

Mixed

Asian

Black

Chinese

Other ethnic group

Prefer not to answer

NET: Non-white

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
White	1682	454	721	488	642	544
	84%	81%	87%	83%	78%	85%
			ac			a
Mixed	48	19	12	17	30	10
	2%	3%	1%	3%	4%	2%
		b		b		
Asian	133	49	43	37	72	43
	7%	9%	5%	6%	9%	7%
		b				
Black	80	22	31	26	45	30
	4%	4%	4%	4%	5%	5%
Chinese	19	4	7	8	12	4
	1%	1%	1%	1%	2%	1%
Other ethnic group	8	2	3	3	4	1
	*	*	*	1%	1%	*
Prefer not to answer	39	8	12	9	14	9
	2%	1%	1%	2%	2%	1%
NET: Non-white	288	96	95	92	163	88
	14%	17%	12%	16%	20%	14%
		b		b		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

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	2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total	2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	775	426	345	274	268	233	36	108	75	80	49	53	227	90	58
	39%	44%	34%	45%	41%	31%	36%	41%	38%	38%	28%	24%	73%	27%	28%
		b		c	c		f	efhi	efhi	efhi			abcdefhi		
Urban - Town and Fringe	825	368	454	231	277	317	42	112	79	90	71	102	76	168	84
	41%	38%	45%	38%	42%	43%	43%	43%	40%	42%	41%	46%	24%	52%	41%
		a					g	g	g	g	g	g		bcdegi	g
Rural - Village	360	167	189	94	105	161	20	36	39	38	50	60	8	63	46
	18%	17%	19%	15%	16%	22%	21%	14%	20%	18%	29%	27%	2%	19%	22%
						ab	g	g	g	g	bcdgh	bdg		g	bg
Rural - Hamlet and Isolated Dwelling	48	17	31	8	10	30	-	6	3	5	4	7	2	5	17
	2%	2%	3%	1%	2%	4%	-	2%	1%	2%	2%	3%	1%	2%	8%
						ab						g			abcdefgh
NET: Urban	1601	795	799	505	545	550	78	221	155	170	120	155	303	258	142
	80%	81%	78%	83%	83%	74%	79%	84%	79%	80%	69%	70%	97%	79%	69%
				c	c			efi	efi	efi			abcdefhi	efi	
NET: Rural	408	184	219	102	115	191	20	42	42	43	53	67	10	69	63
	20%	19%	22%	17%	17%	26%	21%	16%	21%	20%	31%	30%	3%	21%	31%
						ab	g	g	g	g	bcdgh	bcdgh		g	bcdgh

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	775	67	199	201	67	88	153	468	308	611	26	66	39	10	3	143
	39%	42%	41%	45%	29%	42%	32%	43%	33%	36%	55%	49%	48%	49%	36%	50%
		dfh	dfh	dfh		dfh		dfh			a	a	a			a
Urban - Town and Fringe	825	53	193	176	106	93	206	421	404	711	17	45	33	7	5	107
	41%	33%	40%	40%	46%	44%	43%	39%	44%	42%	35%	34%	42%	37%	64%	37%
				ag	a	a		ag		c						
Rural - Village	360	31	82	57	47	30	112	171	189	322	5	19	7	3	-	34
	18%	20%	17%	13%	20%	14%	23%	16%	21%	19%	10%	14%	9%	14%	-	12%
		c		c		bceg		ceg		dg						
Rural - Hamlet and Isolated Dwelling	48	8	10	10	10	-	11	27	21	38	-	4	1	-	-	4
	2%	5%	2%	2%	5%	-	2%	3%	2%	2%	-	3%	1%	-	-	1%
		e	e	e	e		e	e	e							
NET: Urban	1601	120	392	377	172	181	359	889	712	1322	43	110	72	17	8	250
	80%	75%	81%	85%	75%	86%	74%	82%	77%	79%	90%	83%	90%	86%	100%	87%
			f	adfh		adfh		dfh			a	a	a			a
NET: Rural	408	39	92	67	58	30	123	198	211	360	5	23	8	3	-	38
	20%	25%	19%	15%	25%	14%	26%	18%	23%	21%	10%	17%	10%	14%	-	13%
		ce		ceg		bceg		ceg		bdg						

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	775	458	159	126	285	36	55	283	81	15	17	50	63	70	106	91
	39%	37%	44%	42%	43%	45%	45%	44%	35%	29%	29%	42%	60%	36%	26%	45%
		a	a	a	j	efj	defij	j			j	abcdefghijkl	j		defj	
Urban - Town and Fringe	825	510	152	124	276	23	52	257	110	17	19	46	30	87	183	76
	41%	41%	42%	41%	41%	30%	43%	40%	47%	33%	34%	39%	28%	45%	45%	38%
							h	h	ahk					ah	ah	
Rural - Village	360	243	49	48	97	19	14	87	41	18	16	20	10	34	101	33
	18%	20%	13%	16%	15%	23%	12%	14%	17%	34%	28%	17%	9%	18%	25%	16%
		bd			bch				h	bcdghik	bchk			h	bcdhik	
Rural - Hamlet and Isolated Dwelling	48	33	4	4	7	1	-	13	2	2	6	3	3	4	16	1
	2%	3%	1%	1%	1%	2%	-	2%	1%	4%	10%	2%	3%	2%	4%	1%
		d							b	abcdghijk					bdk	
NET: Urban	1601	967	311	250	561	59	107	540	192	31	36	96	93	157	289	166
	80%	78%	85%	83%	84%	75%	88%	84%	82%	62%	62%	81%	88%	81%	71%	83%
		a	a	a	a		aefj	aefj	efj			efj	aefj	efj		efj
NET: Rural	408	277	53	52	105	20	14	101	42	20	22	23	12	38	117	34
	20%	22%	15%	17%	16%	25%	12%	16%	18%	38%	38%	19%	12%	19%	29%	17%
		bd			bch					bcdghik	bcdghik				bcdghik	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	557	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	546	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	775 39%	222 43%	153 41%	47 35%	14 46%	200 40%	237 43%	232 42%	109 41%	69 37%	20 39%	178 39%	252 42%	128 40%	402 36%	196 40%	49 54%	647 38%
Urban - Town and Fringe	825 41%	215 42%	161 44%	50 37%	12 38%	211 42%	227 41%	231 42%	114 43%	72 38%	19 37%	186 41%	250 42%	128 40%	463 42%	205 42%	29 31%	697 41%
Rural - Village	360 18%	76 15%	48 13%	34 25%	3 8%	82 16%	79 14%	73 13%	39 14%	42 22%	10 19%	80 18%	83 14%	59 18%	210 19%	80 16%	11 12%	301 18%
Rural - Hamlet and Isolated Dwelling	48 2%	4 1%	7 2%	4 3%	2 7%	11 2%	6 1%	9 2%	5 2%	4 2%	2 4%	9 2%	11 2%	7 2%	29 3%	9 2%	3 3%	41 2%
NET: Urban	1601 80%	437 84%	314 85%	97 72%	26 84%	411 82%	463 84%	463 85%	224 84%	140 75%	39 76%	364 80%	502 84%	257 79%	865 78%	401 82%	78 85%	1344 80%
NET: Rural	408 20%	80 16%	56 15%	37 28%	5 16%	93 18%	85 16%	83 15%	43 16%	46 25%	12 24%	89 20%	95 16%	66 21%	240 22%	89 18%	14 15%	342 20%

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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
Significance Level: 95%		a	b	a	b	c	d	e	f	a	b	a	b
Unweighted Total	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	775	130	490	106	132	15	528	218	31	775	-	602	160
	39%	39%	38%	38%	36%	20%	40%	34%	40%	48%	-	37%	48%
				c	c		ce	c	c	b			a
Urban - Town and Fringe	825	141	543	118	151	40	534	273	32	825	-	686	133
	41%	42%	42%	42%	41%	54%	41%	43%	42%	52%	-	42%	40%
						bd				b			
Rural - Village	360	59	229	54	71	16	224	128	13	-	360	318	37
	18%	18%	18%	19%	19%	22%	17%	20%	17%	-	88%	19%	11%
										a		b	
Rural - Hamlet and Isolated Dwelling	48	3	35	3	14	3	26	19	1	-	48	38	6
	2%	1%	3%	1%	4%	4%	2%	3%	1%	-	12%	2%	2%
					ad					a			
NET: Urban	1601	271	1032	224	283	54	1062	491	64	1601	-	1288	293
	80%	81%	80%	80%	77%	74%	81%	77%	82%	100%	-	78%	87%
							e			b			a
NET: Rural	408	62	263	57	85	19	250	147	14	-	408	356	42
	20%	19%	20%	20%	23%	26%	19%	23%	18%	-	100%	22%	13%
								d		a		b	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D12. Which of the following best describes where you live?

BASE: All respondents

	Total	Number of days active										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	775	155	87	135	136	73	68	31	90	431	190	180	229	274	78	226	379	138
	39%	36%	41%	38%	41%	39%	40%	41%	37%	40%	39%	37%	40%	40%	36%	27%	48%	47%
																	a	a
Urban - Town and Fringe	825	191	82	131	141	78	77	36	90	431	203	220	230	266	94	391	280	118
	41%	44%	38%	37%	42%	41%	45%	47%	37%	40%	41%	45%	40%	39%	44%	47%	36%	40%
			c									c				b		
Rural - Village	360	74	39	79	53	31	23	8	53	202	84	78	104	126	38	194	119	32
	18%	17%	18%	23%	16%	17%	14%	10%	22%	19%	17%	16%	18%	18%	18%	23%	15%	11%
				dfgj					fg							bc		
Rural - Hamlet and Isolated Dwelling	48	12	7	6	5	6	3	1	8	24	12	10	8	21	5	30	5	5
	2%	3%	3%	2%	2%	3%	2%	2%	3%	2%	3%	2%	1%	3%	2%	4%	1%	2%
														b		b		
NET: Urban	1601	346	169	266	276	151	146	67	180	862	393	400	459	540	171	618	660	257
	80%	80%	79%	76%	83%	80%	85%	88%	75%	79%	80%	82%	80%	79%	80%	73%	84%	87%
					ch		ch	ch								a	a	a
NET: Rural	408	86	45	85	58	38	26	9	61	226	96	88	112	147	44	224	124	37
	20%	20%	21%	24%	17%	20%	15%	12%	25%	21%	20%	18%	20%	21%	20%	27%	16%	13%
				dfg					dfg							bc		

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 2020

D12. Which of the following best describes where you live?

BASE: All respondents

Significance Level: 95%

Unweighted Total

Total

Urban - Population over 10,000

Urban - Town and Fringe

Rural - Village

Rural - Hamlet and Isolated Dwelling

NET: Urban

NET: Rural

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Urban - Population over 10,000	775	220	307	240	367	235
	39%	39%	37%	41%	45%	37%
					b	
Urban - Town and Fringe	825	213	350	251	316	258
	41%	38%	42%	43%	39%	40%
Rural - Village	360	112	156	85	122	130
	18%	20%	19%	14%	15%	20%
		c	c			a
Rural - Hamlet and Isolated Dwelling	48	12	15	12	14	18
	2%	2%	2%	2%	2%	3%
NET: Urban	1601	433	657	491	683	493
	80%	78%	79%	83%	83%	77%
			a	b		
NET: Rural	408	124	171	97	137	148
	20%	22%	21%	17%	17%	23%
		c				a

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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								
	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														
2009	981	1016	639	682	688	105	293	205	217	182	182	335	312	178
Total														
2009	979	1018	607	660	742	98	263	197	213	174	222	313	327	205
100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes														
1644	782	857	434	532	678	74	219	162	178	144	193	226	274	174
82%	80%	84%	72%	81%	91%	76%	83%	82%	84%	83%	87%	72%	84%	85%
		a		a	ab		g	g	g	g	ag		g	g
No														
335	181	150	153	120	62	20	39	33	31	29	25	80	51	28
17%	18%	15%	25%	18%	8%	21%	15%	17%	15%	17%	11%	26%	16%	14%
	b		bc	c		f						bcd efhi		
Prefer not to say														
30	16	11	19	9	2	3	5	3	4	1	4	6	2	3
1%	2%	1%	3%	1%	*	3%	2%	1%	2%	*	2%	2%	1%	1%
			bc	c		h								

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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	2009	157	467	441	242	225	477	1065	944	1662	53	140	81	21	8	303
Total	2009	159	483	444	230	211	482	1086	923	1682	48	133	80	19	8	288
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1644	137	399	343	191	162	413	878	766	1431	33	95	51	15	5	200
	82%	86%	83%	77%	83%	77%	86%	81%	83%	85%	69%	72%	64%	79%	67%	69%
		ce	c				ceg		ce	bcdg						
No	335	20	80	92	37	46	60	192	143	240	15	36	26	4	3	84
	17%	13%	17%	21%	16%	22%	12%	18%	15%	14%	31%	27%	33%	21%	33%	29%
				afh		afh		f			a	a	a		a	
Prefer not to say	30	2	4	9	2	3	9	16	14	11	-	1	2	-	-	4
	1%	1%	1%	2%	1%	2%	2%	1%	2%	1%	-	1%	3%	-	-	1%
												a				

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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

	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	2009	1336	301	254	555	78	127	650	229	50	59	131	115	201	369	205
Total	2009	1244	364	301	666	79	122	641	234	51	58	119	105	195	406	201
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1644	1032	305	252	557	59	97	522	184	43	44	95	67	158	376	157
	82%	83%	84%	84%	84%	75%	80%	81%	78%	85%	76%	79%	64%	81%	93%	78%
							h	h	h	h	h	h		h	abcdghik	h
No	335	204	58	44	101	17	22	113	49	8	13	22	30	34	28	39
	17%	16%	16%	15%	15%	21%	18%	18%	21%	15%	22%	19%	29%	18%	7%	19%
						j	j	j	j	j	j	j	bcij	j		j
Prefer not to say	30	8	1	5	7	3	2	6	2	-	2	2	8	3	2	5
	1%	1%	*	2%	1%	4%	2%	1%	1%	-	3%	2%	7%	1%	1%	3%
						cj						cdgij				j

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	522	367	137	34	504	556	262	181	56	443	613	341	1114	464	90	1668
Total	2009	518	369	135	31	504	549	267	186	51	453	597	323	1105	490	91	1686
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1644	438	297	102	17	399	455	209	153	33	362	491	238	924	411	70	1406
	82%	85%	80%	76%	54%	79%	83%	78%	82%	64%	80%	82%	74%	84%	84%	77%	83%
		cde	d	d		d	d	bd	d	d	d	d		a	a		a
No	335	78	69	31	13	100	91	57	30	18	87	101	79	170	70	16	256
	17%	15%	19%	23%	43%	20%	17%	21%	16%	34%	19%	17%	24%	15%	14%	17%	15%
			a	abcef		a		a		abcef			bce				
Prefer not to say	30	2	3	2	1	5	3	1	2	1	3	5	6	10	8	5	23
	1%	*	1%	1%	3%	1%	1%	*	1%	2%	1%	1%	2%	1%	2%	6%	1%
																bce	

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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	2009	324	1282	296	362	74	1304	641	83	1612	397	1617	358
Total	2009	333	1296	281	368	73	1312	637	78	1601	408	1644	335
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1644	280	1094	226	306	51	1097	515	62	1288	356	1644	-
	82%	84%	84%	80%	83%	70%	84%	81%	80%	80%	87%	100%	-
					c		c	c			a	b	
No	335	50	197	53	61	20	206	118	15	293	42	-	335
	17%	15%	15%	19%	17%	28%	16%	19%	20%	18%	10%	-	100%
						bd				b			a
Prefer not to say	30	3	4	2	1	2	9	4	-	20	10	-	-
	1%	1%	*	1%	*	2%	1%	1%	-	1%	2%	-	-
						b							

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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										Life satisfaction score				COVID-19 tiers		
		0	1	2	3	4	5	6	7	NET 1-4 days	NET 5+ days	0-4 (low)	5-6 (medium)	7-8 (high)	9-10 (very high)	Tier 1 - Medium	Tier 2 - High	Tier 3 - Very high
		a	b	c	d	e	f	g	h	i	j	a	b	c	d	a	b	c
Significance Level: 95%																		
Unweighted Total	2009	426	221	349	334	190	173	77	239	1094	489	497	581	665	215	786	812	318
Total	2009	432	214	351	335	188	172	76	241	1088	489	488	571	687	215	841	784	294
	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Yes	1644	350	166	285	259	161	147	64	213	871	424	382	456	594	186	719	628	244
	82%	81%	77%	81%	77%	85%	85%	84%	89%	80%	87%	78%	80%	86%	87%	85%	80%	83%
						bd	bd		abcdi		abcdi			ab	ab	b		
No	335	78	45	61	70	26	21	11	23	202	55	102	109	92	24	119	146	43
	17%	18%	21%	17%	21%	14%	12%	14%	10%	19%	11%	21%	19%	13%	11%	14%	19%	15%
		hj	efhj	hj	efhj					hj		cd	cd			a		
Prefer not to say	30	5	4	4	6	2	4	1	4	16	9	4	6	2	5	3	10	7
	1%	1%	2%	1%	2%	1%	2%	2%	2%	1%	2%	1%	1%	*	2%	*	1%	2%
														c	c	a	a	a

Sport England: Survey into adult physical activity attitudes and behaviour ~ Fieldwork dates: 23rd October - 26th October 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%

Unweighted Total

Total

Yes

No

Prefer not to say

	Amount of activity now compared to last year			COVID-19 brought changes to working arrangements		
	NET: More	About the same	NET: Less	Yes	No	
	a	b	c	a	b	
Unweighted Total	2009	555	824	592	829	642
Total	2009	558	829	588	819	641
	100%	100%	100%	100%	100%	100%
Yes	1644	471	693	463	671	516
	82%	85%	84%	79%	82%	81%
		c	c			
No	335	84	126	117	143	118
	17%	15%	15%	20%	17%	18%
			ab			
Prefer not to say	30	3	9	8	6	6
	1%	*	1%	1%	1%	1%